
YOUR

BRAINWAVES



Camillo Loken
- Author & Speaker -

Introduction

In order to change your life you need to change your thinking. Your thoughts set up your feelings and feelings set up vibrations and actions as explained previously in this program.

If you are not happy with your results in life you need to change your thinking and involve your heart more.

In order to change your thinking patterns you need to alter the old programs and paradigms stuck in your subconscious mind. They were formed at an early age when you grew up. The environment and the external world are responsible for creating limiting beliefs in most people. No-one is to blame because most people have been ignorant about how the mind operates.

The first years of your life your mind is like super fertile soil. If you plant something in fertile soil it will get a lot of nourishment, grow and create powerful and strong roots. It's the same with the mind. Whatever is "planted" in the mind will "grow" and stick. It doesn't matter if it's something positive or negative. The mind "doesn't care". Sadly, many of us were exposed to limiting and negative statements when we grew up – statements like *money is the root to all evil* or *in order to succeed you must work very hard and have a bit of luck and coincidence come your way*.

Old limiting beliefs like these stuck get stuck in our subconscious mind. And these beliefs will then dictate our vibrational frequency which will lead to the results we get.

To "fix" this we must start thinking new, positive thoughts over and over again so they "stick" and replace the old, limiting beliefs (old thought patterns).

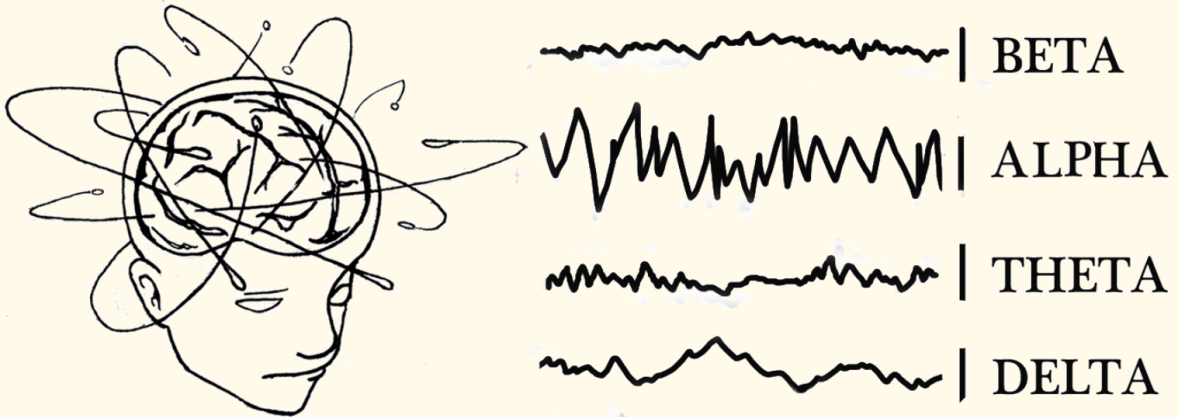
In order to replace the old beliefs you need to **reach** your subconscious mind. The best way to do this is by calming your mind and get into **lower brainwave states**.

The gateway to the subconscious mind opens up when we are in the lower alpha brainwave levels. Let's now look at the different levels of brainwaves and how the mind works. This is important if you want to benefit to the fullest from this program.



Brainwaves

BRAINWAVES



Brainwaves

Everything has its own unique frequency, including you. Your brain produces brainwaves. It's made up of billions of cells called neurons.

When all these neurons send signals and communicate with each other they use electricity. As a result an incredible vast amount of electrical activity is produced in the brain, because millions of these signals are sent simultaneously.

This combined activity is referred to as a brainwave because it looks like a wave. It rises and falls just like a wave. We emit brainwaves all the time and they vary according to how active the brain is. They are measured in cycles per second.

Brainwaves (cycles) per second is referred to as Hertz (Hz).

We are like vibrating towers sending out brainwaves all the time. When we talk about brainwaves we usually talk about four states:

- Beta
- Alpha
- Theta
- Delta

Each state produces different numbers of brainwaves per second. Lately a fifth level has been discovered called **gamma waves**. Let's now take a look at each and every one of these different brainwave states.



GAMMA (above 40Hz)

This range is the most recent discovered brainwave state and is the fastest frequency at above 40Hz. Initial research shows Gamma waves are associated with bursts of insight and high level information processing.

They occur when millions of neurons are active at the same time and «fire» electrical impulses simultaneously. Few people produce these types of waves. This state has been found in geniuses and also in people who practice **loving** meditation and **unconditional love**.

It has been observed that Buddhist monks who started to practice loving meditation almost immediately at will produced gamma brainwaves.

BETA (14-40 Hz)

This is your waking state. Your natural, waking rhythm. These beta brainwaves are associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning.

When your brainwaves are operating at this level you are broadcasting at a frequency of app. 14 brainwave cycles per second up to app. 40 Hz

ALPHA (7-14 Hz)

When you go to bed at night you become sleepy and your brain activity slows down. You move into the alpha state with a frequency of approximately 7 to 14 cycles per second.

At this level you have access to higher intuition. It's also called *The dream state*. This state is present in deep relaxation and usually when the eyes are closed. When you close your eyes you turn off external stimuli picked up by the act of seeing and that amounts to almost 80 % of the external stimuli. The brain will therefore naturally calm down when you close your eyes.



While being in the lower parts of the alpha state you can reprogram your subconscious mind quicker than if you are in beta levels. This level acts as a bridge between the conscious and subconscious mind.

It's like a gateway to your subconscious mind and lies at the base of your conscious awareness. Moving further down in brainwave activity you reach the two lowest levels: The Theta level and The Delta level.

THETA (4-7 Hz)

This level is associated with deep mediation and relaxation. It's used in hypnosis. Some say that a sense of deep spiritual connection and unity with the universe can be experienced at this level.

It is at the Alpha-Theta border, from 7 Hz to 8 Hz, where the optimal range for visualization, mind programming and using the creative power of your mind begins.

DELTA (0,5 - 4 Hz)

Deep dreamless sleep also known as slow-wave sleep. Complete loss of body awareness. It's the slowest of the frequencies and is experienced in deep, dreamless sleep and in very deep, transcendental meditation where awareness is fully detached.

At this level you are in the realm of your subconscious mind. Some say it's the gateway to the universal mind and the collective unconscious, where information received is otherwise unavailable at the conscious level.

These two lowest levels (theta and delta) are **hypnotic in nature** meaning that whatever is presented to you while being in these states will be «downloaded» as truths. No questions asked.



The subconscious mind accepts anything that is presented to it. It's like a digital recorder just recording whatever is given to it.



When we grow up we are in these two lower states - theta and delta. From age zero to six we have no conscious filter - no analytical mind filtering out what is being presented to us.

As prof. Bruce Lipton says:

Delta and Theta brain frequencies define a brain state known as hypnotic trance - the same neural state that hypnotherapists use to directly download new behaviors into the subconscious minds of their clients. In other words, the first six years of a child's life are spent in a hypnotic trance.

As such we are **being conditioned and shaped** by the people responsible for our upbringing. Their view of reality becomes our view. Their truths become our truth.

Whatever truths you were programmed with is basically running your life if you haven't «reconditioned» your thought patterns. We have been programmed /conditioned to think and act in a certain way since birth.

Many people don't follow their dreams because they have been told that it's better to be safe than sorry. Much of what we learned was based on misperceptions that are now expressed as limiting and self-sabotaging beliefs.

The fear in us is strong and we keep «beating ourselves up» saying things that don't benefit us. Here's an example:

If I leave a secure job and quit to pursue my dream I might not earn enough money. I might get into serious financial trouble. I might end up on the street.



I am using this example because this is how I used to think. I wanted to quit my job to do what I dreamt of, but fear stopped me until I understood how the mind works and what I had to do to overcome my fear.

This fear-based type of thinking is run by our subconscious mind and the programs «stored there». It's like a CD player playing the same «old CD» over and over again.



The Subconscious Mind

Your beliefs – your perception of reality is run by the paradigms – the CD stored in the CD player – your subconscious mind. The subconscious also generates your thoughts and emotions and in turn that will generate your actions, experiences and results.

We base our actions on how we feel and our feelings and emotions are generated by the paradigms in our subconscious mind.

Your subconscious mind is constantly striving to align the inner paradigms and truths with the external world – the reality we perceive.
That is its main task.

Brainwaves

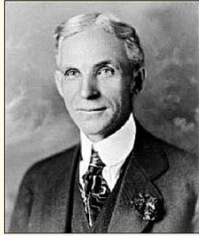
The larger the difference between your inner truths and the outer reality, the harder your subconscious mind will work to align them. This is the reason some people are able to heal themselves. They have changed what they believe is true. They have changed their «inner truth» – their subconscious programming. They have involved themselves emotionally and used techniques like affirmations and creative visualization to change their lives.

Others who stick to «old paradigms» saying that healing is just nonsense will not be able to heal themselves since their subconscious mind and their «inner truth» wins.

Henry Ford realized the power of belief when he said:

If you think you can or you think you can't you are right

"If you think you can or you think you can't you are right"



1863 - 1947
Henry Ford



Unfortunately, what you consciously wish for is of no consequence if the subconscious mind is not aligned with that wish.

Your vibrational frequency is dictated by the old thought patterns in your subconscious mind. They “run the show”, so to speak. They are setting up your “communication signal” to *The Quantum Field*.

Let’s say you wish for more money, but you have been “programmed” since childhood that *money is the root to all evil* – or that *money is difficult to obtain* or that *in order to become rich you have to exploit other people because rich people are not nice people*.

These negative, limiting statements are so much stronger than your wish for money and as a result they “win”.

It’s like an internal war going on and the old thought patterns win every time unless you can reach your subconscious mind and replace those statements with new, positive ones and involve yourself **emotionally**.

Your emotions are like glue making new thought patterns stick in your mind.

So, a **re-programming** of the subconscious mind is what is needed. You have to change the CD – change the program – change the paradigms running your life. And in order to do that you need to bypass the conscious mind and that can only be done if you calm your mind and go into lower brainwave states.

When you also involve your **heart** this becomes much easier. The more heart-focused you are the easier it is to calm down and be in harmony.

Your transformational process will go much faster if you **involve your heart** when you do mental exercises to change your mind.



Please move on to Step 2 of this program where I will show you a super easy technique to become heart-focused in only 60 seconds.

