

ENERGY CONTRAST

Have you ever known the experience of the most ideal situation of a relaxed state of happiness, being shattered by an unpleasant incident or announcement?

A swing from happy to sad, freedom to confined, free expression to questioning, idyllic to uncomfortable!

What happens in those times?

Energy contrast.

Last week at our five day Self Mastery retreat we learnt how to stay fully awake and relax into the alpha, theta, delta brainwave patterns.

There were many times when we burst into the beta brainwave pattern, discussing points of interest, seeking clarification on the work we were engaging and moments of spontaneities, laughter, quick wittedness and the many discussions involved in savouring the fabulous food and times of life.

I was not alone in fancying another two or three days in the tranquillity and relaxation of the retreat dwelling, landscape and scenery.

Australia held their national elections on Saturday to determine which political party would govern the country for the next three years. Returning from our five day Self Mastery retreat it seemed that every cell of my body wished we had cast our votes prior to the retreat. I'll tell you why!

Have you ever known the joy of your cells smiling?

As we drove back to city life I was aware that every cell of my body and remembering had been touched by the influence of being reconnected to its deep inner joy and satisfaction.

Learning how to open the pathways from the constant doing and repeating of destructive behaviours and the rush of life; connecting to and awakening the knowledge of what actually happens within you that contributes to stress and patterns of behaviour that adds burden to your read more... personal, business and social relationships. And in that learning we moved energy from the racing and fast pace of life (beta brainwave patterns) to the gentle wisdom energy of the theta and delta brainwave patterns.

Beta: alert, analytical, methodical, questioning, debating, speechmaking

Alpha: relaxing, considering, reflecting, creating

Theta: creative, daydreaming, relaxed, meditative, access to cellular memory

Delta: dreamtime, ideal meditation state, access to stored behaviour patterns, behavioural change, rejuvenation

Deep Delta: dreamless sleep, cellular repair, restitution, rejuvenation

It is my personal experience that knowledge of brainwave states enhances a person's ability to make use of the specialized characteristics of those states: these include being mentally productive across a wide range of activities, such as being intensely focused, relaxed, creative and in restful sleep.

In going to the voting booth, I was clear on what I didn't want. I had a picture of the ideal. What was on offer was not available in any one faction. What to do, how to carefully place my vote, to be a thoughtful contributor to this nations future!

As I stood in line waiting for my opportunity to cast my vote I was aware of my responsibility. My responsible vote would make a difference. I went to my quiet place aware that it was in the beta brainwave pattern that my pen would mark the ballot paper. Every part of me was carefully considering, I wanted to be back in the tranquillity of the retreat. I took a deep breath, reflected on the week that was and now to the moment of decision and with a quiet prayer for sense and sensibility for the incoming people to govern this country – I went to my quiet place and cast my vote.

Has our time at the self Mastery retreat been wasted by this change of energy? No!

We return to day-to-day life with new skills that we can use for lifetimes of living and healing.

Wisdom is a gift.

Rather than having huge **energy swings** between the delta and beta, learn how to live more of each day across the four brainwave patterns of beta, alpha, theta and delta and you will find your decisions and life patterns are more conducive to better health, relationships, career and productivity.

Sylvia Marina ND

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