Program your mind *while you sleep.*

The exact method behind the podcast I fall asleep to every night. Host: me. Guest: also me. Audience: my subconscious, which has no choice in the matter.

WRITE · RECORD · LAYER · LISTEN

Why leave gaslighting *to the toxic exes?*

Your conscious mind is a sceptic. It analyses, doubts and argues back. In the drowsy minutes before sleep, that sceptic clocks off early while the part of you that runs your default thoughts and self-image keeps listening.

A subliminal script uses that window. You write a vivid, present-tense portrait of the person you are becoming, record it in your own voice, tuck it just under a layer of theta waves or rain, and play it every night as you drift off. Then you let repetition do the boring part.

Your own voice matters. There is no voice your brain trusts more, even though, frankly, it should know better.

Airtight? No. Working on me? Absolutely.

The research on subliminal messages is mixed, and I won't pretend otherwise. What I do know: hearing my own voice describe the life I'm building, every single night, has never once made me feel smaller.

It costs you one recording session. Worst case, you fall asleep to a podcast about how great you are. There are worse ways to spend a night.

01
WRITE

Draft the script with your favourite AI (the prompt is on page 3). Every area of life that matters, woven into one storyline with a single anchor scene.

02
RECORD

Read it yourself in one calm sitting, slowly and warmly. Podcast energy, not board-meeting energy. If your voice carries the state, the recording carries it too.

03
LAYER

In a free tool like GarageBand or Audacity, lower your voice until it is barely audible, then lay theta-wave music, white noise or rain on top.

04
LISTEN

Every night as you fall asleep. Think in months, not days. Repetition is the whole mechanism, which is annoying, but so is compound interest.

The *nine rules.*

Length	About 3,500 to 4,000 words for a 45-minute track. Short on time? 20 minutes (about 1,800 words) still works.
Speed	95 to 100 words per minute, which is slower than feels natural. If it feels painfully slow while you record, it is exactly right.
Pauses	3 to 5 seconds between images, 8 to 10 seconds between chapters. The silence is part of the programming, not dead air.
Tense	First person, present tense, stated as fact. *"I am."* Never *"I will be"*, *"I hope"* or *"I'm trying"*.
Words to use	Sensory and emotional: feel, notice, allow, imagine, become, return. Calm, powerful, magnetic, radiant, certain, inevitable.
Words to avoid	Negations (say what you want, not what you don't), future tense, and soft words: maybe, try, want, should, someday.
Trigger word	Pick one unusual word and close every chapter with it, in exactly the same tone. It becomes a key that reopens the state anywhere, any time.
Double binds	Sentences where every road leads to yes: *"I can feel this shift tonight, or notice it tomorrow. Either way, it is already mine."*
Anchor scene	Open with one cinematic scene of your best self, a single image that holds everything, and let it echo through the whole script.

Phone voice memo, wardrobe door open, clothes absorbing the echo. Export to GarageBand, voice track down until you can barely make out words, theta-wave track on top. Save it to your phone, set a sleep timer. Done before your tea goes cold.

Copy. Paste. *Fill in your life.*

Works in Claude, ChatGPT or any AI you like. Replace everything in brackets.

COPY ME

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Write a subliminal self-hypnosis script for me to record in my own voice and listen
to while falling asleep.

FORMAT
- First person, present tense, everything stated as absolute fact
- About [3,700] words (~45 min at 95 to 100 words per minute)
- Mark pauses: [pause] = 3 to 5 s, [long pause] = 8 to 10 s
- Put embedded commands in italics (I will soften my voice there)
- Use hypnotic language: feel, notice, allow, imagine, become
- Avoid all negations and all future tense
- End every section with my trigger word: [choose one unusual word]
- Add a 1-minute relaxation induction at the start and a gentle
  drift-to-sleep close at the end
- Weave everything into ONE storyline, returning to my anchor scene

MY ANCHOR SCENE
[One vivid, symbolic scene of your best self: where you are, what you
look like, what just happened, who is beside you, what you feel.
Be cinematic: light, water, sound, skin.]

MY LIFE AREAS (write a chapter on each)
1. Presence: [how people experience you in the first second]
2. Work: [who you are as a leader or creator, written as "I am"]
3. Abundance: [the wealth, freedom and legacy you are building]
4. Love: [the partner you have or are meeting, as already real]
5. Family: [the family you are building and who you are in it]
6. Health: [body, mind, soul; be specific and sensory]
7. People: [your friendships and network, as one image,
   like a long table of everyone who matters]

Close with a chapter that walks through one ordinary day in this life,
then return me to sleep.
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One last rule: put nothing in this script you don't truly want running in the background of your mind every night. This is your operating system. Choose the software carefully.

For curiosity and self-reflection, not medical or psychological treatment. If it disrupts your sleep, stop. Sleep beats everything, including self-improvement.