

**BRAIN
WAVE
VIBRATION**

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WAVE
VIBRATION**

Ilchi Lee

Getting Back into the Rhythm of
a Happy, Healthy Life





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For the many people working to create
health, happiness, and peace in the world.

*A human being is a part of the whole,
called by us universe, a part limited in
time and space. He experiences himself,
his thoughts, and feelings as something
separated from the rest—a kind of optical
delusion of his consciousness. This delusion
is a kind of prison for us, restricting us
to our personal desires and to affection
for a few persons nearest to us. Our task
must be to free ourselves from this prison
by widening our circle of compassion to
embrace all living creatures and the whole
of nature in its beauty.*

—Albert Einstein

FOREWORD

ILCHI LEE'S PREMISE IS simple but compelling. We are all human; what we have in common is more profound than what divides us; we must find the wisdom and the will to rise above our parochial geographic, religious, and cultural differences and to embrace the human universals. To promote these values and to graft them onto the collective consciousness of humankind, Ilchi Lee has undertaken a multi-pronged effort that is nothing short of astounding in its diversity, energy, and global reach.

Advancing our understanding of the brain, brain health, and public education about the brain has been among Ilchi Lee's foremost interests and the focus of his activities. He is the founding president of the University of Brain Education, president of the Korea Institute of Brain Science, and president of the International Brain Education Association (IBREA). The educational outreach of these organizations includes online lecture courses; conferences on various aspects of brain development, and mental and emotional health; annual Brain Olympiads; and a magazine titled *Brain World*. These organizations are remarkable for consistently involving in their activities a diverse

group of educators, clinicians, and scientists, including myself. It is precisely because of its global outreach that I find my role as a scientific adviser to IBREA so gratifying and ripe with opportunities for making a difference worldwide.

Ilchi Lee's work has been honored with numerous awards and has been warmly received in important forums around the world. Many of his educational initiatives are conducted in association with the United Nations, which offers a unique platform for making a global impact.

As an individual, Ilchi Lee is a multifaceted personality. He is a teacher, a philosopher, a musician, a martial arts practitioner, and a talented organizer of global initiatives. He is also a prolific, insightful, and original author with several influential books to his credit. *Brain Wave Vibration* stands out as capturing and summarizing the essence of his philosophy and training methodology. In our times of stress, strife, and uncertainty it conveys with great force a message of optimism, hope, and equanimity. It is written with simplicity, clarity, and depth.

Brain Wave Vibration consists of two parts and several appendices. The first part, titled Principle, synthesizes some of the state-of-the-art insights and findings of neuroscience, Eastern philosophical and spiritual traditions, and mental and physical health cultures. The book's narrative is particularly impressive in its seamless interweaving of diverse approaches and cultural traditions. The strength of the Western intellectual tradition is in its rigorous analytic nature. It tends to take things apart and examine the components in isolation from one another, but it has

been historically less successful in putting things back together, resulting in a somewhat compartmentalized and disjointed view of the world.

By contrast, the Eastern intellectual tradition tends to emphasize unity and fluidity, yet sometimes lacks rigorous definitions and analytic approaches. These differences have been historically a source of societal disconnect stymieing mutual understanding and cross-cultural integration. Ilchi Lee is able to take the best from each tradition and create an impressive synthesis integrating the two. He is also able to integrate into a coherent narrative elements of diverse domains too often treated as separate: neuroscience, cultural anthropology, the arts, and philosophy and ethics, to name a few. As a result, his book conveys a powerful message of cultural unity and universalism through a unique bridge between brain science and practical applications. The combination of scientific (including neuroscientific) and experiential foundations constitutes the approach espoused in the book and makes it attractive to the reader.

In the second part, titled Practice, Ilchi Lee describes a range of ingenious exercises designed to enhance physical, cognitive, and emotional well-being. The exercises are described in considerable detail. They are quite diverse, and together they amount to a comprehensive physical workout. But the underlying premise is that these exercises also contribute to mental, emotional, and spiritual well-being, and enhance the functions of the brain.

Some of the impetus behind the design of the exercises came

from Ilchi Lee's own experience of overcoming the effects of an accident and his—as it turned out, very successful—efforts to regain his own health. The ability to look adversity straight in the eye and turn it into an opportunity is what defines a person's caliber of character. It speaks to the strength of character and personality, and this strength of Ilchi Lee's personality and character comes through in much of his work and accomplishments.

Ilchi Lee describes how the Brain Wave Vibration exercise began with a single person, recovering from the effects of a stroke, who joined him in a park in Korea. Today the following is vast; it extends across countries and continents. Some of the success stories resulting from practicing Ilchi Lee's exercise routines are recounted in the appendix "Stories of Healing and Hope." The array of individuals who have benefited from the exercises is impressive. They come from various countries, walks of life, age groups, and occupations. It is clear from these accounts that the benefits bestowed by the exercises are multifaceted, improving many aspects of one's physical, emotional, and spiritual health, as well as one's ability to overcome the effects of stress and to communicate with other people.

Brain Wave Vibration is rich in themes, thoughts, and potential impact, and can be read and enjoyed on many levels by a diverse readership. It will be of particular interest to those seeking physical, emotional, and spiritual self-improvement. It will also be of considerable interest to those in search of interesting facts about the workings of the brain and the mind; about the complex interactions between the brain and the rest of the body; about

the fusion of our physical and spiritual beings, and the fusion of diverse cultural traditions and philosophies; and about the nature of happiness. It will be of great interest and value to those in a state of physical or emotional distress seeking to regain a sense of well-being. And it will also be of interest and value to those already enjoying a sense of well-being but seeking to enhance it even further and attain a higher level of fulfillment and self-realization.

In a world preoccupied with material gains and now in turmoil brought on by material excesses, recklessness, frivolity, and greed, the ability to put things in perspective, to have a deeper purpose in life, to rise above the turmoil, to be at peace with oneself, and to find a spiritual anchor is a precious gift. Ilchi Lee's wise and insightful book provides an invaluable guide toward accomplishing all these goals.

Elkhonon Goldberg, Ph.D.

Elkhonon Goldberg, Ph.D., is a psychologist, scientist, author, and educator. He is a professor of neurology at New York University School of Medicine and director of the East-West Science and Education Foundation. He is dedicated to the study of the brain's complex cognitive processes, to clinical work, and to teaching. His books, including The Executive Brain: Frontal Lobes and the Civilized Mind, have been translated into several languages, and he lectures worldwide.

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INTRODUCTION

The Case for Brain Wave Vibration

THIS BOOK IS ABOUT a training technique so easy to understand that you really don't need a book about it. The technique is Brain Wave Vibration, a healing and self-development method that anyone can learn in two minutes. This method is so simple, in fact, that complete instructions could easily fit on a single piece of paper.

So why, you may ask, would I bother with this book? Why not just pass out photocopies of that single sheet of paper? Or maybe post a video on YouTube or spread it through Internet discussion boards? Well, because I want you to understand just how deeply transforming this method can be, and I want to share my passion for it with you. I have seen many people achieve remarkable results through this method. I think it can change people's lives for the better, and I am hoping you will discover the same.

This book, as well as the training method that is its subject matter, is based on one very simple, but unusual premise: your brain is your key to health. Just as you train your body, it is time to train your brain. Your brain creates your life and controls your health. Thus, it is time for you to take charge of your brain through Brain Wave Vibration.

I am not only arguing for the method itself. Rather, I wish to convey that you have tremendous untapped power within you—power to heal, to create, and to love—that is waiting just below the surface of your being. Brain Wave Vibration exists solely to help you uncover that natural ability.

The Birth of Brain Wave Vibration

Actually, I have been teaching Brain Wave Vibration for years. Previously, I called it *Jin-dong*, which literally means “vibration exercise” in Korean. The purpose of this training was to open the energy system of the body for improved health. In those days, the focus was on the flow of energy through the body in the more conventional sense of traditional Asian medicine. Through the years, however, I have come to realize the role of the brain in this process. Thus, the name for this training is now *Noe-pa-jin-dong*, the word *noe-pa* meaning “brain wave.” The brain orchestrates our bodily functions, and it is through the brain that we make the choices that determine the quality of our life experience. As my understanding has increased, I have come to see that the brain is the key to mental and physical health.

My initial interest was to create health through the enhanced flow of energy in the body. I began simply by teaching stretching exercises in a park, drawing upon my training in martial arts and Asian medicine. At first, only one person came—a man who

had suffered a stroke. I worked with him to stretch his body and to open the meridians that carry energy through his body. Over time, he gained more and more movement, attaining a remarkable degree of recovery.

As the years went by, I began to realize the important role of the brain in the healing process. I had some indication of this connection years earlier when, in a moment of great epiphany, I felt a sudden change take place in my own brain. It was like my head was about to explode, and then suddenly everything seemed clear and an unshakable sense of peace and oneness came over me. Yoga, tai chi, and other forms of exercise could produce good results, but the effects were always temporary if more fundamental changes did not take place in the mind and, more specifically, in the brain. Thus, I developed the Brain Education System Training method, which brings various mind–body training methods together in one cohesive form (see page 256).

As I gathered a larger number of students, I worked on developing more training methods, hoping to find the simplest, most effective means of returning people to physical, mental, and spiritual health. The results included Dahn Yoga (energy training), DahnMuDo (a gentle, healing form of martial art), Jung Choong Energy Breathing, and many other mind–body development exercises and techniques.

Many of these methods are very effective, but they all require a certain amount of guidance to understand and practice. I was still seeking the simplest mode of healing, one that could be instantly understood and practiced by anyone. Brain

Wave Vibration, a refined variation on the old *jin dong* technique, turned out to be just what the doctor ordered.

A Fortunate Fall

A lot of great things in this world have been discovered by accident. Alexander Fleming, for example, discovered penicillin when he accidentally left a Petri dish uncovered. A few years ago, I took a bad fall from a horse and seriously injured my spine. The process of nursing my body back to health taught me a lot about the importance of vibration and movement in the process of healing.

My accident happened back in 2006 when I was out riding my horse Su in Sedona, Arizona. As we were slowly trotting along the dusty red rock trail, something suddenly spooked Su. He reared up and galloped away at full speed. I lost hold of the reins as he ran wildly across the dessert landscape. When I reached down to grab them, Su bucked me off. I flew through the air and landed flat on my back, which cracked loudly as I hit the ground.

After the fall, I could barely move my spine. Each movement felt like a hot spike was inserted into the vertebrae. The doctors told me not to move, to just quietly rest in bed. This did not sit well with me because I knew that the energy could not move properly in my body if I were just to lie there completely

motionless. So I decided to make subtle shaking movements with my spine and eventually with the rest of my body. This kept my energy moving, and my recovery was far faster than anyone thought possible.

Soon, much sooner than anyone thought possible, I was up and walking again. As I took my first feeble steps, I remained acutely aware of the effects of vibration in my body. What before had seemed like a horrible accident now seemed like a great blessing; the painful process of healing seemed to have heightened my ability to perceive and understand the nature of vibration in my body.

My experience inspired me to take a second look at *jin dong*, the old vibration training technique I had used on occasion before. Previously it had been a simple accessory training, but now I began to apply it more rigorously in the training sessions that I lead. Through the process of working with hundreds of people toward the relief of a variety of mental and physical conditions, I revised the practice into the method you will see described in detail in the “Practice” (pages 163–197) part of this book. I was and continue to be astounded by the elegant simplicity and amazing efficiency of this method. I have seen it change people’s lives in dramatic ways, as is evidenced by the “Stories of Healing and Hope” on pages 203–241. Because it is so easy to learn, I think everyone should be encouraged to use as a simple self-healing technique.

The Benefits of Brain Wave Vibration

Beyond the principles and theories that underlie Brain Wave Vibration, the most critical aspect is the concrete benefit you receive through actual practice. If you practice sincerely and with an open mind, I think you will be surprised how soon you will begin to experience benefits.

The best way to understand the benefits of Brain Wave Vibration is to actually do it. In the back of this book you will find detailed instructions and suggestions that will help you make the most of the practice. Nevertheless, you can actually start right now, right here while you are sitting here reading this book.

All you have to do is put this book down and gently shake your head back and forth. Close your eyes and concentrate on the movement of your head going back and forth. Just focus on the natural rhythm for one or two minutes—back and forth, back and forth. Go ahead—put the book down. I'll see you in a couple of minutes.

So how was that? Even though you did this simple form of the technique for only two minutes, I am willing to bet that you felt some difference. Perhaps you felt a bit more relaxed, maybe the tension began to release from your shoulders, or maybe the world looked a little bit brighter when you opened your eyes.

If you were able to feel something in two minutes or less, imagine what you might experience with prolonged, consistent practice. In the second section of this book (pages 163–197),

you will learn how to go deeply into the vibration and to alter its form to suit your specific needs. While this motion is simple and easy to follow, in reality it can help unleash a cascade of healing effects: increased blood flow, loosened spinal nerves, reduction of brain wave frequency, and stimulation of the vestibular system. Everyone's experience with Brain Wave Vibration is unique, but here are some of the major benefits you can expect to receive:

- **Physical Benefits:** Brain Wave Vibration will move your entire body, promoting cardiovascular fitness, improved circulation, and better strength and flexibility. It helps reduce the stress response in the body, inducing a state of deep relaxation. The vestibular system will be stimulated by the movement of the body, helping to modify and coordinate information received from the body for better equilibrium. Finally, it will stimulate the body's innate healing ability as you open up the body's energy system.

- **Mental Benefits:** Just as your body will relax, so will your mind. As you learn to clear your mind of extraneous thoughts, you will also learn to shake off burdensome emotional memories. Your mind will become clearer, and you will be able to access your full creative potential. As you empty your mind of old, debilitating thought patterns, you find new ways of approaching problems and limitations. As you send positive messages to yourself, you will also gain a new sense of confidence and self-determination.

- **Spiritual Benefits:** As you go deeper into the practice, you will become aware of the energy field that binds us all together, while also solidifying your personal sense of life purpose. Compassion, loving-kindness, and gratitude will flow naturally from your heart. Your life will become a reflection of your internal sense of integrity. Through Brain Wave Vibration, you can glimpse the sense of expansion and oneness spoken of by the world's great spiritual sages.

Putting the Brakes on Stress

Stress is perhaps the number one reason that people need Brain Wave Vibration. Many people are caught in an almost constant state of stress and it is having a detrimental effect on mental, physical, and spiritual health. I would even go so far as to say all the problems in your life relate, in one way or another, to the experience of stress in your life. If you can learn to manage your stress, you have learned to manage your brain; if you have learned to manage your brain, you have learned to manage your life. Brain Wave Vibration is a simple and effective way to manage your brain for increased health, happiness, and peace.

The stress response, in and of itself, is not a bad thing. It is merely a survival response that can help us think and move more quickly in a dangerous situation. When you perceive danger, your brain sends signals to the autonomic nervous system, which

then triggers the sympathetic or “fight or flight” response. The heart rate increases, blood pressure rises, and muscles tighten.

This is all very helpful in a life-or-death situation, and it can be helpful for the body and brain when experienced in small doses. But unfortunately, perhaps due to our busy, competitive lifestyles, many of us are stuck in a nearly constant state of low-level stress, which leads to great wear and tear on the body. Brain Wave Vibration is one way to begin to manage the stress response and to break the mental patterns that keep us caught in unhealthy brain wave states.

It has been well documented that stress is related to a number of chronic diseases—heart disease, hypertension, diabetes, irritable bowel syndrome, fibromyalgia, to name only a few. But I think physical health is only one of the victims of the stress habit. I believe that gaining control of stress is essential to mental and spiritual health, as well as physical health.

An Evolving Awareness

Over the years, I have worked with hundreds of thousands of people all around the world, most of whom have made great strides toward greater health and well-being. I began with a single student in a park more than thirty years ago, and as the word of its effectiveness spread, more and more people came to experience it for themselves. Today it is a movement that

includes 3,000 instructors in 1,000 centers in North America, Europe, and Asia. Well over one million people have experienced the benefits of Brain Education. While Brain Education may include a variety of techniques, I believe that Brain Wave Vibration is the easiest and quickest method to increase an individual's well-being.

My Brain Education method has grown out of the Eastern mind–body development traditions. Yet, you will notice as you read this book that many scientific studies are mentioned. However, I am not a neuroscientist, a doctor, a psychologist, or a scientist. I first understood the principles that form the foundation of Brain Wave Vibration experientially, rather than intellectually, through my studies of traditional Korean energy training and martial arts. Yet, I retain a very deep respect and admiration for those who do study these things scientifically, and I remain confident that one day there will be a meeting of the minds between these Eastern and Western ways of understanding the world.

Brain Wave Vibration and the Brain Education method has not, as yet, been studied completely by the scientific community. Two studies, one conducted at Cornell University and the other at Osaka University, have shown the positive effects of Brain Education on psychological health and the perception of well-being. Also, a Japanese hormone researcher, Arita Hideo of Japan's Toho University, has shown that Brain Wave Vibration increases levels of serotonin, a hormone associated with relaxation and a sense of peace and contentment. However, interest is

increasing, and some investigation has begun. You can read about the latest inquiries in the second appendix, page 242–147.

The Source of Miracles

Brain Wave Vibration training is ultimately about freedom—freeing your body and brain to work as they were always meant to work. Life is supposed to be free and organic, but we often suppress our brain’s natural abilities through the stress and emotions we habitually feel. Every living creature possesses a natural healing ability, which is essentially the ability to bring one’s body back into equilibrium. The fact that over 85 percent of modern people suffer from stress-related illnesses suggests that we are not fully utilizing this innate ability to heal.

In a way, this training helps you integrate your neocortex with your brain stem. If you are under continual stress, it is likely that your brain stem cannot create equilibrium in your body. Your neocortex, which is the thinking part of your brain, is continually sending messages to your brain stem that keep you in a fight-or-flight state. For example, your thinking mind may continually generate messages like “You are not keeping up with the competition” or “You are not being a responsible parent.” Hearing the alarm generated by your brain, your sympathetic nervous system puts your body into the fight-or-flight state, which increases your heart rate, brings tension to your muscles,

and generates a host of other bodily effects.

The parasympathetic nervous system is also there, waiting to return the body to the rest-and-digest state, but if you cannot learn to quiet the messages of alarm from the neocortex, you will be left in an almost constant state of stress. Eventually, the stress response creates great wear and tear on the body, and many stress-related problems come about precisely because the brain stem is never permitted to create balance in the body.

So how do you get around this vicious cycle? Just let the brain stem do its work. If your neocortex is constantly creating negative messages about your life and the world in general, your brain stem will continue to generate a negative response for your body. Brain Wave Vibration training can help you calm your thinking mind and clear this negative information so that you can consciously choose positive, healthy information.

If you come to this book looking for healing from stress or other physical difficulties, this book has something to offer you. If you come plagued with negative emotions, like anger or depression, this book has something to offer you. If you simply come looking for ways of creating more meaning in your life, this book has something to offer you.

I believe that Brain Wave Vibration can help you create miracles in your life. You were probably not taught as a child to realize what a marvelous creature you really are, because your parents were not taught this important truth either. If you learn anything from this book, I hope you come to understand your inherent power, the power that is contained within your brain.

The technique does nothing to you, apart from helping you ignite your own body's healing ability. If you can uncover that, I think you can uncover a miracle. Because really, creating a miracle is just a matter of coming back to who you already are.

Reclaiming Our Wisdom

If all of these benefits seem too good to be true, I understand. It may seem like magical thinking to believe that something so simple could produce such good results. But really, the healing is happening within you. Your brain already instinctively knows what your body need for health and happiness. The method only helps you activate it.

Thus, in order to convince you of this method, I must first convince you to believe in yourself. You may have a decent amount of self-confidence and a relatively high level of self-esteem, at least in the usual psychological sense. But if you are like most people, you don't fully realize the power you possess.

At some point in humanity's ancient past, it seems that we stopped believing in our own inherent power. Many of the world's mythologies speak of a time during which all humanity lived in harmony with itself and the Earth, such as Adam and Eve in the Garden of Eden. Disharmony came when people collectively agreed that power comes from somewhere outside themselves. Like Adam and Eve reaching for the fruit, humanity

collectively began to grasp for control of the Earth and each other. They invented gods and kings and fought over which one should be given supremacy. All the power they needed already existed within them, but unfortunately they had forgotten this.

This turning outward has ultimately been a blessing in its own right, a fortunate fall of sorts, helping us gain rational understanding of ourselves and the world. Many advances in science and medicine were made possible through the ability to perceive difference, to categorize, and to analyze. But now the time has come once again to acknowledge the intuitive side of ourselves, this time with an expanded sense of awareness and purpose. The rational mind has served us well, but there is potential in our brains far beyond surface-level rationality.

I believe that all people possess amazing ability within themselves, thanks to the marvelous features of the human brain. In fact, everything I speak of in this book is already inside you, waiting to be uncovered. I am here only to offer guidance as you rediscover this vast storehouse of potential within yourself.

Better Brain, Better Life

Brain Wave Vibration is a tool for honing your ability to create your life with intention. Most likely, I do not have to convince you that your thoughts are powerful and that positive thoughts are the key to making a better life. But you also know that it can

be difficult to put these ideas into consistent practice in your life. You may have tried to follow the advice given by teachers, only to be disappointed as the same old problems reappeared and a deep sense of dissatisfaction returned to you.

I would like to suggest that if you have had difficulty making your reality follow the wishes of your mind, it is because you have not taken the time to change the tool with which you can change your reality. In other words, you have not taken steps to train your brain.

On the surface, it is easy to convince yourself that your thinking is positive, but in reality you may have many layers of negative thought that can undermine even the most sincere effort for positive change. Brain Wave Vibration offers a way to break through the layers of self-negating thought patterns so you can shake them off and begin again. For this purpose, we will look directly at the bodily organ that produces thought—the brain—and we will attempt to tap into its full ability through a remarkably simple and effective technique.

If your thinking and habits are not synchronized with your higher intentions, it is probably because detrimental behaviors and thought patterns have been wired into the structure of your brain through years of repetition. Fortunately, neuroscience shows that we have an amazing ability to change the connections within our brains. Brain Wave Vibration is a way to clean the slate, so you can begin using your brain as you really intend.

Most of us have been conditioned to think that the answers to life's problems are complex. We look to complicated, obscure

theories and scientific learning that require experts with years of study to interpret and apply. Also, we tend to think that problems arise from somewhere outside ourselves. Thus, we look outside ourselves for the answers. I am hopeful this book will help you rediscover that everything you need for health, happiness, and peace is already inside you.

The Big Leap Forward

Unfortunately, some people today have already accepted their limitations as permanent. They look at their lives and say, “This is my best. This is good enough.” They just follow blindly and emptily through a succession of routines and social obligations. They look at the troubles of the world and say, “There is nothing I can do.” These are the sleepwalkers of humanity. Unless they can wake up and realize their real potential, they are essentially already dead. The denial of one’s own infinite power is one of the greatest sources of misery in the world, and many people are tragically caught in the trap of believing in truncated, shrunken versions of themselves.

At times, it may indeed appear to you as though the world is spiraling downward. And in fact, it is not certain that we will ultimately make the right choices to ensure our collective survival. However, there is a tremendous amount of hope to be had. People are beginning to use their brains to process information

in ways that heal, rather than hinder, their fellow inhabitants of planet Earth. Humanity, I believe, is awakening.

They say that necessity is the mother of invention. Well, you might also say that necessity is the mother of evolving consciousness. The human race, and the Earth on which we rely, is up against a wall. At this point, it is a matter of evolve or die. I believe that we are presently on the verge of a great leap forward in human consciousness.

I know you are not one of the sleepwalkers. You are waking up, and you can see the vibrant beauty of the world around you, a world with which you are one, a world that you can also help create. But you must not sit in bed wondering what to do with your day. Get up and start creating your world. Your life is like one quickly passing day. You must get up and make the most of everything it offers.

BASIC BRAIN WAVE VIBRATION



ULTIMATELY, YOU CAN DO the training in any number of different postures, and you can create your own postures as you learn to follow the flow of energy and the needs of your body. You can do the training with or without music, but you may find that music with a strong basic rhythm will help you get into the natural rhythms of your own body more quickly. The most important point is to just enjoy yourself and to let your thinking mind drift away.

These postures are the most basic forms of Brain Wave Vibration, and I recommend that you follow them in the beginning. After that, you can start improvising according to the dictates of your bodily needs. Immediately following this chapter you will find some variations that many students have found particularly useful.

.....
The Head Nod Method
.....

This is one of the most simple and convenient forms of Brain Wave Vibration. It can be done anytime during the day to refresh your brain, even sitting at a desk while working or studying. You can also try this while lying down before sleeping. The Head Nod Method is designed to deliver vibrations directly to the brain stem for deep relaxation and release of tension. After this exercise, you will be able to focus and retain information more successfully. It will also help you avoid the stiff neck and shoulders that often accompany work and study. Try it for just three minutes in the afternoons when you feel fatigued, and you will feel much more energized.

1. Sit in a chair with your arms resting comfortably at your sides or in front of you on a desk. You may also sit on the floor in a half-lotus posture. When sitting in a chair, do not lean your back against the chair, but keep your back straight.
2. Close your eyes and breathe comfortably, relaxing your body completely.
3. Begin gently shaking your head from side to side. It is normal to hear some noise from the neck as you begin, but this will lessen with practice. Breathe fully, focusing especially on the exhalation.

4. Focus on your brain stem, located at the point where your head pivots left and right.
5. Visualize your brain stem and entire brain lighting up as you go deeper and deeper into the shaking motion. Your head may also go up and down or follow the shape of an infinity symbol as you go deeper into the motion.
6. After a few minutes, slowly return to external awareness, breathing in and exhaling fully.



Full-Body Brain Wave Vibration

The goal with the Full-Body Brain Wave Vibration is to create full relaxation and a calm, meditative mental state. With practice you will be able to bring yourself more deeply into the vibrations, and the benefits will become greater. You can eventually grow the vibrations to include the whole body, changing the posture as seems intuitively appropriate to you. There is no specific time requirement for Brain Wave Vibration, but you might want to start this exercise with 10 minutes and work up to 20 to 30 minutes.

As you become more comfortable with this exercise, work on letting go of your inhibitions. You should not be concerned with how you look or whether you are doing it correctly. Let it become like an improvisational dance in which you express the content of your inner being. And, of course, don't forget to have lots of fun!

1. Stand on a stable surface with your feet shoulder-width apart. Bend your knees so that your hips lower slightly. Allow your arms to drop forward slightly, and relax your shoulders completely.
2. Close your eyes and begin to bounce your hips up and down, following a rhythm that feels natural for your body.

3. Focus on exhaling and releasing tension from your body. Continue bouncing gently for 5 or more minutes until your body feels fully relaxed.
4. When you are fully relaxed, begin to follow your own vibration. There is no right or wrong posture at this point—just follow what feels natural to you. The vibration may be intense or gentle, depending on your particular needs. You may feel compelled to make dance-like movements as well.
5. As you return to full consciousness, shake out your arms and legs. Breathe in deeply, exhale fully, and sweep down your arms and torso with your palms.

