Instructions on how to use the Subliminal Relaxation Assistant software:

1. Double-click on the Subliminal Relaxation Assistant software icon (program automatically starts to run - you can see software icon in tray near display of time)

2. Right click on software icon in tray (or double left click)

3. Click on "Preferences" - this opens User Display

4. Adjust "Message Display Time" - this adjusts how long (in milliseconds) each message is display on the screen

5. Adjust "Time Between Displays" - this adjust how much time (in milliseconds) there is between each message - IMPORTANT: Because you are only able to access the User Display between messages, if you set this time too low, it will be virtually impossible to adjust settings again (IMPORTANT NOTE: Do Not Set this time amount for too low a value. The software preference cannot be saved while a messsage is being displayed. If you set the value too low, the repeated messages will make it very difficult to save your settings. If you do accidently change it to too low a value, exit the program and find the "Config" file that was automatically generated. Open this file and adjust the "Pause Time" to a value of 5000. Save file. Then run the Subliminal Software again and proceed as normal).

6. Adjust "Congifure text Font" - this adjusts appearance of messages (changes font choice, size of text, color of text, etc.)

7. Adjust "text Transparency" - this adjust how solid the text appears

8. Optional - Add up to 10 of your own personal messages. These will be added to the pre-installed messages and will be shown in random order.

9. Click "OK"

10. User Display will again minimize into the tray near the time diplay

Being that this is using the power of subliminal messages, your conscious mind does not have to see the messages. Your unconscious will see them even though your eyes don't. The most you want to see is a flicker, but you would still want to adjust the above preferences (especially the appearance of the font) to your individual tastes for maximum effect. Once you get the system adjusted to your liking, just let it run and go about your normal daily activities.

Subliminal messages get their power because they bypass the conscious mind altogether.

By Right-clicking the subliminal software icon when it is running, you can pause or exit program.