



Unlock The Power Of Your Alpha Mind And Manifest The Lifestyle Of Your Dreams

By Niraj Naik

<http://www.AlphaMindSystem.com>

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Acknowledgments + Gratitude: I would like to give the deepest respect and gratitude to the following people for making my journey through this life a truly incredible one...

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About the Author



Niraj Naik (also known as Nij by his friends and amAya by his music fans) has had a roller coaster ride through a multitude of life experiences from running one of the largest dance music events in the UK at the Matrix Nightclub in 1999, to setting up one of the longest running independent university societies-One Mission, to co-running a successful independent record label,

then being forced into a career of zero passion (very depressing period) due to a critical business error. He then went on a massive search for ways out of his depression that enabled him to reinvent himself as a health and wellness coach as well as online marketing expert to several businesses in the UK, such as the Traditional Yoga Association and ASDA stores.

He is now focused on delivering essential health and wellness information to the masses and continues his research and development of his passion for sound therapy as a “side-effect-free” tool for relieving stress, anxiety and tension, which he believes are the main culprits for disease.

amAya is the fruition and collaboration of a deep and long friendship, where the journey has been quite exciting for the two halves. Niraj Naik and Dr. Mrigank Mishra formed the band in 2004 and it has now evolved into an outlet for their spiritually awakening music, sounds and meditations. They produce music that helps take you from low energies of anger, frustration, tension, anxiety and depression, to the higher energies of joy, peace and love for all.

After the continuing massive success of his first website, www.AlchemySoundTherapy.com, he went on to develop his trademark Trypnaural Meditations that feature an advanced form of brainwave entrainment using isochronic tones. The combination of isochronic tones blended into his cutting-edge music productions and Dr Mrigank Mishra’s hypnotic guitars is the signature backbone to the Trypnaural sound.

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Introduction

The word Alpha comes from the Latin word for “A,” the Greek word for “1,” and, in English, it is synonymous with the words “first” and “beginning.”

"Alpha" has been used to represent many things, including a type of **brainwave frequency** that corresponds to a **special relaxed mental state** where incredible things are possible...

This mental state has been associated with:

- Increased Well-being
- Heightened Creativity
- Inspiration
- Peak Performance

Interestingly, alpha mind states are found more frequently in people who **meditate regularly, professional athletes, artists, musicians and entrepreneurs.**

Alpha brain waves are associated with your **highest state of mind** and we have collectively created a program that will allow you to reach peak alpha brainwave states at WILL.

Your mind is the FIRST and MOST IMPORTANT thing to **master** if you wish to really **take control** of your life and ATTRACT all things you really want.

Before you can fully understand how the **Alpha Mind System** can benefit you, it is worthwhile grasping the fundamentals of how both your brain and mind really work.

Are You A Good Driver?

“If your car breaks down often, what do you need to do?” Usually, you would have to hire a mechanic to fix it.

This obviously incurs a cost and, probably, a big headache too!

If you knew how to correctly maintain your car by filling it with the best fuel, checking the oil and water regularly, and taking it to get serviced when it is due, it probably would not break down as much...saving you a lot of pain and money!

Now, just imagine your **mind** is the *driver*, your **body** is the *car* and your **soul** is the *passenger*.

Your mind and body are exactly the same as your car, needing **regular maintenance** and the **correct fuel** to ensure a *safe journey for your soul!*

“Have you ever put the wrong fuel into your car?”

I know I did once, when I accidentally put diesel into my petrol-driven car!

The car just chugged along bellowing out lots of smoke and eventually stopped.

I think I completely wrecked the engine!

Did you know that most of us put the wrong fuel into our minds and bodies every single day?

Many of us live factory-fueled lives, eating a diet mainly of processed, factory-based foods filled with artificial additives, processed fats and unnatural sugar. . Most people also consume fizzy and flavored drinks, excess alcohol and contaminated drinking water instead of pure, fresh water.

This is completely the wrong type of "fuel" for our bodies.

Our minds also require **proper fuel**. Our minds are fueled by external information, food and even exercise. The type of information we *feed* our minds **activates our thoughts**.

The wrong source of fuel can create thoughts that make us chug along, rather than cruise through life.

Breaking down is something I have experienced not just with my car, but also my own physical health.

I went through a **life crisis** I do not wish upon anyone.

I was promoted to the head office of one of the largest corporations in the world. Most people would look at my situation and think I was very fortunate. But, I was in a high-stress atmosphere with severe cut-throat competition that sparked from a battery-farm-like existence of most employees who were living their lives paycheck-to-paycheck.

I sucked up all the negativity on a daily basis, which took its toll on my health. To make matters worse, I **lost faith** in my own creative talent as a result of my managers continuously rejecting my ideas. My health promotion ideas that could have helped millions of people in the UK were deemed “crazy” and my managers worried I would jeopardize future company profits. After experiencing all of this, my highly stressful cubicle pharmacy job didn't seem so bad!

Fear crept up inside me and all I could think about everyday was how to escape!

I had lost my passion for music and even though I maintained a healthy diet with exercise, I still got very ill.

I contracted a **serious illness** known as ulcerative colitis.

This forced me out of work for a while and really made me take a deep, long look at my life.

This is when I realized, after some careful research, what fuels our well-being and directly influences our thoughts and physiology is not just physical things like food and nutrition, but also our environment, including the people in it.

I discovered, by learning how to maintain our thoughts using simple techniques and tools, we can thrive in any environment, however harsh. We can slowly have a positive influence over it and, **in some cases, change it and the people around us for the greater good!**

Imagine if you could take control of your well-being by learning how to service both your mind and body yourself using simple techniques and tools?

These techniques and tools are exactly what I am going to share with you now!

Understanding Your Mind

“What would be the first thing you would think of if I asked you where is your mind located?”

Almost everyone points to his or her head when asked this question. I used to think this too, but I am afraid this is completely wrong.

Your mind is actually the **collective consciousness of every single cell in your body.**

Don't believe me? Well, let me prove it to you...

“Did you know that every cell in your body is innately intelligent and can survive on its own outside of your body?”

But, inside your body, your cells shed their individuality to form a collective community of about **50 trillion cells.** The functional units of life are your cells and when they become organized into communities, they become YOU!

According to Carolyn Bohach, a microbiologist at the University of Idaho (U.I.), along with other estimates from scientific studies, there are actually 10 times more

bacterial cells in your body than human cells and there are over 500 species of bacteria living just in your gut!

Further research has shown that a large majority of these **beneficial bacteria** actually help us to function in a healthy way.

Deeper research from the scientists' part of the Human Genome project that aims to map out every human gene shows that around 40 genes in the human body are actually of bacterial origin!

So, really, you are a **vast community** of cells of both bacterial and human origin that all have a shared VISION of being who you are!

Dr. Bruce Lipton writes extensively about this in his book: *The Biology of Perception*, as he is one of the pioneering research scientists into the new field of biology, known as “**epigenetics.**”

“By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body’s community accommodates the wishes and intents of its ‘central voice,’ a character we perceive as both the mind and spirit.”

“When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive ‘protection’ posture. The body’s energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress. Simply, growth processes are restricted or suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere with the required maintenance of the body and, as a consequence, leads to dysfunction and disease.”

“The principle source of stress is the system’s ‘central voice,’ the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good “driving skills” in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stress the cellular ‘vehicle,’ interfering with its performance and provoking a breakdown.” Dr. Bruce Lipton

“As Above, So Below”

In the ancient Vedic scriptures, there is a well known saying, “as above, so below.”

Strangely, they knew way back then the rules responsible for what happens on the deepest quantum level are exactly the same rules of physics, chemistry and biology that control everything from the individual at a cellular level right through to the most complex organisms.

A cell has its own versions of the very same biological components that make up a whole person.

Each cell has a digestive system, an excretory system, a respiratory system, a musculoskeletal system, an immune system, a reproductive system and a cardiovascular system.

A cell also interacts with other cells in its community via special SIGNALS, much in the same way we communicate with fellow members of our community through **speech, language, art and music.**

Just as we feel stifled and unable to perform optimally when we are *forced* into an environment that feels threatening or alien, cells react in a similar manner when subjected to unfavorable conditions. **Cells will only thrive in the right environment, a healthy environment.**

In my case, the working environment I was in was so negative, alien and stress-inducing that my immune system actually started to attack itself and, at a relatively early age, **I got my first taste of a life-threatening disease.**

As soon as I left that environment and decided to move closer to my music partner, Dr Mishra, to do more of what I really love,....

I got better.

Not just better, but I became more **successful, happy and wealthy** than ever before in my life.

Knowing what I know now, I actually believe if I were to go back to my old job to work with the same managers, I would probably be able to handle the environment a lot better and possibly THRIVE. I was stressed back then because of how my mind *perceived* the environment at the time.

Your beliefs and perception of life events can be changed by outside influences; these influences can go on to make dramatic changes to your life.

Many self-healing miracles, great feats of endurance and world records get broken all the time because individuals have changed their perception about the situation. For example, mankind never believed the record for the 4-minute mile could be

broken, but since it was surpassed by Roger Bannister in 1954, **it has been broken many times, over and over, by other people.**

Many people live in fear when facing chronic disease, holding the belief that this day could be their last, just because a doctor has told them they will never get better and may have only six months left to live. Others facing similar circumstances choose to live a life of full of love and gratitude and overcome their illness, or are at least at peace with their illness, and are enjoying every moment of life.

I was actually told by my gastro-intestinal consultant I would have this disease for life and my symptoms were so bad I would probably need fairly high doses of medication every single day!

As you can imagine, this horrified me! The fact I had also been reading various horror stories on the ulcerative colitis forums of many sufferers complaining of being housebound for years made me feel even worse.

The thought of never leaving my house and being stuck to the toilet seat for the rest of my life was incredibly depressing, as I'm sure you can imagine!

For a long time, I began to believe what the doctor told me was true and I remained sick and house-bound.

But then, something quite miraculous happened....

Deep down inside I knew this could not really be true; I still had so much to give in the world and a burning passion for music and helping others.

I remembered coming across a few stories on the forums of people who had recovered successfully from chronic illness.

I wanted to know more about *their* story and exactly how they did it.

I started to focus more on the *positive* stories of recovery, rather than the negative. Suddenly, I began receiving *positive* information in the form of books, people I attracted and communities of likeminded souls.

This new information gave me the belief and strength I could get well again and my PERCEPTION and BELIEF of my disease changed.

As mentioned earlier, a tiny cell can die in the **wrong environment**. But, by the forces of nature, it always tries to seek out a community that will help it to thrive.

“Quantum healing is healing the bodymind from a quantum level. That means from a level which is not manifest at a sensory level. Our bodies ultimately are

fields of information, intelligence and energy. Quantum healing involves a shift in the fields of energy information, so as to bring about a correction in an idea that has gone wrong. So quantum healing involves healing one mode of consciousness, mind, to bring about changes in another mode of consciousness, body.” Deepak Chopra, Quantum Healing

The Human Brain

The human brain is quite a complex system consisting of many different, interconnected parts working harmoniously together under the right circumstances.

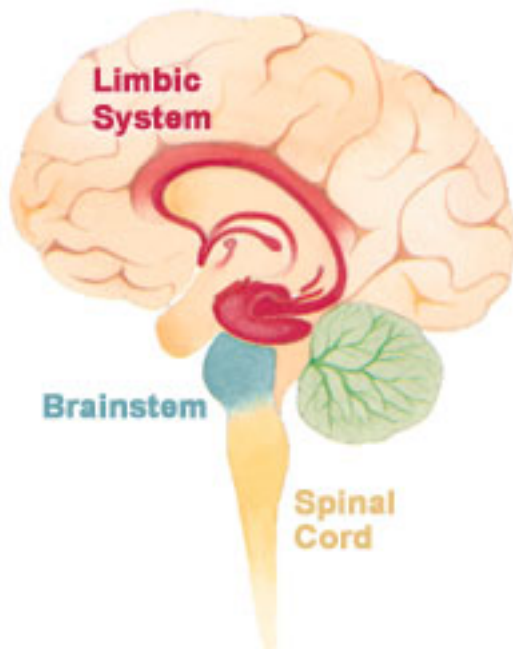
Here are the major areas:

1. **The brain stem** -responsible for biological functions like eating, breathing, sleeping, sex, instinct and reflexes
2. **The limbic system** - a set of brain functions primarily responsible for subconscious interpretation of stimuli from the five senses.
3. **The neo-cortex** - the primary center for your conscious, cognitive control

The more important areas to consider are the limbic and neo-cortex because they are responsible for processing the energy, or information, from your 5 major senses.

Research shows that these senses produce 11 million bits of information per second, which are all processed in the limbic system, but only 40 bits per second are passed on to the neo-cortex for conscious processing (thinking, planning, etc).

This means 99.9% of all information from our five senses is only subconsciously processed!



The limbic system controls the experience and expression of emotions, as well as **automatic functions** of the body.

By producing **emotions** (such as fear, anger, pleasure, and sadness), the limbic system enables you to behave in ways that help you communicate and survive physical and psychological upsets.

There is much debate whether your subconscious mind only resides in your brain.

Your limbic system is closely connected to your entire nervous system and receives signals from every major cell in your body. There is now compelling evidence that your subconscious mind is really part of a much greater collective consciousness of your entire body.

Your True “Brain”

Experiments by Dr. Bruce Lipton showed the previously believed notion that DNA is the “brain” of the cell is actually wrong.

It has since been proven by many people that actually the tiny cell membrane that surrounds the cell is the true “brain” of the cell.

If you were to remove the DNA of a cell, surely it would die if it were the brain of the cell, just as if you were to remove the brain from your body, you would die instantly.

But, in experiments the cell would continue to **function normally** for many months.

“Could it also be true that what we perceive as the “brain” of our bodies that resides in our skulls is also not entirely true?”

You must have heard the expressions:

“My gut instinct.” or “Sorry, but my heart just isn't in it”

“Why do so many people say that?”

Howard Martin of the -now famous HeartMath Institute writes:

“At HeartMath we’ve spent the last 15 years diligently studying the “heart” physically, emotionally and spiritually. Our researchers have been mapping the communication pathways between the heart, the brain and the rest of body while also studying the effects of positive emotions on health and performance. What we’ve learned is that the heart is the master controller in the human system capable of sending powerful, healing commands throughout the entire body. These signals from the heart have a dynamic impact on the nervous, hormonal and immune systems. They also influence brain function and have the ability to improve cardiovascular disease, hypertension, diabetes, psychological problems and more. In essence our old friend the heart may be the best healer of all.”

There is a **famous case** of a young girl who received a heart transplant. The heart came from a girl who had been brutally murdered. The recipient of the heart started to get severe nightmares with torturous visions of being attacked and killed by someone. The girl told her mother, who took her to a psychiatrist.

In her sessions with the doctor, she accurately described the killer in her dreams. The doctor went straight to the police station where a police artist drew an exact portrait of this man. With this new information, **the police were actually able to arrest the man** for the murder of the girl whose heart was donated.

In recent years, scientists have also discovered the brain and gut actually talk to each other.

“We all know our gut is sensitive to emotions: we have "butterflies" in our stomach, we feel nauseous in certain situations, and some experiences can be "gut wrenching". These are all visceral manifestations of anxiety, anger, sadness, and elation. Doctors know it is important to bear this in mind when treating gastrointestinal disorders that appear to have no obvious physical or infectious cause.”

“Our 30-foot long gut is embedded with cells of the enteric nervous system, the ENS, a complex system of around 100 million nerves that is often referred to as our "second brain". The ENS supervises the processes of digestion and stays in close contact with, and is heavily influenced by, the central nervous system (the CNS) which comprises the brain and spinal cord.” 2009, Medical News Today

“So, is our mind really just in our head?”

The ancient **Taoist’s of Asia** certainly didn’t think so.

They believed we actually have **three minds**:

“The Three Minds correspond to the Three Tan Tien or major energy centers within the body. They can store, transform and supply energy to and from each other, the spinal cord, sexual organs and other major organs. The Upper Tan Tien is located within the Upper Brain, the Middle Tan Tien is located in the heart and the Lower Tan Tien in the abdomen.”

“In the Tao practice, we store energy in the Three Tan Tien. The Three Tan Tien correspond to the Three Minds, Upper, Middle and Lower.”

Grand Master M Chia

In **Ancient Hinduism**, it is also believed your mind has separate parts, an **INNER MIND** and an **EXTERNAL MIND**.

Your **inner mind** is associated with your **autonomic nervous system**, which regulates things like your heart beat, breathing and blood flow...all on autopilot, without needing our conscious thought.

This can be related to the Western idea of the “subconscious mind”.

Your **external mind** is associated **with thinking and problem solving**, which can also be full of worry and fear; this can be referred to as your “conscious mind.”

When you use certain meditations to quiet the mind in to a **single focus**, you can create an **awakening of your inner mind**, where the real magic talked about by the sages and rishis of India occurs.

When we experience the inner mind, we are calm, balanced, stable, very happy and above all the worries and humanly sorrows. The sense of 'being' or 'me' alone remains in the initial stages, and that also gets sublimated in the advanced stages of the experience. The Vedas confirm the above states of higher experiences. Thousands of practitioners have also witnessed the same state of realization.

Dr. Sujit Chandratreya, Mind Power

The Vedas were very clear on their view of the mind-body connection and how your perception and belief of the world affects everything about you on the deepest level. Through work of Dr. Bruce Lipton and other scientists, the connection of mind and body at a cellular level has been confirmed scientifically.

“A verse from the Veda says, 'What you see, you become.' In other words, just the experience of perceiving the world makes you what you are. This is a quite literal statement.” Deepak Chopra

How Your Mind Works

A WEAK mind has been directly linked to a WEAK **immune system**.

A STRONG mind has been responsible for some of the **greatest human feats of endurance and recovery**.

Those minds who know how to play the rules of the game to their advantage have gone on to become the worlds greatest **leaders, teachers, artists and innovators**.

For example:

Nikola Tesla 1856 - 1943



Nikola Tesla, who invented electricity and the science behind many of the greatest inventions our planet has ever seen, used to experience intense visions, where he felt he was being given divine knowledge. These experiences lead to his amazing discoveries that changed the world forever.



Phil Jackson, former head coach of the Chicago Bulls and LA Lakers

“The unbelievably prolific basketball coach, Phil Jackson has achieved what no coach had ever done. In 20 seasons, first at the Chicago Bulls and then at the Lakers, he has won 11 NBA championships. Robert Pirsig's celebrated philosophical novel *Zen and the Art of Motorcycle Maintenance* became a seminal influence, as did the spiritual practices of

Native Americans. So too, did various prescribed substances, including the high-quality acid of which he partook in Malibu. Jackson has described that day as one of the most important of his life. Out of it grew a philosophy called "enlightened basketball," based on the conviction that the right mindset and a team spirit that overcame self were the keys to victory. The reasons for Jackson's phenomenal success as a coach were not unique to him. He protected his team and fostered an extraordinary spirit, taking the pressure off his players while instilling the belief that together they could achieve anything.

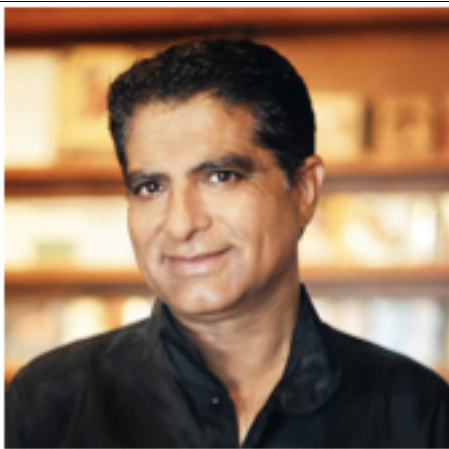
What set Jackson apart were his methods. What other coach would have held meditation and yoga sessions for his players, or given them special books to read, and specially edited movies to watch?" writes Alex Corrigan *Independent.co.uk*



Steve Jobs (1955 -2011), founder of the highest revenue company in the world, Apple, was an active meditator and master of his mind!

According to CNN, the impetus behind the Apple creator's leading products were likely brought on by his every day practice and embrace of meditation, and Zen Buddhism.

Long before apps, cloud service, touch-pad innovation, and digital cameras, Steve Jobs met a roshi (or Zen master) named Kubun Chino Otagawa. Over time, the two built a strong relationship between teacher and student as Jobs' interest in becoming a Buddhist was piqued.



“Dr Deepak Chopra is, today, the leading exponent of holistic health, New Age spirituality and human potential. His 25 books, including *Quantum Healing*, *Ageless Body*, *Timeless Mind*; *Creating Affluence*; *The Seven Spiritual Laws of Success*, *The Return of Merlin* and *The Path to Love* have sold more than 10 million copies worldwide. His website, like his television serials, enjoys top popularity ratings; his celebrity clients include Demi Moore, George Harrison, Michael Jackson and Oprah

Winfrey; his Chopra Centre for Well Being at La Jolla, California is a pioneer in mind-body health; his lectures are hugely attended worldwide. His teaching blends physics and philosophy, Ayurveda and modern medicine, timeless wisdom and personal insight with dynamic results.

In his early years as a medical doctor, he smoked cigarettes, drank alcohol, and consumed plenty of coffee on his way through long workdays. He was counseling his patients to change their self-destructive habits, but began to recognize that he could not make such changes in his own life. Then came that fateful day. Browsing

in a used bookstore one Sunday afternoon in 1980, Chopra stumbled upon a book on Transcendental Meditation. Reading the book that evening, he told Rita: "This looks fantastic!"

The following day they enrolled for a TM class and, two months later, they took the advanced TM-Siddhi programme. "At first I did TM mainly to relax, but it changed my whole life—my diet, my work, my relationships with patients and other people," he says. "I became 10 times more efficient in my work."

He soon lost his taste for alcohol, and other self-impairing habits spontaneously fell away. His worldview began to change." Ajay Ahuja, PositiveLife

Your one mind is composed of three separate systems: the **conscious mind**, your **subconscious mind** and a higher level mind known as your "**superconscious**" mind, named by the great Austrian psychoanalyst, Carl Jung.

Conscious Mind - the thinking you that can express free will, be creative, make decisions and solve problems.

Subconscious Mind – the **unconscious you** that controls your autonomic functions, such as your heart beat, breathing, digestion and circulation. It is like a **large database of programmed behaviors**. When a change in your environment is perceived, your subconscious mind will pull out the stored program to play. Some programs are derived from genetics; these are your innate instincts and they represent the influences of nature on your thoughts. However, the vast majority of the subconscious programs are acquired through your developmental learning experiences; they represent nurture.

Superconscious Mind – the **collective consciousness of the entire universe**. It is omnipresent and each human mind is an individual center of this one greater mind.

Ralph Waldo Emerson, the great American transcendentalist, referred to the superconscious mind as the "**oversoul**."

He wrote,

"We live in the lap of an immense intelligence that, when we are in its presence, we realize that it is far beyond our human mind."

Emerson felt **all power and possibility** for the average person came from using this mind on a regular basis.

Napoleon Hill, one of the greatest writers and researchers about success and achievement, referred to this power as “**infinite intelligence**”. He studied the lifestyles and minds of the most **successful entrepreneurs** of his time and believed they tapped into this source of power on a daily basis.

As scientists extend their research into quantum physics, it has become quite evident there are many layers of energy beyond our physical plane.

What we now know is that everything is energy, even our thoughts.

Everything that has been created as new in this universe by the great authors, artists, musicians, entrepreneurs and inventors is the result of the **creative energy** that lies within the superconscious mind.

But, there is still a lot of debate whether the superconscious mind is a separate level of mind or just another function of your powerful subconscious.

Additional theories add to its mystery. The great mystics and seers believe the superconscious mind to be a level higher than our human mind. This layer, or energy field, is known as the “infinite intelligence,” or “collective unconsciousness,” where we are all one and nothing is separate.

Information on this level is universal and can be accessed by anyone who chooses to seek it.

If you can tap into this energy, you can create great change and accomplishments that benefit the whole of mankind, collectively, beyond just yourself.

Have you ever felt driven by a force so great you felt you could go on and on for hours...where you forget to eat or even sleep, but still you don't feel tired, hungry or thirsty?

I know I have felt like that many times whilst composing music in a studio. I feel this way even as I write this now.

This happens because you are actually directly harnessing the energy of the superconscious mind.

This is what is meant by getting in to that state of “flow.”

How Do You Tap Into Your SuperConscious Mind?

When your conscious mind is aligned with your subconscious mind, you can create a state of congruency and be able to channel energy and information from the superconscious mind.

“Have you ever walked into a room and sensed an immediate drop in energy or a strange feeling of paranoia or unexplainable fear?”

The more “in tune” you are to your emotions, the easier it is for you to sense the collective super consciousness of people and even other non-human, living organisms.

Imagine if you could tune in to a level even higher and tap into the collective consciousness of the entire universe!

This is possible through the “Alpha” mind state!

With the Alpha Mind System, this exactly the state that you will be able to reach at will.

If you are experiencing limitations in your life, then these are strictly due to the **limiting beliefs** you hold in your subconscious mind.

The way to overcome them is by **aligning** your conscious and subconscious minds with the superconscious mind.

You do this by being willing to let go of your own beliefs about yourself and the world around you and opening yourself to the information, the power and the love flowing into your center of consciousness directly from the superconscious mind.

With the Alpha Mind System, you will be able reach brainwave states that make this process much easier.

During the first six years of your life, you have very little conscious brain activity and you unconsciously acquire all the behavioral patterns necessary to become a normal functioning member of your immediate society.

Using an EEG machine, you can actually measure your brain wave frequencies. During the first six years of your life, you are predominantly in “hypnogogic” theta and delta states.

In these state, you absorb large amounts of information and pick up behaviors from your parents and siblings simply through **observation**, without needing them to actively teach you things.

So, the models of behavior given to you by these early influences in your life are very important to the formation of your subconscious mind and how good a driver of your life it becomes.

During these years, you will download information directly from your parents, negative or positive.

If they fill you with *praise*, then you will become a more **confident** you, having a sense of confidence and security in your own abilities to grasp new things.

But, if they fill you with *negativity* by repeatedly calling you *stupid* and making you feel *unworthy*, you will grow up lacking in confidence and with feelings of insecurity ingrained in your subconscious mind.

In school, peer pressure, friends and teachers will further add to the ingrained beliefs you hold about yourself, negative or positive.

Fortunately, the hardwired habits of your past can be rewritten with much more EMPOWERING and CONSTRUCTIVE thoughts and behaviors.

How To Consciously Upgrade Your Mind

Your conscious mind is responsible for DECISION making, such as what book to read, what music to listen to and what partner to fall in love with.

On the other hand, the beating of your heart, your digestive functions, your breathing and circulation are all under the control of your **subconscious, completely independent of your conscious mind.**

Your subconscious mind also carries out your hardwired HABITS. Have you ever driven home from work, reached home and had the feeling, *I just can't remember the journey here?*

This is because you have repeated that same journey so many times that the activity of driving home has been hardwired into your subconscious and this takes over, meaning you are **no longer consciously aware of the journey.**

It is the same principle applied to learning to ride a bike for the first time - you have to concentrate like crazy, but after much practice, the process become completely NATURAL and you rarely forget how to do it.

The **thought process** involved in riding a bike has been hardwired into your subconscious mind.

An important point to remember is your subconscious mind does NOT get involved with determining whether your thoughts are **good or bad, true or false**.

It responds according to the NATURE of your *thoughts or suggestions*.

If you consciously assume something to be true, even though it may be completely false, your subconscious mind will accept it as true and **proceed to bring about the consequences of your action**.

Most peoples thought patterns go something like this...

Conscious Mind: "I want more money"

Subconscious Mind: "But people wont like me, money is evil, its too much hard work and stress!"

Request cancelled, start the self-sabotage sequence

Conscious Mind: "I want to lose weight!"

Subconscious Mind: "Are you kidding? I love chocolates! I am fat and always will be!"

Request cancelled, start the self-sabotage sequence.

We **self-sabotage** the things we really want out of life because hardwired in our subconscious are old patterns of thinking that are usually built upon **false beliefs**.

For the same reasons, smokers continue to smoke, even though consciously they are aware it is doing more harm than good.

The habit of smoking has become hardwired into their subconscious minds.

At one point in their life, they consciously accepted smoking is ok.

Over time, the repetitive action of smoking turns into a habit that becomes **ingrained into their subconscious mind**.

If you know a smoker, or are one yourself, I am sure you have noticed how they can flip out a packet, light up and continue talking without much thought required in the process.

This is because smoking has become a subconscious habit for the smoker and **no longer requires any conscious thought**.

A non-smoker on the other hand, would probably have to stop the conversation and think about every step required in lighting up a cigarette for the first time, not to mention the inner battle going on in their conscious thoughts deciding whether this is the right thing to do!

If you did not have a subconscious part to your mind, your conscious mind would be overwhelmed looking after all the various functions of the body, protecting you from any incoming danger and coming up with new, creative ideas.

So, the separation of your mind into two parts was a very necessary thing in the **evolution of the brain.**

How To Reclaim Your Conscious Control

Your conscious mind acts like a “watchman at the gate” and its chief function is to **PROTECT** your subconscious mind from **FALSE** impressions.

This way, you can create **constructive and harmonious habits** to provide an *easy, joyful and vibrant life.*

This actually means your subconscious mind can be programmed or reprogrammed where necessary.

The hardwired negative habitual thinking can actually be **replaced by more constructive thoughts.**

If you imagine your subconscious mind as an operating system on a computer, you can **erase the disk and start again** with **a far superior operating system** free from bugs.

Another analogy would be to see your subconscious mind as a tape player that plays back old recordings of your habits whenever a request is made for them to be played out by your environment.

Using your conscious mind and becoming more consciously aware of your thoughts, you can begin to rewrite those **old limiting beliefs** and **bad habits** by **recording new ones** on to a new tape within your subconscious mind.

This is made possible by the amazing power of SUGGESTION and it is this process that holds the secret to **unlocking your infinite subconscious mind power.**

Unlike your conscious mind that can respond to simple instructions, your subconscious responds best to **FEELINGS** and **IMAGES**

Through the careful selection of EMOTIVE words and phrases you can invoke feelings and images in your mind that begin to lay down new thoughts and beliefs in to your subconscious mind.

This combined with **sounds** and **music** can produce a very powerful subconscious rewiring effect.

It is the power of suggestions that explains the **miracles of prayer** and why so many practice it to this day.

When you pray, you are **rewriting the matrix of habitual thoughts** hardwired into your subconscious.

You are laying down new patterns by **directly communicating** to your subconscious through your conscious mind.

When prayer is repeated every night, a quantum shift occurs in the physiology of your mind and body.

It is widely accepted that most **chronic diseases** are caused by a **dysfunction** in our immune system.

We also know our subconscious is responsible for the **proper functioning of our immune system**.

When I began the process of speaking directly to my subconscious every night just before going to sleep, which could be perceived as prayer, what I was doing was **correcting the old, bad patterns** that had formed as a result of STRESS and WORRY.

I would lay on my bed and repeat the following statement whilst MEDITATING to my own **“Trypnaural” meditation music**:

“I am whole, perfect, strong, loving, harmonious and happy”

In a matter of weeks, my subconscious had accepted the above statement as TRUE, my anxiety melted away and **my health was restored back to normal**.

Not only that, but I gained a new sense of CONFIDENCE and magical things started to happen for my **business and relationships**.

As I gained more energy from the reduced anxiety and stress, I started to exercise more, eat more healthily and, as a result, I became more attractive to people I met.

The positive effects of the INCANTATION lead to a chain of events that can only be described as **miraculous!**

In a few short months, I managed to *quit my job I hated, cured myself of a debilitating disease and created a successful online business.*



The Sacred “I AM”

If you look back to the statement I used, you will notice it begins with the words “**I am**”

The word “I” is the key that starts the engine of creation. The words “I am” are extremely powerful. They are statements to the Universe.

“Commands for manifesting exactly what you desire.”

You may be wondering, *“What does the Universe have to do with all of this?”*

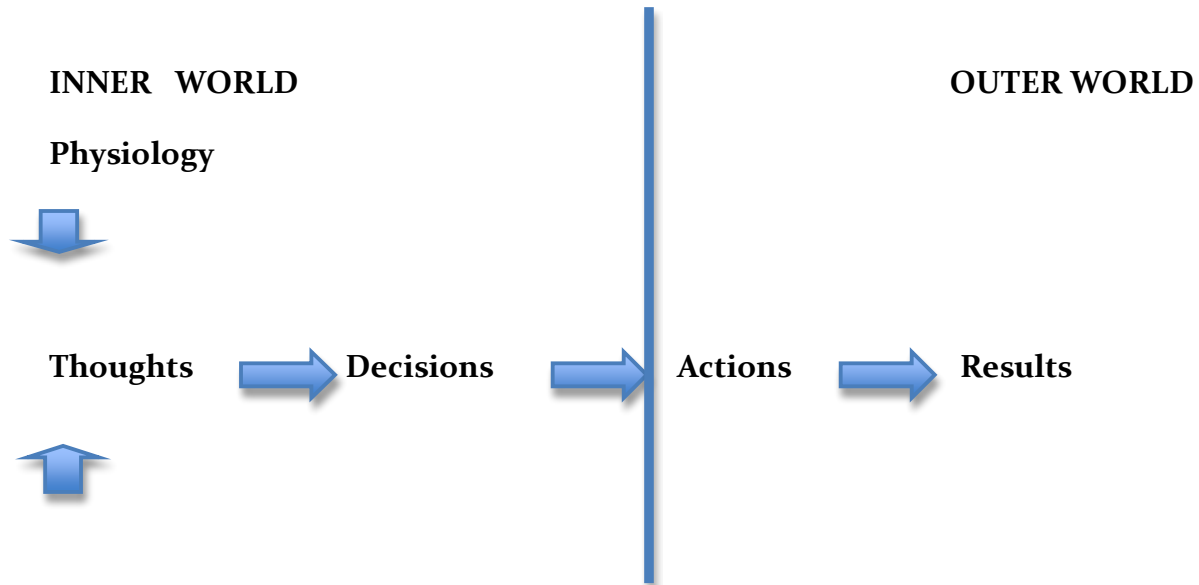
Scientists have, in recent times, revealed that the universe is made up of a singular energy that runs through all things.

Furthermore, we as human being have the ability to alter this formless, quantum soup of energy with our thoughts!

Every single thought that occurs in your mind is creative.

“The problem with trying to reprogram the subconscious is that we fail to realize it is playing behavioral ‘tapes.’ To understand why conscious awareness does not readily change subconscious programs, consider this instructive analogy: I provide you with a cassette tape, and you put it into your player and push the play button. As the tape plays the program, you realize that you do not like it. So, you yell at the tape player to change the program; you ask it to play something different. After a while of not getting a response, you yell louder and get angrier at the tape player because of the lack of a response to your request. Then, when it seems hopeless, you beseech God to help you change the program. The point is simple; no matter how much you yell at the tape player it will not change the program. To change a tape, you have to push the record button and then rerecord the program incorporating the desired changes.” Dr. Bruce Lipton

Your Inner World Creates Your Outer World!



Most people tend to focus on the results and when something goes wrong, they attempt again and again with the same old, bad, habitual thinking.

This is why, for many people, they go through life from one failure to the next, starting projects but never finishing them, going from relationship to relationship never finding true love, from one disaster to the next...and so on.

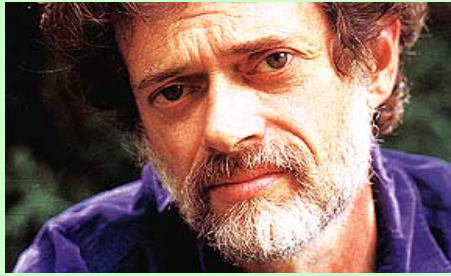
They try to change their circumstances: where they live, where they work, who they are with or they take on a new business opportunity or a new job...*without changing their way of thinking* and they end up experiencing THE SAME RESULTS!

There is a famous quote by T. Harv Ecker, the best selling author of *The Millionaire Mindset* that goes ...

“Your very best thinking has got you as far as you have today”

If you want to progress to the **next level** in your life, you need to UPGRADE your THOUGHTS!

The Cultural Hypnosis



“Culture is not your friend...the reason it's not your friend is that it's NOT YOUR CULTURE. It's something someone else made up. In more insidious terms it's ideas and memes that other people, some seeking to shape your thoughts on things have made up and passed along.

Control Icons. “ Terence McKenna 1946 - 2000

The late great speaker, author and articulator of topics on the hidden mysteries of life, Terence McKenna, made a famous point that **culture is ultimately disempowering to the individual.**

It teaches you to CONSUME and not to create. Be a passive observer, rather than an EMPOWERED CREATOR!

We all have the power within us to create amazing things, but so few of us really do.

The majority of us in the western world live in a cultural hypnosis of **urgent consumerism.**

We are bombarded with marketing messages, advertising and slogans all day long telling us to buy, buy, buy things that, **in reality, we probably don't really need.**

We live in a “keeping up with appearances” community, where the “in crowd” is continuously striving to model after their would-be heroes, regardless of whether their lifestyles are sustainable or spiritually rewarding.

This keeps people locked into the habits of **unnecessary spending and consuming** and most of their creative time is spent serving the needs and wants of their corporate bosses.

All of which leads to STRESS, DEBT and *an urge to seek out short-term pleasures to heal the pain of a life of uncreative monotony.* Sound familiar?

Don't worry if it does; it is really not your fault!

Unfortunately, our economic system of **perpetual growth is designed exactly in this way** – to create a culture of consumption.

That is how the "**rich get richer and the poor get poorer.**"

Most likely, YOU are being **hypnotized by it every single day**, and it is my job to get you out of that TRANCE!

A New Hope

"Whatever your age, your body is many years younger. In fact, even if you're middle aged, most of you may be just 10 years old or less.

This heartening truth, which arises from the fact that most of the body's tissues are under constant renewal, has been underlined by a novel method of estimating the age of human cells. Its inventor, Jonas Frisen, believes the average age of all the cells in an adult's body may turn out to be as young as 7 to 10 years." New York Times, 2005

Did you know every 7 - 10 years every single cell of your body is replaced aside from a few brain and heart cells?

I know, pretty amazing right?!...

Your skin is replaced every 2 weeks, your liver is replaced every 300 - 500 days, your bones are replaced every 10 years and the surface of your gut has a life of only 5 days!

The quality of how your body regenerates is related to the **quality of fuel** you feed both your mind and your body.

This shows you have the power to change at any time in your life, if you really want to.

So, if you want to grow strong, vital and happy cells that help you get all the things you really want in life, then you need to feed your mind information and fuel that provides constructive, self-empowering thoughts!

"Researchers at Duke Medical Center tracked 2,800 patients who had been hospitalized with heart disease. Patients were asked to fill out a survey to determine how they felt about their medical diagnosis, treatment, and recovery. Ten years later, the group who answered the questions with a negative attitude saw 46 deaths per 100 people. But those with the most positive approach had 32 deaths per 100 subjects, when adjusted for factors like age and previous heart problems."

"Our research shows better physical recovery and a higher likelihood of survival is linked to attitude—personal beliefs about their illness," John C. Barefoot, the

study's lead author and professor emeritus in the department of psychiatry at Duke

Your Mind Serves To Protect You At All Costs



You must remember your mind serves to protect you, but sometimes this appears as *completely counterintuitive*.

You may start smoking or taking hard narcotics, even though you know its wrong, just so **you fit into your current social circle**.

You may buy an expensive car you know you cannot really afford and will only get you into **deeper debt**.

This is a very primitive survival mechanism designed to keep your SOCIAL STATUS high because, for many people, being in the "cool" group is their ingrained tribal instinct for making sure they are **acceptable to the opposite sex**.

This would ensure the survival and propagation of your GENES.

When you understand that your mind serves to protect your genes and ensure their replication, you can begin to control your thoughts to make sure you reach the highest potential possible.

Instead of looking for *short-term acceptance* into a **low-grade social environment**, you can visualize a much brighter and valuable future and your subconscious will do **whatever it takes to make that future happen!**

Your Physiology Becomes Your Psychology

When asked, “*What is the number one factor that has influenced your success and productivity as an entrepreneur?*” the multibillionaire Sir Richard Branson answered, “**Working Out!**”

I explained before that your mind is actually the **collective consciousness of every single cell in your body.**

If you do not use your body, your body starts to DEGENERATE.

If you feed your body junk and poisons, you start to kill the cells of your body **and YOUR MIND!**

If you study the top entrepreneurs and successful people in this world, they all work on optimizing their physiology on a daily basis because ultimately their PHYSIOLOGY influences their PSYCHOLOGY.

They know staying **fit and healthy** is the only way to ensure they enjoy optimum thinking with thoughts that produce their genius.

“Your motion becomes emotion” Anthony Robbins

Even just a **simple 15 minute exercise routine** each day is enough to get the blood flowing around your body to the cells that make up your collective consciousness.

You can change your physiology in many ways. **Some people choose drugs.** Many actors and musicians actually claim that it was their choice of drugs that influenced their work and moments of genius.

Unfortunately, this can also lead to habit-forming behavior that leads to great PAIN and even DEATH. That first hit that enhanced their performance becomes an addiction and many actors and musicians become **dependent** on it as their source of inspiration.

Their subconscious adopts the idea that taking the drug is good for them, especially when their raving fans shower them with admiration for doing so.

It can then become a negative, destructive habit where the **drug literally “owns” their mind.**

Many authors, actors, musicians, celebs, sports stars and high profile business people, who broke free from those negative habits associated with their culture,

found a more safe and natural way to experience the same highs they got from stimulant drugs and alcohol.

Through the great work of people like Deepak Chopra, Shri Shri Ravi Shankar and many others, the practice of YOGA and MEDITATION has become widely accepted as a **powerful system of optimizing your physiology.**

“A study, published in *the Journal of The Association of Physicians of India (JAPI)*, establishes the reversibility of heart disease through yoga. Study was done on angiographically proven CAD patients, of whom 71 formed the study group and 42 the control group. The results proved that the serum total cholesterol levels had reduced by 23.3%, disease had regressed in 43.7% and progression was arrested in another 46.5% of the patients. Some marked improvements were noticed in anxiety levels of patients. Controlled yoga, combining calming and stimulating measures, resulted in reduced serum cholesterol, LDL and triglyceride levels.”

There is NO greater **state change** than the regular practice of yoga and meditation.

One of the main components of the Alpha Mind System is the use of MEDITATION.

But, rather than taking years and years of deep meditative practice, the Alpha Mind System incorporates a **modern breakthrough in audio technology** that allows the users to reach DEEP meditative states after *just a few uses.*

What Happens During Stress?

First, it is important to understand the difference between the two different types of stress:

Healthy Stress, also known as Eustress:

This is beneficial stress inside the body that leads to positive outcomes when done in moderation.

- Enjoyable exercise
- Massage
- Sauna
- Roller coaster rides

Unhealthy Stress:

- Job dissatisfaction
- Financial Worries
- Lack of sleep
- Steroid use
- Diseases such as Diabetes
- Smoking
- Bullying
- Social dislocation / separation from normal communities, such as in Emigrant Asians, Native Americans and Aborigines in Australia who, together, have the highest rates of heart disease in the world.

What Happens During Unhealthy Stress?

Your body produces special hormones that serve important functions during a response. The release of stress hormones is controlled by the hypothalamus and your pituitary gland together, in unison.

Under stress: The hypothalamus signals your pituitary gland to release hormonal messengers to your adrenal glands to release adrenaline and cortisol.

This is known as the HPA axis.

You have two different divisions to your nervous system – sympathetic and parasympathetic, neither of which is under your conscious control.

Sympathetic deals with "Fight or Flight"

- Speeds up your heart rate
- Redirects blood flow away from your gut to your muscles
- Stimulates your liver to release glucose, so higher blood glucose levels
- Triggers the release of various blood clotting factors

Parasympathetic, however, does the opposite and relaxes you. It helps you to get ready to eat, digest and store energy.

These two nervous pathways govern homeostasis – your body's natural balance mechanism.

When you are under prolonged stress, this function goes out of sync resulting in all the major problems caused by long-term stress and a dysfunctional HPA axis.

Consequences of a dysfunctional HPA axis:

Cushing syndrome is one extreme example of a body under extreme stress causing the HPA axis to go completely out of sync and produces excess cortisol.

Result is:

- Increased visceral fat
- Diabetes
- Heart disease

These are common character traits of people under stress these days with the visible potbelly, type 2 diabetes and other chronic diseases.

Depression is another example of an initiator of HPA axis dysfunction:

“There is compelling evidence for the involvement of the HPA axis abnormalities in depression.” Kunugi H et al Neuropsychopharmacology January 2006

Smoking is also proven to disrupt the HPA axis, although not as chronic in its effect as depression.

My Professional Experience With Stress and Disease:

I would like to refer back to my own experiences as a pharmacist when performing medicine use reviews on my patients.

What was interesting is with the patients who had one or more risk factors, such as high blood pressure or existing disease, nearly every single one of these patients complained of feeling under stress, either from an emotional trauma previously in their life, such as divorce, working long hours, not sleeping properly and/or eating the wrong foods.

What I did that I believe was different from what they were normally used to was that I actually took a little bit of time to listen to their problems.

Then, I offered solutions, usually in the form of a little shopping list of things that would help them; items they could easily purchase from their local supermarket, such as healthier food and drinks.

Many consumed large quantities of fizzy drinks, so I suggested a few healthier swaps they could make.

I would also direct them to websites with more information to help them fit exercise into their lives more easily and cook healthier meals.

I would also recommend (this is the *biggy*) they take up Yoga, Meditation and listen to music that would help them relax more.

Those who followed through on my advice reported feeling much better and some even came off their medications completely.

Other ways to reduce stress and relax:

Music and Sound Therapy

Listening to music may benefit patients who suffer severe stress and anxiety associated with having and undergoing treatment for coronary heart disease.

A Cochrane Systematic Review found that listening to music could decrease blood pressure, heart rate, and levels of anxiety in heart patients. The researchers reviewed data from 23 studies, which together included 1,461 patients. Two studies focused on patients treated by trained music therapists, but most did not, using instead interventions where patients listened to pre-recorded music on CDs offered by healthcare professionals.

So, in my opinion, based on the overwhelming amount of evidence showing that chronic diseases caused by stress (i.e. heart disease) can be prevented, and in many cases even reversed, using many different treatments other than just medication, a more **holistic approach** is required.

My Own Ice-On-The-Bruise Analogy For Medication

Medication merely acts like applying ice on the bruise.

It never treats the cause or source of the problem.

If you bang your head against the wall and you get a big swelling, you may need urgently need some ice to bring the swelling down to prevent any danger from the symptoms.

On the other hand, if you keep banging your head on the wall, it doesn't matter how much ice you apply, your bruise will just keep get bigger and bigger!

Why Sound and Music Can Create A Safe Environment For Your Cells and You To Thrive!

From the dawn of the first civilizations, man has used music for not only celebration and enjoyment, but also as a powerful tool for healing and even tribal magic.

Music has since been used as therapy for many years and there has always been a belief amongst therapists that music and sound vibrations have a direct influence on our bodies at a **physiological level**.

Thankfully, in recent times, more and more research is confirming the magical effect music can have over your body and mind.

“Some of the most exciting and controversial research in the burgeoning field of alternative therapies has recently been introduced into Britain from France by Fabian Maman, a musician, acupuncturist and bio-energetician.

He recently told doctors and therapists at the Bristol Cancer Help Centre the results of initial research he has been conducting with the biologist, Helene Grimal (of the University of Gusseau), which illustrates the effect of sound on cancer cells.

In a sequence of slides of cancer cells photographed, at 60-second intervals, while being subjected to a precise series of sound frequencies, he showed that systematic destruction of the cancer cells occurred. Maman emphasised that healthy cells were not affected by such frequencies.” Guardian 1988

“A study conducted in Colorado State University in 1991: Twenty-four undergraduate women had to swing their arms and hit a target with an object on completion of the downswing. They played music during this and the researchers found that when the women coordinated their movements and swings with the beat, instead of going at their own rate, they had more control over their muscles and it also enhanced their mood and motivation.”

To understand how music and sound has such a profound affect on your mind and body at a cellular level, you must first understand the basic physics of how sound and music is produced.

We know that sound is made of waves, or vibrations, of ENERGY moving in the air at about 340m/sec.

Each sound has its own specific frequency and you can hear from 20 frequencies per second to 20000 frequencies per second.

These waves travel through the air and your ear picks them up, turning them into electrical signals that move to your brain for translating into what you **perceive as sound**.

So, whether the sound is passing noise, music, or a person talking, your brain does an amazing job of differentiating exactly what signal is what.



The term Cymatics was coined by Dr. Hans Jenny (1904 -1972).

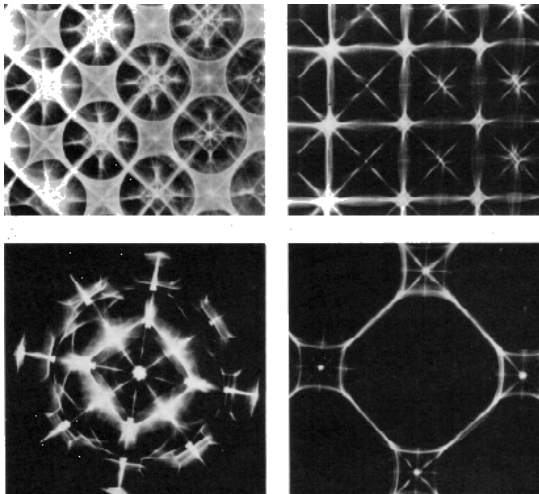
In 1960, Dr. Hans Jenny performed groundbreaking experiments to show for the first time the effect sound has on **materials**.

He coined the phrase **Cymatics** to name this new field of scientific research.

For 14 years he conducted experiments that animated inert powders, pastes and liquids into life-like flowing forms that **mirrored patterns** found throughout nature, art and architecture.

To do this, he used single pure tones. What he observed is physical representation of the sound's vibration in the material world.

Hans Jenny has also pointed out in his research the resemblance between the shapes and patterns we see around us in physical reality and the shapes and patterns he generated in his investigations.



Jenny was convinced that biological evolution was a result of VIBRATIONS and their nature determined the ultimate outcome.

He speculated every cell had its own frequency and a number of cells with the same frequency created a new frequency that was in harmony with the original, which in its turn, possibly formed an organ that also created a new frequency in harmony with the two preceding ones.

Dr. Jenny was saying that the key to understanding how we can heal the body with the help of tones lies in our understanding of how different frequencies influence genes, cells and various structures in the body.

"The more one studies these things, the more one realizes that sound is the creative principle. It must be regarded as primordial. No single phenomenal category can be claimed as the aboriginal principle. We cannot say, in the beginning was number, or in the beginning was symmetry, etc. These are categorical properties, which are implicit in what brings forth and what is brought forth. By using them in description we approach the heart of the matter. They are not themselves the creative power. This power is inherent in tone, in sound." Hans Jenny

Through a process known as electroconformational coupling, resonant vibrational energy fields can alter the balance of charges in a protein. In a harmonic energy field, receptors will change their conformation. Consequently, cell membrane receptors respond to both physical and energetic environmental information. (Tsong, Trends in Biochem. Sci. 1989, 14:89-92),

Science has since proven that harmonic vibrational energy fields can actually alter the perception of your cell membrane and both sound and music **are vibrational energy fields of specific frequencies.**

So, if you listen to sounds and music you really love, that deeply resonate with you, they will have a resonant effect on your body, making your cells believe that the environment around them is safe, reducing stress and stimulating growth and repair.

Music is the a complex product of different sound frequencies interacting together in harmony, or even disharmony, depending on the music, often flowing rhythmically at a certain beat or tempo.

When you hear a piece of music that really resonates with you some amazing things can start to happen inside you.

Music does many things for the human body that has been shown in studies:

- Masking unpleasant sounds and feelings

- Slowing down and equalizing brain waves
- Influencing your respiration
- Influencing your heartbeat, pulse rate, and blood pressure
- Reducing tension in your muscles
- Influencing your body movement and coordination
- Influencing your body temperature
- Regulating stress-related hormones
- Boosting the immune function
- Changing your perception of space and time,
- Strengthening your memory and learning
- Aiding your productivity
- Enhancing romance and even your sex life
- Stimulating digestion
- Improving your endurance
- Giving you a sense of safety and well-being.

How I Became A Pharmacist Making Music As Medicine

I am actually a **musician and pharmacist** with classical training in ancient Indian, Gregorian and modern electronic music.

After going through my own health crisis, I was deeply moved by the various sound therapy and meditation products available online today designed to **reduce stress**.

Some of the products I gained most benefit from included a new type of technology known as “**brainwave entrainment**.”

After experiencing such profound benefits in my own well-being from several products I tried, it compelled me to do some further research of my own.

Doing this inspired me to get back into the music studio and start doing what I really love again – making soothing **music with emotion**, but this time with the purpose of enhancing the meditation experience.

The people of ancient times knew how to use special **rhythmical chanting** or singing with **positive affirmations** that would allow them reprogram their consciousness to manifest particular results.

Hymns, prayers, Gregorian chants, chakra chants, Tibetan chants are all examples of this.

They truly understood the mind and its full potential, something we seem to have forgotten in this hectic 24/7 modern world!

I wanted to actually see if music played with a combination of ancient harmonic scales, embedded with a new, modern isochronic tone technology, would actually improve the experience of meditation.

Using a combination of rhythmical synthesizers and guitars, a special hypnotic groove is produced and when combined with voice, produces a deep therapeutic effect on the mind and body.

The results, I must say, were mind blowing.

I finished my first track, but then had to go to work, so I did not get to test it immediately.

This actually worked in my favor because I was working in a very busy pharmacy, which usually made me very stressed, and I would be able to tell how potent it was by its effectiveness in reducing my stress from the day's work.

I lay back, took some gentle deep breaths and pressed play on my iPod.

As the music started, I allowed the brainwave entrainment do its work, whilst absorbing the harmonies of the notes in the composition.....

The stress just melted away....

It felt like an incredible mind massage!

I was so relaxed, I fell asleep then and there on the couch.

About an hour later, I woke up feeling unbelievable refreshed. I rushed to send the new track I had made to the members of my new sound therapy website, AlchemySoundTherapy.com.

Here is some of the immediate feedback I got.....

“I feel in bliss, oh my god, pure energy, I’m pouring out love” Archan Nair

“Love this, extraordinary...this piece is the one I resonate with the most from all the samples you have sent me.” Victoria Siminoux

I knew I was on to something because of its incredibly fast action and powerful mind-enhancing effects compared to most other meditation music and techniques available.

After many requests, I immediately got to work on much more material I call Trypnaural.

This meditation technology is so potent it is now being used by USA Army officers to overcome stress and depression caused by the extremely hard conditions of war and conflict.

“Being in the Army I have endured the hardest stress of my life. I always knew deep within me that I was different. I saw this in everyone else around me. I knew I had to unlock the power within me first before I could help everyone around me. Even just last night I fell asleep listening to Trypnaural meditations and was forced to awaken feeling different parts of my brain opening, and parts I have never felt before! So I know I am on the right path and have found the right place to go to! So thanks Trypnaural!”, Johnny Allen USA Army Officer

As a result, some, including Johnny, are now leaving the army to pursue a more peaceful profession.

What Is Trypnaural Meditation?

For many thousands of years, spiritual sages, rishis, yogis, shamans, monks, whatever you would like to call them, have been perfecting the process of meditation to induce deep meditative states.

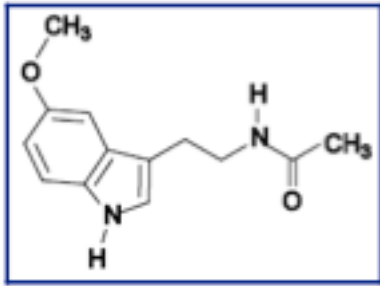
They would spend many hours a day of quieting the mind and controlling their brainwave states.

This is just **not practical** for most people to do in their hectic, modern lifestyles.

I wanted to create something that is really powerful and effective, but worked in a fraction of the time.

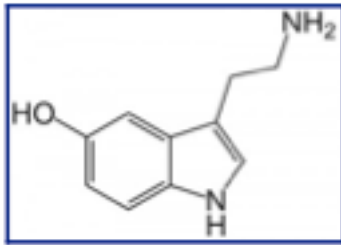
Fortunately, with the advances of modern technology, you can use specially designed audio technology to TRAIN your mind to achieve whatever brainwave states you want to experience.

Trypnaural meditation uses a breakthrough meditation technology designed to stimulate your natural production of tryptamines: serotonin and melatonin, including the health boosting hormone DHEA, so you can benefit from deeper sleep, improved mood, increased mind power, better health, enhanced creativity and heightened intuition.



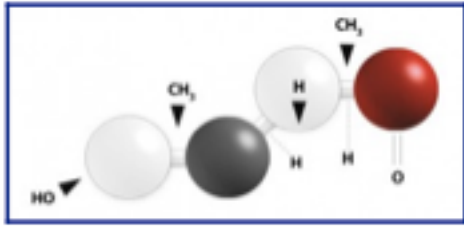
Melatonin

Melatonin is a hormone secreted by the **pineal gland** in the brain. It is an **anti-aging hormone** with many functions, including **helping you sleep**. Researchers believe our melatonin levels drop as we age. Some people think lower levels of melatonin may explain why some older adults have sleep problems and tend to go to bed and wake up earlier than when they were younger. Doctors prescribe expensive melatonin supplements for sleep disorders. With meditation you can make it naturally and for free.



Serotonin

Serotonin is a hormone that helps maintain a “**happy feeling**” and seems to help **keep our moods under control** by helping with sleep, calming anxiety, and relieving depression. According to researchers like Schildkraut and later Coppen, depression is caused by a deficiency in serotonin, which impairs neuronal communication. Drugs like Prozac (fluoxetine) are widely prescribed to treat depression, but carry with them a whole list of harmful side effects. With meditation, you get a drug-and-side-effect-free, natural way to keep your serotonin levels in balance.



DHEA

DHEA gives you protection against **stress-related hormones, such as cortisol.**

A study published in the New England Journal of Medicine 11/12/1986 found that a 100 microgram per deciliter increase in DHEA blood levels corresponded with a 48% reduction in mortality due to cardiovascular disease—and a 36% reduction in mortality for any reason!

Trypnaural meditation is now widely enjoyed by **users all around the world**, from yoga teachers and reiki masters to corporate executives, actors, musicians and even USA Army officers as a way for them to **combat stress**. People who meditate **live longer and happier lives** because meditation produces amazing “feel good” hormones that boost the immune system and **enhance your cells**.

We should make these hormones all the time, but under **long-term stress** the brain stops producing these beneficial hormones **and instead starts producing harmful stress hormones**.

Meditation also enhances your **brain function**, so you can think with more *clarity, think faster and sharper and tackle more complex tasks*.

This is how many corporate executives, business people, even politicians and lawyers are **“getting the edge”** over their colleagues in this harsh, cut-throat, competitive world...

People who meditate grow bigger brains than those who don't. Researchers at Harvard, Yale, and the Massachusetts Institute of Technology have found the first evidence that meditation can alter the physical structure of our brains. Brain scans they conducted reveal that experienced meditators boasted increased thickness in parts of the brain that deal with attention and processing sensory input. Harvard University 2006



Why Does Trypnaural Meditation Music Work?

Sound has a profound ability to alter your brainwave state particular when it has a RHYTHM to it.

Our ancient ancestors knew this.

African tribes would use special ritual drumming techniques to take the members of their ritual into a deep hypnotic trance.

The medicine men would use these rituals to invoke deep visions, aid recovery from sickness and injury and even communicate with the spirits of the natives

Thankfully, with modern technology, we can mimic this same technique digitally through a special, trance-inducing technique known as brainwave entrainment."

“Entrainment is the process whereby two interacting oscillating systems, which have different periods when they function independently, assume the same period. The two oscillators may fall into synchrony, but other phase relationships are also possible.”

One of the best ways to demonstrate this in action is to hold a tuning fork tuned to a particular sound frequency, such as the note C.

Hit the tuning fork and hold it close to the strings of a guitar.

You will notice that the C string on the guitar starts to vibrate because it has entrained on to the same frequency of the tuning fork.

Like the pulses of vibration that produce sound on a guitar string, your brain also creates pulses of vibrations.

These vibrations are **electrical impulses**.

Their activity can be measured by using an EEG (electroencephalogram), which measures the frequency of these pulses.

You measure the frequency of these pulses in Hertz (Hz).

Your brain actually has a **predominant frequency** at which it operates in any given moment; this can be associated with your state of mind.

In other words, the emotional state of your mind in any moment, such as feeling happy, sad, frightened, sleepy or excited, can be measured as a frequency.

There are 5 broad categories of brainwave frequencies that are associated with the different states of mind:

Frequency Range	Name	Brain State
40 Hz	Gamma Waves	Inspiration, Higher Learning, Focus
13 - 40 Hz	Beta Waves	Alertness, Cognition, Concentration, Stress
7 - 13 Hz	Alpha Waves	Relaxed Alertness, Peak Performance, Visualization, Creativity, Inspiration, No Stress
4 - 7 Hz	Theta Waves	Dreams, Deep Meditation, Hypnosis, Intuition, Lucid Dreaming
< 4 Hz	Delta Waves	Healing, Deep Sleep, Detached Awareness, Out

		Of Body Experience
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Beta Waves are associated with **normal waking consciousness**. When you are focused on activities that requires a lot of thinking, such as working, doing calculations, or reading complex non-fiction books, for prolonged lengths of time, you can start to feel stressed out.



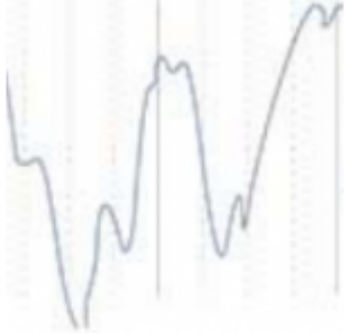
Alpha Waves are associated with **light meditation, peak performance, creativity and relaxed alertness**. Your brain goes into this state naturally when you are daydreaming. Alpha waves also become more predominant when you close your eyes and relax your mind. This is the perfect state to be in for subliminal mind programming and enhancing your creativity.



Theta Waves are associated with **deep meditation**. They occur during heightened states of creativity and inspiration as you begin to process unconscious material.



Delta Waves are associated with a **deep sleep state or unconsciousness**. Experts of deep meditation can consciously move into this state of mind and access the higher brain centre. After much practice, out of body experiences and astral projection are possible during these meditative states.



With the Alpha Mind System, we are most interested in the more beneficial Alpha, Theta and Delta states.

How Does Brainwave Entrainment Technology Work?

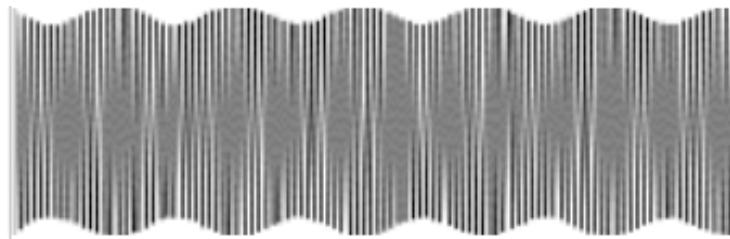
There are several methods used to entrain the brain. The idea is to get your brain to resonate, or vibrate, at a specific frequency.

The most popular methods used today are:

- Binaural Beats
- Monaural Beats
- Isochronic Tones

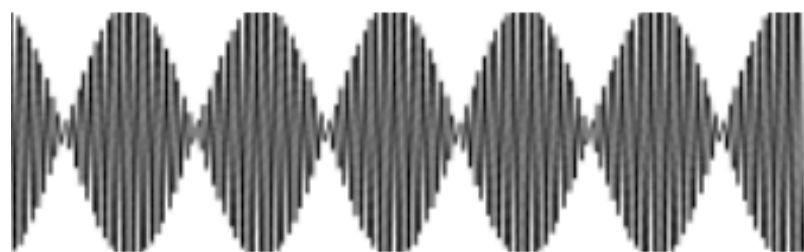
How Do Binaural Beats Work?

When you play two separate frequencies in each ear, say 140 Hz and 149 Hz, the difference in frequency is 9 Hz. Your brain compensates for this difference and a third tone of 9 Hz is experienced. This will result in your brain being raised or lowered and tuned into the desired frequency. This is how binaural beats are produced. Headphones are essential for this to work. This is the least effective of all brainwave technologies.



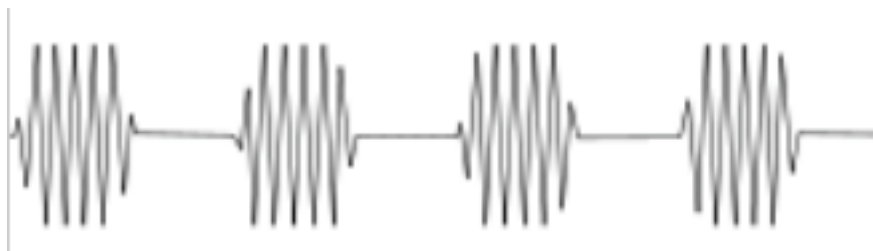
How Do Monaural Beats Work?

Instead of passing two tones of differing frequencies, another way to entrain your brain is to pass one signal to your brain that pulses on and off with a specific pattern. This is designed to leave your brain in the desired frequency state. This is a far superior method than binaural beats. You do not need headphones, but they are recommended



How Do Isochronic Tones Work?

These are by far the most powerful and effective brain trainers. They work by utilizing equal intensity tones and increasing the pulse speed to synchronize your brain with the rhythm. The more distinct and clear wave-form harmonizes your brain much faster. The effects can be felt without headphones, but using them will greatly enhance the effects.



Trypanural brainwave technology uses the most advanced of these methods – isochronic tones. The combination of this with specially designed sounds and music is what creates the full tryptamic effect of state change, stress reduction, and serotonin, melatonin and DMT production.

How Brainwave Entrainment Meditation Reduces Stress and Improves Well Being

Around 80% of all illnesses are due to prolonged stress and a dysfunctional HPA axis.

When we are in **beta state** for too long a period, we **experience stress**. Brainwave entrainment meditation can help to bring you into states where your body is **balance is restored**.

Just like exercising, the beneficial effects of restoring your balance through meditation and brainwave entrainment last even when you have stopped doing it.

With continuous use of the therapy, you actually become **better able to cope** with stress when it is thrown at you in your daily life.

Your stress “threshold” rises as your body becomes more in control of its HPA axis.

Recent studies have looked at the neurochemistry of meditation.

Meditation has been shown to **increase serotonin** production.

Serotonin is an important neurotransmitter and neuropeptide that influences **mood and behavior** in many ways.

Drugs such as **Prozac**, chemically increase levels of serotonin in your brain to treat depression, but with that comes many side effects.

Low levels of serotonin have been linked to a variety of disorders, such as: [depression, obesity, insomnia, narcolepsy, sleep apnea, migraine headaches, premenstrual syndrome and fibromyalgia.](#)

Meditation has also been associated with increased melatonin availability.

Melatonin is also an important neurotransmitter and neuropeptide that influences mood and behavior.

It is derived from serotonin.

[Melatonin has been linked to regulation of sleep and early research indicates it may have anti-carcinogen and immune system enhancing effects.](#)

Trypnaural brainwave entrainment meditation is designed to take you into the stress relieving brainwave states of alpha, theta and delta.

It is also designed to stimulate your natural production of the tryptamines: serotonin, melatonin and DMT (dimethyltryptamine).

The Benefits Of Brainwave Entrainment Meditation

1. Reduced stress
2. Deeper sleep / reduced insomnia
3. Improved concentration, focus and memory
4. Ability to overcome bad habits
5. Improved health and wellbeing
6. Increased creativity, inspiration and problem solving
7. Help with the symptoms of attention deficit hyperactivity disorder (ADHD)
8. Greater intuition
9. Deeper spiritual connection

In the busy modern day world, most people tend to neglect the importance of unwinding and letting go of stress every now and then.

Relaxing the mind and body can bring you many benefits, which you can discover yourself when you try out the Trypnaural brainwave entrainment meditations found within the Alpha Mind System

The amazing power of SUGGESTION is enhanced when your brain is in an **alpha state** because, in this state, all the external stimuli and noise is switched off as your subconscious becomes more **dominant**.

This means that the protective mechanism of your conscious mind is **turned off**, allowing you to actually reprogram your hard wired habitual thinking with more **constructive thought patterns**.

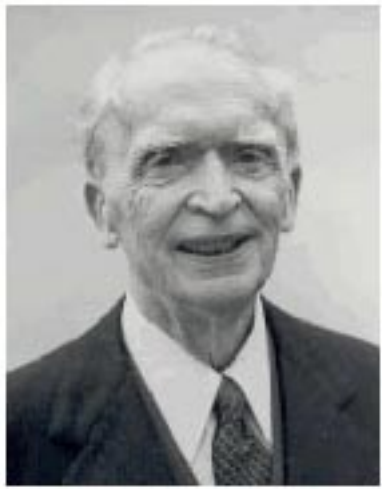
But, be extremely careful; this can also be used to do great harm.

The corrupt sides of our government, Russian secret service, Chinese military and fundamentalist terrorists use these very techniques to place suggestions and thought patterns inside the minds of their victims to make them do things **totally against their will**.

So, be very careful how use this new power I am about to share with you, for you may literally be able to control your mind and the mind of others.

...with this comes a great deal of responsibility.

Joseph Murphy and The Power Of Suggestion



Joseph Murphy 1898 - 1981

Who many consider The Father Of Personal Development, Dr. Joseph Murphy wrote, taught, counseled, and lectured to thousands all over the world for nearly fifty years.

Born in 1898, he was educated in Ireland and England.

Years of research studying the world's major religions convinced him that some great Power lay behind them all: **The Power is within you!**

Dr. Murphy teaches the simple, scientifically proven techniques and the astonishing facts about how your subconscious powers can perform miracles of healing.

How lung cancer has been cured and optic nerves made whole again.

How you can use the newly discovered Law of Attraction to increase your money-getting powers.

How your subconscious mind can win you friends, peace of mind and even help you attract the ideal mate.

How your dreams can help you solve problems and make difficult decisions — or warn you of potential disaster.

I have personally studied and used the techniques explained by Joseph Murphy in his famous and bestselling book, *The Power Of Your Subconscious Mind*, with some **miraculous results**.

In the book, he explains how it is most effective to repeat affirmations **just prior** to SLEEPING because this is when your brainwaves are at the most susceptible and relaxed state for hypnotic suggestions to work their magic.

This being the **Alpha brainwave state**, which is what Trypnaural Meditations are designed to produce.

Before using these techniques, I was a serious "I can't" person. I was broke, frustrated and deeply unhappy with my depressing career as a pharmacist where I dished out pills all day long to people who really did not want to take them.

After using these techniques, I was a new person, in a new state of mind, and I was able to overcome a major chronic illness and launch several successful online businesses.

As a way to de-stress and unwind from the difficult shifts I was doing as a pharmacist, I would visit my local health spa, which was a really beautiful and peaceful sanctuary. Here, I could forget about my day for a while.

On the walls were pictures of an exotic tropical beach. I used to fall asleep with the images of the beach in mind and my dreams were filled with scenarios of one day having my own health spa resort located on a tropical island.

I started to say positive affirmations just before I would drift off to sleep listening to my meditation music, with the hope that one day my subconscious would manifest this dream result.

What I didn't realize back then was, in this state, I was directly tapping into the **universal super consciousness**

In 2010, I received an email from one of my AlchemySoundTherapy.com members who said he was going to be opening a new health spa on the tropical island, Langkawi, Malaysia.

He said he would love to use my music and meditations as part of the treatments and launch the spa as the first sound therapy, energy-healing spa on the island, famous for its health spas.

He even wanted to name the spa after my production name and call it amAya Spa.

I was completely speechless! In a short space of time, I had in fact manifested the result I had intended by aligning my subconscious and conscious minds with the higher level of super consciousness.

The spa has since been launched and we are working together to make this the best energy healing spa concept in the world!

Members of my websites will get exclusive discounted holiday packages and treatments to this spa resort in a place that can only be described as...PARADISE!

I attribute to the powers of manifestation that lie within deep meditation combined with subliminal, mind re-programming, which you will gain access to within the **Alpha Mind System**.

As a member of <http://www.AlphaMindSystem.com>, you will have access to all the tools and information you need to maximize the full potential everyone has within their mind!

Here are the benefits of the combination of sounds, music and isochronic tones found in Trypnaural Meditations:

- **Faster Results** - *you can fit it into your busy daily schedule; 15 minutes a day does the trick*
- **Completely free of harmful side effects** - *meditation is proven to help with depression, ADHD and high blood pressure, but medication used to treat these imbalances are full of harmful side effects, whereas meditation only has helpful side effects.*
- **Effects last, even when you are not listening to the meditation** - *a new field of science, known as **brain plasticity**, shows that just as a sportsman can practice and improve their technique through training their muscles, your brain, being a muscle, can be trained to go into any state you desire, just by your intention!*

Introducing The Alpha Mind System

For the first time, a system has been developed by scientists and musicians that gives you the ability to **switch on** your beneficial **Alpha brainwave state at will**.

Using the amazing power of Trypnaural audio technology that combines special brainwave training sounds, music and voice, you now have a revolutionary method for retraining your mind that can help you achieve:

- [peak states of enhanced learning, focus and creativity](#)
- [deeper sleep](#)
- [a stronger immune system](#)

...all at a touch of a button on your cd, mp3 player or computer - **whenever** and **wherever** you want.

Is This What Your Typical Morning Feels Like?

*You wake up suddenly out of deep sleep (Delta brainwaves) with a **loud alarm**.*

*Almost immediately, you feel a **sense of stress** from the pressure of getting to work on time and facing the day ahead (Beta brainwaves)*

*Then, you jumpstart your day by grabbing a **caffeine-rich cup of coffee or tea**.*

Caffeine actually **suppresses alpha and theta brainwave activity**, keeping you in **beta** for most of the day.

The heavy work load, constant stimulation of the day job and managing the household, means most people are forced into a beta state right until they get to bed and fall into a deep sleep (Delta brainwaves) exhausted from the day.

Beta waves tend to be produced when you are forced to do a task you would not normally choose to do and do just out of the need to survive or that requires a lot of **intense problem solving**, i.e most people's day jobs and career choices.

So, unfortunately, this unnatural and hectic lifestyle means people are forced from delta into beta, then back into delta with little room for alpha and theta brainwave activity.

The Alpha brainwave state is actually considered the brain's most **normal functioning state**.

But, we seem to spend less and less time functioning in alpha.

One consequence of this is the brain **actually forgets** how to produce alpha waves.

This means we tend to feel more stressed and less able to cope with the strain stress induces on your health

So, the result is a greater chance of getting stress-related disorders and diseases.

Anxiety and stress have a dramatic impact on **lowering** the strength of your **immune system**.

More alpha waves make you feel less anxious and more relaxed as the harmony between your mind and body is restored.

With the Alpha Mind System, you will be able to retrain your brain and help it to remember how to produce Alpha brainwaves whenever they are required.

Scientists have shown that **highly creativity** people like artists, actors and even entrepreneurs tend spend more of their time in alpha brainwave states.

This is because creativity requires a surge of alpha brainwave activity.

Alpha states happen whenever you get that “aha” or “eureka” moment of a compelling new idea, which gives you the inspiration necessary to literally create something out of nothing.

The brains of creative people tend get a **burst of alpha activity** when faced with a problem to solve.

However, this does not happen for most people who are not creative.

So, to become a more effective problem solver and creative thinker, **you need to increase your alpha waves.**

Scientists have also shown that this surge of alpha activity happens during **peak performance.**

After studying the minds of professional basketball players, they found that an increased alpha brainwave activity occurs usually in the left side of the brain just before making a winning shot.

Beginner basketball players on the other hand, **did not** show any alpha activity.

More long-term studies showed that as players improved their game they started to produce more alpha waves, suggesting they are necessary for high-level, peak performance.

The Benefits Of Increasing Alpha Brain Waves

- **Deep Relaxation of Body and Mind** – Your stresses and worries drift away when you enter the alpha brainwave state. Tension and nervousness disappear as your brain’s thought process is calmed down; your mind becomes clearer.
- **Higher Levels of Creativity** – Alpha brainwave levels are found to be much higher in artists, musicians and creative thinkers. Creative thinkers also tend to be those who go on to become world famous entrepreneurs, as

they are better equipped at solving life's problems and helping others. Right now, employers are looking for new and innovative ideas to help them survive in this economy. Those who have the entrepreneurial edge over others are making vast fortunes from the wealth of opportunities that exist to the creative alpha-minders!

- **Improved Problem Solving Abilities** – When you have too much beta activity in your brain, your ability to problem solve shuts right down. Stress causes clutter in your thought process. The solution is to produce more alpha waves. If you ever get writer's block or get stuck on an important task, then getting that “aha” moment of creative inspiration is possible when you learn how to switch on your alpha mind and get back into your state of “flow.”
- **Improved Mood and Stability of Emotions** – Having more alpha brainwaves usually indicates more positive, stable and balanced emotions. This means you can cope better with stress and keep calm in tough situations. Irritable, anxious and over sensitive people tend to spend most of their time in a beta state, and can usually greatly improve their minds by increasing their alpha brainwaves without resorting to taking drugs, excessive alcohol and other bad habits.
- **Peak Performance and Getting In The “Zone”** – the alpha brainwave state is associated with “peak performance” and players who get “in the zone” perform best when they have less beta brainwaves interfering with their peak, alpha state of mind. Studies on professional sports players have shown they have a surge in alpha brainwaves in the left side of their brain just before making a successful shot or playing decision. Those who failed tend to have a flood of beta brainwaves in their left side of their brains instead. It has been shown by experiments like these that “over thinking” (beta) or “under thinking” (theta) have a negative effect on gameplay, but being in an alpha brainwave state is the perfect state for high performance.
- **“Super learning” and “Genius states”** – learning new skills, enhanced memory and genius-like abilities are found in those who spend their time mostly in an alpha brainwave state. This is because the tasks associated with those abilities require less overall effort to accomplish and the ability to retain large amounts of information is enhanced.

- **Enhanced Immune System** – Long-term stress and tension have a negative impact on your immune system and can even shut it down completely in extreme cases, due to the excessive production of cortisol and adrenaline. When you are in an alpha brainwave state, you are in a relaxed state where your immune system is allowed to work at its best. The "feel good" effect of alpha brainwaves leads to the production of happy and well-functioning cells in your body, which provides a healthy and efficient immune system ready to protect you from any disease.
- **Increased levels of "Serotonin"** – Serotonin is released more during alpha brainwave states. Serotonin levels are associated with your moods and low serotonin levels are linked to depression and other neurological disorders, such as anxiety and panic attacks.

Different Methods Of Producing Alpha Waves:

1. Meditation

There are many, many studies now confirming the boost in alpha waves experienced by regular meditators and the Alpha Mind System is designed to give you that natural boost, too.

In a study, 50 Chinese students were given only 5 days of 20 minute training with the integrative body mind training method. The participants had significant improvements in the scores of Attention Network Test, as well as lower anxiety, depression, anger, and fatigue; higher vigor on the Profile of Mood States scale; a significant decrease in stress-related cortisol and an increase in immunoreactivity.

In 2005, researcher Sarah Lazer and others of the Massachusetts General Hospital found meditation actually changed the physical structure of the brain. They also found the pre-frontal cortex and the right anterior insula, regions of the brain associated with attention, are thicker in those who meditate in comparison to those who don't and the longer one meditates, the greater the density of these regions. Their research and other research studies also suggest that meditation may offset the thinning of these regions with age.

In another study, researcher Lutz and other researchers showed that regular meditation practice helps to keep emotional balance and well-being by improving attention and memory.

In addition, there is extensive evidence that meditation leads to an increase

in alpha waves in the brain, particularly in the frontal regions, which leads to increased internalized attention.

2. Yoga

Yoga is becoming a widely popular method of not only staying fit, but also unwinding and relaxing both the mind and body.

Many studies have shown how the positive benefits of yoga are associated with alpha brainwave production.

Decrease in serum cortisol during yoga exercise is correlated with alpha wave activation. *Kamei T, Toriumi Y, Kimura H, Ohno S, Kumano H, Kimura K.*

3. L-Theanine

Green tea is a widely enjoyed drink and has found a replacement for coffee and normal tea due to its higher nutrient content and mood lifting effects.

The mood enhancing benefits of green tea are actually related to an amino acid known as L-Theanine.

Many studies have shown this substance can now be isolated and made into a supplement. It is a great natural booster of your natural alpha brain waves.

Users experience a much more focused and alert mind, finding it easier to manage stress and get things done.

L-Theanine has this effect by boosting your natural production of the mood-enhancing neurotransmitter dopamine.

I personally take L-Theanine and have to say it is a very effective remedy for my fairly scatty mind!

It is also a natural antidote to the harmful side effects of caffeine. Green tea still has high caffeine content, but you never feel its side effects, unlike coffee, coke or energy drinks.

More research is being done and in the future L-Theanine may be used as an alternative to Ritalin, a treatment for pre-menstrual tension and even a way to control high blood pressure.

4. Saunas, Steam Rooms, Massages

Not only do these things cause your entire body to feel completely relaxed, they cause your mind to quiet and drowsiness to kick in.

The deep relaxation you receive is associated with alpha brain wave production.

Does Our Planet Have Its Own “Heart Beat”?

There are a few things that as a species we all share as a common bond.

We all have the same color blood, we all have a heart that beats with a pulse, we even share the same brainwave states that correspond to different levels of mood and of course we are all born on the same planet Earth.

There is another little known thing that we all share, but this is not just between humans, but all life on this planet.

“Life on earth was formed during billions of years, exposed to, and shaped by the original physical forces such as gravitation, cosmic irradiation, atmospheric electric fields and the terrestrial magnetism. The Schumann resonances at 7.8 Hz are an example of oscillations possibly important for life” N Cherry Natural Hazards 2002

Just like a cell has a thin tiny cell membrane surrounding it, the Earth has a relatively thin layer of its atmosphere known as the **ionosphere**.

The ionosphere acts like a filter and prevents any harmful radiation emitted from the sun from reaching the surface of the Earth.

The existence of the ionosphere is an absolute prerequisite for the development and persistence of life.

The bottom of the ionosphere and the surface of the Earth’s crust create a cavity that acts as a medium for **electromagnetic waves**.

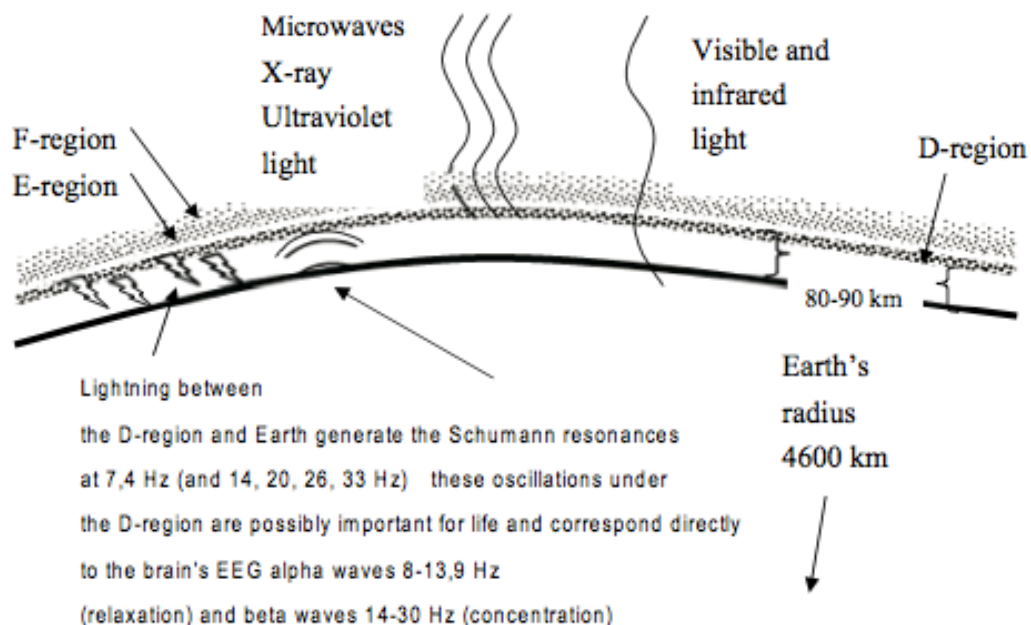
Tesla in his studies with electricity discovered that when lightening is produced in the top of the earth’s atmosphere, extremely low frequency radiation is also produced that can penetrate the Earth. He calculated that the resonant frequency of the planet is 8Hz.

Tesla’s findings on this subject were ignored until much later in 1952 German physicist Professor W.O.Schumann predicted that there are electromagnetic standing waves in the atmosphere, within the cavity formed by the surface of the earth and the ionosphere.

This came about by Schumann teaching his students about the physics of electricity. During a lesson about ball condensers he asked them to calculate the frequency between the inner and outer ball, meaning the earth and ionosphere layer. They came up with a calculation of 10Hz.

This was confirmed in 1954 when measurements by Schumann and König detected resonances at a main frequency of 7.83 Hz. Since this discovery, several investigators worldwide have researched the Schumann resonance and they now have much more clarity about its characteristics.

Schumann resonances are the principal background in the electromagnetic spectrum beginning at 3 Hz and extend to 60 Hz and appear as distinct peaks at extremely low frequencies (ELF) around 7.83 (fundamental), 14.3, 20.8, 27.3 and 33.8 Hz.



"The Schumann resonances at 7.8, 14, 20, 26, 33, 39, and 45 Hz²¹⁻²³) are examples of natural oscillating electromagnetic fields of importance. It is possible that these resonances with their frequency predominantly at 7.8 Hz but also at 14-45 Hz, have played — and play — a role in the tuning of the spontaneous frequencies of the mammalian brain, where the frequency during relaxation is around 8 to 14 Hz, and during concentration 14-30 Hz." N Cherry

The Schumann Resonance has been called the Earth's heartbeat, because every living thing has grown up with this "pulse" or "tone" going on in the background.

When Dr. Schumann published his results in the 'Technische Physik' journal, physician Dr Ankermueller immediately made the connection between Schumann resonance and the rhythm of brain waves.

He was excited to find that the earth had the same natural resonance as the human brain, and contacted Dr. Schumann, who then assigned Dr. Herbert König to look into the phenomenon.

Dr König did some deeper research into this and discovered that the main resonant frequencies of Schumann waves begin at 4 Hz then having harmonics around 8 and 14 hz correspond directly to theta, alpha and beta wave patterns in the brain.

The peak of around 8hz that is the fundamental frequency of Schumann waves corresponds to the alpha brainwave states of peak performance and creativity.

Could it be that our brains evolved in harmony with the Schumann resonant frequencies and that nature is directly tuned into this "pulse" of our planet?

Many scientists have shown in recent times that there could well be a very strong link between biology and the Schumann resonances.

One pioneering scientist, Dr Neil Cherry has been leading this research.

"Dr Cherry's own research, published in the Natural Hazards journal, Cherry (2002), shows that a natural electromagnetic signal, called the Schumann Resonances, generated by a tropical thunderstorms, and radiating around the world in the resonant cavity created between earth's surface and the bottom layer of the ionosphere, is resonantly absorbed, detected and responded to by the brain because of the ELF frequency matching the frequency range of the spectrum of the brain EEG rhythms."

"The Schumann Resonance signals provide synchronization of the ELF, daily and annual functions of the brain. The latter two are in support of the normal diurnal and seasonal solar activity. This provides the biophysically plausible mechanism to explain how sunspots on the sun, solar storms and sunspot cycles modulate cancer, cardiac, reproductive and neurological effects through modulating the melatonin/serotonin cycle in human populations. This confirms the importance of and sensitivity of the melatonin protective activity, including being a highly potent antioxidant being with naturally produced (by breathing) oxygen free radicals."
Cherry Enviromental Health Consulting

We live in world where the detection of Schumann waves has become increasingly difficult, especially in cities where there is large concentration of mobile phones, computers, T.V and radio signals creating an "electro smog".

It has been hypothesized that this massive increase in electromagnetic interference has drowned out the normal exposure humans should get from the Schuman resonances.

This interference of the natural Schumann harmonics has linked to the rise in chronic illnesses such as cancer and heart diseases of people who live in cities and other areas of high electromagnetic interference.

This also explains why many people get "cabin fever" from staying in doors for prolonged periods of time.

Many people who suffer from chronic diseases who spend long periods either at home or in the office usually find great relief from taking a vacation and spending time outdoors.

So it is really important to get out doors and spend time in nature. We are living creatures and being outside in the fresh air with the sky visible above us is what is most natural to us.

The primary (strongest) Schumann frequency is 7.83 Hz. Others include: 14, 20, 26, 33, 39, and 45 Hz

The primary frequency of 7.83 Hz actually **correspond to Alpha brainwaves** and so an understanding of this is a very important part of the Alpha Mind System.

Ancient mystics understood the presence of the Earth's pulse thousands of years ago.

The ancient mystics also used meditation techniques to reach alpha states of awareness where their own brain activity would be in perfect harmony with the pulse of the planet.

This is the living pulse of the infinite oneness of our planet Earth that brings life and harmony to all things.

Interestingly the Schumann resonance 7.83 Hz also corresponds to 117 BPM (beat per minute) that is the measure of tempo of music.

Arpeggiated pieces playing at 16th note intervals at this tempo, directly correspond to 7.83Hz

Music played with 16th note arpeggiated riffs at tempos up to 150 BPM fall within the alpha wave range.

It is quite interesting that many ancient ritual drumming patterns from African tribes correspond to this. So to do the more recent “trance” music genres of Goa trance and progressive trance made famous by DJ’s like Tiesto.

Tiesto has been voted many times as the worlds most popular DJ playing to audiences of up to 250,000 people in some cases.

“Could this link between the Earth’s very own resonant pulse and the alpha wave inducing trance and dance music genres explain the rise of this new global culture of 1000’s of people congregating to celebrate life at dance music events with a combined feeling of oneness and unity for all?”

Baroque music of around 60 BPM composed by musicians like Mozart has also been shown to shown to help people improve their moods.

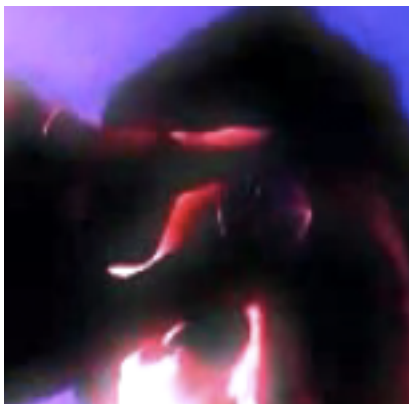
At 60 BPM notes played in a baroque style corresponds to a frequency of around 4HZ that is another natural harmonic of Schumann waves in **the theta brainwave range**.

However in a study by Balakrishnan Nair in 2010, to see whether baroque music can help dementia patients, some discrepancies occurred in the results with a conclusion drawn that many baroque pieces have varying tempo that can agitate the patients.

This knowledge inspired my creation of special musical pieces that instead use a repetitive trance inducing tempo rather than one that fluctuates, that harmonize directly to the Schumann wave harmonics. The effect of which has been truly profound.

Inside the Alpha Mind System you will find this new style of natural Schumann harmonizing music that I have named Trypnaural.

Your “Third Eye” – Your portal into the possible future



In many ancient cultures, the pineal gland, located in the frontal lobe of your brain, is considered to be “**the seat of the soul**”, or more commonly known as, the **third eye**.

Many mystics have revered the third eye as giving you the ability to see VISIONS of the future you wish to manifest.

Special meditation can be used to enhance the activity of the pineal gland. This allows the mediators to connect with the divine and the universal consciousness.

Deep meditation in this state enables the meditator to receive **divine inspiration, heightened creativity and divine knowledge**.

It is thought DMT, which is released by the pineal gland, is the molecule responsible for producing **dreams** when we sleep and visions experienced by people like *shamans, psychics and prophets*.

When you dream and visualize about the future events you want to manifest, you are **actually seeing through your third eye**.

In children, this gland is very active.

This is why as children we often have these **wild imaginations**. As people get older, the pineal gland is less active and the wild imaginations tend to disappear!

There is a growing body of evidence to suggest that the higher powers that control our governments and corporations have known about the mysteries of the pineal gland from the beginnings of our recorded history.

There is much talk of all the constant *noise, propagation of fear, stress and even contamination of our drinking water with fluoride*, as a **conspiracy to cause the calcification of your pineal gland**. Calcification of the pineal gland causes it to lose its ability to function as a tool for visionary growth and creation.

You can see this now. You only have to observe the growing number of people who have almost robot-like lives, who have LOST their inner **creativity and dreams**.

As a child, I used to put cut outs from various magazines and pictures of things I admired or wanted to some day attract in to my life. **It is quite amazing how many of those things have come true over time...**

One of my favorite bands growing up is the Prodigy and I had pictures of them all over my wall. Now, my best friend is signed to their record label and I have since hung out with them backstage on tour.

I used to dream of playing on stage in front of thousands of people, so I would put up pictures of rock concerts and stadium gigs. **In 2002, I played my first show in front of 50,000 people at the Exit Festival in Serbia.**

Dreaming and imagining future events **ACTIVATES** your **third eye**, which I believe is your portal to a possible future, **the creation of which lies in your hands.**

When you regularly visualize the reality you wish to create for yourself and use tools such as vision boards to help you, **a change occurs in your physiology.**

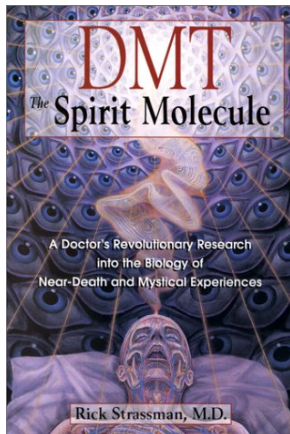
Every molecule in your body begins to align itself with that future. Through quantum physics we have already shown that time is irrelevant in the quantum world where an infinite number of possible universes exist in an equal number of different dimensions.

Using your third eye to visualize the future and believing that possible future is already **REAL** and happening right **NOW**, a quantum shift occurs and the **universe guides you to make that vision into reality**

DMT, The Pineal Gland and Our Dreams

DMT (dimethyltryptamine) is a naturally occurring hallucinogenic compound of the tryptamine family.

So, it is **closely related** to both serotonin and melatonin. Research has shown its production is linked to the **pineal gland.**



Dr. Rick Strassman, while conducting DMT research in the 1990s at the University of New Mexico, advanced the hypothesis that a massive release of DMT from the pineal gland prior to death, or **near death**, was the cause of the near death experience (NDE) phenomenon.

Several of his test subjects reported NDE-like audio or visual hallucinations.

He has extensively studied the pineal gland and writes that it has all the enzymatic material needed to produce DMT.

In many ancient cultures the pineal gland is considered to be “the seat of the soul”, or more commonly known as, the third eye and special meditation can be used to enhance the activity of the pineal gland.

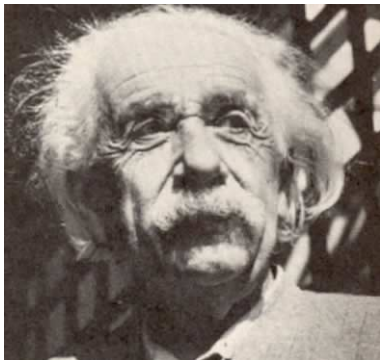
This allows the mediators to connect with the divine and the universal consciousness.

Deep meditation in this state enables the meditator to receive divine inspiration, heightened creativity and divine knowledge.

It is thought that DMT is the molecule responsible for producing dreams when we sleep and the visions experienced by people like the shamans, psychics and prophets.

Within the higher levels of the Alpha Mind System, you will find special meditations dedicated to allowing you to access the full potential of your Third Eye.

Turn On, Tune In To The Frequency Of Your Dreams



As shown by quantum physics, everything in the universe is composed of a singular energy.

Each quanta of energy vibrates at a specific frequency.

The grand total of all vibrations of the cells in your body results in your own **unique overall frequency.**

You can measure your own frequency state right now. **It is a direct relationship to how you feel.**

Your emotions are an expression of your energetic state.

Consider this statement:

L.O.V.E – Level Of Vibrational Energy

Think about the people you really admire and who are already living the lives that you want to manifest. What emotions do you think they feel most of the time?

Peace – HIGHEST ENERGY (Love for all)

Joy

Courage

Acceptance

Lust

Anger

Fear

Grief

Apathy – LOWEST ENERGY (No love)

The highest energetic state (love for all) is **peace** and the lowest state (no love) is **apathy**.

The more you operate at any of the frequency states, the more ATTRACTIVE you become to things that also operate at those frequencies.

If you live with fear, you will attract more fear; if you live with joy, you will attract more joy.

This is the natural law of the universe.

I managed to lose it all when I started to operate mostly in the frequency range of *anger, fear and grief*.

Do you think anyone wanted to hang out with me in those states? People want to be around positive, happy and confident people!

So, in order to attract those high energetic states of peace and joy, you **MUST continuously raise your energetic value.**

There are several ways to do this:

1. **Live a life of passion** – focus on things you really love to do
2. **Be of value to others and do go beyond the call of duty** – if you over deliver in your life, work and business you will create raving fans from your friends, family, customers and colleagues.
3. **Be grateful for what you already have** – when you have gratitude, your physiology instantly changes and you feel more peaceful. You are very fortunate to have everything you already have in this world. Remember over 50% of the world's population live on less than \$2 a day.
4. **Stay humble** – as soon as you believe you know it all, it's game over for the manifestation process. Your subconscious stops receiving constructive information and you stop growing.
5. **Exercise regularly, meditate and do yoga** - Your whole mind is your body; the more you use it, the higher your energy becomes.

Your third eye is like an ANTENNA that can tune in to **the infinite cosmic frequency range**.

The higher your emotional energy, the greater the frequency of information you can receive, the **more profound** will be your VISIONS and the deeper the knowledge you will receive - all of which will **guide you to your dreams**.

Seven Daily Essential Mental Activities To Optimize Brain Matter And Create Well-Being

The Alpha Mind team believes that to really take control of your health and well-being and bring in to your life the things you really desire, you must take a holistic approach.

There is no one-size-fits-all, panacea treatment for anything in life and the Alpha Mind System is only one part of a whole range of activities that should be worked on everyday.

The following guideline is taken from Dr. Daniel Siegel's *The Healthy Mind Platter*. Dr. Siegel shows 7 key daily activities that help strengthen your brain.

His research shows that these should be taken as seriously for your long-term health and well-being as your diet and nutrition.

1. **Focus Time** - When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

2. **Play Time** - When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
3. **Connecting time** - When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
4. **Physical Time** - When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
5. **Time In** - When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
6. **Down Time** - When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
7. **Sleep Time** - When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

The Healthy Mind Platter has seven daily essential mental activities necessary for optimum mental health. These seven daily activities make up the full set of “mental nutrients” that your brain and relationships need to function at their best. By engaging every day in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain's internal connections and your connections with other people and the world around you.

We're not suggesting specific amounts of time for this recipe for a healthy mind, as each individual is different and our needs change over time, too. The point is to become aware of the full spectrum of essential mental activities and, as with essential nutrients, make sure at least every day we are bringing the right ingredients into our mental diet, even if for just a bit of time. Just as you wouldn't eat only pizza every day for days on end, we shouldn't just live on focus time alone with little time for sleep. The key is balancing the day with each of these essential mental activities. Mental wellness is all about reinforcing our connections with others and the world around us; it is also about strengthening the connections within the brain itself. When we vary the focus of attention with this spectrum of mental activities, we give the brain lots of opportunities to develop in different ways.

One way to use the platter idea is to map out an average day and see what amounts of time you spend in each essential mental activity. Like a balanced diet, there are many combinations that can work well.

In short, it is important to eat well and we applaud the new healthy eating plate. As a society, we are sorely lacking in good information about what it takes to have a healthy mind. Since the mind is both embodied and embedded in our

connections with others and our environment—both natural and cultural—these seven essential times help strengthen our internal and relational connections. Since the brain is continually changing in response to how we focus attention, we can use our awareness in ways that involve the body and our connections to create a healthy mind across the lifespan! We hope that *The Healthy Mind Platter* creates an appetite for increasing awareness of how to nourish our mental well-being each day.

The Healthy Mind Platter was created by Dr. Daniel J. Siegel, Executive Director of the Mindsight Institute and Clinical Professor at the UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the NeuroLeadership Institute.

Triple Your Productivity With The Alpha Mind System

“Researchers peering into the brains of those engaged in several tasks at once are concluding what some overworked Americans had begun to suspect: that multi-tasking, which many have embraced as the key to success, is instead a formula for shoddy work, mismanaged time, rote solutions, stress and forgetfulness, not to mention car crashes, kitchen fires, forgotten children, near misses in the skies and other dangers of inattention.” LA Times 2004

We live a world where it is not uncommon to be talking on the phone, whilst checking emails, having a conversation on Skype, cooking dinner and trying to take care of the kids all at the same time!

Unfortunately, this is not something that is very natural for our brains to handle.

Our ability to multitask arises from the pre-frontal cortex of your brain, which is found in the more recently evolved neo-cortex.

“When a human is assessing tasks, prioritizing them and assigning mental resources, these frontal lobes are doing most of the work, says Dr. Jordan Grafman, a neuropsychologist and chief of the National Institute of Neurological Disorders and Stroke at the National Institutes of Health.”

“Grafman says, that the prefrontal cortex is the part of the human brain that is most damaged as a result of prolonged stress, particularly the kind of stress that makes a person feel out-of-control and helpless. The kind of stress, say, that you might feel when overwhelmed by the demands of multi-tasking.”

“Such stress, Grafman says, also will cause the death of brain cells in another region — the hippocampus, which is critical to the formation of new memories. Damage there can hobble a person's ability to learn and retain new facts and skills.”

"Multi-tasking, almost by its very nature of course, creates stress," Grafman says. And long-term stress, in turn, is likely to make us less able to multi-task, he says. It's a humbling lesson in the limits we face, he acknowledges. "If you're multi-tasking, and it's very stressful," Grafman says, "you're not going to get better at it.", LA Times 2004

Psychologist Marcel Just at the Carnegie Mellon University has extensively studied multitasking.

He states that your brain is a marvel at multitasking and many things that happen simultaneously, such as breathing, your heart beat and digestion, would not be possible without this amazing power of your brain.

This is a quality of your subconscious mind. When a behavior is ingrained into your subconscious, it become automatic and frees up your conscious mind to focus on other things, such as eating lunch whilst reading a newspaper.

Unfortunately, this amazing power is not true of your conscious mind. Perhaps this is due to its tiny processing power compared to your mighty subconscious mind.

When your brain engages in several tasks that require conscious attention it "discounts" the attention applied to each by spreading its processing power across each of the tasks...that spells bad news for your productivity!

It has been shown in many experiments that people who multitask have bouts of forgetfulness and reduced short-term memory

"Complaints of forgetfulness among women in their 40s and 50s are so prevalent that Peter M. Meyer, a biostatistician at Chicago's Rush University Medical Center, in the late 1990s conducted a study intended to gauge how deeply the hormone changes of menopause disrupt women's memory."

"Instead, he got a lesson on women and multi-tasking. The tests of short-term memory and verbal memory stubbornly showed that women of this age, though they complained of forgetfulness, were not missing a step."

"Their forgetfulness appeared to be a function of depression, stress and "role overload" — the multi-tasking of many roles at once — Meyer concluded." LA Times, 2004

Gary Small, a neuroscientist and author of the book *iBrain*, warns that children who spend their formative years multitasking lose out on chances to focus on developing crucial, but slow-forming, interpersonal skills.

“With the weakening of the brain’s neural circuitry, controlling human contact, our social interactions may become awkward and we tend to misinterpret - and even miss - subtle, non-verbal messages,” he says.

Multi-tasking denies us essential pauses in our mental space.

“We need this time to develop our inner resources and grow neural connections in the cortex humanitatis - the part of brain that makes us civilized creatures”, says Daniel Siegel, associate clinical professor of psychiatry at UCLA Medical School in America.

“Trying to learn while doing something else, such as doing homework while watching TV, sends information to an inappropriate part of the brain”, explains Professor Russell Poldrack, a psychologist at the University of California.

“Using brain-scans, he has found if we multitask while studying, the information goes into the striatum, a region of the brain involved in learning new skills, from where it is difficult to retrieve facts and ideas. If we are not distracted, it heads to the hippocampus, a region involved in storing and recalling information.”

“There is a cost to the way that our society is changing. Humans are not built to work this way”, Professor Poldrack, University Of California says. “We're really built to focus.”

I feel the crazy multitasking I had to do at work was a big factor in getting my own stress-related disorder.

As a pharmacist, not only do we have to label, dispense and check prescriptions, but we also have to manage the store and the staff, answer the telephone and perform patient consultations-all at the same time!

I am sure many people can relate to my own scenario. I feel this modern day multitasking has been allowed to get out of hand for way too long.

What Is The Solution?

The first, most important thing to understand is we are just not designed to be conscious multitaskers.

Whether we like it, all multitasking, if not correctly managed, will lead to chronic stress.

Your conscious mind loves being able to focus on one thing at a time. If you try to do eight different things at once, it will take you eight times as long to complete any of those tasks!

In fact, this ability of narrow focus is what all the great geniuses shared.

David Shenk is the author of the famous book, *The Genius in All of Us: Why Everything You've Been Told About Genetics, Talent, and IQ Is Wrong*.

Shenk argues we have before us not a “talent scarcity,” but a “latent talent abundance.” Shenk states “the vast majority of us have not even come close to tapping what scientists call our ‘un-actualized potential.’ ”

Shenk reveals science is revealing the attainment of “genius” to be the product of highly concentrated effort.

Shenk also cites some of history’s great achievers — Ted Williams and Michael Jordan, Mozart and Beethoven — as examples of individuals who worked hard, day and night, to master their chosen fields.

Malcolm Gladwell also seems to agree, at least in part, with this notion. In his recent work, *Outliers*, Gladwell looked at people who rose above the rest and achieved incredible success in their respective endeavors.

An interesting point Gladwell makes is all people successful in their respective fields all have one thing in common: they have spent at least 10,000 hours learning, internalizing and perfecting their crafts. That applies to all the top artists, musicians, writers and IT leaders. They all spent at least 10,000 hours or more doing what they do. That’s at least a solid five years or more of dedicated work.

Shenk concurs, saying the key to success is practice, practice, practice for years and years. “You have to want it, want it so bad you will never give up, so bad that you are ready to sacrifice time, money, sleep, friendships, even your reputation,” he writes. “You will have to adopt a particular lifestyle of ambition, not just for a few weeks or months, but for years and years and years. You have to want it so bad that you are not only ready to fail, but you actually want to experience failure: revel in it, learn from it.”

Unfortunately, multitasking is something very difficult to avoid in our hectic, modern lives. However, it can be safely managed, so its damage to your health and productivity is minimized.

Here are some golden rules to help you manage your multitasking better:

1. **Do Not Multitask In The Afternoon** - Our body actually goes through a natural sleep cycle around 2pm. This is one of the reasons why siestas were introduced in Spain. Post-lunch tiredness added to the strain of multitasking, often causes overload.

2. **Set One Major Task To Be Completed Each Day** – If you are planning on starting a business, it is wise to focus on one major goal for your business, then chunk down all the tasks needed to be done to move your business forward by splitting them into one major task per day. If you have eight different business ideas and try to do them all, you will end up taking eight times as long to complete any of them, probably resulting in failure. The same goes for each area of your life, from your house hold chores to the workplace. Try focusing on one task at a time and complete it before moving on to the next. You can also only do two hours of productive work at a time. So, take regular breaks where you do something that requires very little conscious thought (like meditation) to recharge your brain.
3. **Turn Off Skype, Emails, Twitter and Your Mobile When Trying To Work** – Did you know that any interruption to your work will take you 20 minutes to get back into focus and productivity again? So, turn off all distractions. Otherwise, you will feel overwhelmed, stressed out and find it hard to get simple things done.
4. **Meditate Regularly** - Brain scans of non-religious Westerners who meditate show they have increased development in regions associated with memory and attention. Extensive research shows that meditation makes brains more efficient at paying attention, so there is more brainpower to spare for doing two tasks at once.

In Buddhism, your conscious mind has also been referred to as the “Monkey Mind.”

The monkey mind jumps from thought to thought like a monkey jumps from tree to tree.

Rather than existing in the present moment, the monkey mind focuses on one thought after another; these thoughts distract us from existing in the present.

Meditation helps to allow it be brought into a point of single focus

[The Alpha Mind System is designed to help you maximize your productivity by helping you recharge, refuel and focus your conscious mind!](#)

The Alpha Mind System Manifestation Process:

Your subconscious mind responds best to feelings and images.

If you consciously feed your subconscious mind the feelings and images of the things you really want to attract into your life, your subconscious mind will navigate you to your destination!

Step 1: Create Dream Life Targets. Write down exactly the outcome you want to manifest and focus on the outcome

In order for this to work with almost 100% guarantee of success, with little chance of manifesting anything dangerous, make sure what you want is of value to others, not just yourself.

The measure of your success and wealth in life is directly proportionate to the value you bring to other people.

For the universe to accept your vision of the future, it must accept that you are going to **bring value to the universe.**

If you want to manifest \$250,000 in a year, write down exactly what value you would bring to people for them to give you their money.

Would it be something you could sell to them? Would it be a job promotion? Be as SPECIFIC as possible.

If you want to manifest a top-of-the-range sports car, think about exactly what that car would allow you to do, or what **type of person** would you need to be, to own such a car?

Would you be someone who writes a best-selling novel? Would you create an in-demand product, or just excel at your job and got that dream career as a result?

One useful exercise is to write down your own obituary. I know it sounds a bit of a weird thing to do, but try it.

“How would you want to be remembered by other people?”

I bet by doing this exercise you may find some of those material things you would normally want to manifest may be replaced by **less selfish things** that are more valuable to others.

When I was first starting out in the music business, I had a dream in mind to one day have a spiritual record label and media company that would produce music that would educate and inspire others.

The deeper I got into the music business, more and more temptations were thrown in my way and I got side tracked from my original dream big time!

I practically self-sabotaged every opportunity I had that was not congruent to my original wish-to the point I got **very sick and ill**, not to mention depressed and lonely.

It was only at this extremely low point I realized I had forgotten my original vision that, ultimately, would be much more value to others than my other business exploits.

It is amazing how the universe has guided me back to what I originally wished for because that is exactly what I am doing now and **I feel far more rewarded and happy now than any other time in my entrepreneurial career.**

The universe will guide you to your end result if your end result is of value to the universe, even if it means putting you through a lot of pain to get there. It will almost feel like you are **being guided by a divine force** and it is this secret manifestation technique that forms the basis for discovering your **“higher purpose”**.

Rules

- Focus on exactly what you want – Where attention goes your energy flows!
- Visualize your outcome and try to see it as real as possible. Be specific to how you would feel, what you would hear and smell if you had reached your end result.
- Use vision boards, dream boards, incantations, subliminal mind software and hang or post positive statements on your walls and computer desktop as much as possible.

Step 2: Reprogram Your Subconscious Through Meditation

By using special third eye meditation, you can actually start to **activate your pineal gland and enhance your creative powers**. Use this to gain inspiration for the future reality you would like to manifest.

Use “I AM” incantations whilst meditating every night for about 10 – 20 minutes before you go to sleep.

Using the Trypnaural brainwave entrainment technology, you will be able to have the best chance of moving into an alpha brainwave state where the power of the “I AM” suggestions takes maximum effect.

By doing this, your old habits will die away **and your thoughts will turn into the things you really want in life.**

Rules:

- You must be relaxed and confident in the process of subliminal mind programming. You must say the “I AM” statements with pure conviction they are 100% true.
- You must feel sincere gratitude for everything you already have in life before you start to meditate. Through the feeling of gratitude you raise your energetic frequency and attract the corresponding wavelength of the future.
- The only way to remove old habits is to replace them with good ones. So, repetition is key. You must make it a habit to practice meditation using the subliminal mind programs as often as possible, so it eventually becomes a hard-wired, natural process.

Step 3: Take Massive Action + Seize Every Opportunity For Growth

What? I have to do some work? YES! This is not a magic program where you sit back, relax and think your way to success.

That, I am afraid, is not the way things work. Anyone who tells you they can magically manifest any future you desire is a nut bag and should be locked up.

No, in all seriousness, none of this works unless you take MASSIVE ACTION upon all the amazing things that will start to happen to you. Things such as:

- **Chance encounters with people** who can help you move to the next level
- **New sense of energy and motivation** - if you follow the methods outlined so far, your productivity will go up significantly.
- **Weird coincidences or strokes of luck.** They are not coincidences or anything to do with luck; it is merely the universe opening its doors to your dream life that is coming more and more true.
- **New strategies, mentors, books, audio, videos** filled with powerful life-transforming information will start to appear. It is up to you to act upon those special strategies, as they will no doubt lead to your inevitable success.

In my experience with my own health, as I began the process of subliminal mind programming, around one week later I received an email directing me to a video explaining this new food supplement called **Colostrum**.

The benefits of taking this supplement seemed so compelling, **I rushed out and ordered it.** After only *four* days of taking this supplement my symptoms had pretty much vanished. I firmly believe it was due to a combination of the subconscious reprogramming and the chance encounter with this amazing substance. **I am now enjoying a symptom-free life.**

Rules

- **Relax, have faith and detach yourself from the actual outcome.** What this means is do not worry endlessly about whether the future will manifest itself how you want. Instead focus on enjoying what you have now. Live in the NOW! What this does is give you a sense of peace and keeps your energetic level high and attractive!
- **Energize your goals with passion.** Have fun and live life to the MAX! Act, dress and behave like the successful people you most want to be like!
- **Always look to add more value wherever you are.** Your income and happiness is directly proportionate to the amount of value you give to others whether it is in business or your personal life.
- **Once the money starts coming in from the value you are giving out, start to give at least 5% of your income to a charity of your choice.** This is how you tithe your income to spiritual causes. Just try it and see what magic comes back to you! My friend who is a doctor began to tithe his income. He would get paid privately every time he was called out to do assessments. One day, his regular standing order set up to transfer money from his bank account to the charity stopped sending money to the charity because the card had expired. He forgot to redo the payments and guess what? ...the number of call outs he got went down to once a month instead of once a day and so did his income

I will leave you with one more piece of information that is a fun acronym worth remembering...

I want you all to have the true power of G.O.D

What G.O.D stands for is:

G – Generate – generation of new ideas, concepts and creations

O – Operate – implementing new ideas, developing strategies, strengthening the strengths, taking action and managing outcomes

D – Destroy – Destruction of old bad habits, clearing the clutter, eliminating the negative and weaknesses from your thoughts.

We are all born with a unique set of **genius skills**.

If these skills are discovered and worked upon, they can lead to great value in our lives and in the lives of others.

Use the subconscious mind power system to realize your maximum G.O.D potential and live the life of your dreams on your terms!

The Alpha Mind System Program

The Alpha Mind System is a personal empowerment program designed to help you reach peak-performance states of mind.

By using this program, you will also be able to rewrite the old, negative, habitual thinking patterns that have prevented you from achieving the results you want in life by replacing them with more powerful, positive and empowering ones.

Level 1: The Alpha Mind Initiation

This is the first and most important level that consists of a 20-minute guided meditation over a Trypnaural Ultra brainwave entrainment session.

This first step will begin the process of training your mind to achieve alpha states at will by actually taking you into a deep alpha meditative state.

From this one session alone, you will begin to feel a sense of well-being and awaken to more heightened states of relaxation and awareness.

Level 2: Finding Your Inner Bliss

Now that your mind has become trained to the alpha state of awareness, this next step will give you a powerful system for being able to achieve the alpha state at will.

This means whenever you are feeling tense, stressed and want to relax, you will be able to, in any situation, immediately go into an alpha brainwave state.

So, if you have difficulty sleeping, want a burst of inspiration or just simply want to chill out, you will now be able to-whenver you feel like it.

This natural ability is your true inner magic....

As this is a more advanced subconscious programming technique, it is a little longer than the initiation, lasting 30 minutes.

Level 3: Creating Your Destiny

The alpha brainwave state is where miracles can happen, literally.

Whether you want to attract such things as more wealth, better health, your perfect life partner or you want to overcome a chronic illness, this step will teach you how to use your own mental imagery and visualizations in an alpha state to bring the exact results that you want in your life.

You will discover exactly how your mind really works, the difference between your conscious mind and subconscious mind, and exactly how to use the special subliminal mind programming techniques for manifestation.

Level 4: Alpha Meditation Mastery

Here are two advanced master guides you must read to increase your knowledge on how subliminal mind programming works and how you can use this powerful, life-transforming technique to maximize the effectiveness of the Alpha Meditations, which you will also be able to download on this level.

They are designed to give you a short, convenient meditative experience you can fit in any time of a day, however hectic your schedule may be.

In the following two sections, you will find the signature Trypnaural Ultra alpha meditation tracks that range from 10 minutes to 30 minutes in high-quality mp3 audio format.

Level 5: Mind Body Awakening & Harmony

Next, you will move on to the more advanced levels of the Alpha Mind System.

In this level, you will learn about the mind-body connection and how to harmonize every cell in your body to its optimum potential using the meditation technology provided.

You will also learn additional things you can do to increase your alpha waves in your daily lifestyle, such as alpha wave producing foods, supplements, healthy exercise and breathing techniques.

The resulting effect will be an optimized physiology, reduced stress, more energy, stronger immune system and a new sense of energy and vitality.

Level 6: Oneness Resonance

Did you know our planet has its own special “pulse”?

This pulse is actually a frequency that results from electrical charges that run between Earth's surface and the top part of its atmosphere.

This pulse is known as the Schumann Resonance and has been called the Earth's heartbeat because every living thing has grown up with this pulse, or tone, going on in the background.

You can now reach perfect balance with Earth's own healing and life-giving resonance through this special meditation.

The following meditation is a 30-minute track embedded with a brainwave entrainment track that will take you from waking consciousness into a deep alpha state that is exactly tuned to 7.83 Hz

Level 7: The Advanced Alpha Mind Sessions

Ultra Manifestation

In many ancient cultures, the pineal gland, located in the frontal lobe of your brain, is considered to be “the seat of the soul”, or more commonly known as, the third eye.

Many mystics have revered the third eye as giving you the ability to see VISIONS of the future you wish to manifest.

Special meditation can be used to enhance the activity of the pineal gland.

This allows the mediators to connect with the divine and the universal consciousness.

Deep meditation in this state enables the meditator to receive divine inspiration, heightened creativity and divine knowledge.

This first meditation is a short 20-minute initiation for activating your sacred third eye chakra.

The Ascension System

At this final level, you are going to go even deeper than before with your brainwave training.

The audio technology you will find on this level is designed to allow you to safely enter the deepest brainwave states where the deepest profound experiences of meditation can occur.

This occurs in the deep “Delta” brainwave states.

Once you have completed this level, you will be able to expertly meditate on your own, whenever you choose, and be in total command of your own mind and thoughts!

Join The Alpha Mind Community



A change in **environment** is what I believe led to my eventual full recovery and new sense of **hope** for my life.

This change led me to discover a community of **like-minded people** who had similar aspirations, ambitions and an optimistic outlook on life, unlike my local and previous work environment that was full of negativity, doom and gloom.

That is when I started to become **really successful** in life.

Give every cell of your body a safer and kinder environment so that YOU can THRIVE not just survive.

By joining our new and **vibrant community** you can get access to many like-minded souls from all over the world who all have a **shared vision** of reaching their dream life targets and making our world a better and more peaceful place.

You may find people that you share ideas with, form **deep relationships** and even help turn your lifelong passions, ideas, skills and talents into your **dream career or business**.

In addition, you can get your most burning questions answered by our **team of experts** and find new special bonuses and updates to continuously help your personal growth, allowing **YOU to experience a truly unforgettable journey with us**.

Meet The Alpha Mind Team:



Niraj Naik is the founder of the Alpha Mind System, one-half of amAya and has worked as a pharmacist and health and wellness consultant to several organizations in the UK. He has co-produced the Trypnaural meditation music and brainwave entrainment sessions that have helped 1000's of users. He has also authored the special guides within the member's area that show you how to make the best use of the material provided. These are based on his own self-healing "miracle" of recovering from a chronic disease after using the same techniques found within the Alpha Mind System.



Dr. Mrigank Mishra, is a Consultant Psychiatrist with a specialist interest in the holistic treatment of mental illness. He also trained as a CBT therapist (cognitive behavioral therapy) from the University Of Oxford and is also a certified life coach with a passion for peak performance and personal development. He is the other half of the band amAya with Niraj and has co-produced the intricate alpha brainwave music .



Dr Surenthiran is a Neuro-otologist and a leading specialist in the management of balance disorders. He practices in London and South-East England, UK, but also sees patients who are referred to him from all over the United Kingdom and from around the world. He is also a medical hypnotherapist who is developing techniques combining the use of hypnotherapy, psychothereautic processes and altered states of consciousness, to help people help themselves in the management of a wide range of conditions including stress, weight loss, anxiety and chronic pain. **He provides the expertly crafted guided meditations that are specially designed to help you reach alpha mind states at will.**

YOU now have the chance to take control of your life and use

REAL meditation technology and information that 1000's of users have transformed their lives with

Visit: <http://www.AlphaMindSystem.com> to begin your amazing journey inward..