

Frequently Asked Questions about Pilgrim Subliminal Recordings by Duncan McColl.

- [Is it Duncan on these recordings?](#)
- [Why do you sell subliminals?](#)
- [Do the conscious self hypnosis recordings contain subliminal suggestions?](#)
- [Why is this?](#)
- [I want to hear what is being said.](#)
- [What are Subliminals?](#)
- [What are Whisper Subliminals?](#)
- [How do I know I can trust what is said?](#)
- [How does my subconscious mind understand them?](#)
- [How are pilgrim's different from other recordings?](#)
- [How many positive life enhancing suggestions are on the recordings?](#)
- [Are they working with my inner child?](#)
- [How do I use them?](#)
- [Will they effect any one else?](#)
- [Can I listen to more than one a day?](#)
- [Do I need to put any effort in?](#)
- [Can I use them on my i-pod and phone.](#)
- [Do they work with animals?](#)
- [I have some more questions who can I contact?](#)

Is it Duncan on these recordings?

Yes. These are scripted and recorded by Duncan McColl.

Why do you sell subliminals?

It has been found over the last thirty years that subliminal messages are a fast and easy way to get your subconscious control mind to accept and implement positive changes in our lives. They are partially beneficial where health and healing matters are concerned.

Do the conscious self hypnosis recordings contain subliminal suggestions?

Yes they do Duncan's subliminals have been adjusted to a level that you are unable to ear them. However your sub con will.

Why is this?

This is done to allow you to experience the greatest benefit. Sort of a belt and braces approach.

I want to hear what is being said.

The whole point of subliminal recording is that they bypass your conscious mind and get to work on the deeper control factors and limitations in your life.

You can get an idea as to what is being instructed to you by listening to the conscious self hypnosis recordings.

What are Subliminals?

Subliminals are positively exquisitely worded commands and suggestions that are conveyed to your unconscious mind. They are designed to be unrecognizable to your liner condition conscious mind so that they by pass your critical factor. passing directly to the control levels of your mind.

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What are Whisper Subliminals?

Whisper subliminals are a pilgrim invention developed by Duncan McColl to meet an exceptional life crisis where assistance was immediately required.

The suggestions and subliminals are speeded up allowing faster installation at an unconscious level.

They sound like chipmunk sounds.

With these recordings the volume is turned down so that it is just audible.

How do I know I can trust what is said?

A good question. The reality is that, this is between you and your control mind. You will have to take it on trust that these recordings are quite unique until you have benefited from them. Read the [testimonial page](#) if you require other peoples experiences with these products.

May well be your have some subconscious incongruence running or secondary gain to work through.

How does my subconscious mind understand them?

This area of your mind has a wider range of abilities than your conscious mind. A bit like a dog can notice a dog whistle. Your mind can pick up signals and suggestions out side your sonic conscious range.

This part is left over from our early evolution and survival. We still have many early life forms abilities with in us and this is one of them.

How are pilgrim's different from other recordings?

Apart from Duncan's deep profound understanding and respect for your subconscious mind they are different due to the care that was taken in design and the way they are worded. They have been meticulously scripted and tested for the effectiveness. Great care has been given to the messages and suggestions that are passed on to your control mind.

For example the "Blood Pressure" recording on testing was found to not be as effective. On looking at the wording on the subliminals it was found to be one sentence that the subconscious took offense to.

What was it?

Well

You will check your blood pressure.

To the subconscious check also can mean stop.

What sub-con would stop someone's blood pressure.

Very few recordings go to this depth of testing.

How many positive life enhancing suggestions are on the recordings?

On a standard recording around forty thousand.
All positive and beneficial.

You know what the effects of one negative suggestion can be.

Can you imagine now, the benefits of forty thousand positive ones?

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Are they working with my inner child?

Yes they are and some other areas of your psych.

Many of your problems in life were programed in to you at an early age. By others. It is not their fault, however some of this early conditioning must be removed and your inner kid allowed to mature and grow.

Another bigger problem is that often you have programmed yourself for unhappiness.

For example.

I recently helped a doctor who had some issues. One of which was that he was unhappy in the profession he had chosen.

I asked him when he had chosen to be a doctor?

"When I was ten" he replied.

So why are you allowing a child to decide your profession, when you are unhappy with it?

How do I use them?

They are designed to be played in the background as you go about your life.

So you can use them while doing housework or watching television or exercising.

All suggestions for relaxation and entering hypnosis have ben removed.

You may also sleep to them each night.

Will they effect any one else?

Yes they will.

They are beneficial to any one and every one.

Can I listen to more than one a day?

Yes you can.

Do I need to put any effort in?

I always find this an amusing question.

The effort required by you is to use you recordings as directed or suggested.

With the intent and state that you will allow them to work effortlessly.

Can I use them on my i-pod and phone.

Yes you can.

Most devices that support MP3 format can be used and this allows your the luxury of being able to use them when you have quiet moments in your busy life or are waiting for something or someone.

Do they work with animals?

Yes they seem to. I have had reports of dogs and cats quietening down when subliminals are played, some of my clients do use them to good effect on their pets.

I have some more questions who can I contact?

Contact me and I will add your question and the answer here.

<http://www.pilgrim-self-hypnosis-recordings.com/subsfaq/subliminalfaq.html>

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My contact details are on this page.
