

Instructions as follows PRINT and READ in the EVENING For One week.

The brainwave frequency **between alpha and theta** is commonly referred to as the **alpha-theta border** or **hypnagogic state**, which typically ranges from **7 to 8 Hz**.

Here's a quick breakdown:

- **Theta waves:** 4 – 7 Hz (deep relaxation, meditation, creativity, access to the subconscious)
- **Alpha waves:** 8 – 12 Hz (relaxed alertness, light meditation, daydreaming)

So the **alpha-theta crossover** is around **7 to 8 Hz** — a powerful zone where you're deeply relaxed but still slightly aware. This is the **gateway to the subconscious mind** and a prime state for:

- Deep **creative insights**
- **Reprogramming beliefs**
- **Hypnosis and visualization**
- Accessing **intuitive downloads**
- Entering **flow states** or doing **quantum jumping**

It's also often reached just as you're drifting off to sleep or coming out of it — hence the term **hypnagogic** (falling asleep) or **hypnopompic** (waking up).

Here are some techniques to help you get into this state more often?

Awesome — tapping into the **alpha-theta border (7–8 Hz)** is *super powerful* for reprogramming your subconscious, manifesting, healing, and accessing creative insights. Here are a few **techniques** to help you drop into that state consistently:

1. Guided Meditation or Binaural Beats

- Use binaural beats or brainwave entrainment tracks tuned to **7 or 8 Hz**.
- You'll need **headphones** for binaural beats to work properly.
- Try apps like **Brain.fm**, **Insight Timer**, or **YouTube** (search “7.83 Hz Schumann Resonance” or “Alpha Theta Crossover”).

Tip: Do this lying down or sitting comfortably in a quiet space, eyes closed, slow breathing.

2. Breathwork + Counting Down

- **Box breathing** or **4-7-8 breathing** calms the mind and body fast.
- Combine with a **countdown** from 10 to 1 (like in self-hypnosis). As you count, imagine going down steps or an elevator, deeper and deeper into your subconscious.

3. Meditate When You're Naturally in This State

- Best times:
 - **Just after waking up**
 - **Right before falling asleep**
 - These are **natural alpha-theta windows**, so do affirmations, visualization, or autosuggestion at those times.

4. Record Your Own Voice

- Record your **affirmations**, **visualizations**, or **self-talk** in your voice (slow, calming tone).
- Play it softly during a relaxed state or right before bed.
- Your subconscious LOVES your own voice and absorbs it more easily in alpha-theta.

5. The Sway Test + Muscle Testing (Optional Enhancers)

- Use these techniques to fine-tune your affirmations so your body **agrees** with them (subconscious alignment).
- When you find affirmations that resonate, repeat them while in alpha-theta.

Bonus: “Quantum Zone Method” (try this)

1. Sit or lay down, slow your breath.
2. Play a 7.83 Hz tone or use silence.
3. Imagine stepping through a glowing door into your ideal future self.
4. See, feel, and act as if you’re already that version of you.
5. Anchor the feeling with a word or gesture (like touching your heart or saying “I’m aligned”).

Alpha-Theta Quantum Jump

Optional Setup:

- Use 7.83 Hz (Schumann Resonance) binaural beats with headphones - or sit in silence.
- Dim the lights. Sit or lie down comfortably. Eyes closed.

1. Relaxation Breath (1-2 min)

Breathe deeply:

- Inhale 4 seconds
- Hold 7 seconds
- Exhale 8 seconds

Repeat 3-5 times.

Affirm silently:

"I am calm. I am safe. I am open to transformation."

2. Countdown to Subconscious (1 min)

Visualize walking down 10 golden steps. Count slowly from 10 to 1.

With each step:

"I go deeper now. My subconscious is open and receptive."

3. Quantum Self-Connection (3-5 min)

Visualize your 7-figure/higher self in front of you - glowing, powerful, loving.

Ask:

- "What message do you have for me today?"
- "What action would you have me take?"

Feel your new life:

- Where you live, how you move, the money, the joy, the freedom.

Alpha-Theta Quantum Jump

Let it flood your body.

4. Affirm & Install (1-2 min)

Repeat silently or aloud:

- "I am successful. I am focused. I am magnetic to money."
- "Opportunities chase me. My life is a masterpiece."
- "Every day I wake up more powerful and aligned."

5. Anchor It (30 sec)

Tap your heart and affirm:

"This version of me is now my reality."

Open your eyes. Smile. Walk forward as your highest self.

Any Questions?

Find our Group on Skool. Think And Grow Rich ACTION Challenge or email me at [zix@mindspring](mailto:zix@mindspring.com) for a One on One.