

THE POWER OF THE I AM CONSCIOUSNESS

One of the titles of The Most High is: The Most High Lord God of All Creation and The First I AM.

Those two little words hold so much power because they are the Creative words. Everything said behind those words - I AM -- is one's own creation of one's self. Think about it. . .

I am hungry. I am smart. I am sick. I am the greatest____. I am so mad. I am burning up. I am freezing. I am, I am, I am -- how many times a day are you creating something for yourself that you really don't want?

Now memorize this sentence: AS YOU THINK, SO YOU BECOME. Hmm. As I think, so I become . . . This is where it begins to be not just practical and smart to know your own thoughts, but it is VITAL when you are setting up the future you. Before we delve into just how to properly do that, there are some matters of discipline that must be implemented into your thought processes. I will call it "mental housecleaning."

Mental housecleaning is where you remove all detrimental or limiting thoughts from your mind. Learn to control what comes into your mind, and program yourself to receive only those thoughts you desire to have, and only to send thoughts that have a deliberate purpose; in other words, you begin to exercise total control of your own mind. For example, if you catch yourself saying, oh, I can't do that, GRAB HOLD OF THAT THOUGHT, MARK THE WHOLE THING WITH ANOTHER COLOR, AND HIT THE DELETE KEY. Toxic thought eliminated. Now, quickly replace that thought with something that doesn't look like "can't" at all. Like, "I won't do that." Or "it's not feasible for me to do that right now." See the difference?

You NEVER want to limit yourself, and don't let anyone else do that to you either. If someone else is telling you that you can't do that, immediately in your mind and with your spirit body, hold up a mirror between you and that person. Let them throw all their limitations back upon themselves, not on you. You have not only blocked their negative thought from harming or limiting you, you have given them their own medicine. No emotion necessary. Maybe they mean well, but their limitations on you are not needed. Let them keep them. You don't have to say a word. Just smile and change the subject. And with that, be very careful that you do not put limits on any other that you wouldn't want bounced back into your own face . . .

Mental housecleaning is an ongoing process. It requires examining every single thought that comes in and goes out of your mind, deciding which ones are helpful and to keep versus which ones to delete and replace. Normally it takes about 30 days for something to become a habit. Then it becomes easy and automatic, and lightning fast. So stick with it. The more you practice, the faster change will happen.

Next, you will need to have an understanding of how the brain/mind/spirit connection works. That is controlled by and subject to specific frequencies, so I will give a layman's explanation of that too.

Before I begin, though, I must disclose that the methods that I am about to pass on to you here have their roots in a seminar that I first took in February 1979. It was called then "The Silva Method of Mind Control." They since have changed the name to Silva Mind Development. I credit them with skyrocketing my metaphysical development by their means. I'm sure they have an online presence where you could get downloads of their course; if you can, I fully recommend it. If you can't it's not necessary toward success with these means. I've adapted some of their programs to yield more, and I've expanded some things, changed it up a bit to suit me. But for the most part what I'm about to give you freely, I got from Silva Method. I could get in trouble for poaching their stuff, but with the state of the world today, I'll risk it -- and I'm not doing anything for profit with it -- so I hope they won't come after me. With the discipline I've learned by this method and the True Spirit that Bobby & Chylon teach, that would not be very smart at all. Chylon and I are in the No Survivors League . . . Besides, I would immortalize Jose Silva if it were up to me, but it's not, so thanks and credit to him, his family and their organization.

All right. Liability out of the way, let's begin.

Our brains are the most sophisticated computers, transceivers, data banks, processors, ad infinitum, in all Creation. So we will begin to understand that and learn to operate accordingly. You are in charge of your own software . . . We have what are called levels of mind, and they are categorized by speed of frequency of the brainwave activity as to which level you are operating within. They each have a specific function within their vibrational or frequency range. They are:

DELTA LEVEL OF MIND: Delta is any brain activity at all up to 3 cps, or three cycles per second. It is the unconscious level of mind, as in comatose. It is also a brief region of the sleep cycle every night, as the deepest sleep of the night, dreamless. Unconscious. The Delta cycle lasts about 90 minutes a night for most people, but there are no rules about it, so a variation of that is not rare or alarming. Note that newborn babies sleep ALOT! They spend most of their time in Delta, sleeping. That's up to about age three, just like the frequency range of Delta Level itself. . . This level is used for healing, physical rest and growth, recharging the physical body.

THETA LEVEL OF MIND: Theta is the brain activity that can be measured on the EEG, or electroencephalograph, as three to seven cycles per second. 3-7 cps. Theta is the level of mind where deep programming takes place. It is where we establish who we are as individuals. The comparison to a child's development, a child age 3 to 7 is newly aware of the world, spends much time asleep and the rest of his/her time programming who and how he/she will be, do, act, think, etc. We will do most of our work at this level of mind. Theta is considered to be "subconscious mind." By the time we're through, it will no longer be subconscious. We'll call it "inner conscious," because we will have full access to Theta input and output. Subconscious suggests that we don't have control of that level -- we do if we know how . . .

ALPHA LEVEL OF MIND: Alpha is also considered to be subconscious, still, by some. It is the level of brain activity between 7 and 14 cycles per second. 7-14 cps. The exact center of that is 10.5 cps. Alpha Level is where the Dream State happens, Rapid Eye Movement sometimes -- it is the level of mind where we do our best telepathic sending and receiving. It is where most often the precognitive visions happen - - it is decidedly the best level for psychic activity, sending and receiving. A daydream is a short dip into Alpha Level. Notice how in a daydream your thoughts are clear and your body is in the background. Alpha Level.

BETA CONSCIOUS LEVEL OF MIND: This is the normal, wide-awake, walk around all day functioning in the cognizant, conscious world of up and around. It is electric, outward-focused, physical sensory levels of mind/brain activity. This is where we work to manifest, or make into reality all the vision, programming and discipline that we will deploy from the other Levels of Mind. And lastly, we have the

GAMMA LEVEL OF MIND: These are the frequencies from 35 cps and up to, uh, I don't know the top range, and I've heard conflicting reports that Gamma Level starts at 28 cps, not 35. That is a matter of record if you want to look it up to be specific. I don't, and right now it's not a need to know. Gamma is the Level of Mind used for Multi-tasking. High speed, high performance, stress managing operations. That's much, much later for us in our pursuits. . . . It's enough right now to know that that one exists.