

~ On Brainwave Pattern Sets ~ (the "Gamma" Brainwave Overview)

Now with the first 5 "main" Brain Waveforms extrapolated upon, having that knowledge now begs the question, "Can these natural abilities and electromagnetic fields they generate be developed, or are they just "given" and either you have it, or you do not.

The answer is YES, not only are these most powerful abilities within us, and one can see it is an OBLIGATION to develop them, at least in my view.

In this installment, following the breathing technique detailed in Part 1, it naturally follows that we are taking down the heaviest targets first to make the rest of it easy and doing it this way, not only may we certainly receive things we are meditating on sooner, but will also see other manifestations as we further dedicate ourselves to this path. In addition to the breathing technique in Part 1, it's my wish to couple that with what we're going to explore here, which is awareness and even a partial CONTROL over your very heartbeats themselves....

For this installment, we will borrow a technique first used by the ancient Druids, who were known to walk in extraordinary power! There is a recorded instance when a Druid Priest walked onto a battlefield where a war was taking place and at the moment he meditated, all weapons on the entire battlefield became red hot and the soldiers had to drop them and could not fight! That said, remember, the Druids came at a time before Christ, yet also KNEW that to tap the very forces of Creation, the body needed to be bridled.

Here is the technique by which these Ancient Masters maintained a constant awareness and a handle of control over their heartbeats. By whatever process they did their breathing, they would do that first and then from that elevated position of consciousness, they would begin the process by which, over TIME, the awareness and control over their hearts was developed:

Once in the meditative state and then becoming able to feel and or even HEAR their heartbeats, they would count them backward from 100. At the point where they reached zero, they would focus on causing their heart to skip a beat! While this is considered physically impossible and any doctor would proclaim that, since this is an autonomic response array that there is not way to migrate into any form of control over that, but yet it is still done to this day in various parts of the world and by various people in it...

Obviously, the first portion requires that you can feel or hear your heartbeat from that state and be able to count them without holding your pulse or some such other way... Develop this awareness and then it may well be possible to actually get your heart to skip a beat as you practice this meditation over time...

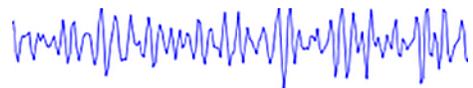
As with the breathing technique delineated in Part 1, there are also sidebar benefits to this as well! They are, among others, lower blood pressure, decreased heart rates overall tending toward greater longevity and a true sense of calm and peace that is VIRTUALLY unshakeable! You will also find, that with this greater sense of peace, it becomes MUCH MORE easy to focus meditations/prayers and as a result, they carry much more energy and bring back both faster and greater results! In the worst storms, it becomes so easy just getting a grip on these two techniques alone, you will find that things are both easier to deal with and have better outcomes due to your being able to function in a precise state of mind, rather than a scattered one, which is common under stress...

It truly is an armor that there is no explanation for, but it is TANGIBLE and you WILL feel it working! Truly amazing and once developed over TIME, it STAYS with you... There is no substitute for experience or repetition and it will require both of these to bring these abilities out, but if WILLING, there will be a WAY..

“The Spirit is willing, the flesh is weak.” Matthew 26:41

Let us continue to usher out the flesh and usher in the Spirit...

Highest Regards and Much Love,



Kevin

THE GAMMA WAVE SET