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## Alpha Entrainment

**My newest Reiki system. My second system that works with brain waves and frequencies etc.**

**This system helps you to more quickly and easily tune in & synchronize your brain waves to the Alpha range for healing and MANY other benefits.**

**Excerpt from URL:** <http://tinyurl.com/3736hog>

It was Dr. Herbert König, Schumann's successor at Munich University, who demonstrated a connection between Schumann Resonance and brain rhythms. König compared human EEG recordings with natural electromagnetic fields in the environment and found that the average frequency produced by Schumann vibrations coincided with the frequency of alpha rhythms—the brain frequency of the relaxed and creative mind. Moreover, König discovered that the dominant brain wave rhythm of all mammals in alpha or resting state is 7.83 Hz .

**DON'T use while driving etc.. ANYONE can call this in/use system. To attune others you DO need to be at least Reiki Master/Teacher Level.**

**Ideally when in Alpha:** Close your eyes and just relax. In Alpha you are matching the Earth's frequencies of 7.83Hz. This is very useful for healing in particular.

**To receive attunement:** Just relax and state “I am now ready to receive the Alpha Entrainment attunement sent to me by (Lynda Ward or Teachers Name)”.

**To activate:**

**In Person:** think or say “Alpha” about 3 times & you will both go into Alpha range.

**OR**

Think or say “(RECIPIENT) will now be in Alpha range for (15/20/25/30) minutes”

**Distance Healings:** think or say “(ALL THESE RECIPIENTS/RECIPIENT) will now, or at a more convenient time be in the Alpha range for (15/20/25/30) minutes”

**Self healings/Meditation:** think or say “Alpha” about 3 times. You will then be in Alpha range for duration of the self healing/meditation.

**To pass on attunement:** Use your own preferred method.