

# SilentIdeas 4.0 User's Guide

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# Presentation

## What's new in version 4.0

SilentIdeas reaches version 4.0 with several enhancements resulting mainly from suggestions received from many of our clients over years of product use. Be while they are working, studying or playing, the SilentIdeas has become an inseparable partner for many people who use it for their personal development.

In this new version, besides new features for self-help, such as new forms of messages and the introduction of the possibility to use sounds on subliminal sense, SilentIdeas also allows educational use for language students. Basically, SilentIdeas now has two new features to enhance your memorization of knowledge: association games and tests.

The traditional crossword puzzle is already well known for its power to increase the vocabulary of its practitioners . In SilentIdeas, foreign language students can play crossword where tips are given in one language and the words must be entered in another . Thus, habitually practicing this game, the student will gradually increase his vocabulary while having fun.

Besides crossword games, the foreign language student can also practice with tests of type "complete the sentence" where a sentence is presented in a language lacking a word and the translation of the sentence is shown in another language. After filling in the blanks with the words that complete the sentences, he can check the right answers and how many were answered correctly.

The mistakes made in crossword puzzles and tests may be stored on an internal list so that, after a time, the student may again be faced with the same problems that he has not answered and go repeatedly faced with the right answer to memorize it.

In the case of crosswords, the student has the possibility of turning words unanswered and their translations into messages that can be displayed briefly on the screen at regular intervals so as not to disrupt the use of the computer in other tasks. Thus, the student will be subliminally reinforcing the association between the two information even when not playing crosswords.

Beyond what is distributed in the demo version of the program, there is a vast amount of material to be downloaded by registered users of our website and the trend is to have more and more content available and free for our customers.

## Installing SilentIdeas 4.0

To install SilentIdeas 4.0, the first thing to do is download the installer from the site <http://www.silentideas.com>. Once that is done, you must double-click the installer to begin the installation of SilentIdeas.

SilentIdeas 4.0 requires the .Net Framework 3.5 SP1 package installed on your computer. In Windows 7, this package is already part of Windows and there is nothing to worry about. For Windows XP or Vista, on most computers , the automatic Windows update should have already installed this package, otherwise it can be downloaded for free from the Microsoft website.

For Windows 8, during the installation of SilentIdeas 4.0, a screen will be shown notifying you that the program needs .Net Framework 3.5 SP1 and will be given the option to have the installation done by the Windows installation program.

At the end of the installation, a shortcut is created on the desktop and the program will start up in the form of an icon in the right corner of the Windows taskbar . Below is the image of the SilentIdeas 4.0 icon:



If the icon is not displayed, it may be hidden in case of excessive icons in that region, but there will always be an arrow to the left or up to display the hidden icons.

### **Multiple users on the same computer**

In this version, SilentIdeas allows each Windows user make independent use of the program and can have its own settings, programs, history of use of tests and crossword puzzles stored in a single data file accessible only when that user is logged on. The only data that are shared by all users are those who are part of the general resource file, which we call "stock".

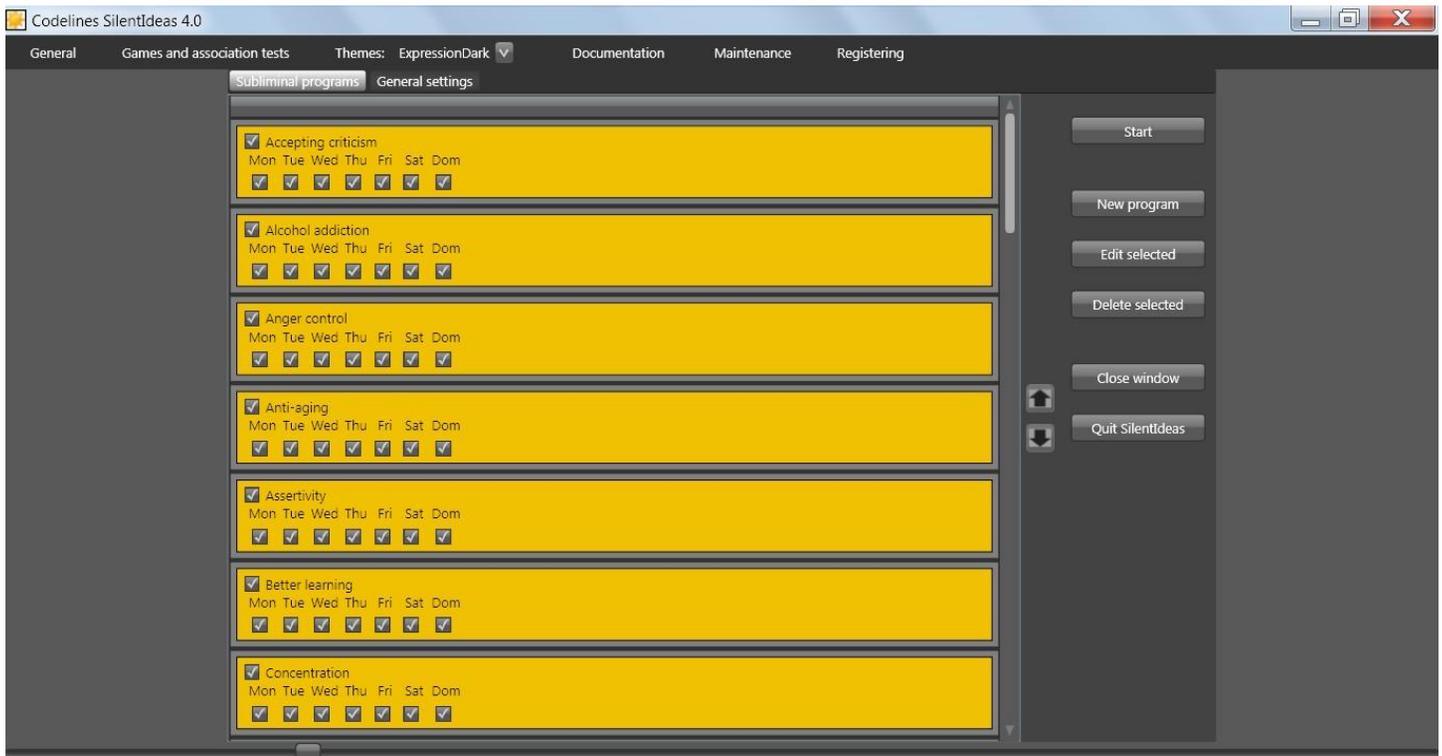
Each user can create a password to protect access to your information so that other users can't open the main window of the program and have access to their programs or change its settings when the program is running.

### **Starting the use**

The best way to learn how to use SilentIdeas is using it. It is not necessary to do any initial setup or add any information to the program, you can start using the features already installed.

So, let's start with some basic experiences, which may be modified by changing the configurations, what will be explained later. For this, we will open the program.

To open the main window of SilentIdeas 4.0, double-click the shortcut on the desktop or on the small icon in the system tray. The following window will be displayed.



This window is the central control panel of SilentIdeas 4.0, where you can configure it as you like and access all the available resources.

In the center of the screen, we have two divisions: "Subliminal programs" and "General settings". In the division "Subliminal programs", we have a list of programs that consist of sequences of messages that SilentIdeas continuously displays in quick flashes on the desktop. To view and change the messages contained in a program, simply select the program from the list and click on the "Edit selected" button. We will see more about this topic in [Reprogramming your mind](#).

In this same division, there is a button to control the start / stop of messages being displayed. There is also a button to close the main window, but leaving active the SilentIdeas icon in the system tray. There is also a button to exit from SilentIdeas.

In the division, "General settings", you can change various settings that regulate the display of subliminal messages, how SilentIdeas is initialized and the use of tests and crosswords. Different configurations will be cited and explained throughout the topics related to them, although the texts that describe the options are already quite self-explanatory.

To start experiencing SilentIdeas, the most direct way is to click the "Start" button. You will see messages flashing rapidly around the center of the screen at a speed that does not allow conscious identification of the message contents, precisely because the purpose is that these messages are not consciously perceived, avoiding resistance that the conscious mind could have to the suggestions contained in the messages.

As you will see later, the purpose of using subliminal messages as self-help is overcome the barriers that our consciousness can offer to attitudinal changes we desire to accomplish, but guilty or distorted views of the reality caused by old traumas may be preventing us from accomplish this.

So far, you had access to a demonstration of how the program displays subliminal messages, but it is not the case you use it this way because the subliminal messages are to be used according the personal objectives of each user. Although SilentIdeas 4.0 is accompanied by various programs, it would be counterproductive you

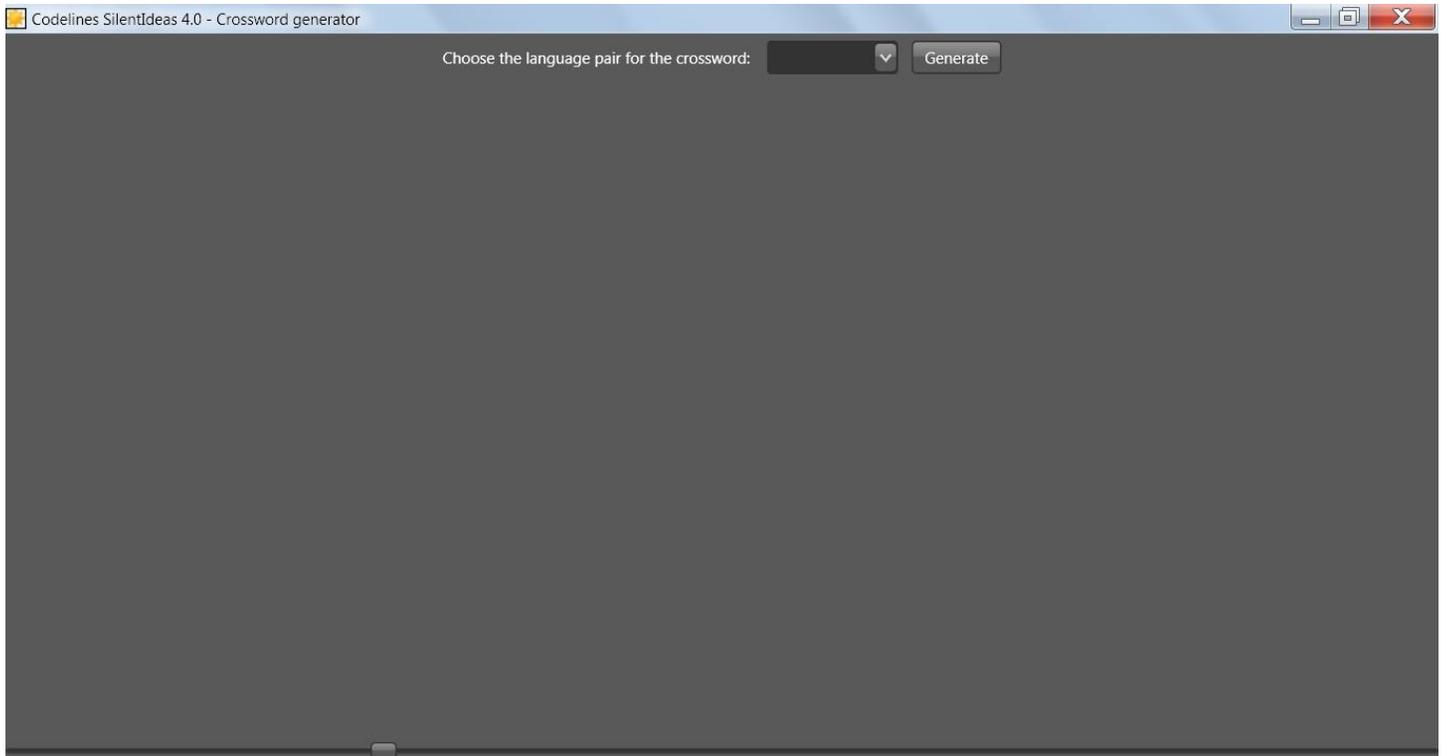
dilute your exposure time occupying it with suggestions that are not necessary for your purposes. We'll talk more about subliminal messages and how to create and schedule your own message lists in: [I – Using for self-help](#) .

In this new version 4.0, we have added new features that can be combined with subliminal messages. They are the exercises used for acquisition of knowledge of the type that can reinforce learning by association.

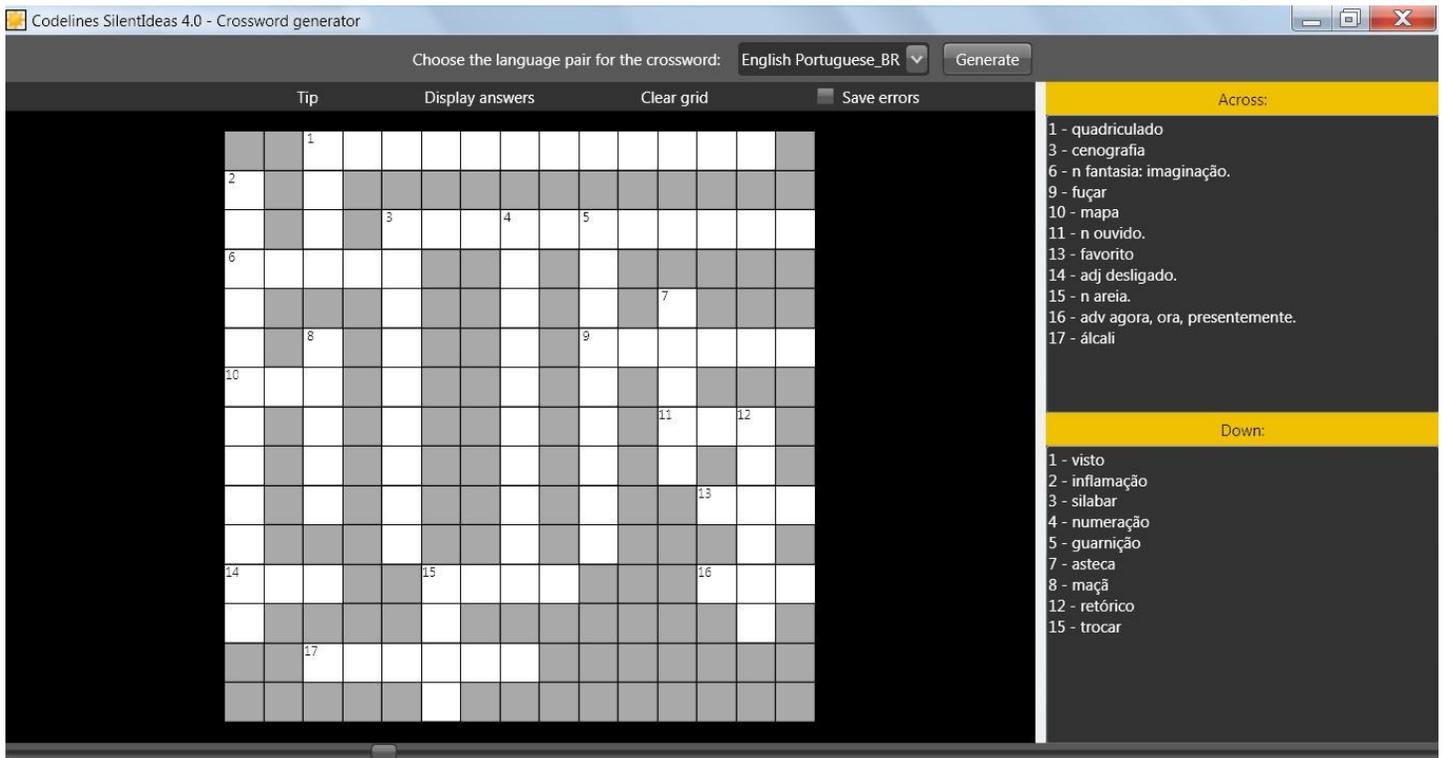
We begin with the study of languages, where increasing vocabulary can be accomplished by successive exposures to challenges that must be accrued as proof of knowledge. When the challenges are not overcome, are stored in a list of problems to be resubmitted to the user until he solves them. Thus, the user will naturally assimilating knowledge while being continuously exposed to the challenges.

To expand vocabulary in a foreign language, SilentIdeas 4.0 has two types of activities: the crossword game, where tips are presented in a language and the answers should be given in another, and the tests of type "complete the sentence" where an incomplete sentence is displayed in a language and its complete translation is presented in another language. The user must then discover the missing word in the incomplete sentence.

To try the crossword puzzle, click on the "Games and association tests" menu and then the "Crosswords (languages)" submenu. The following screen appears.

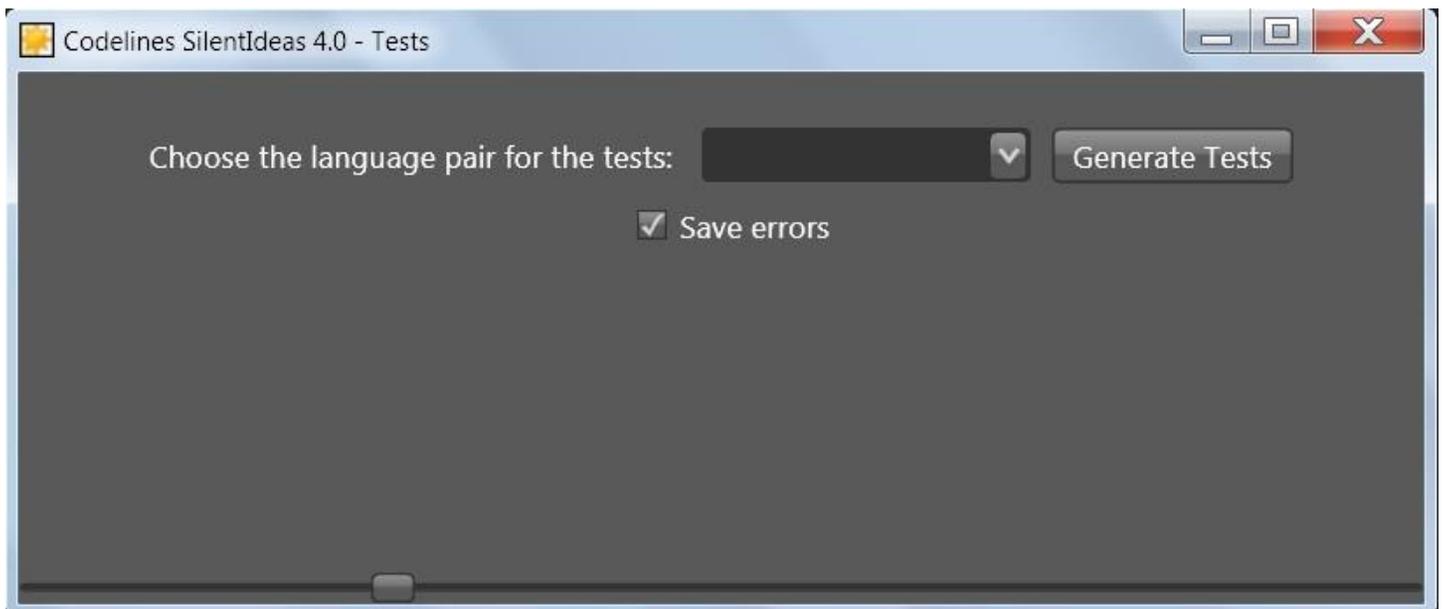


On this screen, you can choose a language pair from the list and click the "Generate" button for the game to be generated at the bottom of the window. Below is the image of a game generated by choosing the language pair English\_Portugues\_BR.

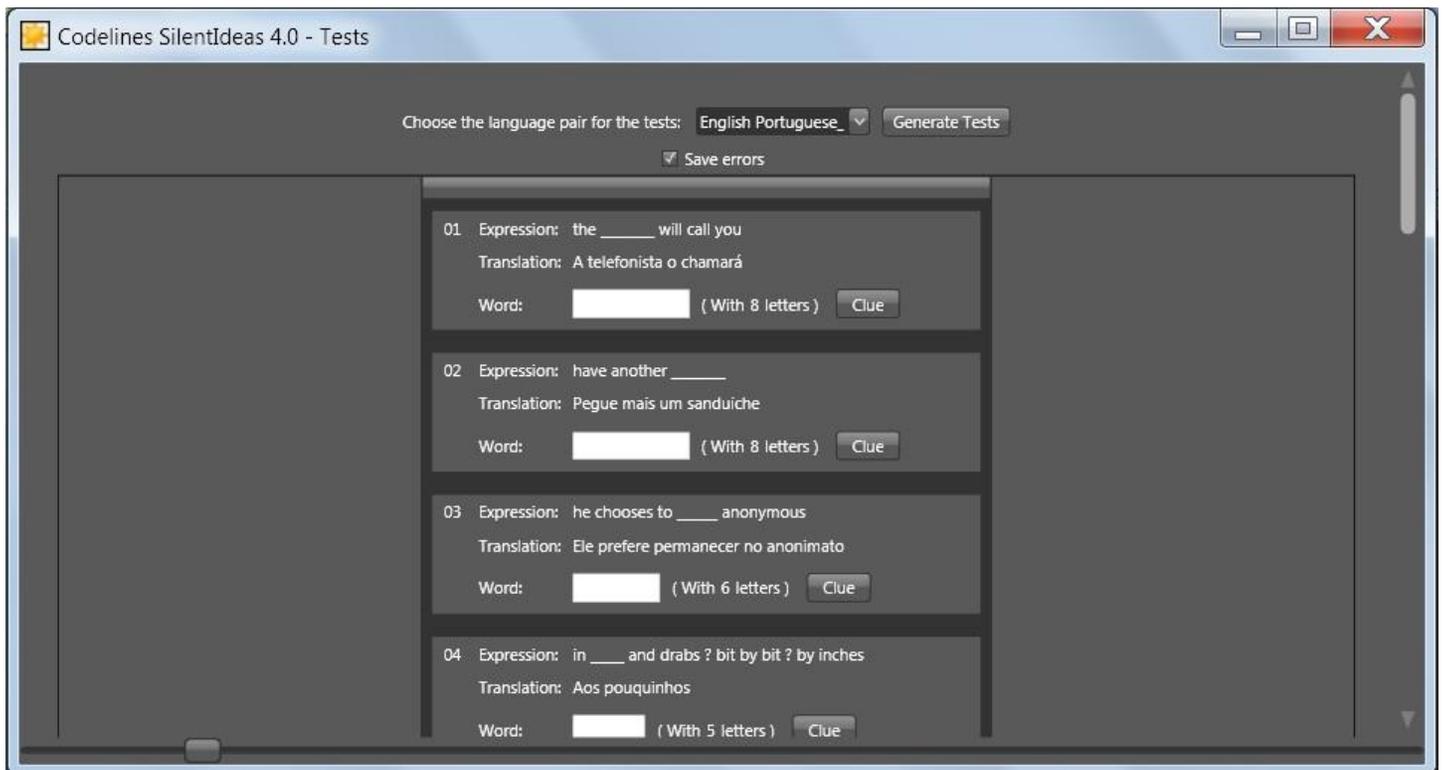


Notice that there is an option in the menu bar titled "Save errors". This option is checked by default and instructs the program to save all the words that you have left unanswered after finishing a game or have answered wrong. These errors will serve in the future for creation of new games for you to be confronted again with the same problems to memorize the correct answer and thus enrich your vocabulary.

Similarly as we have the crossword games, we also have the tests of type "complete the sentence". Close the crossword generator and return to the main program window. Click again on "Games and association tests" and select the "Association tests (languages)" menu. The following window will be displayed.



In this window, you can choose a language pair available and command the generation of tests by clicking the "Generate tests" button. Below is a sample of the generated tests.



In all, twenty tests are generated at a time. If you want to have a clue about the word that completes the sentence, click on the "Clue" button and it will show in its title the first and the last letter of the word. If you scroll down the list of tests to the end, you will see the "Check Answers" button, which will show you all your hits and errors, as well as show you the score that you have obtained in the tests.

Just as in the crosswords, you have the option to save or not the mistakes made by checking or unchecking the "Save errors" option at the top of the window.

This completes an initial experience with SilentIdeas 4.0. Following this guide, you will be introduced to other resources and details on subliminal messages and about the games and tests. Depending on your interest, you can choose from the links below:

[I - Using for self-help](#) or [II - Using for foreign language learning](#)

# I - Using for self-help

## Subliminal messages

### What are subliminal messages?

If you are a new user of SilentIdeas, maybe you have never read anything on the subject of subliminal messages, so we will give a brief introduction to the subject so that you can understand how SilentIdeas works as a useful tool in order to improve your attitudes and develop your personality positively. If you are already a user of the program, you can jump to the part where we present the new features and how to use them by clicking [here](#).

### Subliminal messages

A subliminal message is a message that is sent to us in a hidden, dissimulated mode, beneath the limits of our conscious perception.

Subliminal messages influence our attitudes because they are transmitted to us in a way that our conscious mind can't perceive or criticize them. They sink down straight to our subconscious. They are vastly used for propaganda purposes, such as in television, radio, newspapers and magazine commercials. Symbols of important meanings are disguisedly put in non-suspect places in order that we do not recognize their presence. However, our subconscious mind captures their meanings and associates them to what we see in the commercial. The association is a powerful weapon in the hands of opinion-makers.

The subconscious mind can detect a message shown during the length of even 13 milliseconds, understand a sentence said or written back to front, or see a drawing against a confused background. By association, it is possible to make consumers start to feel sympathy for this or that product by the disguised or not inclusion of symbols of "sex", "love" and other pictures in the product advertisement. The most outrageous example of this is in advertisements for cigarettes, where an association of cigarette brand with symbols of success is inculcated in the minds of consumers by the juxtaposition of images. Obviously they can't convince us saying: smoke this brand and see how you'll get rich. Our intelligence would not accept it. But if they associate the brand of cigarette with symbols of wealth in the irrational level of our minds, seduction will be planted without rejection.

There have been reports of supermarkets possessing the means to insert words in the lyrics of songs played in the store environment to suggest clients. A subliminal message can be transmitted in the form of sounds or written words. Presented in ultra high speed it is not perceived by the conscious mind, but can be perceived by the subconscious mind. In some countries the use of subliminal messages in commercials is prohibited because marketing firms were abusing this technique.

But what can we learn from all this?

### How to benefit from them

While subliminal messages can be used to change our attitudes without our consent, we can also willingly use them to change our attitudes in the direction we want.

That's the purpose of SilentIdeas. With SilentIdeas, you can create lists containing subliminal messages to be displayed quickly on your computer screen while you use it. The messages will flash quickly on your PC screen, not allowing you to read them, but your subconscious mind will be continually exposed to them. You can create messages containing suggestions that you would like to see followed by your mind on a daily basis.

If marketers found out how to influence our minds in the short time we are exposed to their messages, imagine what we could accomplish by voluntarily exposing our minds to messages that we create to suggest ourselves in the direction of our own real interests.

For example, if you want to keep a self-confident attitude towards life, you can create messages such as "I CAN", "I'M THE BEST", "I'M HAPPY" and so on. If there is anything you wish to memorize, you can create phrases that will help you to remember it. You can also use images in your messages. We all know the stronger power of images to carry meanings when compared to the power of words.

SilentIdeas allows you to use images to establish associations to meanings. For example, if you want to achieve an objective, you can create an image side by side with something that symbolizes the desired objective. Using SilentIdeas to show images that continuously flash through the computer screen, you will be influenced to make the association between the image and the objective you want to achieve. Thus you would tend to see the achievement of your objective as a natural thing, and so you could win over eventual internal blockages and fears of struggling to accomplish your objective.

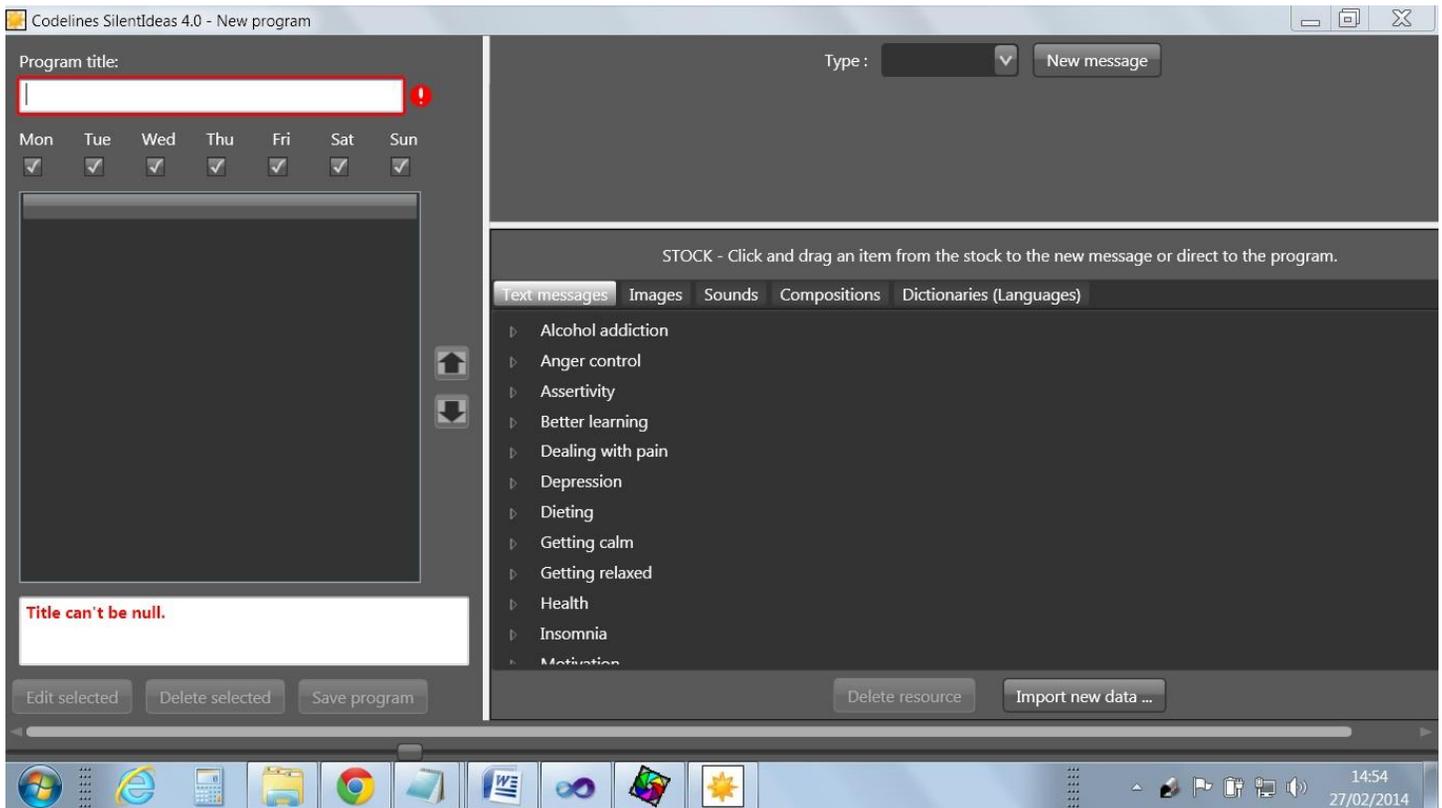
### **Examples in SilentIdeas 4.0**

SilentIdeas 4.0 comes with a number of programs containing messages with suggestions for different purposes. Each program targets a specific theme such as: self-confidence, motivation, overcoming depression, etc. Based on these samples, you can create your own or alter existing ones to add other messages of your interest.

## **Reprogramming your mind**

### **Creating programs with subliminal messages**

In the central part of the SilentIdeas window, you see two divisions: "Subliminal programs" and "General settings". As you can see, SilentIdeas 4.0 already comes with a set of programs included in the list of programs contained in the division "Subliminal programs". To add a new program to this list, click the "New program" button. The window of creation and edition of programs will be shown as below.



Every program must have a title, which will be used to indicate the theme of the messages contained in the program. Suppose we are creating a program to combat the inhibition for public speaking. A title for such a program could be "PUBLIC SPEAKING".

Below, we'll explain how to create each type of message to form a program. In the above window, we see the "New Message" button in the upper right area. We can see a list of message types to the left of this button. Clicking the down arrow to expand the list, we will see four options: text, image, sound and composite.

### **Text messages**

To create a text message, select the type "Text" from the list of message types and click the "New Message" button. The space below the button will be adjusted to receive the input of the text of the message that we are creating. Notice the red message accusing the lack of the message text.

Type the phrase "I FEEL SAFE TO SPEAK IN PUBLIC." After filling the text box, the message in red that accused the lack of a text for the message will be removed. At this time, the "Apply Changes" button will be enabled for the message to be added to the message list. Click the "Apply Changes" button for the message to be added to the list.

Clicking the "Apply changes" button to add the message to the program does not mean that the message is already saved. The message and all the program will be saved only after clicking the "Save program" button below the message list. Do this after you have added all the messages to the message list.

The appearance that the text messages will have when they are being displayed can be configured using the "General settings" division of SilentIdeas main window. At "General settings", you can choose the font, font style, color, size and even the level of transparency of the letters.

After furnishing the content of a message, you can test how it will be displayed by clicking the "Test" button. The message will be displayed three times in accordance with the present settings for displaying messages.

## **Image messages**

Now, let's create a message of type "Image". Select "Image" from the list of types and click the "New message" button. The part below the button becomes an input area for the image.

At this point, it takes to explain the type of image that should be used in subliminal messages. As the purpose of subliminal messages is to influence our mind, the images must create an association we want to see strengthened in our minds by the juxtaposition of symbols whose meanings we wish to see associated.

In this new version of SilentIdeas, we have the composite message type that can be used to juxtapose two images side by side when we want to see their meanings associated, thus avoiding the need to create a single image through montage to achieve this association.

If the purpose of the message is, for example, remove the inhibition for public speaking, the image could still be composed of a montage in which a single image is displayed where the user plays the role of a speaker in front of an audience of people. As we do not have a picture here of this type to be something more personal, let's just add any image to see how the message is created. To add an image, click the "Load image" button for the image selection window to be opened and you can locate the image you want to load. The image loaded will be adjusted to the image area.

## **Copying and pasting from the Internet**

There is another way to load the image. You can copy and paste the image from one location to the message area. Try to find a picture on the Internet, click on it with the right mouse button and select "Copy Image". This will cause the image to be placed on the Windows clipboard. Clicking the right mouse button in the image area of the message, you will see the menus "Copy" and "Paste". Click "Paste" to transfer the image to the message. If the image is not pasted, it is because its type does not match any of the image types accepted. The accepted types are: bmp, jpg, gif, tiff and png.

To add the message, click the "Apply Changes" button and the message will be added to the message list.

## **Sound messages**

Sound messages can only be created using files recorded in wav or wma format. To save these files, you can use the Windows sound recorder that usually stay in the program group "Accessories". After saving the file, you can add it to a message of the "Sound" type.

The content of the audio messages can be the same that you use to create text messages. Create short sentences the same way as with the text messages.

Sound messages can have some attributes to regulate the number of times the sound should be played, pauses before and after each time the sound is played and also the option for the sound to be played backwards.

After selecting the message type "Sound" in the list of types, click the "New Message" button. The screen will be adjusted for the creation of the sound message. Only two information are required to create the sound message: the title to be shown in the message list and the sound file.

While the sound file is not loaded, the box to the left of the button "Load sound file" will be blank. After clicking the button "Load sound file" and make the load of a file, the symbol below will appear in the box to indicate that the sound file is loaded.



Once the title is informed and the sound file was loaded, the message is ready to be added to the program or tested. Besides this information, optionally, you can specify the number of times that is desired the message to be repeated (the default is zero, ie, no repeat). Other options are: a pause before playing and a pause after playing.

### **Using to practice self-hypnosis**

Containing explicit sound, the message is not subliminal because it can be consciously understood when displayed. Messages created this way can be used to support self-hypnosis sessions, where the practitioner needs to create a sequence of messages to be repeated mentally as a script that will take him to full relaxation. Listening messages is more productive than getting worried about remembering them to repeat them mentally. Thus, you can create a list of audio messages to be heard in sequence if you are practicing self-hypnosis. Creating a program with multiple sound files containing an audio message on each one will be easier to modify by adding new messages and removing others or changing the order in which they are played and the number of repetitions.

### **Playing backwards to make them subliminal**

In previous versions, sound messages were only used to add this extra support for those practicing self-hypnosis, but not served to be used as subliminal suggestions. In this version 4.0, you can choose sound messages to be played back to the front. There is no full proof that all people can subconsciously assimilate the content of these messages played backwards. But, due to many requests from users of the program for that this feature to be added, we decided to include it in the new version to meet these requests. Being heard backwards, the messages can fulfill the purpose of being subliminal.

### **Composite messages**

Composite messages are new in SilentIdeas 4.0. In previous versions, each message could contain only one type of content. In composite messages, the idea is to add different symbolic elements to the same message aiming to create associations between the meanings of these elements by juxtaposition.

### **Joining various resources in one message**

To create a composite message, select the "Composite" type from the list of message types and click on the "New Message" button. You will see in the message creation area several spaces for receiving the contents to be combined in the composite message.

At the top, you have two text boxes to create text messages. In the central part, there are two picture boxes for adding images. Between the images, you can choose to display an icon that symbolizes equivalence (equal sign) or implication (arrow sign). This way, you can better indicate the type of association that you wish to see suggested. Below, there is room to add a sound file to be played along with the message. To the right of the area used to include the sound file, you see the "Invert" check box used to inform that the sound must be played backwards when the box is ticked.

At least two contents must be included in the composite message, no matter what contents. No need to include two texts or two images. There may be a text and an image, two images, text and sound. Since there are two contents included, the message is valid. At display time, the empty areas will be hidden leaving visible only the areas that have visible content.

## **Using the stock**

### **Copying or clicking and dragging from the stock**

Another way to add content to the messages that are being created is to use resources that are part of the stock. See beneath the area where you create and edit messages that there is an area called "Stock" with five divisions. Each of these divisions contains resources that can be used in creating messages.

Assuming that you are creating a composite message, selecting the "Images" division, you will see that there is a list of categories that, when you expand one, it shows several images that can be copied and pasted or clicked and dragged to the area of editing messages. This also goes for the messages of the type "Text", "Sound" and "Image".

In the case of the "Dictionaries (languages)" division, you can use the entries with their corresponding translations to create composite messages that associate two textual information. Thus, the display of a word in a language and its translation in another will subliminally reinforcing the knowledge of the association in your mind aiming to expand your vocabulary in a foreign language.

To create a composite message with this type of content, you do not need to click the "New message" button neither select the composite message type. The simple act of clicking and dragging a line from the dictionary to the empty area of message creation will make SilentIdeas understand that you are wishing to create a composite type message consisting of two texts. Better than that, you can drag the content directly from the dictionary to the message list of the program that is being created or edited.

If the visible area reserved for the stock is very small, you can position the mouse over the division between the stock and the message editing area and the mouse cursor will change to two arrows pointing up and down. Clicking on this division and dragging it upwards, the area of stock will be resized. This also goes for scaling horizontally, because there is a bar that separates the stock of the message list. Clicking the mouse on this bar and moving it left or right, the stock will be resized horizontally.

If you want, you can also apply zoom effect on the screen by moving the horizontal slider located on the bottom of the window. Clicking and dragging the small rectangle on the line where it is, the entire contents of the window will be resized. The next time the window opens, it will be with the zoom setting last used.

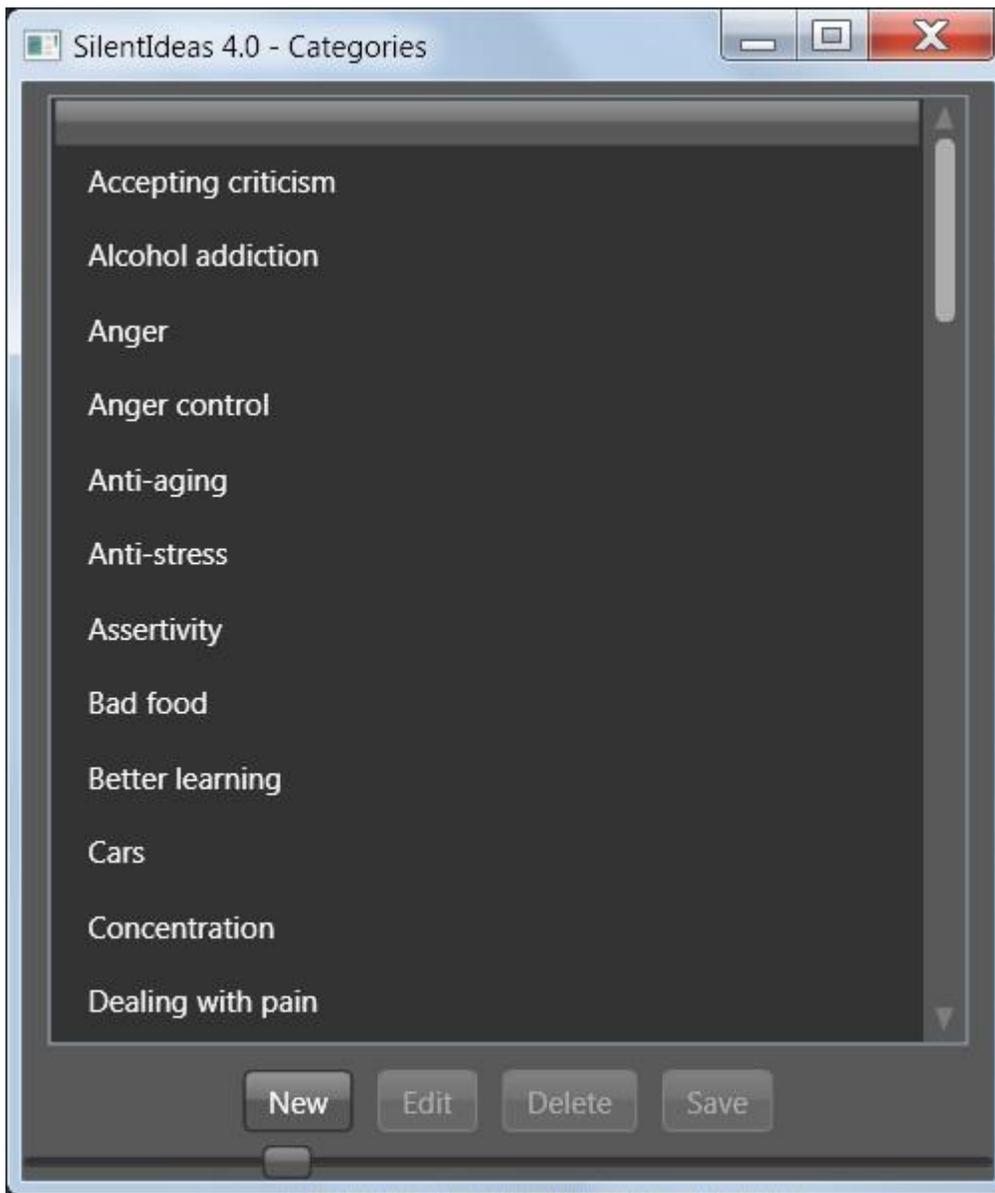
### **Saving data to the stock**

After you click the "New message" button, you see the "Save to the stock" option above the message creation area. This option allows you not only add the message that is being created to the message list as causes it to be added to the stock after the program to be saved.

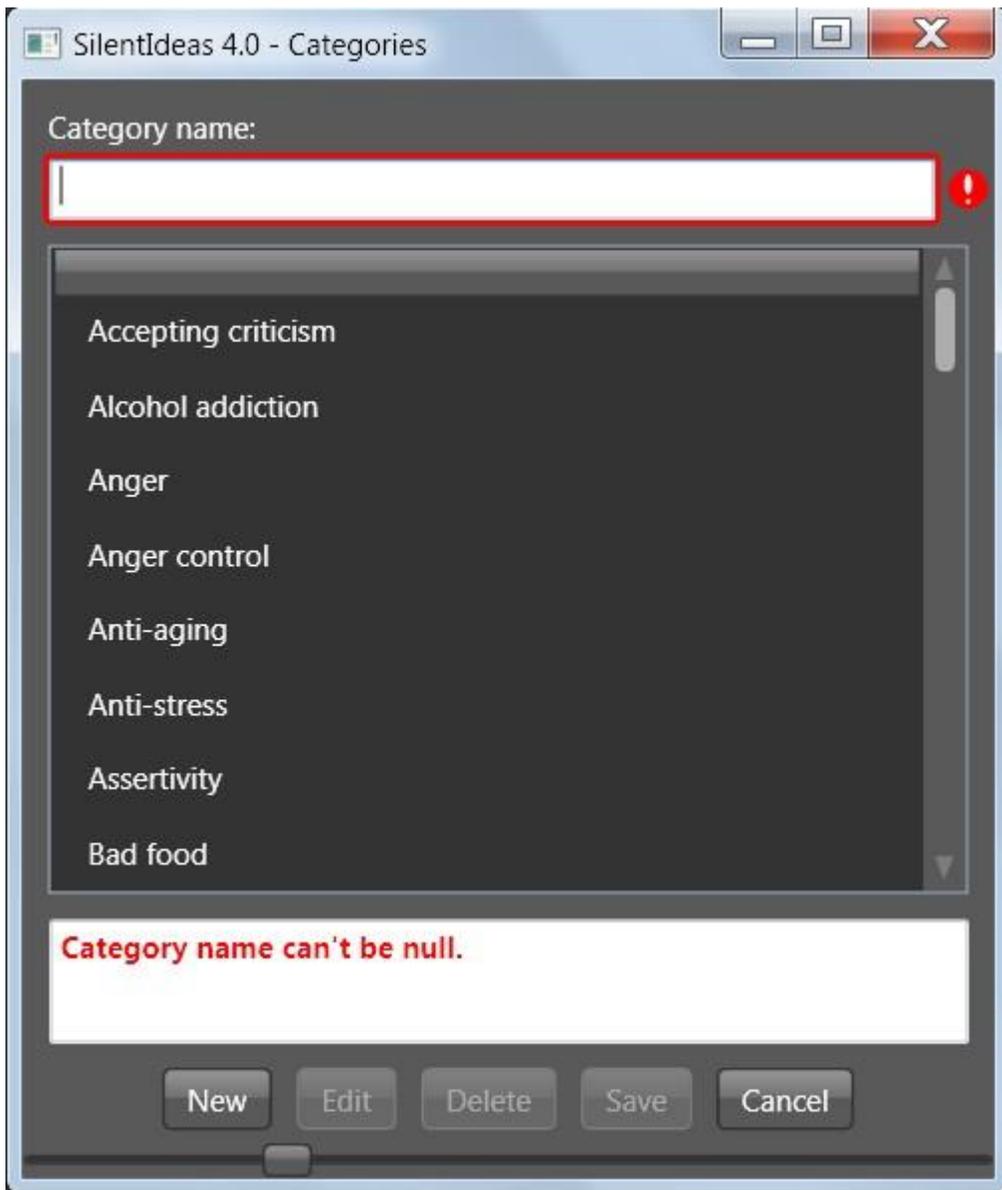
### **Editing the stock category list**

To save a message to the stock, you will have to choose a category which the message content belongs to. All contents of messages saved on the stock are distributed by categories. After checking the "Save to the stock" option, the list of categories appears on the left of this option so you can indicate to which category the information will be saved.

The list of categories can be modified by clicking on the "General" menu of the main window and clicking on the "Stock categories" submenu. The following window will be displayed.

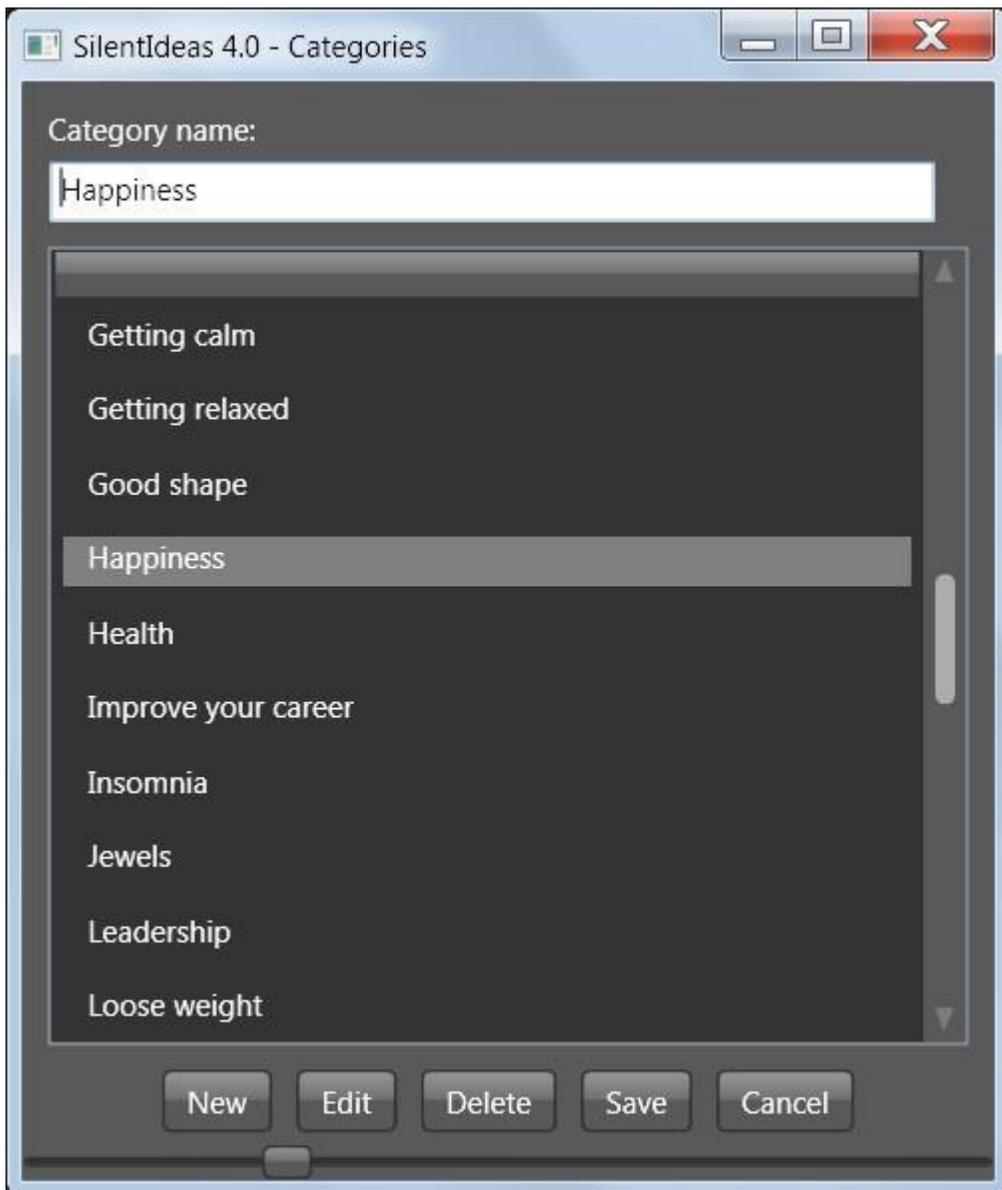


In this window, you can create new categories, change existing ones, and delete unwanted categories. To create a new category, click the "New" button so that the window above takes on the appropriate format for the inclusion of a new category. See below how it would look.



After you enter the category name, the "Save" button is enabled and the message that warns that the category name can't be null disappears. After clicking "Save", the new category will be created and listed.

In case you want to change the name of a category, select it from the list and click the "Edit" button. The window will display the category at the top as displayed below.



In the above window, you can change the category name and click the "Save" button for it to be renamed.

In case you want to delete a category, this is only possible if there are no resources in the stock associated with the category you wish to delete, otherwise the resources would have a reference to a non-existent category.

### **The stock is shared by all users**

One detail that should be noted is that the stock is not like the settings that are unique to each user, but is shared by all users of SilentIdeas. Therefore, avoid saving messages having personal contents to the stock as they could make no sense to other users and could prejudice your privacy.

### **Setting the display order of messages**

The display order of messages within the program can be controlled by positioning the messages on the list. Selecting a message in the list and clicking on the up and down arrows buttons, the selected message will move up or down respectively.

### **Setting where messages should be displayed**

By default, SilentIdeas 4.0 displays the messages next to the center of the workspace area. If you want to change this, in the main program window, you can click the tab "General settings" and choose one of the other options for the item "Position of messages on the screen".

### **Activating and deactivating programs**

In the main window, you have the list of all your programs in the "Subliminal programs" tab. At the right of the title of each program in the list, you have a checkbox where you can click to activate or deactivate a program. If the box is checked, the program is active for display, otherwise not.

### **Choosing week days in which the programs are to be actives**

Besides this absolute way to activate or deactivate a program, you can leave it active and choose which days of the week it should be displayed. Below the title of the program, you have a checkbox for each day of the week that you wish the program to be displayed or not. Just as with the absolute way, unchecking one of these boxes will cause the program not to be displayed that day of the week represented by the checkbox.

By default, every time a new program is created, it is active and active for every day of the week.

## II - Using for foreign language learning

### How SilentIdeas 4.0 can help you in your studies?

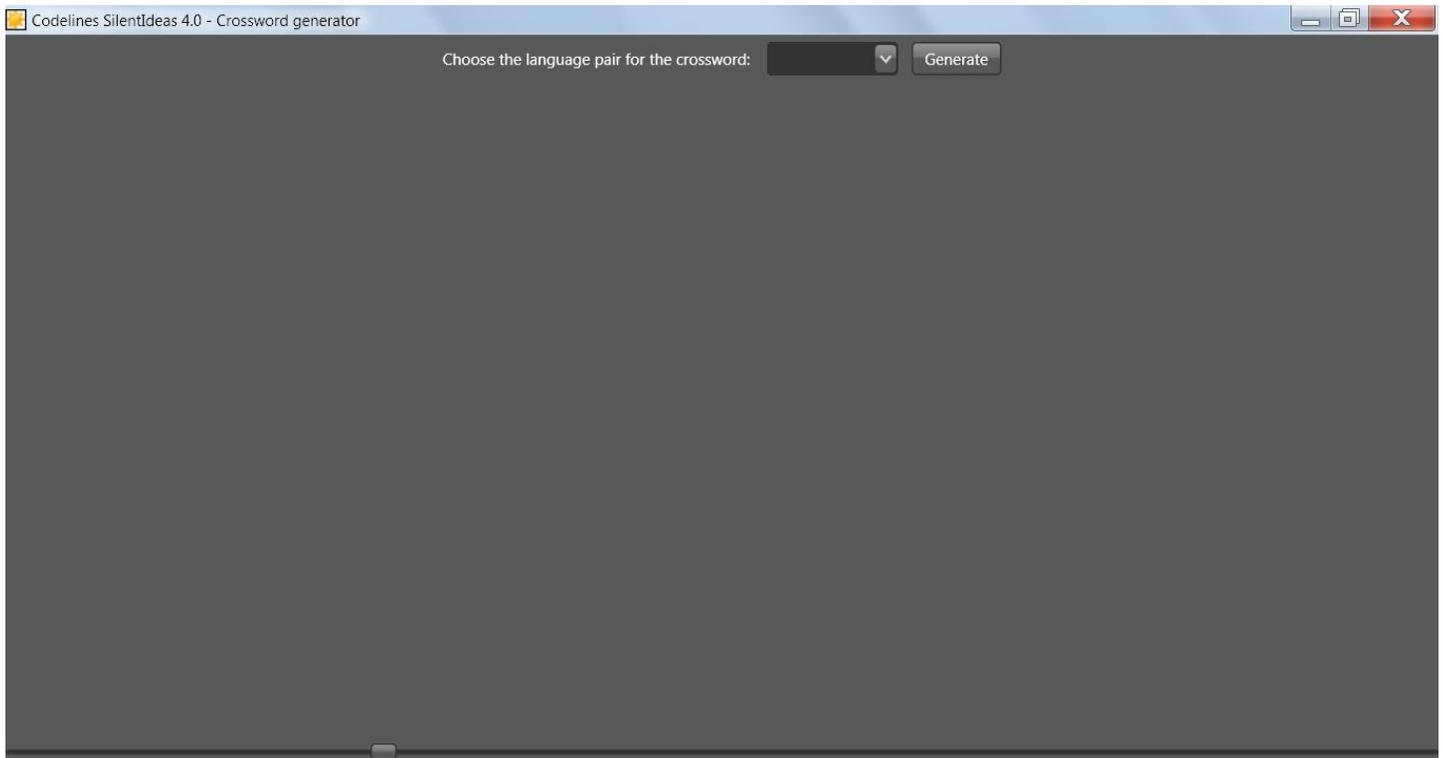
There are two features that come with SilentIdeas to expand its use to those who study languages: the crossword puzzle and the tests of type "complete the sentence". Both serve to help in memorizing new words in a foreign language so increasing the student's vocabulary. We'll see that the errors in solving crosswords can be combined with subliminal messages as a way of enhancing the learning of the correct answers.

### Playing crosswords in different languages

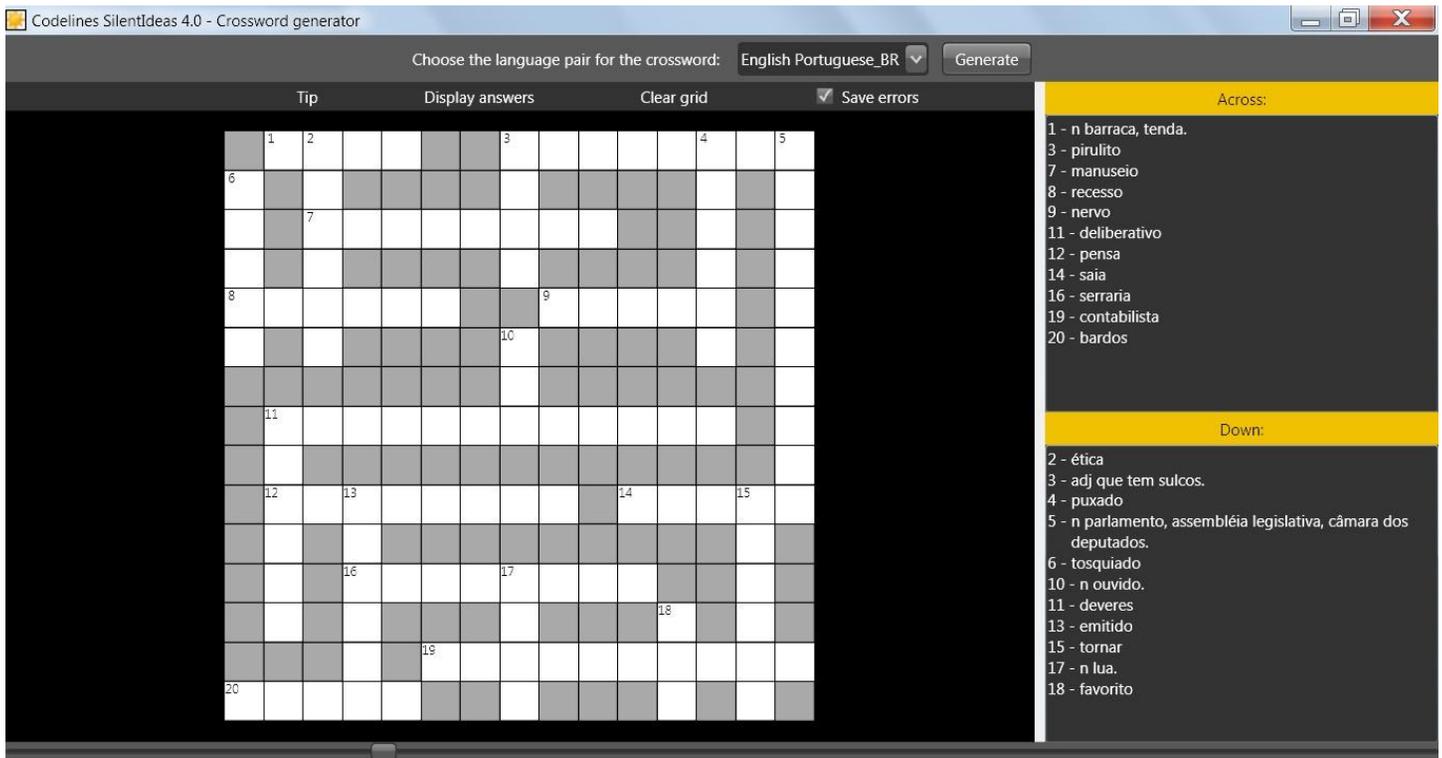
The crossword puzzle is known to be a fun way to expand the vocabulary of its practitioners. In SilentIdeas 4.0, foreign language students can use it to play crosswords so that the words should be written in one language while the tips are given in another one.

In unregistered version of SilentIdeas 4.0, a small part of the available material on the site is provided so that users can get an idea of this feature. After registration, the user can download and import the rest of the dictionaries of terms in different languages. This goes for the crossword as for the tests to complete sentences that we will see later.

To play the crossword, click the "Games and association tests" menu and then on "Crosswords (languages)" in the SilentIdeas 4.0 main window. The crossword generator window is displayed as below.



In this window, there is a list of the language pairs available so far. Clicking the down arrow, the list will expand and you can choose the language pair you want to use for the generation of games. As an example, if you choose the English Portuguese\_BR pair, you will see a game like the one produced below.



At the top there is a menu bar where you can get tips, see the answers, clear the grid and opt for save the errors so that words not filled or filled incorrectly will be resubmitted by the system after some time. As the system will reuse those words, the student will face the same problem again and again until he gives the right answer. When this occurs, the problem is removed from the list of errors.

By clicking an item in one of the lists of words, the space in which the word must be entered in the grid becomes selected. If you feel the need for a tip more, click the menu "Tip" and the initial letter of the word will be displayed in the grid.

In case you have filled out all the words that you have discovered and want to quit the game, click the "Display answers" menu for the grid to be populated with the correct answers. At this time, if you let checked the "Save errors" option, the errors will be saved. If the item "Transform errors in crosswords in text messages" is checked in the "General settings", these errors will be transformed into composite type messages that have a word associated with its translation. Messages based on errors will be interspersed with others that you are displaying for the purpose of self-help. If there is no active self-help messages, the messages created using those errors will be displayed continuously.

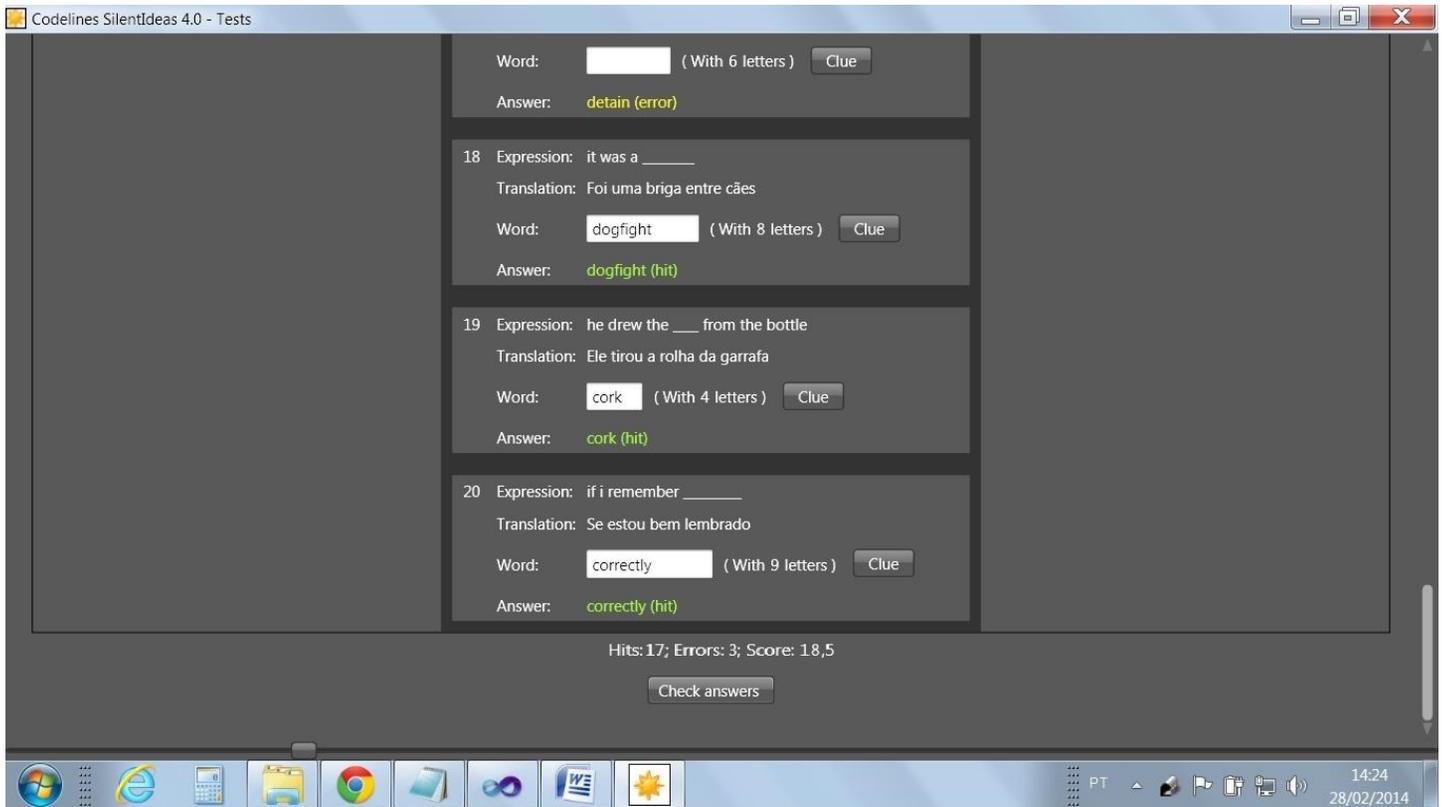
If you close the window without completing a game and the option to save the errors is checked, in this case the errors and words left blank will be saved too.

### **Practicing the vocabulary with sentence completion tests**

Another feature that may be used by the student of foreign languages to improve his vocabulary is the tests where an incomplete sentence in one language is presented in one line and its complete translation in the line below. The user must fill in the blank with the word missing. The number of letters is given to facilitate, but the user may use the "Clue" button to the right of the test to get an idea of the first and last letter of the word if he need it.

After answering the tests, at the end of the list there is the "Check answers" button. By clicking this button, the program will display the correct answers in a color and wrong or missing answers in another one. Where there

is a hit, the word "hit" will be shown, where there is an error, the word "error" will indicate the error. In addition, a score will be given to the total of tests answered correctly. See a sample below.



As in the crosswords, if the option to save errors is ticked, errors in the tests will be stored for resubmission in the future so that the user might be confronted with the unresolved problems until he learns the correct answer. As SilentIdeas can be used by more than one user profile in Windows on the same computer, each user will have his errors stored separately so that the learning activities of a user will not be contaminated by the use of the program by other users.

In the following, see how to combine the activities in crossword and tests with subliminal messages to boost your learning of new words.

### **III - Combining language learning with subliminal messages**

#### **Using subliminal messages to reinforce word association in different languages**

In the stock of SilentIdeas, there is a division called "Dictionaries (languages)" where you can find material for the generation of composite messages that associate a term in a language to its translation in another one. Clicking on an entry in any dictionary and dragging to the program or to the message editing area when it is empty, a composite message that shows the term in a line and its translation on the line below will be created. However, there is a more practical way to create these messages automatically from crosswords.

#### **Using errors or words unfilled in crosswords**

When you play crosswords, you have the option to save the errors or unfilled words to an internal list that can be used in the generation of composite messages that associate a text to another one. In the "General settings", there is an option named "Transform errors in crosswords in text messages" that, if checked, will create an internal list of messages based on those errors that will be displayed interspersed with messages of self-help when the system is displaying messages.

#### **Establishing different settings for messages of self-help and learning reinforcement**

In the "General settings", you can set a time to the subliminal messages of self-help to remain visible on the screen when they are being displayed. These messages are intended to influence your subconscious mind and should be viewed quickly to avoid resistance from the conscious mind, what could prevent their effectiveness. In the case of messages that are meant to suggest an association between terms in different languages, there is no reason to fear psychological resistances and these messages need not be subliminal. You can establish a longer duration for these messages if you prefer. In the "General settings" you will see the item "Duration of messages created based on errors (seconds)" where you can enter a different duration for these messages.

## IV – Controlling the look of SilentIdeas

It is possible to control the appearance and the zoom level on the screens of SilentIdeas to better tailor it to each user's preferences.

In the main window, there is the "Themes" menu. In this menu, we have a list of themes that are different graphic styles for the screens of SilentIdeas 4.0. Some people may prefer to use screens with darker colors, others with lighter colors. The default theme is "Expression Dark", but you can select another if you wish.

Besides the different visual styles, SilentIdeas 4.0 also offers the possibility to change the size of the contents of each window to better fit the visual comfort of the user. On the bottom of each window, there is a bar with a small rectangle (see below) which can be dragged horizontally over the bar to increase or decrease the size of images (zoom level). After the zoom level of a window to be changed, whenever it appears, it is shown with the last zoom level established previously.



Zoom control.

## V - Sharing with other users in the same computer

After installing SilentIdeas, a file containing the shared resources that make up the stock of the program is installed (silentres.mdb). A file that contains the settings configured for each Windows user who comes to use the program (SilentIdeas.mdb) is also installed. In this second file, the errors in crosswords and tests will also be stored for each user separately if the user has chosen to save these errors.

To protect the privacy of each user, if the user wishes, he can create a password that will be asked for whenever the main window opens. To create this password, in the main window, click on the "General" menu and on "Set password protection". The window below will be displayed.



The screenshot shows a dialog box titled "Codelines SilentIdeas 4.0 - Data protection password". It contains four text input fields: "New password:", "Confirm password:", "Password recovery question:", and "Answer for the question:". Below the fields are two buttons: "Save" and "Cancel". At the bottom of the dialog, there is a red error message that reads: "New password can't be null. Confirmation password can't be null."

In this window, the user can set a password and a question the system will ask if the user forget the password and need to retrieve it. It is important that this question is the kind that only the user knows how to answer it correctly and the answer must be identical to that informed in the "Answer for the question:" field. So, choose a question that can be answered with a word or two at most.

SilentIdeas will ask for the password whenever the user tries to open the main window as shown below.



If the answer is incorrect, the system will ask the question for password recovery. If the answer to the question is correct, the password will be presented to the user and he will be able to try again opening the main window.

## **VI - Backing up your data**

Unlike what occurred in previous versions, in version 4.0, all user programs are stored in just one file and the images and sounds used in these programs are also incorporated to this file. In previous versions, the lists of sounds and images had only the path of the files stored. In case a file was deleted or had its path changed, SilentIdeas would not have how to find the file to display it.

As occurs with user programs, errors made in crossword puzzles and in tests of type "complete the sentence" that the user has chosen to save are also stored in the user data file. The name of this file is SilentIdeas.mdb and is located in a folder accessible by the program only when the user logs on with your Windows user account.

On the other hand, there is a second file named Silentres.mdb whose access is shared by all users. In it are stored all the resources of the stock.

It is recommended that you make regular copies of these files, because the loss of one of them can lead you to miss important information. As there is a file SilentIdeas.mdb different for each user profile in Windows, it is recommended that each user takes care of doing his own backups separately when SilentIdeas is being used by different users on the same computer.

### **Making copies**

To make backups, in the main window, you must use the "General \ Save backup data" menu. Clicking this menu, a window is opened asking you to inform the folder to which the file copies should be made. The two files (SilentIdeas.mdb and SilentRes.mdb) are separately copied into the destination folder.

### **Restoring a copy**

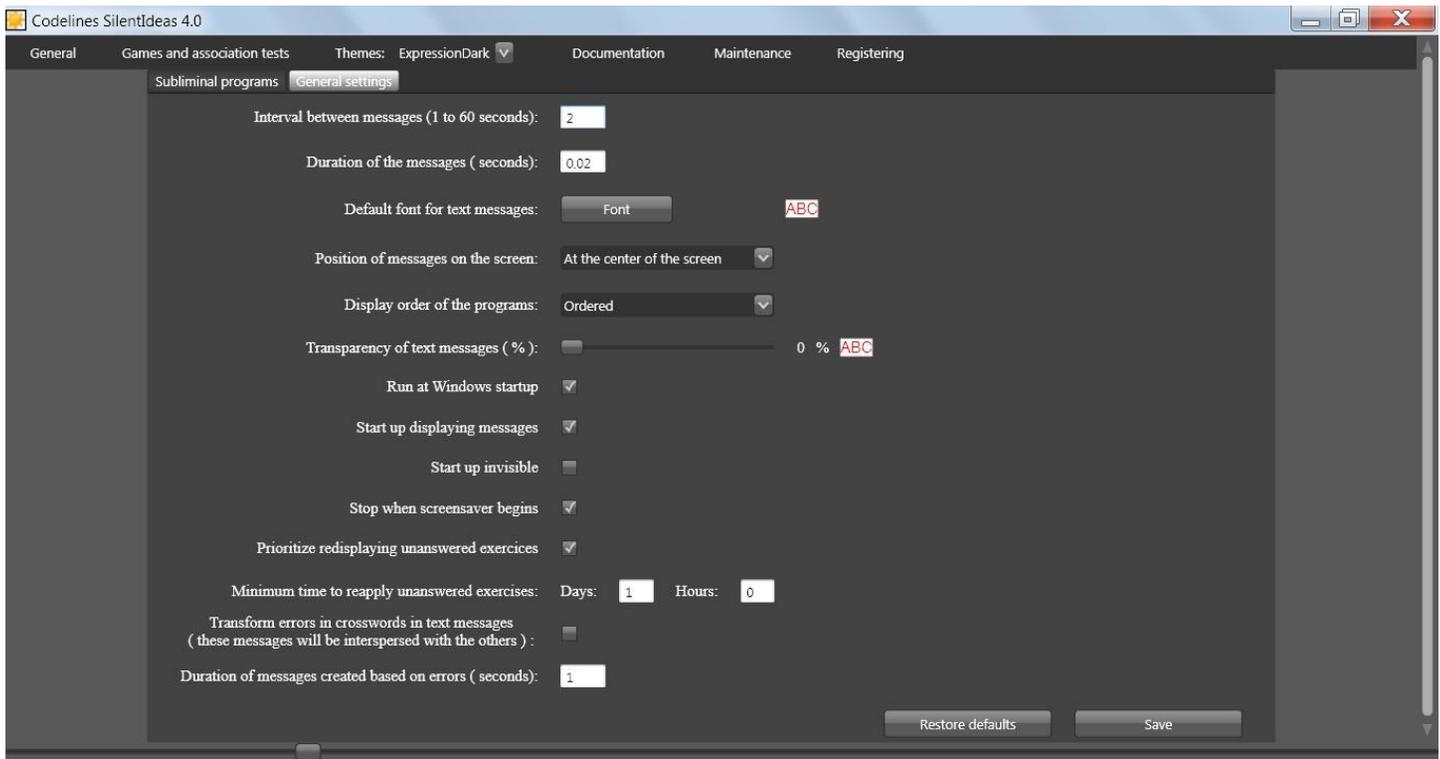
Although the two files (SilentIdeas.mdb and SilentRes.mdb) are copied at once to the destination folder, if you need to restore one of them, the restoration is done one at a time. Thus, if only one file needs to be restored, the other does not need to be restored too.

To make the restoration, in the main window, you must use the "General \ Restore backup data" menu. Clicking this menu, a window will open to locate the file to be restored. If you need to restore SilentIdeas.mdb and SilentRes.mdb, the operation should be done in two steps, one for each file.

## VII – Explaining the general settings

We will now detail the items of the “General settings” tab, which is where each user choose the settings that best fit the way he wish to use SilentIdeas.

To access these settings, in the center of the main window, click the tab “General settings”. The options below are shown.



After adjusting any of these settings, they become effective immediately, but will only be saved for use in new sessions of the program if the "Save" button has been clicked. In case the user does not save the changes, after exiting SilentIdeas, he will be notified that the settings were changed and he will be prompted to save them. The modifications made to the zoom level of each window are also saved along with the general settings at the end of the program if the user decides to save them.

### Interval between messages

The first option is the time interval between the display of a subliminal message of self-help and the next. If you feel uncomfortable with too much flashes caused by the rapid display of messages, you can increase the time interval between the messages.

### Duration of the messages

The duration of the messages is what determines how long the subliminal messages stay on the screen. If you reduce too much the time duration, the messages may be displayed incompletely because the monitors need time to do the complete repainting of the screen. If the duration of the messages on the video card is too small, they may not be displayed by the monitor or be only partially shown. Try to stay with the default of 0.02 seconds.

### Default font for text messages

Clicking on the "Font" button, a window will open so you can choose the font, size, style and color of the text that will be used to display text messages and composite messages having textual content.

### **Position of messages on the screen**

Here, you can choose whether messages are displayed near the center or in one of the four corners of the screen.

### **Display order of the programs**

You can determine if the programs are displayed in an ordered way or randomly.

### **Transparency of text messages**

In this option, you can move the slider control to assign a percentage of transparency for text in messages. On the left, you see how the text is displayed.

### **Run at Windows startup**

This option allows SilentIdeas to be started up automatically whenever Windows starts up. Otherwise, you must manually start up the program by double-clicking the shortcut on the desktop or by clicking on the submenu of the program in its group within the "All Programs" menu of the Windows "Start" menu.

### **Start up displaying messages**

If there are active programs for the day, at the start up, SilentIdeas will begin already showing messages of the active programs for the day.

### **Start up invisible**

This option allows SilentIdeas starts up without displaying its icon in the taskbar. To access the program window, just double-click on its icon on the desktop that the main window will be opened. If there is a password protection set for the user, it will be asked for.

### **Stop when screensaver begins**

With this option checked, whenever the screen saver becomes active, the program will stop displaying messages. The display will resume after exiting the screen saver.

### **Prioritize redisplaying unanswered exercises**

This option instructs SilentIdeas to prioritize the use of saved errors in crossword puzzles and sentence completion tests to generate new crosswords and new lists of tests. This is done randomly. There will be cases where there will be unanswered exercises and others in which there will only be new exercises. As you increase the list of errors, there will be more chances for these unanswered exercises reappear in the games and tests.

### **Minimum time to reapply unanswered exercises**

After failing to respond to a crossword puzzle or test, the time set here will be counted before the problem can be restated if the above option is checked.

### **Transform errors in crosswords in text messages**

This option determines that errors in crossword puzzles are transformed in a list of composite messages with two lines of text. In the first line, will be shown the word in one language and in the second line its corresponding translation in another language. The pair of languages will be the same chosen to generate the crossword puzzle where the word has not been filled or wrongly filled.

### **Duration of messages created based on errors**

Here, you can establish a duration time for the messages based on errors. This time can be different from that provided for messages that you wish to be subliminal. Since they are neutral messages and relating to the mere acquisition of knowledge, they do not need to be subliminal.

## **VIII – Importing lists of text messages**

### **Importing text files**

You can convert files of type text in programs with text messages. Each line of the file will be imported as a text message. A program containing those messages will be created with the title furnished by you and will be added to the top of the list of programs.

To import text messages from a file, save it with the extension "txt" in UTF-8 format. In the main window, click the "General" menu and then on "Import messages from a text file ...".

In the window that is opened, locate and inform the text file that contains the messages. SilentIdeas imports the messages and prompts you to provide a title that will be used to create a program containing all the messages in the text file.

## **IX - Registering SilentIdeas 4.0**

### **Advantages of registering**

Registering SilentIdeas you will have all the features of the program at your disposal and you will be able to import large amounts of data we provide on our website to suit your interests.

In unregistered copies, you have limits on the number of messages you can have in each program and can't have more than one active program at a time. Only the first program in the list of programs has its messages displayed.

Not to mention that you need command the restart of exposures of messages every fifteen minutes and the number of words in each language to create crosswords and sentence completion tests is restricted to 300.

Registering SilentIdeas, you will not have these limitations and you will be able to import thousands of new words and sentence pairs in each language for your crossword games and sentence completion tests from our webpage: <http://www.SilentIdeas.com/SilentIdeas/resources.shtml>.

Register SilentIdeas today for a small fee which is paid one time to use it always.

### **Getting a license**

To make your registration, please visit our webpage: <http://www.SilentIdeas.com/SilentIdeas/sales.shtml> .

### **Informing the license file**

Once you have made your registration, you will receive a file by e-mail containing the registration information encrypted and you must save this file to your computer.

To enter this information in the program, in the SilentIdeas 4.0 main window, click on "General \ Inform the license file" menu. A window opens for you to inform the location of the file with the registration information. Then, SilentIdeas will read the file and register the program with your information and username stored in the file SilentRes.mdb. Whenever you need to register SilentIdeas on another computer, use the file with your registration information or make a copy of SilentRes.mdb file and proceed to restore it in the another computer as described in the topic [Restoring a copy](#) .

## **X - Maintenance**

From time to time, your data files can artificially grow because the information that is added to the data files will accumulate and the physical space occupied by them may not be released even if you delete those information. This is common to happen if you use many sound files and images in your programs and modify them constantly.

Hence, in the "Maintenance" menu, you will find two submenus that can be used to release space in the file that contains the user information and in the file that contains the stock. Clicking on the "Compact data file of the current user" menu, the file that contains your programs will be compressed freeing unused spaces allocated within it. The same can be done to compress the stock file by clicking on "Compact data file of the stock" submenu. The stock file is where you have the data imported to the stock or the messages you choose to save in the stock when you are creating them and want to have a copy for later use.