



S.O.M.A

The Science Of Magnetic Attraction

How to create a magnetising energy for attracting a life of health, wealth and happiness, filled with positive experiences and limitless energy.

By Niraj Naik MPharm

My name is Niraj Naik, an ex pharmacist turned natural health advocate, digital nomad, prolific musician and serial entrepreneur.

After becoming disillusioned with conventional healthcare I suffered deeply from chronic stress eventually developing an immune disorder called Ulcerative Colitis which kept me house-bound for over 10 months bringing me close to bankruptcy.

Doctors told me I would be on medication for the rest of my life even threatening me with surgery until I met a dear friend & a spiritual guru who taught me ancient healing modalities based on pranayama, yoga and meditation.

These simple exercises which take a few minutes each day have led me on an incredible journey across the world meeting and training with real life superhumans, himalayan yogis and some of the world's top peak performers and therapists.

This has helped me refine and develop these daily rituals that can lead to profound changes.

I call these 'Rituals For Miracles' that can help you free your life from endless pain and suffering and instead elevate you to the highest levels of love, strength and happiness.

1000s of people have overcome their health issues using my methods, and many even break free from passionless jobs with my various products and services. I've also mentored to the UK's largest internet entrepreneurial training communities.

I now have worldwide recognition as The Renegade Pharmacist with my work featured across major news networks and national papers such as CNN, Fox News, Huffington Post, Google News and Yahoo News.

I will be taking you on a journey deep into your unconscious mind where the secrets of magnetic attraction lie.

If you want to attract more health, wealth and happiness, it begins with learning to control your mind and to really understand its full potential and it's miraculous power for healing and attracting anything you truly want.

You will also learn to build the foundations for perfect health by learning cutting edge biohacks for removing toxins and rebuilding your body for more energy, focus and motivation than you have ever experienced before.

Principles Of S.O.M.A

I have read numerous books on the occult, magick, law of attraction and tantra that deal with techniques for manifesting and bending reality and studied from various masters, including spending 2 weeks training and co-creating with the real life superman Wim Hof at his home...

They all have very similar practices and all contain these ingredients:

1. Purification of the body through fasting, eating the right diet, nutrition, sauna, yoga and exercise routines.
2. Raising your own vibrational energy using a combination of sexual energy transmutation, breathwork, music, herbs and drugs that produce euphoria and altered states of consciousness.
3. Talisman/Mandala/Symbols to focus your attention on.
4. Setting a clear intention + visualization of the reality you wish to create.
5. Having a firm conviction and belief in the power of the process.

Your thoughts become things and who you are on the inside governs who you are on the outside in terms of how you navigate through life.

Therefore purifying both your mind and body through special rituals and creating a clear picture of what you most desire are essential to ensure you the best chances of success in life.

When you set intentions and visualize goals in the highest vibrational state your intention gets programmed deep into your subconscious mind.

It's like a powerful form of self hypnosis for making your mind move you towards the destination you want to go in.

When you raise feel good hormones like serotonin and dopamine you also produce more energy to reach your goals.

When you eat the right food, practice intermittent fasting and use the sauna to purify both your mind and body you also become a more attractive person from the inside out and people become drawn to you and your mission.

I have refined my own magic ritual using special music I have created for raising your vibrational energy naturally and a special breathing process used by master yogis to create Siddhi powers by producing a flow of electricity through your body.

Siddhi powers are dormant powers that lie inside each of us when the kundalini is awakened.

Kundalini energy is a dormant sexual energetic force that lies in the base of our spine. When you learn to transmute this energy you can direct it to wherever you need it.

By directing it to a part of your body that may have a disease or damage, it can be used to self heal. By directing it to your midbrain, the seat of your subconscious mind, you can use it to bend reality and shape the future of your dreams.

SOMA also involves ritualistic purification and meditation inside a sauna, and then followed by an ice cold plunge pool. The use of herbs, vitamins and special diet routines further enhances the process.

SOMA can be defined a set of purifying, consciousness expanding, health promoting habits or rituals that are based on strong scientific principles. All these lead to becoming a more attractive, efficient and conscious individual.

Here is what you find inside the SOMA system:

PHASE 1: SOMA Purification Process

The first most important step is to purify your body and cleanse yourself from toxins. This gives you more energy, vitality and makes you more attractive from the inside out.

1. Ancient daily rituals for instant stress relief, energy, and attracting your perfect reality that can fit into any busy schedule.
2. Scientific protocols for sauna's and detox regimes to purify and cleanse your mind and body, including the sauna meditation ritual and cold therapy for deep cognitive enhancement and optimum brain health.
3. Most efficient daily rituals based on proven scientific modern and ancient protocols for optimum sleep, exercise and nutrition that take only a few minutes a day.

PHASE 2: SOMA Breathwork & Brain Simulation Rituals

Here you will learn a powerful technique that I developed after my own self healing experience from a chronic illness and then later from training with the superhuman Wim Hof.

Pranayama is the ancient science of breathwork from India. It literally means control of life force. When you breathe you create an electrical flow of energy through your body. When you breathe consciously you can learn to control this energy flow and channel it for various purposes. When you further combine this with hypnotic music and tribal rhythms using an audio visual brainwave technology called Trypnaural featuring sacred geometric mandalas, real magic happens.

You will also learn how to harness your sexual energy through this special breathwork and brain stimulation process and then transmute it into a powerful force to shape your perfect reality. This divine energy is the force of creation itself and by learning how to harness its power you can magnetically attract a life with more health, wealth and happiness.

What You Will Receive:

Music For SOMA: Use this special Trypnaural Brainwave Music collection (1hr+ of audios in mp3 form) created by world renowned consciousness engineers, amAya that is tuned to peak alpha brainwaves to raise your level of vibrational energy during the SOMA ritual. NASA scientists have recently studied this and found dramatic positive shifts in the brainwave patterns of test subjects.

amAya Drum Yoga: This is a powerful rhythmical drum sequence for enhancing the SOMA ritual and stimulating the brain stem, the seat of your unconscious mind. This music is also used by celebrity yoga trainer, James Da Silva (Madonna, Coldplay)

Hypno-Fractal Videos: This is a series of hypnotic fractal patterns that stimulate your mind through the senses of sight and sound to raise your inner power to create the reality that you really want. Using sacred mandalas such as Sri Yantra and the Flower Of Life you can tap into the power the ancient mystery schools had to shape their future. Now with modern technology this greatly magnifies the process.

PHASE 3: Yoga Nidra For Manifesting Core Intentions & Clarifying Your Vision

The practice of Yoga Nidra, an ancient meditation technique from India, allows your mind to flow into a deep hypnotic state of deep alpha, theta and delta brainwaves.

It is also referred to as 'Yogi Sleep' - a state of lucid sleeping, when you are asleep yet your mind is still present.

In this state of deep meditation you can plant your intentions that program your unconscious mind.

Located in your brainstem at the core of your unconscious mind, is your reticular activating system and mastery over its function gives you more control over your own life, being able to attract more of the things you want and even invoke your own internal power for self healing.

This focuses the awareness of your reticular activating system (RAS) on the intention that you set.

For example if you set your intention to recover from chronic illness, your mind will focus more on creating behaviours that are beneficial to boosting your immune system.

What You Will Receive:

Yoga Nidra For Manifesting Core Intentions Guided Meditation: The practice of Yoga Nidra, an ancient meditation technique from India, enables your mind to flow into a deep hypnotic state of deep alpha, theta and delta brainwaves. In this state of deep meditation you can plant intentions that programs your unconscious mind. This special guided meditation will help you tap into the power of your autonomic nervous system awakening dormant powers you have for being able to control your own reality.

Universal Bank Of Spirit Consciousness: There is a strong caveat to any of this working and this is an understanding of how energy is given to consciousness. This guide helps you to understand the laws of the universe based on the principles of ancient texts and the patterns of modern lives. Your decisions are what shape your future and this guide helps you make the right decisions based on your true essence as a human being.

Shape Your Perfect Future: This is a special exercise handed down from generation to generation of free thinkers from immemorial but modernized to fit into our modern fast moving world of the internet and technology. Imagine being able to visualize your perfect day, but then be shown a clear roadmap on how to get it. This is what this last exercise will help you do. Get ready to change your life and ascend to a new better reality.

Vibrational Energy

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:

- **Live a life of passion** – focus on things you really love to do
- **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.
- **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.
- **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.
- **Exercise regularly, meditate, do yoga, stimulate your brain, transmute sex energy**. 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.

I will leave you with one more piece of information worth remembering...because I want you all to have the power of G.O.D.

G.O.D stands for:

Generate – generation of new ideas, concepts and creations

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

Destroy – Destruction of old bad habits, clearing the clutter, eliminating the negatives and weaknesses

We are all born with a unique set of genius skills. If these skills are discovered and developed, they can lead to great value in our lives and the lives of others.

Use this system to realize your maximum G.O.D. potential and live the life of your dreams!

Sex Transmutation

The Art Of Harnessing And Using The Energy Of Creation

What is Sex Transmutation?

'Sex transmutation is the ability to switch a desire for physical contact to a similar desire for expression in art, literature, science, selling or anything else. The switch may be done so habitually that it is not a conscious act-but it always is there.' Napoleon Hill, Think and Grow Rich With Peace Of Mind

Transmute means to convert from one form of energy to another.

Sex is an emotional energy. You feel it. You may be well aware of what it feels like to be sexually aroused. The positive anticipation, the excitement, euphoria of the climatic rush of pleasure that awaits at the beginning of an orgasm.

You mostly likely have experienced the physical sensations of finding someone attractive that grows into a desire and even lust. It is this energy that leads to attraction, and the creation and perpetuation of life itself.

This emotional energy brings about a state of mind. The state of mind when it comes to sex is usually more towards the physical, however through transmutation we can harness its power and direct it towards other goals.

Sexual energy has 3 constructive potential uses:

1. The perpetuation of mankind.
2. The maintenance of health and vitality.
3. The ability to create something great out of nothing.

Sexual desire is one of the most powerful of human forces. Many of the great works of genius were motivated by the influence of someone of the opposite sex. Sexual energy is so strong that

it can go out of control and become a huge distraction. Both men and women can indulge in the pursuit of sex and lose focus on their mission in life. Too much sex for a man especially can drain them of important nutrients and energy resources causing illness, and lack of motivation or drive to pursue their ambitions.

However when sexual energy is transmuted it can be redirected along the path of the creation of inventions, art, music, literature and the accumulation of wealth as a result.

If sexual energy is not properly harnessed it will result in this energy moving into the physical realms of lusts and desires for the opposite sex. It cannot be suppressed without given an outlet as it will end up causing havoc in the mind and may lead to self destructive behavior.

So there must be a balance between feeding sexual desires and the time spent on working towards your goals if you want to be successful in life. After all there is only so many hours in the day.

Through will power and the correct method of transmutation it can be controlled and channeled to more worthwhile ambitions.

By studying successful people throughout history these facts exist:

1. The most successful people with the highest achievements learned the art of sex transmutation and the ability to control this powerful emotion.
2. People who amassed great fortunes and created the best works of art, science and literature were motivated by love and sexual attraction.
3. When you take out the sexual glands of both men and women they lose their motivation, drive and ambition.
4. When sex energy is controlled it can lead to unstoppable action and it is the secret of creative ability.

11 Major Stimuli For The Mind

There are 11 major sources of stimulation that make your mind respond emotionally through physical action, creative imagination. Physical action leads to getting important tasks done and stopping procrastination.

1. Lust and the desire for sex.
2. Love
3. The desire for fame, power and money.
4. Music, chanting and singing.

5. Bonding, communication, and connection through friendship and working towards the same goal as part of a truly aligned team or mastermind.
6. Connection through mutual pain and suffering.
7. Auto-suggestion or self hypnosis.
8. Fear
9. Food and Drugs
10. Physical exercise, dance, yoga, breathwork, meditation.
11. Artwork, sacred geometry, mandalas and talismans.

If this stimuli are tuned the right way they can raise the level of vibrational emotional energy and create a strong driving force.

By raising the vibrational energy of your mind through a form of mind stimulation you can tap into a higher state of consciousness and download more effective thoughts.

By raising vibrational energy you can create more energy inside the body necessary to take enough positive action to manifest your dream life targets.

Sex is the most powerful and intense of all mind stimuli and has the most influence on the quality of our thoughts.

Thoughts lead to decisions, and the decisions we make in life is what determines our level of success.

Where do the most successful thoughts and moments of inspirational genius come from?

When you raise the vibration of thought you are able to see into the other realms of thought that are not open to the ordinary vibrations of thought.

A genius mind is developed through the 6th sense of creative imagination. It is these moments of sudden inspiration, hunches and game changing ideas and inventions that go on to change the world.

This can arise from the following sources:

1. The infinite intelligence of the universe.
2. The unconscious mind that has stored every piece of information the brain receives from the 5 sense reality.
3. From the mind of someone who inspires you.

Very few people naturally possess the ability tap into the power of creative imagination without the use of some form of ritual for awakening its potential.

Sexual Energy, Magnetism and Charisma

There are people who can walk into a room and you instantly feel their presence. They have a natural radiance that shines bright and pulls people towards them without much effort. There are others who seem lost in the crowd, who are often ignored with little or no charm, flare or charisma.

People who naturally give off a vibe of natural charisma have a strong sexual energy. However this energy is lost if the person indulges in too much sex or brings their vibrational energy down through bad lifestyle choices.

You can charge this energy up through special rituals and by creating positive life habits that fuel this sexual magnetism.

Rules For Sex Transmutation

Refraining From Ejaculation (For Men)

Every time a man ejaculates he loses a significant quantity of vitamins, minerals, proteins and other vital substances through the release of semen. A considerable amount of life force energy goes into the production of semen and the emotions and feelings created through orgasm. However a man can still orgasm without ejaculation and can use techniques to direct the energy created by orgasm by transforming the energy from the physical sensations to higher vibrational mental forces.

Women are fortunate in the fact they can orgasm as frequently as they want without much loss of energy. In fact more their orgasms can charge them up with a higher magnetic force.

Monks make a commitment to refrain from sex and ejaculation completely as they are aware about the ability to transmute the energy of sex. However you do not need to be a monk if you follow these rules:

1. Do not frequently masturbate - limit to once a week or month, the longer the better.
2. Focus on sex with someone of the opposite sex. This union creates a perfect electrical circuit and with the right partner you can harness each other's sexual energy to create sex magic and an even higher manifesting ability.

Find The Right Life Partner

Almost every successful person I have interviewed claims it is when they finally settled down and got married to the person they love and built a family was when their success accelerated.

Behind every successful man, there is an even more successful woman.

Marriage to the right partner can bring strength, stability and a force of love that drives success.

Having a family and a tight family unit can bring a higher power that motivates and creates a deeper sense of purpose.

Sex transmutation and the force of sexual energy is most easily harnessed and transmuted when in a deeply connected spiritual union.

However you must be deeply honest with yourself and your partner that you are the right match for the long term. Relationships can evolve and do not need to be forever.

However both parties must feel they can grow together in a relationship and if it is towards the same goals and ambitions then the force of love will get you through most hardships.

Consuming High Vibrational Food

Food should be consumed of the highest vibrational value possible. The general rule is that the more alive and potent with nutrition a food is the higher the vibrations it will possess.

The vibrational energy of food that is freshly picked from a tree or the ground is at its highest and rich in nutrients from the sun. The longer food is stored or the more it is cooked will diminish the life force of the food by killing the nutrients and enzymes contained in it.

Most fast food restaurants, large grocery food chains, and even middle-of-the-road eateries serve food of a very low vibrational quality. This type of food does not contain valuable nutrients to the body. Eating high amounts of these foods will most likely result in ill health and low energy.

Many ancient rituals from religion continue to be practiced today to elevate the vibrational frequency of food before it's consumed. Songs and dances may be performed during preparation and cooking time and dishes are blessed. Food that's prepared by loving hands further raises the vibrational energy of the dish. Prepare food slowly, lovingly and peacefully. Above all, the ancient cultures show gratitude by giving thanks to God for his guidance and for the wonderful food they are about to enjoy. Gratitude, truth and love have the highest energy vibrations.

The added benefit of giving gratitude is that you switch off the sympathetic nervous system and switch on digestion mode. This is because a switch in mindset from daily stress to giving gratitude changes your brainwave state and brings you into a calmer state of mind.

Foods with high vibrational energy and nutrients include organic nuts, fruit, vegetables and fresh herbs. Keep to a minimum foods such as meat, poultry and sugar, and foods that are highly processed, microwaved, chemically altered, genetically altered (GMO), contain chemical additives or have being mistreated by a person. They have little or no good vibrational energy and nutrition to add to your body. When you eat meat or seafood, thank and bless the ingredients, because they've sacrificed their lives for our enjoyment.

To lift the energetic vibration of your food, give thanks and bless your food before eating, and even while preparing and cooking it to decrease the negative energy vibration left on these ingredients when eating, it's also important to create an ambience of peacefulness. Think positive thoughts and eat consciously.

Below is a summary of high- and low-energy foods:

High

Fresh, certified organic fruits and vegetables.

Natural supplements, like spirulina, chlorella and colostrum

Herbal Teas

Herbs and spices

Pure or filtered water — reverse osmosis or freshly collected spring water are the best choices

Healthy oils, like olive oil and coconut oil

Coconuts

Avocados

Nuts and seeds

Fermented foods

Raw chocolate/cacao

Maca

Raw organic honey.

Legumes

Grains such as buckwheat, brown rice, amaranth, and spelt

Low

Genetically modified (GMO) food, and conventional food that's been treated with chemicals and pesticides

White rice and flours

Sugars, sweeteners (artificial etc.)

Coffee

Sodas

Alcohol

Meat, fish and poultry

Processed, packaged, canned and fast foods
Unhealthy oils, like canola, cottonseed, margarine, and vegetable oils
Frozen foods
Pasteurized cows milk, yogurt and cheese
Cooked foods, deep fried foods and microwaving food

Physical Purification

To supercharge your sexual energy you must create good lifestyle habits and rituals for being able to cleanse, nourish and purify your body.

This includes the following:

1. Intermittent fasting.
2. High intensity workouts.
3. Regular sauna use alternating with cold exposure.
4. Supplements like niacin, multivitamins and minerals.
5. Regular consumption of probiotic fermented drinks like kefir
6. Breathwork meditation rituals

Intermittent Fasting:

Science can now explain why low calorie diets are more healthy and intermittent fasting (eating every 16hrs) can lead to longevity, more energy and better health.

A simple way to do this is to not eat 4 hrs after waking up, but rehydrate with lots of water as soon as you get up, and not eat 4hrs before you go to bed. As most people sleep on average 8 hrs, this will give your 16 hr fast.

High Intensity Workouts:

Did you know the part of your body which deals clearing toxic waste, called the lymphatic system, does not have a pump like the blood? It relies on skeletal movement instead. Therefore inactivity results in an impaired lymphatic system.

Regular movement and aerobic exercise is essential for you to stay fit and healthy, else toxicity accumulates in your body

In fact every hour you sit each day it is said that you lose 20 minutes of your life! Simply remembering to stretch and move every hour for a few minutes will do you wonders.

A simple exercise routine which takes just 7 minutes a day, aptly called the scientific 7 minute workout is proven scientifically to boost your health better than any long boring workouts.

This is known as high intensity interval training (HIIT) and requires just a chair and a wall, with absolutely no need to go to the gym for hours on end.

Sauna Rituals

Saunas were first utilised some 4000 years ago and much research has been carried out as to the health benefits. A sauna is one of the top methods utilised to flush toxins from the body as it causes you to sweat profusely, forcing toxins such as heavy metals to the surface of your skin.

A deep sweat is a great way to release toxicity from the body which has built up from exposure to various environmental elements such as pollution and also chemicals which are commonly found in refined foods we consume.

Saunas have even been found to burn calories and aid in weight loss due to your body's elimination of toxins, which in turn increases your metabolism. Saunas have also been found to greatly reduce the stress hormone cortisol, which has been linked to weight gain.

Studies also show that due to increased blood flow, endurance has been found to be increased in athletes who regularly use saunas. A recent finding also shows that saunas promote a natural hormone called HGH (human growth hormone), which is vital for maintaining healthy tissue, organs and muscles which rapidly degenerate with age.

HGH is also necessary for strong sexual health into good age, therefore saunas are powerful for supercharging your sexual energy.

Cold Exposure

In India people would call therapeutic cold showers "Ishnan". It literally means the point at which the body adapts to the coldness by raising its own internal temperature.

This happens when blood vessels open with cold exposure, then close again during the course of the cold shower. This causes blood to rush back and flush the organs and glands. This helps remove toxins and improve blood circulation to the organs.

With longer cold exposure the process of Ishnan sets off cytokine release. Cytokines are important for intercellular communication, aiding the development of cells, repairing tissues and controlling immunity.

Prolonged cold exposure can also trigger the release of endorphins that are similar to opiates and are your body's natural pain-killers. Low levels of endorphins are also associated with

autoimmune disease and stress related chronic disease. They are also responsible for our feelings of pleasure, that occurs after any kind of intense workout, as well as having sex.

Research at the Department of Radiation Oncology at Virginia Commonwealth University School of Medicine indicates that short cold showers may stimulate the brain's "blue spot" the brain's primary source of noradrenaline.

Niacin

L Ron Hubbard was a big advocate of Niacin (Vitamin B3) supplementation during sauna use to enhance the detoxification process. A starting dose of 100mg is ramped up to 1000 – 5000mg towards the end of the program,

In more recent times Dr David Roo and Dr George Yu have used niacin and saunas to help detox war veterans from Agent Orange toxicity and 9/11 fighters from toxic debris.

The way niacin works is by mobilizing fat cells to release toxins into the blood where they can be removed by the body. A dose of around 100mg may cause in most people an effect known as the 'niacin flush'. This happens because certain doses of niacin causes your blood vessels to dilate and creates a sensation of warmth. This is a sign the detoxification effect of niacin is at its peak and will be most effective. At higher doses however the flushing effects will actually fade away.

Niacin has also been shown in many studies to be more effective at raising HDL and lowering LDL than any prescribed drug. It can also help with a variety of issues from high blood pressure to skin/acne issues and even depression and psychiatric illness.

Niacin is a powerful way to increase blood flow to your chakras during meditation and breathwork and will increase the power of sex transmutation as a result.

Kefir

Coconut water kefir a drink that provides an incredible dose of beneficial good bacteria without any artificial ingredients or harmful sugars.

Did you know that bacterial cells on your body outnumber your human cells by a ratio of 10:1?

Many different varieties of bacteria are responsible for the optimum functioning of various life functions such as your immune system, digestion, metabolism and even your thoughts and mood.

A healthy gut is the key to optimal health. Ancient healing practices such as Ayurveda and Chinese medicine state that many diseases begin in your gut and so healing should be focused there too.

Your gut naturally contains millions if not trillions of beneficial and pathogenic (bad) bacteria. More and more research is emerging on just how important these organisms are to your overall wellbeing.

Our diets and fast paced way of life has a big impact on the balance of good and bad bacteria in our gut. An overconsumption of refined foods, use of prescription medication, alcohol and leading a high-stress lifestyle can all disturb that balance.

The presence of too much bad bacteria in your gut leaves you with a weakened immune system and you are more susceptible to disease. A healthy balance allows the body to eliminate harmful toxins, chemicals and other unwanted products from the system.

Good bacteria leads to great mental health.

It is believed by many alternative medical professionals that all disease begins in the gut, especially within the Ayurveda world. Your gut is considered to be your “second brain” and not surprisingly so. Your brain and gut are constantly communicating with each other, but it has been found that the gut is sending a whole lot more information to the brain than the brain to the gut. The information is carried through the “vagus nerve” which runs from the brain to the abdomen.

The balance of bacteria in your gut directly influences how the vagus nerve operates as the micro-organisms in your gut release a number of chemicals which influence your mood. For example glutamate is one of the body’s top neurotransmitters that is produced by bacteria in your gut. Glutamate is linked to your memory, cognition and learning.

So having a well developed bacterial flora is highly important to creating sexual energy for transmutation and raising your own vibrational energy.

The Purification Ritual

This is my daily ritual based on my own experience, results and the current research out there.

1. Drink 3-4 glasses of water when waking up. Do not eat any solid food for the next 4 hrs. As a way of life follow intermittent fasting. Read about the incredible benefits here: <http://therenegadepharmacist.com/benefitsoffasting/>
2. You may also benefit from the 3 Phase Gut Repair involving probiotics, colostrum and fasting for removing toxins from your gut and repairing any damage.

3. Drink a bottle of coconut kefir that is rich in natural probiotics. Read how to make it here: <http://therenegadepharmacist.com/how-to-make-coconut-water-kefir-probiotics/>
4. Take 500 mg niacin 30 minutes before working out. You can step up the niacin dose to 1500mg for its full spectrum of health benefits. (optional but highly recommended)
5. Take a high potency multivitamin + mineral combination.
6. Do Power Breathing for 30 cycles followed by Breath Hold. Exercise for 15 – 20 minutes. Usually rotate between the 7 minute workout and 7 minutes on the cross trainer or 7 minutes doing weights.
7. Yoga sun salutations with simple yoga stretches for 5-10 minutes
8. Enter sauna. Do my sauna meditation which consists of the extended exhalation pranayama breathing techniques and visualization techniques. Do Brain Buzz breathwork. Minimum two 20 min dry sauna sessions at 80-100C with 15-20 minute cooling period in between. 3-4 times a week.
9. After the sauna I will go straight into a ice plunge pool and repeat the extended exhalation breathwork exercise in the cold water for about 5 minutes. Drink a glass of mineral water in between each sauna session. Can also add fresh lemon juice to it.
10. Have my special alpha omega smoothie, after the sauna ritual is over. <http://therenegadepharmacist.com/alpha-omega-the-peak-performance-drink/>
11. Make this ritual into a regular habit aiming to do minimum 3 or more times a week. You can also do this for 1 month consistently every day as a way to rehabilitate and cleanse the body.

The Mula Bhanda - Root Lock

Bhanda in sanskrit means 'lock'. Mula means root. The root chakra is the seat of your sexual energy. By learning how to turn this lock on you can draw up sexual energy and the kundalini from the base of your spine to your higher mental forces. It's mastery is extremely powerful for the process of sex transmutation.

Mula bandha is associated with the center of the perineum. In men, mula bandha results from contractions of the muscles surrounding the perineal body, which lies midway between the anus and the genitals. Some texts suggest that by applying light pressure beneath this area (sitting on a soft, rolled sock or a specially designed cushion, or stimulating with fingers) contraction can be stimulated. Postures in which pressure is applied by sitting on the heel of one foot have also been described.

For women, the contraction of mula bandha is said to be felt not at the perineal body, but at the area surrounding the base of the cervix. As in men, a soft cushion at the center of the perineum is said to stimulate the lock.

When combined with breathwork rituals you can harness and awaken the dormant power of sexual energy and transmute it into high vibrational energy for your mind.

Breathwork Meditation Rituals

The ancient people of India, China and Tibet had a profound understanding of breathing and how it directly controls consciousness.

Breathing is the one bodily functions that can run on autopilot or be controlled by our conscious thought.

When you inhale you breathe into your lungs vital oxygen that is essential for creating energy through metabolism. When you exhale you breathe out carbon dioxide and several waste products of metabolism. However carbon dioxide is not a waste product. It is an essential part of the breathing process and carbon dioxide levels must of a certain concentration in the bloodstream and lungs in order for oxygen to be able to leave the red blood cells and enter the cells of our body.

The actual pH of your blood is determined by the concentrations of oxygen and carbon dioxide contained in it. Through specific breathwork techniques you can actually influence this pH making it more acidic or alkaline. In the way an acid-alkaline battery work you can actually create electrical currents inside your body, raising your vibrations, producing more energy and elevating sexual energy by influencing the acid-alkaline balance of your blood.

Power Breathing

This is also known as continuous-connective breathwork. It is part of the rituals of Rebirthing made famous by Leonard Orr and Holotropic Breathwork by Stanislav Grof.

Power breathing involves breathing in more oxygen that your breathe out. There is no pause between breath's as this is why it is known as continuous-connective breathwork.

Deep breathwork for 30-50 cycles leads to acid forming carbon dioxide leaving your system and vital oxygen flooding your body, alkalising your system. Respiratory alkalosis is associated with a variety of health benefits. You also expel stagnant gases from your gut, exercise your abdomen and also gently massage and invigorate your digestive system. At first you may feel lightheaded and may be even slightly euphoric.

By practicing the breathing technique you will influence the ratio between O₂ and CO₂ in the blood and influence the pH value making it more alkaline. This will stimulate an electrical charge to flow through your body. In the ancient Indian system of breathwork a similar exercise known as Bhastrika pranayama does the same thing resulting in a charging of prana (life force energy)

Power breathing is the breathwork exercise involved with the supercharging of sexual energy and the electrical current created will stimulate, awaken and draw up the kundalini energy at the base of your spine and the root chakra.

Combining this with stimulation of the Mula Bhanda leads to a powerful awakening of sexual force.

Breath Hold

In pranayama the breath hold phase is known as kumbuka. Free divers and breathwork experts like Wim Hof and Stig Severinsen who can hold their breath for over 20 minutes use power breathing techniques to alter the pH of their blood so they can hold their breath for longer periods of time.

The Russian scientist Dr Buteyko also showed that a shorter breath hold time is correlated with disease and the onset of aging. The longer you are able to hold your breath, the more efficiently you can metabolise oxygen and the healthier you are. The goal of pranayama actually is to be able to breath less and extend the length of breath hold time.

The longer you hold your breathe you begin to get cerebral anoxia due to low oxygen tension in the blood. This causes more blood vessels to awaken that may not have been used before as we only use a certain amount of our blood vessels at a time. This increases blood flow to the the brain and other organs in the body.

The lack of oxygen also creates a short sympathetic release followed by going into a calm parasympathetic state after the final inhalation. This is how you create a controlled immune suppression as well as hyper-oxygenating your body. However you should build up your retention time gradually with practice, rather than trying to compete as it can cause harm if you are not used to such low oxygen levels for extended periods of time.

Normally you would never be able to hold your breath that long, but the power breathing/deep breathing in the beginning changes your oxygen levels and actually raises the pH of the blood allowing you to retain your breath for much longer.

However the real power of the breath hold phase is the stillness of mind and the power of meditation and visualization you can achieve. Your power of meditation is heightened and you can use intention to direct energy to wherever you may need it in your body. This is achieved by placing pressure on this area through conscious thought and the tightening of muscles in the area. You can direct this energy you create through power breathing for self healing or to your midbrain by rolling up your eyes when they are closed, focusing on your third eye and tightening pressure on your forehead area.

After the breath hold phase is over when you cannot hold your breath any longer, you take a big inhalation. This brings in new vital oxygen and due to the increase in carbon dioxide in your blood and lungs through holding your breath, this energy rushes into the cells of your body. You can further apply energy locks like the mula bhandha, and visualization techniques to direct this energy.

Brain Buzz Breathwork

This type of breathwork involves stimulating and vibrating the midbrain. The midbrain is the seat of your superconscious mind. Awakenning its potential can lead to heightened cognitive and super sensory powers regarded as the 6th sense. This can awaken powers of intuition that will allow you to make better life decisions, able to read people's energy and sense whether they are a right person to bring into your life, and to be able to visualize and magnetically attract what is most right for you in life.

This breathwork is known as Brahmari in pranayama which translates as humming bee. By using the sacred chant of AUM, and focusing on the Mmmmm part of the chant, you can create a buzzing sensation that resonates around your head. You can accentuate this vibration by placing the tip of your tongue on the roof of your mouth so that it literally points to your midbrain. By altering the pitch of your chant you can tune the resonance that feels the most in harmony with your midbrain. You will feel a glowing sensation as you discover the right resonant vibration for you.

Seashore Breath

This type of breathwork is also known as Ujjayi breath in pranayama. You constrict the throat and focus on making a sound like the waves of the ocean rising up and down against the seashore. It is a slow rhythmical breathing method that will stimulate the nervous system, hyper-oxygenate your body and increase your inner digestive fire. It is an energising breathing technique that will further help you raise your vibrational energy and sexual magnetism.

Alternate Nostril Breathing

In pranayama the left and right nostrils and airway channels are called idla and pingla. During the day you usually only actually breathe through one nostril at a time. If you are breathing through your left nostril it means you are using more of your right brain, and vice versa if you breathing from your right nostril. You can actually check this yourself by holding your finger to each nostril and feeling which side the air is flowing from.

When you perform this ancient breathing technique you stimulate both sides of your brain and awaken whole brain function by alternating between which nostril your breathe in and out of.

This is a powerful purifying and harmonizing technique for your blood and nervous system too.

When you have mastered the purification and sex energy creation and transmutation of S.O.M.A you can learn to harness it's power to create the reality you want using a 3 step manifesting and subconscious reprogramming system.

Use Of Mandalas, Talismans and Sacred Geometry

From ancient times sacred geometric shapes such as yantras, mandalas and the flower of life symbol have been used as meditation tools as well as divination tools for manifesting and ritual magic.

By simply gazing at sacred geometric shapes your brain and mind are stimulated raising vibrational energy, creating a burst of alpha brainwaves, and enhancing creative imagination.

Sri Yantra

The Sri Yantra is a 12,000+ year old symbol considered the mother of all Yantras. Yantra are designed on the principles of sacred geometry and are used for meditative purposes.

Each Yantra has a center point of focus from which the mathematically precise designs radiate.!

'Yantra meditation helps us clear the content of our consciousness so it can become a pure mirror, reflecting without interpreting. All That Is exists infinitely in this emptiness, this no-thing-ness. When the mirror of our consciousness is left without any content, this is enlightenment'

–Ivan Rados

The Sri Yantra is a master manifesting symbol for obtaining and fulfilling all worldly desires. It has been shown in studies to magnify alpha brainwaves that are associated with creative imagination and visualization. It can also create a calm and clear mind just by gazing at it.

Many highly successful artists and entrepreneurs claim it is this sacred mandala that helps to bend reality in their favour.

Success At A Cellular Level

Did you know that, with the exception of a few brain and heart cells, every single cell of your body is replaced every seven to 10 years?

As noted in *The New York Times* (2005),

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 seven to 10 years.

Isn't that amazing?

Your skin cells are replaced every two 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 expectancy of only five days!

Your body is perpetually renewing itself. But, the quality of what it regenerates is directly tied to the quality of fuel you give it. And I'm not just talking food... your thoughts are fuel, too.

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 University

This proves that you have the power to influence your health, just with your thought patterns. So, if you want to grow strong, vital and happy cells that will support you in your quest for optimal health, you need to fuel your mind with constructive, optimistic, self-empowering thoughts!

Easier said than done, right? Let's look at this more closely.

Understanding the Mind and the Source of Thought

If I asked you where your mind is located, what would you say?

Almost everyone points to his or her head. I used to think this too, but it turns out 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.

The functional units of life are cells, and when they become organized into communities, they become YOU!

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.

According to Carolyn Bohach, a microbiologist at the University of Idaho, there are actually 10 times more bacterial cells in your body than human cells! In fact, there are over 500 species of bacteria living in your gut!

Research has shown that a large majority of these beneficial bacteria actually help us function in a healthy way. In fact, the Human Genome project, which aims to map out every human gene, revealed that around 40 genes in the human body are actually of bacterial origin!

So, in truth, you are a vast community of cells of both bacterial and human origin, each with its own mind, but together forming a collective consciousness of one central mind.

Dr. Bruce Lipton writes extensively about this in his bestselling book, *The Biology of Perception*. He is one of the pioneering research scientists in a new field of biology known as epigenetic biology.

According to Dr. Lipton,

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 behaviours and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviours and dysfunctional emotional management, like a bad driver, stress the cellular "vehicle," interfering with its performance and provoking a breakdown.

"As Above, So Below"

According to the ancient Vedic scriptures: "As above, so below." Somehow, the ancients knew that the rules responsible for what happens on the deepest quantum level are exactly the same as the rules of physics, chemistry and biology. These rules control everything, from the individual at a cellular level 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 structural system, an immune system, a reproductive system and a cardiovascular system. A cell also interacts with other cells in its community via special signals, in much the same way we communicate with fellow members of our community through 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 unfavourable conditions.

Cells can 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 passions, to do more of what I really love, I got better. But not just better health... I became more successful, happier and wealthier than ever before in my life.

Knowing what I know now, I believe if I were to go back to my old job, I would probably be able to handle the environment a lot better and even THRIVE. I was stressed back then because of how my mind perceived the environment.

Your beliefs and perception of life events can be changed by outside influences; these influences can make dramatic changes in 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 a situation. For example, mankind never believed the 4-minute mile could be achieved, and many tried and failed to meet this goal. But once Roger Bannister did it in 1954, it was achieved repeatedly, over and over, by many other people in a short period of time. That's the power of belief.

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 months left to live.

Others, facing similar circumstances, choose to live a life of full of love and gratitude; they overcome their illness, or at least make peace with their illness, and enjoy every moment of life. I was told by my gastrointestinal expert that I would have ulcerative colitis for life, and because my symptoms were so bad, I would probably need high doses of medication every single day. As you can imagine, I was horrified! The thought of never leaving my house and being stuck to the toilet seat for the rest of my life was incredibly depressing.

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. For a long time, I believed what the doctor told me. And, I remained sick and house-bound. But then, something miraculous happened....

Deep down inside, I knew this could not really be true. I still had so much to give. What about my 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 and communities of likeminded souls. This new information gave me strength and the belief I could get well again. My PERCEPTION of and BELIEF in my disease changed.

As I 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 body mind 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 a complex system with many different, interconnected parts working harmoniously together.

It includes:

The brain stem – responsible for biological functions like eating, breathing, sleeping, sex, instinct and reflexes

The limbic system – a set of brain functions primarily responsible for subconscious interpretation of stimuli from the five senses

The neocortex – the primary centre of conscious, cognitive control

The more important areas to consider are the limbic and neocortex because they are responsible for processing the energy, or information, from your five 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 neocortex for conscious processing (thinking, planning, etc.). This means 99.9 percent of information from our five senses is only subconsciously processed!

The limbic system controls the experience and expression of emotions, as well as the automatic functions of the body. By producing emotions (i.e. fear, anger, pleasure and sadness), the limbic system enables us to behave in ways that help us communicate and survive physical and psychological upsets.

There is much debate whether the subconscious mind only resides in the brain. The limbic system is closely connected to the entire nervous system and receives signals from every major cell in the body. There is compelling evidence that the subconscious mind is really part of a much greater collective consciousness of the entire body.

Super Powers Of Your Brain Stem

All essential functions of the body are controlled by the brain stem without any conscious effort. If we consciously had to do all the work our brain stem does on auto-pilot, we would not be able to do anything else, without fear of killing ourselves by neglect or mistake. If the neo-cortex and

our brain stem were not separated then life would be very different. Just a single harsh word from someone would stop us from breathing. One kiss from a lover might overload our hearts. Our limbic system that separates the neo-cortex from the brain stem, makes it possible for us to stay alive without having to think about it.

However there are times when the information in the neo-cortex has an immediate and dramatic effect on the function of the brain stem. When the neo-cortex believes a piece of information is 100% true, then it can have an effect on the function of the brain stem.

When a piece of information enters the neo-cortex, it critically examines it before it is allowed to form an imprint on the brain stem. However if the information is believed absolutely it is allowed to form an imprint on the brain stem.

The amazing power of absolutely belief with pure conviction is that it can affect the most basic functions of life itself.

An example of this is the strange phenomenon of being able to make a blister appear on a subject's hand under deep hypnosis. In a hypnotic state the function of doubt in the neo-cortex can be suspended temporarily, and you can plant a suggestion that a coin is scalding hot and causing a burn on a subject's hand, even if the coin is not actually hot. The suggestion goes straight to the brain stem, causing it signal an inflammatory response.

It is also the mechanism by which techniques like meditation, positive affirmations, hypnosis and scientific prayers can have such magical effects when used correctly, as you are about to find out later in this book.

'Even as a small child, you witnessed the healing power of your brain stem at work. If you scraped your knee, you could watch day-by-day as your body repaired itself, eventually becoming a brand new patch of skin. This kind of phenomenon, although commonplace, is really quite miraculous.

But what does the brain stem have to do with all this? Your brain stem is like a hidden conductor of the great symphony that makes up the intricate systems of your body. Without any conscious direction from you, it sends out messages to the body, telling your heart how fast to beat, commanding your white blood cells to spring into action, directing your digestive system to go to work, and coordinating a myriad of other bodily functions that continuously support your health and well-being.

The role of the brain stem is essentially to maintain your state of equilibrium. Your body is designed to maintain a consistent state of health. You could say that any prolonged disease represents lack of equilibrium in your body.

The great majority of the diseases of modern society, as you probably already know, are the result of lifestyle rather than some outside influence. In a way, through the choices we habitually make, we get in the way of our brain stem, and it never really has the chance to do its job.

The part we have control over is the prefrontal cortex, the thinking part of the brain. To put it simply, people today think too much. The thinking brain is constantly sending messages that keep our bodies in a state of alarm, and they never have ample time to recover. The trick is to quiet the thinking mind and gain control over the content it produces so that the brain stem has a chance to coordinate the equilibrium that it exists to create.' Ilchi Lee, Brain Respiration

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 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 continued to function normally for many months.

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

Surely, you’ve heard the expressions, “my gut instinct,” or “my heart just isn't in it.” Why do so many people say these things?

Howard Martin of the 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 experienced severe nightmares

with torturous visions of being attacked and killed. 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 a portrait of this man. With this new information, the police were actually able to arrest the man responsible for the murder of the girl whose heart had been donated.

Where did this knowledge come from? Certainly not the brain of the murdered girl! The cells of her heart carried that information.

In recent years, scientists have discovered that the brain and gut “talk” to each other. According to *Medical News Today* (2009),

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, which comprises the brain and spinal cord.

So, is our mind really in our head?

The ancient Taoists of Asia certainly didn't think so. They believed we have three minds. According to Grand Master M. Chia:

The Three Minds correspond to the Three Tan Tiens or major energy centres 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 Tiens. The Three Tan Tiens correspond to the Three Minds: Upper, Middle and Lower.

In ancient Hinduism, it was also believed that the mind has separate parts: an INNER MIND and an EXTERNAL MIND.

The inner mind is associated with the autonomic nervous system, which regulates things like heartbeat, breathing and blood flow... all operating on autopilot, without conscious thought. This can be correlated to the Western idea of the subconscious mind.

The external mind is associated with thinking and problem solving, which can be full of worry and fear; this correlates to the conscious mind.

When you use certain meditations to quiet the (external) mind into a single focus, you can develop an awakening of the inner mind, where magic 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 the 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

Inspiring Examples of the True Power of a Powerful Mind

A weak mind full of stress has been directly linked to a weak immune system.[i]

On the other hand, a strong mind has been responsible for some of the greatest human feats of endurance and recovery. And, minds that know how to play the game of life to their advantage have created the world's greatest leaders, teachers, artists and innovators.

Here are some examples to consider:

Nikola Tesla

Nikola Tesla (1856-1943) invented the A/C electrical supply system that powers the modern world and pioneered many of the greatest inventions our planet has ever seen. He used to experience intense visions where he felt he was being given divine knowledge. These experiences lead to amazing discoveries that changed the world forever.

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

In the words of journalist Alex Corrigan:

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?

Dr. Deepak Chopra is, today, the leading expert on 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 series, enjoys top popularity ratings; his celebrity clients include Demi Moore, George Harrison, Michael Jackson and Oprah Winfrey; his Chopra Centre for Well Being in La Jolla, California, is pioneering mind-body health; his lectures are hugely attended worldwide. His teaching blends physics and philosophy, Ayurveda and modern medicine, timeless wisdom and personal insight, and he achieves 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 counselling his patients to change their self-destructive habits, then began to recognize that he could not make such changes in his own life.

Then came a 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 his wife, Rita: "This looks fantastic!"

The following day they enrolled in 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*

How Your Mind Works

Your mind is composed of three separate systems:

1. The conscious mind;
2. The subconscious mind; and
3. A higher-level mind known as your superconscious mind (named by the infamous Austrian psychoanalyst, Carl Jung).

The conscious mind engages in the thinking that expresses free will, creativity, decision-making and problem solving.

The subconscious mind is the unconscious mind that controls your autonomic functions, such as your heartbeat, breathing, digestion and circulation. It is like a large database of programmed behaviours.

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*.

The superconscious mind contains the collective consciousness of the entire universe. It is omnipresent, and each human mind is an individual aspect of this unified 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 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 on 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. They have confirmed that everything is energy, even our thoughts.

Everything that has been created by our greatest authors, artists, musicians, entrepreneurs and inventors sprang from the creative energy that lies within the superconscious mind.

But, there is still a lot of debate about 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 exists at a level higher than our human mind. This layer or energy field, known as the "infinite intelligence" or "collective unconsciousness," is where we are completely unified 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 accomplishment that benefits the whole of mankind, collectively, far beyond just yourself.

Have you ever felt driven by a force so great that you felt you could go on and on for hours... where you forget to eat or sleep, and you don't feel tired, hungry or thirsty? This happens when we are directly harnessing the energy of the superconscious mind. This is what is meant by "being in the flow."

Tapping Into your 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 with your emotions, the easier it is for you to sense the collective super consciousness of people – and even non-human organisms.

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

If you are experiencing limitations in your life, these are 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.

When your conscious mind is aligned with your subconscious mind, you can create a state of congruence that channels energy and information from the superconscious mind.

You do this through a willingness to let go of your beliefs about yourself and the world around you, and opening yourself to the information, power and the love flowing into your centre of consciousness directly from the superconscious mind.

During the first six years of your life, you had very little conscious brain activity. You were unconsciously acquiring the behavioural patterns necessary to become a normal, functioning member of society.

Using an EEG machine, which measures brainwave frequencies, we can tell that during the first six years of life, we are predominantly in “hypnagogic” alpha, theta and delta states.

In these state, we absorb large amounts of information and pick up behaviours from our parents and siblings, simply through observation. They don't even need to actively teach us things; yet we are absorbing volumes of information from them, both positive and negative.

These behavioural models are very important in the formation of the subconscious mind. If your family members fill you with praise, then you will become confident, infused with a sense of security in your own abilities.

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

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

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

How to Upgrade Your Conscious 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.

Other aspects of your life, such as the beating of your heart, your digestive functions, your breathing and circulation, are controlled by your subconscious mind. They are completely independent of your conscious mind.

Your subconscious mind also carries out your hardwired habits. Have you ever driven home from work and realized that you have no recollection of the journey home? Because you have

repeated that same journey so many times, the activity of driving home has been hardwired into your subconscious mind. It takes over, and you are no longer consciously aware of the journey.

The same principle applies to riding a bike. The first time, you have to concentrate like crazy! But after much practice, the process becomes completely natural and you automatically remember 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 that your subconscious mind does NOT get involved in 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 act accordingly. Most people's thought patterns go something like this:

Conscious Mind: "I want more money."

Subconscious Mind: "But people won't like me; money is evil; it's too much hard work and stress!"

Goal cancelled. Start the self-sabotage sequence.

Conscious Mind: "I want to lose weight."

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

Goal cancelled. Start the self-sabotage sequence.

We self-sabotage the things we really want in life because, deep inside our subconscious are old patterns of thinking.

For the same reasons, smokers continue to smoke, even though they know it does more harm than good. The habit of smoking has become hardwired into their subconscious minds.

At one point in time, they consciously accepted the idea that smoking is okay. Over time, the repetitive action of smoking turns into a habit that becomes ingrained in the subconscious mind.

If you know a smoker, or if you are one, I am sure you have noticed how easily they can flip out a cigarette, light up and continue talking without giving it a single thought. This is because smoking has become a subconscious habit. It no longer requires any conscious thought.

A non-smoker, on the other hand, would probably have to stop the conversation and think about each step required to light up a cigarette. (And then they still have to wrestle with the internal dialogue about whether this is a smart thing to do!)

The subconscious mind is a system of shortcuts, bypassing the conscious mind and streamlining our mental processes. Without the subconscious mind, the conscious mind would be completely overwhelmed. It would be so preoccupied with the various functions of the body and protecting you from danger that it would never have the resources to come up with new, creative ideas.

So, the separation of the mind into two parts was a very necessary step 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 means your subconscious mind can be programmed or reprogrammed when 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 with super powerful apps (your thought programs that navigate you through life), free from viruses.

‘Negative thought viruses’ clutter up your subconscious mind’s normal functions with poor instructions that generate a lack of abundance, poor relationships, chronic disease and pain. Another analogy would be to see your subconscious mind as a tape player that plays back old recordings of your habits whenever your environment triggers them.

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 into your subconscious mind. This allows you to reduce stress and manifest the results you really want to attract in life.

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

Unlike your conscious mind, which responds 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 your subconscious mind.

This, combined with sounds, music and ancient breathing techniques to induce the alpha brainwave state (associated with relaxation, peak performance and heightened creativity), can produce a very powerful subconscious rewiring effect.

It is the power of suggestion 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 that are hardwired into your subconscious. You are laying down new patterns by directly communicating to your subconscious through your conscious mind. When a 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 the immune system. We also know our subconscious is responsible for the proper functioning of the immune system.

When I began the process of speaking directly to my subconscious every night, just before going to sleep, I was correcting the old, bad patterns that had formed as a result of STRESS and WORRY. I would lie on my bed and repeat the following statement while listening to my 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 as I became more motivated to optimize my lifestyle too.

Not only that, but I gained a new sense of confidence, and magical things started to happen in my business and relationships. As my anxiety and stress declined and I gained more energy, 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 the job I hated, cure myself of a debilitating disease and create 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 speak directly to the Universe.

In the ancient Indian Vedanta, the same statement is “Aham,” and this is the same meaning in Hebrew as “Amen.”

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

Scientists have recently revealed that the universe is made up of a singular energy that runs through all things. Furthermore, we as human beings have the ability to manipulate 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 behavioural “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

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

This is why so many people go through life from one failure to the next, starting projects but never finishing them; bouncing from relationship to relationship yet never finding true love; careening from one disaster to the next.

They try to change their circumstances – where they live, where they work, who they partner with, what they do for a living – without changing their way of thinking. It’s not surprise that they end up with THE SAME RESULTS!

T. Harv Ecker, the bestselling author of *The Millionaire Mindset*, once said, “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!

Cultural Hypnosis

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

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 its ideas and memes that other people, some seeking to shape your thoughts on things, have made up and passed along. Control Icons. It teaches us to consume, not to create... to be a passive observer rather than an EMPOWERED CREATOR!

Terence McKenna (1946 – 2000)

We all have the power within us to create amazing things... 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 don't need. We live in a "keeping up with appearances" community, where the "in crowd" is continuously striving to model 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 this 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 not your fault!

Unfortunately, our economic system of perpetual growth is designed to create a culture of consumption. That is how the "rich get richer and the poor get poorer."

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 it's a bad idea. You may buy an expensive car you know you cannot afford.

This is a primitive survival mechanism, designed to keep your SOCIAL STATUS high because, for many people, being in the "in" group is an ingrained instinct designed to make sure they are acceptable to the opposite sex. This instinct ensures 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 poison, 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 optimum thinking, with thoughts that maintain their genius. As Anthony Robbins says, “Your motion becomes emotion.” Even a 7 minute exercise routine each day is enough to get the blood flowing around your body, fuelling the cells that make up your collective consciousness. You will discover this routine later on in this book.

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 behaviour 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 a 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 performing so well under the influence.

This then becomes a negative, destructive habit where the drug literally “owns” their mind. Many authors, actors, musicians, celebrities, sports stars and high profile business people, who broke free from those negative habits, found a safer and more 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 practices of yoga and meditation have become widely accepted as powerful systems to optimize our 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 percent, disease had regressed in 43.7 percent and progression was arrested in another 46.5 percent 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 available than that which is achieved through the regular practice of yoga and meditation. I am a major supporter of meditation, as it helped me so much in reducing stress and rewiring my thoughts.

Now, for many people meditation can be a challenging process. You may think that it's a long, boring routine that takes endless hours of practice. I thought that way too, until I discovered brainwave entrainment, which is now a widely used technology for achieving deep meditative states in just minutes.

Rather than taking years and years of practice, the Alpha Healing System incorporates this modern breakthrough in audio technology that allows the users to reach DEEP meditative states after just a few uses.

How Sound and Music Create a Safe Environment for Your Cells 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 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 on 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 Gussseau), 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 emphasized that healthy cells were not affected by such frequencies.

- Guardian (1988)

In other news:

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.

- A study conducted at Colorado State University (1991)

To understand how music and sound has such a profound effect 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 340 meters/second. Each sound has its own specific frequency, and humans can hear frequencies from 20 to 200 cycles per second.

These waves travel through the air and our ears pick them up, turning them into electrical signals that move to the brain where they are translated into sound. Whether that signal is received as noise, music or a person talking, your brain does an amazing job of differentiating each and every signal.

The term Cymatics was coined by Dr. Hans Jenny (1904-1972). In 1960, Dr. Jenny performed ground-breaking experiments to show the effect sound has on materials for the first time. He developed the phrase Cymatics for 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 a physical representation of the sound's vibration in the material world.

Dr. Jenny has also pointed out the resemblance between the shapes and patterns we see around us in physical reality and the shapes and patterns he generated in his investigations. He was convinced that biological evolution was a result of VIBRATIONS, and their nature determined the ultimate outcome.

He speculated that every cell had its own frequency, and that 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 said that the key to understanding how we can heal the body with 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.

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.[iii]

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 that you really love, sounds 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. This reduces stress and stimulates growth and repair.

Music is 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 start to happen inside you. As proven in many studies, music can:

1. Mask unpleasant sounds and feelings
2. Slow down and equalize brain waves
3. Influence your respiration
4. Influence your heartbeat, pulse rate and blood pressure
5. Reduce tension in your muscles
6. Influence your body movement and coordination
7. Influence your body temperature
8. Regulate stress-related hormones
9. Boost the immune function
10. Change your perception of space and time
11. Strengthen your memory and learning
12. Aid your productivity
13. Enhance romance and even sex

14. Stimulate digestion
15. Improve your endurance; and
16. Provide a sense of safety and well-being.

Get In Sync To The Rhythm Of Life

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. 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 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.

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 outdoors 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 corresponds to Alpha brainwaves.

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 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 world’s 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 in many experiments 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.

What Is Brainwave Entrainment?

Sound has a profound ability to alter your brainwave state particular when it has a RHYTHM to it. Our ancient ancestors knew this instinctively.

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:

Gamma Waves are the brainwaves are the apex of human brainwave frequencies of 24hz and higher. They have been associated with peak concentration, and your brains optimal cognitive functioning.

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.

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.

Trypnaural 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, DHEA and dopamine production.

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.

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

1. **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.
2. **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!
3. **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 writes 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.”
4. **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.
5. **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.

6. **“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.
7. **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.
8. **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.

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's 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 and melatonin.

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.

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 sharing 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.

Don't Forget To Smile

When you meditate or doing any activity for that matter, don't forget to smile. It can do wonders to your meditation experience and quality of life in general

Here are some very interesting facts about smiling that you may not already know.

1. Smiling releases natural pain killing endorphins and serotonin, even when a smile is forced!

It's like a natural feel good antidepressant! Just by smiling, your mood is lifted. You can literally trick your body into feeling good! It actually takes more effort for your body to frown than to smile.

So frowning sends a signal to your mind something is wrong and this leads to stress. Try to smile at least 1 hr a day consistently for a week and see what happens to your stress levels and mood.

2. Smiling reduces your blood pressure.

If you have a blood pressure monitor, take a reading before and after smiling for a few minutes.

Notice a difference?

3. Smiling makes you more attractive + successful.

People are more attracted to you when you smile. It makes you appear more confident and a safe person to be around.

Successful people are successful because of their ability to attract the right people. So when you are in a meeting or at work smile brightly and see what happens to your day when you do!

When I was working as a pharmacist I think I spent most of the day for years frowning.

No wonder my staff at work were miserable!

Smiling is contagious so send a big smile out next time you are in a room full of people and see what happens!

Joseph Murphy and The Power Of Suggestion

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 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 S.O.M.A

As a member 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:

1. Faster Results - you can fit it into your busy daily schedule; 15 minutes a day does the trick
2. 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.
3. 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!

Brainwave Vibration (by Ilchi Lee)

Brainwave vibration is a technique created by Ilchi Lee, the founder of the South Korean Institute For Brain Research. Ilchi Lee is one of the first people in our modern era to demonstrate the blindfold activation in children between the ages of 5 – 15 using this method, and also, but not as common, in adults who regularly practice this technique.

Brainwave Vibration combines qi-gong energy meditation and visualization techniques, rhythmical music, yoga exercises and a special head nod exercise that stimulates the brain stem directly.

This special head nod exercise is done in rhythm with music composed of simple drum patterns with grooves that are designed to resonate with alpha and theta brainwaves.

The effect of this is a relaxing of the brainwave state into the alpha/theta level, a calming of the nervous system, and a resonant effect boosting the activity of the interbrain and midbrain.

The Head Nod Method

This is one of the most simple and convenient forms of Brain Wave Vibration. It can be done anytime during the day to refresh your brain, even sitting at a desk while working or studying.

The Head Nod Method is designed to deliver vibrations directly to the brain stem for deep relaxation and release of tension.

1. Sit in a chair with your arms resting comfortably at your sides or in front of you on a desk. You may also sit on the floor in a half-lotus posture. When sitting in a chair, do not lean your back against the chair, but keep your back straight.
2. Start playing rhythmical music of around 50 – 60 BPM. Trypnaural ultra sessions and the amAya drum yoga sessions are perfect for this. You will find them inside the AlphaHealingSystem.com members area.
3. Close your eyes and breathe comfortably, relaxing your body completely.
4. Begin gently shaking your head from side to side in rhythm to the music. It is normal to hear some noise from the neck as you begin, but this will lessen with practice. Breathe fully, focusing especially on the exhalation.
5. Focus on your brain stem, located at the point where your head pivots left and right.
6. Visualize your brain stem and entire brain lighting up as your go deeper and deeper into the shaking motion. Your head may also go up and down or follow the shape of an infinity symbol as you go deeper into the motion.
7. After a few minutes, slowly return to external awareness, breathing in and exhaling fully.

Ilchi Lee, author of Brain Wave Vibration, is president of the Korea Institute of Brain Science and the International Brain Education Assn. He also is the founder of Dahn Yoga and the author of more than 30 books. Visit www.ilchi.com and www.brainwavevibration.com. Excerpted with permission by BEST Life Media at www.bestlifemedia.com.

Super Brain Yoga

Super Brain Yoga is a simple and effective technique to energize and recharge the brain. It is based on the principles of subtle energy and ear acupuncture. This powerful technique is explained in Master Choa Kok Sui's latest book *Superbrain Yoga*®.

Pilot studies on the effects of Superbrain Yoga on school children include children with disabilities such as ADHD/ADD, developmental and cognitive delays, Down syndrome and specific learning disabilities.

Children studied showed significant increase in academic and behavioral performance, greater class participation and improved social skills. In one study, the result of an electroencephalograph showed increased amplitude in the parieto-occipital region of the brain following the Superbrain Yoga. This indicates increased brain electrical activity following the exercise. More studies on the effects of Superbrain Yoga® are being conducted.

This resource shows you exactly how to do the surprisingly simple, Super Brain Yoga routine. <http://www.wikihow.com/Do-Superbrain-Yoga>

Sleep

Your unconscious mind is responsible for important functions such as your heart rate, your breathing and even your immune system that keep you healthy and alive. It is literally the hard-disk of a super bio-computer.

Your unconscious mind needs a restart or defrag to clear the clutter, especially when you have been using it a lot and stressing it out.

Sleep and rest is that time where your unconscious mind starts to re-organise its files, allowing your body to recuperate so that it can work at its peak performance.

You know how horrible you feel, and how drained out you feel the next day if you did not sleep well. Sleepless nights have become a pandemic in our busy fast paced world. This is the reason why stress related illnesses like diabetes, obesity and heart disease have skyrocketed in recent years.

This is the same reason why top peak performance experts, pro athletes, and why the super rich all state that getting good rest and sleep are essential for success and well-being.

Deep Sleep Is Essential For Peak Mental Performance

REM (Rapid Eye Movement) sleep is a very important part of our sleeping pattern. This stage of sleep is the most important phase of sleep that we experience. Rapid eye movement sleep is the 5th stage of our sleep pattern which generally happens around 60 – 90 minutes after go to sleep. For the period of REM sleep our eyes tremble rapidly under our closed eyelids; our respirations become shorter and irregular, our heart beat gets faster and blood pressure increases. During REM sleep, our brain is nearly as active as when we are awake. During this phase of sleep, our muscles become paralyzed (atonia) which prevents us from acting out our dreams.

REM sleep can influence memory

REM sleep is very important because it's a time when our brain areas associated with memory become active. It's theorized that while we are in REM sleep, dreams are the result of the data being absorbed during the day being analyzed and filed away. REM sleep seems to improve upon our procedural (how to do things) memory. Non-REM sleep, as in a daytime nap, seems to improve declarative (easily recalled) memory. During REM sleep we can enter a type of virtual reality, where some things we dream may have symbolic significance, which is different from our waking state. It is somewhat surprising that the brain's filing system can always make space for new data.

Significance of REM sleep for restoring energy

REM sleep is restorative. When we don't get enough REM sleep, we sometimes feel like we haven't slept at all. Restorative sleep is controlled by circadian clock which is a natural mechanism within us. Our circadian clock tells us when it is time to go to sleep and when it is time to wake up.

To experience full restorative sleep, we should try to sleep according to the inner clock within us, rather than the clock on our bedside table. Oftentimes, those of us who work during our normal hours of sleep, have to change our circadian rhythm to accommodate our working and sleeping hours.

To enjoy full restorative sleep, we should be able to sleep according to our circadian inner clock. A hormone, called Melatonin, is responsible for helping us set our inner clock. Without our circadian rhythm, our sleeping periods we would not feel as rested as we should.

Sleep (all the phases) restores the body as if we have batteries that require recharging. The amount of sleep a person needs is somewhere between 6 and 9 hours of sleep per day or night.

The 6 to 9 hours of sleep per day or night gives our body the time it needs to get through all of the required phases of sleep. REM sleep is extremely important because it is the restorative part of sleep.

Conclusion

No one exactly understands the phases of sleep, or how sleep works to restore us. We just know that we need it to survive. Individuals who consistently lack the REM cycle in their sleep pattern can run the risk of falls, injuries, car accidents, as well as physical and mental health problems. Lack of REM sleep can have a detrimental effect on concentration, motor skills and memory. Sleep deprivation can affect the immune system and the nervous system.

Source:

<http://voices.yahoo.com/how-important-rem-sleep-our-physical-mental-6262038.html?cat=5>

How Trypnoisis Helps You Get More R.E.M Sleep

Trypnoisis technology that you will find inside S.O.M.A is special hypnosis powered by Trypnaural, uses advanced isochronic tones that is a powerful form of brainwave entrainment.

These special tones that are embedded into the hypnotic music are designed to take you from highly active 'beta' state through to alpha, then deep delta for the deepest sleep you can possible get.

Hypnosis is actually a greek word for sleep. The special hypnosis script has been created to help you drift off into deep R.E.M sleep, but also it is designed to tune your mind for peak performance when you wake up, by reprogramming your subconscious mind for empowering life habits that last.

Melatonin – Your Vital Hormone

Melatonin is a hormone produced by your pineal gland that regulates your wake/sleep cycle. One of its main roles is to help you get to sleep.

Science strongly shows how melatonin could be the most vital hormone for your health. 'Melatonin has roles in cancer prevention, strengthening your immune system, and may even slow down cellular aging; in fact, it has been the subject of preclinical research on over 100 different disease applications.¹ It's your body's "Superhero of the Night," and light is his number one nemesis.' Dr Mercola

Artificial lighting actually disrupts melatonin production and in our 24/7 world where the cities rarely sleep or close for the night, many people are becoming deficient in this power hormone. Melatonin – Anti-Inflammatory, Anti-aging, Mood Booster.

You learned earlier about the acid-alkaline balance and the importance of mopping up excess oxidants by antioxidants. Melatonin is actually one of your most powerful natural antioxidants. It has a very powerful anti-inflammatory effect and without it, it causes your thymus gland, a major component of your immune system to actually shrink in size.

Studies have shown that a deficiency of melatonin can lead to the following health problems:

1. Decreased immune function
2. High blood pressure and heart disease.
3. Increased risk of Alzheimer's, cancer, depression, obesity/weight gain and other autoimmune disorders.

The moment you turn on your light at night, you confuse your brains interpretation of whether its day or night. Your brain thinks its day-time and this signals your pineal gland to stop producing melatonin. Even if you just switch on the light for a second, your melatonin pump usually does not switch back on till the next night.

How To Increase Your Melatonin Levels

You can actually artificially increase your melatonin levels by taking supplements and in some cases doctors are prescribing melatonin supplements for issues like insomnia. You can also find melatonin in a variety of foods such as bananas, oats, rice almonds, coriander, and goji berries. In recent times medicinal marijuana has been widely legalized around several states in the US and one of its main prescriptions is for insomnia. Cannabis actually creates a huge surge in melatonin production from the pineal gland. Cannabis has also shown in various studies to decrease the growth of cancerous tumours and low melatonin levels are associated with an increased risk of cancer.

1. **Try to get real natural light exposure daily** – You pineal gland only produces melatonin when there is a sufficient contrast between your level of light exposure in the day compared to night. So it will not begin to produce melatonin if you are in darkness most of the day as it wont be able to tell the difference between night and day.
2. **Sleep in complete darkness when possible** – A slightest glow from an alarm clock, a laptop or mobile phone and even street lights will disrupt the sleep/wake cycle and prevent the production of melatonin, as artificial light like this confuses your brain. Keep electrical equipment at a distance or switched off and make sure your curtains are fully drawn to make your room as dark as possible.
3. **Avoid using your computer or watching TV for at least 1hr before going to bed** – Artificial light confuses the sleep/wake cycle and prevents the production of melatonin.
4. **Use low wattage yellow, orange or red light bulbs if you need a source of light at night** – Light in this bandwidth does not shut down melatonin production whereas artificial blue light emitted by most other light bulbs and electronic devices do.
5. **Keep your room at night cool, no higher than 70C** – Keeping cool at night is the optimum way to sleep and boost melatonin production.
6. **Take a hot bath, use a sauna or steam room 90 to 120 minutes before you sleep** – this increases your core body temperature and the immediate drop when you stop switches on the sleep response in your body.
7. **Become a sun worshipper** – if it is possible try to wake up with the sun and catch some rays for at least 15 minutes at dawn. This helps boost your natural production of vitamin D at the start of the day and also helps create a strong contrast between day and night, helping you boost melatonin production at night. Many experienced

meditators enjoy a morning meditation and a well-known yoga technique known as sun salutations is performed first thing in the morning.

8. **Throw out your loud alarm clock** – many studies have shown that waking up with a loud alarm clock causes harmful stress. If you can avoid using an alarm clock your mind and body will love you.
9. **Meditate** – In 1995, researchers at the University of Massachusetts Medical Center's Stress Reduction and Relaxation Program found that meditators had significantly higher melatonin levels than non-meditators. They also found that when the test subjects did not meditate, their melatonin levels did not increase that night. The conclusion was that daily meditation, particularly before bedtime, increases melatonin production. Another study by Vincent Giampapa, MD, showed an astonishing average 98% increase in melatonin among study participants who meditated.

A Three-Step System for Subconscious Reprogramming and Manifestation

Your subconscious mind responds best to feelings, images and specific goals. 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 the exact outcome you want to manifest and focus on the outcome.

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

The measure of your health, 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 robust health in six months or less, write down exactly what value you would bring to people if you were well again. What could you do with your new health?

Could you use it to inspire others to get well too, by reaching out them through a book, website or video?

Could it help you pursue the dream career or business that you always wanted to start? If you had a business or dream career, describe in great detail exactly what it would be.

Be as SPECIFIC as possible.

If you want to manifest something material, like a top-of-the-line 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 get that dream career as a result?

One useful exercise is to write your own obituary. I know it sounds a bit strange, but try it. Just ask yourself: “How would I want to be remembered by other people?”

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

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

The deeper I got into the music business, the more temptations appeared and I got sidetracked from my original dream. I self-sabotaged practically every opportunity I had that was not congruent to my original wish – to the point where I got very sick, not to mention depressed and lonely.

It was only at this extremely low point that I realized I had forgotten my original vision, which 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 at 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 going through a lot of struggle to get there.

When you are on track with a purpose-driven vision, it feels like you are being guided by a divine force. This secret manifestation technique 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 Mind through Meditation

By using meditation, you can actually start to enhance your creative powers of manifesting and attracting the things you want into your life. 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. My favourite one is: “I am whole, perfect, strong, loving, harmonious and happy.”

Using my special Trypnaural brainwave entrainment technology, you will move 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 to the things you really want in life.

Rules:

- Be relaxed and confident in the process of subliminal mind programming.
- Say the “I AM” statements with absolute conviction that they are 100 percent true. This is how you consciously rewrite the software on your unconscious operating system via your brain stem.
- Feel sincere gratitude for everything you already have before you start to meditate. Through the feeling of gratitude you raise your energetic frequency and attract the corresponding wavelength from the future.
- The only way to remove old habits is to replace them with good ones. So, repetition is key. 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 and 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 is not the way things work. Anyone who tells you they can magically manifest any future you desire is a nut bag.

None of this works unless you take MASSIVE ACTION upon all the amazing things that will start to happen to you.

Things such as:

1. Chance encounters with people who can help you move to the next level.
2. A new sense of energy and motivation – If you follow the methods outlined so far, your productivity will increase significantly.
3. Weird coincidences or strokes of luck – In truth, they are not coincidences or anything to do with luck; they reflect the fact the universe is opening its doors to your dream, and that life is becoming more and more true.
4. New strategies, mentors, books, audio, videos filled with powerful life-transforming information. It is up to you to act upon those special strategies, as they will no doubt lead to your success.

In my experience, one week after I began the process of subliminal mind programming, I received an e-mail directing me to a video about colostrum. The benefits of this supplement seemed so compelling that I immediately ordered it. After only four days of taking this supplement, my symptoms had vanished. I firmly believe this was due to a combination of the subconscious reprogramming and the chance encounter with this amazing substance. Because I followed my instincts to pursue this chance encounter with a new strategy, I am now enjoying a symptom-free life.

Rules:

- Relax, have faith and detach yourself from the actual outcome. Do not worry endlessly about whether the future will manifest how you want. Instead focus on enjoying what you have now. Live in the NOW! This gives 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 value, wherever you are. Your income and happiness is directly proportionate to the amount of value you give to others, both in business and your personal life.
- Once the money starts coming in from the value you are giving out, give at least five percent of your income to a charity of your choice. Just try it and see what magic comes back to you!

