

It's time for...

Week Two

DISCOVER...

- Learn about Theta Brainwaves
- Expand on Desired State
- Shift your relationship to Time
- How to use Meditation with your Desired State

INCLUDED IN WEEK TWO

- Moving from Beta to Alpha and now into...**THETA BRAINWAVES**
- It's time to explore your... **DESIRED STATE**
- Let's discover your... **NATURAL PACE**
- Adding your desire state to... **YOUR WEEKLY MEDITATION**
- Your Meditation Tracker

Moving from Beta to Alpha and now into...

Theta Brainwaves

DROPPING IN A LITTLE DEEPER

You have discovered the beautiful experience of meditation just by dancing between Beta and Alpha. Now it's time to experience Theta.

In it's simplest form, Theta is when you release from the major aspects of our life experience that keep us stuck. Those major areas are Body, Environment, & Time. By allowing yourself to release from these major areas on a regular basis, you benefit because you return to your true nature which is whole, connected to a source that's limitless, and content with life.

Regularly connecting to your Theta brainwave in a conscious way, you begin to experience more of the internal control that guides you to experience life that is free from worry, anxiety, fear, and emotions reacting to an external world that appears stuck in the hustle.

Theta is also the state required for you to plant the seeds of your desire and visualize it as your true nature. When you experience your desired state in this energy way you take back your ability to carry this desired state forward without trying or forcing it to happen. It will just happen.

It's time to explore your...

Desired State

WHAT WOULD IT BE LIKE TO OPEN TO YOUR DESIRE?

One of the most powerful techniques you will learn in your meditation is to tap your desired state. What is your desired state? It's the feeling you are wanting in this moment. How do you discover your desired state? Besides tapping the feeling you want in the moment, you have to drop in to your internal knowing rather than your intellectual story.

Let's take a step back first to consider your daily experience. Since this week's theme is around time, let's use it as an example of desired state. You wake-up. Get ready for work. You are thinking about all the tasks, responsibilities, and other possible situations you are going to have to manage to get through your day. Most of your days you are spending trying to keep up with the pace set by your external influences. Whether it's work, home, or people, you feel powerless by the hurry, busy, and "do more" that is imposed on you.

If you were to slow down, you would absolutely say this is not your desired state. Your desired state is more along the line of easy, relaxed, calm, steady, and flowing. As you are reading this you are probably thinking, "There is no way I can experience these feelings during my week. It's too hectic with too much to do."

This is pretty common when we think we can't have what we desire. But you couldn't be farther from the truth. When you realize that you can have ease, calm, steady in your day without changing the conditions outside of yourself, but connecting to it internally, it will change your life.

When you realize you can experience what you desire and tap the desired feeling in your mind, emotions, body, and energy, life around you responds. Your energy reflects and is reflected back. You become the source of flow rather than it coming from someone else. We will help show you how.

Let's discover your...

Natural Pace

DISCOVER YOUR DESIRED PACE & RELEASE THE RESTRAINT OF TIME

Many of us have a warped relationship with time. These days you run around always feeling hurried, frantically trying to fit everything into a period of time that never feels like enough. Everyday you wake-up running into the same struggle.

For this week, you are going to use the technique of connecting more to your desired pace and relationship to time. Take a moment to journal what your relationship with time is now and what you want it to be.

Current Relationship with Time

.....

.....

.....

.....

Desired Relationship with Time

.....

.....

.....

.....

Let's discover your...

Natural Pace

Describe how you'd feel, think, and be in your body if you owned your desired state

THOUGHTS:

.....

.....

.....

.....

EMOTIONS:

.....

.....

.....

.....

BODY SENSATIONS & MOVEMENT:

.....

.....

.....

.....

Adding your desired state to...

Your Meditation

OWN YOUR DESIRED STATE IN MEDITATION

As you know, your fifth step is to connect with your desired state. What you are now learning is an advanced skill for you to drop into the fourth and fifth step of your meditation.

Once you have connected to your Alpha state and stayed for a while, you will begin to move into the Theta brainwave. How do you know you are here? You will begin to feel less grip on time, environment, and body. You become one with the moment. It may take you a little time to arrive to this feeling, so give yourself opportunity to drop-in.

As you dance out of the Beta into Alpha, you will continue to feel the dance into Theta. Once you find a glimpse of the spacious being, you can plant the vision of your desired state.

Use the exercise from above to now imagine you living from this desired state around time and your natural pace. Image your mind thinking from this desired state, your emotions feeling from this state, your body moving from this desired state, and even how other's will interact with you in the external world. Play with this vision and experience living the truth internally.

Once you feel complete, ask yourself, "How can I live this desired state today?" Listen for the guidance from within and when you hear the guidance, repeat it. If you receive confirmation you heard correctly, you are complete with your meditation. If you have to clarify, ask again until it feels complete.

week two

tracker

- Thursday
- Friday
- Saturday
- Sunday
- Monday
- Tuesday
- Wednesday

NOTES

drop time &

explore theta

DATE ::

TIME ::

quick assesment

BODY:

- Spacious*
- Calm*
- Warm*
- Tingly*
- Floating*

- Edgy*
- Irritable*
- Restless*
- Tense*

MIND:

- Quiet*
- Slow*
- Still*

- Busy*
- Racing*
- Active*
- Resistant*

EMOTION:

- Peaceful*
- Joy*
- Euphoria*
- Centered*
- Hopeful*
- Inspired*
- Sad*
- Frustrated*
- Irritated*

DESCRIBE EXPLORING ALIGNING INTO ALPHA & EXPERIENCING THETA...

Highlight the first steps of your basic meditation from Beta to Alpha...

Describe how the observer mind helped with the "dance"...

HIGHLIGHT YOUR MEDITATION

..... DATE ::
..... TIME ::

WHAT DO YOU REMEMBER THE MOST?

WHAT ARE YOU TAKING AWAY FROM THIS MEDITATION?