

Vibetracker.com

Raise Your Vibration

Masterclass

Video 33: How You Can Have the Effect of a 20 Minutes Meditation in Only 5 Minutes!

When you meditate, you want to reach a state where your brainwaves are in the Alpha state.

You always start your meditation in Beta state, and how long it takes to shift from Beta to Alpha depends on how good you are at sitting still, letting your mind go, and not listening to your inner chatterbox.

With a guided meditation, this is easier than when you guide yourself, and it usually takes between 5 and 10 minutes.

When you guide yourself and have a lot on your mind, it can even happen that you don't reach Alpha at all in 20 minutes. That can be very frustrating.

In Alpha state, the door to your subconscious is wide open. You are still conscious and, most importantly, focused, but you are not stressed and feel no tension. Your left and right brain hemispheres start to communicate with each other.

In contrast, when you are in Beta state, your thoughts are very ego-driven. You are constantly debating with yourself, making comments, overthinking, and feeling stressed.

That's not what you want during meditation. Meditation doesn't work well in this state.

You want to enter Alpha to get the real results.

And here's the thing... When you wake up in the morning and open your eyes, you naturally start in Alpha state.

Because you haven't had the chance to enter Beta yet. You haven't experienced stress. You haven't started overthinking.

So when you wake up and immediately meditate, you start directly in Alpha state and can skip the whole process of shifting from Beta to Alpha. This saves you about 5 to 10 minutes while still getting the same outcome from your meditation.

That's why I recommend meditating for at least 5 minutes right after waking up.

You stay in Alpha and can then, for example, write in your journal about all the amazing things you will do that day.

And you will see how incredible the start of your day becomes.

Thank you for watching this video, and I'll see you tomorrow in a new integration video.