

Higher Consciousness and Healing Powers Through Mastering Brainwave States



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Brainwave Entrainment Audio Program

This program describes the most common levels of brainwaves that we generate in the course of a day, and the effects of cultivating each more consciously on healing, emotional equanimity, mental acuity and clarity, deeper intuition, etc. It also provides you with **state-of-the-art technology** based on rhythms that uphold the golden mean ratio, which holds the creative impulse of the universe and upon which our bodies are created.

Essentially, the deeper the brainwave pattern generated, the more non-local and multidimensional is the information that you may access. The deeper within, the more acute is your state of 'knowing', which can streamline your life and bring greater ease and grace to it. As well, accessing the deeper brainwave states causes automatic harmonization and healing at the physical level and the level of subconscious programming.

With a practice of an average of 20 minutes of meditation per day, you will be able to reach deep meditative states that will reorder your being and your life.

Meditation Tracks to quickly access Alpha, Theta, and Delta states

The audio tracks provided with this program may be used to quickly enter into alpha, theta, and delta brainwave states. The more familiar you are with these states, the more you can train your brain to operate on all levels of awareness in waking consciousness. This is what I have termed *vertical-awaring*, and the benefits in terms of accelerated healing, evolution, and even productivity are tremendous.

These meditation tracks use rhythms based on the golden mean ratio, and have been proven to induce the desired brainwave patterns very quickly and effectively.

The first three have a spoken guided meditation to activate the center of consciousness that is accessed in each state. In alpha, you are in the deeper mind, in theta you are in feeling consciousness (heart), and in delta you enter into the will (gut center). There is also a super short meditation (under 7 minutes) that will get you into a deep meditative state that can be done on those very hectic days.

- 🕒 **Alpha Healing Bliss 16:46mins**
- 🕒 **Theta Entrainment 20mins**
- 🕒 **OuterSpace Delta 25:02**

For quick entrainment into a deep meditative state when you just don't have much time, here is a track that is under 7 minutes! Once you do the daily routine, you will be a pro and able to tap into deep states in no time. You can still benefit from those deeper states even if you are there for only minutes!

🕒 **Deep & Quick Meditation 6:48**

The music tracks for induction into alpha, theta, and delta states are also provided without the guided meditation portion. After you do the guided version a few times, you may want to do the process on your own and move to deepest meditative state more quickly.

The Brain and Brainwave States

Our **brain** is the hardware for our consciousness in this realm. It is the mind's 'circuitry board' to process thought and sensory data. Brainwave patterns are the running programs that determine what input data and parts of the mind (what processes) will be activated at any time. The part of the mind that is active determines the depth of consciousness that we may access, and depth of consciousness determines the knowledge base and the processing power that are accessible to us. In effect, the brainwave patterns determine the *functional* consciousness or level of awareness from which we operate.

We operate from all levels of awareness in each daily cycle through waking and sleep, and we also operate from combinations of levels at various times. While we are supposed to merge in the Absolute in deep sleep every night, the ideal is no longer the case because of interference from all the chaos and fear in the world, which has caused a dense astral layer that we move into during sleep. When you cultivate stillness in waking consciousness, this connects you to higher astral regions in sleep, allowing for deeper regeneration.

The more that we are capable of 'awaring' from many levels in our waking consciousness, the more access to information and power that can rearrange reality. I use the term "**vertical-awaring**"[®] to refer to the state wherein we access all levels of awareness while our mind is alert. The *verb* 'awaring' is used because it captures the sense of actively engaging awareness rather than becoming aware as a passive activity. In this mode, you create a **vertical shaft** to the deepest levels of the mind and can operate from those deeper levels at any time to access vaster consciousness.

In *vertical-awaring*, you can access resolutions and understandings from the deeper mind of the Higher Self or even the universal Mind (the Absolute), and bring these into awake consciousness. Each level has an important and 'correct' role, and understanding that is key in operating much more effectively in life and activating genius and higher resolutions. You can learn *vertical-awaring* in an eight-week self-study program, which you can read about by following the link below.

[Vertical-Awaring Through the Heart's Zero-Point](#)

The Brainwave States

Awake consciousness or beta state (13-30 cycles per second): This is the waking consciousness of the individual and represents the most heightened state of alertness at the level of the outer senses. It includes heightened mental activity that engages the external senses, and the analytical/logical and rational faculties. It also includes activity of the thinking separated mind with thoughts and emotions that just rise up in reaction to external circumstances.

Subconscious: This is a spectrum from alpha to theta brainwaves that relates to the state of *differentiated* consciousness. In our subconscious we are individuated parts of the Infinite. Our subconscious has access to 'Higher Self' awareness that is *near-infinite* potential and power, yet it is hindered by the distortions that also exist at this level. In accessing the power of the subconscious, we must first clear the distortions. With inner healing, latent abilities will be unleashed as consciously grasped powers. Distortions include mis-interpretation about life, beliefs that are not truth, trauma imprints causing parts of ourselves to become frozen, etc. And these accumulate emotional charge, delusional memory, and habit patterns rooted in fear that we believe protect us. The more distortions in the subconscious mind, the less we know ourselves, the more fragmented the psyche, the more we live in illusion, and the less potent and effective we are in life.

We are at a time in evolution where we can be rid of distortions relatively quickly. Understanding the new laws of creation and the higher order reality that is upon us is key in being able to quickly move out of the old wounds and stories. (*I am developing programs that will be coming out during 2013 to support accelerated clearing and awakening.*)

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In ***alpha brainwaves (8-12 cycles per second)***, we may be in a daydream state or a light trance, removed from the fully awakened state. **Alpha is the bridge between the inner and outer life—as we reconcile inner with outer, we become increasingly master over our experiences.** Alpha leads us to astral or *picture* consciousness (whereas beta is more verbal), and is a predominant state of the older child and teen (who has not been overstimulated or medicated to be in beta). Higher *picture* consciousness is creative imagination that supports conscious manifestation.

In alpha, healing of the emotional body—with its meridian system and chakras—is enhanced. Simply being in the alpha state that resembles daydreaming has a harmonizing effect at these levels. With repeated practice of entering alpha meditation you will be more emotionally resilient, less reactive, your mind will be more still, allowing for deeper awareness. With emotional equanimity your life becomes easier. The alpha brainwave state works perfectly to seed new patterns through affirmations.

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In ***theta brainwaves (4 to 8 cycles per second ~ dream sleep)*** we enter the state of inner communication, deep meditation, and sacred stillness that transforms our being and rearranges our reality.

The theta brainwave accesses the etheric body of life force energy—the body that holds our character, our life plan, our habits and deeper patterns of the subconscious. Spending time in theta releases the trauma and misprogramming

from early life and deeper past. In theta, we may access our Higher Self and receive its guidance. Not only do we receive data at this deep level, but we also affect our potentials in life. It is a state that also supports accelerated manifestation. The theta state is a deeper state that brings us back to the period of mid-to-early childhood.

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*Unconscious or **Delta brainwaves (0.5 to 4 cycles per second ~ Deep dreamless sleep):***
This is the first level of access to the Absolute. In the Mind of the Infinite we are beyond duality, beyond separation, and even beyond purpose. We are usually in deep sleep in delta. Conscious delta is a state wherein the body is asleep but the mind remains awake—you allow the body to be asleep..while your mind rises into a higher deeper state of pure awareness.....in pure awareness you are a current in the ocean of consciousness...all is fluid and changeable....this is a state of deep healing, wherein all problems are non-existent and life can be reordered in an instant (miracles).

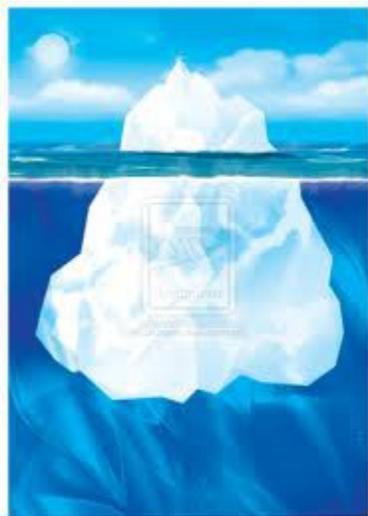
In delta you access deeper being beyond the story of this lifetime...beyond all identity. In delta, perfection is known....there is nowhere to go, no goal to reach...all simply is....All is perfect. And while you may not be able to express how it is so, your whole being feels the perfection...and in this, miracles occur.

The delta state of mind operates all functions in the human being that are not under its mastery yet, including many automatic functions of the bodily organism. In delta, we are pure being and will. Delta is the brainwave pattern when in the womb and in early infancy where the most rapid transformations occur at the physical level. In delta, you enter into such deep surrender and stillness, that all is reordered even at the cell and DNA level. Spending time in delta is deeply rejuvenating and healing to the body.

The deeper within that you go, the broader the information base, the closer you are to the Mind of the Infinite. The closer to the Infinite, the more you are 'heard' by the Creative Power of all Life...and the more power you wield to manifest what you are. When in the Mind of the Infinite, all is possible. If you are seeking to access understanding of the new paradigm of creation...to bring in the genius that will co-create a new world...beyond what can conceive or imagine...you must enter into delta and commune with the Infinite.

The delta brainwave state normally takes years of training, but you can access it over a short period of time using the wonderful technology provided in the audios with this program.

The Mind as an Iceberg



Consider your mind as an iceberg, with the tip representing the thinking mind and the beta brainwave pattern. So long as you do not seek to engage what lies beneath the water line, you are entirely in the separated mind that has the least power and understanding. All it can see is what lies at the surface, though *all levels impact being*. **And what you are not aware of in yourself, you cannot understand in others**, so you interact with the ‘tips’ of ‘other icebergs’, without any depth of insight as to why, how, and what things are not working.

You can only perceive in the world what you are aware of, so the more limited is your awareness, the ‘smaller’ is your life. And what you are not aware of in life you will make subconscious assumptions about from a place of error (wounding). And so the smaller is your life, the greater will be your fear. Your functional-beta mind is good for some things, but not to interpret life in highest truth, nor to access the deeper soul longings and lessons and the deeper currents that impact and shape your life.

What lies beneath is a vast database of wisdom, power, capacities, and potentials that await your discovery. The deeper down that you allow your awareness to go, the more you can clear the distortions that keep you from greater self-knowledge. As you clear these, the higher the vibration you reach, the vaster the knowledge that you have access to, the greater the power, the closer you are to the Source of creation. In going to greatest depth right to the ocean floor (corresponds to delta brainwave state), you merge in the Mind of God and experience Oneness wherein all problems are non-existent.

In *vertical-awaring*, you learn to create a shaft of light from the depth so that the mind at the tip may be continuously illuminated and reach enlightenment to an ever greater degree. In enlightenment, you transcend the apparent problems because you are no longer in the mind that created them in the first place. Enlightenment rearranges reality. Enlightenment is achieved in the present moment, and though you may not be able to sustain that continuously, the more frequently that you achieve it, the more awakened and conscious you become. This is discussed in greater detail, below.

If you will go back to the image of the point of conscious awareness within the sphere that is life (from part I), that center point is the iceberg, and as we deepen within to infinite depths, the sphere of our life also expands to infinity.

The Deeper Within the Mind, the Higher is Your Vibratory Hum

In order to manifest the life that you desire, you must raise your vibration to meet the deeper mind that is beyond duality, and allow understanding to emerge from that. Unless you are manifesting from the deeper mind, you create imbalance in the world. The deeper mind is beyond error...it is outside of time—when you operate outside of time you work with the universal creative forces and are in harmony with them...you operate in hypersynchronicity that is accessed in non-resistance...beyond all duality and polarity. This is the realm of the *heart-mind*.

The power of vibrating in sync with the deeper mind is that it is Source (the Infinite), which can mobilize the creative energies in the universe and *influence all consciousness within it*. It can set off ‘radio waves’ to influence the minds of others in support of your desires, and orchestrate synchronicities and serendipities. Soon you will be engaging symbiotically and synergistically with everyone around you, and uncovering mysteries in what appeared as mundane hitherto. We have barely begun to tap into the mysteries of creation with the current teachings of the law of Attraction that barely scratch the surface.

The deeper you go within, the higher your vibration, the more cosmic energy moving through your being, the greater your radiation and broadcast power, the wider the base of knowledge that you access, the more evolutionary codes unleash within your being (hormones, DNA), the more creational power you may command, and the greater is your speed of life (your rate of manifestation and living).

Vertical-Awaring and the Levels of Consciousness

We have many levels of awareness, and each is a level or state of consciousness from different parts of our being. Elaborating on the analogy of the iceberg, we may consider the tip as being the conscious part of our everyday functional awareness. It includes our ability to function in daily life as well as the veils and perceptual colouring that capture the unprocessed stuff that lies deeper within (the reactive, compulsive stuff). It is the part that most people operate from in life...in the work-driven, fast-paced, and competitive world that we live in. Immediately below the tip is a deeper level that we enter into in daydreaming or light meditation. And the further down that we go, the deeper into the subconscious—personal and collective—until we get to the deep unconscious that is the *Great Void—a sea of undifferentiated wisdom-will that is comprised of particles of pure potential*.

When the depths within are left untapped, the distortions from deeper regions of the mind will come at us in life by way of challenge and painful situations. Life will nudge us to become aware of these distortions in order to clear them. As we use these situations to wake up to deeper self, we become conscious more deeply and unleash the creative potential that lies within. We have infinite potential within the depth of being. If we

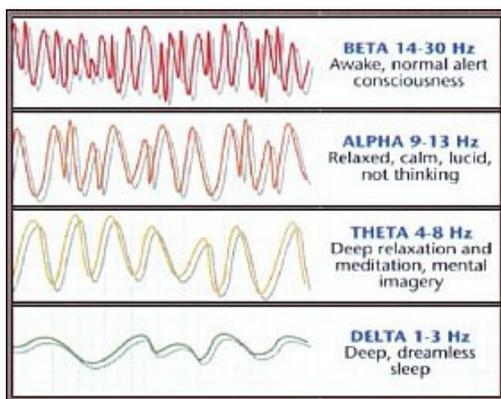
remain conscious only at the ‘tip of the iceberg’, we remain separated and will never experience the creational power of the divine self.

Life emerges from the indwelling consciousness—the deeper within that we dwell, the closer we are to the Mind of the Divine, and thereby do we wield greater ordering power in our reality. If we operate from separation, we can only affect our reality and that of others by exerting outer force on it (manipulation, control, etc), otherwise, we can impact on the collective unconscious and by mobilizing the wisdom-will substance of creation. We then impact on others from within the depth of their being where we are One. So rather than forcing life, we become the power driving it for the good of all.

We have the option of where we place our awareness, and that is done through focus that is mastered through the ‘brainware’ that we are all endowed with. If we never venture deeper than the tip of the iceberg, we will not know our true power.

“If we do not go within, we then go without”. (Gospel of Thomas)

We have all levels of awareness at any time...all brainwave patterns are always present; however, there is always one that predominates and determines the primary state of conscious awareness at any point in time. For example, if the deep delta brainwave states predominate, chances are a person will be in deep sleep. If beta brainwaves predominate, then the person is fully awake and operating in ordinary alert waking consciousness. But the state of awareness characterized by delta that we access in deep sleep is always ever present within the entirety of our consciousness; in fact, many unconscious physical body processes operate in the delta state throughout life.



Each brainwave state connects us to a different level of our consciousness. For example, the theta pattern of deep meditation allows for greater creativity, non-linear insight and intuition, while the beta pattern enables logical, linear thinking in time/space.

No one pattern is to be preferred over another, as they each serve a purpose and are access points to different levels of consciousness. But our society gives preference to the beta level of awareness, while cultural practices abuse the deeper levels of consciousness by seeking to control minds at a subconscious level. Use of mind-altering drugs is another abuse to consciousness. Appendix B contains a list of specific brainwave patterns within the four main ones, and their corresponding activities.

When we overemphasize one, we lose the power of the others, and so it is important to commit to a meditative practice to reclaim the deeper power of the mind and its levels of awareness. That is what this short audio program was designed for.

It is widely accepted that the deeper brainwave states confer automatic healing, but much more occurs in these deeper states than is known by the scientific community.

Brain and Heart operate in ever greater synchrony as we enter into the deeper mind, and entraining the brain to deeper brainwave patterns can open us vibrationally to higher resolutions beyond what we may imagine. The greater is the power of the Heart, the more transformative will be the power of going deeply within. Furthermore, with awakened Heart, Heart and DNA become co-resonant, to the point that every increase in Heart power translates into higher expression of DNA. DNA is the gateway to our evolution to ever expanded consciousness. This and much more is taught through the many audio programs that I offer (www.innermasterytools.com).

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Human evolution has proceeded through a series of stages of consciousness. **Consciousness is all there is...it is all that is real...**all beings are consciousness at different stages of evolution.

The cycles of evolution follow distinct patterns that are repeated at all levels...the universe is a fractal design.

The entire evolutionary cycle of humanity is recapitulated in the unfoldment of the human being in life in many ways. Human beings unfolded as consciousness through a slow process of evolution. In ancient times we were more 'warmth beings', and later 'airy, ethereal beings', until we reached our present state of apparent hardened bodies. And our consciousness was different through each phase.

There are seven stages of consciousness that any class of beings undergoes. These are:

1. Deep trance consciousness
2. Dreamless sleep
3. Dream or picture consciousness connected to world around it
4. Waking consciousness (conscious of world around it)
5. Picture consciousness or Imagination that is fully awake (psychic state)
6. Inspired consciousness that perceives the soul in the world (hyperpsychic state)
7. Intuitive consciousness able to merge with Beings in wakefulness (be in them) (spiritual state)

The last three stages are a deepening and transformation of the first three (in reverse order), which is possible by having the pivotal 'waking consciousness'. So for example, Imagination consciousness is the deepening of dream consciousness; in other words, waking consciousness that enters into dream or picture consciousness will unfold

Imagination consciousness that is the basis of psychic consciousness. Waking consciousness penetrating into dreamless sleep will awaken the state of *Inspiration*, wherein one can communicate with beings telepathically by a process of pouring into and being poured into. Waking consciousness in a deep trance state leads to *Intuitive* consciousness that is characterized by total merging with and *being* that which is merged into.

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Brainwave activity is directly associated with deeper sensory perception, and so it is important that we allow for those deeper states of being at the appropriate ages during a child's development.

The reason that inappropriate activity and overstimulation in children is so harmful to later learning and later development of the higher faculties is because it causes premature interruption of the deeper brainwave patterns, which stunts the development and sensitivity of the sensory faculties. For example, ADD is a 'condition' whereby the child is more in the dreamy alpha state, whereas educational policy requires them to be in beta activity most of the time and at far too early an age. But many of the *light children* are in the deeper brainwave patterns for very good reason (to channel higher frequencies into this planetary realm).

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States of Consciousness and Brainwave Patterns

The states of consciousness within the present-day human being have the following correspondences:

1. Deep trance consciousness ~ **Physical** body ~ **Delta** brainwave pattern
2. Dreamless sleep ~ **Etheric** body ~ **Theta** brainwave pattern
3. Dream or picture consciousness connected to world around it ~ **Astral** body ~ **Alpha** brainwave pattern
4. Waking consciousness (conscious of world around it) ~ **Ego** ~ **Beta** brainwave pattern
5. Picture consciousness or Imagination that is fully awake – **Manas** (transformed/spiritualized astral) ~ **Awake state in Alpha**
6. Inspired consciousness that perceives the soul in the world – **Buddhi** (transformed/spiritualized etheric) ~ **Awake state in Theta**
7. Intuitive consciousness able to merge with Beings (be in them) – **Atma** (transformed/spiritualized physical) ~ **Awake state in Delta**

Note that the higher states of consciousness result from ‘awakeness’ entering into the more unconscious states—these are states of *hyperconsciousness*. As the ego wrests itself out of the material and strives toward spirit, it transforms the astral, etheric, and physical bodies into the light body vehicle. The transformed astral is the substance of the *Manas* body; the transformed etheric is the substance of the *Buddhic* body, which is also known as the *Christ body*; the transformed physical becomes the Atma. In awakening to spirit, we uncoil the kundalini that is locked at the base of the spine, and the energies from which we descended into incarnation are then used in support of ascension into the light body. As you learn to become awake in the deeper brainwave states, you will be initiating this process within your bodies.

Healing in the Awakened State of Alpha, Theta, and Delta



From the above, it is easy to understand that the awakened state in the deeper brainwave patterns will result in different effects. When we are **awake in alpha** or in the dream or picture world, we are working primarily in our astral or emotional body—the body of personality, desires and attachments. Emotional and mental clearing of the astral body is easily achieved in a relaxed alpha state. In this state, understanding our personality patterns and tendencies and seeding suggestions for new ones is also effective. Affirmations work well in the alpha state of mind. The alpha state is the bridge between consciousness oriented to outer reality and a more inward orientation.

Awakeness in the theta brainwave pattern utilizes etheric consciousness that is deeper than astral, and relates to character, moral impulses, soul traits, and the deeper currents that rule and guide our lives and shape who we think we are. Our etheric body is our time body that holds karmic influences and brings to us the major events that our soul has chosen to experience. And so etheric consciousness is much more connected to our soul nature that comes in through the subconscious. The deep theta level is the **level of cause** for our life—we emerge as individuated souls from this causal level that establishes the subtle energy matrix into which our being and our life are projected.

The theta level of consciousness has access to far more information that involves the present life as well as the deeper past. We can heal deep-seated subconscious wounds, alter memory so that it becomes a positive foundation for being, effect powerful reprogramming, and impact the physiological level as well. Relaxation in theta can change blood pressure and heart rate, and promotes the body’s healing more than does relaxation in the alpha state, because the etheric body weaves directly into our physical body. Awakeness in theta leads to healing that collapses time and brings us into the

present moment. Because we are dealing with the level of cause, in theta we can come to resolution and peace with our past and integrate the knowing to circumvent difficult karmic events.

Awakeness in the delta pattern is the most difficult to achieve and also the most rewarding, as it accesses the deep unconscious of the Universal Mind from which we emerge. In delta we are undifferentiated and can achieve bliss states of union with the Infinite. This is the state wherein our body, mind, and life can be healed in ways that defy explanation. Spending *awake-time* in delta results in new insights, ideas, understandings, etc. and moves life in the powerful flow of higher guidance. In delta, we merge in the Tao...the One—simultaneously in the *Great Void* and the *Primordial Womb*, the unmanifest and the manifested creation. As the Tao, the Infinite is alone and *All That Is*. Within the *Yang Father* and *Yin Mother God* aspects is born the *Son*, and from the trinity are born the 'ten thousand things' of the creational realm, all emanating from the One.

Alone = All One

As we become aware in the delta mind we merge in the One and are One with all of creation; we access the *Great Void* as well as influence the many Sons and wield power over the 'ten thousand things' of the vibrational realm. And we bring that through to the other levels of mind that operate to create our being and our life.

When we access this state of mind more and more, we come to a deep knowing that nothing exists outside of our being—we know ourselves as the *creator* and the *created*, and know all Sons and Daughters of God as likewise. We are alone within, and in that depth of being we are One with all consciousness. In this depth of being is to be found the way of mastery over the creational realm, and thereby do we access the Kingdom. In deep delta, the body automatically heals—and the more time in delta, the more profound is the healing.

In deep delta we dwell outside of time and space and in the point of **hypersynchronicity** that holds infinity and eternity. In hypersynchronicity we bring our god-self to bear on all situations in life and have greater access to the Ideas of the Infinite that we call 'genius'. We dwell outside of time and space and may live many lifetimes in a single moment. We may access all dimensions and bring in cosmic solutions that rearrange reality and the field of future potentials for all. In order to wield the power of the Infinite from this level, however, we must acclimatize ourselves increasingly to the higher vibratory states.

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Key Points on Levels of Consciousness

- ⌚ Automatic healing occurs when you are in the deeper brainwave states.
 - ⌚ When conscious in those deeper brainwave states, much greater healing and awakening occurs; time collapses, evolution is accelerated, and you become a force of healing in the world.
 - ⌚ The more you master those deeper states in life, the more you merge with the Higher Self and wield its power and guidance in life.
 - ⌚ The deeper you go within, the higher your vibration, the more cosmic energy moving through your being, the greater your radiation and power of manifestation.
 - ⌚ The *beta* level of the mind does not have answers to problems. Relying on it to figure life out only creates more problems. *Beta* is useful to gather data about the world and operate in it according to directives from the deeper mind. True resolution comes from the deeper mind, and not necessarily as thought.
 - ⌚ In *alpha* you heal the emotional (astral body) and can reprogram the mind. In *theta* you impact at the level of cause and can rearrange reality and heal the etheric body. In *delta* you merge with the universal mind of God and can access genius and impact most powerfully on others and at the planetary level.
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The Importance of Meditation and Cultivating Deeper Brainwave States

Thought slows down the flow of cosmic energy into the *etheric* brain. With less cosmic energy entering into the head, we have less moving through the energy channels (nervous system filaments, nadis and meridians) to supply life energy for health in the body. This is why meditation is inherently so healing and rejuvenating. We are all gifted with this **powerful and natural healing modality** that is so simple to activate once you learn to quiet the mind. **The human being is the most intelligent 'technology' in creation...and when we support it to do its job, then all will be well.**

The best way to reach profound healing and awakening is by letting our faculties do their thing, without interference and with respect for each of their specialities.

When we still the mind, for example, and understand it to be the servant to deeper awareness, we free up the energy it hijacks, which can then flow toward cell regeneration, and we will need far less sleep and be much more productive in our waking state of higher vibrancy!

Left and Right Brain Hemispheres

The noisy thinking mind employs the left-brain hemisphere only—the left brain deals with what is known and bases its perception on the past—it dwells in and maintains linear time. The right-brain hemisphere, on the other hand is immersed in the unknown and the timeless; its perceptions are based on all potential...the infinite. Its information is downloaded in an instant, though it may take some pondering to 'unpack' it. ***Would you rather generate ideas from the left or right hemisphere?*** Yet, unless you 'go deeply within' and learn to still the mind, you will not access right-brain activity. The left brain is useful to carry out the details in support of the bigger perspective of genius that comes through right-brain activity. Know your faculties and how to tap into them, and you will change your life.

In addition, the left brain is conditioned by the past, whereas the right brain has no such limitation. The right hemisphere has access to awareness of instantaneous healing. Its awareness has the power to reorder being and life. Despite the incredible technology that we have within us, most people allow their minds to run amok and get stuck in noise and left-brain thinking according to external conditions.

Clearly, with the incessant noise pollution from media and computers, we are all becoming increasingly depleted of our life force. Never has there been such an urgent need for deep meditation as now!

When the mind is quiet and emptied of thought, the greatest flow of cosmic energy occurs and this activates the head glands, stimulating higher awareness and accelerating evolution through a **complex sequencing of interactive processes**. Honour the incredible and wise design of the body and you will be restored to vibrant health and increased openness and passion for life.



The disturbed and noisy mind blocks the life force energies from nourishing our body and it blocks creative power. And while meditation allows the cosmic energies in for overall benefit, cultivating the meditative mind of vertical-awaring will lead you to activate ever greater potential by drawing forth information in full multi-dimensional and multi-modal consciousness.

This greater power of the mind is necessary at present, because it enables us to become immune to the disruptive effect of chaos. With immunity, we may act as a vehicle to anchor the higher vibratory reality that has become potential and is necessary for our continued viability. Chaos holds sway through fear, and the biggest contributor to separation from spirit and mediocrity and illness at present occurs through anxiety and chronic worry.

We can no longer remain ignorant of the powers hidden within us. It has become an evolutionary necessity that we wake up to who we are at deeper levels at this point in time.

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This material was excerpted from lesson 2 of 6 main lessons of the ***Vertical-Awaring from the Heart's Zero-Point*** program, which goes into much more detail and provides additional audio support to enter into the Great Void.

Appendix A: Brainwave Frequencies and their Effects

The following information is from a website that sells brainwave entrainment audios and program.¹ I reproduced it here to illustrate that much activity takes place in these deeper levels of mind.

Delta Brain Waves (0.5 to 4Hz)

- 0.5 Hz - Relaxation, helps soothe headaches
- 0.5 - 1.5 Hz - Pain relief. Endorphin release
- 0.9 Hz - Euphoric feeling
- 1 Hz - Well being. Harmony and balance
- 2.5 Hz - Production of endogenous opiates (pain killers, reduce anxiety)
- 2.5 Hz - Relieves migraine pain. Produces endogenous opiates
- 3.4 Hz - Helps achieve restful sleep
- 3.5 Hz - Feeling of unity with everything. Whole being regeneration
- 3.9 Hz - Self renewal, enhanced inner awareness
- 4.0 Hz – Enkephalin (natural analgesic) release for reduced stress
- 4.0 Hz - Allows brain to produce enkaphalins, all natural pain killer
- 4.0 Hz - Full memory scanning. Releases enkephalins
- 4.0 Hz - Vital for memory and learning. Problem solving, object naming
- 1 - 3 Hz - Profound relaxation, restorative sleep. Tranquillity and peace

Theta Brain Waves (4 to 8 Hz)

- 4.5 Hz - Brings about Shamanic/Tibetan state of consciousness, Tibetan chants.
- 4.9 Hz - Induce relaxation and deeper sleep
- 4.9 Hz - Introspection. Relaxation, meditation
- 5 Hz - Reduces sleep required. Theta replaces need for extensive dreaming
- 5.35 Hz - Allows relaxing breathing, free and efficient
- 5.5 Hz - Inner guidance, intuition
- 6.5 Hz - Centre of Theta frequency. Activates creative frontal lobe
- 7.5 Hz - Activates creative thought for art, invention, music. Problem solving
- 7.5 Hz - Ease of overcoming troublesome issues
- 7.83 Hz - Schumann earth resonance. Grounding, meditative, Leaves you revitalized
- 3 - 8 Hz - Deep relaxation, meditation. Lucid dreaming
- 3 - 8 Hz - Increased memory, focus, creativity
- 4 - 7 Hz - Profound inner peace, emotional healing. Lowers mental fatigue
- 4 - 7 Hz - Deep meditation, near-sleep brainwaves.

Alpha brain waves (8 to 12Hz)

- 8- 10 Hz Super-learning new information, memorisation, not comprehension.
- 8.22 Hz - Associated with the mouth. Brings creativity
- 10 Hz - Enhanced serotonin release. Mood elevation, arousal, stimulant

- 10 Hz** - Provides relief from lost sleep, improves general mood
- 10 Hz** - Mood elevator. Used to dramatically reduce headaches
- 10 Hz** - Clarity, subconscious correlation. Releases serotonin
- 11 Hz** - Relaxed yet awake state
- 12 Hz** - Centering, mental stability.
- 11 - 14 Hz - Increased focus and awareness
- 12 - 14 Hz - Learning frequency, good for absorbing information passively

Beta brain waves (13 to 30Hz)

- 14 Hz** - Awakeness, alert. Concentration on tasks, Focusing, vitality.
- 16 Hz** - Bottom of hearing range. Releases oxygen/calcium into cells
- 12 - 15 Hz** - Relaxed focus, improved attentive abilities
- 13 - 27 Hz** - Promotes focused attention toward external stimuli
- 13 - 30 Hz** - Problem solving, conscious thinking
- 18-24 Hz** — Euphoria, can result in headaches, anxiety.

NB. Frequencies in italics cover more than one brain wave frequency range.
The release of endorphins by the delta brainwave can also be achieved by meditation, runners high, breathing exercises, etc

¹ <http://synthesislearning.com/article/brwav.htm>