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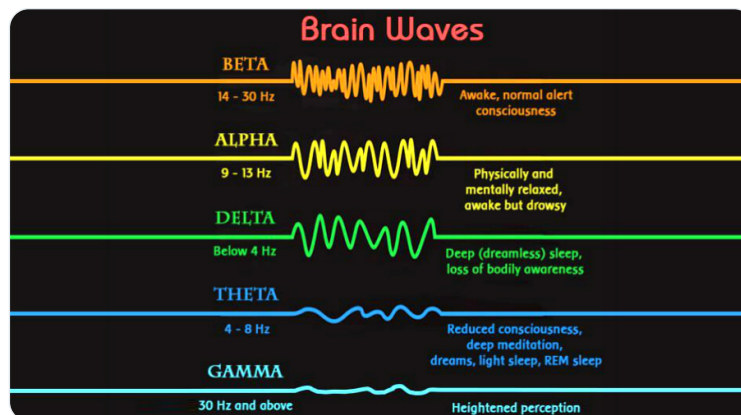
Brain wave states operate on different frequencies depending on the current situation you are in.

The most common is the "Beta" wave.

This is the normal awake day to day life state you are in most of the time.

I'm going to explain why this not always good

THREAD.



Let me explain it in a more esoteric and symbolic way so you will be able to understand better.

Remember the movie "The Matrix"?

I bet you do.

The main character is called "Neo" (Neo Cortex, the part of the brain that contains our sense of self (ego) and self-critic.

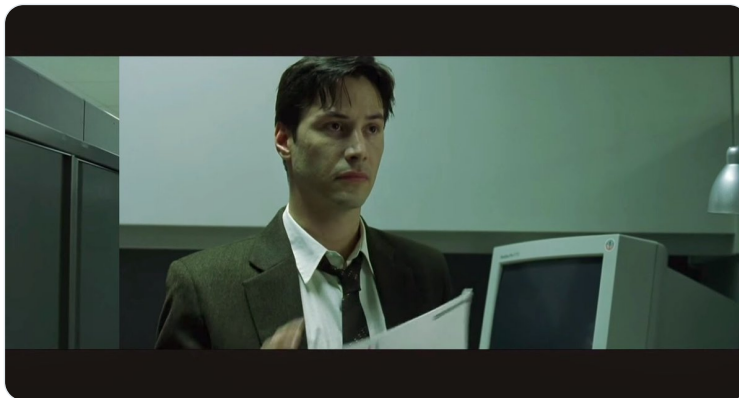


Neo is an everyday guy with a boring 9-5 that does not fulfil him.

Spends his spare time online hacking.

Begins to ask questions.

He is then put in contact with Morpheus, who sends for Neo and informs him of some home truths about life.



This is symbolic of the change in brain waves. To begin with, in his "normal" life within the Matrix, he is in the beta wave state. Once he takes a step back & relaxes when home at night, he enters the alpha wave state.

Which allows him to start thinking clearer.

Now here is the deep part, once Neo enters the higher brain wave state, the agents come after him very quickly. This is what happens in real life too, myself and many other fine minds on here have stated this again and again. When you begin to level up - people around you change

It's usually loser friends you have known since high school and or family members, work colleagues etc. These are symbolic of the agents, you are Neo. They can sense your heightened state and try to bring you back into the mundane Beta state. Where you self criticise and worry



about judgement etc. You care what others think, just like the agents who are trying to pull you back into that state. Everything is esoteric when you think deeply enough.

Brain waves states are CRUCIAL to getting ahead.

Remember in the movie, how Neo (Once in the higher states) can learn a huge amount of new skills such as all the major martial arts in a very short space of time.

This is why you always aim to raise your own state, as much as possible! Knowledge is power!



But the vast majority of people do this.

1. Wake up (Beta)
2. Do job/school (Beta)
3. Come home exhausted (Beta)
4. Crash out (straight into delta)

They have no smooth transition between the other states!

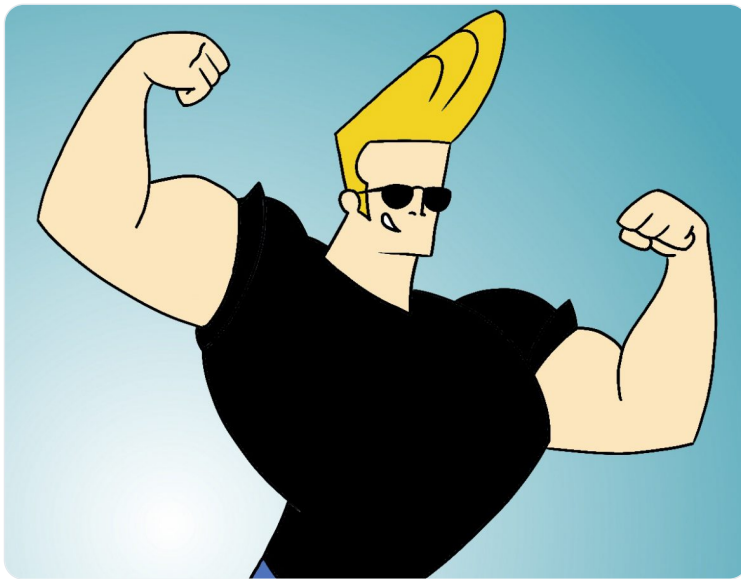


There is a reason being an alpha male is considered superior to a beta male.

It's much deeper than just getting more girls or being a big tough guy.

There is a solid metaphysical/scientific principle to this.

EVERYTHING is esoteric!



I recommend to you all.

Take time to truly relax, don't use drugs or anything intense to achieve these states, however, you can reach the other stages via rigorous sports or exercise.

This is because the beta waves are shut down when you're not just focusing on yourself!



Example, you're in a boxing ring sparing with a competent boxer, you don't have time to worry about what some idiot said to you that day, or some other bitch ass issue you may think you have, because you're trying to avoid being punched in the gut or beak.

Very healthy!



But you can do this just by breathing slowly and focus on your breath (meditation basically) Become aware of ONLY your breathing and switch from beta to alpha, then alpha to delta/theta/gamma. If you can this while awake you will be able to lucid dream without actually sleeping.



When we are in deep sleep we automatically enter (delta/theta/gamma) Glycine helps get us to the latter stages more easily. And you know, in your dreams anything is possible! Try and get yourself out the beta wave as much as possible. It will lower your blood pressure.



Make you relaxed and able to think about the bigger picture without being so stuck "in your head" Baroque music is also good for getting into the alpha brainwaves more quickly.

I also recommend you listen to music at 39.17mhz

(Gods Frequency)



Everything is frequency.

All the information we receive and perceive is a certain frequency wavelength information field.

It is a good idea to tune this to your advantage and feed your subconscious mind with the better waves. The beta brain waves are not the best -

If you wish to really think clearer and more creative. You must try and move up into the alpha/delta/theta and if your really good, the gamma waves.

This is where you can achieve heightened perception. Disciplined zen Buddhist monks can achieve this state via deep meditation.

Be conscious of your current brain wave frequency.

If you start to feel stressed you are deep in the beta state.

Take a step back, take a deep breath.

Relax.

Nothing good comes from flapping like a budgie.

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