



Power Transformations: Meditation Techniques for Increased Velocity and Higher Consciousness

James Arthur Ray

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Scientific research has proven the phenomenon of entrainment of the brain - in other words, that the brain, when subjected to pulsating sound, tends to synchronize with that sound and resonate at the same vibration. Zen masters practice for up to 20 years to access the "Theta" brain state (four cycles per second).

Using the breakthrough program, you can begin to access this state immediately and effortlessly. These altered states are the gateway to the mystical realms of out-of-body experiences, ESP, intuition, and direct communication with the Higher Conscious Mind. Meditation is the only process known to increase your level of consciousness and, eventually, bring you to enlightenment.

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