

Carla's newsletter for June 2009

Dear friends,

Well, it's been around four months since my last newsletter, but I think it contained enough information for a lifetime! I wonder if I gave too much in that newsletter? We live in a speeded-up environment, which can mean that we only have patience to take in a little bit at a time. We allow our minds to go into fast mode, in Beta Brain, to match up with all those fast images on TV, the number of emails we get bombarded with, or the many things we take on to do in daily life.

The trouble with the fast waves of Beta Brain is that it is not designed for a peaceful life. It is great for coping with short-term stress, but then it can become a burden *causing* stress. Mental break downs come after too much time in Beta Brain, and irritability and what is more, Beta Brain makes us *less intelligent*.

Living more peacefully in a fast age is only possible through conscious choice. Deciding to meditate for at least 15 minutes each day is a way to live more in Alpha Brain. As soon as we close our eyes and breathe more deeply than our normal rate, our brain waves calm down to Alpha. Further down, and we go into Theta. (Deep Theta and you go to sleep, unless you have been trained to stay awake, as in Theta Healing).

As soon as our brainwaves slow down, we feel more aligned to our inner selves. We instantly feel better! This inner self is in contact with its own divine wisdom. That is why we are more intelligent when we are more peaceful. Look at the world and what Beta Brain has produced! There is not much beauty but a lot of silliness and downright ugliness that comes from the fearful Beta Brain.

It follows that a good meditation practice is a valuable way to stay in touch with yourself the whole day long and enjoy the benefits of your finer feelings.

Meditation is extremely simple. It is not, to me, an attempt to stop thinking, but instead, to sit in a beam of Light. I sit in a circle of wonderfully beneficent Light. Light streams from above and pools around and below me, filling my brain and body and especially my heart. It has been said that the heart is the true brain, and I believe it's true. This heart-brain is available only in the state of peace. It seems to me that the head brain is truly secondary, a subsidiary and servant of the heart and not the main brain.

As I sit in the Light of Allowing, as I call it, I allow myself to receive. I allow concerns to vanish and be taken care of, I allow myself to *appreciate* being alive and being so happy, I allow myself to become aware of what I am called to do in my life, and I allow myself to send this Light out to others. And I keep breathing and being appreciative!

May this newsletter light up your day and your life!

Carla

Vitality
at any AGE!

www.carlavanraay.com

0415 09 4457

