



## Lesson #2 — Beta to Conscious Alpha

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Great to see you again. Hopefully, you have had a chance to do your homework, if you haven't, go ahead and do it before moving on to the next step.

We do want to get our brain associated, to become consciously aware of what the feeling difference is between beta and conscious alpha. Now, if you don't immediately recognize the difference, that's fine, but we do want to get the brain exposure so over time it starts to notice the difference, and that's what will happen is that over time you will start to be able to identify the brainwave state that your body is in at any given moment. Until then, it is important that we actually expose the brain, through intention, so that we can set that aim and that eventually it will accomplish.

Today we are going to make a little bit of a change. In the previous lesson we worked with what we would describe as beta and unconscious alpha brainwave state. Today, we are going to see if we can't make a shift to a conscious alpha brainwave state from beta. We are going to work with the rather traditional approach to meditation that has been passed down for thousands of years to give us a basic sense of what mediation has been and how the brain works and how we can use that basic approach, the principal of that basic traditional approach, for mediation. Once we get a sense of how it works, we can then start to move beyond the limitations of that method. Now most meditations that are found in the modern world, and that are popular, have their origins in Buddhism, and specifically Mahayana

Buddhism or Theravada Buddhism from India. For example, the most common form of meditation that people practice now is called Mindfulness Meditation which had its origin in Theravada Buddhism. It has stripped away the religious elements and gotten more or less down to the principals of meditation so that it has become a secular form of meditation. And so, we are going to strip away in a similar manner, all religious elements of meditation and just get down to the essence of meditation. Now Mindfulness tends to focus, for example on the breath. Today we are going to be even more simple than that.

So, what we are going to do is pick a concentration point and we are going to focus on that concentration point with our eyes closed. Over a period of time a shift is going to occur in the body which is the shift from beta to alpha. Now, before we do that, we are going to be sure we get ourselves into a beta brainwave state. To do that, all we need to do is think about some tasks, some aims that we need to accomplish. Get ourselves into a beta brainwave state, we may even jog in place, get our heart-rate up, get our focus, furrow our brows, just this body language of furrowing your brows is this aiming like you are concentrating or focusing on something with your eyes aiming, leaning forward. That puts you in a beta brainwave state. So, let's do that for a moment. Get yourself focused on something, concentrate, furrow those brows. Think about what you have to do, what you have to accomplish. May even remember an argument that you have had with your spouse, or someone at work or that sort of thing. The incredible tasks that you have to accomplish. Once you are there, we are going to make the shift to alpha.

Now the way that we make the shift to alpha is going to be very simple. We are going to find a point on the body, and we are going to physically touch that point for a few times. For example, in this case, we are going to select the third eye. Now, I don't mean it in any religious sense, it's just going to be very easy to feel. It's kind of between your eyes so it is going to keep you concentrated and focused. So, all you are going to do is tap on this. We are not working with esoteric knowledge or anything like that. If your concerned that I'm sneaking some esoteric thing in there you can tap on your nose if you want. In any case, I'm going to tap here (point between the eyes on the brow) and I'm going to tap a little bit hard four or five times. You may press there if you want but the key point is that when you leave the finger you can still feel that point. That's the purpose. Because you are going to concentrate on the feeling of that point. Go ahead and sit up straight but relaxed. Tap, feel that point and concentrate all of your awareness on the feeling of that point for several minutes.

Wonderful, hopefully you noticed that you felt centered and that your mind quieted to some degree. Your body was relaxed but centered. Your mind was more silent than it was

before. There might have even been a positive feeling, some kind of feeling of clarity or unity within the body, at least relative to how we were before.

Now there are a couple of things that we need to go over. One is that we are doing this with our eyes closed. The Warrior's Meditation we are trained to do with our eyes open. We should be able to meditate with the eyes opened and closed and be able to go from one to the other perfectly. But for the time being, let's start with our eyes closed and we will work toward our eyes open in other lessons.

Now the key point here is let's imagine we have some thoughts coming through. We don't want to fight those thoughts. The reason we are experiencing those thoughts is because we are actually losing the concentration point. You might notice during your daily activity when you are highly concentrated, there isn't much thought going on. It's when you are not concentrated that the thoughts are popping in and going about and doing their deal. So, we don't want to fight thoughts, we don't really want to be concerned about thoughts, we just want to return attention to this point. It's very simple. Return attention to feeling, that's the key. Feeling of the point. Now again it could have been your nose, it could have been your chin or somewhere else. For the time being we are just using this point.

We are going to do it again. We are going to have a soft concentration on this point. We are not going to be too willful about it. The key point is to feel this point to exclusion but let's be a little bit lighthearted about it. Let's make it enjoyable if at all possible. Now of course if you are stuck in this highly stressful state it's alright, you don't need to stop that, but let's soften it a little bit. Move towards a more open soft, pliant, pleasant mind.

Alright, let's try it again: Tap, tap, tap, tap, tap, push and sit up straight. Close the eyes and focus on the point. Relax the body. You might note when the body relaxes, when the breathing settles, when you have entered into a conscious alpha brainwave state.

Alright, wonderful. How do you feel? Now, we may have noticed our body shifted. We might have felt centered and clear, calm. And because we are aware of the state of the body, we will call this a conscious alpha brainwave state. Last lesson I said we were working on an unconscious alpha brainwave state. Well in a sense, that was kind of a trick, kind of a lie. Because I was asking you to also feel when the body shifted into a relaxed state which means you were actually feeling the body, which means it was a conscious alpha brainwave state. So, it was kind of a trick. So, there is a real key here, if you are paying attention to the body and you notice the shift from beta to alpha, that is a conscious alpha brainwave state. Feeling is the key. Being attentive is the key. So, then the question what is an unconscious

alpha brainwave state? The thing ostensibly, we practiced last time. The answer is, all of the times you watched TV before, but you weren't aware of your body, you weren't aware of the shift, you weren't aware of the blood pressure, you weren't aware of the breathing, you weren't aware of the space around you and that sort of thing. Now, in this meditation today, you probably weren't aware of the space around you, but you were maybe aware of the body during the process. So, we'll call that the beginnings of a conscious alpha brainwave state.

Now it can get much deeper than what we experienced here today within just a few minutes. It can get to a point where we are aware of not only the body but the space around the body. In fact, not just the space around the body, but the space vastly around the body. And that's what the Warrior's Meditation is. We are going to get to that, we are meandering our way towards that, stacking principal on top of principal, ability on top of ability allowing your brain to adapt as we go so that as we accomplish, we gain greater abilities for still greater challenges.

Your homework is, a couple of times a day, a few minutes here and there. Center the body, sit up straight, close the eyes, tap that point, feel the body, focus on that point. Notice the shift from beta to alpha if you can. Again, it's helpful if you are already in a beta state ahead of time. To make that shift, you might need to stimulate the beta brainwave state, but honestly, almost everybody, almost all of the time, during the day, is in beta brainwave state by default. So, you just work from there.

Hope to see you next lesson.