

YOU CREATE YOUR
REALITY
PRIMER COMPILATION



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Law of Attraction by Sage Sadhguru

Everything we as human beings have created on this planet, was essentially first created in our minds. All that you see in this, which is human work on this planet, first found expression in the mind and it got manifested in the outside world.

We need to understand that the wonderful and horrible things we have done on this planet, have both come from the human mind. If we are truly concerned about what we create in this world, it's extremely important that first of all we learn to create the right things in our mind, how we keep our minds. If we do not have the power to keep our minds the way we want it, what we create in the world will also be very accidental and haphazard. So learning to create our minds the way we want, is the basis of creating the world the way we want.

There is a wonderful story in Yogic Lore; On a certain day, a man goes for a long walk, accidentally and unaware he walked into paradise. After this long walk, he felt tired so he thought "I'm tired, I wish I could rest somewhere" and he looked around, there was a nice tree under which was a very cushiony grass, which was very inviting, so he slept there and woke up after a few hours, well rested. Now he thought "Oh I'm well rested, but I'm feeling hungry. I wish I had something to eat" and he thought about all the nice, tasty things he ever wanted to eat in life, and instantly all those things appeared in front of him. You need to understand the service in paradise is top notch, instantaneous. Hungry people don't ask questions, so he ate. Then he thought "my stomach is full, I wish I had something nice to drink" and he got all the nice things he ever wanted to drink, he thought about them and all of them appeared in front of him. Drinking people don't ask questions either, so he drank.

Now with a little alcohol in him. You know Darwin told you how you are all monkeys, your tail fell away and became humans. Yes, definitely the tail fell away but the monkey. In Yoga, the unestablished mind is called markada, which means a monkey. This reference is due to the qualities of the monkey; unnecessary movement and another thing about a monkey; what is meant when someone is said to be monkeying somebody, this means imitation. Monkey and imitation have become synonymous, so these two essential qualities of a monkey are also the qualities of an unestablished mind.

So when these two qualities are on, the mind is referred to as a monkey, so this monkey became active within him, he looked around and thought "what is happening here? I asked for food - food came, I asked for drinks - drinks came",

Then he thought "There must be ghosts around here" and ghosts came, then he thought "Oh the ghosts have come, they are going to surround me and torture me" and they immediately surrounded him and started torturing him. Then he started screaming in pain "Oh they're going to kill me" and he died. Just a moment ago he said he is a fortunate being.

The issue was that he was sitting under a wish-fulfilling tree (kalpa vriksha); he asked for food - food came, he asked for drinks - drinks came, he asked for ghosts - ghosts came, he asked for torture - torture came, he asked for death - death happened.

Don't bother looking for these wish-fulfilling trees, as you can barely find any trees these days. A well-established mind, a mind in the state (samyukti) is referred to as a kalpa vriksha, if you organize your mind to a certain level of organization, it in turn organizes the whole system; your body, emotions and energies will all be organized in one direction. Once all these four dimensions of you (physical body, mind, emotion and fundamental life energy) are organized in one direction, once you're like this, anything you wish happens, even without lifting a little finger. It will help to assist it with activity, but even without doing any activity, you can still manifest what you want. If you organize these four dimensions in one direction, unwaveringly in that direction for a certain period of time. Right now, the problem with your mind is; every moment it is changing its direction, it's like you want to travel somewhere and every two steps if you keep changing your direction, the question of you reaching the destination is very remote, unless it happens by chance.

So organizing our minds and in-turn organizing the whole system (and these four basic dimensions of who you are) in one direction, if you do this, you are a kalpa vriksha yourself and everything that you wish for, will happen.

But right now if you look at your life, everything that you have wished for, if it happens, you'd not bear it. Imagine that everything and everybody you have desired for, lands up in your house today, could you live with that?

If you want to become empowered, it is also important that you become responsible as to what you ask for and what you don't.

Right now, the world situation is greatly empowered with technology. Today it doesn't take 6 billion people to destroy this planet, one man by pressing the wrong button can destroy the whole planet. When we are empowered like this, it is very important that our physical, emotional, mental and energy actions are controlled and properly directed, otherwise we become destructive, self-destructive. Right now that is our problem; the technology which is supposed to make our life beautiful and easy, has become the source of all problems, leading us to destroy the very basis of our life - the planet.

So what should have been a boon, we are creating a curse out of it. What has brought incredible levels of comfort and convenience in the last 100 years or so, has also become a threat to our life, because we are not acting consciously, but in a compulsive state of action.

So organizing our minds fundamentally means moving away from a compulsive state of activity to a conscious state of activity. You might have heard of people, who asked for something and beyond all expectations it came true to them. Generally, this happens to people, who are in faith.

Let's say you want to build a house, if you start thinking that "oh I want to build house, to build a house I need thousands of dollars, but I only have hundreds of dollars, not possible not possible" - The moment you say "not possible", you're also saying "I don't want it", so on one level you're creating a desire that you want something, while on another level you're saying "I don't want it". So in this conflict, it may not happen.

Someone who has some faith in God, or worships in a Temple, Church, Mosque etc. are simple minded, so faith works only for those people who are simple minded. This doesn't work for thinking persons, faith doesn't work for over thinkers. A child-like person, has a simple faith in his object of worship, he goes to his temple and says "Shiva, I want a house, I don't know how, you must make it for me", now in his mind there is no negative thoughts, will it happen, will it not happen, is it possible, is it not possible. These things are completely removed by a simple act of faith. Now he believes that Shiva will do it for him and it will happen. So is Shiva going to build you a house? No, God, Creator, Source will not lift a finger for you, what you refer to as God is a source of creation. As the Creator has done a phenomenal job, there is no question about it. Can you imagine a better creation than this?

The only reason you're unhappy is because life is not happening the way you think it should happen. If you want life to happen the way you want it, first of all how you think, with how much focus you think, level stability in your thought, level of reverberation in the thought-process. All these will determine, whether your thought will become a reality or it is just an empty thought. Or how not to create any impediments for your thoughts by creating negative thought-processes. Pondering if something is possible or not possible is destroying humanity. What is possible and not possible is not your business, it's nature's business, your business is just to strive for what you want.

Right now as you're sitting here, if I ask you two simple questions, try answering them;

- If I ask you "right now, from where you're sitting, can you just fly off?"
 - You'd say "no".
- If I ask you "right now, from where you're sitting, can you get up and walk?"
 - You'd say "yes".

The reason you said no to flying and yes to walking, is because of past experience of life. You've gotten up many times and walked, but never flew off. In other words, you are using the past experiences of life as a basis for deciding whether something is possible or not possible.

Or you have decided what hasn't happened until now, cannot happen in your life in the future. This is a disgrace to humanity and the human spirit.

What has not happened until now, can happen tomorrow. Human beings are capable of making it tomorrow, so what is possible and what is not possible is not your business, that is nature's business. You just say what you really want and strive for that, and if your thought is created in a powerful way, without any negativity or negative thoughts bringing down the intensity of the thought-process, it will definitely manifest.

Modern science proves today that the whole of existence is just a reverberation of energy, it is a vibration.

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” - *Nikola Tesla was an engineer and scientist known for designing the alternating-current (AC) electric system.*

“Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. There can be no other way.” *Albert Einstein is widely acknowledged to be one of the greatest physicists of all time, discovered $E = mc^2$ equation.*

Similarly, your thought is also a vibration. If you generate a powerful thought and let it out, it will always manifest itself, so generally people are using faith as a means to remove the negative thoughts. Now that you've become thinking human beings, your faith is not too deep, it doesn't matter how much faith you think you have, somehow doubts always crop up.

If God would appear in this moment, you would not surrender to God, you would want an investigation whether he is God or not, with this kind of a mind you should not waste your time on faith, so there is an alternative; which is commitment.

If you simply commit yourself, to creating what you really care for, your thoughts will get organized in such a way, where you won't have thoughts such as possible or not possible, there is no hurdle in your thought-process, your thoughts will flow freely towards what you want. Once this happens, making it happen will also naturally follow.

To create what you really care for, first and foremost thing is that what you want is well manifested in your mind, making it clear that this is what you want, you must look at this, because any number of things in life, you've thought this is it. The moment you reach there, you realize that is not it, but rather the next one and the next one.

What is that one really wants? First of all, we must explore, once it is clear what we want and we are committed to creating it. Now there is a continuous process of thought in that direction, once you can maintain a steady stream of thought, without changing direction. Your thoughts will definitely manifest as a reality in your life.

So either you make this human form into a kalpa vriksha (wish-fulfilling tree) or you make it one big mess, which is happening all over. One reason why we have not created the kind of world all of us would want to live in, is that too many people are busy looking up, interested in other planets, not interested in this planet and for every aspect of their lives they're checking out other planets. And further too many people are in service of heaven, not in service of this Earth.

Right now we need people who are in service of this Earth, not heaven. If heaven is closer to the Divine, then they are more organized than us and don't need help from us. Unfortunately, anything that is valuable, good for a human being has been exported to heaven, for example. If you say love, people say God is loving, we do not know whether God is loving or not, but we do know that human beings are capable of love and compassion, joy and blissfulness. All the wonderful possibilities for man have unfortunately been exported to heaven.

What you refer to as God is a source of creation, which has not failed us, has done a fantastic job. Now the question about management. If you want to leave the management in the hands of the Creator, he will manage it in his own way, according to his own agenda. But that's not what you want, you want life to happen the way you want it.

Let's take an example. The national soccer team teaches you everything you need to know about football for the next world cup, now that the time to play has come. You're on the field, and the ball comes near your foot, but you look around at the coaches who are boiling and nothing happens. Because now once you're on the field, it's your job, so this is the same thing, the creator has done a fantastic job and now you're here, it is for us to see how we manage this, how we want it, in what condition to keep this world. So at every stage in our life, we tend to think this is it, if this one thing happens, everything will be fine with my life, you reach there and you realize that's not it, and you postpone it to something else and on.

The first and foremost thing is to be clear: what is it that you really want? Because if you do not know what you want, the question of creating it doesn't arise. If you look at what you really want, what every human being wants is; to live joyfully, peacefully, loving and affectionate relationships or in other words, all a human being is seeking for is pleasantness within himself and around him.

- If this pleasantness happens in our body, we call it health and pleasure.
- If it happens in our mind, we call it peace and joy.
- If it happens in our emotions, we call it love and compassion.
- If it happens in our energy, we call this blissfulness and ecstasy.

This is all that a human being is looking for, whether he is going to his office to work, wants to make money, build a career, build a family, sit in a bar, sit in a temple. Still looking for the same thing, pleasantness within and around him.

If this is what we want to create, it is time we addressed it directly and commit ourselves to creating it. So you want to create yourself as a peaceful, joyful, loving human being, a pleasant human being on all levels. Do you also want a world like this (peaceful, loving, joyful) - all included.?

All that you need to do is to commit yourself to creating it, to create a peaceful, joyful and loving world both for yourself and everybody around you.

Every day in the morning, if you start your day with this simple thought in your mind “Today wherever I go, I will create a peaceful, loving and joyful world”. What does it matter, if you fall down 100 times during a day, for a committed man, there is no such thing as failure. If you fall down 100 times, 100 lessons to be learned from.

If you commit yourself like this to creating what you really care for, now your mind gets organized. Once the mind is organized the way you think is the way you feel. Once your thoughts and emotions are organized, your energies will get organized in the same direction. Once your thoughts, emotions and energies are organized, your very body is organized. Once all these four are organized in one direction, your ability to create and manifest what you want is phenomenal, you are the creator in many ways.

Why are you being referred to as the creator, look at the nature of your life; If you eat a banana, this banana becomes a human being. There is something within you, a life creating process, the manufacturer of this body is within, you give it a banana, it makes a human being out of the banana. Transforming a banana into a human being is not a small thing, it is a phenomenon. It is just that this phenomenon is happening within you unconsciously, if you could only consciously manifest this, you are the creator - you're nothing less than that.

As the theory of evolution goes, to make a monkey into a human being, it took millions of years. While over an afternoon, you can make a banana or any piece of food you eat into a human being. The very source of creation is functioning within you, so if you organize these four dimensions of mind, emotion, body and energy in one direction - the source of creation is with you and you are the creator, what you want to create will happen to you effortlessly. Once you're organized like this, now you are not a mess, you are a kalpa vriksha. You have the power to create what you want.

There are tools and technologies as to how to organize this system in such a way that instead of being a psychological mess, you can make yourself into a kalpa vriksha (wish-fulfilling tree). The whole technology of Yoga is transforming yourself from being just a piece creation to the creator himself. This is not in-search of Divine, this is in-search of becoming Divine because that which is the source of existence, is throbbing within you every moment of life, otherwise a piece of bread cannot become a human being.

In order to shift from being just a piece of flesh and blood to becoming a creator, there is a whole science and technology for this. There are tools to make this happen, that which is the source of creation is functioning within you every moment of life, but have you gained access to that dimension of or not?

Organizing the four basic elements of your life, will give you that access. There are tools and technologies to do this, the whole of Yoga Science, technology we refer to as Yoga is simply about this - Transforming Yourself from being just a piece of creation to becoming a creator.

For example, imagine 100 years ago, if I would pick up a smartphone and use it to speak to someone who is across in another part of the world, you would think it is some sort of a miracle, either I am a messenger, son or maybe God himself. However, today this is just another gadget that every one of us carries and uses. Today sitting here, if one speaks to someone without using smart or electrical devices, it is still a miracle for you. So this device manifested because the human mind wanted it to happen, while a 100 years ago nobody thought this was possible while today it is a common thing. Similarly, many things which are not in perception yet, can be brought into our perception and our ability to create our lives will be greatly enhanced.

First and foremost is to organize the mind, emotions, body and energies. Once that happens, you are in touch with the fundamental life creating process within you, once you're in-touch with it, once you have access to that power, you have the power to create, you have the power to create your life and your surroundings the way you want it.

If we operated as the true creator as it is operating within us, creating this body for us, if we could create our lives with the same sense of organization and purpose, this world would be in a completely different state. Every human being should have this access to the source of creation within himself, so one can function here as a creator, not just as a piece of flesh and blood, a by-product of creation.

How the Law of Attraction Works by Abraham Hicks

- You know what you want. If you enjoy the feeling of your desire, that means you are in the vibration and vicinity of it, in other words you don't hold many beliefs that are working against it.
- When you have desires that you don't believe, or stir up thoughts of worry in you, that means you are not a vibrational match to your desire.
 - The beliefs that you hold are working against you - belief is just a thought you continue to think.
 - When your beliefs are working against your desires, your desires don't make you feel good, you wish you didn't have it.
 - When you come to realize that there is nothing that your life experience (time-space reality) can produce within you in the form of a desire. There is no desire that can happen within you, that you cannot discover and experience a full manifestation of.
 - In other words, those vibrations and thoughts can and are turning to the things you call your life experience.
 - Nothing is off-limits for you, nothing is off-reach for you. But sometimes you slow it way down, but habits of thought that don't let it flow.
- The Law of Attraction is acting all the time, and the law of attraction is responding to your desire.
- It is really important to think about that once you've launched the desire, your inner being, your inner resources, your source energy is focused only upon that desire.
- When your inner being focuses upon something, that is a lot of leverage. A lot of attraction power for you, that gets the energy moving and the juices flowing. And the cooperative components are being gathered.
 - But you want to be aware of; am I one of those cooperative components?
 - Am I allowing myself to be gathered up with all the other cooperative components, because sometimes one becomes the hold out, because you've got beliefs, you've more invested, you care the most. It seems logical that you might think thoughts about it not coming, not happening or not being able to do it.
 - But when you think those thoughts, you feel that emotional guidance system within you, giving that vibrational feedback, that's what emotions are.
 - When you think about something that you want and why you want it. You anticipate experiencing it fully, that wonderful feeling of anticipation and eagerness. This means that you are vibrationally the same as your desire. You haven't clogged up the end of the tunnel of the pathway of least resistance, the pathway your inner being has carved open for you.

- Think of your inner being out there as out there, paving the highways, opening the roadways, organizing the details and lining everything up for your joyful discovery.
 - But sometimes, because you have either practiced thoughts of defeat or it's a new idea, that isn't quite familiar to you. You think opposing thoughts.
 - It is not enough to write something down, because when you have really decided, you don't think opposing thoughts. When you have decided, you don't contradict your thought, by asking well where is it? What's taking so long? Those are not decisive thoughts; those are thoughts of opposition (contradiction).
 - Once you really appreciate your emotions, which are letting you know moment by moment, whether you are allowing or not allowing, flowing or not flowing, helping or hindering your own desires.
- You create your own reality, because you choose it. As you choose your own reality and your inner being focused only on what you want, never on its opposite.
 - All the forces, the energies that create worlds, start working for you, opening that path of least resistance.
 - Ask yourself, where am I on this path? Am I on it? Do I believe it? Do I want it and believe it? Am I helping or hindering?
 - If you want to know at the moment, because all that matters is this moment. Because this moment is the only moment in which you can open or close the passageway.
 - Do I feel eager? It's open!
 - Do I feel pensive? It's clogged up!
 - Do I feel happy? It's open!
 - Do I feel mean? It's closed.
 - Do I feel glad? It's open.
 - Do I feel mad at you? It's closed.
 - Even if you are not feeling this, just be mad and this causes the closing of the passageway.

Let us feel your vibrational “temperature” and then off you’ll go!

- Do you know that you create your own reality? YES!
- Do you understand that the law of attraction is your friend? YES!
 - Although it may feel like a BITCH because of the momentum we have created with our unconscious thoughts. Once your thoughts get going, some of them seem nearly unstoppable for this moment.
 - Law of attraction is the law like gravity is the law that encourages the moment in the direction that you have set it off.

- It's all about attraction, it's not about assertion. All about what you are attracting by virtue of your vibration.
- If you get off on a little, small thought. Very small thoughts, you could change their momentum, direction or slow the momentum of the negative thought, if you catch it early enough.
 - If it gets going and you put words to it, you're gone until your nap or meditation, until something that quiets your mind.
 - It would take a very strong person in strong alignment with source energy to distract you from that, it can happen and you've had friends like that, that you've become dependent on. Stop it.
 - But if you catch it early, then you can choose. Then you've got control over the point of attraction, so the emotional scale where powerlessness is at one end, complete empowerment is on the other.
 - Where despair and fear are on one end and love, joy and appreciation on the other. Right in the middle of that emotional scale is contentment (also one of the basic principles of the Yoga system), or in other words satisfaction.
 - If you are feeling satisfied, you have control over what happens next. If you feel satisfied and you're able to maintain that satisfaction. That satisfaction which is completely absent of any resistance.
 - By the momentum of the law of attraction, satisfaction will turn into eagerness and passion in a relatively short period of time and you will see results right away, of anything that you care about.
 - But if it's unsatisfying and you don't realize it and return to satisfaction when it's possible. You lean on dissatisfaction and then you vent it out loud to yourself and to someone else, which is similar to a car rolling down the hill, without brakes and gear in neutral.
 - What's interesting is that most of you want to do most of your work, while your moment is rolling down the hill. Because the moment of your discord is such that you cannot get a hold of it, you can.
 - You can get so good at this, where you will get to a place where you will cease the negative emotions and begin the positive emotion at will, once you master it. But why test yourself, why not catch it earlier.

How to achieve what you truly desire by Sage Sadhguru

The quality of our existence will determine the quality of our perception, and the quality of our perception will determine the quality of what we know and we do not know. Action is a consequence of this.

If you put this upside down, then it is like saying fruit - tree - root - soil, but that is not how it works, but rather it is soil - root - tree and then fruit. If you put it upside down, you may pull out something forcefully, but the damage is there.

Not to generalize, but about 60-70 % of the business leaders are seriously damaged in many ways, by the time one reaches the age of 45.

- Either emotionally stifled or suffering from various types of physical ailments, which they have come to believe is a natural consequence of the kind of job they're doing.
- Because one does things forcefully, without understanding the natural order of things as to how life blossoms;
 - If you want the fruit first before the tree, then obviously it involves forceful ways of doing things, which will make one achieve one thing and damage another (whether it be self, others or environment).
 - Most people around the world are going through this, as one seeks affluence.
- Fundamental idea of seeking affluence, either in individual life, society or a nation is because it will give us a choice of types of nourishment and lifestyles.
 - However, looking at people's lives, these choices are not something they're enjoying but rather freaking them out. People don't know what to do, what to eat and so on, because we have not handled the most fundamental matter.
 - We want to be in a race track but we don't want to build a machine for it, we just want to win. Nobody wins a race because they desire it, everybody desires victory but only competence wins in the end.
 - Whether in an academic setting or professional atmosphere, instead of tweaking our competence, we are tweaking our desire (which we call ambition, goal orientation), you're either tweaking your desire without tweaking your competence, which comes at a grave loss of your well-being.
 - Don't put the cart before the horse.
 - Instead, you should just tweak your competence, this can even propel you beyond your desires.

- Don't think about doing, knowing and being but rather learn how to be, because when you know how to be, it doesn't matter whether you work in San Francisco or on Mars, wherever you are you will know how to do, you will function to the best of your intelligence and capability. That's all you can do.
- In our lives, if we do not do what we cannot do, it's not an issue. But if we do not do what we can do, we have a disastrous life. Don't end up not being able to do what you can do.
- But once you create this unnecessary, completely avoidable stress due to giving importance to your desires over competence. Without tweaking the competence, we are tweaking the desire, which creates a situation that creates stress.
- Stress means you're moving towards incompetence, not towards competence. Any machine on this planet will function as its best, only when there is no sense of friction. The machine is the most efficient, when there is the least amount of friction, why is that not true for the human mechanism?
- If the human functions with the least amount of friction, it will function as its best. Will you be as great as someone else, maybe not. But you will function at your peak and that's all.
- Every human being has come with a certain genius potential, but because of the type of schooling we have taken across the world and the way we approach life. 90 % of people will live and die, without ever realizing what is their unique genius, only a few percent of the people will realize what they're capable of. The rest will all do something that somebody else is doing and they want to do that better than them, this is their idea of well-being. Because of this, a tremendous amount of human genius is simply lost, which is a great loss on the planet.
- Human genius is stifled because everybody is trying to be in one basket and be on-top of everybody else, which is a very rudimentary way of functioning in the world.
 - Suffering is guaranteed even when you get to the top of the basket.

How To Reprogram Your Subconscious Mind by Dr. Bruce Lipton

- Let us discuss the nature of how our lives have been programmed and how these programs control our life, our vitality and behavior in the world.
- Recognize this, if you buy a new computer and you turn it on. The built-in operating system prepares it to work, but if there are no programs in that computer then the computer can't really do anything.
- Let's relate that to a child; when the brain develops, it's got an operating system but there are no programs in it. Nature created the first seven years of our lives to download behavior by observing our parents, siblings and our community. In this way a child can learn all the behavioral characteristics necessary to be a functional member of our family and of a community.
- However, since we are downloading programs by observing other people. What happens if we download programs from our parents, family and siblings that are not very positive programs, but rather very negative programs that have adverse effects on our health.
- It turns out, science has revealed that during the first seven years of our life, our brain is designed to download programs just by observing other people, sort of like a state of hypnosis, which is a characteristic of a brain frequency called Theta, which is just below consciousness.
- The first seven years of a child's life is installing the programs, that when consciousness kicks in at around age seven, consciousness has use of programs to create the behaviour in their relationships, family, community etc.
- We now know that about 70% of those programs we download are negative and disempowering, and even self-sabotaging.
- As we go through our life, you say "well where are these programs?"
- Well they're in the subconscious mind, and then you find out that there is the other mind, the conscious mind which kicks in at age seven. That mind is connected to your personal identity, your spirituality. The difference between the two is profound.
- The conscious mind is a creative mind, while the subconscious mind is a programmed, habit mind.
 - If you're operating from the conscious mind, then you are creating your life from wishes, desires and aspirations.
 - However, if your life is under the control of the subconscious mind, it's going to play back the programs that you downloaded from other people.
 - Since other people didn't plan your wishes and desires, the download you get may not even allow you to get the life you really wish for.
 - Are we running our minds with the conscious mind or running our lives with the subconscious programs?

- Science has revealed that only 5% of the day, are we operating our nervous system using the conscious mind's creative wishes and desires. 95% of the day our life is coming straight out of the programs in our subconscious.
- When the conscious mind is controlling our biology, it is like a driver holding the wheel, taking us into the direction we want to go - our wishes and desires.
- However, when we are thinking, the conscious mind has let go of the wheel and go inside the brain, because thought is an inside job (subtle), not an outside job (gross), so when the conscious mind is thinking, it's not driving the vehicle.
- When we are thinking, our vehicle (body and senses), the subconscious goes into autopilot. The moment we start thinking, biology is taken over by the programs that we've acquired in the subconscious.
- Here comes the problem; 95% of the day we are operating from these programs and the vast majority of them are disempowering and self-sabotaging downloads.
- Instead of our creative wishes and desires, one leads a life that manifests the issues that we downloaded from other people, mostly negative. Therefore, one struggles through life, because one doesn't operate from wishes and desire any longer. Operating from the habits that you've gotten from other people.
- This becomes a profound issue, because it says that the life we're leading has already been controlled by the download of programs.
 - This is not a new idea - for 400 years, the Jesuits have told their followers that give me a child until age seven and I will show you the man.
 - What they were saying was actually telling people, if you give me an opportunity to download programs in the first seven years, that will determine the rest of the child's life, because 95% of a person's life is coming from those programs.
- What should we do with these programs?
 - What are the programs? They were being downloaded from the last trimester of pregnancy and all the way through the first seven years of life.
 - Most of which you won't remember, especially those of earlier years (0,1,2). Because consciousness wasn't even engaged at that point.
 - What controls your life?
 - 95% from the programs, but what are the programs?
 - 95% of your life is coming from the programs, so your life is a printout of the programs downloaded in your subconscious mind.
 - Look at your life, the things you love and desire and wish for that come into your life. They come in, because the subconscious has programs to acknowledge that.

- Here is an important note; when you struggle in your life, where you want to have a certain outcome, but you work hard for it, you put a lot of effort into it, you're sweating over it to make something happen. Why are you struggling so hard to create those wishes and desires?
 - The answer is very simple; the programs that you were downloaded with, do not support those ends. As a result, your behavior is sabotaging you.
 - The link and catch for all of it is, when you are playing subconscious programs, why are you playing them?
 - Because the conscious mind is inside thinking, and as a result the conscious mind is not observing the behavior that's coming out from the program.
 - Since most of those programs are self-sabotaging or disempowering, you yourself don't even see that you're engaged in the process, because the subconscious is playing that and the conscious mind is not observing it.
- It is necessary for you to understand these programs, because we can change these programs. When we change the programs in the subconscious, we rewrite the character of our lives.
- While the conscious mind is a creative mind, it can learn in any number of ways; reading a self-help book, watching a video, going to a lecture. You can easily download new knowledge into the conscious mind.
 - The significance is that the conscious mind is creative and can be very smart.
- However, downloading new knowledge into the conscious mind, does not change the programs of the subconscious mind. It's a different mind and learns in a completely different way.
- The subconscious is the habit mind and by definition, we don't want to change habits very easily, especially for example. When did you learn how to walk?
 - Most probably before the age of two, and regardless what age you are, almost all of us never have to learn how to walk again and for that we have to thank the subconscious mind, because it downloaded the habit of walking and tries to resist any change to that.
 - Similarly, when you get a negative habit or belief, it also tries to resist change.
- How can I put new programs into the subconscious mind, to replace the old programs that are sabotaging me?
 - Three ways to rewrite the subconscious mind;
 - Hypnosis - Same process where you downloaded programs in the first seven years.

- Every night when you go to bed, just before your conscious mind goes to sleep, your subconscious mind is in operation.
- Put earphones on, as you go to bed and hear a program. This will go straight into the subconscious mind and can reprogram it.
- Repetition is necessary to get new programs after the age of seven, practice. Everything you needed to learn, you had to repeat it to create a habit.
 - In order to change a habit that is not supporting you, you have to engage a habit that does support you.
 - If you're an unhappy person, you say to yourself that everyday no matter how unhappy you are, you say to yourself repetitively "I am happy, I am happy".
- Most effective way to change subconscious programs is through energy psychology.
 - These are mechanisms that enhance super learning and therefore you can download new behaviors in matters of minutes.

The Healing Power of Gratitude – Telomeres (DNA) by Dr. Bruce Lipton

- “Whatever you’re waiting for; be it peace of mind, contentment, health. It will surely come, but only when you are ready to receive it with openness and gratitude. Of all the characteristics needed for both a happy and morally decent life, none surpasses gratitude.” Benjamin Franklin
- Happiness and health are the just rewards for living in gratitude.
- Now we know scientifically why gratitude works, because built-in in every one of our cells, is the fountain of youth - called telomeres, special parts of the DNA.
- When you open up the nucleus of the cell, the chromosomes emerge and there are 46 chromosomes (23 from your mother and 23 from your father).
 - A chromosome is a sleeve of protein wrapped around a double-helix of DNA.
- Telomeres are essentially made out of the same building blocks as DNA, but they don’t actually contain blueprint information that’s translated into the proteins that make you. Instead, they function to prevent damage to the usable portion of your DNA by acting as a sort of decoy for damaging molecules called reactive oxygen species (ROS), also known as free radicals.
- In addition to this role, telomeres function to protect the ends of DNA during the process of DNA replication. Our cells typically go through constant periods of replication where a parent cell divides and gives birth to 2 new daughter cells. During this process, the DNA from the parent cell must copy its DNA so that the daughter cells both have a set of instructions.
- Telomeres are extensions of DNA after the genes, meaning it is part of the DNA that doesn’t program anything, it’s just extended DNA at the end.
 - The answer for having this extended DNA at the end is profoundly simple. If you understand how the DNA is reproduced;
 - First there is an enzyme that comes in when it's time to reproduce the DNA, that enzyme is called a helicase enzyme.
 - Remember DNA is a helix, and the helicase is an enzyme that breaks the helix, so as the helicase moves down the DNA, it splits it into two separate strands (notice image).
 - You can see all the little red marks are on the DNA, that’s where the gene programs are.
 - But at the end of the DNA, there are different marks, and this is where the telomere is, why should we have a telomere?
 - At the very ends of the DNA strand, at the very end are extensions of DNA, but these extensions don’t program genes. These are just extra extensions of DNA.
- Why do we then have these telomeres?
 - Most important reason is because when the enzyme (polymerase) comes in that copies the DNA, it’s like a train that lands on the DNA as the tracks and as the polymerase moves down the track, it leaves behind it a copy of the DNA that it was writing on.

- As your “train” is moving down the DNA strand, it creates a duplicate piece of DNA behind it, this is how the DNA is reproduced.
- But the serious part is this, when the enzyme gets to the end of the strand, it cannot copy the piece of DNA that it's sitting on, because the next move, that enzyme (train) would fall off the track.
- This is important because, when the polymerase enzyme lets go of the DNA, the new piece of DNA is shorter than the first copy. This is relevant, because every time the DNA is copied, the last little piece can't be copied, so every time it's copied, the DNA gets shorter and shorter.
- If or when most run out of the telomere portion, the next time you copy the DNA, you're going to cut off a piece of the gene.
 - That's when aging, disease and depression begin, when the DNA runs out of telomeres.
- At first it was thought that the length of the telomere would determine how long you could live, because it could determine how many times the cell can divide.
 - A scientist back in the 1960's by the name of Leonard Hayflick did a calculator; he said if the telomere is so many units long and you lose a little piece every time the cell divides, how many times can the cell divide?
 - They're specifically talking about the stem cells in our body that divide all the time, replacing the worn and broken out cells that die every day. Stem cells have to keep dividing and their progeny contributes to the repair. But how long can your stem cells last?
 - When the stem cells run out, we start to age very quickly and that's when disease and depression are characteristic.
 - Hayflick did a calculation; counting the number of cell divisions and looking into the lifetime of an individual, an individual can live about 120 years.
 - Telomere length predicts aging, disease and depression.
- Excitingly, a female scientist came into the picture by the name of Elizabeth Blackburn, she saw the ends of the DNA, where the telomeres are, there is an enzyme called telomerase.
- Telomerase is an enzyme that adds extensions to the telomere, so if the enzyme is working, the telomere can get longer and longer.
- The result of this is that you can divide the cells on and on and on, without running out of the DNA telomere.
- What activates and inhibits the telomerase?
 - Causes that stop the enzyme from working that cause premature aging, disease and depression;
 - Poor nutrition - cause the enzyme to cease functioning

- Childhood Abuse (Verbal & Physical)
- Domestic Violence
- Post-Traumatic Stress Disorder
 - When people are abused, or live in a world of violence, there is a psychological story that makes a person not want to be here, which is an unconscious belief, but that belief will stop the telomerase enzyme from working and you'll die sooner according to the wish of that belief.
- Loss of Love (or no Self Love)
 - Without love, life is more a life of isolation which doesn't encourage anybody to live longer.
- No Purpose in Life
 - Most important influence on the enzyme
 - Wake up in the morning with nothing to do, nowhere to go and all of a sudden the feedback is "I don't have any reason to be here"
 - This belief in the biology of belief is the factor that can shut down the enzyme, this is why many people upon retiring have a very short span after the retirement, because they lose their function, their purpose of life. Therefore, unconsciously that individual will cancel the enzyme and have a much shorter life.
- Positive aspects that will activate of the enzyme
 - Good nutrition (especially Omega-3)
 - Exercise
 - Trying to stay healthy and alive
 - Happiness and Gratitude
 - This is the big one! This means that you love your life so much that you want more.
 - So unconsciously, you will activate the enzyme to increase and enhance your life.
 - Positive Outlook
 - When you have a positive outlook, that means you're looking toward a future and again the feedback says "we're going to activate this enzyme to have that future"
 - Self-Love & Love
 - Appreciating others and appreciating yourself and life's experiences.

- In Service
 - Lastly, and most importantly is being in service, meaning you have something to do, which will create the feedback “I can’t end now, I have to be here longer, I have something to do”.
 - Being in service is one of the most important things to extend your telomeres and keep you around.
- In Conclusion
 - The information about telomeres and telomerase is very important, because they represent the equivalent of a fountain of youth in every cell.
 - Between your mind and your cells, the biology of belief reveals how your consciousness and your thoughts can extend your telomeres by activating telomerase when you appreciate life, have gratitude, when you're looking for love and happiness on the planet, you can extend your life.
 - You are powerful beyond measure and able to enjoy a life of happiness, joy and health for a long, long time.

Money as Energy and vice versa by Dr. Bruce Lipton

- Evolution is eminent, you can see the crises we are facing, especially the debt crisis which is manifesting all around the world at this very moment.
- Very simply, money is the equivalent of energy \$ = energy, naturally if you save and conserve your money, you’ll always have this energy so you can live. However, if you waste this energy, you actually interfere with your own survival, so you don’t want to go out and just throw away your money.
- This is an important insight into the nature of our own health and our biology and the world we create in this regard. Our biological system, the cells rely on energy, without energy there is no life, so fundamentally you have an energy budget that gives you life.
- In fact, the energy in the body is called ATP, which represents units of energy. In fact, biologists refer to ATP as the coin of the realm. The significance of ATP is that ATP molecules are like units of gasoline, like gallons (or liters) of gas that are used to fuel our biological processes, so to stay alive, we have to have all this ATP, so there is an ATP account in your body right now.
- 25% of the total energy in your body is used to operate your brain, so all of a sudden you start to recognize that the brain uses energy at the rate of the muscles of a marathon runner.
- Brain and muscle activity are pretty much the same. So as you are using your brain, your thinking, you are actually using energy. This is relevant, because the way we’ve been using our thoughts are not necessarily productive. As a matter of fact,

sometimes our “investments” of our thoughts are actually counter-productive, because our thoughts create a reality that we then have to overcome.

- We must start to become aware of our thoughts, because thoughts represent units of energy. Every time you have a thought, you use energy.
 - If you’re given a checkbook, you don’t go down the street and just write checks to people, you don’t give away your money, you are frugal.
 - Similarly, you have an energy budget in your body, that which keeps you alive. When you start using energy and get no return for your energy, it is similar to writing checks and simply giving away your cash.
- The biology of belief reveals how our thoughts create our reality and if you start investing in thoughts that are counter-productive, thoughts like fear, what am I going to do, how am I going to escape this problem, how is this going to go wrong and all these other kinds of negative thoughts. Realize that you are not only using your energy for having these thoughts but these thoughts are also what come into your reality.
 - What you focus on with your thoughts, your brain will manifest as reality.
 - “Worrying is praying for something you don’t want. So stop worrying!”
Bhagavan Das
- Become energetically frugal not only with your money and body, remember that your thoughts use energy, your interactions with life use energy.
- Realize this simple fact: everything you do in your life you put out energy for, therefore start to review what you’re doing in your life. Because if you’re putting your energy into things that you cannot change in this world, that is the same as writing the check and throwing away your money on the outside, because you get nothing back from it.
- Every time you use energy, think about your energy “checkbook” and ask yourself “Is the use of this energy going to enhance my life or is it just wasted energy?”
- Am I getting involved in a political argument with people, and using up all my energy, am I going to change the world?
- Am I going to use up all my energy to try to convince other people to change their lives, their way of living, to make them even healthier and they’re not ready to do that?
- Here is an interesting thought, imagine having an energy “checkbook” and you would have to write a check every time you had a thought, you would have to ask yourself “Is this thought going to enhance my life or is this thought going to take away from my life?”
- When you start doing this, you start to realize and direct your actions and energy into things and thoughts that enhance your life, survive and go beyond survival into thriving.

- The point is that we are facing tough times, and the more thoughts you put into the negative aspect, into the fear, not only are you wasting your energy but as in the biology of belief, these negative thoughts and stresses, which end up impairing your immune system and bring out diseases itself.
- For this month, think about living on an energy budget and that energy represents our life. If you are going to use your budget wisely, put your thoughts, energy and money behind those things that enhance your personal life, the community that you live in and support the evolution that we are going into, rather than wasting your energy fighting the old system that is falling apart.
- This is your opportunity to get out of that system and build something more sustainable, something we can all live on, something we can all thrive on.
- Let each one of us participate in this evolution, conserve your energy to create a beautiful reality, rather than worrying and manifesting the other.
- This evolution is eminent.

The apocalypse of belief by Dr. Bruce Lipton

- Now, if you look around at the world today, you'd think that this is hell on earth. We didn't come from hell on earth, we came from the proverbial garden of Eden, a garden is the highest level of cooperation of organisms.
- Look at what we've done here, look at this world that we've ended up with today. Look around, we are in hell right now and this is actually prognosticated in the bible's book of revelations, where they talk about the four horsemen of the apocalypse, those four horsemen are represented by; disease, famine, war and death.
- Is this an inevitable conclusion to the world or is there an alternative to opportunity?
- Conventionally the concept of an apocalypse is a very scary thing, a breakdown of the world as we know it. The original meaning of the word "apocalypse" in Greek means an unveiling, an uncovering of knowledge that we haven't seen before.
- The new knowledge that we are being exposed to will take us from destruction into the creation of a better, more functional world.
- Let's go back and understand the nature of civilizations. A civilization is based on a set of truths that are understood by the people of that civilization to be a valid understanding of the world.
- When the truth of a civilization changes, so does the civilization. A civilization is characterized by its culture and its behavior.
- These behavioral norms have previously come from religions which gave us a bunch of beliefs about Spirit, God and the planet. Religions consider their knowledge to have originated directly from God and that is infallible, that could not be questioned under any circumstances.

- This worked as long as the knowledge was thought to be infallible, but when something upset that knowledge, that would actually throw a monkey-wrench into the civilization.
 - In 1543, just before his death, Nicolaus Copernicus, a Polymath - mathematician, astronomer and a priest revealed that some of this seemingly “infallible” knowledge was incorrect. He formulated a model of the universe that placed the Sun rather than Earth at its center, which was a major event in modern history of science that had a pioneering effect on the modern scientific revolution.
 - He found this by going back to the age of Ptolemy in Egypt and found out that the sun according to the ancient Egyptians was the center of our particular system and that the earth was revolving around the sun.
 - In doing so, he broke the idea of infallibility and offered an opportunity for new ideas, outside the dogma of religions.
- There is an old saying “knowledge is power” and while that is a true statement, let us say this statement in a different context “A lack of knowledge, represents a lack of power”.
- We now recognize four fundamental beliefs that have the culture and what we call this civilization of “scientific” materialism. Four fundamental beliefs that have shaped this culture are found to be flawed or outright wrong. As a result, civilizations are expressing a lack of power, by adhering to incorrect stories.
- The four myth perceptions of the apocalypse
 - A myth means a belief in what we’ve bought to be true, whether it's true or not, we own it as truth and as a result we create a world based on that myth. If the myth is false, the world that we’ll create is not going to be in harmony with real life.
 - Myth number 1 - The Universe is made of matter
 - Belief in Newtonian Universe, which is a separation of matter from energy and emphasizing matter as primary.
 - Newtonian principles divide the universe into two realms;
 - A physical, material and mechanical realm.
 - Invisible energetic realm.
 - Being humans made out of matter, then we are supposed to conform to the material realm laws, provided by Newton. We become physical machines and ignore the relevance of the invisible world around us, which formerly was referred to as the spiritual realm.
 - We live in a world without spirituality, we live in a world of materiality, with the purpose of more matter and revealing how powerful you are in this world.
 - Conclusion - Myth number 1 of a Newtonian material based universe is incorrect, based on the new science of Quantum Physics.
 - Matter appears to be an illusion - when you look into the structure of the atom, it turns out there is no particular structure but actually an energy vortex.

- Significance is this, energy cannot be separated. Energy represents unity, all energy and all individual things that we see as matter are all energy, connected to each other.
 - Quantum Physics is the most valid science on this planet, there is no science that has been tested and affirmed to be more truthful than Quantum Physics.
 - We have to start recognizing a unity, rather than separation of the material world - the old belief.
- Myth number 2 - Genes control our biology
- Belief that makes us victims of the heredity and genes that we've received from our parents.
 - The belief is genetic determinism is a belief that genes determine the characteristics of our lives.
 - If we don't like the characteristics we have, we can't change the genes.
 - Then add on top of that, the belief that genes turn on and off by themselves, then you start believing that your life is controlled by factors that you have no control of, that genes control you and you don't control them.
 - That belief is totally false because we now know there is a new science, not called genetics but rather epi-genetics.
 - In epi-genetics, the meaning of the word epi, which means above. The characters that are expressed are above the genes.
 - Now we know that our consciousness and our response to the environment controls our genetics. We can change our genetic activity, by either enhancing or even destroying ourselves with diseases, just because of the actions of your mind.
 - The actions of the mind are under your control, so you are not a victim of your genetics, you are a master of your genetics.
 - If we would understand this, then we wouldn't be facing a health care crisis that is under-mining civilization at this moment. We would be powerful enough to control our own lives, our own health and our own vitality.
- Myth number 3 - Evolution is based on random mutations
- As a result of the belief; that there is no purpose on this planet.
 - Darwinian theory that over millions of years, accidental mutations, with positive mutations being selected and negative mutations being eliminated.
 - Important understanding based on that is this; if random mutations are the source of evolution, the start of an evolutionary process.
 - Random by definition means accidental.
 - If we are here by a whole series of accidental mutations, then what if any is the purpose of humans on this planet. Then there is no purpose, if it was all random mutations that initiated our evolution. Just for example if

a particular mutation that made us human didn't accidentally occur, what would be the result today?

- It turns out that this is not really true, but rather that evolution is actually based on adaptation - that an organism will adjust its genetics to conform to its environment.
 - Humans are at the top level of this adaptability, we can live in any environment on this planet, because we can adapt. It is a purposeful change.
 - Every organism that evolved in that garden of earth participated in keeping the wholeness and cooperation expressed as a garden. We have evolved in that garden and the indigenous people of this planet already knew and lived, they said “we are in a garden and the role of humans is to be a gardener in that garden”
 - We must learn to live in harmony with the garden and actually return to being gardeners. That is the function that we have, to keep balance on this beautiful planet that we have arrived on.
- Myth number 4 - Evolution is driven by competition
- Competition for fitness and the struggle for life, which means we are competing with each other to survive, rather than recognizing unity and wholeness.
 - False understanding, which originated before Darwin. In the 18th century, economics and philosopher Thomas Malthus came up with the idea that “food production will not be able to keep up with growth in the human population, resulting in disease, famine, war, and calamity.”
 - Competition for survival and fitness as in - there won't be enough for all of us.
 - Complete misunderstanding of the truth, that we now recognize that evolution is not based on competition, but rather based on cooperation.
 - Animals and plants get into equilibrium and they balance in each other. Interesting fact, that for example in animal reproduction, every mating pair, actually reproduces two off-spring that will survive to mate again. A clam may have a 1000 eggs, but only two clams are going to actually occur. The point is that the illusion of competition is not a valid insight, built on cooperation and unity that all organisms come together to live in harmony, hence a garden.
 - If you actually look at the root of the word competition, it means to strive together, to work together to create a better end-result, rather than a winner-loser that we have bought into today. We need to return to the true meaning of the word competition, which is working together.
 - These new alterations to the four myths, change our beliefs. Understand that when the beliefs change, so does culture.

- We are in a transition period, as we look at the world crumbling all around us, we have to own a very simple fact, that we are not passive victims of this process. We are the people that are creating this devolution.
- Therefore, we are being called on by nature at this moment, to change the way you are living on this planet or you won't be here in the very near-future.
- The new beliefs, the new understanding of the former myth perceptions help move from the hell on earth that we have created, to actually experiencing heaven on earth.
- When you come to understand this, the nature of the honeymoon effect becomes apparent, which is simply this;
 - Our subconscious programs make life a struggle, but realize that you might fall in love and within 24 hours, the struggle changes to a world of heaven on earth, the honeymoon effect.
 - Heaven on earth is always here, but how come most of you are experiencing the hell of this world falling apart. Because we have built a cultural behavioral system on false understandings of science.
- Facing an evolution is not a passive process, it is a participatory process. Are we going to work together to create harmony and a new garden? Or will we let this go by the wayside as we face a looming extinction? It is up to us!

Stop Going Anywhere - everything will come to you by Dr. Joe Dispenza

- When you begin to create from the field, instead of from matter. The only way you can do that, is to learn to take all the attention off your body and become a nobody.
- Take all of your attention off all of the people in your life, that you give so much attention and energy to because you have an emotion associated with them and get beyond all the people in your life, and go from someone to no one.
- If you've worked your whole life in being a someone, or if you've been working your whole life, thinking that you're your body. You are going to work a little harder, because that's your identity. That's what you're associated with.
- You'll have to get beyond all the things in your life; your cell phone, computer, car and literally go from something to nothing.
- You have to take all of your attention off the place where you work, you live, you need to be, the place you're sitting and go from somewhere to nowhere.
- You've got to think about the predictable future and the familiar past and go right into the present moment, and go from sometime to no time.

- When you do that properly, you become pure consciousness and that's how you enter the field. Once you are pure consciousness, you are taking all of your attention off this three-dimensional reality.
- Now where you place your attention is where you place your energy, so if you've taken all of your attention off of everything material, there's only one place you're going to wind up in and that is the immaterial realm called the quantum field, an invisible field of energy that unifies and connects everything material.
- Now you will be "creating" from the field and you combine a clear intention with an elevated emotion and you're connected, also feel connected.
- The suggestion of an alternative way to create is that when there's a vibrational match between your energy and some future reality, you actually no longer have to go anywhere to get it. You're actually the vortex and you will collapse space and time and draw the experience to you.
- You can't predict when it's going to happen or how it's going to happen, because if you can predict it, it's known, so then you have to lay down the very thing you use your whole life to get what you want, for something greater to occur.
- Now, that goes against generations of untold conditioning and a lifetime of habituation in believing that we are trapped in this material world. Yet, you will notice without a doubt that once you understand that formula, and once you know how to create that kind of brain and heart coherence, the side effect of that is a change in biology; neurologically, chemically, hormonally and genetically, we have now measured all of that. We've seen gene regulation changes in four days, more brain coherence, more heart coherence, your brain is working better, you're trusting your heart, it's open. There are different chemicals that are released, oxytocin suppresses survival centers and resets the baseline of a person's trauma or shock.
Your immune system goes up, you lengthen your telomeres, so you're changing the future of your body, you're extending your life. We have the evidence for all of this, both in the scientific and practical world.
- The accelerator of that whole process is witnessing it, then one feels optimistic, inspired, grateful which is all changing your emotions and energy. You're then combining a clear intention with an elevated emotion.
- Thoughts are the vocabulary of the brain and feelings are the vocabulary of the body, and how you think and feel creates your state of being. Now you have moved from your past present state into a future present state being, you have begun changing your brain and body by thought alone.
- In depression studies where they give someone a placebo and they say "This is the best drug for depression". Four out of five people that are in the placebo study get better or do as well, as people who were taking actual antidepressant. That's 80%, but here is the deal, they've been taking that sugar pill for about eight weeks, every day taking that pill and combining that clear intention with an elevated emotion, they're moving into a new state of being. What this means is that you got to do the work.

- That means you actually have to practice sitting down, getting beyond all the people in your life, all the things you need to do, the places you need to go to, you got to get beyond your body wanting to get up and go because it's been programmed that way. You got to tell your body that you're not getting up until I say.
- Now, this is when you come out of the bleachers and you get on the playing field because now you have to go from the known self, disentangle from those programs and exist in the unknown possibility.
- The person who is combining the clear intention with an elevated emotion and not relying on external or exogenous substance, who's doing it by thought alone, changing their state of being, it is guaranteed that this will become a habit. They will know when they're there and then they're not.
- When you can get familiar with the state you want to be in, by first becoming no one, then accessing it from the field of possibilities (quantum field) and keep practicing this, it will become easier for you to do so also with your eyes open, as well as your eyes closed.
- If you go back into your old state of being, there is a good probability that your pain and condition come back. There is this sort of dance that goes on when people are learning how to heal and change, they take a few steps forward and take a few steps back, then three steps forward and only one step back.
- Have to practice, practice self-regulating, practice what you're paying attention to, and if you stay with it for a long enough period of time. All of a sudden, we've measured this, you will reach a point, where your chemistry changes so dramatically, that you're literally in love with life.
- Now, imagine what happens when oxytocin is released in the quantities that we see. Oxytocin signals nitric oxide, nitric oxide (miracle molecule) signals a chemical called endothelium-derived relaxing factor,

which is a big word or a set of words that just means a chemical that signals the arteries in your heart to literally expand. When they expand, you're getting more blood flow in there. Just like when your sexual organs are aroused and there is blood flow in there, now you're going to feel it with the same intensity, right in your heart and it's going to be much bigger.
- Now that the person's heart is wide open, who is feeling those emotions, will not judge somebody else in that moment, hold a grudge or even try to forgive one, they are going to feel so amazing that they're not going to want to lose this feeling and will just say "I forgive you." Now this is the side effect of true transformation.
- The side effect is a greater level of consciousness, greater skill set in life. When you start getting good at this, all the things you thought you wanted, you no longer want because when you're creating more brain and heart coherence, you feel more whole, and the more whole you feel, the less you live in lack, because it feels like you already have them.
- That's when you start to see those wonderful coincidences, synchronicity, serendipities, miracles. Those are experiences coming to you, that's the field dropping bread crumbs saying "Keep going, keep going". There is a synchronization between your energy and your future. The side effects of that are signs and that's when it gets to be exciting.

- Now you're not going "Oh I have to meditate today, I got to create my life", you're like "Oh my God, I don't want the magic to stop happening, I'm going to get into it."
- Every synchronicity creates that elevated emotion and you use that energy for the next creation, and people climb out of their lives, come out of their past.
- Every single cell of your body, except red blood cells makes proteins.
 - Muscle cells make muscle protein; actin and myosin.
 - Skin cells make skin protein; collagen and elastin.
 - Stomach cells make stomach proteins; enzymes.
 - Immune system makes immune proteins; antibodies or immunoglobulins.
 - Eye cells make eye proteins; keratins.
- Our body is a protein producing machine and in order for those cells to make proteins, a gene has to be regulated.
- They used to say, genes create disease, which is an absolute lie. There is a very small percentage, about 1-5% of the people on the planet are born with a true genetic condition, like type one diabetes. The other 95 to 99 % is created from lifestyle, or behaviors.
 - Two identical twins sharing the same genome, one dies at 52 and the other dies at 88.
 - It was their reaction to the environment that caused their genes to be switched on; up-regulated to make a healthy protein or down-regulated to make a cheaper protein. Turns out that when you're living in stress and living in survival, you're living in emergency mode and that's not a time for growth and repair. That's a time to mobilize all the body's energy, all its resources from some endangered situation, real or imagined, in their life.
 - If you're living in emergency mode for an extended period of time, and you keep signaling that gene, then it makes sense that over time the gene will begin to wear out - this is like taking a copy of a copy of a copy of a copy, sooner or later you're going to start making a cheaper protein.
 - The expression of proteins is literally the expression of life. Luckily it is absolutely possible to signal the gene, ahead of the environment. If a person is waiting for their wealth to feel abundance, or if they're waiting for their health to feel wholeness and gratitude, or waiting for their new relationship to feel loved, they're living by the old model of relative cause and effect.
 - Waiting for something out there to change to make them feel better here, to take away their lack and emptiness. The moment the person embraces the emotion ahead of the event, if they understood what they were doing and why they were doing it, then when the environment signals the gene and the end product of an experience in the environment is an emotion, when you've embraced the emotion ahead of the experience, you're signaling the gene ahead of the environment.
 - Since genes make proteins and proteins are responsible for the structure and function of your body, you begin to become that very person.

- It's not about our wealth, it's not our health, it's not our new relationships, it's not the things we accumulate, it's who we become.
- So we overcome the old self, which takes a great act of will and awareness, so you become somebody else. When you become it, nobody can take that away from you. In fact, you know that you know how to do it, or you know that you know that you are IT.
 - An abundant person does not say "I'm abundant, I'm abundant, I'm abundant."
 - Nor does a healthy person say "I'm healthy, I'm healthy, I'm healthy."
- You don't say that, you are IT. Most people have been fooled by their senses, because 5% of one's conscious mind is holding the intent, but their body is habituated into a predictable future, or emotionally conditioned into the past.
 - They're saying "I'm healthy, I'm healthy, I'm healthy" and their body is saying "You're miserable, you're unhappy." That thought can't even make it past the brainstem to the body.
- So learning how to self-regulate, just by changing your emotional states, the amount of biological and energetic changes that take place within you and all around will be miraculous.
 - Develop this skill and get really good at it.
- Then you wouldn't be interested in so many physical things, even though they are easily attained, but rather interested in facing off with yourself every day and asking "What is it that stands in the way between me and my future?", "What is it that stands in the way between me and my connection to the quantum field?" This is the real question.

Tendencies of the mind

- The average person is estimated to typically have more than 6,000 thoughts in a single day, new research into the human brain suggests.
- The statistic comes from a team of psychology experts at Queen's University in Canada, who say they have developed a never-before-seen way to detect when one thought ends and another begins, as described in a paper published in Nature Communications. The academic project - outlines a method of isolating specific moments when a human is focused on a single idea, a phenomenon the researchers described as a "thought worm."
 - "When a person moves onto a new thought, they create a new thought worm that we can detect. We also noticed that thought worms emerge right as new events do when people are watching movies. Drilling into this helped us validate the idea that the appearance of a new thought worm corresponds to a thought transition."
- In 2005, the National Science Foundation published an article summarizing research on human thoughts per day, of the thousands of thoughts one has daily, 80% were classified negative, and 95% were exactly the same repetitive thoughts as the day before.
 - We can see that one of the tendencies of the mind is to focus on the negative and 'play the same songs' over and over again.

The habitual brain

- Not all habits are bad. Some are even necessary. It's a good thing, for example, that we can find our way home on "autopilot" or wash our hands without having to ponder every step. But inability to switch from acting habitually to acting in a deliberate way can underlie addiction and obsessive compulsive disorders.
- Habits drive our lives — so much so that sometimes we might want to break the habit, as the saying goes, and experience something new.
- But habits are a useful tool; when we do something enough times, we become effortlessly good at it, which is perhaps why Aristotle reportedly believed that “excellence is not an act but a habit.”
- ‘Bookending’ neural signals
 - Although a habitual action seems so simple and effortless, it actually typically involves a string of small necessary movements — such as unlocking the car, getting into it, adjusting the mirrors, securing the seatbelt, and so on.
 - This complex set of movements that amount to one routine action that we perform unconsciously is called “chunking” and although we know that it exists, exactly how “chunks” form and stabilize has remained mysterious so far.
 - The new study now suggests that some brain cells are tasked with “bookending” the chunks that correspond to habitual actions.
 - In another study, Graybiel and her former team found that the striatum, a region of the brain previously associated with decision-making, also plays an important role in acquiring habits.
 - Working with mice, the team noted that the patterns of signals transmitted between neurons in the striatum shifted as the animals were taught a new sequence of actions — turning in one direction at a sound signal while navigating a maze — which then evolved into a habit.
 - At the beginning of the learning process, the neurons in the mice’s striata emitted a continuous string of signals, the scientists saw, but as the mice’s actions started to consolidate into habitual movements, the neurons fired their distinctive signals only at the beginning and at the end of the task performed.
 - When a signaling pattern takes root, explain Graybiel and colleagues, a habit has taken shape and breaking it becomes a difficult endeavor.
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consolidate into habitual movements, the neurons fired their distinctive signals only at the beginning and at the end of the task performed.

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- Brain patterns that indicate habits
 - Although edifying, Graybiel's previous efforts did not establish for certain that the signaling patterns observed in the brain were related to habit formation. They could simply have been motor commands that regulated the mice's running behavior.
 - In order to confirm the idea that the patterns corresponded to the chunking associated with habit formation, Graybiel and her current team devised a different set of experiments. In the new study, they set out to teach rats to press two levers repeatedly in a specific order.
 - The researchers used reward conditioning to motivate the animals. If they pressed the levers in the correct sequence they were offered chocolate milk.
 - To ensure that there would be no doubt regarding the solidity of the experiment's results — and that they would be able to identify brain activity patterns related to habit formation rather than anything else — the scientists taught the rats different sequences.
 - Sure enough, once the animals had learned to press the levers in the sequence established by their trainers, the team noticed the same “bookending” pattern in the striatum: sets of neurons would fire signals at the beginning and end of a task, thus delimitating a “chunk.”
 - Graybiel explains “this more or less proves that the development of bracketing patterns serves to package up a behavior that the brain — and the animals — consider valuable and worth keeping in their repertoire.”
- Neuroscience of habits
 - Christina Gremel (Assistant Professor of Psychology at the University of California, San Diego) published a study on *Neuron*. The study provides the strongest evidence to date.
 - Gremel said, that the brain's circuits for habitual and goal-directed action compete for control - in the orbitofrontal cortex, (OFC), a decision-making area of the brain - and that neurochemicals called endocannabinoids allow for habit to take over, by acting as a sort of brake on the goal-directed circuit.
 - Earlier work by Gremel and Costa had shown that the orbitofrontal cortex, or OFC, is an important brain area for relaying information on goal-directed action. They found that by increasing the output of neurons in the OFC with a technique called optogenetics -- precisely turning neurons on and off with flashes of light -- they increased goal-directed actions. In contrast, when they decreased activity in the same area with a chemical approach, they disrupted goal-directed actions and the mice relied on habit instead.
 - "Habit takes over when the OFC is quieted," Gremel said.

- Another study concluded on more practical methods, the study showed that the edges of the OFC are activated by both **meditation and exercise**, experienced by human beings when attention is focused on a specific body feature, such as breathing or muscle activity.
 - *Activation of the orbitofrontal cortex by both meditation and exercise: A near-infrared spectroscopy study.*

Magic happens before sunrise by Dr. Joe Dispenza

- When there is a change in your awareness, when you wake up at four in the morning and you balance your heart and your brain.
- If you're waking up at 4.00am and getting it done every day, you will get whatever your desire, without a doubt.
- At 4.00 your brain chemistry is just right; you got a high dose of melatonin moving through your body, it is at its highest quotient at 4.00 am and your brain will stay in slower brainwave state, because of it, you're more likely to stay in a slower frequency called theta.
- When you balance your heart and brain well enough, the frequency in your heart gets orderly and there is more energy there and by the time it reaches your brain, it creates a new energy, new awareness.
- You lay down and you surrender completely. Surrendering is trying not to control, predict or force anything to happen, as that would be living in the habit of separation, when you're trying to do something, you're separate from it.
- In this realm, surrendering to the experience and trusting is a never ending process for most of us. So the 4am time is a great time for doing your meditations, electrifying your entire being; physically, mentally, emotionally and energetically.
- When your brainwaves are in that state of theta, where you're semi-conscious, below the surface of awareness and relaxed at the same time. Your energy and brain are heightened, that you're aware of gamma waves, but you're relaxed.
- You can then tune in to energy and information, and when you do that little receiver in the back of your brain, the pineal gland begins to connect you to energy and the autonomic nervous system gets very activated.

Brahma Muhurta “Creator’s time” by Sage Sadhguru

- Many problems that human beings are suffering, is simply due us having lost that awareness as to how to be in sync with the many forces.
- If you become in rhythm with life, you will also wake up between 3-6 am (depending on time zone).
- At that time, you should sit up and do the process you have committed to, it will bear maximum fruit.
- In the way the planet is moving, something very fundamental changes - 96 minutes before sunrise to be exact, which marks the start of Brahma Muhurta “Creator’s time period”. The human system functions in a certain way, where it is a possibility and with our awareness we can make use of this possibility.
- Our life is a product of many things we call the universe, many things we call as existence, so we are a consequence of a phenomenal happening, that we call the cosmos. We are not an individual existence, so when you get in sync, certain things will happen.
 - Nature’s example of syncing - The 17-year cicadas are species of periodical cicadas, a group of homopterans with the longest known insect life cycle. The largest brood makes its appearance every 17 years, like clockwork, in the northeastern quarter of the United States.
 - They wake up once every 17 years, no alarm bells or anything, because they are in sync with nature.
- We have lost sync with nature and we think that is our nature. All the many ailments, problems that human beings are suffering are simply because we have lost that awareness as to how to be in-sync with the many forces, which are making us who we are.
- If you become in rhythm in life, you will also wake up before Brahma Muhurta. If you’re conscious, suddenly a certain spark of aliveness will happen within you. Even if you are in deep sleep, you will awake which means you are falling in-sync with life.
- You must have a process that resonates with you, so it is implanted into your system, so you can follow through with the practices intended. This way you will bear maximum fruit, because of the way the planet is behaving in relation to your system during the creator’s time period - Brahma Muhurta.
- If you go to bed at the right time, eventually you don’t have to look at your watch, because your body will behave in a different way and become aware of the rhythm of life. At this time, the seed will bear maximum fruit as it gets the necessary support at that time to sprout or to spur up more rapidly than other times. This is only for the powerful creators of one’s life.
- For all others, they can time their practice to either - 20 minutes before/after sunrise & sunset, same goes for noon and midnight. These times, while great, are more suited for those who want general well-being, who don’t necessarily have a definiteness of purpose - process.

Everything is energy, with its own frequency, manifesting as sound

Brainwaves - 528 hz will literally transform your DNA by Dr. Leonard Horowitz

- 528 hz frequency has been determined to be nearly the precise center of the entire electromagnetic color spectrum. There is only one number in the entire numeric system, where the electromagnetic color spectrum is the same as the sound system, that one number is 528, both the same in color and sound - 528 frequency.
 - “528 cycles per second is literally the core creative frequency of nature” Dr. Leonard Horowitz
- A miraculous key that opened doors that no man can open, and closed doors that no man can open, 528, it will change your life in the most beneficial way.
- Now, we have substantive evidence, massive amounts of evidence.
- Ultimately what has happened on this planet, is that we are in dissonance to another note, another frequency. It turns out that when we discovered the original musical scale, there were not just six, but a total of nine core creative frequencies to the universe - everything in the universe is made from nine notes, only nine.
- The first six are the solfeggio and there are three additional ones that form a perfect circle of sound. That perfect circle of sound looks something like this, if you graph it (see image):
- So the first six notes 396, 417, 528, 639, 741, 852 were the original solfeggio scale.
- The 528 that you can see is the color green, it's the heart of the rainbow. That's the miracle note from the original solfeggio scale.
- The other note that you see - 741, which is part of nature, is called “The Devil's Interval” in musicology. When you play 741 with 528, it creates such an annoying and dissonant energy; dis-easing, stressful that if you continue to listen to it, you could die.
- The concept is interesting, as in the world today we have people who are controlling virtually everything - economically, geopolitically - whose agenda has been population manipulation, control for millennia. They've held this secret knowledge, the ancient music by which the pyramids were constructed, based on math. All of the Universe was constructed according to these nine tones and they knew about them and instituted them.
- The Rockefeller Foundation in 1939 instituted the world's standard tuning. The western world tunes to the A440 hz frequency that when you tune your instrument to that, the F-sharp note is 741, precisely.
- The A440 hz is now the standard tuning - if you go A439 or even A441 you're closer to one of the Creator's original tones, that's how precisely it has been manipulated.
- To do what? To shut down 95% of your brain, particularly the right-brain that operates the heart-mind to the divine human community.

- Metaphor - When you go driving your car and your channel on the radio is tuned to a station and you're grooving to the music, you love that music. As you get farther and farther away from the broadcasting tower, that music gets static. You start to lose the signal from the clear channel broadcast. It gets staticky, when it gets staticky, you get a little annoyed but you want to listen to it because you really have a draw to that music, so you continue to listen to it for another 10-15 miles (kilometers) and suddenly it becomes so annoying that you get disgusted and you shut it off. If you continue to listen to it, you get sick.
- This is what we are talking about here, except you don't even know that you've been listening to the static your whole life. You don't even know what the true resonant frequency is, because it has been kept from you.
- In other words, the master composer - the master conductor of the Universal Orchestra is singing love songs in 528, uplifting everything simultaneously and we're the only species out of tune and accepting static for the clear channel.
- Dr. Masaru Emoto - Hits a musical triangle on stage like in an orchestra and about 30 feet away is his interpreter, standing with the same exact replica of that same-sized musical triangle, frequency-tunes to the same frequency and he tells his interpreter to put a microphone next to it and suddenly this one starts to resonate, while he hits the other on stage 30 feet away.
- Previously even in Harvard, Public Health it was stated that about 85-86% of your body if well-hydrated was water. Today, they tell us that it's only 75%, they've been dehydrating everybody with poisons.
- 93% of the function of DNA is light and sound, reception and transmission, including cellular up-regulation.
- Cellular up-regulation means precipitation in the now, now, now, every millisecond, instant second, you are manifesting right now in water - water is the most energy conductive of all of the materials. It's a super conductor.
- The fundamental, rudimentary origin of numbers is this - the most important are 3,6 and 9 - Nikola Tesla said "If you only knew the magnificence of the 3, 6, and 9, then you would have a key to the universe."
 - Inventor who created tesla coils, energy amplifiers and responsible for 80% of modern day inventions, directly or indirectly.
 - Your DNA is also an energy amplifier, a coil. Operating by the 3,6 and 9's primarily.
 - For those who don't know this - you've seen engines or motors, magnets that have been wound and wrapped with copper wires. When you coil the copper around the magnet, it enhances the energy dramatically. That's what your DNA is, it's an antenna to the Creator.

- Every cell of your body has this energy capability, has this divine intelligence. This means that the first entity you should be communing with in order to up-lift yourself, sustain yourself, heal yourself is the - billions of cells of your body that have its own unique genetic intelligence, its own sacred spiral to the Creator.
 - We finally know how to live a faithful life, a life according to the law, according to nature. You've heard of "what goes around, comes around" or "as you sow, so shall you reap". Let's say you are putting out negative thoughts, behaviors, actions. It's all energy, the neurology in your brain is powerful, 86% of you is divine water.
 - Now that's going out and here is what happens - it goes out and then boomerangs back - bringing to you Karma, bringing to your divine judgement. It's all according to the mathematical matrix, it's certain, it doesn't lie. It's always consistent, there is nothing missing, nothing broken in it.

Water Memory Experiments by Dr. Masaru Emoto

- First off, let's remember that 75-85% of our body is made of water.
- Water has a memory of its own, Dr. Emoto's laboratory did research on water samples, which are subjected to various forms of outside influence. The impressions made upon the water are recorded by swiftly freezing it in a cryogenic chamber.
- In all of the world's religions and beliefs; Christianity, Islam and Judaism, including Hinduism and in some cases Buddhism, and others - it is the practice to recite a prayer (or mantra) before taking food, or to consecrate the food during major religious and spiritual observances.
 - How did such certainty arise in such seemingly dissimilar religions and beliefs, that this is the right thing to do? Why did something that science is only now trying to understand, seemed obvious to our ancestors.
 - It turns out that the frequency of vibrations - the prayers of any religion, uttered in any language is 8 hz, which corresponds to the frequency to the oscillations of the Earth's magnetic field.
 - Therefore, a prayer pronounced with love creates a harmonic structure in water, which is an ingredient of absolutely all food.
- In 1995, Dr. Masaru Emoto recorded musical impressions on water. They presented water with different types of music, after which they froze the water and under a microscope could clearly see the crystals that the water had formed; music such as Bach, Mozart, Beethoven and even heavy rock.
- Dr. Emoto's research has visually captured the structure of water at the moment of freezing and has shown through photographic documentation the direct effect of words, music and thought have on water. Destructive thoughts compared to those of love, gratitude and peace, show significant differences. This revelation that our thoughts can influence water has a profound impact on our health and the well-being on our planet.

- Dr. Emoto's message "Water is the principle of everything and also water is a mirror of yourself. If you have a peaceful mind (thoughts), water becomes peaceful and also as a result the world becomes peaceful, because water is the principle of everything. If each person has a peaceful mind, this universe becomes automatically peaceful. Let us talk with our water, let's ask water and let's say to the water - thank you, respect you and love you."
 - As we communicate uplifting, empowering words, music and thoughts to our water, we are in essence doing that to our very self.

Secrets of Cymatics - Holographic Properties of Water

CymaScope instrument and the emergent science of Cymatics makes sound visible, form, pattern, with .001 % total harmonic distortion, or in other words 99.999% accuracy, so when you get a soundwave out of the oscillator, it is extremely pure. Fun fact: Scotch whiskey did definitely NOT image as well as pure, medical-grade water. Pure water is truly the best at providing beautiful, esthetic imagery.

“The actual state of our knowledge is always provisional... and there must be, beyond what is actually known, immense new regions to discover”. Louis De Broglie (France 1892-1987)

Louis De Broglie was a French physicist and aristocrat who made groundbreaking contributions to quantum theory. In his 1924 PhD thesis, he postulated the wave nature of electrons and suggested that all matter has wave properties.

If we can zoom in at any 3D holographic-like CymaGlyph (sound image), let's imagine we can zoom in on any one molecule, you would have to find that that regardless of anywhere you go on the same image and zoom in, you would still find the same frequency all over for the structure, regardless of which part of it you'd like. Although you visually see all this structure, this is why it is safe or even conservative to say that it is holographic-like or quasi-holographic but certainly there are holographic properties to these.

Another very important aspect to this, if we can create these kinds of beautiful patterns in water, simply by injecting a frequency or frequencies into the water, then there are huge implications for medical science, if you think about this. So this means all the sounds around us, whether people be talking, or music, if you imagine classical music, what that is doing in your body. This kind of image could be appearing in the visceral waters of your body, where you've got boundaries certainly, wherever you've got boundaries, there will be images that can form.

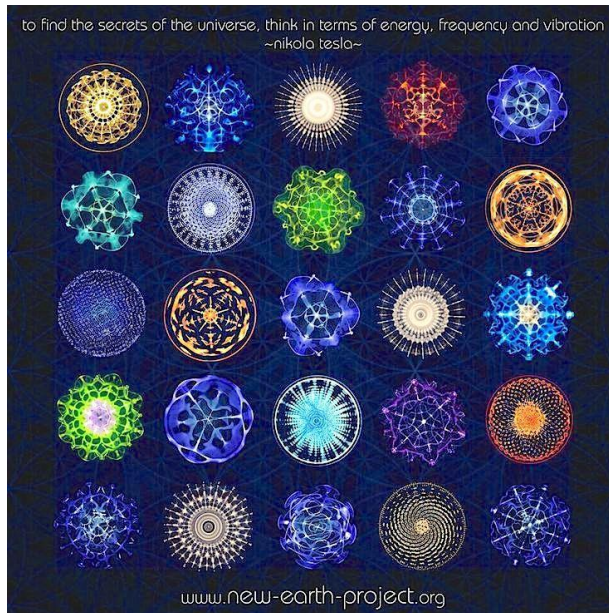
One of the areas, where you absolutely know that you can get clear images, are the membranes of cells. There has been work done with living microscopy cells, where you can literally see the pattern on the surface of the cell. Thinking ahead about the possibilities for sound therapies, looking at why sound heals as an actual therapy, we know it does and this way we can understand why it does.

We can see that if we can create beauty in the body of the water, not just on the surface, there is a big implication for many aspects of science.

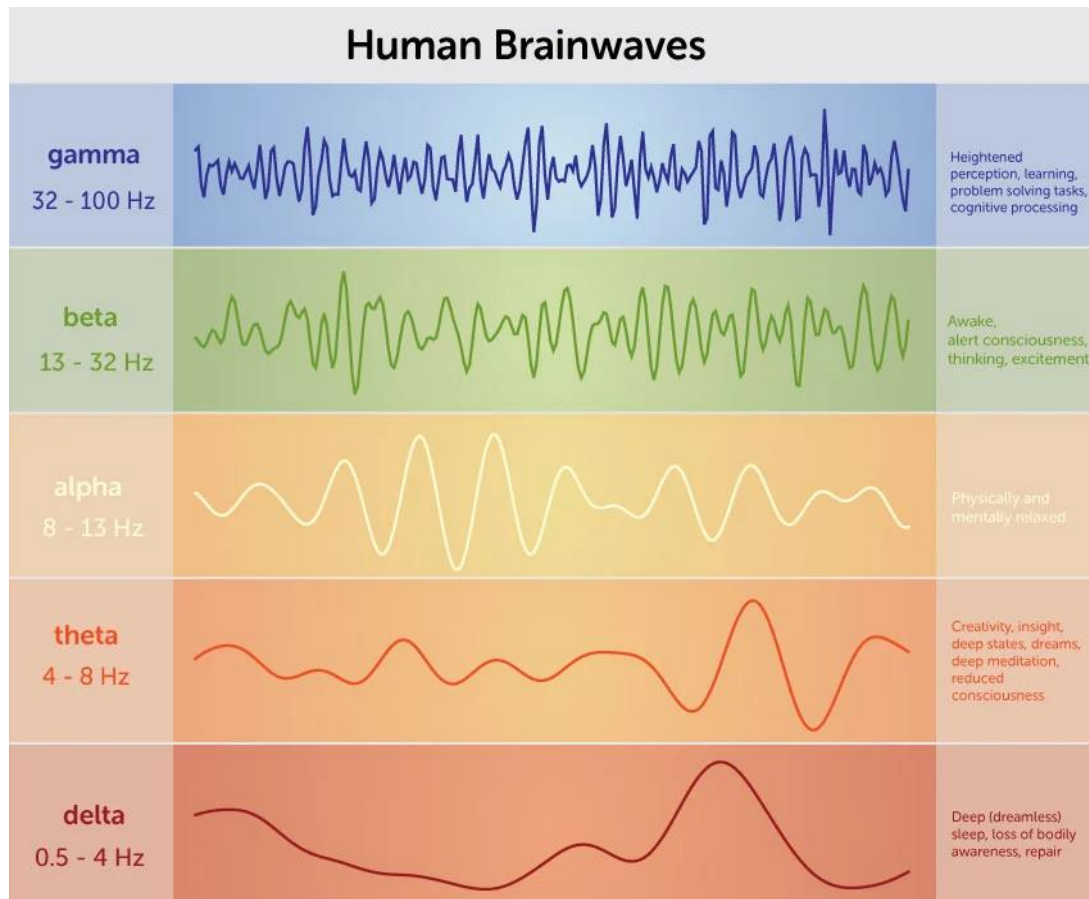
Holographic principle

All audible sound and all frequencies of electromagnetism (light) are spherical in their space-form. If we zoom in to any point on the sound/light bubble's surface, we find the same vibrational data that exists at any point within the sound/light bubble.

The conclusion is that sound is definitely holographic or has holographic aspects to it. Fun Fact. Dolphin sees with sound (through its echolocation)



Awaken the Heart & Brain Connection by Gregg Braden



- Gamma brainwave state
 - Notice how much faster and more compressed are the Gamma brainwaves compared to other brainwave states.
 - These are the brainwaves that the Tibetan monks were creating in their bodies intentionally on-demand to accomplish the amazing feats of healing, awareness, intuition, regulation of their functions, body temperature, immune response, anti-aging hormones, all on-demand, when they choose. This is where they find their power, by realizing this potential.
 - Interestingly, but not surprisingly, one of the ways we can achieve; it is by harmonizing the heart and the brain that will achieve this gamma state, intentionally.
 - Scientists are saying that this opens the door to states of deep intuition, increased focus, recall of anything about any event. This sounds like some of the popular television programs, where individuals are trained to be super humans, where they walk into a room and they know everything about everyone in that room, total recall.

- The gamma state is what allows this very fast processing, storage of information and retrieval. This makes lots of sense, when you think about fast information retrieval involving the heart instead of just the brain alone.
 - When you think about something, the answer or response of the brain is slower than the heart. The heart responds instantaneously, when you ask it a question, it answers before we have even finished asking the question.
 - The reason for this difference is because the brain goes through all the logic and loops (fears, issues of past, self-doubt, self-esteem) are all things that the logic goes through for filters before it gives us an answer. The heart doesn't do that, you ask your heart a question, it gives an immediate answer.
 - In the native American traditions, the indigenous ancestors knew of this power of the heart and actually gave it a name (no direct English translation, similar to the word Prana) - shante ishta which means the single eye of the heart.
 - The heart that doesn't judge right or wrong, good or bad. The heart can discern what's true for us and what's not, yet it does not assign a judgement. This is a powerful distinction, which will empower you whether you are in a boardroom, with your friends or you are in intimate relationships with those who are closest to you, who trigger responses that you sometimes wish you hadn't said.
 - If you can get out of your brain and go into your heart, shante ishta - the single eye of the heart will tell you what is true for you and you only, can't tell you what's true for someone else and it will do it with discernment.
- So it makes a lot of sense that the gamma state actually allows this very fast processing, which is a natural antidepressant, making people much happier and calmer. This state awakens, breathes life into our sensory perceptions, in the gamma state we can pick up scents, your sensations of sound - music feels different, not just sound different. These are all the benefits of the gamma state.
- We have explored many of the potentials of marrying, unifying the brain with the heart, now we can tap into them ourselves in our lives, when we choose to do so.
- When we have emotions such as anger, hate, jealousy, rage will send a chaotic, jagged, rough signal. This signals chaotic chemistry in your brain, this is the kind of chemistry that tells us that we need the stress hormones - high amounts of adrenaline, high cortisol to respond to something quickly in life. This is a good thing only for a few moments, you don't want to live your life day in and day out like this.
- When we can shift our heart based experiences to things like compassion, care, gratitude and appreciation for anything. When we can do that, the signal from the heart to the brain shifts very quickly.

You can see and feel a very rhythmic, even, coherent signal which sends a different signal to our brain, which will release different chemicals to our bodies.

- Realize that the brain cannot do both at the same time, it can only do one or the other, so when you are in that coherent feeling, even rhythm, that's what awakens your brain to send powerful healing chemistry, immune response, anti-aging hormones, awakened your senses and turns on the gamma state. But when you are in a jagged signal, that's fight or flight mode, in which your body is saying something important is happening, we've got to run or fight, so we don't have time for healing, immune response, anti-aging hormones. It shuts off those functions in preferential treatment of this fight or flight response. But this is not something you want long-term. Luckily we can shift these brain states very quickly.
- We can measure this conversation between the heart and the brain electrically, although it is a very low frequency. So this isn't an esoteric essence, this is an electrical and a magnetic frequency and the electrical part is a very low frequency (0.1 hz). Such a low frequency that you can't even hear this, it's a frequency that whales use to communicate in the oceans, so it's a very universal frequency. It's also a frequency that military submarines use to communicate in the oceans. It is the optimal signal to harmonize your heart and your brain.
- If you can create in your heart a feeling of 0.1 hz, then that feeling is going to harmonize your heart and your brain. The indigenous people have techniques that do that.
- The institute of HeartMath has refined the ancient technique in the laboratory into very simple, accessible steps in our everyday environment; urban, military, first responder, family and marriage counselling, cardiac & vast number of applications.
- This technique is the doorway for all these potentials listed. Once we do this, we can decide whatever we desire; work on the subconscious, go into intuition or simply use this technique before we go to bed, to begin to sleep and trigger healing in our bodies, first thing in the morning, before yoga, martial arts, chi gong or any other aspect of life. Everything goes better with heart and brain coherence, because we are optimizing the conversation between the two.
- This is done in three steps;
 - 1. Shift your mind into your heart, which is hard in the western tradition, when asked are you in your heart - response would be "yes, I'm in my heart" but what they're really doing is in their brain, thinking about what it would be like if they were in their heart.
 - This is where the indigenous traditions come in, our ancestors say that it helps if you can gently touch your heart center, physically in a way that is comfortable for you.
 - In the Maya and many of the middle-eastern traditions you see an open palm right at the heart.
 - In Hinduism and Buddhist traditions you see a prayer mudra (hand posture) that physically touches the sternum.

- The key is any of those things, creates a gentle touch of physical sensation right over the heart center and your awareness will always go to the place, where you feel a sensation. So if you can create a touch over your heart, your awareness will go there.
- 2. Slow your breathing (simply start with 5 sec inhale and 5 sec exhale), because the only time you would ever slow your breathing and breath in such a way, is when you feel safe.
 - When you feel that you're in a place that you're safe and you're threatened, you're not vigilant of your surroundings, so you're telling your body you're in a place that is safe.
- 3. Begin to feel the feeling that creates 0.1 hz, the feeling that sets up the coherence between your heart and your brain.
 - We already mentioned it, scientists (Institute of Heartmath) have found that there are four key words that work almost a 100% of the time for anyone;
 - Appreciation for anything and anyone
 - Gratitude for anything and anyone
 - Care for anything and anyone
 - Compassion for anything and anyone
- If you can feel one or some combination of those feelings in your heart, while you're breathing as if your breath is coming from your heart, touching that heart center - now you are setting up this communication between the heart and brain, which triggers those neurons to begin to reach out and find other neurons to strengthen this connection.
 - This takes about 72 hours to build these networks, so the more you do what we are about to do right now, the stronger this connection becomes in your life.
- Let's try this and go through this together;
 - First shift your awareness from your mind to your heart, by gently touching your heart center.
 - Once you're there, breathe slower than you typically would (start with 5 sec inhale and 5 sec exhale).
 - As you breathe, feel your breath coming from your heart and begin to feel those feelings; compassion, care, gratitude and appreciation.
 - Researchers have found that typically, doing this only three minutes will set in motion a cascade of events within your body - biochemical events that will last as long as six hours, the immune response (white blood cells of your mouth) reflecting this effect up to six hours after you create the experience.

Heart Energy Center (Anahata Chakra) by Sage Sadhguru

- The heart center - Anahata Chakra is the power of creation, this is where a human being can create. Once you touch the dimension of the heart, all of the subtle forms - everything that's been created will start coming into your experience.
- Anahata is symbolized with two intersecting triangles, forming a six-pointed star. This symbolizes how the lower three chakras and the upper three chakras are all meeting here as one, this means the heart all the other six qualities in one. Generally, the heart center is symbolized with a six-pointed star with a dot in the center, which is to mean that all the seven chakras have merged here in a certain way.
- Every creature in some way is trying to rise; a worm may want to climb up the tree, a bird may want to soar in the sky, a human being may want to become rich, famous, powerful or want to get enlightened, all of these are efforts to rise. This is the nature of creation, every creature is trying to rise to its fullest potential, some will do it consciously, most will do it unconsciously, but everybody is trying to rise. Each has their own specific staircase; money, energy, experience, whatever.
- The heart is where spirit and matter meet and form an intersection, which means it has many possibilities in one place. The heart center is the palace of where endless possibilities arise and hence an unwavering intellect is required to discern between memory vs imagination, experience vs. psychological issues, otherwise one can get confused as accessing the heart center, one will hear and see all kinds of possibilities.
- Anahata means a sound with reverb, unstruck sound. Most of the sounds on the planet happen because something strikes something, this is an unstruck sound, that is if you simply sit in silence, all kinds of sounds will happen. These sounds have been identified in the Yogic science as 108 different varieties of sound, out of which different deities have been associated with different sounds in India.
 - The first manifestation of Anahata is that sounds will happen.
- When one comes into the heart center and is dominant in this center, they start hearing things - sound of the bell, the drum, flute and so on.
 - Generally, when one hears sounds, generally it has meant that one is going crazy, this is why before you hear anything, your discernment should be crystal clear and your emotions should be sweet.
 - If you have not come to a certain sweetness of emotion, there will be too many things you cannot do, you are denying yourself the Universe.
 - Without the sweetness of emotion, you may feel truly terrorized by what you see and hear.
- The power of Anahata is a wonderful opportunity for someone with a sweetness of emotions and a razor sharp intellect. The core of the universe is a tremendous place, but are you ready to go to that place?

- Anahata is a fantastic dimension, but too much of a good thing when you're not ready for it or you are not good for it can be a terrifying experience. First one needs to work on sharpening their mind and turning one's emotions sweet.

In Sanskrit, anahata means "unhurt, unstruck, and unbeaten". Anahata is associated with balance, calmness, and serenity and has the Beeja (root) syllable mantra of YAM. The 12 petals of the Anahata chakra are the following syllables with their corresponding divine qualities of the heart:

- kam, kham, gam, gham, ngam, cham, chham, jam, jham, nyam, tam, tham
- bliss, peace, harmony, love, understanding, empathy, clarity, purity, unity, compassion, kindness, forgiveness

To activate the energies of the Anahata Chakra – One can chant these beeja (root) syllable mantras – starting with YAM and then followed by the 12 petals (kam, kham, gam, gham, ngam, cam, cham, jam, jham, nyam, tam, tham) which would complete a cycle, to be repeated 21, 54, 108 or more times.

Affirmations and Mantras (original source of affirmations)

What are Positive Affirmations? A Definition

- Fortunately, positive affirmations are almost as easy to define as they are to practice. Put simply, they are positive phrases or statements used to challenge negative or unhelpful thoughts.
- Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself.
- You may choose to use positive affirmations to motivate yourself, encourage positive changes in your life, or boost your self-esteem. If you frequently find yourself getting caught up in negative self-talk, positive affirmations can be used to combat these often subconscious patterns and replace them with more adaptive narratives.

The Psychological Theory Behind Positive Affirmations

- One of the key psychological theories behind positive affirmations is self-affirmation theory (Steele, 1988). So here are empirical studies based on the idea that we can maintain our sense of self-integrity by telling ourselves (or affirming) what we believe in positive ways.
- Very briefly, self-integrity relates to our global self-efficacy—our perceived ability to control moral outcomes and respond flexibly when our self-concept is threatened (Cohen & Sherman, 2014). So, we as humans are motivated to protect ourselves from these threats by maintaining our self-integrity.

- A Look at the Research

- The development of self-affirmation theory has led to neuroscientific research aimed at investigating whether we can see any changes in the brain when we self-affirm in positive ways.
- There is MRI evidence suggesting that certain neural pathways are increased when people practice self-affirmation tasks (Cascio et al., 2016). If you want to be super specific, the ventromedial prefrontal cortex—involved in positive valuation and self-related information processing—becomes more active when we consider our personal values (Falk et al., 2015; Cascio et al., 2016).
- The results of a study by Falk and colleagues suggest that when we choose to practice positive affirmations, we're better able to view "otherwise-threatening information as more self-relevant and valuable" (2015: 1979). As we'll see in a moment, this can have several benefits because it relates to how we process information about ourselves.

Benefits of Daily Affirmations

- Now that we know more about the theories supporting positive affirmations, here are six examples of evidence from empirical studies that suggest that positive self-affirmation practices can be beneficial:
 - Self-affirmations have been shown to decrease health-deteriorating stress (Sherman et al., 2009; Critcher & Dunning, 2015);
 - Self-affirmations have been used effectively in interventions that led people to increase their physical behavior (Cooke et al., 2014);
 - They may help us to perceive otherwise "threatening" messages with less resistance, including interventions (Logel & Cohen, 2012);
 - They can make us less likely to dismiss harmful health messages, responding instead with the intention to change for the better (Harris et al., 2007) and to eat more fruit and vegetables (Epton & Harris, 2008);
 - They have been linked positively to academic achievement by mitigating GPA decline in students who feel left out at college (Layous et al., 2017);
 - Self-affirmation has been demonstrated to lower stress and rumination (Koole et al., 1999; Wiesenfeld et al., 2001).

Effects of Chanting a Mantra by Sage Sadhguru

- Why is sound so much more important than a word which has a meaning?
- Do not discount the power of sound, it has influence over everything.
- A mantra is a combination; you get the right combination; it will open a doorway into creation.
- There are two dimensions to a mantra, as mantras are not supposed to have any meanings in the tradition. There are different types of mantras, unfortunately mantras that most people know have some meaning, because most people cannot involve themselves in something they consider to be meaningless.
 - Less intelligent persons will only do things that they find meaningful, meaning an identifiably useful means to an end. Failing to recognize the many facets of life, life doesn't exist just because we have attached meaning to it, it existed before you and will exist beyond you. It doesn't become useful or not useful, just because you give it meaning.
- So two types of mantras have been created - one larger set of mantras, which have no meaning, just pure sound. It's not about meaning, but the sound.
 - Sound is so much more important than a word, which is a meaning. Meanings are made up in human minds, sound is the essence of creation.
 - If you touch the sound, you're touching creation, if you touch a word, you're just going into the psychological structure of human beings.
 - Psychological structure of human beings is essentially a certain kind of madness, we can enjoy it, use it, but essentially it's a certain kind of illusory set-up.
 - Sound is a fundamental aspect of creation. If you have mastery over sound, you have mastery of creation itself in a certain way, because creation is just a complex amalgamation of sound. It's the blueprint of creation, but meanings are human things.
 - The same words mean different things in different languages, because it's all made up, while the sound is not made up. Sound is part of the creation, part of existence, part of making the creation happen.
 - Right now, the whole of creation is reverberating in a certain way. It doesn't matter that you can't hear it.
 - Enjoying creation in one sense means, simply enjoying the sound of it. If you don't have a keenness to listen, to pay attention, you cannot enjoy any aspect of creation but rather only enjoy psychological patterns in your head.
 - This is the reason why most human beings want to speak most of the time, not because they have something to say, but because they have to find meaning. Simply the silence or sound are both too overwhelming.
 - Those who talk a lot, know that meaning is meaningless. One can go on talking without making any sense.

- If you were a bird, you would be pardoned, or if you are a musician, this is also ok to make meaningless sounds, but if you're speaking you're expected to make some meaning.
- A mantra is not supposed to be spoken, it is to be chanted. Chanting means chant of the sound, not of a meaning. Meaning is written and spoken word, meaning does not belong to a chant. A chant is simply a sound, a reverberation.
 - It is the best way to chant without knowing the meaning, simply be absolutely involved with the sound and utter it.
- A mantra is to involve yourself, immerse yourself fully in the sound, because your own physical being is a certain pattern of sound and right now you're trying to make yourself into a different pattern of sound, so that this sound becomes the access point to the larger sound, which you call the Universe - a larger arrangement of sounds is cosmic in nature.
- Now you use certain key sounds in a particular arrangement. In the safes, the locks are called a combination lock, so you have to get it right for it to open. A mantra is a combination, you get the right combination, it will open a doorway into creation.
 - It is not the meaning, whatever meaning you give it (high or low), meaning is a made up thing. It has no existential meaning; no word has any existential meaning.
- If you chant a mantra, the tree may respond to it, or if you sing music, or even just generate a thought it will respond to it, but if you speak it will not respond. This is true with a tree and this is true with the divine.

Origins of Mantra by Om Swami

The sages of yore meditating on nirguna-brahma, the formless, were quick to perceive these sounds. It is why, on the path of mantra yoga, Shiva is the only creator of mantras. All the sages are merely the seers. They did not create or discover mantras, much less invent them. They only saw what was already there and hence, they are called drashta, seers. All of this took place 900 million light years away, at Shiva's original abode of Kailasha.

A few million years after the mantras had been seen, the sages at Shiva's abode traveled to earth following him. Some of those seers, most notably Kashyapa, Vashishta, Parashurama, Dattatreya, Atri and Gautama decided to stay back on earth to pass on the mantras to the flourishing but suffering race we know as humans today.

On the path of mantra yoga, when an aspirant selects a mantra for siddhi (perfection or powers), there is said to be a total of 330 million mantras, so there is no shortage to choose from, the question is which ones to choose; for whom, for what purpose and is it locked/unlocked.

Types of Chanting (Japa)

There are four different types of japa repetition: Vaikhari (loud audible), Upamshu (whispering), Manasika (mental) and Lakhita (written).

Degrees of loudness

- Vaikhari japa - is spoken loud enough so that nearby people could hear it being chanted.
 - It may be useful when there are other sounds nearby or when concentration is difficult and is thus considered most suitable for beginners.
- Upamshu japa - is said quietly, murmuring, at a whisper. It is said in the Manu Samhita (first ever lawbook for man in Sanskrit) to be one hundred times more effective than Vaikhari japa.
 - During Upamshu japa the practitioner's lips should barely move so it is difficult for an observer to see that anything is being said.
- Manasika japa - is recited in the mind. Again in the Manu Samhita it is said to be one thousand times more effective than Upamshu japa and thus 100 000 times more effective than Vaikhari japa.
 - It is difficult or impossible to practice for those who are not already grounded in Vaikhari japa practice, followed by Upamshu japa.
- Likhita japa - is the writing of a mantra while, usually, reciting it aloud at the same time. Proponents say it is more effective than simply reciting the mantra aloud.
 - Likhita japa is often written in a book dedicated to the purpose.

It is recommended to start with Vaikhari japa, chanting at regular spoken sound until fluent with the mantras.

This is the earliest one is ready to even consider moving into Upamshu Japa (murmuring), as we have learned the loudible pronunciation of the mantras, internalized the energies so we can get quieter, hence tap into subtler energies of the specific forms of Ganesha. Manasika Japa (chanting in the mind) should be only considered when one has reached a Mantra siddhi - perfection of 250,000 repetitions or more. If your mind wanders, then it is best to stay away from Manasika Japa until your mind is able to stay with a single-pointed focus while in complete silence.

“The efficiency of the japa is accentuated according to the degree of concentration. The mind should be fixed on the source. Then only you will realize the maximum benefits of a mantra. Every mantra has a tremendous force. A mantra is a mass of tejas or radiant energy. It transforms the mental substance by producing a particular thought movement. The rhythmical vibrations produced by repeating the mantra, regulate the unsteady vibrations of our five sheaths (bodies.)

How to Practice

- Traditionally japa is practiced with a mala or rosary consisting of 108 beads made of various woods or gemstones, such as holy Basil tree of Tulsi beads, or Rudraksha beads etc..
- Alternatively, you can also either use an app to track your count by tapping, or lastly to time how long it takes you to chant 108 times and simply set a timer, or multiply it by set number to get to the desired chanting number.
- Lastly, you can also use your fingers to keep track of your repetitions if you do not have a mala to use or any tools to assist you.

Mantra Therapy

Mantra Therapy is the positive practice of concentration on a particular sound. 'Mana' means the mind and 'Tra' means vibration. Any sound or word that creates positive vibrations in mind is called a Mantra. Sound is a form of energy made up of vibrations or wavelengths. Certain wavelengths have the power to heal, others are capable of shattering glass. Repetition of Mantras in meditation, will bring individuals to a higher state of consciousness. The practice of Mantra leads to concentration of the mental power at a particular point and then allowing it to be equally distributed over the body so that one experiences mental bliss. The mind feels relaxed and all systems of the human body function in a normal manner.

Scientists have proved that chanting a Mantra can cure many of our physical and mental problems. About 98% of our problems are psychosomatic. 'Psycho' means the mind & 'Somatic' means the body. Most of our problems start from the mind. Too much stress leads to high blood pressures, nausea, diarrhea, migraine, acidity, eczema, respiratory diseases and many more. The practice of Mantra liberates the mind from all the suffering, irritability, over attachment, ego, lust, and helps one enjoy the spiritual bliss. By chanting a Mantra one feels absolutely blissful and relaxed in the mind. During meditation, we always use a Mantra and try to get rid of all the thoughts that are present in the mind. Mantra can be chanted internally (In the mind, Inaudible) or externally (by chanting loudly, audible).

The internal Mantras are generally small and are also called beej mantras or seed mantras. They are powerful vibrations having great healing powers and are on wavelengths far beyond physical sound. In meditation, use the internal mantra as a barrier of thoughts and allow the mantra to take the place of thoughts in mind. This simple technique of reducing all kinds of thoughts in the mind is a very powerful technique to reduce stress. Consider your Mantra as your guide and friend. Take the help of your Mantra whenever you feel down or low and life, when you are angry, lonely, afraid, undecieve or in trouble. Your Mantra will help you increase your will power, sharpen your memory and motivate you, thereby making you a more confident person and a better human being. Many patients have completely recovered from their sickness by chanting mantras. Even when the disease is incurable, the patient's experience great relief by chanting a Mantra.

Sanskrit – Mother of all languages - Language of the Universe

- In modern day India, thousands of years ago lived the Rshis, the ancient seers of sages. They expressed their lofty spiritual insights in graceful verses, all composed in a remarkable language.
- A language unlike any other, the language known as Sanskrit, its name is derived from the word Samskrita, which means elegant, refined, flawless, perfect. It is also called Devavani or Girvani, which means language of the gods. This distinguished language is granted a divine status, because of its unique beginnings. Whereas other languages are clearly the product of human culture. Sanskrit is believed to be of divine origin, it is said to be apaurusheya - not created by man. This bold claim is based on the fact that it is the language of the Vedas, the source scriptures for the entire “Hindu” tradition. The very first use of Sanskrit is found in the Rg Veda SamhitA, the most ancient part of the Vedas, which the western scholars estimate to be more than 3500 years old, but traditional Indian scholars allege that it is timeless, beginningless, eternal. How can they make such an audacious assertion?
- Those scholars attribute the esoteric, religious and spiritual teachings of the Vedas directly to God. The scriptures themselves poetically say that they were exhaled by God. Since God is the source of everything that exists, God must be the source of the Vedas as well.
- According to this traditional view, the Rshis did not independently compose the Vedas, instead they discovered and gave verbal form to the knowledge that was created by God at the beginning of time. For these reasons, the Rshis are called Mantra Drashtarah - the seers of Mantras, those who discovered the teachings of the Vedas. Somehow they were able to perceive what others could not perceive, that is why they are called Rshis (seers).
- Even more support for Sanskrit’s divine origin, is found in an unusual linguistic theory; generally, the relationship between a word and its meaning is arbitrary, there is no special reason why the “book” should refer to this object (point to a book), any other word or sound (like brickle) could have been used instead, but we all use “book” by common consent or convention.
- On the other hand, there are some words that are intimately connected to their meanings, words like bang or boom, crash and creek, roar and hiccup. Each of these words mimic the sound they represent; poets call this usage (onomatopoeia).
 - Onomatopoeia is the process of creating a word that phonetically imitates, resembles, or suggests the sound that it describes. Such a word itself is also called an onomatopoeia. Common onomatopoeias include animal noises such as "oink", "meow" (or "miaow"), "roar" and "chirp".
- The ancient grammarian Kātyāyana took this a step further, he declared that the relationship between each Sanskrit word and its meaning is eternal, created by God, not merely based on human convention. According to Kātyāyana, the word AkAsha is eternally endowed with the

power to indicate the sky, and the word BhUmI is eternally endowed with the power to indicate the earth. Based on this theory, when the sky, earth, and everything else was created by God, their Sanskrit names were also created. No other language makes such a claim - to have a divine origin.

How Old Is Sanskrit?

- It is said to be timeless, since the beginning of creation of the material universe. But in terms of age defined as by written scriptures, one of the holiest scriptures written in the language of Sanskrit, seen by many to be the holy book - the Bhagavad Gita “The Song of God”, this would put it well over 5,000 years. The Rg Veda is said to be a much older scripture, Vedas have a reference in the Bhagavad Gita, so this must mean that the Vedas (Rg Veda being the oldest) has to have been written earlier, some put it tens of thousands of years, others understand its esoteric origins, hence call it timeless since the beginning of the creation of this material existence.

Harnessing Neuroplasticity: 2 Key Brain Regions Upgraded Through Meditation

- What Is Neuroplasticity? Blowing away decades of scientific dogma, the recently discovered "neuroplastic" nature of the brain means that our potential is not set at birth — we can actually strengthen and improve our brain in ways once believed impossible.
- Rebecca Gladding M.D., author of "You Are Not Your Brain" recently wrote: "The brain, and how we are able to mold it, is fascinating and nothing short of amazing."
- Scientists Agree: Meditation Is The #1 Brain Changer. Backed by 1000's of studies, meditation is the neuroscientific community's most proven way to upgrade the human brain.

Here we dive into 2 key brain regions enhanced through meditation, with a focus on the massive life-transforming implications. There are more aspects of the brain to explore with regards to the effects of meditation, but we shall limit ourselves to only two in this paper.

1. 1: The "At-One" Parietal Lobe — How Meditation Makes You Feel Connected
 - When we feel isolated and separated from the "whole," one particular brain region (the "parietal lobe") becomes overheated. To prevent your car engine from burning up, you need a good radiator.
 - To ensure loneliness doesn't roast your brain, you need to keep your parietal lobe calm, cool, and collected. Thankfully, meditation is up to the task.

- A University of Pennsylvania scientist, Dr. Andrew Newberg, took brain images of Tibetan Monks during meditation. As expected, their "highly intelligent" frontal lobes lit up the screen, just like countless other studies had shown.
 - i. However, what surprised him most was that the meditators' "third-dimensional" based parietal lobes cooled off immensely, which is the same area that loneliness and social isolation brings to a boil.
- Dr. Newburg, now a bestselling author, writes "When people lose their sense of self [in meditation], feeling a sense of oneness, [this] results in a blurring of the boundary between self and others...[with] no sense of space or passage of time."
- By making us feel connected to everyone and everything, meditation cancels out the detrimental mental, emotional, and physical effects of loneliness. You know, that problem is plaguing more than half of modern society.

2. The "Balanced" Corpus Callosum — How Meditation Boosts Creativity, Brain Power

- Dr. Roger Sperry's Nobel Prize winner's model suggests that left-brained people are generally more logical, practical, and analytical, often better at math and science. Right-brained people are generally more imaginative, intuitive, and sensual, often excelling at philosophy and the arts.
- While a great deal of Dr Sperry's "left brain / right brain" research still holds true today, certain parts of his model have been updated over the last 40 years. For example, neuroscientists have recently learned that highly creative people are actually "whole brain" thinkers rather than just "right brain" thinkers.
- Brain imaging studies have shown that highly successful, massively creative people use both brain halves in a much more balanced and integrated way than the rest of us. After his brain was posthumously examined, Einstein was found to be in this category also.
- A 2012 UCLA School of Medicine study found that the "corpus callosum," the grand central station-like cable of nerves cross-linking the brain hemispheres, was remarkably stronger, thicker, and more well connected in meditation practitioners.
- By constructing a "hyper-connected," "ultra-efficient" bridge between our brain halves, meditation puts an abrupt end to our "Neuro-Cold-War," integrating our "east" and "west" brain hemispheres after a lifetime of separation.
- Harmonizing both brain hemispheres opens the door to a smorgasbord of benefits, with better focus, deeper thought, super creativity, excellent mental health, enhanced memory, and clearer thinking just the start.

13 principles by Napoleon Hill - Think & Grow Rich

- Principle 1 - Desire which is the starting point of all achievement
 - “It was not a hope; it was not a wish. It was a keen, pulsating desire, which transcended everything else. It was definite.”
 - The first step towards riches.
 - Desire is not just a hope or wish, it must be a burning desire, such that it is a consuming obsession, backed by definiteness and persistence.
 - Allow yourself no retreat - There is a legend of an ancient commander and his army which was greatly outnumbered, he sailed for miles and reached the shores of the enemy. He ordered his men to disembark on to the beach but the commander knew that the greatest enemy of all was fear. Inspired by this belief, he eliminated the only possible source of retreat “burn the ships!” he commanded. “You see the boats going up in smoke, that means we cannot leave these shores alive, unless we win. We now have no choice - we win or we perish.”
 - In order to be successful, we must be willing to burn the ships and eliminate all sources of retreat and surrender. Only then you will have a state of mind, with a burning desire to win.
 - Dreams are the seedlings of reality, no one is ready for a thing, until they believe they can acquire it. The state of mind must be belief, not mere hope or wish.
 - Open mindedness is essential for belief. Close minds do not inspire faith, courage, and belief.
 - No more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty.
 - Six definite and practical steps to achieving your desires;
 - 1. “Fix in your mind the exact amount of money you desire. It is not sufficient merely to say ‘I want plenty of money.’ Be definite as to the amount.”
 - 2. “Determine exactly what you intend to give in return for the money you desire. There is no such thing as something for nothing.”
 - 3. “Establish a definite date when you intend to possess the money you desire.” “A goal is a dream with a deadline.” — Napoleon Hill.
 - 4. “Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action.”
 - 5. “Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.”

- 6. "Read your written statement aloud, twice daily, once just before you go to sleep at night, and once after waking up in the morning. As you read, see and feel and believe yourself already in possession of the money."
 - "It is important that you follow the instructions in these six steps, it is especially important that you observe and follow the instructions in the sixth step." — Napoleon Hill
- Wishing will not bring riches, but desiring riches with a state of mind that becomes an obsession, then planning definite ways and means to acquire the riches, and backing those plans with persistence which doesn't recognize daily, will bring riches.
 - A written statement or vision board, we will discuss vision boards later.
- Creative Visualization - Similar to when athletes visualize a game
 - More on this in the auto-suggestion section later.
- The "Other You" - every failure brings with it a seed of an equivalent success.
 - When you focus only on your failures in life, you attract more negativity. Try to instead cultivate a friendship, with what Napoleon Hill refers to as the "Other You". Think of the Other You as an alter ego that recognizes no defeat.
 - Make this side of you an ally that shares your goals and desires.
- Principle 2 - Faith, visualization of, and belief in attainment of desire.
 - Faith is the head chemist of the mind. When faith is blended with the vibration of thought, the subconscious mind instantly picks up the vibration, translates it into spiritual equivalent, and transmits it to the infinite intelligence.
 - Look at some of the biggest companies in the world, they all began as thought in the mind of one or two people.
 - Faith can be developed through on-going affirmations and visualization of your desire.
 - Faith is one of the most powerful emotions we have, alongside sex and love. With the power of these three emotions, we have the power to reach our subconscious mind. These thoughts can then be translated and received by the infinite intelligence.
 - In reality, faith is a state of reality which you can foster, through repeated signals to the subconscious mind. This process is referred to as auto-suggestion, as people eventually become their thought patterns.
 - When your thoughts are dominated by positive emotions and a burning desire, all forces are guided towards acts and deeds to accomplish that desire.
 - Thoughts are like a magnetic force, that attracts similar thought patterns, that are in harmony with your own. Your thoughts become real in your world, therefore you manifest reality. Similarly, the subconscious cannot differentiate between positive and negative thought-patterns.

- Someone who feels they are destined to be poor and only fill their subconscious mind with negative thoughts, attracts just that.
- “There are millions of people who believe themselves “doomed” to poverty and failure, because of some strange force over which they believe they have no control. They are the creators of their own misfortunes because of this negative brief, which is picked up by their subconscious mind and translated into its physical equivalent.”
- Planting seeds - “Thoughts which are mixed with any of the feelings of emotions, constitute a “magnetic” force which attracts, from the vibrations of the Ether, other similar or related thoughts. A thought thus “magnetized” with emotion may be compared to a seed which, when planted in fertile soil, germinates, grows and multiplies itself over and over again, until that which was originally one small seed, becomes countless millions of seeds of the same brand.”
 - Any idea, goal or purpose can be planted into your subconscious mind through repetition. Be aware of what you think about, because the subconscious mind cannot in any way differentiate between constructive and deconstructive thoughts.
- Principle 3 - Auto-suggestion, the medium for influencing the subconscious mind
 - “Your subconscious mind recognizes and acts upon only thoughts which have been well-mixed with emotion or feeling.”
 - Auto-suggestion is a vehicle, which we can use to stimulate and guide our subconscious mind to work for us.
 - How you view the world and view yourself is what the subconscious takes in, it cannot differentiate between positive or negative thoughts. If your thoughts are generally negative, your subconscious mind works towards manifesting those negative thoughts into reality.
 - We want to flush out these negative thoughts with positive ones and we can achieve this through auto-suggestion. This process is achieved by repeated self-suggestions that use the five senses.
 - In order for our suggestions to the subconscious mind to have an impact, they need to be mixed with emotion.
 - Stimulate the subconscious mind - Go to a quiet place, close your eyes and repeat aloud the amount of money you intend to accumulate, the time limit for its accumulation and a description of the energy, service or product you intend to give in return.
 - Repeat night and morning until you can see in your imagination the intended accumulation, until they are memorized.

- These instructions may seem abstract or even silly, and skepticism is normal for all human beings, but do not let this deter you, stick to the plan and soon skepticism will be overcome by belief.
 - Through repetition you voluntarily create thought habits, that can influence the subconscious mind and transmute your desires in their physical i.e. monetary equivalent.
 - Reading your statement once is easy, but what's challenging is turning this into thought habits by continual daily repetition, until the desire is achieved.
 - Continual repetition of your statements will begin to open the Universe to your thoughts, you'll have a heightened awareness of ideas and insights that will come to you in the form of hunches and inspiration.
- "Your ability to use the principle of auto-suggestion will depend, very largely, upon your capacity to concentrate upon a given desire until that desire becomes a burning obsession."
- Principle 4 - Specialized Knowledge, personal experiences or observations
 - Wealth is often accumulated from having specialized knowledge, however knowledge in itself does not create wealth. Knowledge only becomes power, when it is organized into definite plans of action and directed to a definite end.
 - Knowledge can be general or specialized. General knowledge is of little use in wealth accumulation. Specialized knowledge of a service or product is required in return for wealth. It is important to identify the specialized knowledge you need for your product or service and then to attain that knowledge, instead of working with what current knowledge you have.
- Principle 5 - Imagination, the workshop of the mind
 - "The impulse, the desire is given shape, form and action, through the aid of the imaginative faculty of the mind."
 - Two forms of imagination - synthetic and creative
 - Synthetic imagination is arranging concepts and ideas into new combinations.
 - This type of imagination is primarily used to attain wealth.
 - Creative imagination is through the use of hunches and inspiration to better read the subconscious mind of others.
 - Great leaders become very good at this time of imagination.
 - Imagination is like a muscle, both types of imagination become stronger with use and weaker without use.
 - The infinite intelligence - For famed psychologist Carl Jung, infinite intelligence was the collective unconscious.

- Modern day psychologists may call the infinite intelligence as being in the “zone” or in being in the “flow” state.
 - For most people it is hard to imagine that thoughts can be tangible, but if anything in the universe is made up of matter, or energy and thoughts create energy by sending little packets of photons throughout the brain, are they not in some regards something tangible? Aren’t they creating small vibrations out into the universe?
 - With quantum physics, the quantum realm and theoretical science like string theory, it has never been easier to imagine a world where in fact our consciousness is somehow connected to the universe and others around us, in ways we don’t yet fully understand.
 - “Ideas are the beginning points of all fortunes. Ideas are the products of the imagination.”
- Principle 6 - Organized Planning, the crystallization of desire into action.
 - “Millions of people go through life in misery and poverty, because they lack a sound plan through which to accumulate a fortune.”
 - How to build practical plans?
 - Mastermind Group - align yourself with like-minded individuals that you will need for the creations and deployment of your plans.
 - Decide in advance what advantages and benefits you will offer to the other members, be it monetary or otherwise.
 - Meet with your mastermind group at least twice a week, until you have jointly perfected the plan.
 - Maintain complete harmony between the mastermind members and yourself.
 - “A quitter never wins and a winner never quits.”
 - If your first plans fail, replace them with other plans until you find plans that reach the desire. This principle rewards those who persist until successful and weeds out the people who want success but only when it is not difficult.”
 - Leaders and Followers
 - “It is no disgrace to be a follower, on the other hand, it is no credit to remain a follower, most great leaders began in the capacity of followers, they became great leaders because they were intelligent followers.”
 - Make sure you use every opportunity to gain knowledge, when you find yourself in a position of following.
 - Major Attributes of Leadership
 - Unwavering courage - no one will follow someone without self-confidence.
 - Self-control - if you can’t control yourself, how can you “control” others”.
 - Keen sense of justice - you need to be fair

- Definiteness of decision - no second guessing yourself
- Definiteness of plans - plan your work and work your plan
- Do more than paid for - do more than your followers would be willing to do
- A pleasing personality - respect is linked to positive personality traits
- Sympathy & Understanding
- Mastery of detail
- Willingness to assume full responsibility - take ownership and don't shift the blame to others.
- Cooperation - 10 minds working together are better than one.
- Reasons people fail in life
 - Lack of purpose
 - Lack of education
 - Ill health
 - Lack of self-discipline
 - Procrastination
 - Over-caution
 - Lack of capital
 - Egotism
- Principle 7 - Decision, the mastery of procrastination
 - “Procrastination, the opposite of decision, is a common enemy which practically every man must conquer.”
 - Procrastination must be conquered for success to flourish. Successful people reach definite decisions quickly and change their decisions slowly.
 - People who fail to accumulate wealth do the opposite.
 - Opinion of others - “Close friends and relatives, while not meaning to do so, often handicap one through “opinions”. Thousands of men and women carry inferiority complexes with them all through their life, because some well-meaning, but ignorant person destroyed their confidence through “opinions” or ridicule.”
 - Your desire should be your own desire, because if you are easily influenced by others, then you will have no desire of your own.
 - Indecisiveness is a habit, it can begin to develop in your adolescence and grow stronger as you age.
 - Be a doer - “Tell the world what you intend to do, but first show it.”
 - Becoming definite in your decisions requires courage. People who talk too much tend not to do anything else than just talk.
 - Be a doer, not a talker. Use your mouth less, instead your eyes and ears more.

- Principle 8 - Persistence, the sustained effort necessary to induce faith
 - Desire and will-power
 - Persistence is essential in transforming desire into its monetary equivalent. When you combine desire with strong will-power, they become a formidable pair.
 - Lack of persistence is very common among people. Without persistence you will fail before you have even begun. People who develop persistence, know that every “failure” carries with it a seed of an equivalent advantage.
 - For people with persistence, know that failures are only temporary and that they will eventually reach their goal.
 - Persistence has a direct correlation with your desire.
 - “Weak desires bring weak results, just as a small amount of fire makes a small amount of heat.”
 - You can remedy a lack of persistence by intensifying or building a stronger fire beneath your desire.
 - Poverty conscious VS Money conscious
 - “Fortunes gravitate to those whose minds have been prepared to “attract” them, just as surely as water gravitates towards the ocean.”
 - In the absence of money consciousness, driven by persistence and desire, a poverty mindset will naturally fill the void.
 - “Poverty consciousness will voluntarily seize the mind, which is not occupied with the money consciousness.”
 - “Persistence is a state of mind; therefore, it can be cultivated”
 - Purpose - know what you want
 - Desire
 - Self-reliance - belief in your abilities
 - Definiteness of plans - plans encourage persistence
 - Accurate knowledge - guessing destroys persistence, knowing encourages persistence
 - Cooperation - be willing to work with others
 - Will-power
 - Habit - persistence is a direct result of building daily habits.
 - The fear of criticism
 - “People refuse to take chances in business, because they fear the criticism which may follow, if they fail. The fear of criticism in such cases is stronger than the desire for success.”

- Most people allow others to influence them so much that the fear of criticism outweighs the will to be persistent. Fear of failure becomes stronger than the desire to succeed and when fear is greater than desire, you will fail.
 - “Most ideas are stillborn, and need the breath of life injected into them through definite plans of immediate action. The fear of criticism is at the bottom of the destruction of most ideas which never reach the planning and action stage.”
- Four steps to develop persistence
 - A definite purpose backed by a burning desire- knowing exactly what you want and having a desire to achieve it.
 - This can't be a vague desire; it needs to be crystal clear in your mind.
 - A definite plan, a written plan that is expressed in continuous action.
 - A mind closed to negativity, that repels negative thoughts and influences.
 - A friendly alliance with other like-minded people to share encouragement and purpose.
- Developing persistence will allow you to control your own economic destiny.
- Principle 9 - The power of the mastermind, the driving force
 - If you want to get where you are going faster, you need to find people who guide you towards that goal faster. A speedier arrival of your desire can be achieved through the power of the mastermind.
 - Power is required for the accumulation of money and then the retention of that money.
 - Organized knowledge is essential for success and it is achieved through the coordination of efforts of two or more people working in harmony.
 - “No two minds ever come together without, thereby, creating a third, invisible, intangible force which may be likened to a third mind.”
 - Napoleon Hill suggested forming a group of 12 or less people, the less the better.
- Principle 10 - Sex transmutation, the 10th step towards riches
 - Sexual desire - the word “transmute” means the changing, or transforming one element or a form of energy into another.
 - Sexual desire is the most powerful of all the human desires and when you're able to harness this energy, it can be directed towards;
 - Keeness of imagination
 - Courage
 - Will-power
 - Persistence
 - Creativity
 - Accumulation of wealth

- Genius and the 6th sense
 - “Sex transmutation will lift one to the status of a genius”
 - Keep in mind that just having this energy is not enough. This energy has to be transmuted from a desire for physical contact into another desire such as art, literature or the accumulation of riches, before the status of genius can be achieved.
- Mind Stimuli
 - Anything that makes your mind vibrate at a higher frequency, giving you enthusiasm, creativity and intense desire.
 - The motivational power of sex is stronger than any other stimulant, it can lift your mind to a higher plane, which wouldn't be accessed otherwise.
 - Other stimulants include;
 - Love
 - Burning desire for fame
 - Desire for power
 - Music
 - Friendship
 - Mastermind alliance
 - Mutual suffering
 - Autosuggestion
 - Fear
 - Narcotics & Alcohol
 - When left to its own devices, sexual energy can become detrimental, uncontrollable and even destructive.
 - However, if guided by emotions like love and romance, it becomes a constructive force that can break down the barrier between the finite mind of humans and the infinite intelligence.
- Principle 11 - The subconscious mind, the connecting link
 - The subconscious mind works constantly, which consists of a field of consciousness, in which every impulse of thought; positive or negative reaches the mind through any of the five senses, is classified and recorded.
 - These records can be called upon at a later time to retrieve thoughts.
 - “The subconscious mind is the connecting link between the finite mind of man and infinite intelligence. It is the intermediary through which one may draw upon the forces of infinite intelligence at will.”

- Think of your subconscious mind as the gateway to infinite intelligence. Although you can't fully control your subconscious mind, you can plant seeds within it, to help give rise to your desires and purpose.
 - The subconscious mind will then begin to act on your burning desires and manifest them into their physical form.
 - It is more susceptible to thoughts mixed with feelings and emotions. Negative emotions automatically find their way into your thoughts and positive emotions need to be intentionally injected into the mind, through auto-suggestion.
 - Positive and negative cannot occupy the mind at the same time, one or the other must dominate. It is your responsibility to ensure that positive emotions constitute the dominating influence on your mind.
- The major positive emotions
 - Desire
 - Faith
 - Love
 - Sex
 - Enthusiasm
 - Romance
 - Hope
- The major negative emotions
 - Fear
 - Jealousy
 - Hatred
 - Revenge
 - Greed
 - Superstition
 - Anger
- If you are repeatedly filling your mind with positive emotions through auto-suggestion, there will be no room for negative emotions to flourish.
- Principle 12 - The brain - A broadcasting and receiving station for thought
 - The brains of every human are like broadcasting stations, capable of receiving vibrations of thought, which are sent out by other brains.
 - The creative imagination is the receiving side
 - Our subconscious is the transmitting side
 - In order to send your message out into the universe, auto-suggestion is used.

- These vibrations are like intangible forces all around us that control lives and are completely unseen. The power of your mind is like the unseen forces of gravity, we can't see or touch it but we know that it's there.
- Principle 13 - The 6th sense, the door to the temple of wisdom
 - This principle is the apex of philosophy and it can only be applied once you have mastered the other principles.
 - Through this principle you can access infinite intelligence without any effort or demands.
 - The 6th sense is part of the mind which gives your insight towards your desires - in the form of hunches and inspiration and it can be better understood through meditation and internal development.
 - You will get advanced insight into opportunities that you can embrace.
 - Can be also thought of as a guardian angel, that will open the temple of wisdom to you at all times.
- Epilogue - Outwit the six ghosts of fear
 - Six basic fears;
 - Poverty
 - Criticism
 - Ill health
 - Loss of love
 - Old age
 - Death
 - The three enemies that will suppress the connection to the 6th sense and disconnect you from the infinite intelligence;
 - Fear - when you give in to fear, you let other people's opinions guide you. Think and act for yourself, you can't control most things, but you can control your mind or it controls you. Once you have mastery over the mind, you have mastery over most things as all is created by the mind.
 - Indecision - stems from fear and creates doubt
 - Doubt
 - No one cares about all the reasons why you failed, the world only wants to know one thing, have you achieved success. Stop all the IFs and know that it is human nature to defend one's own brainchild, no matter what alibis it may set out to justify failure or for not doing something.
- How to apply these principles?
 - Have a burning desire - what do you want to achieve in life, be it monetary or otherwise.
 - Weak desires bring weak results, make your desires your own, don't live someone else's desire.

- Create a clear written statement, following the mentioned six steps.
 - Don't hesitate if you currently don't have all the details or answers on how you are going to achieve that desire, just get started now.
- Begin using auto-suggestion morning and night, start planting the seeds of your desire into your subconscious mind.
 - Flush out all your negative thought patterns and replace it with your desired state. We want to have the subconscious working in harmony with us and not against us.
 - Idle minds create the poverty consciousness.
- What specialized knowledge do you need to attain your desire
 - Remember that nothing is for free in life, so what are you going to give in return for what you desire?
 - Start working and seek the knowledge that you need, which is conducive to your burning desire; it's most probably not going to be found on social media apps etc.
 - Make more committed time for this specialized knowledge and less time for useless cat memes.
- Start working on your creative imagination muscles
 - It is recommended to mix your auto-suggestion with this creative imagination - see yourself already living that desire
 - More on this in the Vision Board section.
 - Go to that place regularly in your mind
- Persist until your desire is fulfilled
- If you're someone who finds it hard to reach decisions easily, it could be due to perceived failures in life, which have paralyzed further decisions.
 - Your decision making should be in alignment with your burning desire, so if someone is asking you to do something that is not in alignment, just say no.
 - Get comfortable with saying "no" more often, unless it is an absolute "yes".
- Reach your desires faster by;
 - Forming a mastermind
 - Positive mind stimulants
 - Sexual desire
 - Most powerful mind stimulant. If you can harness this energy and not always seek it in its physical form, you can guide the energy toward your burning desire.

- Any of the positive emotions we covered are the fuel for your subconscious mind and they will keep the negative emotions out of your mind as often as possible.
- Once you've mastered all those steps, your faith in yourself to achieve your desire will grow, and your ability to communicate with infinite intelligence will increase.
 - Whether you believe in infinite intelligence or the 6th sense is up to you. You can think of it in the supernatural sense or you can think of these as a heightened state of mind, whereby our thoughts are more actively seeking solutions to the problems we need to solve to achieve our burning desire.

“What the mind can conceive and believe, it can achieve.” — Napoleon Hill

Vision Board - Principle of Successful Manifestation

- A vision board is a powerful manifestation tool that helps you achieve your goals and make your dreams come true.
- It is a collection of images that represents the things you want in your life - material and spiritual.
- By creating a Vision Board, you organize and visualize your dreams. By using it, you keep your goals in mind all the time, focus on them and are more likely to achieve them.
- The vision board contains images that mean something to you, fill you with good feelings and drive you to take action, it generates those feelings and emotions that motivate you.
- Creating a vision board is very simple and there are many ways to do it, first you need to make a list of all the things you want;
 - What kind of person do you want to be?
 - More confident, more loving, happier
 - What do you want to do?
 - Be a doctor, a singer, have your own business
 - What kind of feelings do you want to have?
 - Love, happiness, peace
 - What type of people do you want in your life?
 - Supportive friends, people you can laugh and enjoy with
 - What kind of person is your ideal partner?
 - How is your relationship going to be?
 - Where do you want to live?
 - A city, village, a penthouse or a house with a garden.
 - What material things do you want?
 - New phone, a car, popcorn machine, pirate ship etc.

- Add anything you want, but be as specific as possible, don't just write a motorbike, write also which type, what color
 - When you're being specific, you get a clear picture of what you want exactly.
- Second step is collecting pictures that represents the things that you've written;
 - You can cut pictures from magazines, download pictures from the internet, use your own photos, photos of your hobbies, family, friends, photos in which you are happy and smiling.
 - It will make your brain associate the things you want with the things you already have and generate good feelings.
 - After you have got all the pictures, organize them by getting a large cork board and pin the pictures to it.
 - If you have too many pictures to fit the board, put them in collages, each collage will contain the same picture of the same category.
 - You don't have to be a graphic designer, there are plenty of collage makers online, which are simple to use.
 - You can also add motivational and inspirational quotes or sentences that describe what you want and place it next to the relevant pictures.
 - Now that your vision board is made, you're ready to use it.
 - Hang the board on a visible spot, where you can see it every day.
 - You can hang notes on different visible spots like on a mirror, on the fridge, to your phone as background, your computer wallpaper etc.
 - Look at it through the day, take a few moments to think about these things you want. Recommend doing it when you wake up, as you are still in the theta state and right before you go to sleep, so it is planted in your conscious and subconscious.
 - Now that the vision board is working its magic, it's on you to take the actions to create the reality and believe that it is all on its way as you have envisioned it.

It's all about you meeting the energetic vibration you're expecting for your life that will end up attracting your desires.

Let's look at three powers that are in play in the vision board creation process;

- The Power of Choice
 - The question is not "are you worthy enough to reach your goals?" The question is "are your goals worthy enough of you?" Bob Proctor
 - When creating your vision board, the limited space forces you to focus on your most treasured desires. You should first identify your desires. Then select images that represent those desires.

- The simple selection process narrows down your focus and personalizes your board with specific messages that matter to you.
 - By now you would have started with 300 wishes and narrowed it down to 50 most important which you create a vision board out of.
 - For example, you might decide to put a picture of a house on your vision board because you want to purchase your dream home one day. You can look for the perfect representation of your dream home, or pick aspects of different homes to create a collage that would express for you your perfect home, starting from its location to the overall design.
 - The process of making those choices sends a very specific and personalized message to the Universe.
- The Power of Visualization
 - Without a doubt, it is the visual aspect of a vision board that really attracts your desires and sends a very clear message. To understand why visualizing your desires is so powerful, we need to take a look at the brain.
 - Our brain is an incredible machine that is geared toward making us successful with every action we take. It trains our bodies to prepare for action — when we imagine ourselves preparing for an activity, our brains actually run through the process and send signals to the rest of our body to complete the action.
 - Visualization is nearly as powerful as performing the action. When you visualize yourself living in your dream home, your brain trains your body for that reality.
 - In fact, in one neuropsychology study, researchers found that the mental training of the physical exercise was almost as effective as the actual physical practice.
- The Power of Consistency
 - Whether attempting to learn a new skill or create a new habit, consistency is the key. We're wired for repetition. You might have heard of the saying "Neurons that fire together, wire together." Every time we repeat an action, activated neurons build a stronger connection, which explains how any skill can become automatic.
 - A study was conducted in the 60's that said it takes 21 days to form a new habit, however a more rigorous study was done in 2009 and the findings varied from as little as 18 days to 254 days to form an automated habit. Essentially regardless of how in/effective one's methods and repetition are, one is bound to form a new habit eventually, or discard an old habit that no longer serves them.

How Your Breath Controls Your Mood and Attention?

- A new study in the *Journal of Neurophysiology* supports what Yoga science has expounded on for thousands of years, revealing that several brain regions linked to emotion, attention and body awareness are activated when we pay attention to our breath.
- Prior research shows that paced breathing exercises can both focus attention and regulate the nervous system.
- These findings represent a breakthrough because, for years, we've considered the brain stem to be responsible for the process of breathing. This study found that paced breathing also uses neural networks beyond the brain stem that are tied to emotion, attention, and body awareness. By tapping into these networks using the breath, we gain access to a powerful tool for regulating our responses to stress.
- The present study also identified a strong connection between participants' intentional (that is, paced) breathing and activation in the insula. The insula regulates the autonomic nervous system and is linked to body awareness. Prior studies have linked intentional breathing to posterior insular activation, suggesting that paying particular attention to the breath may increase awareness of one's bodily states—a key skill learned in practices like yoga and meditation.
- Finally, researchers noted that when participants accurately tracked their breath, both the insula and the anterior cingulate cortex, a region of the brain involved in moment-to-moment awareness, were active.
- All told, the results of this study support a link between types of breathing (rapid, intentional, and attentional) and activation in brain structures involved in thinking, feeling and behavior. This raises the possibility that particular breathing strategies may be used as a tool to help people to manage their thoughts, moods, and experiences.

Last and vital key to put all of this together – Prana

Prana - Life Force (Vital Energy)

The Sanskrit word prana is a combination of two syllables, pra and na, and denotes constancy, a force in constant motion. Prana exists in sentient beings as the energy that drives every action, voluntary and involuntary, every thought, every level of the mind and body. Scientific research describes prana as a complex multidimensional energy: a combination of electrical, magnetic, electromagnetic, photonic, ocular, thermal and mental energies.

Thousands of years ago, the yogis living in the shadow of the Himalayas fathomed the inherent quality of motion in creation and they called it prana. One may roughly translate the word prana as 'energy' or 'vital force', but neither definition offers a precise equivalent of the Sanskrit term that emerged from higher states of contemplation. The word prana assumes the quality of 'livingness'. From the yogic point of view, the entire cosmos is alive, throbbing with prana.

Prana is ever present in every aspect of creation. The prana within every created object gives existence and material form, whether it is a planet, an asteroid, a blade of grass or a tree. If there were no prana, there would be no existence. If prana were withdrawn from the universe, there would be total disintegration. All beings, whether living or nonliving, exist due to prana. Every manifestation in creation forms part of a never-ending matrix of energy particles, arranged in different densities, combinations and variations. The universal principle of prana may be in a static or dynamic state, but it is behind all existence on every plane of being from the highest to the lowest.

Universal prana

Play of prana and chitta “When prana moves, chitta (consciousness) moves. When prana is without movement, chitta is without movement.” —Hatha Yoga Pradipika (2:2)

Individual prana

In the Shiva Swarodaya, Devi asks Shiva: "In this universe who is the greatest friend of man?" Shiva replies (v. 219): “Prana is the greatest friend, prana is the greatest companion. O fair one, there is no closer friend in this universe than prana.”

Often the word prana is translated as breath. However, prana is not the oxygen or the air that one breathes.

“As long as the vayu (prana) remains in the body, there is life. Death occurs when the vayu leaves the body, therefore, retain the vayu.” Hatha Yoga Pradipika (2:3)

Receiving prana

Prana is the dynamic principle within everything. Everyone is born with a certain quantum of prana, but the quantity and quality change continuously, as one goes through life. Positive thoughts, higher

feelings and yogic practices generate higher levels of prana. When the sexual energy is sublimated or transformed, substantial prana is conserved within the system and converted into ojas, a subtler form of energy. This energy accumulates in the brain and is utilized for creative and spiritual development. A yogi stores an abundance of prana within him, just as batteries store electricity. The megawatts of his prana radiate strength, health and vitality to all around him. He is a powerhouse of energy, providing prana to everyone who comes in contact with him.

Swami Sivananda says, "Just as water flows from one vessel to another, prana flows like a steady current from a developed yogi towards weak persons."

At the material level one also receives prana from the environment, food, water, sun and air. All the elements are comprised of prana. So, the quantum of prana within each individual is influenced by the quality of the elements to which one is exposed and which one ingests in the course of everyday life.

Pranic value of food - In recent times, a method was developed by André Simonéton in France for establishing the pranic value of food. On a scale of zero to 10,000 angstroms, he found the basic human wavelength to be about 6,500.

Foods that have wavelengths between this and 10,000 angstroms, he regarded as those of the highest quality.

1. In this first class are fruits, fresh vegetables, whole grains, olive oil, ocean fish and shellfish.
2. In the next class, with radiation from 6,500 down to 3,000 angstroms are eggs, peanut oil, wine, boiled vegetables, cane sugar and cooked fish.
3. The third category, with very weak radiations below 3,000 angstroms, comprises cooked meats, sausages, coffee, tea, chocolate, jams, processed cheeses and white bread.
4. The fourth category exhibits practically no life force and includes margarine, conserves, alcoholic spirits, refined white sugar and bleached flour.

This substantiates the recurrent yogic advice to maintain purity of diet, especially while practicing pranayama.

Pranic value of air - Pure air is essential for life and health, not only to satisfy the requirement of oxygen, but also the need for prana. The quality of air one breathes affects one's energy level directly. The exhilaration and vitality experienced **near a waterfall or high in the mountains** is because the quantum of prana in the air is significantly higher in these places.

On the other hand, when one is exposed to **air pollution or recycled air**, the energy level quickly begins to decline. Science has explained this phenomenon in terms of ions, charged particles in the air that are formed when enough energy acts on a gaseous molecule to eject an electron. Ions may be negative or positive.

These positive and negative ions are the components of the air one breathes. When one inhales negative ions, they increase the level of prana in the body. The opposite effect is experienced on inhalation of positive ions. Inside a closed room in a modern city there may be less than 50 negative ions per square foot and in the mountains there are about 5,000. This is a 100 fold difference.

It is now an established scientific fact that depletion of negative ions leads to discomfort, lack of vitality, lethargy and some degree of mental and physical inefficiency. Negative ions are therapeutic

partly because they kill germs. In human beings, they act on the capacity to absorb oxygen, accelerating the blood's delivery of oxygen to cells and tissues. Negative ions are not prana, but when one inhales them the level of prana in the body increases. In this context it is interesting that negative ions work only so long as they are being inhaled. It has also been observed that the ability to assimilate negative ions goes up during yogic practices such as pranayama.

Pranayama (breathwork) for transformation

A practitioner of breathwork, has his/her sleeping centers of the brain awakened. Usually the brain and the mind are trained through the perceptions available and intelligible to the senses.

Yoga, however, has a completely different view of mind control. It says isolate the mind and consciousness from the pathways of sensory stimulation. The brain, mind and consciousness can function independent of the senses.

By isolating the brain and mind, the consciousness enters a more powerful state of understanding and realization, and this is the beginning of yoga. The practice of pranayama has a direct effect on the functioning of the intricate, sophisticated functions of the brain. When the yogis investigated the possibility of an independent method to develop the silent areas of the mind and brain in order to **transcend the limiting barriers of the human personality, they discovered pranayama.**

According to science, the grey matter of the brain changes during the natural course of human evolution. This process is hastened through the practice of pranayama, and one is able to evolve beyond the natural evolutionary cycle. The benefits of such an event are too numerous to describe, but can be realized only by self-investigation into breathwork.

Working with prana

Prana is not received solely from external sources; it is also self-generated and its quality can be refined and directed. One can work with one's own prana to enhance vitality, will and strength, cure diseases, boost capability and efficiency, and evolve to a higher consciousness.

Maximum prana is utilized by the brain. If the brain is not supplied with sufficient prana, the mind becomes restless and disturbed, and constantly dives into negative thoughts. This is evident from the fact that when one is hungry or ill, one tends to become irritable. The quantum of prana in the body has gone down and the brain circuits are protesting the lack.

The breath is the external manifestation of prana. The yogis state that prana is sustained and the duration of life is prolonged by deliberately decreasing the distance of the exhaled air. Although the breath is gross and prana is subtle, the two are intrinsically connected. One can influence the level of prana shakti in the body with the help of the breath. When prana is influenced through modification of the breath, all the functions of the body, brain, mind and consciousness are affected. A significant outcome of pranic awareness is that one is able to gain control over the mind.

When prana moves, the mind thinks and the senses perceive their respective objects. By developing sensitivity to prana, one becomes more aware of the subtle forces of the mind, which arise in the form of thoughts, feelings, emotions, responses, impressions, symbols and knowledge. Prana is grosser than the mind and hence easier to control. Thus, when prana is caught the flighty mind is caught too.

Purifying the pranic body - All yogic practices purify the pranas, but pranayama (breathwork) is considered the principal among these. In the Yoga Sutras (2:52) Maharshi Patanjali states, "Thence the covering of the light is destroyed", with reference to the effects of pranayama.

This covering is the residue of *tamas* (darkness, ignorance, inertia) and *rajas* (passion, activity) energies, and through pranayama the *sattvic* (luminosity, purity, serene) nature of the *chitta* (consciousness) shines forth. *Tamas* and *rajas* exist in the form of blockages in the *nadis* (psychic pathways). These blockages may be caused by disease, tension, accumulation of impurities, negative thoughts or *samskaras* (past impressions), mental patterns lodged in the subconscious and unconscious.

The thoughts and *vrittis*, mental formations and modifications, exist in the mind and consciousness as energy waves. Therefore, they influence the energy patterns in the *nadis* (psychic pathways) (directly and inherently). If the thoughts are left unchecked, the energy system will be depleted over time. In this way the negative thought patterns and *vrittis* are reinforced and the mind is weakened. For this reason, it is difficult to free oneself of obsessions and *samskaras* (past impressions).

During pranayama, especially *nadi shodhana*, as one takes slow, deep breaths, the *prana* is forced to flow through the blocked areas, indeed, through the entire system of *nadis*. By this process, the energy circuits are restored and the weak areas gradually regain strength. Just as an emotion of arrogance creates a blockage in the *manipura/anahata* energy center area, increasing the *pranic* flow through the *nadis* of this region clears up the blockage.

Thus the *Shiva Samhita* states (3:49), "Through the regulation of breath the wise practitioner surely destroys all of his *karmas*, whether acquired in this life or in the past." *Manu Smriti* (First ever lawbook for Mankind) also tells us, "Let the defects be burnt up by pranayama."

Even if one were unaware of one's specific blocks, the very nature of pranayama, when practised correctly, is such that the entire energy circuitry is influenced and cleared over a period of time. Purification is achieved at the *pranic* level and simultaneously at the physical and mental levels as well. This brings about many positive transformations. As the *Hatha Yoga Pradipika* (2:20) says, "With the *nadis* purified, the inner sound or *nada* awakens and one is free from disease." At this point, one is ready to commence higher spiritual practices.

There are various pranayama (breathwork) techniques. In this paper however, we will concern ourselves only with *Nadi shodhana*, which is balancing and *Bhastrika* (we will call this the Wim Hof method in this course) which is activating. All pranayama techniques alter the normal breathing rate, but some more than others. The Wim Hof Method (*Bhastrika*)i speed up inhalation and exhalation, it is considered as a method of "hyperventilation", where prolonged rapid breathing is practised.

The hyperventilating techniques come under the classification of vitalizing pranayamas. The rapid and deep breathing increases the alveolar ventilation and stimulates the blood flow in the top of the lungs and those areas where blood circulation is sluggish and even dormant. They have a stimulating effect on the whole body due to the rapid muscular movement and increased metabolic rate induced in all parts of the body. These techniques exercise the lungs and abdomen, and stimulate the nervous

system to balance and strengthen itself. They also have a purifying and heating effect on the body and mind.

What is kumbhaka?

The word kumbha means 'vessel', and thus implies holding or retaining something. In pranayama, this term describes the retention of breath. Kumbhaka can be performed after inhalation (antar kumbhaka) and after exhalation (bahir kumbhaka). There are two types of breath retention: **sahita kumbhaka, which is deliberately holding the breath**, or kevala kumbhaka, where the breath is suspended spontaneously. Kumbhaka is a part of all pranayama practices.

Physiology of kumbhaka (retention)

During the practice of kumbhaka the oxygen levels in the body fall and the carbon dioxide levels increase, depending on the speed of metabolism and how relaxed or tense one is. The main effect of kumbhaka is to train the nervous system to tolerate higher levels of carbon dioxide in the body before signals from the primitive brain stem force one to take another breath.

Many blood capillaries lie dormant in the brain and become active only when more blood is required. Increased carbon dioxide levels stimulate the brain's capillaries to dilate. In this way, more capillaries in the brain are opened up to improve cerebral circulation. The brain also stores a certain amount of carbon dioxide, which allows for a more efficient oxygen exchange and carrying capacity of the lungs. Often, when one cannot breathe deeply, it means that the brain's concentration of carbon dioxide is diminished. The lungs are not out of order, but the carbon dioxide concentration of the brain tissues is too low to allow a deeper respiratory process.

Nature, it seems, has provided for carbon dioxide storage in the brain in order to activate the respiratory drive and make the oxygen consumption process more efficient. Kumbhaka restores the levels of carbon dioxide in the brain tissues, allowing the system to fully extract oxygen.

Additionally, when carbon dioxide is retained in the brain, it increases the capacity for assimilating ions. Increased carbon dioxide levels in the blood can lead to altered states of consciousness and feelings of expansiveness. It is interesting that researcher J. Wolpe (Psychotherapy by Reciprocal Inhibition, Stanford University Press, 1958) recommended what is called CO₂ therapy. He suggested the administration of 65 percent carbon dioxide and 35 percent oxygen for treatment of anxiety based on his experiments, which indicated that one to four of such inhalations will reduce anxiety for several hours or in some cases, for weeks. In another experiment, there were three control groups of highly anxious subjects. One inhaled a carbon dioxide mixture, the second hyperventilated and the third inhaled only air. The anxiety levels became significantly lower in the first group. They also showed a trend toward reduced anxiety after a 24-hour period, not found in the other two groups. Kumbhaka, in this light, may be called a self-administered CO₂ therapy. However, its effect is beneficial up to a certain optimum level only.

Guidelines for kumbhaka (breath retention)

- In order to develop kumbhaka the practices of pranayama should be followed systematically.

- When practising kumbhaka, the breath should be retained without fear or shaking of the body.
- Will power may be used to retain the breath, but the air should not be forced to remain inside by continuing the inhalation. One must not forcefully push one's limits.
- During kumbhaka concentration can be achieved by focusing on a symbol, and the best symbol is light. While holding the breath, the light should be visualized at the eyebrow centre.

Let us start practicing!

Nadi Shodhana Pranayama - Alternating Nostril Breathing

Nadi shodhana is the first pranayama described in the classical yogic texts. Ideally, other classical pranayamas should be attempted only after practising nadi shodhana as instructed.

The word nadi means 'energy channel' and shodhana means 'to cleanse' or 'to purify'. Therefore, nadi shodhana is a practice whereby the pranic channels are purified and regulated. This prepares one for the practice of other pranayamas, so that maximum benefits can be derived and one does not experience any pranic imbalance. Nadi shodhana is also a complete practice in itself and starts the way to achieve the ultimate aim of pranayama: kevala kumbhaka (spontaneous breath retention).

Nadi shodhana is practiced by alternating the inhalation and exhalation between the left and right nostrils, thus influencing the ida and pingala nadis and the two brain hemispheres. This leads to control of the oscillations of the body-mind network, bringing balance and harmony throughout the system. Nadi shodhana is truly a balancing pranayama, because whether the imbalance lies in the physical or mental body, this practice can restore equilibrium.

As a daily practice, nadi shodhana may be used to vitalize the pranic energies, release pranic blockages and achieve a balance between the sympathetic and parasympathetic nervous systems, so that life's situations can be handled better.

Breath

Beginners should be familiar with abdominal breathing before taking up nadi shodhana. In nadi shodhana soundless breathing is practiced to ensure that the breath is not forced or restricted in any way. As one progresses with the technique, the duration of inhalation, exhalation and retention should be extended within the limits of comfort. With the increase in ratio and duration, the breathing becomes very light and subtle. In the more developed stages, this gives a feeling as if the air is just floating in and out of the nostrils. Progress is easier if one develops the ability to relax with the breath. Increased ratios and length of breath should not be at the expense of relaxation, rhythm and awareness. The flow of breath must be smooth and without jerks throughout the practice.

Counting of rounds: One round of nadi shodhana comprises two complete breaths: breathing in through the left nostril, out through the right, in through the right nostril, and out through the left.

As a standard procedure, each round starts from the left nostril. The number of rounds to be practiced daily depends on the individual and the time available. For general purposes, five to ten rounds (5-10 minutes daily) is sufficient, eventually working one's way to 20 rounds four times a day, for the serious, advancing aspirant.

Begin with equal inhalation and exhalation, using the ratio 1:1 without retention, after one month, you can comfortably increase the ratio of 1:2 for inhalation and exhalation without retention. Do not proceed beyond this level of practice if suffering from high blood pressure, heart disease or peptic ulcer. The ratio of inhalation and exhalation must remain at 1:2 regardless of the count or duration of retention.

*One should never breathe through the mouth.

Awareness - During nadi shodhana the mind may tend to wander. One should be aware of this wandering tendency while continuing the practice and the count. This will automatically bring the awareness back to the practice. The awareness should be focused on the breath and the counting throughout the practice. The spiritual awareness should be on ajna (spiritual "third" eye, between the eyebrows) chakra.

For a tutorial on how to perform Nadi Shodhana - Alternate Nostril Breathing, please watch the following video: <https://youtu.be/8VwufjrUhic>

Wim Hof Method - variation of Bhastrika Pranayama (bellows breath)

Posture:

- The rapid breathing performed in this practice requires a steady, preferably seated posture, so one has the body locked in a stable position and has the freedom for abdominal movement.
- One can lay down as an option, if the seated position is not possible for any reason.

Preparation:

- Both nostrils must be clear and flowing freely, it is recommended to practice the balancing method of Nadi Shodhana (Alternating Nostril breathing) prior to the practice of the Wim Hof (Bhastrika) Method.
- Beginners should be familiar with abdominal (diaphragmatic) breathing before starting.
 - Please see the following tutorial video for illustration purposes only
 - <https://youtu.be/0Ua9bOsZTYg>

Precautions:

- The Wim Hof (bhastrika) method is a dynamic practice, requiring a large expenditure of physical energy, and must be practiced in a relaxed manner.
- Avoid violent respiration, facial contortions and excessive shaking of the body. A feeling of faintness, excessive perspiration or vomiting indicates that the practice is unsuitable or is being performed incorrectly.

- If any of these symptoms are experienced, the advice of a competent teacher should be sought.
- This practice purifies the blood. However, a slow, conscientious approach to this practice is absolutely imperative.
- The Wim Hof (Bhastrika) method is full, rapid breathing.

Contra-indications:

- The Wim Hof Method (Bhastrika) should not be practiced by people with;
 - High blood pressure, heart disease, hernia, gastric ulcer, stroke, epilepsy, retinal problems, glaucoma or vertigo. The elderly, those suffering from lung diseases such as asthma and chronic bronchitis, those recovering from tuberculosis, or in the first trimester of pregnancy are recommended to practice only under the guidance of a competent teacher.

Counting of rounds and progression:

- One round of the Wim Hof (Bhastrika) method comprises 30 deep, full diaphragmatic breaths, with antar kumbhaka (inner retention ie. holding the breath while inhaled) after the 30 breaths, this completes one round.
 - Start with three rounds, gradually increase one round each week, until you reach six rounds per session.
 - Try to increase the retention period through steadiness and will-power, not force.
- After reaching six rounds per session with inner retention, it is time to proceed with bahir kumbhaka (external retention), which means you hold your breath after exhaling for the 30th deep, full diaphragmatic breath.
 - Similarly, start with three rounds, gradually increase one round each week, until you reach six rounds per session.
 - Try to increase the retention by reaching a state of no thought or movement, hence no need for breath.
 - The same systematic pattern of building up the practice should be followed for external retention as was practiced for internal retention. This allows the body, nervous system, mind and emotions to adjust gradually.
- It is advised to practice the Wim Hof (Bhastrika) method daily for three to six rounds for overall health, vitality and life force harnessing for betterment of life on the physical plane, but more importantly for the clearing of impurities, which pave the path for deeper states of meditation.
- The practice of the Wim Hof (bhastrika) method increases vitality and lowers levels of stress and anxiety by raising the energy and harmonizing the pranas. It replenishes the pranic store and stimulates the whole pranic system.
- While practicing, all the pranas in the body begin to vibrate, but at the end of the practice the mind is completely stilled. In fact, the meditative state can be reached effortlessly through the practice of Wim Hof (bhastrika) method, which is our primary goal.

For a tutorial on how to perform a complete 3 rounds of the Wim Hof (Bhastrika) method, please watch the following video: <https://youtu.be/tybOi4hjZfQ>