

MODULE 3

How to Make Your New Narrative-Core Belief Last Forever and Bring You Results You *Really, Really* Want

‘Day by day, what you choose, what you think,
what you do, is who you become.’

- Heraclitus

In order to maintain and reinforce this New Narrative-Core Belief so that you know it ‘*by heart*’ and apply it with all your being- *especially when you are challenged*, there are two things you can do:

First, repeat it regularly each day. Make it your ‘motto’. (Note: You can have more than one motto.) Each time you repeat your motto to yourself, it’s very important to evoke the positive *emotion* that is linked to it. It’s not enough just to repeat it mentally. You must say it *through your heart*. Ideally, you should be looking into your eyes in a mirror. This changes your emotional state and most of all, it transforms your *vibration*. (You will learn more about *vibration* in Sections 2 and 3 of this book).

Second, repeat it while in a deeply relaxed state. Scientific studies have proven that in a deeply relaxed state, as in guided meditation or hypnotherapy, known as *Alpha* and *Theta* brainwaves, the mind is *over two hundred times more receptive to suggestions*, than in its ordinary, conscious state.

When asked about hypnotherapy in an article of the *Harvard Medical School Journal* (Sept. 2015) Dr. Max Shapiro, psychologist, answered that:

‘It is now known that the brain has greater ability to influence the body than previously acknowledged... A hypnotic trance empowers people to activate neural circuits that are otherwise hidden... This circuitry can activate greater comfort for pain relief, greater mental focus for certain activities, and greater self-esteem.’

To help you enter a deeply relaxed, open state, download this specially designed FREE guided meditation MP3 from the link below:

http://www.alkistis.net/free_mp3.html

This guided meditation, is designed to induce a calm, relaxed, open and harmonious state of body, mind and spirit. It may take a few tries if you have never meditated before.

Today, modern doctors recommend the daily practice of deeply relaxing the body and mind, for at least twenty minutes, to help us manage stress and anxiety in a natural, non-chemical way.

(You will learn more about research on *Alpha* and *Theta* brainwaves, in Section 2 of this book.)

When you are in *Alpha* and *Theta* brainwave states, you are also connecting to a higher universe from which things are generated in our dimension. (You will learn more about research on *brainwaves* in Section 2 of this book.)

'If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.'

-Nikola Tesla, Scientist

Plato taught that everything that is manifested in our dimension, has been *conceived* in a higher, metaphysical hyper-space realm, an energy field he named '*The World of Ideas*' i.e The *Noumenal World*, from which things that we perceive, are *born* or materialize from Mind.. (*Nous* in Greek is the word for 'Mind').)

These things materialize into the three dimensional world that we perceive through our senses. ie *The 'Phenomenal' World*. (The English word *phenomenon*, comes from this ancient Greek word to show, to be visible)

When we are in the deeply relaxed state of guided meditation or self-hypnosis, we can enter this hyper-space to focus on the vision, feeling and vibration of the experiences that we want to manifest in our life.

(You will learn about in Sections 1 and 3 of this book).

