

## Alpha Healing with the Mind 9

### 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).

### OMEGA CONTROL

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.