COSMIC ENERGY MASTERY



BOOKLET

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TABLE OF CONTENTS

COPYRIGHT AND TRADEMARK NOTICES 1

LIMITS OF LIABILITY AND DISCLAIMERS OF WARRANTIES 1

AFFILIATE COMPENSATION DISCLOSURE 2

THE UNIVERSE AND THE VIBRATION OF LIFE 5

WHAT IS BRAINWAVE ENTRAINMENT 9

UPGRADING YOUR BRAIN OPERATING SYSTEM 12



THE UNIVERSE AND THE VIBRATION OF LIFE



All matter in the Universe consists of atomic material which is in constant motion, vibrating or spinning, manifesting everywhere and in everything.

All living things are made out of atoms and molecules, which literally means every organism is radiating energy and vibration. Here on Earth, every living being vibrates at its own level, with its own sound and unique frequency. Motion generates frequencies and in turn, generates sound whether we are

able to hear it or not. All organisms on this planet use vibrational energy as the primary means of communication. In its original condition, vibration is inaudible and invisible, but in its way toward manifestation, it first becomes audible, then visible.

You are a being designed to perceive vibration, so your senses collect different types of information from the world around you through vibration. When you look at something, your eyes are receiving and processing the waves of light as they appear in different shapes and colors.

When you hear, your ears funnel in the vibrations of sound, which your brain translates into meaningful interpretations of reality.

When you touch something, you feel the dance of molecules beneath your fingertips – some moving quick and hot, others slow and cold.

Even when you smell and taste, the experience depends on the vibratory interplay of molecules interacting with your own molecular makeup.

Out of these interactions, your brain produces vibrations called brain waves. Your brain is in constant communication with your body's various organs and



processes, and although the role of brain waves is still studied, it is scientifically proven that healthy brain waves can produce a healthy body.

Furthermore, scientists have also discovered that these special brands of energy are associated with various states of consciousness.

Interestingly, it is now the absence of these waves, rather than the stopping of the heartbeat, that indicates clinical death. Although we can't see or feel brain waves in the literal sense, they can be detected with the right equipment.

Experts use a high-tech machine called electroencephalograph to measure the frequency of brain waves. As this equipment has become more sensitive, it has become clear that brainwaves are quite complex.

Brain waves are split into five categories based on relative frequency:

→ Delta (2 – 3.9 hz)

→ Theta (4 – 7.9 hz)

→ Alpha (8 – 12.9 hz)

→ Beta (13 – 30 hz)

→ Gamma (30+ hz)



In reality, your brain is like an orchestra playing an elaborate symphony, with each “instrument” playing its own special part, while the harmonies and tones change in accordance with your own thoughts, moods, and emotions.



WHAT IS BRAINWAVE ENTRAINMENT



What happens when you go to a rock concert or electronic music festival?

The rhythmic, repetitive beats have you unconsciously moving in sync with the music – so even if you're just standing still and watching the show, your body naturally wants to move with that rhythm. Well, this phenomenon goes deeper than the urge to move. Researchers found that the heartbeats of rock concert-

and electronic music festival-goers actually sync with – or entrain with – the music.

Just imagine hundreds of people in front of concert scene, with their heartbeats mimicking the beats coming out of the sound system.

Brainwave entrainment follows the same principle – except that you come out of meditation with your hearing intact.

HOW DOES IT WORK?

How does brainwave entrainment work?

Consistent, precisely engineered audio waves in the form of binaural beats cause the brain's frequencies to match the stimulus.

Your brain perceives two beats with slightly different frequencies (which are inaudible to the ear) through your headphones. It takes the difference between the two, and matches its own frequency to it. This is called the "frequency following" response. Even if it sounds very high-tech, the origins of



this method can be traced thousands of years into the past, when ancient civilizations used the hypnotic effects of drumming and chanting to create trance-like states.

Brainwave entrainment uses frequencies that are the same as the ones naturally produced in the brain during meditation.

Think of it like this: brainwave entrainment is the leader, while the brain itself is the follower. Once you're in meditation with brainwave entrainment, you stay there until the track ends. With traditional practice, it's hard to stay in meditation. Brainwave entrainment does that work for you. You just focus on what you want and simply let the frequencies of the Universe fulfill your wish.



UPGRADING YOUR BRAIN OPERATING SYSTEM



The brain is similar in some ways to a computer or a smartphone. Granted, the brain is far more complex and can be modified through self-directed intention, which is certainly not the case with electronic devices.

However, I think it is a useful analogy to think in terms of the brain possessing an operating system.

Every brain, like every electronic device, has an operating system through which it processes the programs or apps it receives. If you have not been able to obtain what you want in life, then perhaps you can't run that program on

your current brain operating system – in other words, you can't really run newer apps on older devices.

Your operating system is the system of beliefs through which you interact with the world.

Sometimes, these beliefs are very important to us if they help us understand the world by processing the data we constantly receive through our senses.

Other times however, our brain operating system is programmed in a way that does not suit our intentions for our life. For example, let's say you really would love to learn how to draw, but you have a strong belief about yourself that says "I am not talented. Anything I try to draw is bad and embarrassing." You can see how your intention, which is like a program you'd like to run, is incompatible with your underlying belief about yourself, which is like your operating system.

The same is true for anything else that you wish to obtain in life. If you want more money, upgrade your underlying beliefs about money. If you want better relationships, reevaluate how your brain processes relationships. This is true



for anything you can dream of having or achieving. Luckily, you have everything you need right here.

Good information is essential to programming the operating system to help you achieve what you desire.

For example, cancer patients are often told to visualize white blood cells as valiant knights on beautiful white steeds, coming to kill the enemy invader.

These patients are essentially bombarding their bodies with empowering thoughts that run in opposition to the highly negative information that usually surrounds the word *cancer*.

The same sort of concept can be applied to any problem or desire you have in your life – all you need is precisely engineered positive information and a way of processing that information that fully supports your intent.

Think of brainwave entrainment as a way of rebooting your computer – your brain. Choose the information you want to insert and think of it as a service pack, something that will help your brain operate in accord with your wishes. If you look at the progress of your life so far, it will not be hard for you to figure



out how your brain operating system might not be working in compatibility with your dreams – this will be especially evident in any self-doubt or negative assumption you hold. For this, you need a total reboot.

REBOOTING YOUR BRAIN OPERATING SYSTEM



So if your brain's belief system is like an operating system, how do you keep it functioning well? After all, you can't download an upgrade for your brain. But

you do download information into your brain all the time. The trick is to be in charge of what you download. You want to be in charge of what songs are placed on your smartphone?

So why not demand the same for your brain?

Before moving on to the actual upgrades – the audios and videos – and how to schedule them for maximum efficiency using the Cosmic Energy Mastery Manual, here are the three basic principles that you need to keep your brain operating system in top running condition:

1. Good news make a good brain

There is no way your brain operating system can function well if you feed it a steady diet of doom and gloom.

No matter how tough things get, you must find a way to keep giving your brain hopeful information about yourself, your life, and your future.

No good news? Then make some good news! If you can't find any good news, then you have truly been defeated by your negative information. Just look



around you. If you open up your eyes wide enough you will see that you are surrounded by blessings – unfortunately, us humans tend to focus on the negative aspects of life, even when we are deeply blessed.

Don't wait for the network news to start broadcasting good news before you start looking for it yourself. And don't blame them for your negativity either.

Right now, negative news is the world's addiction, and the reporters will continue to give us whatever holds us in place on chair, mesmerized by TV.

The news will change only when people change themselves and start making good news for themselves.

2. If you choose it, it will happen

This statement is really not as magical as it sounds, it is quite commonsense.

Consider, for instance, the economy.

When economists tell us that the economy is solid and growing, we spend and invest our money freely and without much worry. Through our spending, we



stimulate the economy even more, thereby fulfilling the prophecy of experts. If they predict a downturn, and we believe it, then we will be more likely to spend cautiously and save more.

Of course, there is no doubt that certain patterns of growth and decline will exist independently of our beliefs, but clearly our choices about how to act in the world can lead events in one direction or another.

The same thing is also true about our lives – if we hold some belief about ourselves, we are likely to make decisions that support the notion.

For example, if you believe that you do not relate well to the opposite sex, you will probably create situations that confirm that belief. By the simple act of holding that belief in your brain, you will undermine any relationship.

But if you choose a different set of beliefs and responses, a different set of circumstances will arise – thus, it is important to believe that you can have exactly what you want in life and make choices accordingly.

If you want great relationships, choose to believe you can make that happen. If you want success in your career, get rid of the idea that roadblocks stand in



your way and choose success. If you believe completely in your ability to choose your life's content, you already hold the golden ticket.

3. Always stay mentally awake

Information has a way of seeping into your consciousness, sometimes even without you knowing. Because so many things are motivated by fear-based competition, there are a lot of people who would rather you not know about your true creative power. Many negative assumptions are fed to us from the earliest age, and most of us carry these around without ever stopping to evaluate the truth of these assumptions.

Being mentally awake means being aware at all times of the information that is coming into your brain and being created by your brain.

Your brain naturally wants to know more and more about the world, so it is anxious to gather information and to determine the truth about life. This in and of itself is a fine thing. However, one must gain both the wisdom and the



humility to realize that a human being's perception of the world is always limited.

Much human strife, and even deadly warfare, has been created by the misconception that one belief is better than another.

In reality, all belief systems are constructed out of informational assumptions carried by particular individuals and groups of people.

An awakened person is able to acknowledge the limitations of his or her own field or perception, and thus is able to accept, reject, or modify information.

Through this awakening about the nature of information as it passes through the processing plant of the brain, you will be able to continually expand your awareness, rather than locking it into limited, preconceived beliefs.

