

Free Download from <http://www.psychic-junkie.com/alpha-state-of-mind.html>

Here is a quick step by step script for accessing the alpha state of mind.

Locate yourself in a place you will not be disturbed. (Turn off phones and answer machines!)

Sit up straight in a comfortable position

Become aware that you are tense.

Say to yourself “Alert Mind, Calm Body”.

Smile, relax your face, relax your jaw, and sparkle inwards.

Inhale to the count of three, imagining air (in the seven colors of the rainbow) coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the colors. Exhale, letting jaw, tongue, shoulders go limp and feeling heaviness leave the body now.

Start with Red. Imagine the color red coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color red with every cell of the body absorbing the color red now.

Breathing slowly, deeply and rhythmically let the red become a mist all around you, slowly vaporizing away. Saying: “As I feel I am drifting towards the alpha state of mind now.”

Next, Imagine the color orange coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color orange with every cell of the body absorbing the color orange now.

Breathing slowly, deeply and rhythmically let the orange become a mist all around you, slowly vaporizing away. Saying: “As my brainwaves change to the alpha state of mind now.”

Next, Imagine the color yellow coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color yellow with every cell of the body absorbing the color yellow now.

Breathing slowly, deeply and rhythmically let the yellow become a mist all around you, slowly vaporizing away. Saying: “As I understand I’m nearly in the alpha state of mind now.”

Next, Imagine the color green coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color green with every cell of the body absorbing the color green now.

Breathing slowly, deeply and rhythmically let the green become a mist all around you, slowly vaporizing away. Saying: “As I love relaxing into the alpha state of mind now.”

Next, Imagine the color blue coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color blue with every cell of the body absorbing the color yellow now.

Breathing slowly, deeply and rhythmically let the blue become a mist all around you, slowly vaporizing away. Saying: “As I know I’m in the alpha state of mind now.”

Next, Imagine the color purple coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color purple with every cell of the body absorbing the color yellow now.

Breathing slowly, deeply and rhythmically let the purple become a mist all around you, slowly vaporizing away. Saying: “As I know I’m in the alpha state of mind now.”

Finally... Imagine the color indigo coming up from soles of feet, through legs, into your belly and stomach. Then imagine being filled completely by the color indigo with every cell of the body absorbing the color yellow now.

Breathing slowly, deeply and rhythmically let the indigo become a mist all around you, slowly vaporizing away. Saying: “As I am deeper in the alpha state of mind now.”

Staying relaxed, either continue in meditation and creative visualization, or while still listening to the [FREE Alpha Entrainment MP3](#), gently open your eyes and maintaining your alpha state of mind continue with the develop psychic ability exercises on the previous page.

When finished with the alpha meditation, open your eyes and stand up straight, stretch your arms out and up-wards. Then clap your hands together and say out loud “I’m wide awake, fully refreshed and feeling fantastic”.

**With compliments of ZorbaZiv the psychic coach from**

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