





## **C.A.P.A.**

### **Method's explanation:**

**C.A.P.A. is a method that works through self-suggestion and word's power. Its goal is to achieve real changes in life's quality making disappear all remain of depression and stress towards real and permanent happiness. It contains special and selected words and sentences of easy understanding to produce the desired effects.**

**It produces rapid and effective changes towards the elimination of negative feelings, like anxiety, depression, fear, hate, tension, between others.**

**It's also very helpful in achieving necessary diets; quit smoking, alcoholism, drugs and other bad habits.**

**It helps cure all type of diseases and stay mental and physically healthy.**

### **Instructions for correct use of C.A.P.A.**

**1. The text you just listened has to be recorded with the user's own voice on magnetic band or CD. It's recommended, if possible, that the same person that will listen to the tape records its own voice, so that he identifies himself giving instructions. Nevertheless, if there's an obstacle to do so, this does not exclude the possibility to continue the procedure.**

**2. Once you completed it, you'll need to repeat the recording (if possible, recording from the original) as many times as you can on the same magnetic band or CD you are working on. I recommend duration of the tape will permit to include at least three times the recorded text. If you find the tape's extension concluded in the middle of one of the recording copies, it is convenient you will erase last copy text recorded, from its beginning. This way, your tape will include at least three complete recorded copies of the text.**

**3. Text's repetition will be exactly the same according to original, without changing music (if there is one), speaker voice, pauses nor speed. This is to avoid distractions, being able to have better concentration and facilitating text influence on our subconscious.**

**4. Its highly recommended to listen to the tape, at least once a day, at night when you lay down and surrender to sleep without resisting it, at any moment of the hearing tape, knowing for sure that tape's text will continue its influence through subconscious.**

**5. It is important to concentrate on the tape's monologue trying not to be distracted with another thoughts. At the beginning, it will probably be hard for you to accomplish this goal. I recommend you repeat inside (not out loud) each phrase's text after you hear it in order to maintain the attention to what you hear. I strongly recommend not getting nervous or impatient for not achieving your goal at the very beginning. This attitude will irritate you more putting longer distance to your objective. Time and patience will certainly make the rest.**

**6. The tape can be listened as much as you are willing to, during the day.**

**7. It is essential that you exercise according to instructions, leaving a part results and being fully confident. Results will come when you less expect them.**

**8. This technique does not replace your physician. It is strongly recommended to require his consent for the use of C.A.P.A.**

**Rudy Spillman**

## **C.A.P.A. (Mood Corrector through self message)**

**I feel very happy. I always feel the same way. Or better indeed. I will never in my life feel in another way. That simple is my life and that simple is for me to live it.**

**There is nothing in my life, able to take my happiness away from me, stress me or depress me in any way. My nerves are always relaxed and this is the way I love to feel. I feel really well. Every day of my life I feel better and better every day. External facts, which we have no control over them and that are able to cause us not desired feelings in our inside, like concern or unhappiness, cannot get to me and will certainly never appear in my life.**

**There is not and will never be negative powers, able to penetrate my insides body or mind. All of them will crash against my body and are condemned to be destroyed immediately. Only good luck and positive powers of health and success will be able to penetrate my inside and be captured by my mind and my body, for ever.**

**Never in my life will I catch any diseases, neither organic nor psychosomatic diseases. Neither will I feel sick, in anyway. Neither will I feel pain in no part of my body. I will not develop, in anyway, neither allergic diseases nor any type of tumors. I am in a healthy mental and physic condition, and it will always remain like this.**

**In my inside I gather all my positive energy, enough to make a paradise of my own life, in every sense. Everything, absolutely everything, depends on my only decision.**

**Each morning of each day, when I wake up, I am optimist about my day ahead, learning that I will put on it all my strength and positive energy to make all my desires happen, knowing in advance that I will reach the end of the day with a total success on my targets. And everything will always be like this.**

**Each morning, when I wake up, I will do it with all my strength and optimism to start my day, comply with all my duties achieving a complete success and no difficulties to reach the end of the day making my accomplishments come true. And everything will always be like this.**

**In the nights, when I decide to give mind and body complete relax, I will succeed to do so, comfortably.**

**While I listen to this recorded tape, I will sleep deeply, without nightmares. Nothing external nor internal will bother my sleeping**

**all night long. I will continue sleeping this way, with nerves and muscles in complete relax, until morning.**

**And each morning, when I wake up, I will be optimist in my day ahead, learning that I will put on it all my strength and positive energy to make happen all my desires, knowing in advance that I will reach the end of the day with a total success on my targets.**

**And everything will always be like this.**

**And because I really desire it, everything will ever remain like this.**

*The author apologizes for possible errors appearing in the text above, regarding that English language is not his mother tongue.*

<http://libroabierto.rudyspillman.blogspot.com>

Link to YouTube Video Clip:

<http://es.youtube.com/watch?v=u0VI6LVarwY>

Fragment extracted from the book: *The Paradise Hidden behind our Tragedies*  
only published in Spanish language.

Original title:

*El Paraiso Escondido detrás de Nuestras Desgracias*

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