



## **The Alpha State**

The Alpha State is a state of ingenious.

The brain wave pattern when in the Alpha State is 8 to 13 per second.

You can use the Alpha State for:

- Meditation
- Prayer
- Relaxation
- Remembering
- Self-Regression
- Problem solving
- Interpret dreams
- Control emotions
- Develop psychic abilities
- Learn
- Test Taking
- Create and attract that you desire
- Improve self-image:
- Assist in:
  - Reducing/eliminating stress
  - Healing process
  - Lowering blood pressure
  - Losing weight
  - Prevent illness
  - Staying healthy.
- Becoming successful.

It is recommended that you do not drive or operate heavy equipment when in the Alpha State.

Resources: Alpha State in 20 seconds CD series, Carl Franklin

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