

Decoding the Core Series

Subliminals

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Decoding the Core Series Subliminals
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If you want to download the subliminal using one of the many youtube downloaders I am ok with that for personal use only.

Personal use it just that, you using it for your own healing process. It does not include re-uploading it anywhere or adding it to your music and uploading that, with or without (feat.) acknowledgment. It doesn't matter if it is commercial or a private account, just don't do it. Respect my work! I put a lot of work into these subliminals I have been meditating and using subliminals for over 30 years. It is because so few of them worked for me that I took it upon myself to take my years of knowledge and make my own.

There is no evidence of any harm from subliminals but of course you use *at your own risk*. There are many layers to these and hundreds of affirmations.

If you think there is an issue that you would like to see addressed in a subliminal or just want to share any results you have had, let me know at Tatiacha@gmail.com

How to Use

There is no music over these subliminals because we all like different music, and lets face it, who wants to listen to the same song over and over every day for months. The more time you spend listening to the subliminals the faster they work, so having options for listening allows them to be used more often. By having the subliminal available without music you have the ability to listen while watching TV programs or movies as well as youtube or any music you like.

All the subliminals are available in both -30 and -50 volumes. -30 is louder than -50. The -30 is great while listening to music or while watching a movie but while watching youtube videos I found it just a little too loud and it distracted me from my video when the youtuber was talking and there was no ambient noise, so I created the -50.

I will put the subliminal on in my music player (usually MusicBee) and then turn on a youtube video and adjust the volume to the level I want it. When I want to listen to music I will play my subliminal in VLC player and play music in MusicBee, once again adjusting the volume of the subliminal with the first song, and then it is fine for the songs that follow. I found that playing anything in itunes will automatically mute another music player. Of course with these on youtube you can open one tab with the subliminal and another tab with music or video. Start with the -30 and only if you find a situation where the -30 is too loud at its lowest volume will you need the -50. You can also just have it on lightly in the background with no music or video and I do this quite often.

These are deeply layered audio files. There are a couple that made me tired for a couple days as my brain adjusted. If you are feeling tired, listen less often for a few days. You should not get a headache, if you have any sensation like that you may be using a file with far too many layers as our brains can get as lazy as our bodies, and need to get used to decoding so much information again! If that happens with a subliminal sandwich or one of the complex ascension or brain programs try something simpler like *Stress and Anxiety* or *Emotional Freedom*. They have less affirmations and layers. If trying one of those still bothers you, then these subliminals are not appropriate for you for some reason.

I feel it is best to listen while awake. The reason I feel this way is because the original messages we took in, that led to self talk that we are attempting to overcome, all happened while we were awake! Our parents did not sneak into our bedrooms while we were children and whisper their thoughts to us while we slept. I think it is ok to listen while sleeping or meditating but I think wide awake beta consciousness is actually optimal. Remember that while we sleep our brain is busy healing our body and you may not want to distract it from that process. Listen by day, integrate during sleep.

The files sound like a bit of white noise or even gurgling water at times and there are quiet drums freenotes and crystal bowls which if loud enough sound like distant wind chimes. They all blend in when any other audio source is playing.

What is the Core and why does it matter?

We all have core issues. There are not that many and all 7 ½ billion of us have a unique grouping of them depending on who raised us. How those issues came up and made us feel as we grew up, have lasting effects; things like poor self esteem, fear, self sabotage, addiction etc. We are trying to reprogram those old messages to change our lives in positive ways. For change to occur we need to reach down to the core, the place where any physical, emotional, mental or spiritual issue began.

All dysfunction and healing starts in the brain. The brain was created to always heal our body, what gets in the way of that? We know genetic weaknesses can be a factor and we know physical environment can be a factor. Why is it that two people in the same environment with the same genetic weakness do not succumb to the same disease? It all comes down to our core issues. Even within the same family two children can get very different messages because these come not just from parents, but other adults and friends. We take these events and statements about us into our consciousness and turn them into self talk. If we had fabulous adults in our lives and no trauma, that self talk is empowering and we develop strong relationships and become healthy adults.

Too many of us had very imperfect families and there is no point in playing the blame game because our parents could not give us what they themselves did not get from the adults in their lives. It is a legacy that only changes when one individual heals and does not pass on what they received.

If you and another person have the same environment and genetic weakness and that person was raised in a loving supportive way and has healthy self talk and feelings about themselves and you were raised in a way that left you feeling unloved and not worthy, you literally tell your brain that you don't feel worthy of its ability to keep you healthy all day every day! You develop

illness even while you eat healthy food and do things consciously that should improve your health while they may smoke, drink too much and eat crap and experience great health!

This happens at the core level, and this is why I wrote these scripts to work to that core to get at the very deepest issues that prevent you from creating the life you want.

One of the ways I do this is to include Both *I* and *You* Affirmations. It was people giving us a message in action or word like “you are not good enough” that we internalize to “I am not good enough”. I have found that saying or hearing only “I am good enough” is not enough to produce the kind of change I wanted to make. That little child deep within that forms my core thoughts needs to hear “YOU are good enough” enough times to start to internalize that and change the inner thought to “I am good enough”.

I know all about the studies from the 70s on shoplifting that led researchers to believe that YOU and negating messages are not effective, but we are beings with consciousness and with free will and we don't respond well to authoritarian messages given without positive intent. When good parents reprimand their child to change a behavior even if there is intensity, there is also love and the desire to protect and nurture as well as a relationship of trust. Saying “do not shoplift you will be arrested” is not someone trying to help you do better; it is them trying to help their business. Our consciousness knows the difference.

Our consciousness also knows what negations are they understand no and never. In fact it is one of the first things our developing brains learn as babies. Immediately we are told to touch or not touch things as the adults around us moderate our exploration of this world we live in.

Some subliminal makers take their affirmation scripts to an online *text to speech* site and have a computer voice reading their affirmations. That is not ok! Every internal message we are overcoming was put in place through the words or actions of other living beings. There is energy behind that and often that energy included intense emotions and there needs to be energy behind the affirmations we are using to replace those messages.

Intent is very important as is honesty and truth. I put myself into a pure space recording the scripts of affirmations and if I felt compelled I ad-libbed here and there to emphasize important messages that speak to core issues. I made sure I believed fully in every affirmation and spoke them with as much love as possible. I put myself into the role of divine parent when doing the YOU affirmations because I do believe you can be everything that you want to be and you can overcome whatever core messages are looping through you subconscious that don't serve you.

The ***Decoding the Core*** subliminal is a script specifically to get at that core and will improve the results of any of the other scripts. If it is not out yet it is because I am still testing and perfecting it. I am not putting out any script that has not first worked for me personally (or within my family) giving results that I find significant enough to warrant sharing. If a script is not giving me good enough results it means I have missed something and it needs an additional layer of some kind. So be patient as I start to release them.

Subliminals available or coming soon

I am Harmonization, Healthy Brain & Memory, Healthy Brain Body Matrix, Decoding the Core, Ascension, Rapid Healthy Hair Growth, Weight Loss, Healthy Fitness, Perfect Skin, Creativity, Emotional Freedom, Joy, Prosperity, Stress & Anxiety, Gratitude, Chakra and Energy Flows,

Self Acceptance, Spiritual Growth

What is a subliminal Sandwich? It is where one subliminal program is layered on top of another subliminal program so they can be received at the same time. Examples would be

Weight Loss + Healthy Fitness

Perfect Skin + Rapid Healthy Hair Growth

I am Harmonization + Ascension