

Mind Matters

Brilliance, Passion, and the Nature of Mastery

Featuring the AlphaLearning System

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Course Objectives

Focus your concentration instantly to give 100% of your mind's power to the task at hand.
Effectively manage your stress and tension for enhanced wellness and peak performance.
Utilize both minds together to increase intelligence and enhance creative thinking skills.
Reprogram your mind to eliminate negative programming, and to create successful results.
Accelerate your reading speed and comprehension, study, memory, and test taking skills.

Focused Concentration

Most individuals spend most of their time in the Beta Brainwave state, a state of divided attention, where they are thinking of several things at the same time. In Alpha, you experience a state of total concentration. In this state you can focus both of your minds together, block out any distractions or interruptions, and give 100% your mind's power to the task at hand. Instead of hoping that what you are about to do will get your fullest attention, using the Alpha State, in just twenty seconds, you can intentionally get your fullest attention and then put it onto whatever it is that you are about to do.

Managing Stress and Tension

An excess of physical tension and emotional anxiety can completely paralyze your learning. Stress will not only rob you of your peak performance states, but eventually of your physical and emotional health as well. Through the use of the Alpha Brainwave State as a "hole in the top of the tea kettle of life" you can effectively let go of all of your excess stress in just seconds. In Alpha you will accelerate your learning, improve your performance, and perhaps add years of health and well being to your life.

Enhancing Creativity

The key to enhancing intelligence, innovation, insight, intuition, and inspiration, is to utilize both the mind of logic and the mind of imagination together at the same time. This happens most effectively in the Alpha Brainwave State. Much of the brilliance of the creative mind is often not available to adults who spend most of their time in the divided attention of the Beta State. Through the effective use of Alpha, you no longer have to wish for a good idea, you can instantly access your creative genius and get as many of them as you might want.

Reprogramming Habits

Often what stands in the way of producing successful results is negative mental programming. This can come in the form of lack of motivation, low self confidence, disorganization, procrastination, or any of a whole list of other bad habits as well. Through the use of the Alpha Brainwave State, you can take you mind off of automatic pilot, reprogram the automatic pilot function, and put your mind back on automatic pilot with a new set of instructions, a new habit. With the Alpha State, you can change your mind, and keep the change.

DIALOGUE OF TWO MINDS

What, said HeartMind, I ask of you, do you want to have or do?

Let me think about that for a minute, said BrainMind.

No, no, no, just tell me true, what do you want to have or do?

**I want to have health, happiness, love, and success.
I want to do a lot of good and I want to make a big difference.**

*So do I, said HeartMind, I want all those things a lot.
And together we can get them, if it's your help I've got.*

What do I need to do, asked BrainMind?

*I can provide the **PASSION**, said HeartMind, but the focus must come from you.
I can care a little, or I can care a lot, but only about what you pay attention to.
Focus on what we do want, not what we don't need or desire
And I will provide the **ENERGY**, I'll provide the **FIRE!!!***

You mean, if I can stay focused on what we want, and not space out, or worry a lot, then you will empower us to get it. If I focus and act as the steering wheel, then you'll add **PASSION and act as the gas pedal.**

*Yes, together we will be our best, create success, love, health, and happiness.
We can do good and big differences create. The secret is we must collaborate!*

INTRODUCTION

Traditional learning systems are decades behind the times. They were designed for an Industrial Age society, to service the needs of an assembly line based technology. We take all of the children of the same age and we put them in the same room, teach them how to do the same things, in the same way, at the same time. This makes them all as identical as possible. Training **conformity** has been more important than teaching individuality, in a system that was successfully designed to produce assembly line factory workers. However to meet the changing needs of the Information Age, we must shift from teaching conformity to educating **individual creativity**. Everyone can be assisted in becoming accelerated learners. Learning to focus concentration, reduce stress and tension, access greater creative intelligence, and enhance reading, and memory skills, makes anyone more effective and productive.

The development of AlphaLearning is the result of thirty five years of research into the connection between peak performance, accelerated learning, and the Alpha Brainwave State. Brainwaves are an electrical measurement of our life force energy. The lowest range of brainwave activity is called the Delta Brainwave State. It goes from comatose states up through ordinary sleep. The Theta state begins with dream sleep, and takes us up through the half awake state of deep trance. Alpha is the state that begins when we are barely awake and goes up through focused peak performance states. Beta is the state that begins with simple divided attention and goes all the way up through panic, anxiety, confusion, and terror.

In the Alpha State, the conscious mind (the mind of logic and reasoning), and the subconscious mind (the mind of creativity and imagination) work together in harmony. As we focus our concentration in the Alpha Brainwave State, certain neurological pathways in the brain become stimulated, allowing greater electro-chemical connections between our conscious and our subconscious minds. With the filter in the brain (the reticular activating system) open, we have access to far more of our creative intelligence. Everything becomes much easier to learn.

In today's complex world, we spend a lot of time in the Beta Brainwave State, where our attention is divided when we are thinking about several ideas at the same time. The busier our lives get, the more time we spend in Beta. Sometimes it is appropriate for us to be in the Beta State. There are many occasions in our daily lives: driving on the freeway, caring for children, or meeting an important deadline. Each demands divided or split attention.

There are however, many more occasions that benefit from the focused concentration and undivided intensity of the Alpha Brainwave State. It is the athlete's peak performance state and the inventor's creativity. It is the surgeon's fixation and the stamp collector's concentration. It is every child's state of fascination, wonder and awe.

Alpha is the state for greatness at any endeavor because only in Alpha can you focus concentration, and thus accomplish whatever we most desire. Beta is a stressful state. The more time we spend feeling anxious, nervous, frightened, or confused, the harder it is on our minds and our bodies.

When we get very stressed, or endangered, we utilize the primitive portion of our brain for our survival. We gain access to strength and speed. This is best known as the fight or flight syndrome. At the same time however, we tend to lose access to the more evolved parts of our brain; and to our intelligence, creativity, and recall. In the Beta State, we can get fast and strong, but also stupid and forgetful.

We are much smarter in Alpha. As AlphaLearners we quickly master a very powerful technique to put ourselves into the Alpha State anytime we choose, in less than twenty seconds. In Alpha we amplify interest in any subject, and focus both our conscious and subconscious minds on enjoying the process of understanding and learning. We can read even the most technical of material several times faster than we ever could have before while significantly improving our comprehension, retention, and recall. In addition to enhanced logic and reasoning skills, we have access to our imagination, intuition, inspiration, and ingenuity, as well. AlphaLearners have learned how to learn. The ability to control our own brainwave activity is the key.

BRAINWAVES

Brainwave activity is divided into four basic levels as measured on an electroencephalograph.

E.E.G.

<u>Level</u>	<u>Cycles Per Second</u>	<u>Description</u>
Beta	14 - 28	Divided Attention - Panic
Alpha.....	7 - 14	Daydreaming - Focused
Theta	4 - 7	Dreaming - Trance
Delta.....	+0 - 4	Comatose - Deep Sleep

Beta: This is the brainwave state that we associate with being awake. It can be categorized by divided attention. Conversation usually takes place in the lower beta range. Confusion, anxiety, and terror in the higher beta range.

Alpha: This is the state of focused concentration and hyper-suggestibility experienced in daydreaming, watching television and listening to music as well as in states of light hypnosis and meditation. It is also experienced by artists, athletes, musicians and others who achieve greatness.

Theta: This state includes the sleep dreams and that state in between awake and asleep when we are dreaming and know that we are dreaming at the same time. Deep hypnosis and trance meditation are part of the theta state.

Delta: This is the deep sleep state. In this state of healing and regeneration, the metabolic rate slows and our bodies repair themselves. Our conscious mind is turned off and there is no thinking or dreaming taking place. The physical body is totally at rest.

THE LIFE FORCE

To have an understanding of the brain we must first have an understanding of the mind. To have an understanding of the mind we must start with the basics. The most basic of basics is energy. The energy within the mind/body/spirit is the life force energy. This is the energy that animates us. It is the energy that is life itself. When the life force leaves a human body, only a corpse remains. The Life Force flows through human beings in three different ways:

1. Through our physical bodies as pain control and healing.

Without our needing the slightest idea of how it works, (even doctors don't completely understand how it works), our bodies know exactly how to heal themselves. The mandate is "fix and make better." If the skin gets cut, our body will not only fix the cut, but it will replace the skin with scar tissue which is stronger than skin; less likely to be re-cut. If we break a bone, the body repairs it stronger than it was before; less likely to be rebroken. If we get mumps, or measles, or chicken pox, our bodies will heal with an added resistance to the disease. We build up immunities and are stronger than we were before. Whether dealing with injury or disease, the life force as it flows through the focused brain seeks to heal and strengthen the body.

2. Through our minds as intelligence and creativity.

Other names might include, imagination, intuition, inspiration, revelation, and illumination. The highest form of intelligence is the "aha" experience. Those times when the light bulb goes off over your head produces a brilliant solution or an absolutely great idea. This is the product of a focused brain. The lowest form of intelligence, leading to a flabby brain, results from doing rote memorization and repetitive tasks.

3. Through our spirit as self confidence, interest and love.

Peace of mind, feelings of well being, plus an inner sense of safety and security, are also manifestations of the life force in a focused brain. Health, happiness, passion and success are the results of allowing the life force to flow unimpeded through the human spirit. Healing, intelligence, and love are all the same. Together they are the life force. This is why hateful people are often sick and stupid. If we block the life force by blocking love, we also block intelligence and healing. There is only one force. There is no opposing force. There is darkness, but it is not a force. There is freezing cold, but it is not a force. There also is evil, but it too is not a force. They are the absence of the force in forms called light, heat, and love. There is one force and it is the life force.

Suggestibility

The key to changing our lives, including the way that you read, is changing how we use our minds. We have thousands of thoughts every day. Most of these thoughts are below our level of consciousness. It is very important to identify and eliminate those thoughts that are no longer serving our best interests. In the Alpha state we have the ability to shut out all the internal and external distractions in order to only tune into only those subconscious thoughts which will nourish and strengthen us. In this way we can pick and choose the thoughts by which we would like to continue to be influenced. We can also release those thoughts we no longer desire simply by deciding to release them and then just letting them go.

It is only the thoughts and feelings that we agree with that affect us. When we think about getting up from where we are sitting, that thought has to be agreed with to become active. If we had that thought and then decided “no, let it go”, we would not get up. By disagreeing with the thought, we take away its power. Only those thoughts that we agree with have power. Deciding to let it go, sends the suggestion, inert and impotent, out of the realm of your mind. Find out what we are thinking. Say yes to the thoughts that are positive and no to the ones that are not.

There are three primary modalities that we use to intake and process data. We use seeing (visual), hearing (auditory), and feeling (kinesthetic). The feeling or kinesthetic sense includes tactile and physical sensations, as well as emotions, intuitions, smell and taste. Each of us uses all three modalities, but to differing degrees and in different combinations. Most of us tend to use one or two of the modalities more than the others. Some people use only one modality almost all of the time. Those that are primarily visual tend to speak quickly, breathe quickly, look upward for their information. They use phrases such as “I see what you mean”, or “I get the picture”. Auditory people tend to love the sound of their own voice. They breathe evenly, look to the side (toward their ears) for their information, and use phrases like “Sounds good to me,” or “I hear you.” Those that tend to be more kinesthetic speak slowly and deliberately. They look down (into their bodies) for their information, and use phrases such as “I’m getting a feel for it,” or “I can’t quite get a handle on it.” All of us use all three of these representational systems at various times, but one tends to dominate. Understanding our primary representational system will help us to better understand and more effectively re-program the habits that are self-defeating.

LAWS OF SUGGESTION

There are four basic laws of suggestion. These are based on the language of the subconscious mind, which works very differently than does the conscious mind. The primary difference is that the conscious mind uses words, sounds and pictures as its basic language system whereas the subconscious mind uses emotion. The words, sounds and pictures that reach the subconscious mind do so as vehicles to carry emotion. It is emotion that sets the subconscious mind in motion. Words, sounds and pictures that carry little or no emotion, have little or no effect.

1. Only positive suggestions work.

The subconscious mind doesn't understand negative suggestions. It needs to be told **what to do**, rather than what not to do. The suggestion "Don't think of rainbows" has the same result as the suggestion "Think of rainbows."

2. Only present active tense suggestions work.

The subconscious mind only understands "now." Suggestions that are given for "tomorrow" or some unspecified future date will not become active. They will stay on hold until it is "tomorrow" or "later." Of course the problem is that it is never "tomorrow", it is always "today." It is never "later," it is always "now." Suggestions for a specific future time can be given effectively if you imagine that it is that future time "now" as you give the suggestion.

3. Repetition increases the power of suggestion.

The ultimate power of suggestion is determined by X number of repetitions at Y emotional amplitude. With little emotion, many repetitions are necessary to create a habit, but with a lot of emotion, if you stick with it, very few repetitions can do the job.

4. The power of suggestion is based on emotion.

Emotion is the primary language of the sub-conscious mind. The words and pictures are the steering wheel. They set the direction but emotion is the gas pedal. Emotion determines how much power each repetition of each suggestion will have.

POSITIVE - PRESENT - PERSISTENCE – PASSION

QUICK ALPHA INDUCTION

There are literally hundreds of techniques for lowering brainwave activity. It is best, however, to have one steady mainstay. That is, one very familiar technique that allows you instant access to the alpha state. Here is one such quick induction method.

1. Close your eyes.

Alpha can be reached with eyes open (watching television, daydreaming), but closing the eyes cuts out many of the potential distractions.

2. Take a slow deep breath.

Deep breathing is the most basic technique to begin a process of relaxing the body.

3. Create or remember a very peaceful place.

We can see it, or hear the sounds, or simply get the feeling that we are there. Any one, two, or three of these techniques will work just fine. Always return to the same place each time you wish to go to alpha.

4. Let the eyes roll upward and then back down.

Rolling the eyes upward for a moment triggers the body's automatic sleep response, relaxing the muscles, slowing heartbeat and respiration, and lowering the level of brainwave activity from the awake beta state to the focus of alpha.

5. Count from 0 - 5 to come back to wide awake.

There are many subtleties with controlling brainwave activity. Specifically within the alpha state, there is a wide continuum that ranges from the dreamlike trance state on the borders of the theta or dream state up to the intense and brilliant focused concentration state of a superior athlete in action. Deep Alpha is for relaxation or healing. Light Alpha is the state of creative problem solving, peak performance, and accelerated learning.