

DOWNLOAD PDF DANCING IN THE EYE OF TRANSFORMATION, 10 KEYS TO CREATIVE CONSCIOUSNESS

Chapter 1 : Dancing in the Eye of Transformation, 10 Keys to Creative Consciousness by Sylvia Brallier

Dancing in the Eye of Transformation is a real-world users manual that gives practical tools for the enrichment of your mind, body and spirit. It will help you to perceive metaphysical reality and actualize personal and planetary transformation from a unique holistic perspective.

The Connected Discourses of the Buddha: A Translation of the Samyutta Nikaya. For more information, see the section, " Overlapping Pali terms for mind ," below. This simpler uneclesiastical, unscholastic popular meaning is met with in other suttas. Thus, the faculty of awareness of the mind the base of, e. Archived March 3, , at the Wayback Machine. According to Bodhi b , p. Archived May 8, , at the Wayback Machine. Archived April 21, , at the Wayback Machine. These six are classes of consciousness: This is called consciousness. Archived May 4, , at the Wayback Machine. Square-bracketed Pali terms were added. Also see Thanissaro Parenthetical phrase " the monk " is in the original translation. Also see Bodhi b , pp. These two different statements are not however contradictory inasmuch that, as indicated by the Five Aggregates model, name-form includes mental fabrications see the "Five Aggregates" diagram above. In an end note on p. In Karel Werner, ed. Curzon Press , page Archived from the original on Third revised edition published by NUS Press, page 66, [1].

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Chapter 2 : Section I - Theta Wave Meditation - Dr. Suzanne Lie and the Arcturians on racedaydvl.com

This beautifully illustrated book takes you to a place where spirituality, quantum theory, creativity and healing meet and merge to awaken your highest potential. Dancing in the Eye of Transformation is a real-world users manual that gives practical tools for the enrichment of your mind, body and.

The Six Levels of Higher Consciousness: For anyone on the path of personal and spiritual evolution, this is an extremely powerful framework to help you understand where you are at and what is coming next. As you move through each of the levels outlined below, you will make major leaps and bounds towards full self-realization and ultimately enlightenment. Life is not just a random series of events that happen because you did it right or you did it wrong. Instead, it is an intelligent unfolding that is revealing itself to you all day long, bringing you step-by-step from unconsciousness into a state of higher consciousness. Take a moment now to feel how different that is from the way you usually perceive Life: Imagine what it would be like to let go of the whole game of resisting Life and instead to trust it. In this trust you could then open to it, listen to it, and grow from every encounter. You can show up for the life that Life is giving you! Everything is a part of this evolution, including you. Your life is not a random series of events. It is an intelligent and mysterious process that is for Life. Free Enlightened Living Course: Also, it is truly methodical. There are basic steps we all go through on our journey out of the cloud bank of our minds back into recognition of the meadow of Life. And it is truly mysterious. Michael Beckwith, minister of the Agape Church, describes this evolution in four phases. Life happens to you. Life happens by you. Life happens in you. Life happens for you. Life happens through you. Let us take a few minutes to explore each level of consciousness. I invite you, as you read, to keep on checking in with yourself. You are being given important information in this article. Remember that the most powerful thing you can do for your healing is to have your attention and your experience together, even as you are reading this and no matter what it brings up for you. Dip the finger of your attention into the river of your experience. Allow whatever is here to be here. You have never experienced Life quite like this and never will again. This moment in your life is unique, and it is okay exactly as it is. Life Happens To You For a good deal of your life you have probably lived like most human beings, feeling that Life is happening to you. Life is so big and if you are honest with yourself, you never really know what is going to happen next. Bosses fire you, the flu debilitates you, people you love reject you, every day you get a little older and death is always lurking around the corner. So it is understandable that the more unconscious you are, the more often you feel like a victim to Life. When you live in the belief that Life is happening to you, you often view it as a possible threat. So you stay caught in your head, finding yourself lost in your storyteller that resists, reacts, defends and explains, hoping to figure everything out. It generally does absolutely anything except be open to Life, right here, right now. Life Happens By You When it becomes too uncomfortable to live with this much powerlessness, you evolve into the belief that Life is happening by you. Rather than being a victim to Life, you believe you can control it. There can be a great feeling of personal power in this level of consciousness. It is a necessary step in moving out of the victimhood of the first stage of higher consciousness, but people get caught there. Men try to control women and vice versa. Religions try to control the masses. Countries try to control other countries. The majority of people try to control others who are not like them gay, different skin color, dissimilar religions. Most of all, we try to control ourselves, hoping to make ourselves be what we think we should be. The storyteller believes that in order for anything good to happen it has to make it happen. The storyteller eventually evolves into intentions. Goals are where you use your mind to try to make things be the way you want them. With intentions, you work with feeling what you want to generate. None of this is bad or wrong. These are important tools to use on the path of awakening and sometimes they actually work. But what would happen if you recognized that, rather than trying to make things happen, opening into Life will bring you what you most deeply long for! There is a relatively new form of control where you believe you can control your reality. In this form of control, the storyteller says that all I have to do is think the right thoughts

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and I can make my life be the way I want it to be. To think you can control Life is like being a cork in the ocean believing it can control the movement of the ocean. To stay caught in this phase of higher consciousness is to be cut off from the creative flow of Life. Believing that you are in charge of Life, you are mainly identified with your conceptual world, trying to create a reality rather than showing up for reality. We see them as we are. First, you find yourself becoming fearful of your thoughts: Author and speaker Carolyn Myss, who used to teach that you could manifest what you want if you just think right, evolved beyond that. When she was in Seattle in the s she asked an audience of to raise their hands if they had been able to create the reality they wanted. Not one person did! As you are reading about to you and by you, your belly may have tightened again. Allow any holding you discover there to melt away. Smile and let this softening move all the way down into your pelvic floor and around to your back. Instead of being the victim to your life and or needing to make it be any particular way, which is the endless game of struggle, you begin to get an inkling that Life is something to be listened to, opened to. This is where you start evolving into the next phase of higher consciousness, where Life is happening in you. At this level of consciousness you begin to realize something very startling: When you experience Life through your thoughts, you stop experiencing it as it is. If you are honest with yourself, it has probably been a long time. Instead it comes from your stories about what is happening. It comes from inside of you! Then on another gray day you could be miserable. You may say it is because the day is gray, but it comes from your story about the day, not the day itself. This is where you begin to live what we have been calling the you-turn. You become less interested in being a victim to your life or even trying to make it be any different than it is. You realize that the healing you long for comes when you turn your attention within. When you get to know the spells that are the source of your suffering, you can unhook from them and come back to Life. Life Happens For You The more you become curious about what is happening rather than reacting and controlling, the more you come to a wonderful realization that your life is for you. Rather than Life being something that is happening to you that you must control, you realize there are no ordinary moments! And you are one step further on the journey to higher consciousness. Life is not a random series of events. It is a highly intelligent unfolding that is putting you in the exact situations you need in order to see and unhook from the spells that keep you separate from its flow. No matter what is happening in your life, you finally understand that Life knows what it is doing. At this level of consciousness, rather than Life being something you have to mold and shape into what you want it to be, you begin to show up for Life exactly as it is. Yes, the flow of Life includes pain, loss and death. But resisting the pains of Life only turn them it into suffering, and the suffering that comes from resistance is always much greater than directly experiencing your pain. Instead of tightening around your experiences and turning away from them, which only thickens your cloud bank of struggle, you bring your attention to your experience, whatever it is. It is a highly intelligent unfolding. Every time you respond rather than react to what is going on inside of you, what was formerly bound up begins to loosen. Remember, your natural state is free-flowing aliveness. When that aliveness gets trapped in the spells, your energy and joy dim. When the spells receive the light of your attentiveness, they let go, and the trapped energy flows freely, bringing with it the bliss of openness. Life is setup, to bring up, what has been bound up, so it can open up, to be freed up, so you can show up for Life! Close your eyes for a few moments and open into this living moment of your life. Hear it, sense it, feel it. This is the only moment that matters in your whole life for it is the only moment where Life is happening! Life Happens Through You The for you phase of higher consciousness shows you that there is no such thing as an ordinary moment in your life and helps you to see that Life is speaking to you at all moments.

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Chapter 3 : The Secrets of the Third Eye Chakra: The Keys to Awaken Ajna

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While such aspects of third eye chakra consciousness can seem beyond normal life, and may be or not be attractive to you, what is important is to harness the energy of this higher center. With consistent effort you can learn to use it to experience states of consciousness in which you enhance your ability to awaken direct perception of the sacred or act in ways that are helpful and healing to you and to others. Penetrating intuition; finds beauty in each moment; senses the infinite and responds with a vibrational sense of boundaries between self and other. Ajna chakra consciousness can perceive and effectively use first- through fifth-chakra energies and sharpen awareness of vibrational energy. In that way it is like an airport control tower that keeps the other chakras working in harmony with one another. Although this ability is rare, weak, or absent in most of us, through practice we may be able to strengthen it. Or you might just have a nagging sense that something more important lies below the surface of what someone says, and tease it out verbally. Since the ajna chakra makes it possible to perceive people and experiences directly, without an intervening curtain of illusions and delusions, it helps avoid problems that result from mistaken perceptions. You might hear concerns that someone is trying to conceal from you, or even that they themselves are unaware of. They may have just a vague sense of internal events that they have not learned to describe, such as certain kinds of painful feelings or physiological or muscular responses. When functioning at a sixth chakra level, people tend to be imaginative and creative. Living at the ajna chakra level makes it easy to find beauty and wonder in each moment, and personal meanings in cosmic knowledge. In both, the pseudo-self must disappear for the real Self to appear. This transformation begins in earnest in the fourth chakra. But only in the sixth and seventh chakras ajna and sahasrara can you fully transcend egocentrism. Not always; not everywhere; no guaranteesâ€”but at least sometimes. Others can often feel the energy field of someone in whom this third eye chakra opening has taken place, and offer their respect without a word being spoken. Communication tends to become easier and more to the point. The negative side of the ajna chakra can take the form of either deficiency or overexpression of its qualities. Third eye chakra deficiency includes being insensitive to others, blocking our awareness of their feelings and inclinations. In this sense, we are blind to the real possibilities of the world, unable to view the deeper levels of human existence. When you think you perceive something, check it out. Nothing useful will be gained by insisting that you are right and they are wrong. It might prove useful or even vital. However, it might not, or it might be useless or cause you to act badly. Past Roots of Sixth-Chakra Problems Whether their third eye chakra is open or not, everyone has at least a little intuitive capacityâ€”even those who seem locked into their intellectual consciousness. Failing to use our intuition is dumbing ourselves down by shutting off a source of information that our mind-body organism may be able to receive and perceive. Children and young adults are often actively discouraged from developing their intuition and ajna chakra. People who want to use the right hemisphere of the brain imaginative and creative are often persuaded to overemphasize use of the left side of their brain logical and solution-oriented and neglect the right side. Johari explains the difference between fantasy and intuition. He claims that you can use intuition after you have studied a subject thoroughly, just as an astrologer can use all his knowledge intuitively. Without study, sometimes it is intuition and sometimes it is fantasy. The Body and Emotions Pathway: We discover that we are more than we knew, or even more than we ever imagined we could be. We see our experiences from fresh vistas and find ourselves in an improved state of consciousness in which we can clearly perceive how we are affecting and being affected by the people, places, and patterns around us. This is an inner rather than an outer transformation. An observer watching us might notice no difference. Instead of being stuck in a quagmire of words and worries, we have an opportunity to bring more grace and joy into our lives as a result of opening the third eye chakra. In the dance of duality ever present in our daily lives, there is

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always a chance of getting lost in a maze of potential obstacles to attaining peace of mind. Keeping our psyche focused on the sunny side of the third eye chakra path is easier when we can fully embrace an inwardly balanced expression of witness consciousness. The one watching, who does not get involved, is the witness. Similarly, the indwelling Witness is the One who observes all the activities of the waking state without getting involved in them. You sit in the theater and are completely focused on what is happening on the screen in front of you, but do not act in the movie. Check out the tension in your toes during a scary scene. In total witness consciousness, self is untouched, just watching. Short of that, you can notice your toes curling. Gurumayi Chidvilasananda suggests, As you watch another person, give your blessingsâ€¦ Extend your support, your helpâ€¦ Be the Witnessâ€¦ In order to do that, keep your heart in the Witness state as wellâ€¦ If you practice this discipline in seeing, it will purify the way you see the worldâ€¦ When you look at people in this new way, you will act and speak to them differentlyâ€¦ From this inwardly balanced state, you will be like a divining rod that intuitively knows how toâ€¦ touch both the minds and hearts, and most likely, your own heart will be happy. Also, the ajna chakra can bring a harmonious integration yoga, or union of masculine and feminine qualities within your inner self. You begin to have available almost all the capacities and sensitivities of both genders while feeling totally free to be true to yourself. This third eye chakra experience includes union between your gentler, nurturing side and your more forceful, assertive side. It embraces union between logic and intuition, and union among the qualities of all the chakras , as you draw on the kind of energy that fits your present situation. Intuition, one avenue of ajna chakra perception, requires openness and trust which paradoxically includes trust for signals and information that tell you when not to trust. It is basically a right-brain mode of responding, more akin to meditation and creative illumination than to the left-brain mode of reasoning and calculating. Balancing the energy of both hemispheres helps you get more in touch with your higher Self. Sixth chakra reality is part of a mystic realm that is logically understood only in glimpses by those of us who are more worldly by natureâ€”that is, most of usâ€”since it functions beyond the realm of the five senses. Sri Aurobindo notes that: The illumined Mind does not work primarily by thought, but by vision; thought is here only a subordinate movement expressive of sightâ€¦ Our first decisive step out of ourâ€¦ normal mentality is an ascent into aâ€¦ mind no longer of mingled light and obscurity or half-light, but a large clarity of the spiritâ€¦ Itâ€¦ is a unitarian sense of beingâ€¦ capable of the formation of a multitude of aspects of knowledge, ways of action, forms and significances of becoming. Such depth of insight from the third eye chakra can guide us to act in ways that honor our own inner spirit, to benefit others and all living beings, and to cherish the living spirit of others as one with our own. With ajna activations, our mind becomes a private temple with a simple, firm foundation and living scenes of remarkable beauty, wonder, and unfathomable mystery. Mental focus, feeling better, altering your state of mind and feeling. Chanting a mantra while doing japa can help fine-tune inner listening and connect you with your ability to hear inwardly. For example, you might repeat the seed sound of the ajna chakra , AUM OM , over and over for as long as you can maintain your focus. You can also try to hear this sound as an inward primal hum that reputedly contains the energy of the sun, moon, and fire. Or you can try the following exercise. Select from the following list a word that works for you, either in Sanskrit or English. Then repeat it in rhythm with your breathing during your meditation , or continually chant or write it in japa fashion throughout your day. Keep that mantra as long as you wish, letting it become part of your consciousness. Sixth Chakra Ajna Mantras.

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This field is for validation purposes and should be left unchanged. I was guided towards profound insights that have shifted both my understanding of myself and my way of being on this planet. I am remembering to listen for my inner guidance. I am remembering the language of my heart. I carry this message with me every day! I am ready to move forward from a trust in my own light and power. I felt totally revealed and safe in the nurturing space you created. We went so deep, and yet it was so easy. Welcome When you walk into a Dancing Freedom space, you arrive in a place and a community where you are fundamentally welcome to be yourself. Please wear comfortable clothing that supports your freedom of movement. Please do not wear any kind of synthetic scent. Come early, ground, relax, open your heart. This is a time for you to check in with yourself and to become aware of your personal prayers. The circle has its own intelligence – it will reflect and expand your individual experience if you let it. Being in a circle is about listening for and making space for the voice of the community to emerge through individuals. We take time to focus the prayer of the dance through a single theme or teaching. Remember – your life is the core teaching. The theme given by the facilitator offers an opportunity to connect the lessons that are appearing in your life with bigger themes in spiritual and self-development. The wave creates a progression energy that has a Beginning, Middle and Ending. The elements are REAL allies that reflect and support different qualities of consciousness and transformation. We harvest the knowing of the body, the heart and the higher self. These are the primary three layers we explore again and again in stable practice over time. This stable, consistent mindfulness check in helps each you as the practitioner to identify and deepen awareness of the self. It can feel very vulnerable for some people. It bridges the practice into a shared space of communication. When we speak and are heard or listen and see another, we expand our awareness of the experience we have just had and of what has happened for others within our practice community. Sometimes we also journal. This is a more subtle and internal space where we go deeper into the material of our prayers and our Harvest. It is an into-me-see practice where we hold each other in sacred equality. One person dances with his or her eyes closed while the other witnesses in a space of compassionate non-judgment. We dance for a particular amount of time – often minutes. Then, we switch roles. In the Inner Dance, we invoke the sacred position of the witness and the sacred position of the dancer – the still-point and the creator, Siva and Shakti. The inner dance reflects the primal dynamism of the universe within which all of existence happens as a dance between the active, creative, material aspects of consciousness and the still, subtle, fields based and transcendent aspects of consciousness. In the Inner Dance, each person has the opportunity to experience each role. We complete our practice with a final Harvest circle, a thanking of the space, our support team of elements, ancestors, directions, guides and guardians, and a gesture of closure and grounding. WE dedicate our practice to peace, freedom and love for all beings. A few notes on our methodology: Freedom and structure are not opposite. Rather, a clear structure makes a safe space for people to experience greater expression, vulnerability, trust, healing, connection and transcendence. We create a practice space that has integrity and consistency. It is a loving container designed so that consciousness can expand, heal and grow. The facilitator gently and subtly infuses his or her teaching with aspects of all four pathways to embodied oneness. What does this mean? We set the Field. We bring presence, love, attention and intention to the space, the people, the energies present and the prayer intent we bring to the unfolding process of a class or event. Either out loud or internally, we invite in the guides, guardians, ancestors and directions. In some spaces, you will find a physical altar, smudge, anointment or some other marking of the ceremonial process of arrival and being in sacred space. We Create Poetic Alchemy – Words are power. We will use words, the music and our intent to create a fertile field for the inner process. To

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balance the delicate process of creating a nurturing environment with a gentle but firm push to facilitate growth, healing and self-awareness. Want to experience Dancing Freedom? Check out our classes page to find a class near you or search on Facebook for a community!

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Chapter 5 : The Path of Transformation

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He stopped abruptly when he saw Christina Aguilera dancing to a song about a genie in a bottle. I seriously doubt that he was drawn in by the lyrics, but my mind drifted to musing about the main theme of the song. It has only been a few years that clients have come to me to hear from their loved ones on the other side, but it still surprises me how many are as interested in getting personal advice as they are in communicating with their deceased family members. To some, a reading with a psychic-medium is like a private session with a genie in a bottle. There is nothing wrong with this. We are used to going to professionals for advice. The One Mind, of which we are a part, speaks to all of us " all of the time. When asked with intention, the answers come. When trusted, the guidance is unerring. Take it from this former career Navy officer who now brings through verifiable evidence from the consciousness of those who have passed to the other side. I had no idea I had this ability until I discovered it in the fourth decade of my life. You are spirit here and now. The physical parts of you are not the real you. Paradoxically, it is that very consciousness that is the real you. Consciousness has no beginning and end. Consciousness is in every living thing, from one-celled organisms to plants, animals and humans. Quantum physics has proven that everything exists in a field of all possibilities until observed by consciousness, therefore consciousness is creative. Because it is the source of all awareness, consciousness is all-knowing. As individuals, we are a focus of this greater Consciousness. We can deliberately access other states of consciousness in the dream state and through hypnosis or meditation. It is then " when we transcend the limitations of ordinary awareness " that we open ourselves to higher levels of creativity, insight, inspiration, guidance and wisdom. It is possible for anyone to enter into and experience the deeper states of consciousness that lead not just to the answers we seek, but to an understanding of our essential oneness. This is nothing short of transformational. The keys to self-transformation, to a level of attunement that will eradicate the need to search outside of yourself for answers, are these: Believe that higher consciousness exists and that you are connected with it. Just as a wave is an integral and inseparable aspect of the ocean, you are an integral and inseparable part of the sea of consciousness in which you are immersed. If you see yourself as merely a brain with a body, separate and apart from the Source of the answers you seek, you cut yourself off from that very Source. Train your mind to be still. It can be challenging to distinguish the subtle Voice of the higher self amid the constant chatter of your human brain. It takes discipline to quiet the conscious mind through meditation on a regular basis, but this is critical to perceiving the more subtle vibrations of the unseen dimension. Clear all energy blockages. Every thought and emotion carries its own energy " its own vibrational frequency. We take in negative vibrations throughout the day from our own thoughts, from the energy radiated by those around us, and even from our dreams. Be aware of the thoughts and beliefs that run through your mind and upgrade them as necessary. If you are feeling lethargic, ill at ease, irritable and disconnected, your energy field is likely clogged. Consider a variety of ways to clear the blockages: When the goal is expanded consciousness, consciously expressing gratitude, joy and love is the means to get there. It takes deliberate intent to rise above the dense vibrations of the physical world. Where you place your consciousness becomes your reality. We reside in the physical and non-physical realms simultaneously. Our focus becomes firmly rooted in the physical world. Your consciousness does not reside in the brain. Your consciousness is everywhere at once, in the non-local realm of no time and no space. You can regain access to your true home by consciously expanding your consciousness with the breath, then shifting your focus to a location beyond the limits of the physical body. I recommend a spot about one foot above the skull. The genie is not inside a bottle. It lies within your consciousness. Act on what you hear in your mind, and if the guidance is truly from a higher source, your experience will speak for itself. To experience a life that

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is God-guided “one in which you no longer feel the need to look outside yourself for answers” be still. Take a deep breath. Shift your focus, listen, and trust the still, small Voice within. After a lifetime of left-brain living, I have learned to do just that. The result is a sense of inner peace, joy, and unerring guidance “available to all of us” including these words, received as a mere whisper in the silence: Sit quietly and ask to know the world beyond yourself And then to you will come a sense of treasure beyond wealth. For now, relax and trust our words as your reality expands. A greater sense of knowingness will be your great reward.

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Chapter 6 : Finding Your Genie in a Bottle: How to Attune to Higher Consciousness | The Edge Magazine

I HAVE AUTHORED two books, Dancing in the Eye of Transformation, 10 Keys to Creative Consciousness and Ancient Wisdom for Total Vitality. My writing is also featured in several books published by Goddess Ink.

Normally, you will only experience theta waves as you drift off to sleep, during some dreaming, and as you return from the depths of Delta sleep. The pictures you perceive as you drift off and awaken arise from theta consciousness. During Theta Wave meditations, you are in a waking dream where vivid imagery flashes before your inner vision. In this state, you are extremely receptive to information sent from the higher dimensions. The Shamanic State of Consciousness, which is theta brainwaves, allows you to journey into the higher planes. The steady-rhythmic beat of the drum struck four and one-half times per second Theta Brainwaves are cps is the key to transporting a Shaman into the deepest part of Shamanic trance. The constant and rhythmic-drone of Tibetan Buddhist chants that transport the monks and other listeners into realms of blissful meditation also follow this rhythm. You can then also access your newly discovered extremely high and low brainwaves of Gamma, Hyper Gamma, Lambda, and Epsilon. Theta waves have also been identified as the gateway to learning and memory. Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition as well as other extrasensory perception skills. Theta consciousness allows you to connect with your creative inspirations, spiritual guidance and peak experiences. Hence, while in theta consciousness you can receive, and even understand, stimuli from the higher dimensions while also being aware of the physical world. This reception of multidimensional stimuli is natural for Theta consciousness, but it is impossible for your everyday, Beta Brainwaves and difficult for your Alpha Brainwave thinking. You may have to repeat it many times, or you may instantly fall into Theta meditation. The difference will greatly depend on the day. Some days your biorhythms are balanced and you are calm and relaxed, whereas on other days, you are off-center. For best results it is a good idea to try to return, day after day, to the same place at about the same time. It is very helpful to prepare this space by lighting candles, burning incense, putting on soft music to give your beta waves something to do besides worry, and perhaps even do a few stretches. Make sure that you are comfortable and will not be disturbed. To activate your Theta Brainwaves, focus on the area between your eyes and in the center of your forehead. You may focus on this mandalla, or create one of your own. Again, be patient, as you may have to go through many thoughts and feelings before you are able to move into Theta Brainwaves. Some days will be easier than others. When you first experience conscious Theta Wave meditation, your normal proprioception, where your body is in space, may become disturbed. You may feel a bit dizzy, or not be sure if you are standing up or sitting down. You may also feel sleepy, as your body is accustomed to this feeling when you are asleep, but try to keep your eyes closed while focusing on your breath and inner visions. Your body will soon adapt. At first, try this meditation for only five or ten minutes. After you have had some success, you can choose special times to meditate longer. With your in-breath, sniff-up like you would smell a flower, but extend the inhale. Exhale through your nose while you feel your breath move across the roof of your mouth. Concentrate on that sound as you exhale. Now, imagine that your exhale is going out through the mandalla in the center of your Third Eye. Next, imagine that you are inhaling through your Heart Chakra and exhaling through your Third Eye mandalla until you feel completely grounded. When you are ready, begin to imagine that you are inhaling through your Crown Chakra and exhaling through your Third Eye mandalla. Focus ONLY on the sound of your inhale and exhale, as well as on your inner visions. Focus only on the sound of your breath, your inner visions and your mandalla. If you are having visions, place them in the background, while you place your mandalla in the foreground. Repeat this exercise for five or ten minutes. It is the constant dedication to awakening your SELF that is important. Different people have different forms of meditation, according to their personality. Some may need to have a more active meditation, such as running, dancing or playing an instrument. Therefore, you can try exercising, doing yoga, singing, playing an instrument, etc. Remember, my ones, it is in the journey that you find

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fulfillment.

Chapter 7 : racedaydvl.com - List of Named Centaurs

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Chapter 8 : What Happens? | Dancing Freedom

The Keys to Activating and Opening the Third Eye (Ajna) Chakra BY VICTOR DANIELS, Ph.D., KOOCH N. DANIELS & PIETER WELTEVREDE there is an entire art and science to awakening and working with the third eye chakra, also known in sanskrit as ajna chakra, that include important practices and things to be aware of as you walk the path towards higher.

Chapter 9 : THIRD EYE DROPS by Michael Phillip on Apple Podcasts

psychological aspects of evolution of consciousness man life on earth, and the key to its participation in the evolutionary design of life and nature as a total system.