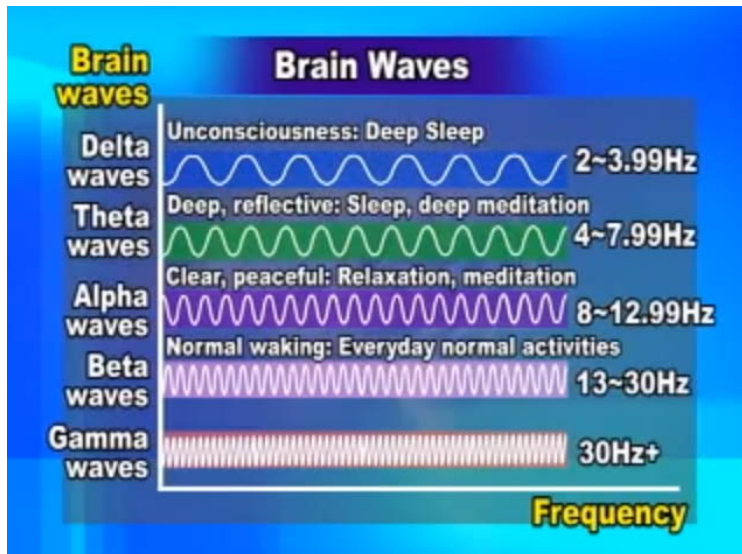


7. Align with Spirit Experience - a meditation to take it further.

Align with Theta frequencies where all possibilities are born. Create your intention and magnetize it to your soul vibration. When you practice going to theta using this meditation you can create anything your desire.

The brain operates at certain wave lengths or frequencies:



Deep meditation produces **theta waves**, which are slower and lower frequency (between 5-8 hertz) than **Alpha waves**. That murky barrier between **sleep** and wakefulness, when **you're** drifting in and out of **sleep**, and your thoughts feel dreamlike and difficult to remember? That's a **theta**-dominant state of consciousness.

One Command Program.

1. Ground – Imagine sending roots out from the bottom of your feet, going deep down center of force Earth. Imagine wrapping your roots around element of gold, rubies or diamonds.
2. Align – Imagine power and force of Earth's energy coming into your body and align your heart to that force. Breathe in and out.
3. Go to theta – Imagine a golden laser beam of light coming down into you from above and going through you down below you into the Earth. Travel on this bolt of light outer regions of galaxies and beyond. Pass the stars until you are in black void of space and into white luminescence of source. This is the place of creation of all that you desire.
4. Command – I don't know how _____. I only know that I do now and I am fulfilled. (Make statements in now.)
5. Expand - Apply simple and powerful technique – Expand the vision that serves more good than the original idea.
6. Receive with Gratitude – Move consciousness back down the golden beam of light into your physical body and imagine the particles of consciousness of your manifestation floating down from Source Energy into the cells of your body and your DNA itself. Imagine unwinding, unwinding the old limiting ideas and rewinding a new holographic image of this life that is your

new life. Feel it, accept it and give thanks. Thank you. It is done. So be it! Take a deep breath and send your energy down into the Earth to firmly establish your ground of being.

You program your subconscious mind to go into theta, and through The One Command, you shift to another portion of your brain, that unused portion that's available for new ideas of reality. You may find that this process is uncomfortable physically. It's uncomfortable physically because your old, subconscious survival programming is saying, "I don't know how to do that, and I don't believe it's true." But do it anyway.

Imagine reprogramming some of your fears and beliefs. Go to theta in the Six Steps mentally: Ground, Align, Go to theta, Command, Increase that to a greater idea, Receive with gratitude.

Start with, I don't know how _____. I only know it is so now, and I am fulfilled.

I don't know how money is free with no attachments.
I only know it is so now, and I am fulfilled.

I don't know how I have the best relationships.
I only know it is so now, and I am fulfilled

After our group class this was what Valerie shared:

*....ALSO, I, too, responded 1 1/2 weeks ago to sign me up for the Awakening Abundance group...and this last Wednesday night I won \$2,500.00 at our Raffle to support our Athletic Program!!!! It occurred to me that the group had not even yet started!?! Simply AMAZING!
Many Blessings- Valerie*