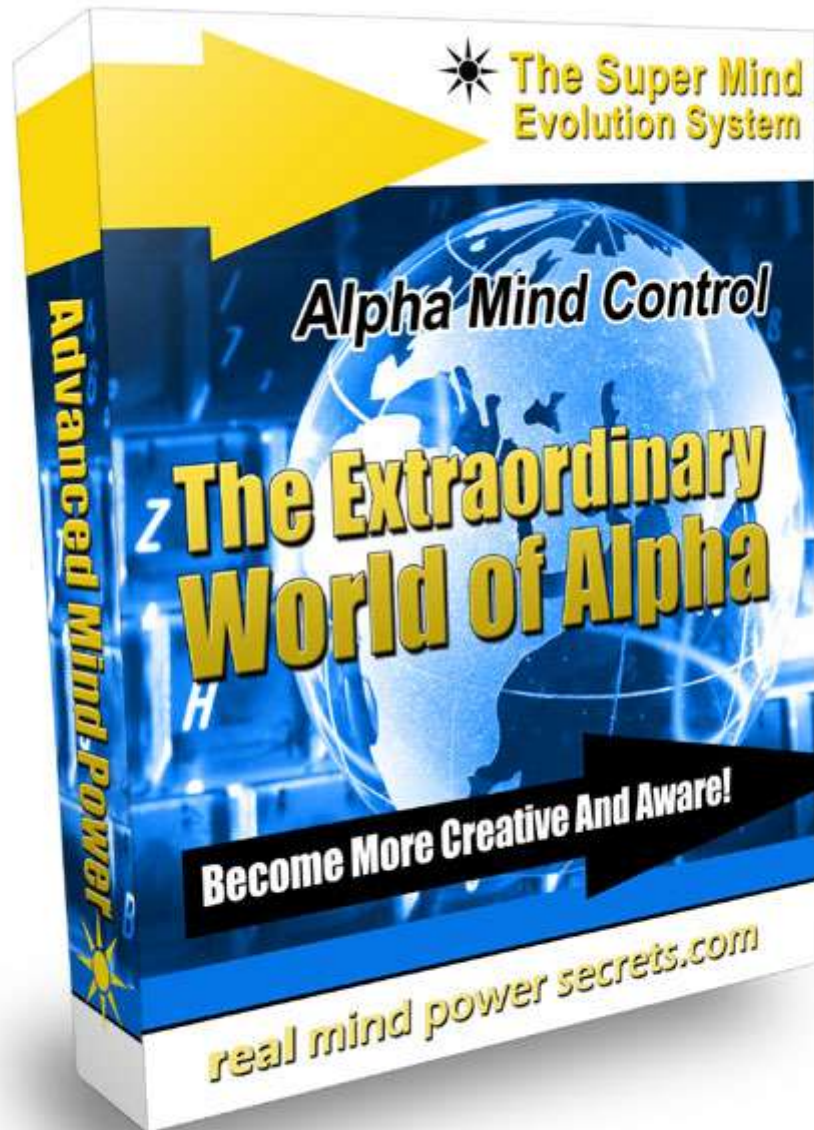


ALPHA PERSONAL MIND CONTROL

The extraordinary world of ALPHA!!



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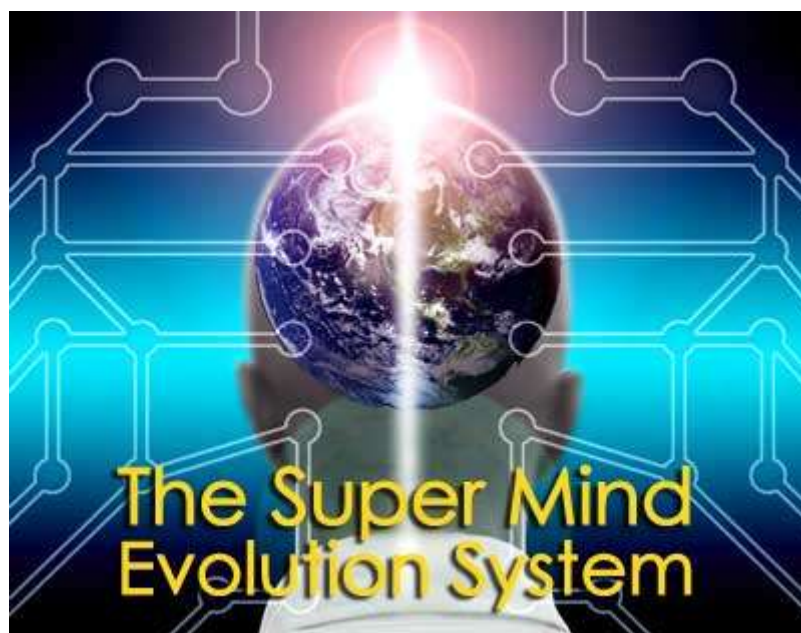
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The extraordinary world of ALPHA!!

An interesting thing happens when you learn to enhance your brain's natural alpha wavesa whole new world opens up! Because you are adding intuitive activity to your usual logical neural activity you become more creative and aware.

And this makes you feel different.....almost like a shift in consciousness at times.

Nothing bothers you so much! You sleep better! In fact you can go to sleep any time you wish, even in the most uncomfortable noisy situation. You can quietly slip out to the washroom and after only 10 minutes of alpha relaxation come out mentally and physically re-charged. Your intuition increases out of sight you tend to *sense* what people are thinking and learn to *read* them like a book. Strange events happen.

For example, you *think* about getting a parking space in a busy spot down town - and you get one. Virtually every time! You mentally *focus* on completing your journey as quickly as possible and for some strange reason all the traffic lights seem to stay green for you. You find that you tend to stay stress-free all day and when you get home at night, instead of collapsing into a chair you feel quite energetic. Your increased alpha wave activity causes you to radiate a sense of *serenity* which others notice. They tend to relax in your presence and find you easy to be with. You get "urges" to do things for no apparent reason - and this turns out to your benefit, like buying a scratch-it ticket on the spur of the moment and finding you've won \$500. Or the phone rings and you suddenly "know" who it is before you pick it up.

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The list goes on and on. There is absolutely no "downside" to alpha that I've ever heard about. In fact quite the reverse. People who

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learn to use alpha all make the same comments. They feel different. They feel more in control. They sleep better. They feel healthier. They don't seem to catch colds as often as the rest of us do.

And it is so simple to learn. If you're learning without the assistance of a cassette or mind machine it will take you 60-90 days. If you use one of these aids you can expect good results within 2-3 weeks. If you go to an alpha course such as Silva or Alpha Dynamics (basically the same course) then you get the basics in 3-4 days but must practice regularly to get the process "locked" in.

I learnt it all the hard way from a Silva Mind Course book. It took me about 90 days. Then I went to a Silva course that filled in the gaps. But it was still taking me 15-20 minutes to get down to a lower level of alpha. At that point I bought a mind machine and I found I could get to alpha in 4-5 minutes with the machine running. These machines produce an alpha tone in the headphones and a pulsing light inside a pair of goggles (like sunglasses) that you wear. They immerse you in a world of alpha (or theta) input that can feel quite compelling.

If you haven't got the time, inclination or opportunity to go to one of these expensive commercial mind-courses the mind machine is the next best thing. But this is still costly. The cheapest way is to develop your own tape cassette program, which will cost you only the price of a blank cassette. This chapter explains exactly how to do this. When using a mind machine both sides of your brain tend to "synchronize" with the rhythmic audio/visual beat from the machine. However if you have any form of epileptic problem pulsing lights might present a problem so the use of a light/sound mind machine is not advised.

A mind machine will take you down into the alpha or theta ranges without any effort on your part but it will *not train you to achieve these states for yourself*.

It is much better to learn to drop down to these lower brain frequency states without mechanical aids and a pre-recorded tape message is the ideal training tool. After a while you will not need to use the tape at all as you will be able to induce the required brain states by yourself.

When you drop into alpha (which is a brain frequency of 7-14 cycles per second) your left hand logical brain tends to stop working *unless* you have programmed it to remain alert.

This is the brain that ticks along at between 14-30 cycles per second. These are the frequencies you produce when you are under stress. If you were having a "panic attack", for example, you might find your predominant brain frequency up around 30-40 cps. The beta state is where you do your everyday, wide-awake, logical thinking. The beta state is not capable of producing inspiration or creativity.

As you descend lower in brain frequency, as in light sleep, you are in theta which is around 3-7 cycles per second. The lowest frequency is delta which is 1-3 cps and is the deep sleep state.

For many years the scientific community assumed that once a person dropped into alpha they would tend to fall asleep. (Alpha is the state you are in when you dream). Jose Silva proved otherwise. In a test in a major medical institution an electroencephalograph (EEG machine) was connected to his head via electrode sensors and he was able to demonstrate that he could drop into the alpha range and still maintain conscious control. That is, he had both brain hemispheres working simultaneously. These days there are plenty of people who

can go one better and drop to theta while maintaining conscious thought. There are even individuals who have been able to train themselves to drop down to the delta range while maintaining a simultaneous beta rhythm.

On rare occasions while lying on my back and intentionally reducing my brain frequencies I have noticed that my mouth drops open and I start to snore but I am fully aware of this. It is actually quite an uncanny feeling and gives one the sense of supreme confidence in ones abilities. When you reach this stage of control you become aware that nothing in life can really hassle you. That is you are in control! (It took me about 24 months of constant practice to reach this level of expertise). Some readers will be able to achieve this state much quicker than I did as I had no experienced person to guide me and I did not know what was possible or attainable. Now I know and I'm happy to pass the knowledge on.

Basically what happens when you start practicing alpha is that you open up your right-brain faculties, which haven't had too much use since the days of your childhood, when you were free to use your imagination a lot. Once you reactivate these channels they tend to remain open all day long!

It is rather like doing a workout in the gymnasium. While you are working-out you burn off calories and the strange thing is you keep burning them off for some hours after you've finished the workout.

Alpha training seems to work the same way. Once you get this disused mental ability working again it stays up and running!

All sorts of amazing things happen when you've got it under control. You can program yourself to have specific dreams of your

choice. You can program to remember these dreams consciously if you wish. You can program to communicate subjectively with individuals or groups to "get your point of view across" in a non-argumentative manner. You can program yourself to stay awake for 24 hours or more without feeling fatigue. You can program yourself to bring in imaginary "consultants" (in the same manner that Einstein did) to help you solve a problem! (And that works spectacularly!!!) You can program yourself to remain healthy and even remove such things as moles! (I've just got rid of my second one while visualizing clear skin when in deep alpha).

Some American mind-power practitioners have even been able to maintain a constant body temperature in freezing conditions such as during military maneuvers in New Zealand in mid winter.

Actually none of this should be too surprising because your subconscious mind controls absolutely all your automatic body functions. What you are doing is giving your subconscious new instructions. If you want to change the speed of your breathing or slow your heart right down you can by temporarily modifying your mind-program controlling these vital functions.

Likewise you can change the local temperature of any part of your body and block out pain such as migraines. But you've got to be careful here that you don't override some serious medical condition.

Alpha and theta are natural brain rhythms and you naturally pass in and out of these over a normal 24 hour period so there is no harm at all in bringing them on more often. It's when you get down to low theta ranges that you should start exercising a little more caution as you can tend to over-ride your subconscious control over the natural body rhythms. But you won't need to worry about this for a couple of years, even if you do practice it every day.

When I first started learning the alpha technique I was so fascinated with it (and most people are) that I grossly overdid it. I was going into alpha 7-8 times a day - akin to starting a physical exercise regime and overdoing it - your muscles hurt. You've got to give them recovery time. The same applies to the right alpha/theta brain - give yourself time out from intensive alpha occasionally, at least till this under- used "muscle" gets back into shape. If you're going to do heavy alpha practice, say with a mind machine, for a week or so then take a couple of days break occasionally, especially if you're practicing Remote Viewing or Out-Of-Body experiences. These two exercises get to the very core of your being and tend to *drain* you mentally if you overdo them. They might have been natural to the human race 10-20,000 years ago but thousands of years of mental neglect have put us back to square one.

About all that is left over from our original natural mental prowess are the strange abilities to daydream and experience *deja vu*. These appear to be closely related to RVing and OBEing and are probably a diffused leftover. When you really think about it daydreaming is a total anomaly. There is no logical reason for us to have this ability unless it is a left-over from something much more profound and useful. *Deja vu* is another strange anomaly it is almost as if we are remembering our future which is what a number of experienced mind-power professionals believe.

LEARN ALPHA - MAKE YOUR OWN ALPHA CASSETTE MESSAGE

Alpha is an absolutely magical state. Only 15 minutes relaxing in the alpha state is equivalent to at least 1 hours sleep. And you come out of alpha feeling fantasticnot drowsy! You pass in and out

of alpha naturally dozens of times a day so it is quite a natural state. It involves dropping your dominant brain frequency down to center around 10 cycles per second, so that you are in the "dream" state but aware of your surroundings at the same time. It feels rather like the situation where you wake up on a Sunday morning and realize you don't have to go to work. You can hear the rain on the roof and are too tired to get up but not tired enough to go back to sleep. You feel incredibly relaxed but alert at the same time, something akin to a fabulous mental drifting feeling. And the interesting thing is that once you learn the alpha technique you can bring on this beautiful mind-stateany time you chose!

There are various methods of learning the process. You can read a book about it and learn the hard way...as I did. Or you can pay for a 3-4 day commercial mind course and get the basics ingrained quickly (but you will still need to practice consistently after this to get the process "locked in").

Alternatively you can make life really simple for yourself and create the following instructional cassette tape and learn alpha easily in your own home.

You make this tape yourself by reading the pre-written script featured below into the microphone of your tape recording device. You can also create your recording as a sound file on your computer.

In fact where you are asked to repeat the message a multiple number of times you might find it easier to record the specific message once into your computer microphone then use the software program to create multiple repeats. You can even add echo or reverberation to the message that has been found to enhance the effect on the mind. When you have fully composed the message on your computer it can then be transferred to cassette tape.

All you have to do is turn on a recorder and read my pre-written script on to the tape. Your subconscious mind trusts your own voice so you may find that this "homemade" tape is more effective than a commercially made one. Then you either play the tape at night as you go to sleep or play it during the day (NOT while you're driving) as a reviver. The chances are you might be quite delighted with the results.

The tape is recorded in two parts. The first part is the actual alpha message and the second part is a health/habit-changing message if you should need it. All you do here is record the alpha message first then continue recording and add the specific affirmation you require. Five different affirmation messages are supplied.

The 5 motivational messages included are:

Giving up smoking

Reducing alcohol intake

Neutralising insomnia

Better health & self-confidence

Sixth sense awareness

HOW TO MAKE YOUR OWN ALPHA CASSETTE LEARNING TAPE:

You can use any form of tape recorder for this....quality is not important. A Dictaphone style machine will do the job as well as a \$1000 stereo recorder.

To begin, pick a location that is reasonably quiet and where you won't be interrupted. It will help to add a masking "white noise" in the background. The most effective "masking" noise is the sound of running water such as a waterfall or the seashore. A reasonable effect can be obtained by running a shower or a water tap. I have found that by putting a cardboard carton upside down on the floor of my shower and running a stream of water onto this (no need to use your hot water) then a semi-realistic waterfall sound can be heard, when played back through a speaker or headphones.

This resultant "white noise" behind your recorded voice tends to mask outside sounds so that you can focus without distraction.

If you make your recording in your bathroom you will get a slight echo effect off the solid walls which enhances your recording.

You can make your tape anywhere between 20 and 45 minutes long, depending on what you want to achieve.

The tape should start off with the relaxation suggestions then finish off with the health/habit-breaking affirmations. If you want to use it as a "refresher" message during the day then you must add the "wakeup" message at the end of the tape.....so that you end up fresh and alert at the end of the session.

The relaxation message that
you record on your cassette

(A mind-influencing tape is always made in the "third party".
The word "you" is used instead of the word "I".)

START YOUR TAPE RUNNING AND RECORD THE FOLLOWING:

Speak slowly and clearly at about one quarter of your usual talking
speed:

You are relaxing - you are becoming sleepy.

(pause)

Every muscle in your body is relaxing

(pause)

With every breath you take you are becoming more relaxed

(pause)

Your body is feeling peaceful and relaxed

(pause)

Focus on your breathing - it is becoming slow and steady

(pause)

Your scalp is relaxing...your scalp is relaxing

(pause)

Your forehead is relaxing....your forehead is relaxing

(pause)

Your eyelids are relaxing....your eyelids are relaxing

(pause)

Your eye muscles are relaxing....your eye muscles are relaxing

(pause)

Your jaw is relaxing....your jaw is relaxing

(pause)

Your whole face is now relaxed....your whole face is now relaxed

(pause)

Your neck is relaxed....your neck is relaxed

(pause)

Your shoulders are relaxed....your shoulders are relaxed

(pause)

Your arms are relaxing.....your arms are relaxing

(pause)

Your hands and fingers are relaxing....your hands and fingers are relaxing

(pause)

Your chest and stomach are relaxing...your chest and stomach are relaxing

(pause)

Your hips and thighs are relaxing....your hips and thighs are relaxing

(pause)

Your legs are relaxingyour legs are relaxing

(pause)

Your feet are relaxing.....your feet are relaxing

(pause)

Your toes are relaxing.....your toes are relaxing

(pause)

Twitch your toes and take a deeper breath.. as you do so you will feel the tension drain out of your body

(pause)

Your entire body is now relaxingyou can feel the tension drain away

(pause)

Your entire body is now relaxed....the tension has drained away

(pause)

(carry on recording doing the following countdown)

Twenty you are feeling tired and relaxed

(pause)
Nineteen every muscle in your body has now let go
(pause)
Eighteen.....listening only to my voice - nothing disturbs you
(pause)
Seventeen.....deeper and deeper
(pause)
Sixteen....deeper and deeper
(pause)
Fifteen....your body is feeling peaceful and relaxed
(pause)
Fourteen.....nothing disturbs you - listening only to my voice
(pause)
Thirteen.....with every breath you take you relax deeper and deeper
(pause)
Twelve....your breathing is becoming slower and slower
(pause)
Eleven.....you are feeling peaceful and calm - and very, very relaxed
(pause)
Ten.....you are drifting, drifting, drifting
(pause)
Nine.....nothing worries you - nothing troubles you
(pause)
Eight.....aware only of my voice - listening only to my voice
(pause)
Seven.....peaceful -calm-relaxed - going deeper and deeper
(pause)
Six....feeling incredibly pleasantfeeling incredibly pleasant
(pause)
Five.....nothing disturbs you - going deeper and deeper
(pause)
Four.....feeling contented, peaceful and relaxed
(pause)

Three too tired to move - too tired to move

(pause)

Two..... letting go - letting go

(pause)

One....Focusing now only on my voice - focusing now only on my voice

(At this point press the pause button on your recorder)

That is the hardest part of your tape completed. Easy, wasn't it? The next part is where you read on the message of your choice. When you are ready to do this, release the pause button and speak in the same clear slow voice.

Examples of these messages are given shortly. Pick the one that is most applicable to you (or make up your own) and insert it onto the tape immediately after your relaxation message.

Remember small mistakes do not matter. If you stumble over a few words it will make no difference to the strength of the message, unless these mistakes consciously annoy and distract you when replaying the tape.

The earlier relaxation message is designed to be used at night as you are going to sleep.

However if you wish to use it during the day as a "re-charger" then you must add a "wake up" message so that you come out of your alpha session feeling bright and alert. If you don't give yourself the right wake-up signal you will probably feel drowsy for some time. Here is the message you add on to the very end of the tape:

"You will wake up on the count of three feeling positive, cheerful and wide awake.....you will wake up on the count of three feeling positive, cheerful and wide awake.....

One.....waking upwaking up

Twowaking up.....waking up

THREE.....wide awake.....deep breath.....wide awake!"

POSITIVE AFFIRMATIONS

Select the one you want and add it immediately after the relaxation message.

You can record two or three of these messages consecutively if you wish but don't use more than three otherwise there might be mental conflict.

When you select your desired message simply keep repeating it over and over in a very slow voice. It should be repeated at least 20 times, preferably more, or until you run out of tape.

GIVING UP SMOKING

(Repeat the following message at least 20 times onto your tape)

"Smoking makes you nauseous.....you find the taste unpleasant.....you annoy other people when you smoke.....your health will be affected badly if you continue.....you know that you feel a lot better when you don't smoke..... you realize you could save considerable money by not smoking.....you are slowly losing the taste for cigarettes.....you keep forgetting to buy more.....you forget to light up more and more often.....you are starting to wonder why you smoke at all.....you realize it is a ridiculous habit."

(Repeat 20 times or more)

REDUCING ALCOHOL INTAKE

"You realize that excess alcohol is causing you problems..... you are fully aware of these problems..... you are losing the taste for alcohol.....it is starting to taste unpleasant.....you keep forgetting to top your glass up.....you also keep forgetting to buy more.....you are starting to favor less alcoholic beverages.....you are feeling more alert and alive and you know that this is because you are losing interest in alcohol.....your health is improving as you drink less.....people now like you more.....you feel totally in control."

(repeat 20 times or more)

INSOMNIA

If you have trouble getting to sleep there is a highly effective technique you can use in conjunction with this tape. In fact it is so effective in many cases that it will even work without the tape.

It is this:

Just before going to bed do 3-4 minutes of stretching exercises. Any form of exercise that works your muscles will do. Then take a warm shower and a small glass of warm milk beverage. Get into bed, turn out the light, make yourself comfortableand relax. Turn on your tape cassette at this point if you intend to use it.

Now clench every muscle in your body!

Clench your toes. Clench your leg muscles. Clench your abdomen muscles. Clench your shoulder and arm muscles. Clench your hands and fingers. Clench your neck and face muscles. Clench your eyelids tightly shut. Screw up your nose. Clench every muscle at the same time and hold this as long as you can.

Then LET GO!! The feeling of "letting go" is the feeling of alpha. The chances are the next thing you will know is that it is morning!. At the same time as doing all this you can be running your tape.

"You are totally relaxed....every muscle has let go.....you feel extremely pleasant.....your stomach feels calm and peaceful.....your body feels calm and peaceful..... you will have a beautiful night's sleepyou feel yourself drifting.....you are letting go and listening only to my voice.....your body feels fabulously relaxed.....nothing disturbs you.....you feel blissful.....you are letting your mind wander as you listen to my voice..... deeper..... deeper.....deeper.....drifting off.....drifting off."

(Repeat 20 times or more)

BETTER HEALTH AND SELF-CONFIDENCE

"As the days progress you feel better and better.....your health is improving daily.....you wake up in the morning feeling totally refreshed and inspired.....you are relaxed and cheerful all daynothing worries you.....you know that you can easily solve any problem.....this gives you confidenceyou exude self confidence.....other people look up to you.....you can sense this.....you feel great during the day and sleep soundly at night. Each time you hear this message this program will reinforce itself."

(repeat 20 times or more)

SIXTH SENSE AWARENESS

"You are becoming aware of things you haven't noticed before.....you are noticing synchronistic events.....your intuition is becoming quite remarkable.....you sense what other people are thinking.....you can now detect the hidden meaning behind what people are saying..... you are increasingly receiving flashes of positive insight.....your mind is now operating at its full potential as it was intended to.....some of the things that now happen in your life positively amaze you.....you are aware of a whole new world that you haven't noticed before."

(repeat this above message at least 20 times)

The above are examples of the most frequently requested positive affirmations. You can make up your own quite simply. Keep your words simple and easy as if you were speaking forcefully to a 10

year old child. Where possible keep your messages emotive because your subconscious understands the language of emotions.

And don't forget, we've now added a powerful alpha induction mp3 – available from your download area –

