

Alpha Healing with the Mind 2

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.