

Alpha Control

Healing with the Mind.



ALPHA CONTROL improves many areas of well-doing and well-being. It allows you to understand and act through visualization, to the benefit of any living being.

1 FOREWORD

A treatise, written by George Philip Birney, based on his studies of existing works, own research and experiences on how to put into practice some spiritual knowledge in a simple way.

It is dedicated to those who wish to reach a higher state of love.

This treatise attempts to remove the mystic around occultism, healing, predicting, creating and other matters that have been considered miracles till sofar. The Pisces mystic has ended; the Aquarius clarity has started.

IMPORTANT :

While reading this treatise, do not skip a single word. Make sure each word is well understood. Misunderstanding, even concerning small words, will lead to misapplication and breaking away from the subject, its purpose and results.

2 PREAMBULUM

Information input is only useful when it can be converted into knowledge towards a certain goal. Conversion takes place through intelligence. Therefore, knowledge is information plus related reasoning (inference) through intelligence.

Knowledge makes only sense when it can be put into practice reaching a certain goal. Practice is only useful when the projected end result is of constructive characteristic.

The principal aim of practice is creation. The principal aim of creation is happiness. Therefore, if information input is sincerely felt as increase of happiness, then the probability of usability of that information towards creation is relatively high, provided that it supports reaching a certain goal.

A L P H A C O N T R O L

3 WAVES

Beta (brain-)wave patterns occur at a frequency of 14 to 28 cycles per second; they are fast low voltage waves. The characteristics are problem solving consciousness, usually concerning every days problems; being in Beta, we see things or persons as they seem to be.

Alpha (brain-)wave patterns occur at a frequency of 8 to 13 cycles per second. The characteristics are meditative and introspective experiences, calmness, alertness, all pleasant; being in Alpha, we see things or persons as they really are. Alpha is the border line between conscious and subconscious activity deep in the mind.

Theta (brain-)wave patterns occur at a frequency of 4 to 7 cycles per second; they are slow high voltage waves. The characteristics are subconsciousness in a drowsy state deep in the mind, often working together Alpha.

Delta (brain-)wave patterns occur at a frequency of 1/2 to 3 cycles per second. The characteristics are deep sleep while renewing vital forces of your life.

4 GOALS

With Alpha Control you are able to correctly diagnose any problem, whether your own or of another person, even though you had never encountered the problem or the person before. The wordings to describe or name the problem stand out in your mind as clearly as the problem itself; so it can be communicated through words to yourself and to others. A correctly diagnosed problem leads relatively easily towards its solution.

With the subconscious mind, which is in fact constantly conscious in itself, you see things more clearly.

You learn how to love yourself by going within you and by finding out who you are at the subconscious Alpha state. Love can be given properly only when you love yourself. The deeper you within, through Alpha, the more likely you are to find yourself in the realm of perfection, beauty, love and confidence (unafraidness).

Alpha love means the willingness to share the same space, time, form, energy and location, both spiritually, mentally and physically, while gaining rejuvenating happiness through communication, affinity and understanding. Have this with yourself, and you can have it with the whole world, the whole universe.

You relax the body and the mind, blocking out any impulse from the senses, and you concentrate on visualizing, to develop the always conscious subconsciousness that makes you super aware.

After blocking out the rational and intellectual mind, you slip into the deeper levels of your mind where you create your own imaginary Workshop. This Workshop is yours, and you decorate and furnish it in your mind so that you feel comfortable and productive in your workshop. Your Workshop shall include an imaginary screen, similar to a movie screen or a computer screen, and this is the Screen of Mind to display the problems on that you wish to solve.

You always keep in mind, when you go into these levels, that you become more loving, more kind, have a greater depth of understanding, and gain more rapport with the world around you. And so you can tune into anything or anybody that you put onto the Screen of Mind.

You become more aware of your capacity for reception and with practice you gain super awareness, power to heal, create and to communicate with things and people that you never understood before. At the deep Alpha-Theta level there are no communication barriers. You will be able to look clearly into yourself, so that you will be making contact with your true self.

All you need to do is to go into Alpha-Theta state, and tune into the universe around you and get it working for you. There is something of the infinity of the universe in all of us and so we are connected through our connection to the whole.

With Alpha Control you can influence anything or anybody, as long as the intention is good and as long as it fits constructively and as long as it is not at the expense of something or somebody. Alpha is for good, not for evil. It is self protective; when you tune into

Alpha, you can do only good; as soon as there is a bad intention or influence, you are automatically out of Alpha into Beta. Thus it is impossible to do any bad through Alpha. That is the beauty of Alpha. It is a spiritual instrument made of love and made for the mind.

5 RULES

The subconscious does not know the difference between the real and the imaginary. It has no sense of humor and it is very literal in that it accepts what it is told in the way of visualization and instruction.

The important thing in improving yourself, in becoming super aware, is not movement but change, and this is accomplished not through conscious will power, but by educating your imagination to make the choices that help.

The body and the conscious mind almost immediately respond to the instruction established in the Alpha-Theta state. Once you accept the visualized suggestion or instruction, the automatic nervous system experiences it and the desired changes take place.

Ask, and you will receive. Seek, and you will find. Knock at the door, and it will be opened. Be not afraid.

As it is inside, so shall it be outside.

6 YOUR ALPHA-THETA WORKSHOP

First of all, you have to setup your imaginary Workshop. Your Workshop is the place where you do all the mental work when you are in Alpha-Theta. It is your private Alpha-Theta treasury which shall not be made known to anyone else.

Now will be explained how to setup your workshop. Follow carefully the instructions as set out in the paragraphs 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA). These paragraphs will always be referred to from all other paragraphs, so make sure that these paragraphs are perfectly understood. Do not ever be in a hurry, even though enthusiasm may wish you to go fast and experience immediate results. Take your time with Alpha Control. It may take some time and patience, maybe weeks or months to make it your own; it needs

some investment as to benefit from it for the decades to come.

6.1 GO FROM BETA TO ALPHA

Close your eyes, but if you feel you must open your eyes, you may if you wish. If you want to move, scratch or clear your throat, you may do so.

Breathe slowly and deeply, but not excessively, just naturally. Each time you breathe out, feel yourself becoming more and more relaxed. Just let your body go the way it goes. Do not use any force to concentrate; allow your mind to drift casually and unconcerned with any results. Do not let bother you that your conscious mind may be restless; it is normal.

Feel the relaxation moving like a wave going downward through the body. Concentrate on the top of your head first, move down to your forehead, eyes, cheeks, jaws, neck, shoulders, feel your lungs breathing rhythmically, your heart beating in a natural way, the stomach, intestines, hips, buttocks, thighs, knees, legs, feet, toes, all the way down.

Become aware of your mind in the soles of your feet, gradually pull it up to your knees, then your waist, chest, neck, and head. You are now only aware of your head. Gather your awareness into your head; then place your total awareness in space over your head.

You are going from Beta to Alpha.

To further tune into your inner levels of mind, visually pick out a passive scene from nature, any scene that you find serenely beautiful and relaxing. Choose the colors, smells, textures, sounds, and so forth, that you prefer. See yourself mentally within that passive scene; reach out and feel the vibrant life forces of nature that surround you; feel in perfect tune with your inner levels of mind.

I myself take a shore at an ocean with a sunset and warm colors and the sound of silent seawaves. For you it may be something different.

Then, to help yourself reaching a deeper and more inward level of mind, count down from 21 to 1. On every descending number, you feel yourself going nearer to the very source of your being.

I myself take a rolling staircase that goes from an opening in the shore down to underground, whilst I move down along the numbers 21

to 1 that are painted on the wall. For you it may be something different.

As you relax physically, while counting, you see the color spectrum going by :

- Red relax
21 20 19
- Orange mastering your emotions
18 17 16
- Yellow calm your mind
15 14 13
- Green inner peace
12 11 10
- Blue love
9 8 7
- Purple see yourself
6 5 4
- Violet further tune into Alpha
3 2 1
- White your inner self
0

Now, at the final count of 0, you are entering the state of Alpha.

6.2 BUILD YOUR WORKSHOP

Start building now your imaginary Workshop. Put at least the following items in your workshop

A large screen, capable of 3D-displaying anything you want

A calendar, capable of going forward and backward in time

A clock, capable of going forward and backward in time

An elevator or teleporter, capable of bringing anything to you that you may need from another dimension

A platform on which you can put any object

and, if you wish, add any other item, such as furniture, instruments, tools, art, whatever you wish to feel comfortable. Each time you enter your workshop, you may change it, the shape, size, style, colors, contents, location, whatever you wish.

Mentally use our hands to lay the foundations, the floor, walls and ceiling of your Workshop. Use materials that appeal to you in creating this room.

You are both the architect and the builder. Pay attention to details and create your Workshop exactly as you want it to be.

Check your entire Workshop and be prepared to bring in any assistant who can guide, instruct and counsel you at all levels; but you yourself are always in charge and actually do the work; they are only in advisory capacity. Your assistants are only of real use when they come to you on subconscious level, in Alpha-Theta, with no calculation by your Beta conscious mind.

Choose your assistants exactly the way you want them to be; their personality, their wisdom, knowledge, intelligence, artistry, appearance, and so forth. You may use persons or entities that existed centuries ago, or who still exist, or you you may use persons that you define yourself.

I myself used some time ago Bach, Einstein, Buddha, Tutankhamon, and some self defined persons, such as extraterrestrials, Atlantian technologists, and so forth. For you it may be different; maybe one of those could be Leonardo Da Vinci.

Maybe you would like to put a conference table with chairs in your Workshop, so that you can receive the assistants and discuss all kinds of matters with them.

Now your Workshop is complete.

6.3 GO INTO ALPHA THETA

As soon as you are in your Workshop and using it, you are already in Alpha-Theta, which is the state in which you shall be whenever you wish to work out any problem.

Switch on the large Screen of Mind in your Workshop. Display yourself entirely on that screen. Look at yourself. Turn the color of the frame of the screen into bright white. Wherever you see dark spots on your image, point to each one of the dark spots and delete the dark spots so that they will turn into white; do so until all dark spots are deleted. You can point with your finger or with cursor or a stick or whatever you wish.

When all the dark spots are deleted, or when you feel you have done enough for the moment, tell to yourself that a sense of peace will come over you and that your body will be in perfect health. Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

6.4 TEST YOUR WORKSHOP

Your screen of Mind you have already tested when you did what is described in paragraph 6.3.

Now you are going to test the calendar. Switch on your Screen of Mind and make it so large that you see only the screen and the calendar. It is okay if you put the calendar on top of the screen.

Start with the month of January, and display on the screen the season, the Winter, with the snow, the frozen water, the leaves, the sky, the hidden birdies, the chilly moon, and all that comes into your mind, including how you are doing and feeling. Then move the calendar to February, and as you move from January to February, see the changes occurring. And so move to March, April, May, June, July, August, September, October, November and December, in order to go through the changes of Spring, Summer, Autumn and Winter.

The testing of the calendar is now complete.

Now you are going to test the clock, by asking it to show the time of now. It will show you the time of now, and when you have left your Workshop, have a look at the clock in reality, and you will know that the clock in your Workshop is working fine. Don't worry if it does not work the first time. It will come sooner or later.

The testing of the clock is complete as soon as you are in Beta again, having left your Workshop and having looked at the real clock. But stay still in Alpha-Theta this moment.

Now you are going to test the elevator or teleporter. Tell to the elevator or teleporter for example to bring to you a flower (or any other object that you like). Push the start button, if your elevator or teleporter has a start button, and the image will be promptly delivered. If there is no start button, simply imagine there a start button. If nothing happens, don't worry, the elevator or teleporter may have to get used to you. If the flower arrives, you can try more complex objects, such as a painting from Leonardo da Vinci for example.

The testing of the elevator or teleporter is now complete.

You have done it ! Your Workshop is now in order and has become your companion instrument wherever you are.

6.5 BACK TO BETA

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life.

You have now been in your Alpha-Theta Workshop for the first time.

You may feel the heaviness gone away from your head, like you are floating in the air. This is good. You are now serene, calm, happy, productive and fit.

Now close this booklet, do not go any further with this booklet for the moment, and do the thing that you deeply wish to do most. Let noone disturb you. Switch off the doorbell and pull out the phoneplug. This very moment is now all yours. It is a beautiful moment, which will return each time you have been in Alpha-Theta.

Applying Alpha Control

There are many areas to which Alpha-Theta can be applied. The following paragraphs, from 7.1 onwards, describe some of the applications. Having gone through them, you will be able to find new applications in styles that suit you best.



After you have learned how to enter into Alpha, this article will give you some examples of situations and how to handle these.

7.1 HOW TO UNDERSTAND SOMEONE

Even without knowing the person that you wish to understand, from within your Alpha-Theta level you are able to understand and to help that person.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the person on the screen. Place a white frame around the screen.

With your mental hands you take the person's head off the screen and place it over yours as though you would wear a large hat. Don't worry, that person will not notice anything in reality.

As said before, the subconscious does not know the difference between the real and the imaginary. It has no sense of humor and it is very literal in that it accepts what it is told in the way of visualization and instruction. So, in Alpha-Theta the real is the same as the imaginary.

Try to grasp the person's basic mood; it may not be at all what you would expect. Is there anything that person is trying to tell you ? Listen to that person and feel the feelings and emotions. Talk to this person mentally, making suggestions and advice at the inner level; visualize perfect end-results that you wish for that person. Feel within you peace, love, strength, and project this to the person you wish to help. When you feel you have done enough for the moment, then take this person's head off and put it back mentally.

Switch off the Screen of Mind and leave your Workshop.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life.

7.2 HOW TO HEAL SOMEONE

Even without knowing the person that you wish to heal, from within your Alpha-Theta level you are able to diagnose the ailment or problem and to heal that person. That person could be you yourself as well.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the person on the screen. Place a white frame around the screen.

Search for dark spots in the person's body. The largest and darkest

spot is the one that needs help most urgently. Ask to your Screen of Mind what the dark spot indicates. It may for example be a stomach ache. Remove the dark spot with a vacuum cleaner, or with any other means that suit you most. Then put a white light at the place where the dark spot was. Write in your imagination on a label that this white light will not allow the spot to be dark anymore; attach the label to the white light.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that the stomach ache of that person will be over almost instantaneously.

7.3 HOW TO PROTECT YOURSELF

Although your higher love is a blessing to those who receive it, yet you must protect yourself against abuse in order to avoid that you give at the expense of your self. The energy of love is precious and must be cherished.

Also the physical world seems constantly knocking at the door to penetrate your energy resources. Your body is the mansion of your soul, and must be protected against all sorts of intruders.

7.3.1 PROTECT YOURSELF AGAINST LOSS OF ENERGY BY OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from energy abuse by that person. That person could be even a close friend, or an entire group of people, or a building, a car, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a transparent crystal shell around you, and mentally say to yourself that this crystal shell will keep your energy inside. Decide for yourself which action in reality will activate the crystal shell; for example, you may decide that each time you press the thumb against the index finger, the crystal shell is activated. In this way, even though you will be in Beta, the shell will be

activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a transparent crystal shell against energy loss by others. While pressing the thumb against the index finger, you do not need to do any sort of concentration; it will go by itself.

7.3.2 PROTECT YOURSELF AGAINST BAD INFLUENCE FROM OTHERS

Even without knowing the person that you wish to protect against, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close friend, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a beautiful shell around you, for example made of crystal or roses, whatever pleases you, and mentally say to yourself that this shell will keep your energy inside. Decide for yourself which action in reality will activate the shell; for example, you may decide that each time (in Beta) you press the thumb against the index finger, the shell is automatically activated. In this way, even though you will be in Beta, the shell will be activated as soon as you press the thumb against the index finger, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that each time you press the thumb against the index finger, you are instantaneously protected by a shell against energy loss by others.

Re-create this shell in Alpha-Theta from time to time, to make sure it stays strong and fresh.

7.3.3 PROTECT YOURSELF AGAINST BAD BEHAVIOR OF OTHERS

Even without knowing the person that you wish to behave correctly towards you, from within your Alpha-Theta level you are able to protect yourself from any bad influence from that person. That person could be even a close one, or an entire group of people.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display the bad behaving person on the screen. Place a white frame around the screen.

With your mental hands you take the person's head off the screen and place it over yours as though you would wear a large hat.

Try to grasp the person's basic mood; it may not be at all what you would expect. Is there anything that person is trying to tell you? Listen to that person and feel the feelings and emotions. Talk to this person mentally, making suggestions concerning respect and advice at the inner level on how that person shall behave towards you; visualize perfect end-results that you wish for that person. Feel within you peace, love, strength, and project this to the person you wish to behave well towards you. When you feel you have done enough for the moment, then take this person's head off and put it back mentally. Put a white light around that person and mentally say to that person that from now on you will be treated with respect through correct behavior and courtesy.

Decide for yourself which action in reality will activate the correct behavior; for example, you may decide that once (in Beta) you touch your nose, the correct behavior of the person in front of you is automatically switched on. In this way, even though you will be in Beta, the correct behavior will be switched on as soon as you touch your nose, without needing to go into Alpha-Theta.

Immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that the next time you meet with that person, you will be treated with respect. All you need to do is to touch your nose once.

7.3.4 PROTECT YOURSELF AGAINST DISEASES

Even without knowing the diseases that you wish to protect against,

from within your Alpha-Theta level you are able to protect yourself against diseases. The diseases could come for example through viruses, or catching a cold, or intake of unhealthy food, and so forth.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Place a bright white halo around you, and mentally say to yourself that this bright white halo will keep your health inside and diseases outside.

Mentally write on the halo that this halo will always be around you and will always keep your health inside and diseases outside.

When you feel that the halo is strong enough, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay healthy and that no disease will be able to reach you.

Renew the halo from time to time, to make sure that you have the latest version against new diseases that did not yet exist at the construction of the previous halo.

7.3.5 PROTECT YOURSELF AGAINST ACCIDENTS

Accidents are caused by a great variety of factors. They can be caused by lack of concentration, by a bad mood, by mechanical failure, by a slippery road, by carelessness, by breaking traffic regulations, and so forth.

It is therefore important that these factors are not in your vicinity, but rather far away from you. Only shall be there the good factors, that make things like traffic, house repair, shopping, etcetera, go well.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

Visualize on the screen yourself radiating white light that extends around you, say a few hundred meters. Mentally write on this light

that no accident prone factor that enters this light will ever put you in danger.

When you feel that the light is extended and strong enough and you feel confident, immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will stay outside of any accident and that no accident will be able to reach you.

Renew this extended light from time to time, to make sure that you have the latest version against new accident factors that did not yet exist at the construction of the previous extended light.

7.4 HOW TO ENERGIZE YOURSELF

It happens sometimes that you have no energy left whatsoever, maybe just enough energy to sleep. Alpha-Theta requires very little energy and in fact increases energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen.

With your mental hands you take your body off the screen and place it standing on the platform in your Workshop.

Open a window in the ceiling of your Workshop, and let the beams of the sunshine come down and penetrate your body on the platform. If you wish, you let your favorite music and smell be emitted towards your body on the platform. Mentally say to your body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, which may take a few minutes or a quarter of an hour, put your body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You have now fresh energy and any obstacle

will be taken easily.

Refresh this energy whenever you feel the need to.

7.5 HOW TO ENERGIZE ANOTHER

It happens sometimes that someone has no energy left whatsoever, maybe just enough energy to sleep. With your Alpha-Theta capabilities you can help that person regaining energy without at the expense of your own energy.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display that person on the screen. Place a white frame around the screen.

With your mental hands you take the body off the screen and place it standing on the platform in your Workshop.

Through an open window in the ceiling of your Workshop you let the beams of sunshine penetrate the body on the platform. If you wish, you let his or her favorite music and smell be emitted towards the body on the platform. Mentally say to the body that it now gets impregnated with rejuvenating energy. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, put the body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. The person has now fresh energy and any obstacle will be taken easily.

Refresh this energy whenever you feel like doing. But do this only from within your Workshop, when you are in Alpha-Theta. Replenishing energy for someone else, while you are at Beta level, will cause drainage of your own energy.

7.6 HOW TO SOLVE A PROBLEM

In order to solve a problem, it is normally important to understand

the problem first. Even if the problem is not or only partially or vaguely understood, going into your Alpha-Theta level will let you make the universe of solutions work for you.

Before going to bed in the night, take a glass of water and put it next to your bed. Drink half of it and say to yourself aloud that to drink the water from this glass is all you need to do to find the solution to the problem.

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and visualize the problem on the screen. Place a white frame around the screen. Go through the various details of the problem.

When you feel that the problem has been gone through enough, mentally say to yourself that to drink the second half of the water from the glass the next morning when you awake is all you need to do to find the solution to the problem. Switch off the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Switch off the Screen of Mind, but do not leave your Workshop, so do not go back into Beta (awakening) but create in your Workshop a comfortable bed and lay down onto it. Allow yourself to fall in a peaceful sleep. Eventually put the clock in your Workshop at a specific time to awake, but this is not necessary.

The next morning, when you awake, the first thing to do is to take the glass with the remaining second half of water and to drink it. While drinking, say to yourself aloud that drinking this water will bring you the solution to the problem that you visualized last night in your Workshop.

The solution will usually not come loud and clear but rather subtle through little signs or symbols or seeds of intuitive thoughts and ideas.

Now you are wide awake, feeling revitalized and in tune with life. The solution to the problem will come to you, usually at an unexpected moment, so feel free to do other things. It will come.

7.7 HOW TO GET UNSTUCK IN A PROJECT

It happens sometimes that you are stuck in a project or particular activity. Usually this is caused by a specific problem to which there is no solution available at present.

In that case, do as described in chapter 7.6.

If, however, there is no problem (to which no solution is

available), then an unknown blockage may occur which seems undetectable or which seems to escape from your control. In that case either do as described in chapter 7.6, or do the following :

Go into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and visualize the project on the screen like you are watching a movie about the project. Place a white frame around the screen.

Search for dark spots in the project. The largest and darkest spot is the one that needs help most urgently. Ask to your Screen of Mind what the dark spot indicates. It may for example be a distorted piece of information, or someone else's problem that bothers you, and so forth. Remove the dark spot with a vacuum cleaner, or with any other means that suit you most. Then put a white light at the place where the dark spot was. Write in your imagination on a label that this white light will not allow the spot to be dark anymore; attach the label to the white light.

Switch on a second Screen of Mind and display yourself on the screen. Place a white frame around the screen.

With your mental hands you take your body off the screen and place it standing on the platform in your Workshop.

Open a window in the ceiling of your Workshop, and let the beams of the sunshine come down and penetrate your body on the platform. Let the silent waves from good planets also come down and penetrate our body on the platform. Mentally say to your body that it now gets impregnated with energy of confidence and inspiration. See the body glowing starting from top going down to the toes, being immersed with the golden light from the sun and the silent waves from the good planets. See the body strengthening itself starting from the toes going upward to the top, absorbing the energy waves from the earth.

When you feel that the energy has been replenished enough, put your body from the platform back into the Screen of Mind and immerse yourself in an infinity of white light which gives a loving, all knowing, wise and powerful radiance.

Now there are two Screens of Mind in front of you; one with the project displayed and the other with you displayed. With your mental hands you take your body off the screen in which you are displayed and place it in the Screen of Mind where the project is displayed. In this way you put yourself into the project.

Immerse yourself with the project in an infinity of white light which gives a loving, all knowing, wise and powerful radiance, and mentally say to yourself that from now on you are put back into the project and able to continue with the project without getting stuck

anymore.

Switch off the Screen of Mind and leave your Workshop.

Open your eyes now, and you will be wide awake, feeling revitalized and in tune with life. You can be sure that you will be again in tune with the project.

Do all of this chapter whenever you feel the need to.

7.8 HOW TO SLEEP ONLY A FEW HOURS A DAY

It happens sometimes that you suffer jetlag, or that because of daily duties you had no time enough, afterwards, to enjoy the regular periods of sleep, which causes a loss of energy for the current day. In this case, follow chapter 7.4 on how to energize yourself.

If, however, you know in advance that, for example the night to come, you will have only a few hours to sleep, then first make sure you lay comfortable for the night to come. Go first into your Alpha-Theta level by following the instructions as laid out in 6.1 and 6.3 (GO FROM BETA TO ALPHA and GO INTO ALPHA THETA), and stay in your Workshop.

Switch on your Screen of Mind and display yourself on the screen. Place a white frame around the screen. Display under you in two screen windows two clocks, one in each window, and adjust them so that the left one shows the starting time of your sleep, and the right one shows the ending time of your sleep which will be the moment for you to awake.

See yourself at the left clock window sleeping deeply and peacefully. And see yourself at the right clock window awakening with joy and energy. With this display in front of you, tell to yourself to fall asleep from the moment the left clock indicates, in a deep loving sleep. And tell to yourself to awake the moment the right clock indicates, with joy and energy.

Stay in your Alpha-Theta level. It will all go automatically exactly as you programmed.

7.9 OTHER APPLICATIONS

Whenever you wish to have any other type of application to be covered, just let me know, and I will append it to this booklet.

It is, however, quite likely that you will invent other applications yourself. Feel free doing so, but always stick to the basic techniques as described in chapters 6.1 to 6.3 (GO FROM BETA TO

ALPHA and GO INTO ALPHA THETA).

O M E G A C O N T R O L

This volume will cover all about how to leave your physical body, to travel through time and space, and how to come back to your physical body, all safely.

The techniques are based on the seven levels of existence :

- Physical - Astral - Mental - Buddhic - Atmic - Anupadaka - Adi -

I first need to further develop and test the techniques before I can release them. Contrary to ALPHA CONTROL, OMEGA CONTROL is not without dangers. So I need some time to go through it.

It will take another couple of years, before the research is complete.

Until then.

Thank you for taking the time and effort to read and understand my treatise. I am sure it will be a helpful tool for the day to day life.