

MEDITATION MAGNETISM

HOW TO USE LAW OF ATTRACTION
TO MANIFEST MONEY



Victoria Gallagher

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Introduction



Hello! I'm Victoria Gallagher. I'm a Master Hypnotist and I've been studying self-help and personal growth since 1986. I own one of the largest hypnotherapy and personal development sites in the world.

I have utilized the power of hypnosis and NLP to attain a myriad of successes in my life. Everything from overcoming the fear of needles, being able to be calm and relaxed during any doctor or dentist visit, quitting my own smoking addiction, and attaining financial success in a business I truly love. Any goal that I strive for, I attain. I attribute my success to clearly visualizing the desired outcome through self-hypnosis and positive mental reinforcement.

I have created over 500 hypnosis recordings to help people be successful in sales and marketing.

My products on *Millionaire Mindset*, goal setting, focus, motivation and time management are merely a few of the products that have helped our customers be successful in their lives.

Before ever becoming a hypnotist over 18 years ago, I tried meditation to help me to overcome my stress and anxiety. Living in Los Angeles at the time as a young overachiever, I was experiencing daily anxiety on my drives to and from work. I began to explore the idea of meditation.

Learn more about my story by watching this video

<https://meditationmagnetism.com>

I remember when I first bought some books and tapes about it; I became overzealous about learning all about it. All the information I bought seemed so

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overwhelming and complex and they were all saying different things. I must be honest with you, after digesting about 5 or 6 books on the subject ... I still didn't know what it was.

I still felt nowhere near ready to try it. It seemed a little bit scary quite frankly. Was there some unknown world in my mind that I would suddenly tap into and I wouldn't know how to get out?

I think a lot of people have this same fear when it comes to hypnosis. They think that they might get stuck in hypnosis and not be able to wake up. Though, nothing could be further from the truth.

When you enter the realm of the Alpha state or even the Theta state (which is deeper than Alpha) you enter a state of complete AWARENESS and you have total control over everything. It simply feels wonderful.

All that is happening is your brain waves are slowing down, making you feel more relaxed and receptive.

I mention hypnosis because that is where my main credentials are and hypnosis and meditation are similar in a lot of ways, but also very different.

The main similarity is the level of mind that one goes to.

I've become a MASTER at meditation.

I used to think about meditation as something you did to become spiritually enlightened, and while that is one possible outcome; I now see meditation as a non-negotiable part of my life. It's something that I can't live without and it now has the same level of priority as sleeping, eating, hygiene, and exercise.

Every time you meditate ... it's going to be something **different**. Some days will be better than others. Try not to judge your experience as bad or good the way I did. Some days you will achieve a good night's sleep and sometimes you won't.

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Sometimes you'll eat a healthy well-balanced diet ... sometimes you'll slip up. Sometimes you'll get a great workout ... sometimes you won't have the energy it takes to run as far or lift as heavy or whatever that is for you. It's the same with meditation. However, you keep doing it and as you do, it has a cumulative impact on your life and you'll get better and better at it as time goes on.

Let's get started, shall we?

The next Chapter is an Introduction to the *Law of Attraction*. We'll spend a few chapters learning some concepts and then in some later chapters you'll learn how to use Meditation.

The last few chapters will introduce some more exciting concepts, but it's important not to skip ahead because we are laying down the foundation for your success.



Chapter 1: Introduction to the *Law of Attraction*

Ever since the release of the hit movie *The Secret* which talks about the *Law of Attraction*. There's been a lot of people interested in and talking about and teaching the *Law of Attraction*. Unfortunately, the problem is more than half of the people that are talking about the *Law of Attraction* don't really know what they're talking about.

The *Law of Attraction* is not some potion that causes all your wishes to come true and all your problems to magically disappear. There are actual things that you need to do if you want to experience the richness that's available to you by using the *Law of Attraction*.

What I'm going to talk about is how to implement the *Law of Attraction* to specifically gather money. However, the *Law of Attraction* isn't merely about attracting money. The *Law of Attraction* can be used to attract pretty much ANYTHING that you can think of in your life. You can attract better relationships, better health, you can attract more customers, you can attract a job, you can attract more friendships, you can attract being able to find your dream home, you can attract pretty much anything that you can think of. However, I wanted to use wealth in this practical application because that's one of the easiest things to talk about and to be understood on all levels.

For the "cliff notes" version of this book, you can also Sit back and Watch our Free Video right here: <https://meditationmagnetism.com> and free your mind from any clutter and enjoy.

The *Law of Attraction*, what it really is and what it is not.

Let's begin by understanding what the *Law of Attraction* really is all about.

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A lot of people explained the *Law of Attraction* in different ways. The most common definition that you're going to find is, if you strongly believe that something should happen, it will certainly happen. This sentence couldn't be any simpler. However, this raises a lot more questions than answers.

Is it only what we DESIRE and think about strongly that will happen? Or will things that we don't desire also happen if we somehow think strongly about them? And there's also a question of the internal conflict of thoughts. At times, there could be situations where we think equally about both sides. For example, we might think that a job could be ours or not. How do we apply the *Law of Attraction* in that case? Or what do we do when we're thinking strongly about something and someone else is thinking strongly about that exact opposite thing? What happens then?

To be able to reply to all those questions, it's important that you FIRST understand what the *Law of Attraction* really says. Even though there's been a variety of ways that the *Law of Attraction* has been define, what we're going to do is go ahead and break things down in the following four elements.

1. You must know exactly what you want.
2. You must begin a thought process for it and begins specifically asking the universe to make that happen for you.
3. You must visualize a situation in which you already have but you're wanting, and you must live in that reality.
4. You must detach yourself from what might happen.

In other words, you only need to think about having it and there's no room for doubt about whether you're going to have it or not. At the same time, you also need to let go of how it's going to come about, because that only creates the negative feelings and thoughts about it.

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Now, we're going to talk about various aspects of the *Law of Attraction* in the next few chapters and how to apply it in one of those most important areas in your life and that is about attracting money.

I leave you with a question. Can you become **rich** by just THINKING about it? Watch this video to learn more on that <https://meditationmagnetism.com> You're going to need to learn to understand the law a little bit better for you to truly have the answer to this question.



Chapter 2: Stop the Default Processes from Ruling Your Life

To a large degree, we allow things and situations to rule over us. How many times in life do you say this situation is totally beyond me? I can't do anything about it. This happens a lot. Each time you do that, you are turning over the control of your life to the situation that's governing you. And that is not at all thinking in the way the *Law of Attraction* suggests that you think.

What is the way? Simply put, the way to THINK, it says, though you are controlling the situation, the fact is that these circumstances are very much within our control. It is up to us to create situations that are conducive for our development and not the other way around. Think about it as a financial problem been bugging you down. Probably, you've planned some sort of endeavor, but you could not do it because you lack the funds. What do you do?

Most people think this is going nowhere and I'll bail out on the project. The person who really believes subjectively understands that the financial problem lies within the mind, and they don't worry about it.

Such a person thinks that they can turn the situation around. Does this seem unpractical to you? Really, it's not unpractical at all. If you begin to think strongly about having money, what will you end up doing? Here's what happens, the *Law of Attraction* tells you that you must visualize it and behave as though you already have the money.

In this case, whatever **actions** that you were taking toward creating wealth, when you do those things, you're going to feel so confident because you believe that that money is yours. Your confidence will work to your advantage because you see nobody becomes a millionaire or acquires wealth single-handedly. You need

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other people. You need other people to deal with that might supply you with resources that you need to **believe** in you.

If you're confident that you can earn money doing this project, then you're going to convince other people to believe in you as well. They understand you're a person who means business.

This is what believers in the *Law of Attraction* do. They **MAKE** things happen through an intense thought process. Their thought process is not of this objective world. They think as though they are the center of their own world and they're conducting everything that's going on around them in their life. They have full control over all situations that they face.



Chapter 3: Changing Your Thought Process

How do you go about developing this kind of thought process we've been talking about? Where you think, you are the center of your own universe and everything you see is existing from within your own inter-mind and from within your own perception.

To create the thought process that the *Law of Attraction* requires of you, it's very important that you create the right frame of reference. You must be like a person seeing everything in a dream.

Your perceived reality is those things that are happening from your own frame of reference, which is another name for your own consciousness. You need to be able to kind of put your finger on this consciousness.

You need to SHIFT your **perception** to being able to see yourself from the eyes of this new reality. When you begin to shift your thought process, the primary requirement is for you to have a fix point from where you begin. Usually this fix point is your goal, your intention, your motive, your purpose.

For example, if you really want to start a business, your resolution to do that is your fix point of focus from which you work backward. The stronger you resolve to achieve that goal the more profound you're shift in awareness. That is why people who have stronger resolutions can achieve more than people who don't have a very strong mind set to achieve something.

If you consider your desire as your focal point and you see everything from that perspective and everything begins falling into place. You feel as so everything that's happening is happening as a means of bringing you closer and closer to your desire.

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In the above instance if your desire to start a business is your point of focus, then you feel as so everything that is happening in your life is taking you one step closer to realizing your dreams. And that includes the positives as well as the negatives. For example, if you suddenly met someone, you might feel that somehow that's going to relate to you starting your new business, which hasn't yet started but you have no apprehensions in your mind about it.

Then you would also think something that you would normally think of it as negative like getting fired from your job. You might think that that is something that is going to take you closer to having your own business. This was the case with me. When I started my business back in July of 1999, my boss caught wind of it at the time and he gave me an ultimatum that I wasn't ready to face yet. And he told me that I needed to decide to start my business or quit doing it. And I was already a little too far along to quit doing it, although I wasn't making any money yet, and so I quit my six-figure year job and started my own business.

That's the kind of resolve that I had at the time. I certainly don't recommend to anybody out there quit their job right away, but this was something that I saw as a sign that it was time for me to go ahead and move on. It was probably one of the best decisions I ever made. There was no probably about it. It was the best decision I ever made.

People who believe in a *Law of Attraction* faithfully build such an intense **focus** in their minds. Then, their entire life becomes revolve around that focus, and then this is what drives and motivates them to getting closer to their goals.

The *Law of Attraction* is not about wishful thinking. It's about aligning yourself with the reality of your desires so much so that you feel like it's already done, and it's basically a matter of following the action steps that you're going to take to get there. This video may be just the thing you need to help you Change Your Thought Process: <https://meditationmagnetism.com>



Chapter 4: The Right Mindset About Money

When you are applying the *Law of Attraction* to wealth, what's important here is the MINDSET that we need to make this work for you. What does the *Law of Attraction* tell us about money? It is very important to point out that the *Law of Attraction* is not just about money. It is a very general law which can be applied every aspect of our lives.

This is a law that helps us to enrich ourselves as people, not only financial entities. However, we are right now endeavoring to see how we can apply the *Law of Attraction* as a vehicle to attract money. That is the reason why it becomes vital for you to understand the type of mindset that you need to have.

If we are to implement the *Law of Attraction* to the concept we've been discussing, we must realize that a person who is in the process of attracting money needs to think about money in a positive way always. If you're complaining about money, that is what you're going to **attract**.

Again, your thoughts should not be objective. Let me remind you again about what objective thoughts are. If you're only thinking about how many dollars you're going to earn on a project, then that is subjective thinking. You need to get beyond the numbers.

If you're thinking about how much you're going to make and how much you're going to save. These are objective thoughts. If you're going to apply the *Law of Attraction*, you need to understand that these thoughts are not going to attract any money to you. Dollars and large sums of cash don't mean anything when the *Law of Attraction* is concerned.

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You need to be thinking subjectively. Don't think about the money itself. Think about what it is that you must become to bring that money about. Thinking about the qualities say of your product or your service and the value that it creates in other people's lives.

When you do that, you're improving the sales potential of whatever product or service you provide, and therefore, you're bringing in money. A person who believes on a *Law of Attraction* doesn't sit around thinking, I need to sell this or do this or that because I need to earn a lot of money. Instead, this person would think about the CONTRIBUTION that their product is making in other people's lives.

A special kind of karma is established with the universe when you're creating value and the universe pays you back in direct proportion to the value that you're creating. A person who believes in a *Law of Attraction* automatically becomes an honest person because here they know what it takes to create VALUE for others and thus they bring in money.

They don't believe in a quick fix solutions to bring money in. They do what they're good at and what they believe in. You would be best served by developing this kind of attitude and mindset about money too.

Don't think about how to bring in the money. Think about what it is that you can contribute to mankind. Something that makes you **feel good** about yourself while you're doing it. Then, you feel like you really do deserve to have that money flowing to you.



Chapter 5: Wealth Manifestation Through the *Law of Attraction*

The five steps you need to manifest wealth applying the *Law of Attraction*.

Here are the five things you need to do to manifest the wealth that you're expecting through the *Law of Attraction*.

Believe. The first step is to engrain the thought of wealth into your subconscious mind. You must think unwavering thoughts that you will be able to attain the large amount of wealth that you are hoping for.

Visualize. It is very important to visualize this wealth coming to you. You must think that the wealth is already in your bank account and now what will you do with it. Begin thinking as if you are planning what you will do with the money. Having money in and of itself is pointless. You must think in terms of what you will do with that money. You may not have it already, but that's not the point. The *Law of Attraction* states that you must be strong in your belief, and visualization is the best way to accomplish that.

Be grateful. Taking your belief to the next level, you must begin thinking the universe for granting this wealth to you. Well, it may not be already officially deposited in your bank account, you have no doubt at all that it is happening. You must be certain that you will get that wealth. Being grateful is the next logical step.

Listen to your intuition. Your intuition will tell you a lot of things at this point. Your intuition is going to tell you to do certain things. Whatever you do, do not ignore this energy. Listen to this internal guidance and act upon it. You must make sure that you stay tuned in to your intuition because this is the key to tapping into and opening the doors of opportunity that are awaiting you.

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Continue to act. Never give up. Be relentless. Remember that stopping is not an option. You must continue to have unwavering faith and sooner or later your intention and extreme confidence is going to kick in and bring you the ultimate wealth that you desire and deserve.

Would you like to Attract Wealth using *Law of Attraction*? Watch this Video to Learn More: <https://meditationmagnetism.com>



Chapter 6: Positive Thought

Is a poor person, who thinks positively about money, **rich**? Does only thought matter? Is there's a genie standing on call waiting to grant your every command?

The *Law of Attraction* talks about thoughts becoming your RESULTS. If they were to think strongly enough about something, shouldn't that get realized?

In other words, if someone doesn't own a car and they think strongly enough about it, they should be owners of that car, right? Though that does sound very romantic, the problem is that the *Law of Attraction* doesn't work exactly that way.

It's not all about think-think-get-get. There are a lot of under layers here. Firstly, people who think about the *Law of Attraction* in this manner don't bring a very important element into the equation. The emphasis on energy. You don't get very much without channeling your thoughts into action.

To understand this, better, let me give you an example. Suppose you have an ambition to open a restaurant. Right now, it's an **ambition**. Yes, you're thinking so strongly about it that you can almost taste it, but that's about it. Will thinking about it and tasting it make that restaurant dream come true? The answer should be obvious. No!

The *Law of Attraction* is not about sitting on your bean bag watching a DVD and expecting your inner desires to manifest all by themselves. Yes, it all does begin with your mind, with your thinking, but it needs to go SOMEWHERE. It's not about the **energy** of that thought itself manifesting, it's about that THOUGHT becoming so real that it influences your feelings and your feelings influence your behaviors, and your behaviors ultimately caused you to act, and your actions ultimately turn into results.

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Is there really a genie out there that's going to grant your mere wish? I do believe that the universe is going to step in and help you, but it's not going to put on the magic show for you. You must show your faith and commitment and act.

When you think strongly enough about something, there will be an inner voice inside of you that's going to tell you to ACT in a certain way. If you're looking at opening a restaurant, that voice inside of you is going to tell you to start hunting for good places. That voice is going to tell you to learn art of hotel management. The voice is going to tell you to begin gathering funds. There are so many things that that voice is going to tell you to do. The important thing is, you need to listen to it and even more important, you need to act upon it.

It's only when you begin transforming these thoughts into actions that you are going to be able to do something about realizing them. Begin ACTING in your life by taking the next step and watching this video:

<https://meditationmagnetism.com>



Chapter 7: Who Becomes Rich?

Why doesn't everyone that uses the *Law of Attraction* become rich?

A lot of people might think about the *Law of Attraction*, but only a few of them begin taking the steps towards success and really become **rich**. If you've been following through so far, you will of realize two things.

The *Law of Attraction* is a definite reality. Everyone puts it to use, one way or another. However, a lot of people don't really put it to use the right way. There is no refuting the strength of the *Law of Attraction* and channeling the energies of the universe in such a way that things can begin to happen favorably for you. The problem with that is a *Law of Attraction* will only channel these things.

If you don't make use of the energies to achieve what you're going after, it's all going to be a lost cause. For example, if you only think about becoming rich but you don't do anything actively in that regard, there no way for you to become rich.

As a matter of fact, even if you win through a lottery, you still must make the effort of buying lottery tickets and tracking the winnings. The bottom line is clear, the *Law of Attraction* works, but only if you put it to use.

These are the things that you must do sequentially. You must strongly believe that a thing will happen. Your belief should be strong and unwavering, so unshakeable, that nothing will cause you to question your belief in any way. Then, you must VISUALIZE this thing as though it has already actually happened and that you are enjoying the benefits.

The next step will be to begin acting upon your inner voice. You will hear your inner voice a lot when you strongly believe in something. Acting upon this is what will bring you closer to realizing your ambitions.

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If you are planning to become **rich** through using the *Law of Attraction*, the important thing for you is to believe and then ACT, but without both things together, nothing is going to happen.

In conclusion, the *Law of Attraction* can make you rich. I'm sure you've heard this time and time again. If you want to become even better equipped with what it's going to take to get there Watch This Video: <http://MeditationmMagnetism.com>



Chapter 8: What Is Meditation Anyway?

Why Now?

WHY have you have decided to learn how to **meditate**?

Have you tried meditation to resolve stress or health issues? Have you tried it for any reason at all? What are your GOALS with learning meditation?

If you haven't done so yet, right now is one of the best times to learn how to meditate. Meditation is one of the best forms of stress relief and is even recommended by many doctors. It's also extremely useful in many other areas of your life. It can be used to eliminate depression, increase energy, decrease your blood pressure, overcome addictions, pain management, spiritual awakening, gain peace and serenity, clear and focus your mind ... the list goes on and on.

Something that valuable is something that you want to be striving to learn. If you are someone that spends your time worrying, stressing about all the things that need to get done or when you are getting to the point where you are feeling physically bad are you're not even sick, then meditation is an ideal way for you to feel better and improve your life.

In meditation, you TRANSFORM the way that your mind is working. While you can't say that process is always easy, meditation is something that is simple to learn to do and then with daily practice ... it will become a necessity and you will wonder why you waited so long to learn it and try it.

Studies have shown that when you do allow yourself to meditate for a few minutes each day, you can reduce your level stress and improve the quality of your life. And of course, when you lower your stress levels you will also be improving your physical health.

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In this section of the book, you will learn how meditation can change your life. It is merely a guide to get you started, though. For best results, watch this video <https://meditationmagnetism.com> to find additional resources and take your meditation experience to the next level.

Most people that are successful with meditation are those who seek out additional resources to help them learn locally the process as well as to practice it. You can meditate by yourself, or you can find a group of people to meditate with and that can make the experience extremely powerful.

Before you set out to do all that ... let's get you understanding a bit more about HOW meditation works and what it can do for you.

This book will prepare you to begin meditation and take you into a world that far too many people don't realize exists. Even if you are like I was in the beginning and you feel a bit skeptical about the whole thing, you really have nothing to lose by investing a few minutes to learn about something that could very well be the key to unlocking years of fulfillment. Before you can begin practicing meditation you do need to **understand** what it is and why it's a good idea use this method of relaxation. Your brain is the primary tool that you'll use during this process. Though your brain and your body are connected and so your body will also come into play as well.

You may not REALIZE it, but when your brain is in what we call a "*normal*" state that it is very abnormal in what it is doing.

To help you to understand meditation, we will first break down the different states in which the brain functions so that you can see the state of mind that you are functioning in most often.

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Levels of Mind

We're going to talk about 3 different states of mind. You are in one of these states of mind at any point in time. For this illustration ... we're going to describe the first state as Normal ... because it's the state you're in most often.

When you consider meditation, you will enter each of these three states of mind consecutively to you ultimate achieve the serenity that you desire to realize with meditation.

Level One: The Normal Mind

In the “*normal*” state of mind, your mind is working in various directions. It is functioning as it usually does which means it is bouncing around from one idea and thought to the next. The fact of the matter is this state of mind, is quite Abnormal and not extremely productive. The brain needs to focus on a fewer ideas to be successful at resolving problems.

You are constantly receiving *Stimuli* from all over the place and it enters the mind through your 5 senses. You would not believe the amount of data that is constantly coming at you in all directions. Millions of pieces of data. It's nearly impossible to stay focused on just one thing because when something new stimulates your mind, you move from the previous thought to the new thought. And while you may be thinking that you are completely in control of yourself during this type of brain overload, you really are not.

As a matter of fact, you really have very LITTLE control over the way that you behave and think during this state of mind. Not only do your thoughts rush from one thing to the next thing quickly, but your physical being is doing the same thing too. Your emotions also follow suit.

The normal state of mind is what leads to a tremendous build of stress. These stresses pile on over time. You ultimately find yourself unable to concentrate on

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anything and eventually you can begin having trouble balancing all that you must do in your everyday life.

Let's say this "*normal*" level of mind is not the most productive way of thinking or solving problems and it's not really what it's intended for. It's really meant for being ALERT and READY to deal with danger.

Level Two: Concentration

When you enter the next state or level of mind we will call *concentration*, you enter the first state that will lead you to meditation. Let's not confuse concentration with meditation. Concentration leads TO meditation.

During this state of concentration, you begin to get CONTROL of your mind. When you learn to remain in this state of mind, chances are that you will already be improving the quality of your life considerably.

In concentration, your goal is simple but mastery is difficult to achieve. Meditators spend years honing their skills only to find there is always room to improve. In this state of mind ... and you need to do is concentrate on one single point of focus or object.

To be successful, you need to keep your mind FOCUSED on that one thing and not distracted by any type of diversion that happens to come up. You focus on it, without allowing your mind to wander. It's difficult to achieve, but not impossible.

During concentration, although the model of focusing on one focal point is simple enough understand, the problem is the mind like to come up with all kinds of ways try to get you to think again ... trying pull you back into the "normal" state of mind. Because that's what's normal and comfortable for you. It will eagerly try anything to get your attention off that single point of concentration and onto another topic.

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The goal with concentration, is to become aware of what's happening in your mind.

When you master the art of keeping your mind focused and concentrating, you will experience a new level of thinking. You'll be able to relax more and you'll be able to feel better about your life. What an amazing feeling that is!

Level Three: Contemplation

In meditation, the third state of mind is achieved. Having mastered the art of keeping your mind focused and concentrating you did during level two, you enter *the realm of meditation*. Now, you can fully concentrate on the object or thought that needs to be accomplished without falling for any type of distraction. Here, no distractions or mind tricks will even try to get in your way during this level of the process.

This stage is the goal you are striving. In many ways, you'll be able to fully focus so much so that you gain a much clearer understanding of yourself and can gain new insights. Thus, you find yourself making better decisions that are coming from a higher place.

During concentration, your mind is only really concentrating on the objects you present it. Distracting thoughts breaks the concentration. You are continually having to acknowledge that you have a thought before you and you let it go and go back to focusing again on that single focal point again.

During meditation, this is no longer the case. Now, you are keeping an ongoing stream of thought flowing. In other words, ... the thoughts are in MOTION ... you're not hanging onto any one thought ... and thinking it ... you're **observing** as thoughts go by ... There's no pull toward any one thought or need to see what this thought is about or cling to any of them in any way ... you've completely relinquished that ... and you can witness them moving like clouds. This is the ultimate experience in meditation.

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When you have achieved this type of meditation, you've elevated yourself toward new enlightenment. You've gone far beyond the simple level of concentration. Now, you have entered the final stages of meditation; called *contemplation*. This level of mind is the highest level of consciousness that your mind and body can enter.

It does takes time to work through these various processes to achieve this level of understanding, the result is well worth it.



Chapter 9: What Will Meditation Do for Me?

If explaining to you what meditation is, is not be enough for you to dive right into it and start doing it then, consider what meditation can do for you by looking at what it has done for others.

These are a handful of reasons why people meditate.

The largest and most profound benefit of meditation is reaching enlightenment through the *Contemplation* phase of meditating. Achieving this allows you to become a whole new person, someone that can live a full and happy life beyond that of what a person who only thinks with their “*normal*” brain must capacity to attain.

You can learn to be more compassionate. You’ll learn how to become a good person. You can learn to be more understanding, more interesting, and more educated. You’ll also become a person that can enjoy their life to the fullest, knowing what is out there and what role you play in that universe.

When you fully reach this state of being and consciousness, the fact is that you can completely transform yourself and experience the true beauty of life.

Benefits You Experience

Here are some of the many benefits you will experience because of meditation.

- ❖ Meditation allows you to focus, allowing you to become more efficient in accomplish your daily tasks.
- ❖ Meditation allows you to improve your level of stress. By reducing stress, you will make better decisions and successfully resolve problems.

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- ❖ Meditation allows you to communicate more effectively, because you are better able to think clearly and quickly.
- ❖ Meditation allows you to improve your health including potentially healing heart conditions, cancer, high blood pressure and many other conditions. By lowering stress levels within your body, you can heal faster from any of these experiences.
- ❖ Meditation allows you to be a better friend and family member through your increased ability to listen and be empathetic and understanding.
- ❖ Meditation promotes peace mind. By allowing your mind to enter this heightened state of awareness, you will develop a sharp mind and the ability to think more clearly.
- ❖ Meditation allows you to become the real you, the one that you want to be, rather than a person feels like a victim of circumstances. The more you meditate, the more you learn about yourself as well as your impact on the world around you!

There are so many more benefits to meditation. The experience is going to be unique for each person who practices it. If you really want to understand more fully what meditation offers you, click here to Watch This Video:

<https://meditationmagnetism.com>



Chapter 10: The Types of Meditation

The deeper you delve into meditation, the more you will discover that there are many different types of meditation. Some are very ancient methods that have been used for thousands of years by various cultures. Others are much more modern and, as such, are sometimes more popular.

Finding the right type of meditation for you is important and that involves learning about the different ways to meditation from which you can choose.

Like dieting and exercising. There's not only one way that works for everyone. We all have different styles that work best for us as individuals.

The methods of meditation will typically fall into one of two different categories. If you were to select meditation on any single factors, it would come down to these two methods.

Thoroughly exploring both methods of meditation can be very important to finding success. You'll need to experiment with both types, eventually, to determine the best route for you to take.

Concentrative Meditation

The first type of meditation concentrative meditation. In this type of meditation, the focus is on the way that you **breathe**, on an image, or on a sound. Sound, or mantra, is often used. By using these tools, so to speak, you can clear your mind and allow for greater awareness as well as clarity.

To focus on meditation, you'll use one of these elements to help you to focus. By focusing on one thing, you can then effectively reach the state that you desire.

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Breathing Meditation

One method of concentrative meditation that is commonly used is that of concentrating on your breathing. It is probably the simplest method to use because you can do it any time without requiring additional resources.

Breathing is effective because of how it plays a role in your daily life and wellbeing. Many of those who practice other alternative healing modalities, such as yoga, also believe that breathing is essential to maintaining the correct state of mind. In meditation, it is believed that breathing must be regulated to meditate properly.

You can see this clearly in your everyday life without considering meditation at all. When you are relaxed and comfortable, your breathing is slowly and deeper. However, when you are worried, stressed or anxious, your breathing speeds up. If you are distracted, this happens as well. By regulating your breathing, you can focus your mind and gain control over your mind and emotions more effectively.

How does breathing effect meditation? Have you ever felt overwhelmed and anxious? Were you afraid or even terrified? If so, then you may have told yourself to take a deep breath and to calm down. As you can see, you can control your own breathing.

As a tool in meditation in the concentrative methods, you will gain control over your mind using your breathing. To do this, you must regulate your breathing. You'll need to focus on the rhythm of your breathing. The rhythm is the air flow between inhaling and exhaling.

When you do this, sit and close your eyes. Focus on your breathing. FEEL the flow of air moving in and out of your body. You'll need to concentrate on your breathing and only your breathing.

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Soon, your meditation on breathing will become something that helps to ease your mind. You'll see this as your breathing becomes more regular and then deeper and then slower.

When this happens, your mind is changing. It becomes quiet, calm and collected. You feel serenity and peace. You become more AWARE of your surroundings and more likely to gain the benefits of meditation.

Breathing is only one example of concentrative meditation. There are many other forms, some of which we will talk about later.

The methods of meditation will typically fall into one of two different categories. If you were to select meditation on any single factors, it would come down to these two methods.

Remember, earlier we mentioned that there are two different categories that meditation will typically fall into. We just talked about *Concentrative Meditation* ... and spoke of one method of concentrative meditation; breathing. The other category of meditation ... is called *Mindfulness Meditation*.

Mindfulness Meditation

Mindful meditation is quite different from concentrative. If we use the example of a lens to help show the difference, you can see this. In concentrative meditation, you are concentrating on one **single** thing, focusing the lens on that one element, like breathing or something in the room that you are in.

On the other end of the spectrum is mindfulness meditation. Here, you are not focusing your lens, but **widening** it to include more and more information.

You may wonder how including more of what is happening in any one moment can help you to collect your thoughts and focus your mind. Yet, the fact is that you can do this because of how you do it.

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Using your abilities, you'll become very much aware of everything around you including all your feelings, the things that you see, the things you hear, the smells and sounds, the very elements that you usually filter out of your awareness.

What's unique with mindfulness meditation is now you will be aware of those things that your subconscious mind normally automatically filters out for you. You'll notice and be mindful of these things, but you will not react to them. Instead, you are taking in whatever is happening, without the need to become involved with those things. You won't allow yourself to latch on to any one image, thought, or memory ... same is when you are concentrating.

Your mind becomes clearer now because of taking in the many things that are happening around you. Again, you are not focusing in on any one thing. Instead, you are AWARE of everything going on, but not participating in it.

Although this method of meditation is one that is less known or used by beginners because of how challenging it can be, it is still an ideal choice because it allows for a renewed sense of well-being and wholeness. By focusing on everything but not on one thing, this is a great way to completely clear your mind.

Once again, all types of meditation fall in one of these two categories. Concentrative, in which you will concentrate on one thing to enter a meditative state or mindfulness meditation method to enter the state of meditation.

If you are wondering which to choose, don't worry. This video gives you a bit more helpful information to decide on what is right for you.

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Guided Meditation

What is Guided Meditation?

Guided meditation is a process in which your meditation is guided by a facilitator, who gives you verbal instructions. That would include being in a group or individually, live and in person, or using a video or audio recording. Guided meditation is a great way to learn to meditate and enter a state of deep relaxation. The positive reinforcement given throughout this process, helps provide a central point of focus.

Guided meditation makes meditating much EASIER to stay on point since you don't have to worry about how your mind will want to drift off and lose focus. The guide is always there as a reminder that you are meditating. Meditators of all levels of experience find the guidance to be very beneficial in helping them to stay focused, experience deeper states, and mentally work on a specific outcome.

How Does Guided Meditation Work?

The process usually begins with the meditation facilitator giving you instructions to foster a state of relaxation, either by sitting in a position or by lying down. This is usually followed by a series of visualizations, engaging your senses and designed to bring about peace and tranquility. As you become more relaxed, you will notice your stress and tension disappears, and your mind becomes clear.

Although it's not essential, many guided meditations include peaceful meditation music that will assist you in the relaxation process.

Nature sounds may also be added such as sounds you may hear in the forest, such as birds, or wind blowing through the trees, or a waterfall. Some may include ocean sounds from the beach or rain or a river. These sounds may accompany the visualizations of you being out in nature and aids you in feeling that you are there.

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During any type of meditation, including guided meditation, your mind can reach deep levels consciousness, such as the *Alpha* brainwave state and even deeper than that, which is Theta. During these deeply relaxed levels of mind, your subconscious becomes very receptive to suggestions.

With your mind now ready and OPEN to suggestion, the guide will take you on a journey by either using mental imagery or words of affirmation that are intended to enhance your life.

One of the main differences between Contemplative meditation and Guided Meditation is that usually there is a goal one is trying to achieve in guided meditation. Goals can be anything from helping you to experience a deeply profound state of relaxation or accessing your full potential in an area of your life you wish to improve.

Undoubtedly meditation is an enjoyable relaxing experience which will help you to reduce stress and in many cases stress relief is the goal of meditation.

A guided meditation session may last anywhere from 5 minutes to an hour or more. Typically, though to reap the rewards a minimum of 15-20 minutes is highly suggested.

Your guided meditation will conclude with the instructor giving some supportive suggestions and guide you back to normal consciousness.

The best way to **experience** a guided meditation will be explained during this video found at <https://meditationmagnetism.com>

One of the best ways for you to experience guided meditation is using audio or video recordings, since you can use them at time or place that works best for you.

Guided meditations require no previous training and little to no effort on your part to enjoy the benefits.

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Many people turn to meditation to deal with high levels of stress and anxiety and find it difficult to let go of thoughts. Listening to a professionally recorded guided meditation can help guide you to a place of inner peace and calm your mind **dramatically**.

If you would like to discover for yourself just how relaxing and enjoyable guided meditation can, the best way to find out is simply to experience it for yourself. Follow this link <https://meditationmagnetism.com> to learn more about our *Ultimate Meditation Magnetism* and get ready to enjoy the pleasure of effortless, **relaxing** meditation!



Chapter 11: What Happens During Meditation?

As far as modern medicine goes, the jury is still out for the most part as to whether they will validate meditation as a healing modality that works. You won't find many doctors that would prescribe meditation as the sole means of healing your illness ... at least not in Western traditional medicine, anyway. Yet, meditation is something that doctor's do tell you about in other ways.

For example, how many times has your doctor told you that stress plays a major role in your health issue? Or, perhaps he told you that you need to relax more so that you can overcome your headaches, your pain, or your tension? In your doctor's words, he is encouraging you to clear your mind of the things you worry about and concentrate on relaxing instead. That is what you do in meditation.

Yet, the mechanics behind how meditation works is something completely different. Not many realize how meditation works or why it matters that they know why it works. You're about to understand both how and why it works.

In the studies that have been done, there is evidence that proves meditation produces a physical reaction in the body. It has not only proven to provide a healthy mental state of relaxation. Physically, your body reacts in several ways.

1. Your breathing becomes regulated, smoother and deeper.
2. Your heart rate decreases which means your heart is beating slower.
3. Decreases the amount of the stress hormone, called cortisol that is produced by your body.
4. It can decrease the rate of your pulse
5. It can increase a brain wave stimulation that causes you to relax.

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Not only physical changes happen during meditation. In addition, your body enters a state of PROFOUND rest, rest that goes beyond that of any other stage of consciousness you could be in.

During this time, your mind and your brain are extremely alert and in tune. This has been shown through medical experiments. Patients were told to meditate while their brain's activity was monitored.

During these tests, there were indications that your brain was in a state called "restful alertness" where it was completely and extremely alert but calm and focused.

It has also been shown in the way that your body reacts to various stimuli. For example, most individuals experience the stimulation effect which allows one to be faster in reaction time. It can make you more creative. Some people better able to comprehend at a higher level after they've meditated.

Your heart rate will drop by several beats each minute and your breathing is reduced by an average of two breaths for each minute.

Another result of Transcendental meditation was the effect that it seemed to have on patients and their blood pressure rates. In those that had normal levels of blood pressure considered healthy, nothing changed and those numbers remained in low numbers. However, those that started with higher, above average and healthy blood pressure numbers saw a drop in their blood pressure rates. It fell to a considerably lower level in these patients.

Another area that was tested during this type of meditation is that of the body's relaxation of its muscles. This can be hard to measure but during some tests, doctors will administer a very low level of electrical current and monitor the reaction that your body's muscles must it.

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Individuals that have a fall in their skin's resistance are known to be people that suffer from tension and anxiety or have high levels of stress. If your skin has a rise in your resistance, on the other hand, that means that your muscles are very relaxed.

Once tested, it was easy to see how meditation affects the muscles. Those that meditated then had this electrical test done were found to have significantly more relaxed muscles than those who had not done any meditating beforehand.

The Physical Reaction

As you can see, there is a real physical and mental change in the body when you are or have been meditating. However, doctors want to learn more and often people ask, why meditating has this effect on the body and mind. To that end, let's explain a bit more.

One of the marked improvements during meditation happens within the autonomic nervous system. Your autonomic nervous system is subdivided into two branches; the Sympathetic Nervous System ... which controls your fight or flight response and the Parasympathetic Nervous System, which has the opposite effect.

Normally we are functioning in fight or flight response mode. During meditation, your parasympathetic branch, which helps you to relax and calms you down takes over.

Another example of what happens to the body is that of the amount of lactate in your blood before and after meditation. Lactate is a naturally produced substance that is necessary in the body. It is produced by your metabolism and is done so in the muscles surrounding your skeleton.

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When you meditate, this lactate level drops significantly. In fact, the amount of lactate in your body decreases by four times the rate it would if you were merely lying on your back and not meditating.

The decrease of lactate produced in your body causes your blood to flow faster and more effectively throughout your body during and after meditation. Because your blood is flowing faster (in some areas by up to 30 percent!) that means that oxygen is getting to your muscles faster.

When your muscles have an increased amount of oxygen, which they need, they don't produce nearly the amount of lactate that they would otherwise.

Are You Sleeping?

Many of the things that happen to your body while you are meditating are quite like what happens to the body when you are sleeping. Your breathing and heart rate drop. Your body and mind enter a very restful, deep relaxation.

Are you SLEEPING when you meditate?

The question that many face is how your body can be both so relaxed and yet so alert. You see, when you meditate, your body is **extremely alert**, NOT sleeping at all.

When you are meditating, your body enters a type of rest that is like that of deep sleep or a hypnotic state. That's since your body responds to the meditation in all of the ways that we've listed which causes the relaxed state to happen.

Behind everything is your ability to tell your mind and your body to relax. When you enter meditation in a complete way and these things happen, you've learned to access your body's relaxation response, something that allows you to then control when and how well you can relax.

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In addition to this, many doctors and researchers believe that those that meditate also can allow their own body to make the right decisions about healing.

There are many theories on how meditation happens and what the real physical and mental change that happens in your body when you meditate is. What's important for you to realize, is that a physical as well as a mental change happens in your body. That change is one of serenity and enlightenment, two things that each person should strive to achieve for their ultimate state of mind.

Are You Ready to Meditate Yet?

Now that you understand a bit behind the reasoning behind meditation, you can clearly see what the benefits are. Now, you are ready to learn how to meditate. Over the next chapters, we'll talk about many of the different techniques that are crucial to meditation.

Some techniques you can learn through this eBook, others, though, you'll need further instruction to help you to learn how. I suggest starting with Watching this Video which explains what you should do next:

<https://meditationmagnetism.com>



Chapter 12: Guided Meditation Versus Self-Hypnosis

In this chapter, I'm going to make some distinctions between guided meditation and self-hypnosis to clear up any confusion that may still be out there regarding these therapeutic modalities.

There is a lot of overlap when it comes to the concepts of meditation and hypnosis.

For one, they are both very relaxing levels of mind. As a matter of fact, you access the same level of mind whether you are meditating or doing hypnosis. Many people access the same state of mind throughout the day when they are day dreaming or spending time doing *visualization*.

During both hypnosis and meditation, you enter the Alpha brainwave state. In other words, your brain waves become slower from your normal alert and wakeful state known as *Beta*.

From there, whether you are meditating or doing self-hypnosis, your brain waves can slow down even more, to a level called "*Theta*". We'll discuss the theta level of mind and its benefits in another chapter.

The feeling you experience during both hypnosis and meditation is basically the same.

The main difference between the two, and this largely depends on who's definition you are using, is this:

In traditional meditation, there is typically no end-goal in mind. In the purest form of meditation, you are completely emptying your mind, freeing yourself from the attachment to thought. Usually one attains a meditative state by

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focusing on a single point of focus, a word, a sound, your breath, or a visual object. Or you may focus on the idea of something, explore yourself in relation to a concept such as love or peace or forgiveness.

And there are guided meditations to help you along that path.

In recent times, meditation has become a bit of a buzz word and modernized definitions explain Guided Meditation as: Being guided, by a narrator, to elicit a specific change in your life. You are first guided to relax your body and mind, to help you reach a deep meditative state before going on a journey, in your mind, to reach a specific goal.

Now, here's a typical definition of *hypnosis*: Hypnosis is a natural state of selective, focused attention. It can improve concentration, recall, enhance problem solving, alleviate headaches and even improve one's control of emotions.

During hypnosis, there is an induction of relaxation, deepening, then suggestions are given regarding your chief AIM, and then there is a waking. This is the same whether you are doing self-hypnosis, hypnosis with a hypnotist, or listening to a self-hypnosis recording.

Sounds like pretty much the same thing, doesn't it?

As you can clearly see, it all depends on which definition you go by.

These days, with so many audio recordings being sold online, you will find that a lot of guided meditations are REALLY self-hypnosis, since they are designed to provide you with a specific result.

You'll learn more about our guided meditations by watching this video:

<https://meditationmagnetism.com>



Chapter 13: Listening to Guided Meditations and Self-Hypnosis Audio Recordings

Self-Hypnosis and Guided Meditation Audio Recordings make the process of very simple. Recordings allow you the convenience of allowing your conscious mind to drift and relax COMPLETELY, while you might normally be caught up in thoughts of figuring out what you need to do or next.

To get the most value out of listening to audio recordings however, there are some recommendations to bear in mind.

First, you should always only listen to hypnosis or meditation recordings during a time when you can set aside a dedicated 20 – 30 minutes without any distractions. As we have pointed out already, you are going to enter a level of mind that is less alert than normal and as such, you should not be doing anything else, other than concentrating on the recording in a safe, comfortable environment.

I highly recommend listening at the **SAME time** and the same **place** each time you listen and do so for no less than 30 days with each **GOAL** you are aiming to accomplish.

The reason being is that you will begin to associate that place and time with your meditation time and it will help you to go into that level of mind quickly and easily the more consistent you are.

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And as far as the length of time to make positive changes in your life goes, remember, it took a long time for your brain to get hard-wired to automatically behave with the current programming you now desire to change. It will take time to re-program your mind to create new habits of behavior.

You should never listen to hypnosis while driving a car, operating machinery, or doing anything else that would require your full attention. Think of it this way, many people tend to fall asleep during hypnosis and so it would be a good rule of thumb to never listen to these recordings in a situation where it would be unsafe for you to fall asleep.

Speaking of sleep, hypnosis is **not** “sleep”. Meditation is not sleep. A trance state is not a sleep state. You will not benefit from the words on the recording if all you do is let yourself drift off to sleep. It’s important to concentrate on the session. You’ll usually be guided to do some visualizations, or contemplate an answer to some questions or repeat some affirmations. You won’t be able to comply with this if you are sleeping.

Napoleon Hill, author of *Think and Grow Rich* says that the subconscious mind is completely unaffected by plain old *unemotionalized* words. Therefore, for the information contained in the recording to get through to your subconscious mind to make the changes you want, you need to be aware enough for the information to have an impact on your emotional state.

Some of our audio recordings will have binaural beats, which we will talk about in the next chapter and therefore, you will want to wear headphones to benefit from the binaural beats.

Some people ask if they can listen to more than one recording at a time.

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For example, you might want to work on your wealth and abundance while also working on some entirely different subject, such as weight loss or attracting the love of your life.

While you can work on more than one issue at a time, the effects are diluted when you are focused on more than one thing at a time. So, my strong recommendation is to choose one area of your life to focus on and work on just the one issue at a time. You can listen to as many different recordings that help support that end goal, but only once you have achieved the desired goal would I suggest moving on to another issue.

So, for example when working on **attracting money**, you can use hypnosis recordings to become more **magnetic**, while also listening to another session to let go of limiting beliefs.

When mixing multiple sessions for the same issue, it's best to stick with one session for at least a week or two before moving on to the next session.

Some people ask if it's ok to do hypnosis more than one time a day and that is fine as well. My recommendation here is that you space your sessions apart by at least an hour or so because the subconscious mind is still going to process the information from your last session for a while. In that case, I always suggest doing one in the morning and one in the evening.

You may do the one on wealth in the evening and do the one for more focus or motivation in the morning as an example. Or, you can simply do the wealth one both morning and evening to get an even stronger impact of that one session.

The rule of thumb to keep in mind here is to do whatever you can do **consistently**. If it's realistic for you to listen to a recording for 30 minutes at a time 3x a day for 30 days, go for it! If you listen 3x a day for a few days and then suddenly find yourself with no time at all to listen to even one recording, then you are back to

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square one. Consistency is the key to success with guided meditation and self-hypnosis.

Finally, people ask if the changes are permanent. I want you to think about the changes in your mindset like changes in your body. If you go to the gym and work out your muscles for one day only, and stop, the only thing that is going to happen to you is you are going to breakdown your muscles and you'll be sore for a couple days. Over time, as you hit the gym consistently, you'll notice a change in your body. The EXACT same thing is going to happen in your mind when working out your BRAIN and getting changes into your subconscious mind.

Let's say you decide to stop working out forever, are you going to keep those big muscles? No, you must do something to maintain those big muscles. You must keep doing supportive behaviors while keep the big muscles. If you go back to your old patterns, you'll go back to the old weak and wimpy muscles. It's the same thing with your brain. You're going to be developing new ways of being through hypnosis. This doesn't necessarily mean you are hooked on hypnosis forever till the day you die, but if you go back to doing the same behaviors that were getting you the results you were getting before, guess what, you're going back to the old results you got before.

Why does this happen? We are conditioned by the world around us. Most of the people in our lives and the world around is simply not supportive of our new behaviors. Therefore, you are going to either need to set up a new world around you that supports the new you, or continue listening to the hypnosis to maintain your positive self.

It's like vitamins for your mind in a lot of ways. You aren't going to keep the benefits of vitamins you take forever. You MUST keep feeding your body healthy nutritious foods that have those vitamins or you must take a supplement. Hypnosis is that supplement. It feeds your brain with the positive information

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you need to support your new way of being which is not being supported by your outer world which quite frankly, is there to drag you down and keep you away from getting the things you really want in your life.

Luckily listening to guided meditations and hypnosis is an enjoyable, relaxing experience, something you will look forward to the more you notice the benefits happening in your life. Want to Find out more about Guided Meditations to Attract Wealth? Watch this Video: <https://meditationmagnetism.com>



Chapter 14: Binaural Beats

What Are Binaural Beats?

A *binaural beat* is an *auditory illusion* perceived when two different pure-tone sine waves, both with *frequencies* lower than 1500 Hz, with less than a 40 Hz difference between them, are presented to a listener dichotically (one through each ear). For example, if a 530 Hz *pure tone* is presented to a subject's right ear, while a 520 Hz pure tone is presented to the subject's left ear, the listener will perceive the auditory illusion of a third tone, in addition to the two pure-tones presented to each ear. The third sound is called a binaural beat, and in this example, would have a perceived pitch correlating to a frequency of 10 Hz, that being the difference between the 530 Hz and 520 Hz pure tones presented to each ear.

Benefits of Binaural Tones

Well Being

Among the most noticeable **advantages** of binaural tones is the impact on your sense of self and well-being. Users report feeling positive and happy after each 20-30-minute session, and self-regard and motivation go up too.

When you utilize binaural beats, you'll likely experience POWERFUL positive emotions and feelings including excitement, peace, happiness, euphoria & delight.

These happen without any true effort on your part, and tend to alternate with each session. You'll "*feel better*" after every session.

If you trust that "*you attract into your life what you put out*", then you'll be pleased to know that you'll be sending "*better vibes*" after every session.

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Individuals will just KNOW that you're in a positive, resourceful mood, and will respond accordingly.

Relaxation

A different key benefit of *binaural tones* is the effect on your peacefulness. Not only will you feel DEEPLY **relaxed** when utilizing the technology, but afterwards you'll feel calm, peaceful and content.

This is most likely to do with the fact that you're presenting your brain a well-deserved break and effectively sending it to sleep awhile. The effects are really like those reported by meditators.

Clinical studies have found that binaural beats help to diminish mild anxiety too, and increase alertness and FOCUS.

Intelligence

Several different trials have demonstrated that the advantages of binaural tones include expanded memory, increases in IQ, bettered ability to learn and recall words from a second language, expanded levels of creativity, and bettered *Brainwave Synchronization*.

I'm not going to suggest that binaural beats turn you into a GENIUS **overnight**. However, with practice and an open mind, I'd be surprised if you didn't think that "more was staying in" that old brain of yours. This Video is going to give you Access to Learn about Guided Meditations which include Binaural Beats. Click this link to Watch: <https://meditationmagnetism.com>

Applying Binaural Beats for Relaxation & Meditation

Binaural beats result from hearing 2 dissimilar *frequencies* in each ear so headphones are required. If you hear two different frequencies in each ear, you'll hear the difference between two as a binaural beat.

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Listening to binaural beats may increase brainwave frequencies. Our brain mimics the frequencies we hear in the beat. If you wish to better your *alpha brainwaves*, listen to a binaural beat in the alpha range. This is called *entrainment* or frequency-following response.

You might find these binaural beats helpful while learning how to meditate. Utilize them to get started and after a while you might discover that you don't need them any longer, that you've outgrown them. Or you might find them of use on a more regular basis. The only way to learn is to try them yourself and determine what works best for you.

Beta brainwaves (13-40 Hz) are associated with active thinking and concentration. *Alpha brainwaves* (7-13 Hz) are associated with relaxation and/or drowsiness.

The *Theta brainwave* state, ranges anywhere from 4 to 8 Hz. Theta is a very DEEP and slow brainwave state and it is usually generated in the right hemisphere of the brain. When we access *Theta*, we feel **deeply** relaxed. Theta is an elusive state because it hovers somewhere between that point when we are almost asleep, but not quite.



Chapter 15: The Benefits of Theta Brainwaves

Theta brainwaves allow you to access a very DEEP state of meditation or contemplation.

You may see vivid imagery while in Theta and you might even feel like you are floating beyond normal consciousness.

Theta meditation can enhance creativity, reduce stress, awaken our intuition and even help us develop our extrasensory perception.

Albert Einstein himself taught himself how to enter the Theta state of mind where he would spend many hours. We all know how **brilliant** Einstein was!

What are some of the benefits of the Theta State of mind one might ask?

The slower and deeper Theta frequency may even be beneficial to one's HEALTH!

Theta brainwave states have been linked to improvements in immune function which can of course help one fight off disease and illness. Research has proven thirty minutes a day of Theta meditation can dramatically improve health and well-being and even cause someone not to need as much sleep. The same thing can be said with deeper levels of hypnotic trance, so both hypnosis and meditation can indeed be very beneficial to someone's health. Regular Theta meditation can of course help with stress and anxiety, but it may also help us reduce blood pressure, ward off aches and pains and even help us heal faster.

Who wouldn't want that?

Let's look at some of the other amazing benefits to accessing the Theta state of mind now!

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- ❖ Improved Learning or even “Super Learning”
- ❖ Hyper focus
- ❖ Heightened Emotions, allows us to be more in touch with our authentic feelings
- ❖ Improved memory
- ❖ Enhanced creativity
- ❖ Access to the Subconscious mind which can help you make positive changes
- ❖ Deep relaxation which can help you Ward off stress
- ❖ Clearer intuition
- ❖ Increased spiritual awareness
- ❖ Enhance metaphysical abilities such as
 - lucid dreaming
 - clairvoyance
 - telepathy
 - or even out of body experiences
- ❖ Improved physical health and healing through enhanced immune function
- ❖ Feeling of freedom or childlike enthusiasm
- ❖ Heightened problem solving skills
- ❖ Releases endorphins, nature's feel good chemical
- ❖ Improvement in meditation and self-hypnosis from cumulative effect and access to deep brainwaves

If the Theta state of mind helped **Albert Einstein** tap into his own inner brilliance, just IMAGINE what it could do for you.

The possibilities are limitless!

Tapping into the Theta state of Mind

The Theta brainwave state is a very deep state of mind, so it can be challenging to access it and remain awake while practicing Theta meditation. Theta meditation can even help those who are trying to make behavioral modifications because it

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can help reduce the desire for mind-altering substances since it helps to induce an “endorphin high”.

Theta also produces a state of heightened receptivity so it is of course a great way to make positive changes in one’s life. The easiest way to access Theta is to either access it via binaural beat technology or through deep levels of meditation or hypnosis.

The best way to practice tapping into the Theta brainwave state is to become adept at practicing self-hypnosis. Do you want to learn more about this much quicker way to learn how to achieve these deep states of mind?

Click this link where I explain more about it in this Video

<https://meditationmagnetism.com>



Chapter 16: Your Next Step

Let's summarize what You've Just Learned:

You've learned that you can use *Law of Attraction* to Attract pretty much anything you want. You just need to KNOW what it is that you want.

You are the center of your own universe and you have full control over your life.

To Attract Wealth, you need to Change Your Thought Process and Adopt the Right Mind, one that is **Magnetized** toward Wealth.

You need to transform thoughts into actions to realize your goals.

Those who become rich have a STRONG and unwavering belief which is unshakeable that they are going to become rich.

Meditation has many benefits and is a wonderful tool to help you transform your thinking in beneficial ways.

Guided Meditations and Self-Hypnosis are essentially the SAME thing and have a specific goal to aim for.

One of the best ways for you to experience guided meditation is using audio or video recordings.

Binaural Beats make it much EASIER for your brain to reach the level of mind which is perfect for accepting hypnotic suggestions.

Theta is a brainwave state of heightened receptivity so it is of course a great way to make positive changes in one's life.

Congratulations!

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You've learned the basic principles of changing your life using *Law of Attraction*; a.k.a. Magnetism through Guided Meditations or Self-Hypnosis.

Now that you understand how it all works, the first and the simplest NEXT STEP that you need to do to Magnetize Wealth is to **watch this video**.

<https://meditationmagnetism.com>

This is **the** next step of this process and will provide you all the information you need to get started on **applying** this information!

The subconscious mind and the *Law of Attraction* respond best to SPEED.

Finishing up this eBook is only a starting point.

The key to **true** wealth is ACTING.

As a hypnotist and *Law of Attraction* coach, I've guided thousands of clients to **remove money blocks** from this subconscious minds. And now, I want to help YOU to attract the success and happiness in your life that you deserve

When you Click on this link, you're going to learn EXACTLY **how** to take the next steps to accomplish your goals. <https://meditationmagnetism.com>

I am going to share my story as well as help give you an easy way to APPLY what you have just learned **achieve** true success in life.

Take the next step and watch the video by clicking the link down below:

Enjoy Watching the Video!

<https://meditationmagnetism.com>

I wish you all the best and I'll see you soon!

Victoria Gallagher, **Certified Master Hypnotist**

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P.S. Aren't You Curious about the video? <https://meditationmagnetism.com>