i. what are subliminals ? [subliminals as explained on multiple sites and google itself states that subliminal stimuli are any sensory stimuli below an individual's threshold for conscious perception] in terms of subliminal videos - the videos that [1]submakers create contain written out positive [2]affirmations pertaining to the benefits list which was either voice recorded or converted to speech then put under music to mask it from conscious hearing allowing only the subconscious to pick up these sounds. this helps us manifest whatever we desire into our reality through our minds

[1]submaker ▪ a person who makes videos with affirmations
[2]affirmations - words or phrases used to confirm and solidfy the topic of words as a fact

ii. how do they work ? it is quite simple and very easy. all you have to do is believe and affirm. sounds unbelievable but in actuality you are ALWAYS manifesting. some things and scenarios manifest unconsciously already so, all subliminals and affirmations do is help you do so subconsciously and semi consciously (I say semi consciously because you can also say affirmations aloud and they will have the same purpose as subliminal audios) . for more information I suggest referring to @solarsubs documents and research on subliminals and how to manifest [here : https://youtu.be/LrvgYJ5zKGo] - please note that there are a plethora of ways to manifest so do NOT limit yourself and look up different ways to be creative with your manifestations!

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now time for the actual frequently asked questions

1. do you take requests / suggestions?
   no I do not, if I see either I will delete them immediately. even if you hint at me making or want me to make something it will be deleted for example saying the following :
- it would be nice if you made _____
- when will you make this _____
- can't wait for you to make _____
- a _____ sub would be nice
- can you possibly make _____?
- I never seen _____ sub before (aka referring to a sub I haven't made or said I'll make)
- I think _____ would be great for your channel
- you're my favorite submaker ever and it will be cool if you made a _____ sub
  anything like this or remotely similar will be deleted so if you can't understand why it was deleted then I'll send you this faq.

2. how long should I listen ?

it doesn't matter, as long as YOU feel like the affirmations set in then it's fine. the subs have no rules or time limits to them so again DONT limit yourself

3. how may I contact you?
   please contact me on instagram [@fufuyuu] I do not respond anywhere else so I apologize if you do not have insta * also please only dm me for important information only such as results, concerns and questions.

4. does _____ clash ? I don't want ____ will I still get it ?
   your mind will ALWAYS process and obtain what you desire so you will not get anything you do not want so you will only get what you want from two differing topics but they don't clash.

5. can you make an updated version of ___ ?
   no

6. can you translated the description ?
   sure but I do apologize if it's not 100% let alone 70% correct

7. can you listen to this even if I do not know / am not fluent in English?
   yes, language is not a problem at all

8. does this include _____ ?
   if it's not remotely similar / mentioned in the benefits list then no its not included

9. can I listen while doing _____ ?
   yes anything but driving because most of my subs included affirmations to help you relax and I'm not responsible if you get too relaxed while driving…

10. where can I download this ?
    any site is fine and it can be mp3 quality if you wish, the audio type will not completely destroy the quality as long as you hear the audio as a whole

11. are results permanent?
    yes they are, they only fade if you doubt / believe they will fade

12. what editing apps do you use ?
    picsart, polarr and ibis x paint for editing pictures and for choosing filters - pinterest and tumblr for finding pics - and capcut & kinemaster for video editing

13. how do you speed your audios / what text to speech app do you use ?
    I use audacity to speed my audios (a free laptop/computer app) & T2S on my phone to change text to speech (hence the acronym)

14. how do you make / use frequencies?
    I just download the frequency and layer it underneath the music in my recent subs

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    this doc will be updated when and if necessary for now this is all the information I can provide - thank you for reading !