



CAPTAIN'S COMPASS

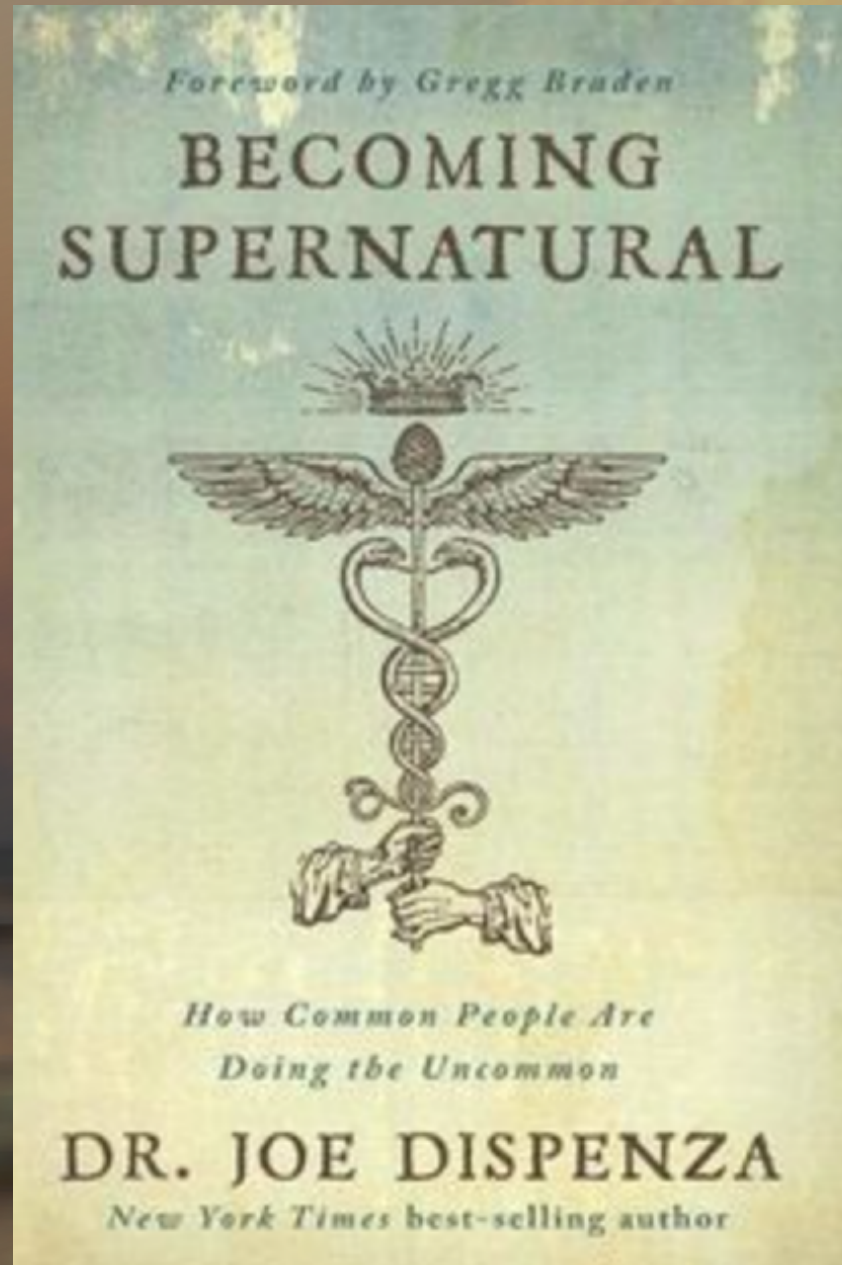
SPECIAL EDITION

THE HIDDEN *MAGIC*

BEHIND MEDITATION

PDF IMAGES BRAINWAVES

IMAGES ARE FROM



GETTING BEYOND THE ANALYTICAL MIND

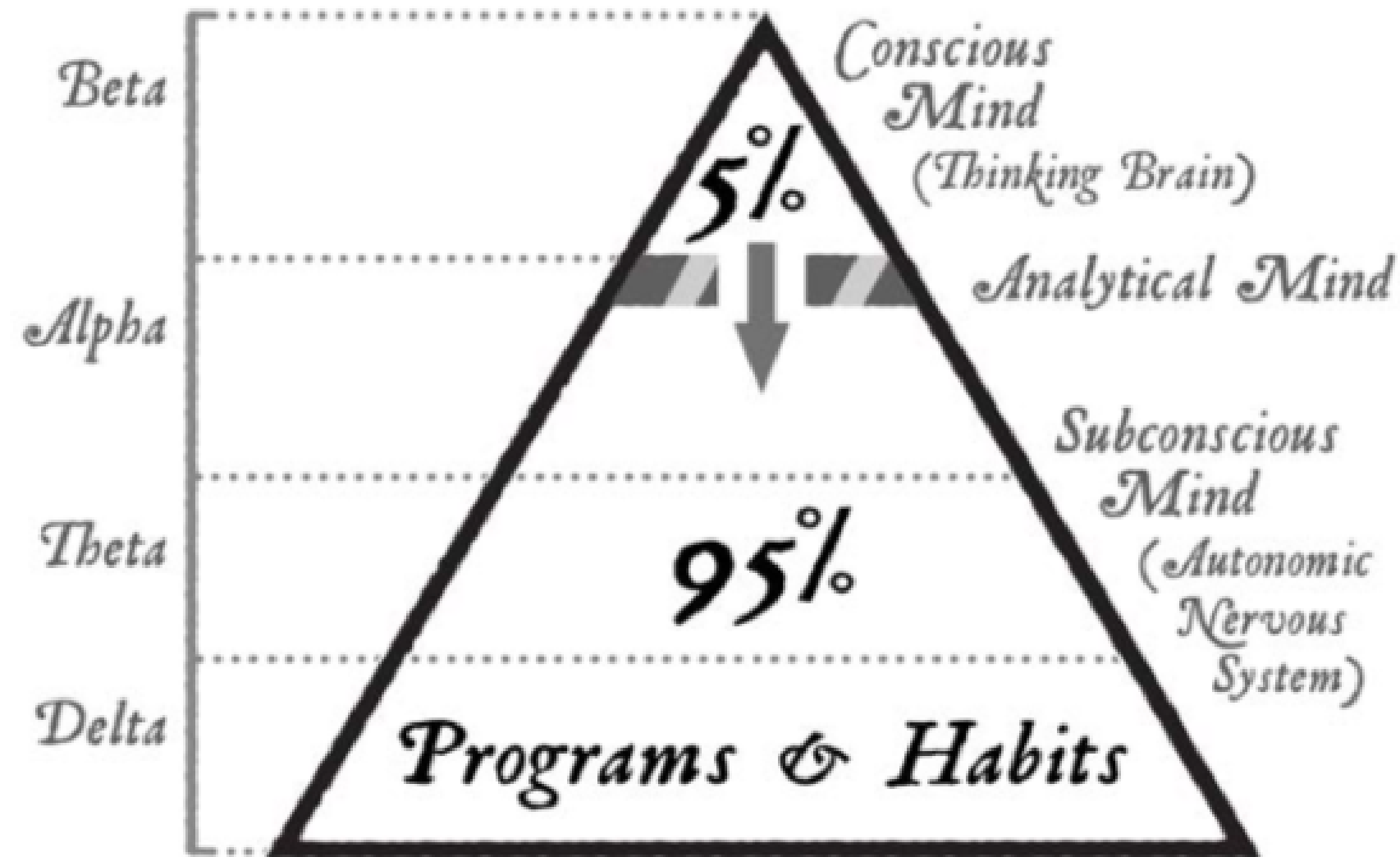
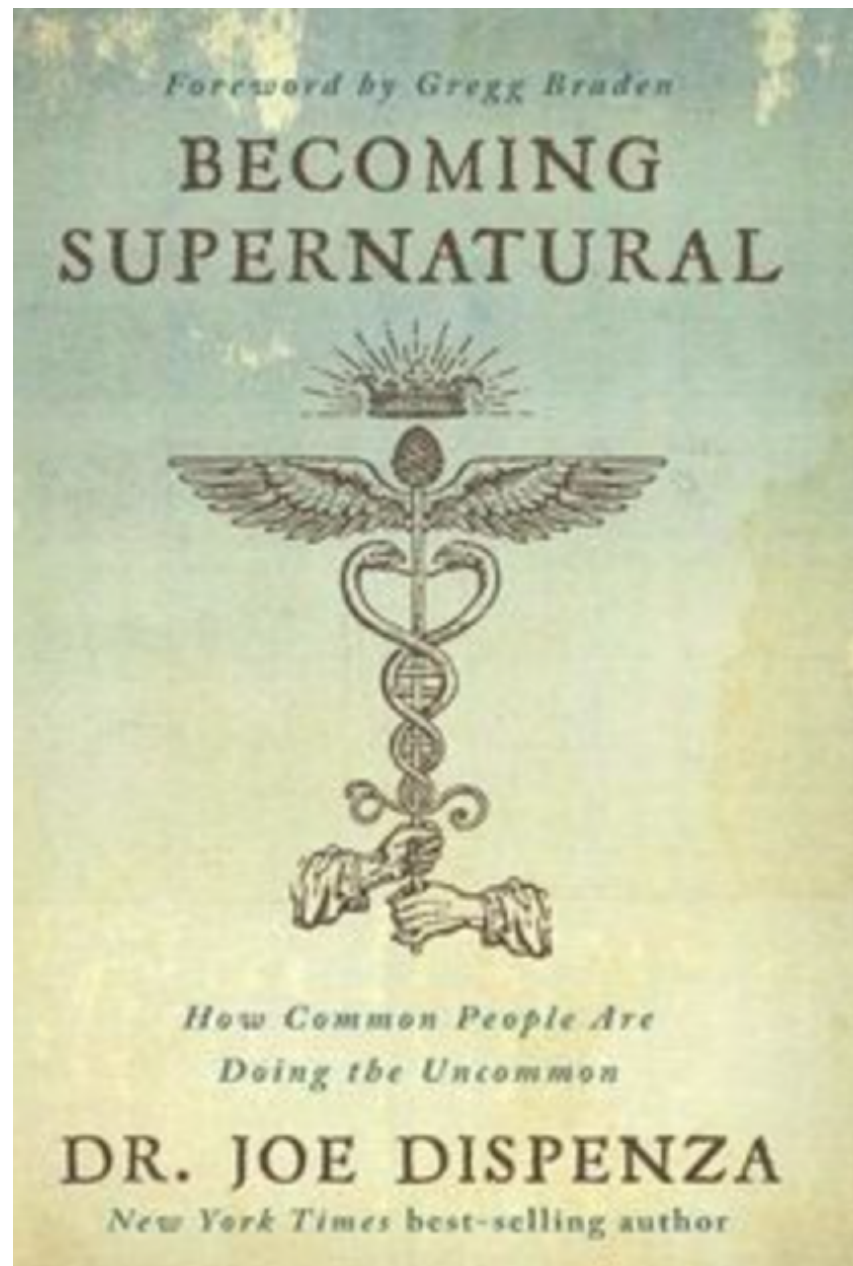
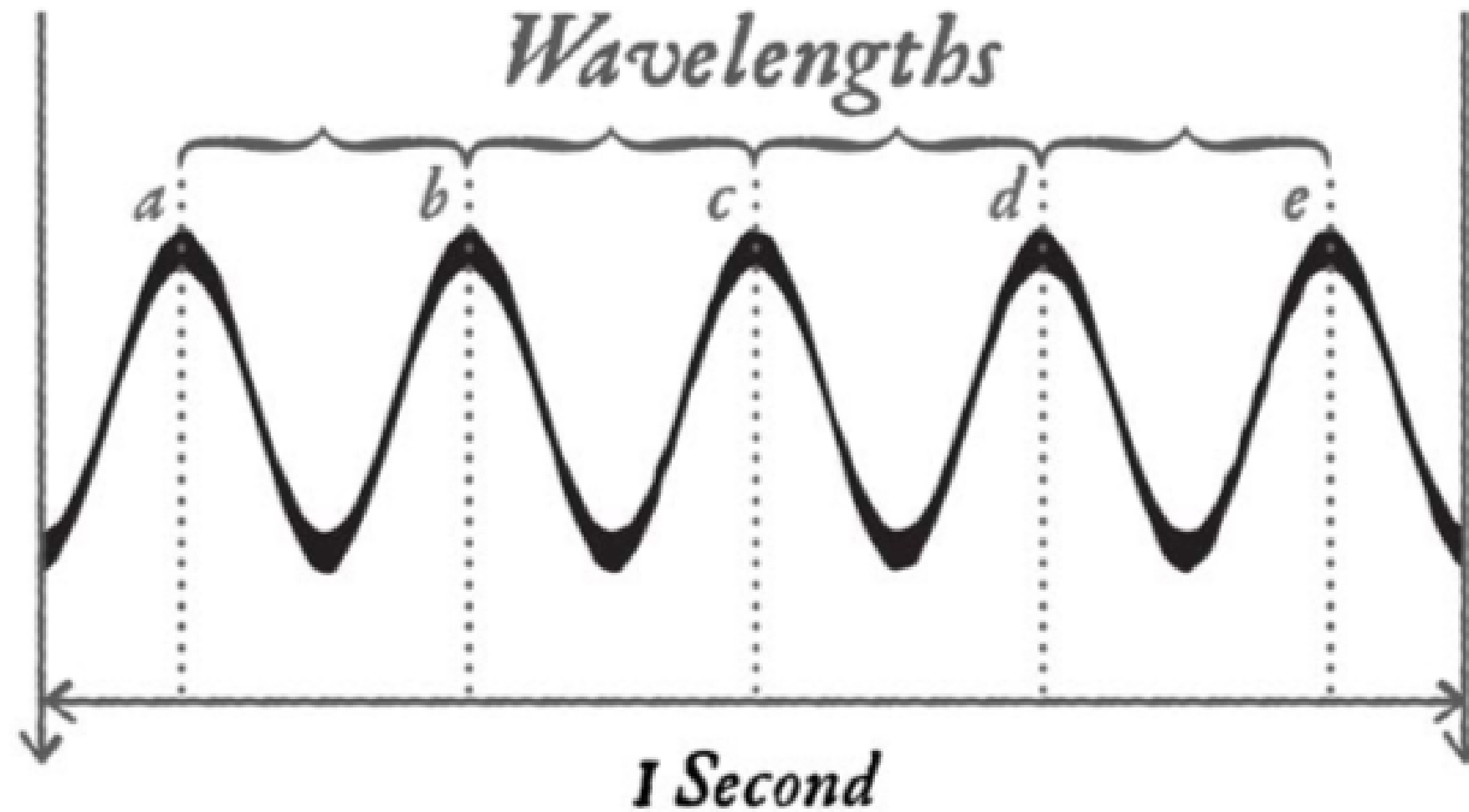


Figure 4.2

One of the main purposes of meditation is to move beyond the analytical mind. What separates the conscious mind from the subconscious mind is the analytical mind. As you slow your brain waves down, you move out of your conscious mind and thinking brain, past the analytical mind, into the operating system of the subconscious mind, where all those automatic programs and unconscious habits exist.



FREQUENCY & WAVELENGTH

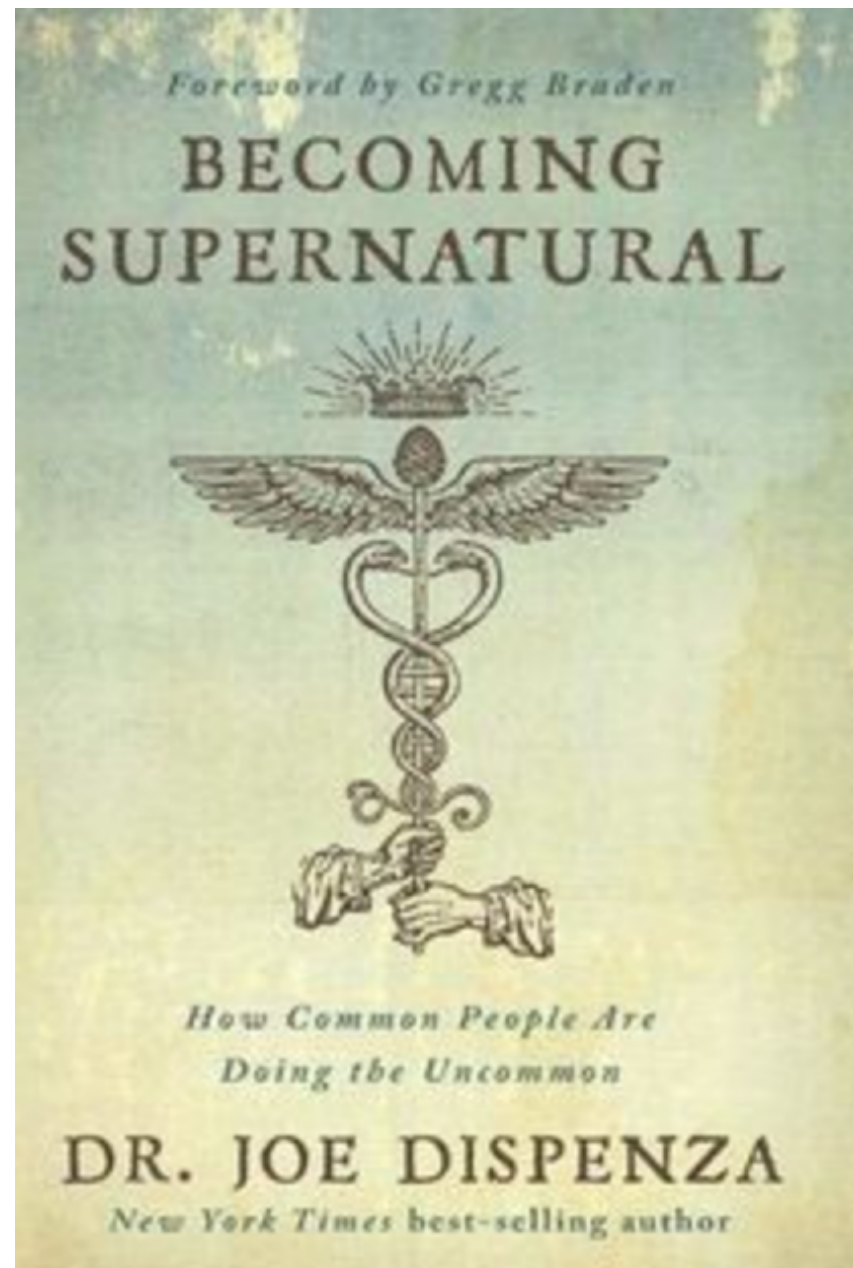


Hertz (Hz) - Frequency is 5 cycles per second

Figure 4.1B

Here we see the relationship between frequency and wavelength. The number of cycles in a complete wave—represented between letters a and b, b and c, and so on—is one wavelength. The space between the two vertical arrows pointing down represents a time interval of one second. In this case, since there are five complete waves within the span of one second, we would say that the frequency is five cycles per second, or 5 Hz.

Image Book: Joe Dispenza: Becoming Supernatural



THE LIGHT SPECTRUM OF ELECTROMAGNETIC FREQUENCIES

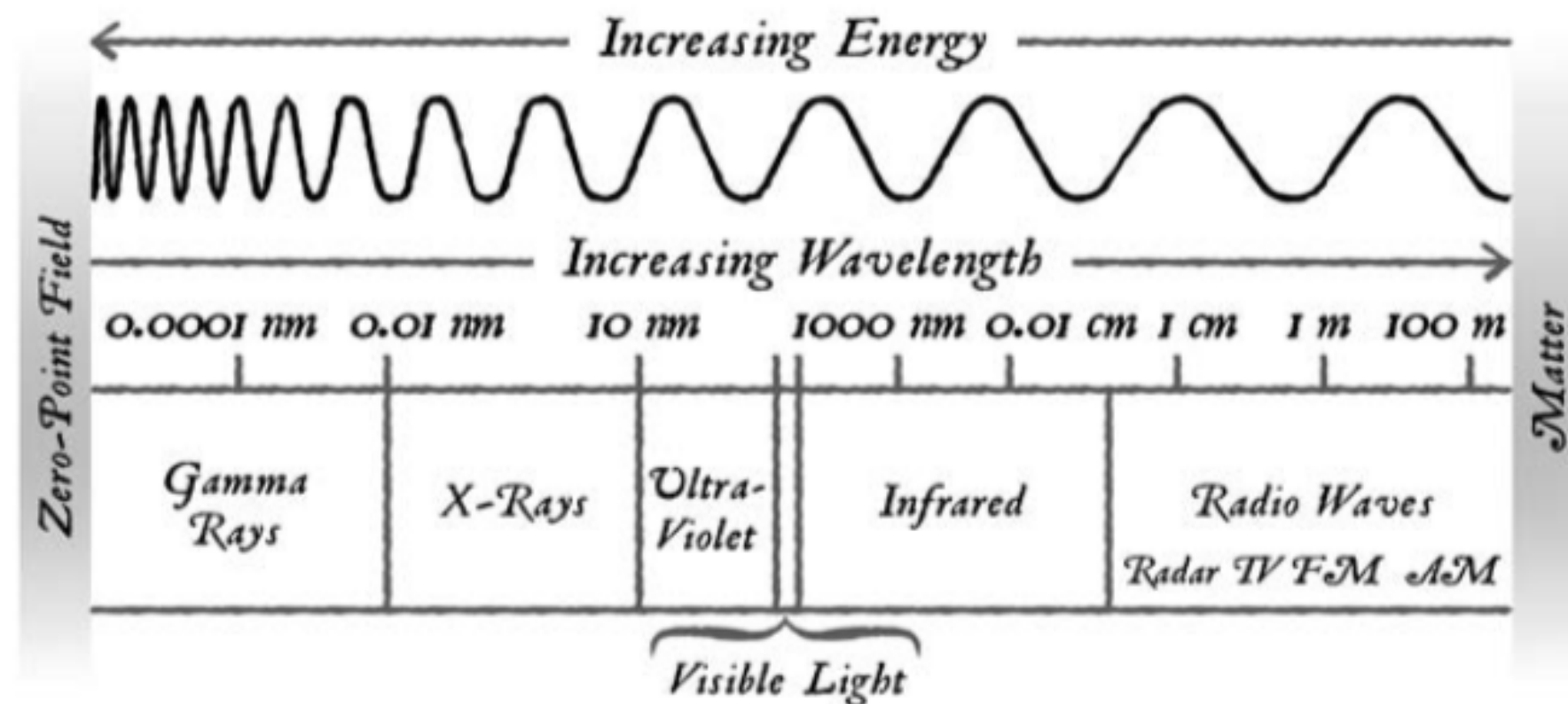
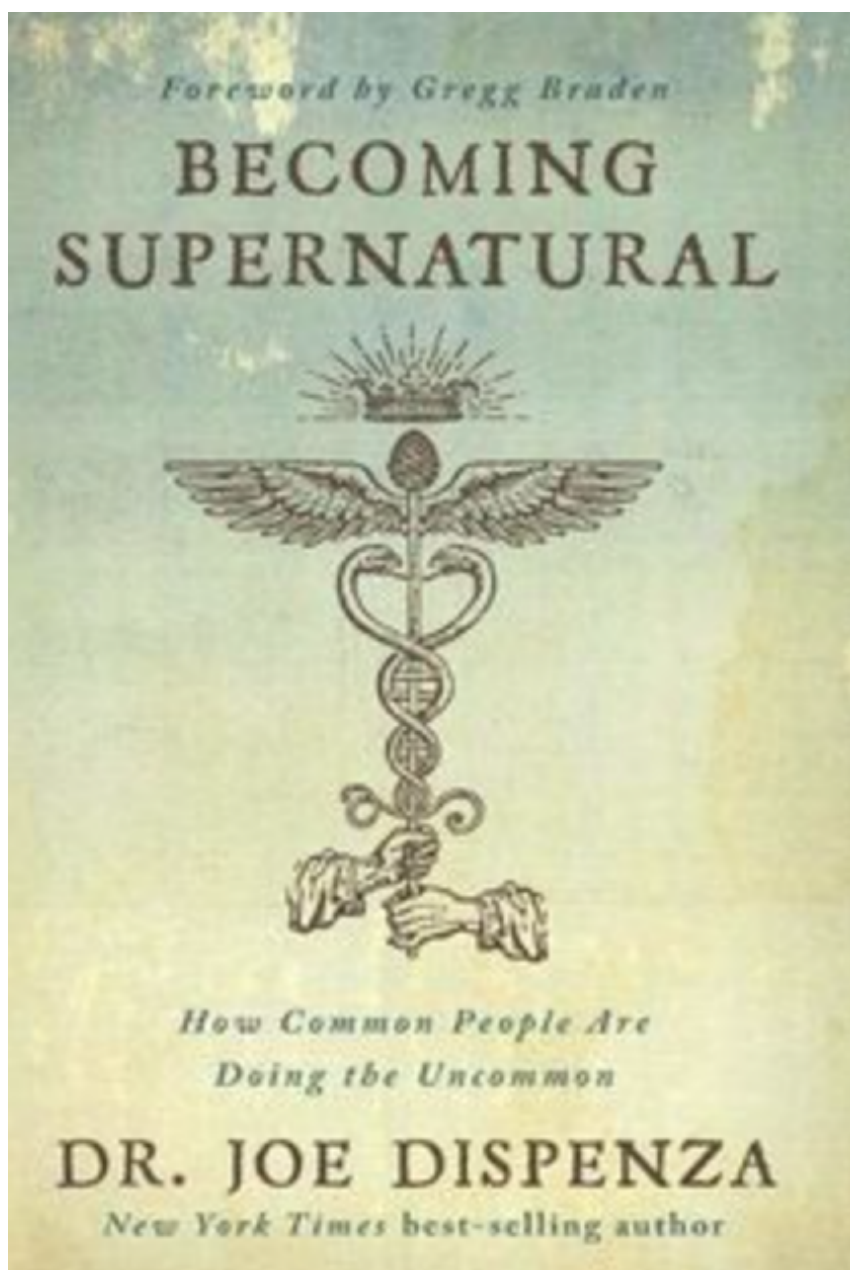


Figure 4.1A

Image Book: Joe Dispenza: Becoming Supernatural



This figure represents the entire spectrum of electromagnetic frequencies from the zero-point field slowing down in frequency all the way to matter. As energy increases (or as the frequency speeds up), the wavelengths decrease. As energy decreases (or as the frequency slows down), wavelengths increase. In the middle, labeled visible light, is the only spectrum of reality we perceive.

BRAIN WAVES

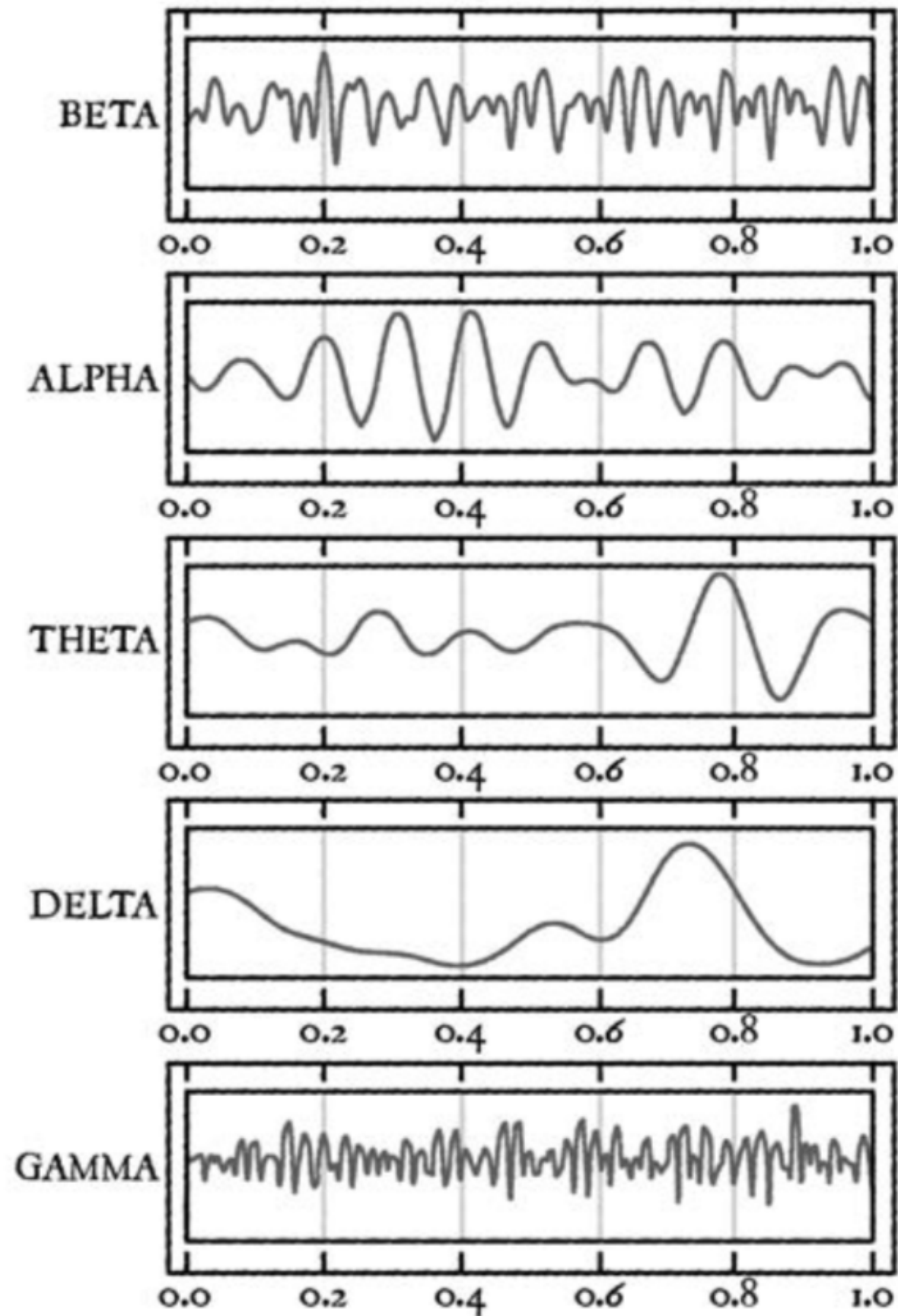


Figure 2.7

