

Brain Tape

THE BRAIN TAPE (Mental) CD/MC (60 min)

*An inward journey through the 4 brain wave states (beta, alpha, theta and delta) for the integration of the left and right hemispheres. "I designed THE BRAIN TAPE to help create more efficient use of our mental processes; for example, the ability to learn and to exercise creative thought. The mind is our greatest tool for creating a successful life, and its smooth functioning is essential. These tracks can be used by all ages as suggested above or while doing the following exercises." AW **Intensive Use:** 2 times a day. **Normal Use:** 4-5 times during the week.*

EXERCISE 1

Necessary materials: *Several large pieces of blank paper and some kind of drawing implement- pencil, pen, crayon, felt tip pens, paint and paint brush, etc.*

Sit or lie with headphones. When you start the music take a few moments and breathe deeply and slowly. Allow your diaphragm to relax so that the air can enter more easily into the abdomen first, then expand the sides of your body, your entire back and your chest. Then, imagine that with both hands together you are drawing a circle- first in a clock-wise direction, then counter-clockwise and then in opposite directions. Visualize these movements as clearly as you can. Next, draw what you visualized, first, at a natural speed for you; then, as fast and as slowly as you can draw. Try it with your eyes closed, too. Draw small, medium then large circles.

Now do the above exercise with whatever

geometric forms or shapes you wish: squares, triangle, hexagons, etc.

Note: If you can find a large wall you can put paper on, you can draw using your whole body as a unit.

EFFECT: The intention is to coordinate both hands together so that they act as 1 unit, and eventually to make the shapes as perfectly as possible.

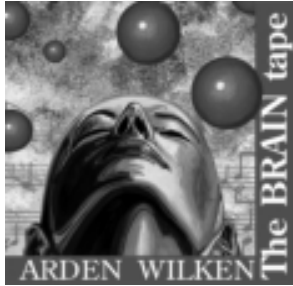
EXERCISE 2

Use a long, tapered white candle. Put it in some kind of holder so that the candle is at arm's length in front of you, the top of the candle a few inches below eye level. Light the candle and put the music on. Close your eyes and take a few moments to breathe as described in Exercise 1, inhaling through your nose. After a few breaths, instead of exhaling right away, hold your breath for 5 slow counts and then exhale gently through your nose. Do this 3-4 times. Then, open your eyes and gaze at the flame for as long as you can.* If you must break the contact, try to do it as consciously as possible. Choose to do it. Rest your eyes for as long as necessary and then gaze again at the flame.

Variation: a) use different colored candles. It is best to use ones that are solid colors. Notice any difference from the white.

b) Try the exercise in a completely darkened room.

c) Put one of your thumbs up at eye level between the candle and your eye. Focus on it until you see the candle as a double image, one on either side of your thumb. Hold the double image as long as possible. You can also take your thumb away,



Brain Tape

still maintaining the double image. If you lose it, bring your thumb back and focus on it again until you see the double image of the candle. Then take your thumb away again. Do this as long as is necessary to develop this kind of focus.

Next, reverse the process. Focus on the candle until you see your thumb as a double image. Maintain that as long as possible. When you have the double image of the thumb clearly, you can take the candle away with your other hand.

Effect: Promotes hand/eye coordination. Helps to develop poise and self-confidence.

USE: You can practice these exercises as often as you wish. Some people will master them in one sitting. Others will need much longer.

*This exercise was done by males in Bali to demonstrate the strength of their love and commitment for the woman they wanted to marry. The goal was to gaze at the candle for an uninterrupted period of 24 hours!

PRIMARY MOTIFS: Hemispheric Balance, Opening, Expansion, Alpha and Theta.