

Circle of self empowerment

according to Bashar

Our brains operate on different frequencies (brainwaves) depending on which state they are in. These frequencies range from 0,5Hz up to 200Hz.³ For example, the normal state for most people while awake and active and doing ordinary things is called Beta, and these frequencies range from 12Hz to 40Hz. In deep sleep on the other hand our brains operate at a frequency range called Delta and it ranges from 0,5Hz up to 3Hz. While in a very creative flow and immersed in an activity we really love doing, we are in a state called Gamma (40Hz – 100Hz).

We can train our brains to become more efficient, clear and precise in these different states by exposing them to the matching frequencies through our ears.

By using a technique called Binaural Beat we can experience even the lowest frequencies (even though our ears can't perceive sounds below 20Hz).

A binaural beat is an auditory illusion perceived when two different pure-tone sine waves are presented to a listener dichotically (one through each ear). Our brains then create a third frequency which is the difference between the two heard frequencies.

If we regularly exercise our brains, our neurological net, by exposing us to these frequencies and replicating the state that they represent in our minds, we can consciously become more familiar with the different states and learn to create smoother transitions between them.

And over time we can consciously learn to shift into any desired state in order to receive what we need to receive that is representative from that state. By-products of this exercise may include more clarity, better focus, a sense of wholeness and an extreme increase in the organizing principle of synchronicity.

The idea is to do this meditation once each day for 2-3 months, but as always, trust your inspiration, be open to communication from your Higher Self and use this exercise according to what works best for you.

SOUND AWARENESS

Epsilon (0,5Hz)

The Epsilon state (lowest) is strongly related to the Lambda state (highest) in that if you zoom in far enough you would see that embedded within the slow Epsilon frequency is the very fast Lambda frequency wave. These states represents a sence of wholeness and integration.

Delta (0,5Hz – 3Hz)

Delta waves are present in a state of deep sleep. This is also the deepest state of meditation in which profound psychological healing can occur when we enter this state while retaining consciousness.

Theta (3Hz – 8Hz)

The Theta state increases creativity, enhances learning , reduces stress and awakens intuition. In this state out of body experiences, spontaneous healings and visionary and spiritual experiences can occur. This is also the frequency of the Earth's ionosphere (7,8Hz).

Alpha (8Hz – 12Hz)

In the Alpha state we are awake but relaxed, not processing much information. In this state insights and inspirations occur. Our brains produce big bursts of Alpha brain waves when coming up with creative solutions for problems.

Beta (12Hz – 40Hz)

This is our typical, normal wake state often associated with active, busy or anxious thinking. Meditating on Beta frequencies can be beneficial for people with ADD, depression or other emotional challenges as well as for increasing concentration.

Gamma (40Hz – 100Hz)

When we are completely immersed in an activity we love doing and when we experience creative flow we are most likely in a Gamma state. This has also recently been found out to be the state of Tibetan monks while they are doing a Loving Kindness meditation. An important frequency when it comes to higher awareness and mystical experiences. This is also the frequency that the core of the Earth resonates to.

Lambda (100Hz – 200Hz)

This state, as well as the Epsilon state, is associated with wholeness and integration. As stated earlier, these two states go together with the Epsilon frequency being a carrier not only for all the frequencies above it, but specially for the Lambda frequency that then rides on the low Epsilon wave.

From the Epsilon state we start our experience by focusing more and more precisely and narrow through all the above states until we reach the Lambda state from which we then dissolve in to the space and stillness from which we begun.

Information collected from the Bashar session entitled "Bashar's Birthday Gift" November 11, 2017

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