

# ALPHA + THETA

## BRAINWAVE MASTER COURSE

*How to Change Your Reality  
By Changing Your Beliefs*

By **RACHEL FARABAUGH**



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# WELCOME!

This course is designed to elevate and expand your consciousness to the next level. My intention is to make the process of changing your beliefs easy so you can do this work yourself, anytime you need to. I truly desire that you step fully into your power and act on your unlimited potential to create the life of your dreams. I wish for you to experience a beautiful and joyful life without limitations and reach levels of consciousness you didn't even know were possible. I believe in your ability to break free of limitations and expand farther than you can even imagine. May this course help you to step into your highest potential and act upon your desires for both yourself and the greater good of this world. With these pure intentions and focus, get ready to master your reality as you open yourself to even higher dimensions.

- Rachel



# COURSE PROGRAM

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- WEEK 1 : INNER WORLD**  
*Introduction to Thoughts, Beliefs, Emotions, and How the Mind Works*
- WEEK 2 : OUTER WORLD**  
*How Beliefs Affect Reality & the Laws of the Universe*
- WEEK 3 : OTHER DIMENSIONS**  
*Multiple Dimensions of Reality / Supernatural / Spirits / UFOs / ETs*
- WEEK 4 : HOW TO CHANGE BELIEFS**  
*Learn How to Identify, Muscle Test & Change Beliefs / Vows & Commands*
- WEEK 5 : REPROGRAMMING BELIEFS ABOUT EMPOWERMENT**  
*Safety / Empowerment / Judgment / Conflict / Control*
- WEEK 6 : REPROGRAMMING BELIEFS ABOUT LOVE**  
*Love / Trust / Acceptance / Support / Boundaries*
- WEEK 7 : REPROGRAMMING BELIEFS ABOUT SUCCESS**  
*Gratitude / Abundance / Wealth / Career / Success & Failure*
- WEEK 8 : INTEGRATION & CONTINUATION OF PRACTICES**  
*QA / Completion of Course Materials / How to Continue the Practices*

## WEEKLY COURSE TOPICS



**WEEK 1:**  
EXPLORING YOUR  
INNER WORLD



**WEEK 2:**  
EXPLORING THE  
OUTER WORLD



**WEEK 3:**  
UNDERSTANDING  
OTHER DIMENSIONS



**WEEK 4:**  
HOW TO CHANGE  
YOUR BELIEFS



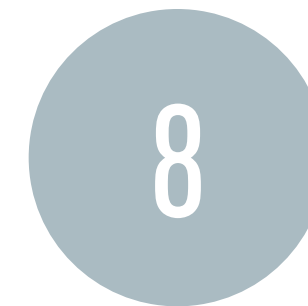
**WEEK 5:**  
BELIEFS ABOUT  
EMPOWERMENT



**WEEK 6:**  
BELIEFS ABOUT  
LOVE



**WEEK 7:**  
BELIEFS ABOUT  
SUCCESS



**WEEK 8:**  
INTEGRATION &  
CONTINUATION



# WEEK 1

AN INTRODUCTION TO  
THOUGHTS, BELIEFS AND  
HOW THE MIND WORKS

## WEEK 01 : INNER WORLD

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- 08** Introduction & Course Goals
- 12** How the Mind Works
- 16** What are Thoughts?
- 17** What are Beliefs?
- 19** Where Beliefs Come From
- 22** Creating New Beliefs
- 23** How Our Thoughts Affect Reality
- 24** The Power of Dreams & Imagination
- 26** The Energy of Emotions
- 30** Balancing the Mind with Emotions
- 34** The Power of Forgiveness
- 36** Questions & Notes

WEEK 01 // EXPLORING THE INNER WORLD



## INTRODUCTION

As we begin this course, it is helpful to have an understanding of the power and abilities we hold as human beings. Understanding how your mind works is the first step to unlocking these abilities. You have the power to create your own reality through the intentions you hold in our mind. This power of intention manifests through your words, thoughts, behaviors and actions. You can access your conscious mind through the Alpha brainwave state, and this is where you will set your most powerful intentions and goals. Your beliefs and behaviors are much deeper and are stored in the subconscious mind. You will use Theta brainwaves to access your subconscious mind to change the behaviors, patterns and limiting beliefs that hold you back. When using Alpha + Theta brainwaves in combination, you can change our reality in extremely powerful ways.

## GOALS WITHIN THIS COURSE

One of the main goals within this course is to sync your conscious mind with your subconscious mind. To do this, we will be combining Theta and Alpha training techniques. We have 8 weeks together which equates to 56 days of practice.

It only requires 40 days for your brain to form new patterns and habits. In addition to the goals and intentions you have that you will consciously work on, you will be diving deep into your subconscious mind at the same time.

Let's begin by identifying the limiting beliefs, patterns and habits that you want to change. These are the deeply held beliefs in your subconscious. Remember, these beliefs **are not what you want** nor are they **what your conscious mind thinks**. These are the beliefs that are much deeper and are running in the background as programs that need an upgrade. The list that you will make on the following page is an indication of where you feel stuck and are ready to transcend. This first list is a guide on where to begin focusing when it comes to your subconscious mind. After you complete this list, you will move into your conscious mind and then into your imagination.

## SUBCONSCIOUS MIND *(What I want to change or release)*

### LIMITING BELIEFS I AM READY TO LET GO OF:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### PATTERNS THAT SEEM TO BE REPEATING IN MY LIFE:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### WHERE I FEEL STUCK:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....



## CONSCIOUS MIND *(What I want to create in my life)*

### GOALS FOR MY PERSONAL LIFE:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### GOALS FOR MY PROFESSIONAL LIFE:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### GOALS FOR SELF IMPROVEMENT:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

## IMAGINATION

Now let's play make believe. Imagine there are no limits. This is where your imagination gets to take the lead. Let's pretend that you have no responsibilities in your life and everything is perfect. You have unlimited money and total freedom to do anything and everything you want. Make a list of everything you would do, and do not limit your imagination when making this list.

### IF I COULD DO ANYTHING IN THIS LIFETIME WITHOUT LIMITATIONS:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....

### WHAT WERE MY CHILDHOOD DREAMS?



## HOW THE MIND WORKS

### CONSCIOUS MIND VS. SUBCONSCIOUS MIND

Now let's take a look at how the mind works to have a better understanding of the work we will be doing. According to neuroscientists, we are conscious of only 5% of our cognitive activity. This small percentage of activity consists of the thoughts that we process in the moment, or the ones we are consciously aware of. When thoughts are brought into our awareness, they enter our conscious mind. This is important to remember. We are not our thoughts. We are simply aware of our thoughts. We are the observer, and our mind helps us to process the thoughts as we become aware of them. The remaining 95% of our brain activity falls into the subconscious where we hold emotions, opinions and deeply held beliefs. The majority of the decisions we make are affected by the subconscious mind, meaning we are making these decisions unconsciously, or beyond our conscious awareness. This is a big deal! It means we are unaware of the majority of our own behaviors and actions. It also means we are being impacted by our subconscious mind in far more ways than we are aware of.

This explains a lot of the undesirable behaviors we witness in both ourselves and others. It also explains why so many people seem to lack self awareness and behave in ways that seem beyond belief. But do not worry, we have more control over our subconscious mind than we think. It just requires the right techniques to discover and identify the limiting beliefs that are unconsciously holding us back. The majority of this course will be dedicated to showing you these techniques so you can learn how to reprogram your subconscious mind easily and effectively.

It is extremely important that our conscious and subconscious minds are in alignment. If they are not, the actions we take on a thought will not always result in the outcome we desire. We can only manifest effectively when we are aware of the conscious desire (*or intention*) along with the underlying subconscious beliefs attached to it. Oftentimes there are layers upon layers of beliefs attached to a single desire. Our goal is to find the underlying bottom beliefs that are the strongest so we can remove and reprogram them back into alignment.

### LEFT BRAIN VS. RIGHT BRAIN

There is a common misperception that a person is either left brained or right brained. The problem with this belief is that it supports the natural strengths of a person while suggesting that the others are weaknesses. While one side of the brain can have stronger tendencies than the other, it does not cancel the other out. We use both sides of our brains every day. We need both sides of our brain to properly function and it is limiting and restrictive to think otherwise. With the proper training, we can learn to balance them equally so one does not dominate the other.

**The left side** of the brain is responsible for the analytical, logical, numerical and detail oriented aspects of our lives. It helps us with organization and tasks. It is responsible for language, time and other functional abilities. It helps us with reasoning and critical thinking. The left side of the brain also controls the functions on the right side of the body.

**The right side** of the brain is where we access our creative imagination. This is where we sense our intuitive thoughts, dream, and discover new ideas. We receive flashes of inspiration and moments of artistic brilliance from this side of our brain. It is how we tap into our creativity and realize our artistic expressions. The right side of the brain controls the functions on the left side of the body.

### BRAINWAVE FREQUENCIES

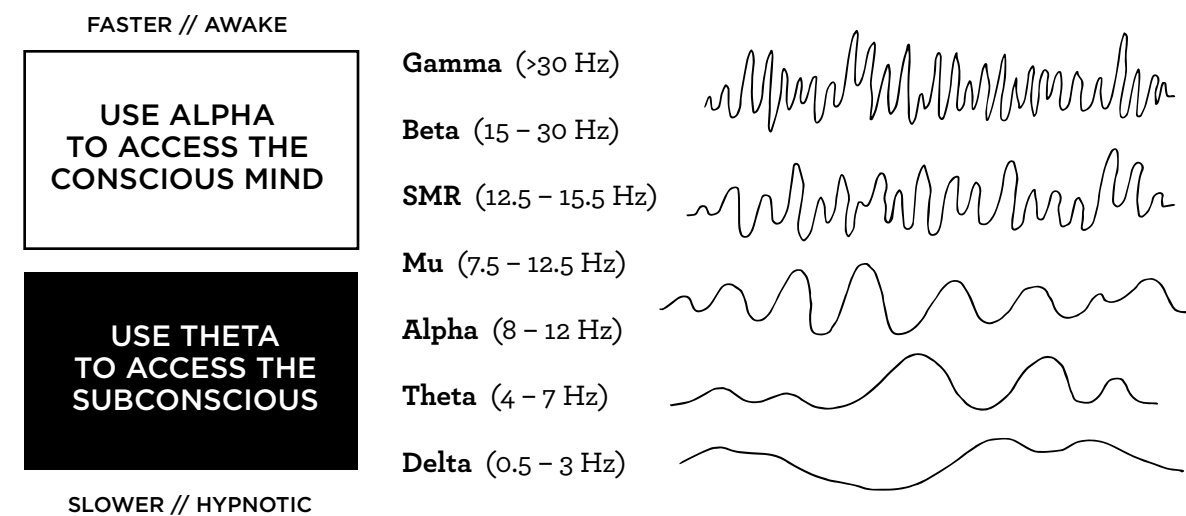
Our thoughts and emotions carry charges or frequencies. Our heart is electrical in nature and also has its own frequency. Our brain is even more complex and consists of brainwaves of various frequencies. Some are fast and some are slow. These frequencies are measured in cycles per second or hertz (Hz). The more we learn about frequency, the more we can train our brain to align to the right frequencies as they are needed. The higher the energy, the higher the frequency.



The slowest frequency brain waves we create are called Delta waves. When we are asleep our brain is in the Delta wave of frequency. One frequency above that would be Theta which is our most relaxed state just above sleeping. This is the state we wish to be in when it comes to reprogramming our beliefs. Relaxing and slowing down is how we start to shift into this frequency when it comes time to reprogram our beliefs. Taking deep breaths and closing our eyes is the fastest ways to drop into this state of awareness. Accessing Theta state means we are accessing our subconscious mind.

The next frequency above Theta is Alpha. This is the desired brainwave state to be in when it comes to the conscious mind. When we are in the Alpha state, we can consciously make changes and direct our reality. When we reprogram our beliefs, we are using our conscious awareness of Alpha frequency to make changes to our subconscious awareness in Theta state.

We have the ability to switch back and forth between these two states quite easily. When used together, we change ourselves and we change reality. For the purpose of this book, we only need to focus on Alpha and Theta. Think of eyes open as Alpha and eyes closed as Theta. This is why closing your eyes and visualizing certain parts of the healing is important, and other times it is important to open your eyes and read the words out loud in front of you. We are working with both the conscious mind (Alpha) and subconscious mind (Theta) during the healing commands.



“You are not your thoughts. You are simply the observer. Now ask yourself, where are your thoughts coming from?”

NOTES:

(WHAT ARE SOME THOUGHTS I'M READY TO LET GO OF?)



## WHAT ARE THOUGHTS?

### (thought)

*noun*

1. *the action or process of thinking.*
2. *an act of considering or remembering someone or something.*
3. *an intention, hope, or idea of doing or receiving something.*
4. *an idea or opinion occurring suddenly in the mind.*

Thinking is the process of using our mind to consider something and is the mechanism for how we process information. Thoughts are our conscious state of awareness. Thoughts enter our mind from sources outside of ourself and they are also influenced by how we feel within. We are “deep in thought” when we are in consideration of something. Thoughts are what help us to make sense of the information we are receiving, and they help us to formulate the decisions we make. We produce thoughts from remembering experiences from the past and by thinking of experiences we desire in the future. When we dwell on painful thoughts of our past, we experience depression. When we project our thoughts into the future through worry, we experience anxiety. It is absolutely necessary that we learn mastery over our thoughts as well as our emotions. Our thoughts, when used for good, help us to accelerate and expand in our lives. When used destructively, thoughts are what hold us back and limit us from experiencing the life we deserve.

“Thoughts are what create our life experiences.”

## WHAT ARE BELIEFS?

### (be·lief)

*noun*

1. *an acceptance that a statement is true or that something exists.*
2. *trust, faith, or confidence in someone or something.*

### (be·lieve)

*verb*

1. *to accept (something) as true.*
2. *to hold (something) as an opinion; to think or suppose.*

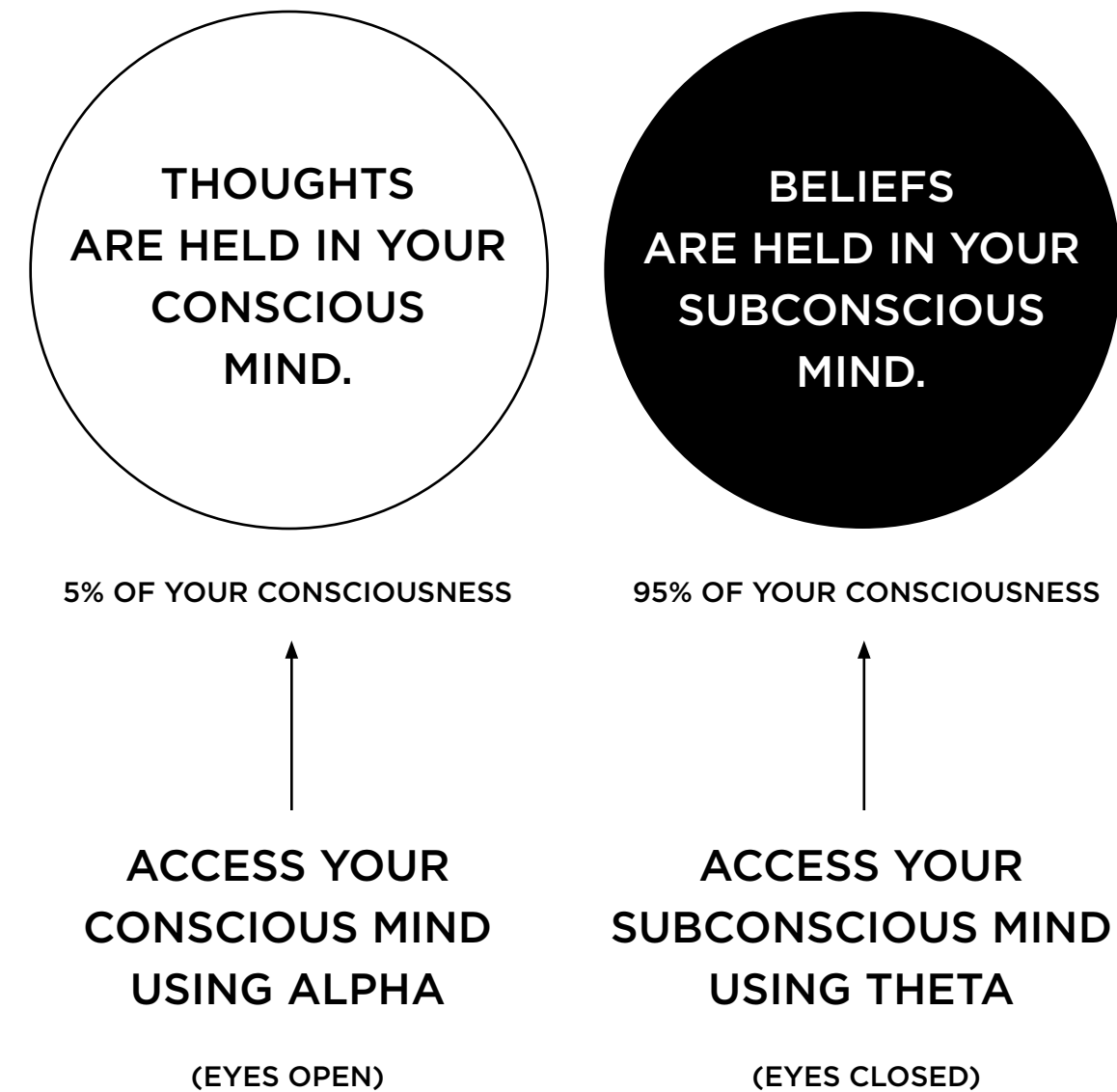
“Beliefs are what control our learned behaviors.”

Beliefs are a system of true and false statements inherently built into each one of us, and they come from many different sources. Our experiences are what shape our beliefs. These experiences are not only the ones we remember from this lifetime; they are also the ones we hold from past lives as well as our ancestral lineage. It is known that we carry seven generations of information in our DNA. All of this affects us on a deep subconscious level whether we are aware of it or not. These experiences are what ultimately shape our behaviors. There comes a time in our life when it is important to start paying attention to our behaviors rather than letting these learned behaviors happen unconsciously. Beliefs play a very important role in our development and our spiritual evolution.



## HOW ARE THOUGHTS DIFFERENT THAN BELIEFS?

Thoughts are what create our life experiences. Beliefs are what control our learned behaviors. Beliefs are deeply rooted in the subconscious mind while thoughts are held in the conscious mind. Thoughts are processed much faster in the brain and most of them are dismissed as quickly as they are received. Thoughts emerge as needed and are quickly released when the information is no longer needed. Remember that we are not our thoughts in the same sense that we are not our beliefs. They exist separate from who we are and are designed to serve us.



## WHERE BELIEFS COME FROM

We hold beliefs in our subconscious mind which is responsible for 95% of our decision making. The majority of these beliefs are running unconsciously while others are more visible to our conscious awareness. Some of these beliefs are inherited through our ancestral lineage and encoded directly into our DNA. Other beliefs are programmed into us during childhood and our adult lives. The older the belief the more buried it tends to live within our subconscious. It is important to look at our beliefs from all levels so we may understand where they come from and how deeply they are affecting us.

### PAST LIVES

Have you ever considered someone an “Old Soul” because of how much wisdom they possess? This means they have reincarnated many times before and have retained much of their wisdom. When you see someone as a “Young Soul” they typically lack the strong foundation of wisdom that has been acquired from living so many different lifetimes. These past lifetimes help us in many ways but they can also hinder us. The repeating patterns that have not been properly healed will occur over and over again throughout different lifetimes. If we were persecuted in our past lifetimes, we are going to be extra cautious in this lifetime to avoid repeating the same mistakes that lead to death. Most of our beliefs around fear of death come from our past lives.

### ANCESTRAL BELIEFS

When we are born, we hold beliefs within our DNA from seven generations before us. These beliefs are stored in the morphogenetic field around the physical DNA. This field of knowledge is what instructs our DNA on what to do. This encoded feature is smart in the sense that it gives us built in instructions on what is safe and what is dangerous. This gives us the ability to sense and react to danger instinctively. Our instincts are coded into our DNA and those instincts were created by the beliefs of our ancestors. The beliefs that we carry over from our ancestors are collectively added to our genes in this lifetime. Many deeply rooted beliefs around family come from our ancestral beliefs.



## CHILDHOOD BELIEFS

Our earliest beliefs from this lifetime are the core beliefs we formed between the ages of 0-7. We are dominantly in the theta brainwave state until the age of seven which is the most hypnotic state for absorbing and learning information. This is when we were taught what was acceptable behavior and what was not. We learned through observation. The problem with this method is that many of the behaviors we observed as children were not healthy. If your childhood was dysfunctional, it means many of your core beliefs from childhood are going to be dysfunctional as well. Many of our survival, safety and abandonment issues come from childhood. As we reprogram these beliefs, we heal our inner child wounds at the same time.

## RELIGIOUS BELIEFS

Religious programming forms some of the strongest held beliefs in our subconscious. This indoctrination typically begins early in life and often affects how we form many of our other beliefs. Because religious programming is presented to us as the absolute truth about life and the absolute truth about ourselves, our subconscious mind usually accepts these beliefs without question. We are typically too young to challenge this information and have not acquired enough life experience to know otherwise. Some of us didn't have a choice and were forced into these belief systems because of the families we were born into. Questioning religion is usually forbidden and tactics of guilt and shame are utilized to keep us in compliance. This religious programming happens not only in this lifetime but in most past lifetimes as well.

## COLLECTIVE & CULTURAL BELIEFS

Collective and cultural beliefs shape the way we see ourselves in the world and how we fit into society. Television, movies, music, magazines and entertainment are some of the most insidious ways in which we are unconsciously programmed. When we consume these forms of "entertainment" we are really being trained in our subtle behaviors. We are taught what is acceptable in society and what is not. We are conditioned through the screen to watch and learn from others. There is a reason why television shows are referred to as "programming". This is the fastest and most effective way to reach millions of people and program all of them with the same ideas and beliefs.

The news is very efficient at this programming through the repetition of fear and propaganda. We may not always be consciously aware of what is happening, but our subconscious is. Our conditioned behaviors are usually going to fall in line with the projected model of reality that is being shown to us unless we stop and question it.

“How often do you give thought to your beliefs and question where they come from?”

NOTES:

(WHAT BELIEFS DO I HAVE THAT MIGHT BE LIMITING ME?)



## CREATING NEW BELIEFS

The beliefs that we hold throughout our life are meant to evolve and change, just as we continuously evolve and change. We are simultaneously upgrading on a physical, mental and emotional level every single day. It is only natural that our beliefs will change alongside us. The more you start paying attention to your beliefs and questioning them, the faster your reality will begin to change. If you believe life is hard and will always be a struggle, then this is the reality you will create. If you believe life is meant to be fun, then get ready to experience an exciting and happy existence! Do you see how powerful changing one single belief can be? Imagine changing all of the beliefs that are no longer serving you and replacing them with new ones.

### // YOUR REALITY WILL SHIFT TO MATCH THESE NEW BELIEFS AND YOU WILL HARDLY EVEN RECOGNIZE YOUR OLD REALITY AFTERWARDS.

This shift in our belief system is available to us as soon as we focus our thoughts on the beliefs we wish to change. It's really incredible how much power our thoughts can have. When we focus our thoughts with the intent to create change, that change can happen instantaneously. All we have to do is feel that change already happening by using our imagination to visualize it and our heart to feel it. As we watch our beliefs change in front of us, our reality automatically adjusts to this new belief system of what is true and what is false. It's an incredibly powerful technique to initiate real change in our lives quickly and easily. All we have to do is make the decision to create new beliefs in our life as we get rid of the old.

## HOW OUR THOUGHTS AFFECT REALITY

It is extremely important that we become aware of our thoughts because our thoughts become our words. Our words become our actions, and then we affect reality through the experiences we create. Make sure your thoughts are loving and kind. Never speak badly about yourself out loud. If you are doing this, start by changing the thoughts you

are holding in your mind. The words we speak about ourselves will reflect the capacity we have to love others by showing us how we really feel about ourselves first.

We need to love ourselves unconditionally before we can love others. Although thoughts are not as long lasting as our deeper held beliefs, they are just as powerful. Thoughts are responsible for the actions we take to create the life experiences that make up our reality.

Did you know that our brains accept both real and perceived experiences in the exact same manner? This means you can think about an outcome and create the same dopamine response in your brain as actually experiencing the outcome. Have you ever heard the phrase, "Be careful what you wish for?" There is a reason for this. We have the power to create our reality from thought alone. It is just as important to gain mastery over your thoughts as it is over your emotions. They work together in the manifestation of our reality. Balancing the mind is very important. The mind holds the capacity to think and to imagine simultaneously. There is very little difference between the two as they both hold the same amount of creative power.

The mind holds not only our thoughts but also our imagination. We should never underestimate the power of our imagination, as this is the other side of the brain that holds just as much power as the logical and analytical side. What is the difference, really, to think of or to imagine something? When we use the full potential of our brain, we are moving beyond the realm of thought alone and into the realm of dreams and imagination. Once we understand the function of our thoughts and our imagination, we learn to love the mind for what it was designed for.

We should never diminish the mind and ego as limitations to the human experience. Many New Age beliefs will try to tell you to eliminate the mind, but I highly disagree with this belief. The mind is an incredibly powerful tool that helps us to process information and make sense of our reality. It is the perfect balance to our emotions once we learn how to work with this powerful technology. Rather than viewing the mind as primitive and animalistic, we can look at the mind as one of the most innovative pieces of biological technology that exists.



## THE POWER OF DREAMS & IMAGINATION

Our dreams and inspiration exist to serve as guidance towards our life's purpose, and this all begins with our imagination. It is our imagination that helps us to manifest dreams into reality. It is not the analytical mind that creates reality, it is the imagination. The analytical mind is meant to provide us with a logical perspective and disciplined approach after the mind has been given free rein to dream without limitations. Desires are important as they help guide us on how and where to direct our energy when it's time to focus on what matters most.

Make sure you are allowing yourself the freedom to dream without limits and especially without letting self doubt get in the way. Our imagination is always available yet it is highly underestimated in its power. The imagination is the bridge between dreams and reality. Our bodies are the instruments designed to make this happen here on Earth. This creative process is how we allow ourselves to expand and evolve. Our dreams need real thought to come to life. They will only exist as desires in the background of our mind until we take action on them. It is often easier than we think to bring our dreams to life, and this is where we need to start with one action at a time. Rather than looking at the end result of those dreams and feeling they are out of reach, ask yourself what steps you can take today that will bring you closer to the future you desire.

We do not need to worry about the speed at which our dreams come to life. After all, it's not just about the end result. The act of creation is an incredibly rewarding experience that should be viewed as part of the dream, not to be rushed. When we take action on our dreams, we create space for magic and miracles to unfold. Our actions allow the right opportunities to manifest that will help us along the way. We always have help available and the Universe will make sure that we succeed as we become clearly aligned in our intentions and our actions. Let your imagination guide you into dreaming far beyond anything you've ever known. Do not place limits on yourself, because there are no limits when it comes to what you can create in this world. Your imagination is where the dream begins, and it is up to you to turn your dreams into reality. You are not doing the world or yourself a favor by playing small.

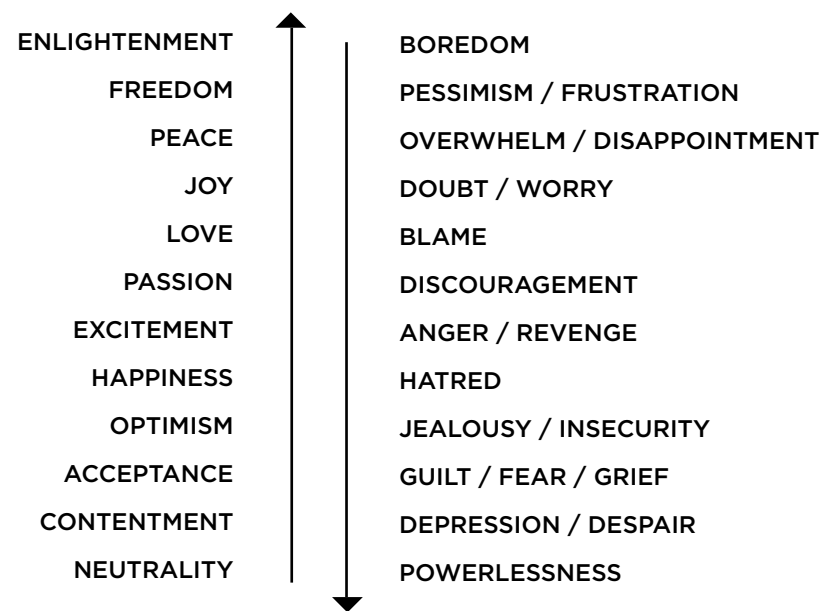
“Dreams require attention and action in order to manifest into reality.”

NOTES:

(WHAT DREAMS DO I HAVE THAT ARE READY TO COME TO LIFE?)



## THE ENERGY OF EMOTIONS



## E = ENERGY / EMOTIONS = ENERGY IN MOTION

Emotions are the electrical charges that help us to power our dreams into reality.

Our emotions represent energy in motion. We feel this energy as a current or wave that runs through us, and on some occasions it can be felt stronger than others. Think of your emotions as highly charged currents of energy. Your emotions are either going to charge you or drain you, depending on which direction you're moving through them. As you become aware of the directional energy of your emotions, it becomes easier to move them through your body without attachment.

Emotions are meant to move through us without getting stuck or repressed. Denying our emotions is actually going to hold the emotions much longer within our bodies and this creates the feeling of tension. Because emotions are not static or stationary in nature, holding emotions is the fastest way to create frustration or depression within ourselves. This repression is what builds up the stuck emotional energy into pressure that creates moments of outburst or release. The faster we process and allow the emotions to run through us, the better we feel.

## // THE MORE AWARE WE ARE OF OUR EMOTIONS, THE EASIER IT IS TO SEE THE ENERGY SPIRALS THEY CREATE.

When we remove all judgment from emotions and see them for what they truly are, we are able to work with emotions in a way that empowers us and inspires change. All upward spirals are going to lead us towards what we desire. All downward spirals are going to show us what we do not want and what is not working in our lives. The downward spirals are helpful for us to observe. We are not meant to act on those spirals as they are happening. We are meant to ground the energy first and then initiate the changes to follow. There is a healthy way to use the downward spiral of energy to let go of what is no longer needed in our lives rather than to destroy our lives.

## WORKING WITH THE DOWNWARD SPIRAL OF ENERGY

When a downward spiral of emotional energy is happening, become aware of it so you can ground this energy back into the Earth and out of your body. It is not healthy to hold onto that much charged energy when it is negative in its polarity. This much destructive energy needs to be grounded back to Earth rather than directed at yourself or others. We should never act on these charged emotions because we can easily hurt ourselves or others when the energy is too strong.

Grounding this energy back to Earth is necessary to diffuse it so it does not burn us out. Allow the spiral of energy to move through you and back into the Earth through the bottoms of your feet. Close your eyes as you stand barefoot to release the strong currents of energy out of your body. Spending time in nature is the next most healing action you can take during these moments. Do this as soon as possible because holding this type of energy for too long is destructive to your health and wellbeing. It is necessary to diffuse it and let it go as quickly and easily as possible. Letting it go is the opposite of holding it or suppressing it, which is what we wish to avoid happening.



After grounding the energy back to the Earth, you should feel a sense of calmness as you return back to your neutral state of being. From this neutral perspective, you can now observe how those strong currents of emotions allowed you to see what needs to be changed. Now is the time to initiate the changes that need to happen in your life so you can remove the influences causing the strong emotions in the first place. Call in God's truth, wisdom and perspective to help you see what actions will be helpful in resolving the situations that are causing the emotions. Look from both perspectives to identify what changes you can first make within yourself, and then look at the changes you can initiate outside of yourself to follow. We must always take responsibility for our role rather than blaming others as we face the truths these emotions bring awareness to.

#### WORKING WITH THE UPWARD SPIRAL OF ENERGY

When an upward spiral of emotional energy is happening, we become charged in a way that uplifts us and is beneficial. This upward momentum of energy is the one we want to act upon because it has a positive charge. Although the downward momentum of energy has power too, acting on the negative charge is destructive and not aligned to our highest and best good. The result of acting on downward emotional energy spirals creates less than desirable outcomes and damage that can be difficult to repair. Acting on an upward spiral of energy creates a strong charge that is aligned with our desires and wishes. This energy allows us to manifest our dreams into existence as we align to our Higher Self and our life's purpose.

As you feel the momentum of the upward spiral, allow the current of energy to move upwards through your body until it reaches the very top of your head. Center this energy into your Crown Chakra. This is where you hold the strongest connection to God (Source) energy and it is from this energy center that you receive the inspiration and desires that are aligned to your highest and best good. As you bring this spiral of energy upwards, it helps you to power up your desires.

This is the energy that is needed to turn your dreams into reality. By focusing on the joy and positive energy you are feeling, your joys and desires become accelerated and supercharged. Use this energy to help you create anything you want in your life. You can also use this energy to initiate change in a way that is beneficial in pushing you beyond your limits into higher ranges of potential. Work with these powerful momentums of energy as they arise. Express gratitude as these feelings flow through you and watch as you shift reality in the most powerful of ways.

“Emotions are  
electrical charges  
of energy in  
motion.”

NOTES:

(WHICH EMOTIONS DO I HAVE THAT FEEL STUCK OR REPRESSED?)



## BALANCING THE MIND WITH EMOTIONS

### (THE SECRET TO MANIFESTATION)

There is so much power available to us once we learn how to work with our mind and our emotions in balance with one another. Think of your emotions as the electrical charge necessary to power up the impulse signal of your thoughts. There needs to be power behind these thoughts or the thoughts simply disappear. This is why the majority of our thoughts come and go and do not hold any real power. It is only when we feel a strong emotional charge that we begin to focus more strongly on certain thoughts. Once we focus on those thoughts, they begin to hold more weight in our reality and we begin taking action on them.

**Emotions** create the electrical charge (*a feeling*) while the **mind** creates the impulse (*a signal*) to direct the current of **energy** (*the emotion*) into powering the **thought**. From there, we take **action**.

The Universe that we live in is a participatory Universe, meaning that we must take ACTION in order to see results. If we want to witness real results in our lives, we have to FEEL it as much as we VISUALIZE it. Then we take inspired action that is in alignment with the focused intention.

Because time is not real and the mind doesn't see any difference between real and perceived, all we need to do is strongly visualize the experience in our mind's eye (thought) and feel the rewards of that experience (*emotion*) as if they have already happened. Express gratitude for already receiving the blessing that you desire, and feel the positive energy it creates in your heartspace. Then, let it go. This is the true secret to manifestation and explains how to collapse time and space between the future and the present moment (*now*).

This is also known as zero point energy in quantum physics. As soon as we gain mastery over this technique, we begin to manifest experiences into our life at a much faster rate. If we were to truly tap into this zero point energy with absolute perfection, our manifestations would become instantaneous.

The only delay that exists between manifesting our desired reality and experiencing the manifestation of the desired reality is the time in which we are ready to receive. It is our underlying belief system that allows us to easily suspend disbelief in the moment or remain locked into a fixed view of reality. By exploring our subconscious beliefs and reprogramming them, we free ourselves from remaining locked into a belief system that is limited or restrictive to the expansion of our reality.

“The Universe we live in is a participatory Universe, meaning we must take action in order to see results.”



It is not enough to wish for an experience to happen (*in the future*) because that implies that you are without the experience (*now*) and that the experience is out of your reach. We have to truly feel the rewards of already having the experience in order to manifest that experience into reality. By imagining the outcome (*in the future*) and taking action (*now*), we allow the desired experience to be witnessed and reflected back to us as a part of our reality (*the actualized result*). Speaking out loud or writing the desired experience on paper is one way to actualize the results more quickly. Then, we surrender and let it go.

Let go and allow the desired experience to unfold in perfect divine timing exactly the way it needs to. As we surrender control of the when, how or why, we allow the space for magic and miracles to happen. In my opinion, it is the magic and miracles that make life so intriguing and rewarding to be here. Being in control all the time would be too boring and predictable. It is the magic and spontaneity that make us feel truly alive. This magic is always available to us when we are ready to receive it.

**I LIKE TO SAY THE FOLLOWING EXPRESSION OF GRATITUDE WHEN SENDING MY DESIRES TO THE UNIVERSE:**

“Please allow this experience to unfold in perfect divine timing that is in alignment with my highest and best good as well as in the highest and best good for the others involved. I desire this or more. Thank you! Thank you! Thank you!”

**WHEN I REALLY NEED HELP WITH SOMETHING OUTSIDE OF MY CONTROL THAT IS CAUSING ME DISTRESS, I SURRENDER IT TO GOD:**

“Please help me to resolve this in a way that is in alignment with my highest and best good as well as in the highest and best good for the others involved. I surrender this to God and ask for your help in resolving this quickly and easily. Thank you. Thank you. Thank you!”

*(Be sure to speak these out loud!)*

**IN SUMMARY OF HOW AND WHY THIS WORKS:**

Experiences and beliefs both form the thoughts that live inside our mind. Our thoughts are influenced from both the past (*actual*) experiences and the future (*perceived*) experiences. Those thoughts become our spoken words of manifestation through sound vibrations. The powerful currents of our emotions charge up those vibrational thoughts and words with energy. The vibration of those spoken words then shape our physical reality to affect collective consciousness as they are witnessed by others. In effect, this creates new life experiences. It is more powerful to speak our commands out loud to allow them to be witnessed rather than just thinking them.

“I trust and  
surrender all worry  
to the Universe.”

**NOTES:**

**(WHAT EMOTIONAL BURDERNS WOULD YOU LIKE TO SURRENDER?)**



## THE POWER OF FORGIVENESS

There will be many situations in life where you are wronged, and you will not receive an apology from the other person. No matter how terrible the situation was and may continue to be, holding onto the pain is not worth the sacrifice. Your peace and happiness are far too precious to compromise. The longer you hold onto the pain, the more you suffer. Holding onto past grievances is a guaranteed way to cause suffering, and this suffering is really just the reliving of the experience over and over again. Forgiveness is how you set yourself free. It does not matter if the other person deserves forgiveness or not. The only thing that matters is that you free yourself from the repeated suffering of that past experience.

### FORGIVENESS SETS YOU FREE

By offering forgiveness to the other person, you are fully detaching yourself from their energy field. Without the act of forgiveness, it means you are still holding on, when what you truly want is space from the other person and separation from the pain. Make peace with the fact that you can never change the past. Then let it go. It will be up to you to remain a victim, or you can take your power back by cutting all energetic attachments. You cannot change the past but you can change your opinion of it. From this position of strength, truly offer forgiveness to the other person and detach yourself energetically once and for all. Then, make sure to forgive yourself! This is very important. Find the lessons and wisdom that you gained from the other person and how you've grown and changed from the experience. Now move into gratitude, because that person or situation was your teacher. Say thank you and let it go.

Something incredible happens when we forgive. It lightens our heart AND it changes our brainwaves! A lot happens internally when you let go of the emotions of guilt, blame, shame, suffering, sadness and victim mentality. It makes space within your body and mind for peace and empowerment. Your heart and your brain are connected, so the emotions that weigh on your heart also burden your mind. Remember that you can free yourself instantaneously and move into a position of power and gratitude. Forgive, let go and move on with grace and ease.

### I OFFER MYSELF FORGIVENESS FOR:

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....

“Forgiveness is the key to freedom.”

### NOTES:

(WHO WOULD I LIKE TO FORGIVE THAT HAS OFFENDED ME?)



## QUESTIONS & NOTES

We just covered a *lot* of information in week one. Go back to this section anytime you need to reference these chapters. Repetition is great for memory and learning, so read through these pages as often as possible. Write down any questions, insights or notes you have regarding the information you just learned. Practice the exercises from Week 1 as often as necessary to memorize this information which will be necessary for the weeks to follow.

END OF WEEK 1

*Next:* WEEK 2 →