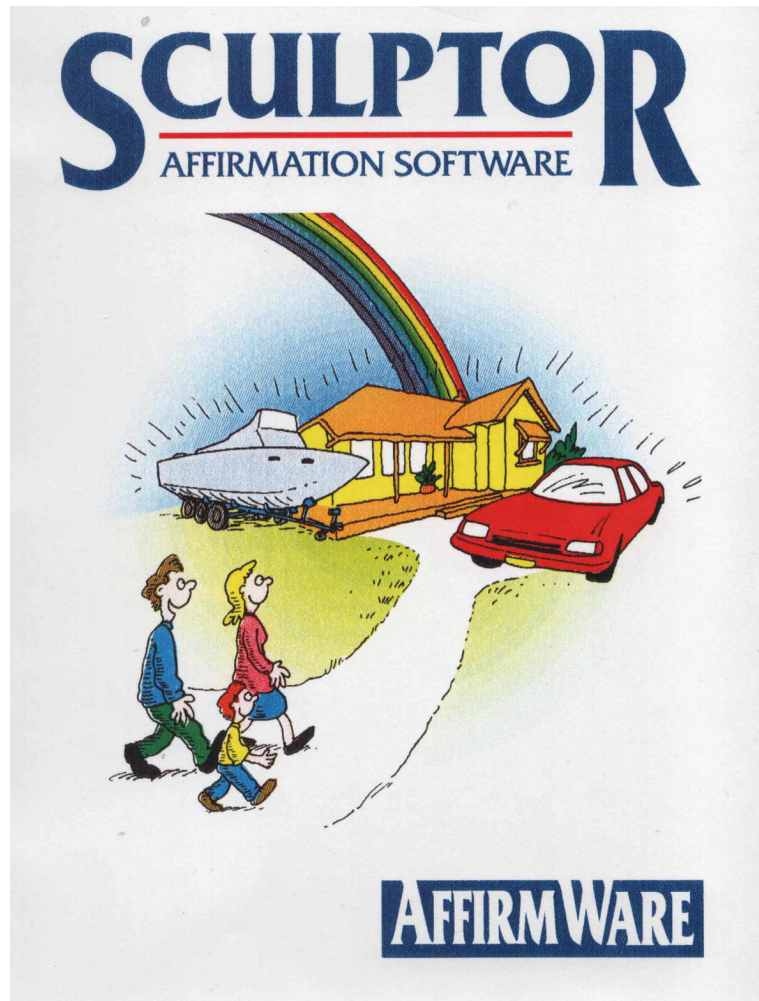




USER'S GUIDE

Version 2.1

Program written by Jeffrey Staniforth

AffirmWare Pty Ltd

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INTRODUCTION

Sculptor is a 12 Day affirmation program which combines visual and audio stimuli and subliminal messages. You control these elements which, together with the affirmation program, to aid you in attaining your predetermined goals.

Program Features

- Easy to use installation program.
- A database for saving and viewing your responses
- 44 subliminal messages (all transcribed in the appendix).
- Illustration with stories, one for each day of the 12-day plan.
- A tutorial showing how to use the Sculptor 12-day affirmation plan.
- A set-up program with 16 options for personalising Sculptor.
- A visual aid, for improving your visualization skills.
- Incorporates Mind Mapping techniques.
- 20 Power/Trigger symbols.
- Incorporates Sentence Completion techniques.

Benefits

A revolution in computerized affirmations. By following the simple 12 Day Plan you will be shown how to create effective affirmation which will enable you to:

- Set goals and attain them.
- Improve self-esteem and confidence.
- Attain radiant health.
- Attract loving relationships.
- Create your ideal self-image.
- Become magnetic to your desires.
- Tap into your creativity.
- Improve memory skills.
- Discover your inner happiness.
- Create powerful inner beliefs.



*“What we are today comes from thoughts of yesterday,
and our present thoughts build our life of tomorrow:
our life is the creation of our mind.” — Buddha*

OVERVIEW

Why use the program? The advantage of the Sculptor Software Package over other traditional static affirmation techniques is the unique integration of subliminal messages, audio trigger stimuli and subconscious symbolism coupled with storytelling visuals. All these powerful techniques are encapsulated into a simple 12 Day plan.

With sculptor you can accomplish your goals. Having followed the guidelines established within the software parameters you will achieve the results you desire with a minimum of conscious effort, and the positive reinforcements will ensure continuing successes. Upon completion of your first 12 Day Affirmation Plan the benefits of successive plans are accumulative, that is; each goal you achieve has its benefits compounded and complemented with each successive goal attained. Your personal aspirations are therefore achievable within a minimal timeframe.

How program works

In today's hi-tech world people are familiar with the use of computers for both work and play. As a natural progression of this increased acceptance of computer technology this software was conceived and developed. The computer interface provides a simple yet extremely powerful tool for the implementation of affirmations. Audio triggers, subliminal messages, story-telling visuals and symbols are all combined in this package. All controlled by you, the operator, to achieve your specific goals in an easy to follow 12 Day plan.

How to use manual

To get the most out of Sculptor you should read this manual carefully. It is assumed you are familiar with Windows. If not please refer to your manual as required.

Getting Started:

After you read this introduction, your next step is to prepare Sculptor for use. You will learn how to do this in the section titled Getting Started.

Affirmations:

This section deals with the incorporation of proven affirmation techniques with visual imagery, subliminal, audio trigger responses and symbols used in this software.

Tutorial:

Once the program has been prepared you can begin the tutorial. This section leads you step-by-step using Sculptor.

MEDITATION:

As an adjunct to affirmations the continuing use of meditation is recommended to further reinforce and empower your goals.

Libraries:

The 12-Day Plan comprises twelve illustrations. In this section each illustration's background story is located together with the illustration.

Appendix:

Here you will find: Subliminal Messages, Power Symbols and Trigger Symbols used in the program, instruction on installing under Windows and a suggested reading list.

GETTING STARTED

Hardware required

- To use Sculptor, you will need the following computer equipment:
- MS Windows
- VGA, or SVGA colour video adapter
- 1 MB RAM
- 4 MB of free hard disk space

Working copy

Should you ever need to reinstall Sculptor, it's a good idea to keep a working copy of the installer file saved somewhere safe — such as your Documents folder, a USB drive, or cloud storage — rather than needing to download it again.

When you first download Sculptor from our website, your browser will save the installer file (Sculptor.zip) to your computer, usually in your Downloads folder. To install, simply extract the zip file and double-click the setup file inside to run the installer — no additional steps or files are required.

To keep a backup copy for future reinstalls, just copy the downloaded Sculptor.zip file to a safe location before or after installing. If you ever need to reinstall, you can run the installer again directly from this saved copy — no need to visit the website or download it a second time.

Backup Copy

Before you use Sculptor, it is recommended that you make a back-up copy of the original software and use this copy for installation. Software programs are susceptible to damage or loss, therefore it is unwise to use the original program for regular use. If you should ever lose or damage the working copy you can always use the original program copy to make another working copy. Remember to store the original in a safe place.

Installation, (From floppy disk)

Setup Instructions

- Locate the downloaded Sculptor.zip file (usually in your Downloads folder).
- Extract the zip file, then double-click the setup file inside to begin installation.
- Follow the on-screen prompts to complete the install — the default options work well for most users.

Running Sculptor

Start the Sculptor program by double clicking the Sculptor icon. The Copyright Screen will appear followed by the Main Menu To exit click on the EXIT button. Thumbnail image, click to see full size. (Figure 1)



SCULPTOR TUTORIAL

12 Day plan

The Sculptor program is designed to be used as a 12-Day Plan. It is strongly advised that your affirmation sessions be performed on consecutive days for the full benefits to be effective.

During your 12-Day Plan, if for any reason you miss a day or change your affirmation, it's advisable to recommence from day one.

At the completion of your first 12 Day Plan a file containing your affirmation and your responses is written to a file called OLD10.TXT. Subsequent session's files are numbered incrementally. These files may be viewed and printed with any text editing software.

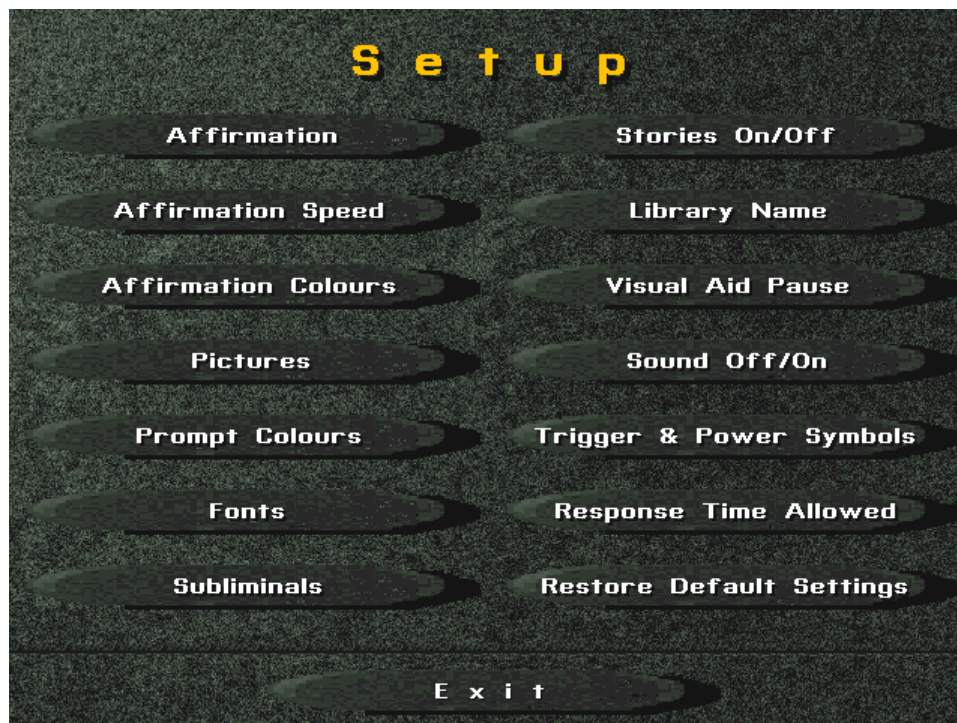
Create your affirmation - Establish in your mind the specific area in which you most want to improve or which goal you most desire attaining. See "Create your affirmation" (described later).

Self-discipline - We advise setting aside a special time each day for your session. Either first thing in the morning or just prior to going to bed, whenever is convenient for you. Each session should last around 10 to 15 minutes.

- The major benefit of the evening session is that you will continue your affirmation during your sleeping state. That is, the thought process established during your session will continue to operate on a subconscious level during sleep.
- In the morning when you awaken refreshed; your mind is more receptive to positive thought patterns and better able to concentrate and receive new stimuli.

SETTING YOUR AFFIRMATION

Start the Setup program by double clicking the Setup icon



This will start the SETUP program. Next, using the mouse, select the affirmation option. To do this simply **click** on its box. You will now be presented with the option text screen. This gives you information which will guide you in making your selections.

Having read this text press [ENTER]. You are now presented with sample affirmations; to see more simply page up or down using **the Pg Dn** or **Pg up** keys.

Next, again press [ENTER] and you are presented with a prompt to type your own affirmation. This can be up to 66 characters in length.

After typing your affirmation, again press [ENTER] which will save your affirmation and return you to the Main Menu screen. To exit the Main Menu, click on [EXIT]. You have now created your first affirmation for use in the Sculptor program.

YOUTUBE TUTORIAL

Learn how to use all of Sculptor's features. These tutorials will take about half an hour to complete, and it is recommended that you try to complete it all in one sitting. Sculptor is easier to learn this way.

Go to: <https://affirmware.com.au/sculptor3-training>

RUNNING THE SCULPTOR PROGRAM

Start the Sculptor program by double clicking the Sculptor icon. This will present you with the copyright screen which is displayed for several seconds after which the Main Menu screen is displayed

Next using the mouse select the affirmation option. To do this simply **click** on its box. You have now entered the affirmation program.

STEP 1. You are now presented with the picture for day 1 of the 12-Day Plan which is displayed for several seconds. Next the related text for the picture is displayed. Read this carefully as it provides an intellectual understanding of the picture.

STEP 2. Press [ENTER]. You will hear a "beep" see a "power symbol", a "trigger symbol" and your affirmation will appear.

BEEP - This is an audio trigger stimulus for use as an association with your affirmation.

POWER SYMBOL - These can be selected by you in the Setup program. They are empowering symbols designed to trigger an association with a meaningful belief image to you, on a personal level.

TRIGGER SYMBOL - Selected by you in the Setup program. These images have been chosen as they are objects commonly met with during the course of your daily activities. Once you encounter the trigger image you have selected your affirmation will be reinforced by this visual reminder.

STEP 3. You are now prompted to retype your affirmation.

STEP 4. Press [ENTER]. You are now presented with the phrase "This, or something better, now manifests for me in totally satisfying and harmonious ways for the highest good of all concerned." This leaves the way open for something even better (than that which we have been affirming) since our Higher Self wants only our greatest good. It will come about in harmonious and satisfying ways, and this will work ONLY for the good of all parties.

STEP 5. Next you are prompted to type in a response to your affirmation. This is to elicit a spontaneous reply. This reply together with others written during the course of your affirmations are saved for later viewing. At this stage it's suggested you disassociate yourself from your responses to ensure they remain as free flowing thoughts. They can be reviewed at any time during your 12 Day Plan.

STEP 6. Press [ENTER] and repeat steps 2 through to 6 until the completion of your first affirmation session, a total of 24 affirmations and responses per session. This completes day one of your 12 Day Plan. Continue with your affirmations for the next eleven days as described previously.

CHANGING THE SETUP

The Sculptor software allows you to make many modifications to its operation and appearance. The following is a summary of these features. First, enter the Setup program, as described above.

Affirmation Speed:

This is the speed at which your affirmation will be retyped. Simply follow the instructions on screen.

Affirmation Colours:

Changes the foreground and background colours of your affirmation.

Pictures:

This allows you to select a picture which will over-ride the default setting.

Prompt Colours:

Changes the foreground and background colours of your responses.

Fonts:

Changes the type style of the affirmation.

Subliminal:

Allows you the choice of either viewing the subliminals, turning them off or running them at normal speed. These messages are displayed at the bottom of the screen several times during your affirmation session. (These messages are listed in the Appendix).

Stories:

Allows you to select whether stories are displayed or not. This selection should be left ON until the stories have become thoroughly familiar to you.

Library Name:

Select either GENERAL1 (female) or GENERAL2 (male) libraries or any additional libraries you may acquire in the future.

Visual Aid Pause:

Selects pause time for both partial picture display and full screen picture display.

Sound On/Off:

Turns "beep" ON or OFF.

Trigger & Power Symbols:

Select from the screen your choice of Trigger and Power Symbols.

Response Time Allowed:

Sets the time for your responses. If you exceed this time limit your response will not be accepted. This time should be set to encourage spontaneous, rapid responses. The default setting is off.

Restore Default Settings:

Returns all settings to their original default status.

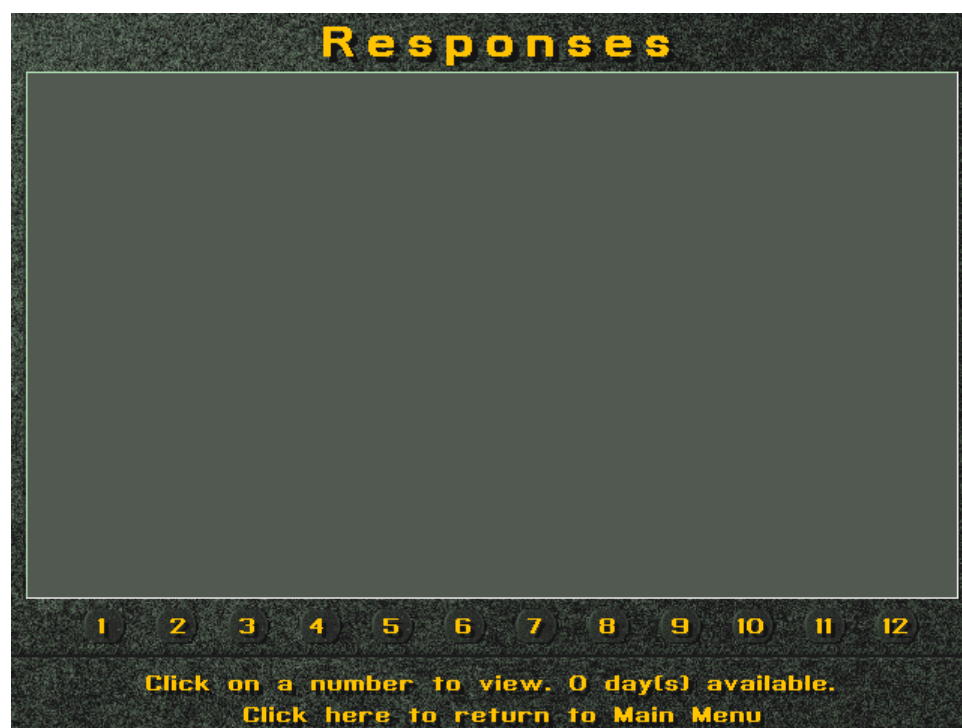
MAIN MENU

When you enter the Main Program, you are presented with the Main Menu.

Affirmation:

By selecting this option, you commence your affirmation session as described in the 12-Day Plan section.

Responses:



An example would be the affirmation "I now have a wonderful relationship." If you've responded with "I'm undeserving of this relationship," you should re-evaluate your affirmation to one such as "I deserve a wonderful relationship." In extreme cases your affirmation responses could be valuable tools in the hands of a professional therapist should the need arise.

Automatic:

Having established the Audio Trigger, you may elect to use the automatic mode for your future affirmation sessions. This should only be used after your initial 12 Day Plan has been completed and with affirmations previously used. Automatic mode is suited to situations where you are involved in other tasks but have the Audio Trigger operating in the background as a remote stimulus to your affirmation.

Visual Aid:

This is a valuable aid to assist you in improving your visualization skills. A small, random section of the overall picture is revealed for several seconds. At this time, you are required to visualize the entire picture. Here perceptual training techniques are employed such as visualizing negative space (i.e. spaces where objects are not), tracing outlines, colour matching and memory recall.

Sentence Completion:

By selecting this option, you commence your sentence completion session.

Reset to Day 1:

Should you have skipped a day of your 12-Day Plan or have found your affirmation to be unsuited to your true goal, you may decide to recommence from day one.

AFFIRMATIONS

Definition

The word affirmation means "to make firm". Affirmations are positive statements which you consciously focus on to make firm with the intention of achieving your desired results.

History

Affirmation techniques have been used for centuries. Today they are still a powerful method of goal attainment. People from all walks of life benefit from using affirmations to make positive changes in their health, happiness, relationships, spirituality, prosperity, work, recreation and other areas.

Correct elements

Present Tense:

Affirmations are more effective when they are stated in the present tense. For example; "I now have a wonderful job."

Avoid affirming something in the future tense, e.g. "I am going to have a wonderful job" or the results will always be waiting to happen.

Positive:

Create affirmations in the most positive terms that you can; avoiding negative statements.

Affirm what you **do want**, rather than what you do not want. For example; "I don't want to smoke." This is a negative statement. Rather affirm; "I now enjoy being a non-smoker."

This statement is much more powerful as it is positive and reinforces your desired goal.

Short & Specific:

Short affirmations are easy to say and have a far greater impact at a subconscious level than those which are long and wordy. Keeping them specific and to the point adds power as the idea is uncluttered by extraneous elements.

Repetition:

The importance of repetition cannot be overemphasized. It imprints the affirmations into your subconscious mind.

Emotions:

Get involved, be passionate, use your emotions. Think carefully about the meaning of the words as you repeat them rather than typing or saying them "parrot fashion", Get involved.

Persistence:

Persistence achieves results much sooner than practicing affirmations periodically. Successive sessions will have a compounding effect.

Belief:

You don't necessarily have to believe your affirmations initially. Belief will grow.

Visualizing:

It is important to see yourself as already having obtained your desired outcome. While holding the image, recall the feelings you would have when accomplishing your goal.

Impress Yourself:

Personalise your affirmations, they must feel right for you. The stronger the feeling an affirmation conveys, the deeper the impression it makes on your mind, and the sooner you will experience positive results.

CREATING YOUR AFFIRMATIONS

There are many broad areas in which affirmations may be used. Some areas are Self-esteem, love & relationships, creative self-expression, work/vocation, prosperity, health and spiritual development. It is suggested that your affirmations encompass a cross section of the above areas to create a balance. Striving to attain prosperity only, could leave you in poor health with relationships suffering. This is an imbalance.

Your first affirmation:

Once you have established the area you desire to work in you must establish your goal. This is best accomplished in steps. As an example; if your goal is to become a Bank Manager and at present you are a Teller you must define the steps for your progress. Thus by breaking down a major goal it becomes achievable and as each step is realised you have a sense of accomplishment. This is a realistic goal as opposed to a false goal, such as winning a million dollars in the lottery!

Information is necessary to help you to achieve your goal. In the Bank Manager example, information about the bank, such as positions available and qualifications required are all pieces of information you will need in achieving the steps to your final goal.

In general, your affirmations should also lead to a **Plan of Action**. This means don't just sit there - do something! Regardless of your goal, by taking the first step towards it you are already one step Closer to Its Attainment, And With Each Step It Gets Closer.

Visualization

By visualizing your goal your subconscious mind will work for you, behind the scenes, to encourage the manifestation of situations which will ultimately enable your goals to come true. A process of achieving your goals through the application of positive mental images will empower you to create a reality from your desires.

Each of us have **five senses**. We can use these senses to work for us in reaching our desired goals. By combining the elements of sight, smell, sound, taste and touch to visualize our objective it becomes real to our imagination and in so doing becomes embedded in our subconscious as a part of our reality.

Imagine your goal:

As an example; if you desire to own a yacht and cruise the islands; concentrate and tune in your senses. **Feel** the motion of the yacht beneath you as you **smell** the sea air, **hearing** the flap of the sails and the calls of seagulls from the tropical beach you **see** just ahead. **Taste** the salt spray on your face as you enjoy the pleasure of your surroundings.

The subconscious mind, being non-critical, will believe your visualizations as being real. We can use this faculty to consciously select images which we give to our subconscious. Conversely, as we meditate on our affirmations, the subconscious mind will raise to our awareness images and sensations of our successes, this is a clear indication that the affirmation/image has been accepted by our subconscious mind.

MEDITATION

Using meditation techniques your mind will become more receptive to the underlying messages contained within your affirmations. As you relax both your mind and body you become more responsive to the mental stimuli programmed within your affirmations and less conscious and critical of information as it filters down to your subconscious where it resides and becomes your reality.

Guide to meditation

It is recommended that prior to your affirmation sessions you spend several minutes relaxing to clear your mind. Follow these three quick steps and the benefits of your affirmations will be improved greatly.

1. Sit in a comfortable chair with your back straight, feet flat on the floor, hands resting lightly on your lap and your eyes closed.
2. Concentrate on relaxing your body. A good technique for this is to send a relaxing message firstly to your feet; and work your way up through your calves, thighs, stomach, chest, shoulders, neck, arms, hands, etc. until you can feel each part of your body totally relaxed and comfortable. As you relax concentrate on your breathing, taking several deep, calming breaths. Each time you slowly exhale feel yourself becoming increasingly relaxed.
3. Now as you concentrate; count slowly to yourself from ten to one. Keep relaxing as you count downwards, relaxing more on each descending number. Spend around 10 to 15 minutes practising this meditation technique prior to your affirmation session. With time you'll find yourself being in a totally relaxed, receptive state in a matter of minutes.

LIBRARIES

This section contains the stories together with their accompanying illustration

Symbols are the "language" of the subconscious mind. The old expression 'a picture is worth a thousand words' is a truism well known to us all and serves to illustrate the impact of symbols.

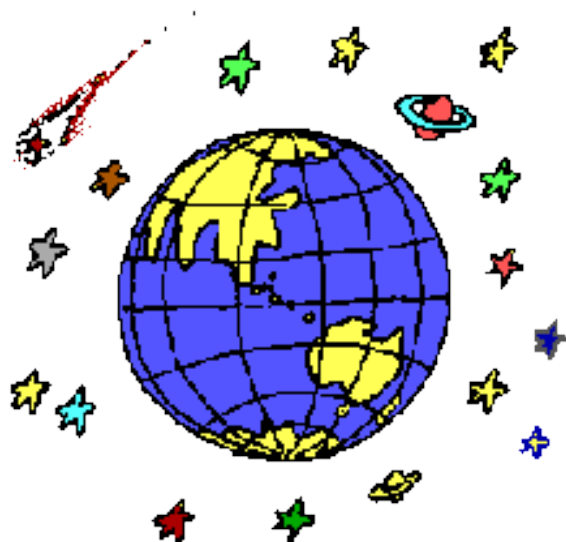
Each of the illustrations you will see during your 12-Day Plan are elements which combine to convey one overall story. Each illustration is in fact a combination of several symbols.

In the following Libraries section each illustration's story is available. Having read these stories and combining this intellectual (i.e. written) information with the nonverbal symbolism contained within these illustrations we give knowledge, power and life to these pictures.

Once the link between the story and its image has been established it will remain with you on a subconscious level throughout your day.

By performing your affirmation sessions with this knowledge as a backdrop you gain added insight to the story. With each passing day each session compounds as the full story unfolds.

Day One - Energy



Metaphysicians and many people in the scientific world are now in some agreement over the composition of our universe, seeing it as a field of energy, a force field.

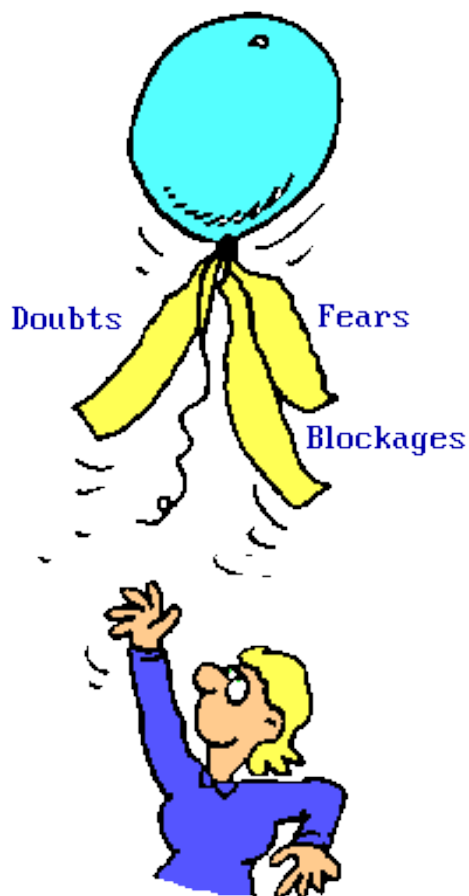
On one level we perceive the many manifestations of form and differentiate between them, not seeing the underlying field common to them all. Seeing solidity of form, diamond, gold, etc., at one end of the spectrum, and thought, colour, towards the other. In fact, they differ only in their rate of vibration i.e. the frequency at which they exist. The denser the material the lower its vibratory rate or frequency. Conversely, finer forms, i.e. colours, and thoughts are examples of successively higher rates of vibration.

Form is always preceded by a thought or idea, a building is first conceived in the mind of the architect. Manifestation at this frequency, i.e. a thought, is more easily changed than at lower rates of vibration, i.e. a rock. By consciously directing our thoughts we become an architect able to shape thought into the desired form. Affirmations provide us with powerful tools which we can use in this process.

Thoughts and feelings have certain vibratory rates about them which will attract thoughts of a similar wavelength. As an example; you might have been thinking about someone and shortly thereafter receive a phone call from that person. The energy of your thoughts has attracted a reciprocal wavelength. By holding positive thoughts of a loving nature we will attract into our life people and events to support our positive expectations. Affirmations are an excellent way to enhance this process.

This is clearly illustrated in the biblical advice "...as you sow, so shall you reap." When we make a conscious practice of this in a positive manner we will reap a harvest of like quality.

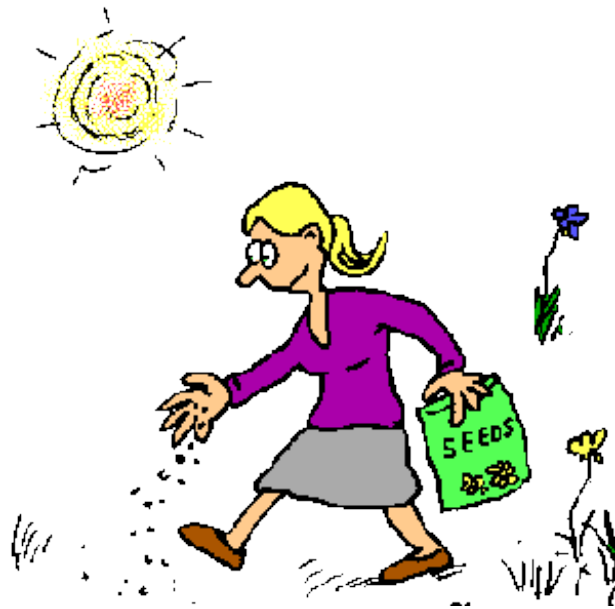
Day Two - Balloon



When we begin affirming something in our life to be true, our subconscious may react to the new suggestion by presenting us with a reason why this is not so. This is to be encouraged and seen as a clearing process in which we only must let go of any fears and doubts. We need simply to observe all thoughts as they enter our awareness, regardless of their content. A proportion of these thoughts will be of the everyday kind.

As the affirmation takes root and increasingly gains the acceptance of our subconscious, we experience an increased number of encouraging, positive, thoughts. This is a clear indication that the process is moving in the right direction.

Day Three - Garden



Our mind can be likened to the image of a garden. We are planting seed thoughts in the conscious mind. With repetition they will sink down into the soil of our subconscious mind. Once there, just as the germination of a seed comes about through warmth from the sun, so nurturing our affirmation with conviction, i.e. faith, love, knowing, commences the process of growth.

At this stage using the imagination will let us see the blossoming of our desires, the oak in

the acorn, the flower in the seed. With continued repetition of the affirmation the growth of our seed-thought will move in the direction of form, just as the seedling reaches for the sun.

The law of the Mind is such that what we plant in our mind is precisely what we shall reap. Here it is essential to be specific because the subconscious has no choice but to obey the instruction we have given it. With affirmations this immense power is at our disposal, so we must use it wisely.

We have the choice, then, to cultivate or ignore the garden of our mind. Either way we can expect the harvest to reflect our efforts in that direction.

Day Four - Inner Power

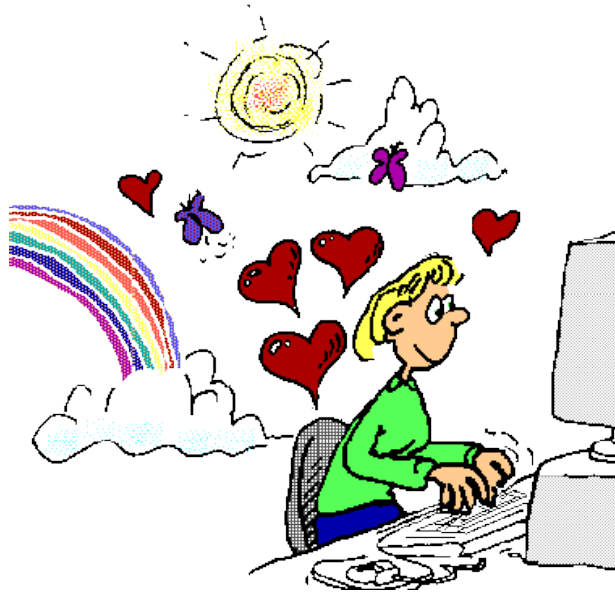


Within each one of us there is an infinitely higher power. We may call it God, Krishna, Christ Consciousness, Buddha, Higher Self, I Am, Cosmic Intelligence, Spirit, or any other name we feel comfortable with. This inner source of knowing, and of joy, has a transformational effect upon our entire being. Once embraced as a loving partner the ensuing bond brings forth growth, understanding, help and guidance. Once we experience this kind and gentle presence, this feeling of returning, we shall know the true meaning of bliss - 'A sense of oneness that calls forth reciprocal love and joy between us and everyone we encounter.' At times we may feel distanced, a sense of separation rather than connection. When this happens, we

need to reconnect by quietening our senses and directing our attention inwards. Meditation is an excellent method of contacting this inner knowing.

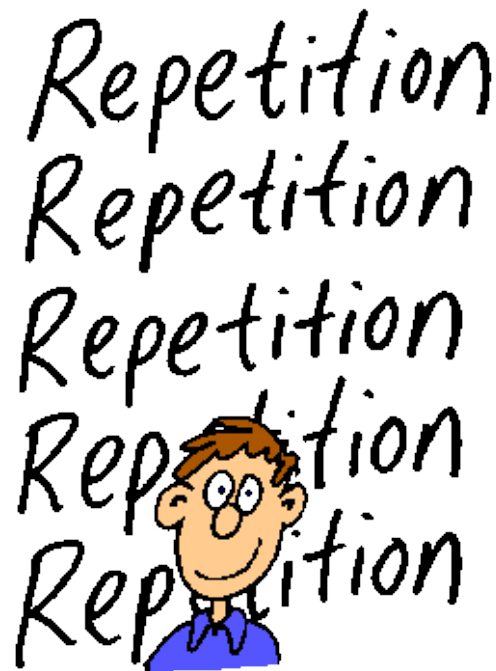
Day Five - Emotions

Positive emotions are of enormous value in implanting the affirmation, directly and swiftly. A thought backed with strong feeling more readily becomes reality. Our repeated affirmation needs to be done with a feeling of intense desire. So, it is with passion and enthusiasm that we fuel our resolve and activate the affirmation.

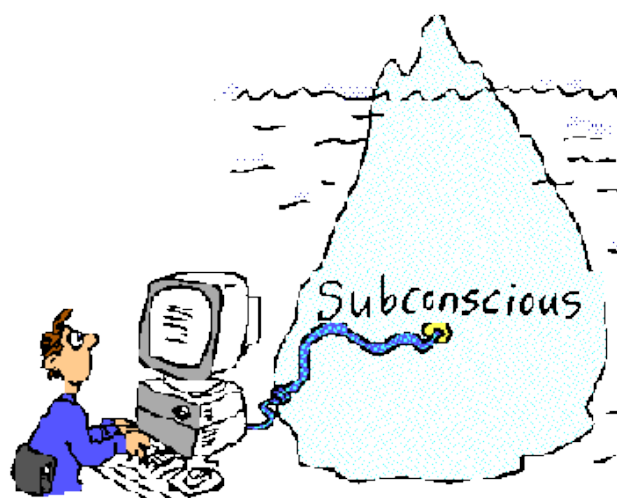


Day Six - Repetition

The importance of repetition cannot be over emphasized. It is a fundamental element in effectively implanting the affirmation. We need not believe that the affirmation will work. What is important is continual repetition, with plenty of emotion. With time this constant saturation of the mind will firmly implant the affirmation in the depths of our subconscious with laser-like intensity. It has a concentrating effect and will generate more energy, enabling it to manifest more readily in the chosen form. An idea held firmly in the conscious mind will receive the attention of the subconscious.



Day Seven - Subconscious



What we have in our lives right now is a direct result of the images we have been projecting onto our mental screen to date.

The image that we project onto our mental screen will be brought into reality by the innate creative ability of our subconscious mind. This imaging capability is solely the province of our conscious mind, whose role is that of master. Our obedient servant or slave

is the subconscious, who simply ensures that everything that we say, do, and feel is consistent with the image it has received. It is the subconscious, then, that is the most powerful force in our life, accepting without question our every instruction down to the tiniest detail, and will firmly implant the affirmation in the depths of our subconscious. It has a concentrating effect and will generate more energy, enabling it to manifest more readily in the chosen form.

An idea held firmly in the conscious mind will receive the attention of the subconscious, then bringing it into manifestation.

The subconscious is completely capable of carrying out any instruction we have programmed it to do. It cannot distinguish between what is real and what is imaginary. We can take advantage of this by consciously selecting those images we wish to see manifested in our lives. It has infinite resources at its disposal, and can create ANYTHING.



I now pronounce you

two energies, our intuitive side in harmony with the active part of us.

Within each one of us there are many energies. Two of these concern us here: one being male and the other female. If these terms make you feel uncomfortable you may substitute other terms of your own choosing, i.e. yin/yang, right brain/left brain, intuitive active or any other label you care to use. While these energies are distinctly separate from each other, they are equal in their importance.

If we were brought up with the belief that an action dominated approach can get us what we want from life, we are functioning primarily from the male energy. A more balanced formula for living today is one that integrates the

When you are operating from your intuitive nature you will feel that you are in touch with a higher power. You will act without fear, be spontaneous, have an inner knowing, be creative and be the source of your dreams and inspirations, the force behind your continuing growth and expansion. Your intuitive nature provides the image and creative energy for change.

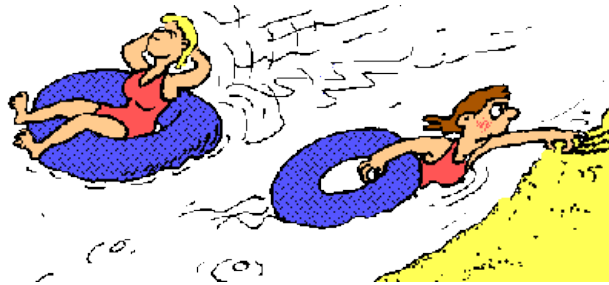
When you are operating from your active nature you will: initiate action, focus on the plan, manifest the form, supply logic and order.

When we integrate these two aspects of our nature we experience an inner union, a marriage of opposites. She expands her loving qualities while he fearlessly supports her with his strength and ability to focus. She supplies the intuitive direction which enables him to manifest the desired form, using his talent for planning and logic.

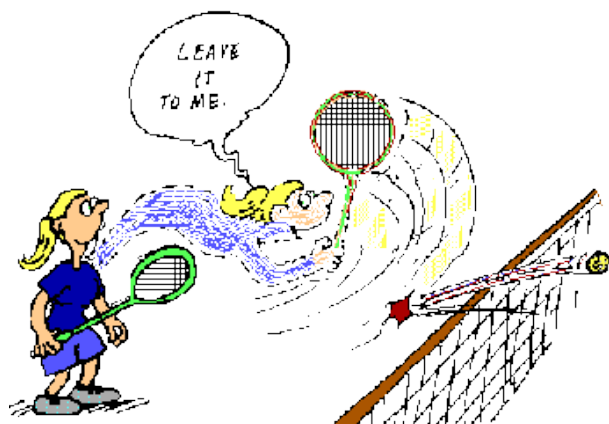
This then becomes a marriage made in heaven. He gains in strength and clarity as to his role, while she is clear on the message she is giving him. She grows more confident in her connection with infinite knowledge when he learns to trust in her intuitive abilities.

Day Nine - River

It helps if we see life as a journey down a river. During the trip we need to trust our inner guidance to see us safely past any obstacles, rather than attempting to hold on to the known and the familiar. Failing to go with the flow can cause us to miss many of life's opportunities which would otherwise be present. Our willingness to surrender to the flow "inner guidance" lets us navigate our way past obstacles and choose the channel or tributary we prefer.



Day Ten - Leave it to Me



Dwelling inside each one of us is the True Self, and its opposite the false self. To all intents and purposes we may say that they are two separate beings, and it is very important that we are aware of this.

When we function from the True Self we experience greater happiness, fulfillment, and effortless action in all areas of our life. When the false self is

in control we are more likely to experience frustration, emptiness, and negativity.

The True Self is the essence of who we are, and when functioning in our life, lets us express the full range of positive emotions, and at the same time experience great joy in our life.

It is the real you, that deep down you, you've always known yourself to be. It is always with you, though at times it may appear to be veiled from you by the false self. Once you have experienced the True Self, an inner desire to return will become active in your life.

Any time that we feel separated from our True Self the following procedure will aid in our reconnection. Take a few full, deep, abdominal breaths. Pause after each breath for a count of four seconds. On each exhalation, relax and let go of any concerns that you might have. Become aware of any muscular tension and simply allow it to dissolve. This leads us to a state of stillness and inner calm.

Day Eleven - Comfort Zone

Our comfort zone conforms directly to the imagined image that we have of ourselves, i.e. our self-image. It is important to realise that it is only imaginary: an illusion.



The foundation of the illusion was laid down in our infancy and while allowed to go unchallenged will continue to exert a powerful influence over us.

Awareness of this allows us to choose techniques, such as repeating an affirmation, to expand that self-image. In expanding it, those actions formerly performed outside of the comfort zone become easier and there is a noticeable reduction in "negative" stress. This will also stretch the boundary of the comfort zone itself, letting us experience many new

possibilities where we can perform more efficiently as well as more effectively.

Day Twelve - Here & Now

To feel fully alive to our experience it is necessary to be aware of the present moment. True happiness is born in this moment.



this point and affirming from it we empower our thoughts into existence.

If you experience separation from this moment, this is the time to practise "presence of mind" (i.e. awareness of being present, here in this moment). This will reconnect you with your inner power, your true state. Simply become aware of your sensations, surroundings. Becoming aware will anchor us in the here and now. Our lives are formed from the thoughts we think in the present. By focusing on

If you are not experiencing happiness right now, you are contemplating the future, or replaying the past. Practice presence of mind for positive results.

APPENDIX

Subliminal Messages

This is a list of the subliminal messages used in Sculptor. Meditating on these messages from time to time will assist in their effectiveness.

In addition to the subliminal messages appearing at the bottom of the screen throughout the session, an additional subliminal is shown at the top of the screen just prior to the affirmation you are about to type in. It simply states "I now convey to my subconscious mind that..." (Your affirmation follows).

Also note, these messages have been designed to assist you in the affirmation process, that is, they are not meant to create objects and/or goals in themselves but rather aid in the manifestation process by asking for, faith, abundance, connection, love, guidance, creativity, and the release of blockages.

- I have faith that I am being guided to the next step.
- My next step is now shown to me.
- Life is revealing new opportunities to me.
- I have a clear and open connection with my higher self.
- My creativity is bringing only good into my life.
- I always concentrate on the good in all my affairs.
- I now have clear intuitive communication with my higher self.
- I let miracles happen.
- Divine love permeates me now.
- I express my higher wisdom.
- Limiting beliefs are melting away.
- Happiness is my birthright; I claim it now.
- I allow my feelings to be expressed; it is safe to express them.
- All my needs are being met by my higher self.
- I allow love to flow to me.
- Only good now unfolds in my life.
- I have an abundance of good in my life.
- I live in a safe and loving environment.
- The universe guides me in everything I do.
- I love and accept myself just the way I am.
- I have an open connection with the universe.
- Everything is shown to me at the right time.
- I am attracting all I need in this life.
- My life is perfect; all is well in my life.

- I am divinely guided along my path.
- Every phase of my life unfolds perfectly.
- Every situation is my teacher.
- I let go of anyone or anything that has caused me pain.
- I let go of the past; I am free.
- I forgive everyone. In forgiving others, I heal myself.
- I find all solutions within myself.
- I am at peace with my surroundings.
- I accept that we are all doing the best we can.
- I have an open heart, and I see the love in others.
- I dissolve blockages.
- I now experience life peacefully and tranquilly.
- I am now at peace and in harmony.
- I now experience life tranquilly.
- I now release doubts and fears.
- All creative blocks are melting away.
- I dissolve any blockages that are standing in my way.
- I love doing my affirmations.
- Affirmations are fun and easy.
- I am relaxed when doing my affirmations.

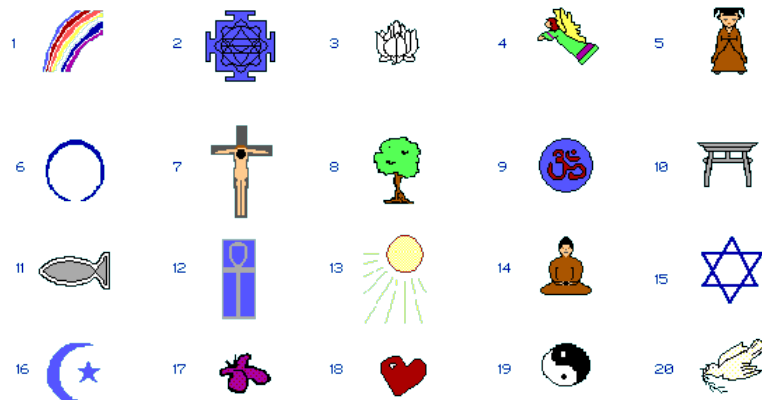
Power Symbols

During your affirmations one of the following Power Symbols may be selected. It is recommended that you choose a symbol which holds personal significance. This symbol will appear in the upper right-hand corner of the screen during your affirmation session.

Descriptions follow: Rainbow Hinduism Buddhism Angel Confucianism Buddhism, Zen Christianity Tree of Life OM Shinto Christianity Egyptian Sun Buddhism Judaism Islam Butterfly Heart Taoism Christianity

Descriptions follow:

1. Rainbow
2. Hinduism
3. Buddhism
4. Angel
5. Confucianism
6. Buddhism, Zen
7. Christianity
8. Tree Of Life
9. OM
10. Shinto
11. Christianity
12. Egyptian
13. Sun
14. Buddhism
15. Judaism
16. Islam
17. Butterfly
18. Heart
19. Taoism
20. Christianity

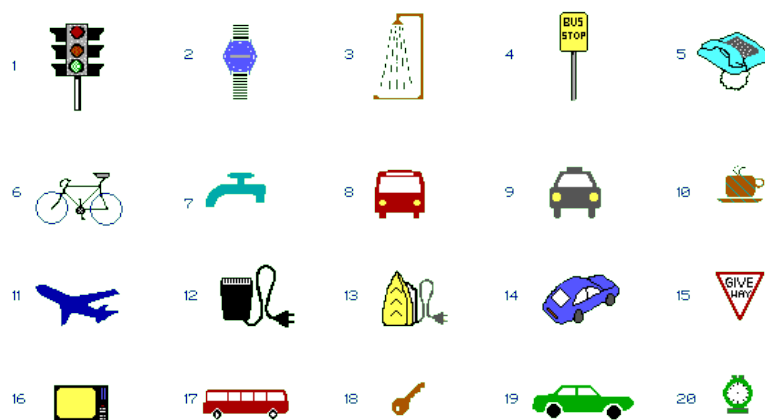


Trigger Symbols

During your affirmations one of these Trigger Symbols may be selected. It is recommended that the visual cue chosen is encountered during your daily activities, thus reinforcing your affirmation. This symbol will appear in the upper left-hand corner of the screen during your affirmation session. Descriptions follow: Traffic Lights Watch Shower Bus Stop Telephone Bicycle Tap Faucet Bus Taxi Coffee Aircraft Razor Iron Car Give Way Television Bus Key Car Clock

Descriptions follow:

1. Traffic Lights
2. Watch
3. Shower
4. Bus Stop
5. Telephone
6. Bicycle
7. Tap Faucet
8. Bus
9. Taxi
10. Coffee
11. Aircraft
12. Razor
13. Iron
14. Car
15. Give Way
16. Television
17. Bus
18. Key
19. Car
20. Clock



Affirmation Not Working

My affirmation doesn't seem to be working. Why?

While affirmations are undoubtedly very powerful, it sometimes happens that obstacles may be present that are preventing our progress.

- Many of our beliefs have been with us for a long time and additional work may be required before our affirmation is accepted. Repetition is a major factor in implanting the affirmation and in some cases, it may take a little longer to get results.
- We need to be precise regarding what it is that we desire. If you want a better job you must detail what constitutes a better job for YOU. Being vague and imprecise leaves the subconscious confused and unsure of what to do. Writing down our goals **PRECISELY** provides the subconscious with clear instructions.
- When we have inner resistance to that which we are affirming, this makes us doubt its validity. A belief is operating which is counter to that which we have been affirming. An essential part of working with affirmations is learning to transform these undesirable beliefs into ones which we do desire.

The Response Section also provides us with an excellent tool for dealing with such situations. If the affirmation is precisely worded, stated enough times, feels comfortable, and is emotionally charged, then the only obstacle or obstacles blocking its realisation come from our own unconscious.

OUR RESPONSES TO THE AFFIRMATION HOLD THE KEY TO DISSOLVING THESE BLOCKAGES.

The responses should be allowed a free-flowing passage. Just allow them to pop into your awareness, without straining or forcing them. You may experience anger, sadness or other emotions. This is normal and there is no need to be alarmed. In time these negative beliefs will disappear using this process. note: sometimes these thoughts will be of a positive nature, while at other times they will be negative. Just go along with the process and trust that higher intelligence is guiding you.

Suggested Reading

To fully grasp the diverse elements which this software package encompasses the following texts are recommended:

- "As You Think" by James Allen, edited and updated by Mark Allen (New World Library)
- "Being Happy" by Andrew Matthews (IN Books)
- "Creative Visualization" by Ronald Shone (The Aquarian Press)
- "Creative Visualization" by Shakti Gawain (New World Library)
- "Embracing Our Selves and Embracing Each Other" by Hal Stone Ph.D., and Sidra Stone, Ph.D. (New World Library)
- "Grow Rich While You Sleep" by Ben Sweetland (Wilshire Book Company)
- "I Deserve Love" by Sondra Ray (Celestial Arts)
- "Love Is Letting Go Of Fear" by Gerald G. Jampolsky, M.D. (Celestial Arts)
- "Psycho-Pictography" by Vernon Howard (Reward Book)
- "The Silva Mind Control Method" by Jose Silva and Phillip Miele (Simon and Schuster)
- "Tantra For The West" by Mark Allen (New World Library)
- "The Magic Of Believing" by Claude M. Bristol (Pocket Books)
- "Think Like A Winner" by Dr. Walter Doyle Staples (Wilshire Book Company)
- "Words That Heal" by Douglas Bloch (Bantam Books)

SAMPLE AFFIRMATION

This section outlines some of the areas that you may wish to work with. Refer to the section titled "CREATING YOUR AFFIRMATIONS", for detailed instructions.

Relationship

Fulfilling relationships

Who amongst us doesn't deserve fulfilling, happy, satisfying relationships. We all need a lover, companions, and people with whom we can share our love, fears, happiness and sorrow. Using goal visualization, affirmation and self-image techniques we can achieve these relationships.

Empower yourself

I am special and deserve love". This simple yet effective affirmation empowers you to receive the universal love you deserve. "Everyone is special and deserves love and respect." This affirmation empowers yourself, and people you know and meet daily. Once your thoughts towards others are positive you will notice a positive change in their behaviour towards you. Once you believe you deserve love, this love will manifest, and as you realise that everyone deserves your love and respect, so too will this manifest. From two such simple affirmations your entire attitude to your own self-image and your interaction with others will change. This is through the power of affirmations. Using positive affirmations, we can create positive changes to occur in our lives! Sample affirmations:

- I love myself as well as others.
- What I put out comes back.
- I give and receive love.
- I am a radiant being filled with light and love.
- I deserve love.
- I now believe that relationships can be joyful and fun.
- I am open to receive loving relationships.
- I open to others. I give and receive love.
- I risk myself in love. I allow myself to be vulnerable.
- Love is coming to me easily and effortlessly.
- I am attracting loving relationships into my life.
- I have a clear image of what I want in a relationship.
- I am now ready for a relationship.

Health

Heal yourself through affirmations Research has shown that the mind can play a part in influencing a person's sickness or health. Recent trends have demonstrated the beneficial effects of treating disease and sickness with visualization techniques and self-suggestion. Dr. Carl Simonton of the FortWorth, Texas, Cancer Counselling and Research Centre talks enthusiastically about these breakthroughs. "We think people are now beginning to realise how much the mind and the physical body are intertwined.... We know that the same pathways that are used to transmit negative things, like cancer growth, can also be used to transmit positive things that can eventually restore a person to health". Positive affirmation

At the turn of the century Dr. Emile Coue; became a pioneer in affirmation techniques, curing patients in Europe and North America. His simple yet powerful affirmation was "Every day, in every way, I am getting better and better." He taught his patients to repeat this affirmation for two minutes each morning and evening. That's all and the results were dramatic. He went on to write several books on the subjects and helped cure thousands of patients in both Europe and North America. Sample affirmations:

- My connection to the universe is pure love.
- I have all the energy required for my needs.
- Every day, in every way, I am getting better and better.
- God's love is flowing through my body.
- The light within me is healing my entire body.
- I am one with the universe. I am healing now.
- Divine light flows through every cell of my body.
- I am a radiant being filled with light and love.
- I radiate love to everyone I meet.
- I sleep relaxed and awake refreshed.
- My connection to the universe is my energy source.
- I give and receive love easily and effortlessly.
- Divine light is in me now making clear my path.

Education

Improve your learning skills Use your mind's natural power to improve your learning skills and to remove imaginary limitations. It's well known that the human mind is one of the most powerful tools we possess. Yet research has shown that we only use a small amount of its capacity, conservatively estimated at 10%. Even the Einstein's amongst us only use marginally more. So, if your ambition is to become another Einstein, you can! In theory you could be ten times smarter! Self-Limitations An example of a self-limitation would be thinking, "Oh, I could never do that," or "Oh, but they are so much smarter than me." By removing these self-limitations, we boost our self-esteem and become aware of our self-worth, we become more confident. Hence bringing about a change to our self-image. Success Through Affirmations By the use of positive affirmations we can create positive changes in our lives. "EVERYDAY IN EVERY WAY I AM GETTING BETTER AND BETTER" and "TODAY I WILL USE 100% OF MY MINDS CAPACITY," are examples of positive affirmations, which, through daily repetition become a reality! Sample affirmations:

- My learning abilities are increasing.
- I now love to learn.
- Learning is fun and easy.
- I absorb all learning material.
- I soak up information.
- I am a creative genius.
- I easily learn every subject I choose.
- I now obtain excellent result in all examinations.
- I am at ease in exams.

Sales

Increase sales through positive attitude Make sales (\$\$\$) you've only ever imagined. Using positive affirmation and goal visualization techniques you can become a "Super Salesperson". **SUCCESS THROUGH AFFIRMATION** By the use of positive affirmations we can create positive changes to occur in our lives. "EVERYDAY IN EVERY WAY I AM GETTING BETTER AND BETTER" and "MORE SMILES, MORE SALES," are examples of a positive affirmations, which, through daily repetition become your reality. **Self-limitation** An example of a negative affirmation is "TODAY I WON'T BLOW THAT SALE." By subconsciously repeating such self-limiting thoughts we are encouraging ourselves to fail. Break free from this trap and re-program your subconscious mind to help you remove all these self-limiting barriers and **MAKE THOSE SALES (\$\$\$)** a reality. Sample affirmations:

- I now see myself successfully making sales.
- I am confident and at ease.
- What I imagine I can do I can do.
- I am a self-motivated person.
- I am an outgoing and friendly person.
- I always say the right thing.
- I am always in the right place at the right time.
- I now put others at ease.
- I come across as a sincere person.
- My sales figures are increasing.
- I am a very confident salesperson.

Sports

Become a winner using positive affirmations we can create positive changes to occur in our lives. "Every day I am getting stronger" is an example of a positive affirmation, which, through repetition becomes a reality! Self-limitation A famous example is Dr. Roger Bannister's running of the sub-four-minute mile. For years sportsmen had thought this feat was beyond human ability. Dr. Bannister thought, correctly, that this barrier was imaginary. Surprisingly, soon after he succeeded in breaking the "impossible" four-minute barrier, scores of other athletes were also able to match his performance. For years this false barrier had only been a product of the human mind. Dr. Bannister's faith in himself proved more powerful. Dispel your false limitations and become a winner! Sample affirmations:

- My performance is getting better and better.
- I now improve on what I have already accomplished.
- I now perform at my optimum level.
- I now do everything required to reach my best.
- I now have a healthy diet.
- I now eat all the right foods for optimum performance.
- I have all the required energy.
- I love my sports activities.
- I am a winner.
- I have the ability to perform better and better.

SENTENCE COMPLETION

Much work has been done by Psychotherapist and Author Nathaniel Branden in this area, and we highly recommend that you work in conjunction with his book THE ART OF SELF-DISCOVERY.

Basic steps.

Select the Sentence Completion option from the main menu, then.

Type a sentence stem in the prompt box at the top of the screen and press the ENTER key. The stem now becomes the heading, and an empty prompt box appears beneath it in which you complete the sentence and press the ENTER key.

We recommend that you type at least twelve completion cycles. People sometimes feel blocked and find it difficult to supply an immediate response. The solution is to just do it anyway. If necessary, make up the response. When finished, reflect on any feelings and/or thoughts that come to you.

These should be typed into the prompt box and the ENTER key pressed after each one. To finish the session type "end" and press the ENTER key. A total of twenty-four lines are available for sentence completion work. So, if you complete twelve sentences, twelve lines will remain for comments if required.

Art of self-discovery

To get you started here are some sample stems from the book, THE ART OF SELF-DISCOVERY.

- If I surrender to the process of change-
- If I were willing to be vulnerable-
- When I feel connected with what really matters to me-
- One of the ways I sometimes obstruct my own success is-
- One of the things I want out of life is-
- I like myself most when, in dealing with others, I-
-

Guidelines

- Do not be concerned with the content, you will have time to analyse later.
- Pay attention to being at ease and as relaxed as possible. Let your response come in a free-flowing easy manner.
- Do not be concerned if some replies contradict one another. At this stage simply be open to what comes up.
- Keep them short.
- Before typing repeat the stem silently or aloud to yourself.
- Do not take the statement as fact. Sometimes the messages may seem unclear.

PRINT RESPONSES

This has been added for those working with a therapist and who wish to provide the therapist with a copy, or those who are working on a personal matter and do not wish to have it recorded permanently on the computer. In the latter case you would reset to day one after printing, thus removing the file from the computer.

Q & A / Tip & Techniques

This is a compilation of question and answer / tips & techniques for getting the most out of Sculptor.

Q & A

What if I don't like any of the sample affirmations?

If you don't like any of the sample affirmations, we suggest either modify the one closest to your requirements or create one of your own. Using words that have personal meaning for you will create a much more powerful affirmation. Refer to the section titled "CORRECT ELEMENTS".

Turning the introduction screens off/on

While the introduction screens are useful in understanding Sculptor's operations, there will come a time when their use is no longer required. By following the instructions below you will be able to turn them off/on. To turn them off, locate and modify the file named "config.txt", this file can be found in the directory where you installed Sculptor. Open the file "config.txt" with your favourite text editor, the file contains the follow one line of text, Help on To turn the introduction screens off, simple modify the above line to read Help off Save the file and return to the Sculptor program. The introduction screens are now turned off. If at any time you wish to recommence using the introduction screens, follow the instructions above but substitute "off" for "on".

What are the benefits of the Visual Aid?

Using the Visual Aid, even for a short time, enables us to recall in detail the elements of the illustration. By combining the elements from the 12 illustrations into one scene, we have a representation of the overall content in a single tableau, thus supplying the conscious mind with complete intellectual understanding of the overall subject.

Can you explain about the power symbol?

These are some common universal symbols that represent guidance and a higher truth. Combining them with your affirmation adds a special energy.

Can you explain how the automatic option works?

In automatic mode your conscious mind adopts a passive role while the active subconscious is gathering information from the environment. This presents a large amount of data to the subconscious mind in a way that ensures maximum assimilation.

What if I don't like the stories?

If you wish to create your own stories, here is the procedure for doing so: Sample: To create a personalised story for illustration 1 of the 12-day plan. Create a file called my_txt1.txt with a text editor (Notepad). The number in the file, located after the 6th character should correspond with the day in question, i.e. my_txt1.txt would be used for day 1 of the 12-day plan. This file should contain no more than 70 characters per line, and a maximum of 18 lines is permitted. When you run the affirmation program your text will replace Sculptor's

story for day 1. You will find this feature of value when setting goals. EXAMPLE: Establishing an ideal relationship.

- 1 week goal - Define qualities of desired relationship
- 4-week goal - Buy some attractive clothes
- 3-month goal - Meet eligible partner(s)
- 6-month goal - Become engaged to one of the partners
- 1 year goal - Set Wedding date

(The above is a summary only and would need elaborating. Use one or two paragraphs per goal). You can create stories from quotes, and/or extracts, from your favourite books, the Bible, etc. If you wish to recommence using Sculptor's story, simply delete the file you created for that day, and Sculptor will use its own story. What happens if I want to run a different affirmation in auto mode from the one in the 12-day plan? You need to reset the affirmation each time when changing from auto mode to 12-day plan or back again.

Why does the light bulb keep popping up?

The image of the light bulb conveys to the subconscious mind our request for an idea or some information.

TIPS & TECHNIQUES

Affirmations using a mirror.

Louise L. Hay uses this technique in her book "You Can Heal Your Life". She says: "Mirrors reflect back to us our feelings about ourselves. They show us clearly the areas to be changed if we want to have a joyous, fore filling life."

"The most powerful way to do affirmations is to look in a mirror and say them out loud. You are immediately aware of the resistance and can move through it quicker." (*above quotes taken from "You can Heal Your Life", used with permission*).

There are many helpful techniques in her book and we highly recommend using it as a companion to Sculptor. If you wish to use the mirror technique with Sculptor, simply position your mirror nearby and glance at your reflection from time to time while doing your affirmations.

Keeping a Journal is an ACTIVE way of working with your inner world.

Here are some suggestions for beginning your journal.

You may like to incorporate your Sculptor sessions into your journal. Make lists of everything which you feel: appreciated for, successful at, you like about yourself, is important to you.

Use any of the following in your journal: ideas, goals, plans, dreams, colour, symbols, poetry. Also note any affirmations that come to you during the day. Try to spend some time every day on your journal, for you will find working on the inner plane very rewarding and of immense value.

You will find this to be a powerful way of creating your affirmation!

Affirmations are more appropriate if they come from a higher source. To access this higher source, we need to quieten the mind. Refer to the chapter titled MEDITATION. Affirm to the higher source that it is your intention to obtain help in a particular area.

Describe this area as clearly as possible.

Stay with this for a few moments and take notes of any guidance received. This technique will get easier with practice and possibly will be one of the most important you will ever develop.

Dialoguing between two parts of yourself.

David D. Burns, MD uses these techniques in his book "Feeling Good". This technique is used for dialoguing between the different parts that reside in each of us. If this idea is new to you, and you wish to learn more we recommend that you read the above book. Following is the procedure for incorporating this technique into the Sculptor program.

Select the Sentence Completion module and follow these steps.

Step 1. When prompted to type in the sentence stem, type instead the names of the two parts forming the dialogue, and press ENTER key. i.e. Dependent Self has dialogue with Independent Self.

Step 2. When prompted to complete the sentence stem, type in the words to be uttered by the first part. Prefix this response by name. i.e. Dependent. And press ENTER key

Step 3. Type in the words to be uttered by the second part. Prefix this response by name. i.e. Independent. And press ENTER key

Step 4. Repeat steps 2 and 3 until finished.

Step 5. To end the session type end and press the ENTER key.

Here is a sample session from the above book:

Dependent Self has dialogue with Independent Self.

- Dependent: I need a man.
- Independent: Why do you need a man?
- Dependent: Because I can't cope on my own.
- Independent: Have you been coping so far in life?
- Dependent: Okay. But I'm lonely.
- Independent: Yes, but you have a child and you do have friends.
- Dependent: Yes, but they don't count.
- Independent: They don't count because you dismiss them.
- Dependent: But people will think no one wants me.
- Independent: People will think what they want to think. What is important is what you think. Only your thoughts and beliefs can effect you moods.
- Dependent: I think I am nothing without a man.
- Independent: What did you accomplish having a man that you couldn't accomplish on your own?
- Dependent: Nothing. Everything important I've done on my own.
- Independent: Then why do you need a man?
- Dependent: I guess I don't need a man. I just want one.

- Independent: It's fine to want things. They just can't become so important that life loses its meaning without them.

If one line is not enough, carry on to the next line by pressing the **ENTER** key and continuing the dialogue. You have a maximum of 24 lines. If you require additional space, return to the main menu and begin this process again.

12 Step programs.

Sculptor may be used as an adjunct to any of the 12-step programs which have evolved from the original program initiated by the founders of Alcoholics Anonymous. In her book "Codependents' Guide to The Twelve Steps," Melody Beattie addresses the subject of co-dependency in great depth and you will find her book invaluable for gaining a thorough understanding.

The twelve transcripts comprising the 12-Step program can be used in place of Sculptor's 12 stories. For the appropriate transcripts you need to obtain a book on the 12-Step program concerned.

To do the substitution simply follow the instructions outlined in the section below, titled "What if I don't like the Stories?" You will need to create a separate file for each of the twelve Steps.

Next, define your affirmation, refer to the section titled Creating your affirmations

After completing these steps, simply run the Affirmation Program and Sculptor's stories will be replaced by the 12-Steps you have substituted. We recommend that you work in conjunction with a book, therapist, or group when doing 12-Step Programs.

Can I use the illustrations in my day-to-day life?

"A picture is worth a thousand words" is a truism well known to us all and serves to illustrate the impact of symbols. The illustrations used in Sculptor are of like value in conveying messages. If for instance you find yourself being fearful of change (where that change would be beneficial from a higher perspective), recalling the illustration of the river scene will convey a message to the subconscious to go with the flow.

Sometimes I'd like to complete the session more quickly.

You can speed up the system considerably by adjusting the affirmation speed. The default setting is SEVEN. Decreasing this value will speed up the system. If you select ZERO, the affirmation will be displayed instantaneously.

Sculptor also has a hot key combination that enables you to speed up the system from within the affirmation session. Simply press the "CTRL and "x" keys together and the program will shift into quick mode. In quick mode you are not required to type a response.

I am bit concerned about the subliminal messages.

We have included two additional features for working with the subliminal messages:

Turn subliminal message OFF.

Pause the subliminal message on the screen for 4 seconds.

For a listing of the subliminal messages see Appendix. In addition to the subliminal messages appearing at the bottom of the screen throughout the session, an additional subliminal is shown at the top of the screen just prior to the affirmation you are about to type in. It simply states "I now convey to my subconscious mind that..." (Your affirmation follows).

Why Thank YOU! after I give my response?

On receiving the requested idea or information the conscious mind then acknowledges the Co-operation of the subconscious.

In the automatic option, why do the pictures keep changing?

Each time an affirmation cycle is completed, Sculptor selects at random a different picture for use as the backdrop. This provides maximum input for the subconscious to work with.

What if I don't want to complete all 24 Affirmation?

While it recommended that you do complete the 24 Affirmation responses, we realise that this is not always convenient. Simply type **end** when prompted to retype your affirmation and then press ENTER key. This will terminate the affirmation session and all responses entered will be saved for that day.

What is the meaning of the statement below?

*"This, or something better,
now manifests for me
in totally satisfying and harmonious ways,
for the highest good of all concerned."*

This leaves the way open for something even better (than that which we have been affirming) since our Higher Self wants only our greatest good. It will come about in harmonious and satisfying ways, and this will work ONLY for the good of all parties. The underlying context of this message is "As you sow, so shall you reap" and even with our human limitations the universe is capable of infinite manifestations.

The power and effectiveness of your affirmation can be increased

manifold by using the following technique:

In the meditative state reconstruct the sounds, sights, feelings, smells, tastes, of the actual affirmation session, i.e. hear the BEEP prior to the affirmation being displayed, see the illustrations, feel the keyboard beneath your fingertips as you type, recollect any tastes present during the session. At this level the critical function is suspended, allowing easy access to the subconscious mind.

I want to use more than one affirmation

or share the system with another person?

Each session accounts for one day of the 12-day plan. Therefore, two people (or two affirmations) will work through the 12-day plan in half the time. It is therefore necessary to extend the duration to 24 days, i.e. two 12-day plans.

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SYSTEM TIPS

Rebooting Sculptor

If you reboot your computer during the running of a Sculptor or Setup session you may later find a file with a .tmp extension. Example "45839827.tmp". These digits are created randomly. This file is not required, and you may simply delete it.

Form Feed button

It has been reported that some printers require the user to press the Form Feed button (located on the printer) when printing. This is only necessary if your printer fails to print the first or last page.

DISCLAIMER

There are numerous studies concerning the role that affirmations and subliminal messages may play in personal-development and self-help. AffirmWare or its employees do not claim to be doctors or technicians in the field of affirmations or subliminal messages. It is up to the user to determine if affirmations and/or subliminal messages help him or her. This program is just another medium in which Affirmations and subliminal messages can be incorporated into people's lives. AffirmWare disclaims all results or lack of, attributed to this program.