



The Alpha Sequence

1

Step 1: Close your eyes

In this simple, deliberate step, external stimuli diminish. This naturally drops your mind into an alpha brainwave state.

2

Next, Step 2: Relax Your Jaw

And as you do, it naturally opens and drops slightly. This relaxed position signals comfort to your entire body.

3

Now, Step 3: Gradually Slow Down Your Breathing

Get into a comfortable, slow rhythm of breathing with a long exhalation. This [allows, invites] your body to relax even further, which then allows your mind to drift peacefully.

4

Next, Step 4: Relax The Back Of your Tongue

Liberate your tongue from the part of your mind preparing to speak. Imagine speech dissolving as the mind is freed to experience new and expansive thoughts, or no thoughts at all - perhaps silence, or stillness.

5

Now, Step 5: Drop Into Your Heart

Imagine dropping your consciousness into your heart, and as you breathe in, you begin breathing with your heart. Imagine every breath in, and every breath out, now going through the loving grace of the heart. So gentle, peaceful, and wise.

The Still
Point

Congratulations, you have reached The Still Point:

- a calm and focused mind,
- an open and receptive heart,
- and a relaxed and peaceful body.

The Alpha Sequence Patter



When you're ready, begin with **Step 1: Close your eyes**
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(continued)...As you continue breathing with your heart, bring your attention to a sense of spaciousness all around you.

And the more you notice this sense of space, the lighter you feel... and you begin dropping into an even deeper sense of calm....

And you notice how your body is settling....

Now gradually slow down your breathing even further so that it is gentle, soft, and complete.

You may start feeling like you're floating and drifting, it may feel as if you don't know where your body ends, and the rest of the world begins....

You begin feeling so at peace, so connected, it's as if you are blending with the surrounding environment...

Becoming one with everything...

You are connected, light, and free...

You have reached the still point,
a calm and focused mind,
an open and receptive heart,
and a relaxed and peaceful body.

Congratulations, and now you allow yourself to go even more deeply relaxed drifting, and floating down.... {wait....}

In a moment, I'm going to count from one to three.

When I get to three I'd like you to open your eyes and emerge from the Alpha Sequence,
Feeling connected, light, and free.

One... you are emerging from the Alpha Sequence, Filled with a sense of deep connection to all of existence.

Two... preparing to open your eyes,

And Three... opening your eyes, feeling connected, light and free.

Insight Generator...



What stands out to you right now, as being the biggest takeaway, or insight from this experience?

Why is this insight important to you?

What else changes now that you have this insight?

Who are you as a person, now that you've had this insight?

What's the next smallest step?

Next, add Meta Questions.

- Why do I have such great ideas for new projects?
- Why do things get easier and easier?
- Why am I able to find peace not matter what the circumstance?
- Why do my relationships continue to deepen?
- Why does my life's work become more and more fulfilling?
- Why are the things I need always right there to support me?