

The Hidden Hand: Investigating the Subconscious Effects of Subliminal Audio Messages

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Abstract

The study of subliminal messages opens avenues for understanding the complexities of the human mind, particularly how unconscious processes influence conscious behavior.

This study explores the impact of subliminal stimuli messages on our subconscious minds and our actions and their relation between them. The history of subliminal, its uses, the way they function and how they are implemented in our day-to-day life are described and outlined with explanations. The main objective of this research study was to demonstrate the influence of subliminal messages, how it can control our mind and, the outcomes of it. Both qualitative and quantitative methods were conducted by us. Two audio-based experiments were carried out where we hid secret messages in them. A total of 32 individuals (21 female and 11 male), ages between 15 and 52 participated in these experiments. For the quantitative part, they were being told to listen to the two audios and choose between some options. And for the qualitative part, we also conducted a series of interview-style questions to gain a detailed description of their answers.

Our research findings have revealed that our experimental hypothesis is true. The subliminal message was found to influence our participant's answers through their subconscious mind. We came to the conclusion that subliminal messages impact our subconscious insights and perspectives, not our conscious mind. Moreover we also noticed that the results were not influenced by any age or gender, serving no potential roadblocks.

INTRODUCTION:

Every person around us, be it students, employees, managers etc. has aspirations and goals for their lives. However, we frequently observe that people fall short of their objectives for a variety of reasons. We may enumerate a few of these causes, but losing control over one's thoughts, emotions, mindsets, and behaviours is one of the most important ones. In actuality, over time, the conscious mind—the

portion of the mind in charge of all necessary reasoning and decision-making—has grown resistant to changes in some way. People find it difficult to change for this reason. The subconscious mind, on the other hand, is a different aspect of the mind that is capable of programming itself and receiving commands or ideas to alter without debate or logic. Those who were able to program their subconscious mind and issue commands and recommendations saw significant shifts in their attitudes, routines, emotions, and actions. but how can a person program and control their own subconscious mind? A lot of methods have been discovered for that, for example self hypnosis, meditation etc. But there is another very effective way, but not known to many. It is passing through mind suggestions through subliminal messages .