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Module 4 – Lesson 5: Rewiring The Physical Brain

When we understand that we cannot perceive what we're not the vibration of, that our beliefs create our reality and thus "believing is seeing", we can begin to see the importance of our beliefs – and the importance of changing any beliefs that don't create a positive reality.

This brings us to the idea of brain neuroplasticity: in this module we already touched upon the concept of rewiring the physical brain. We'll now look at the importance of it concerning extraterrestrial contact and the process of raising our frequency.

Our beliefs create our thoughts and emotions which create our energetic vibrational output which creates our reality. So the game is to only have beliefs that empower and uplift us and align with the idea of open contact with love/light oriented extraterrestrials.

During the earlier lessons we looked at, and experienced to some degree in the meditations, the idea of Infinity and Oneness. From this viewpoint we see how all beliefs are valid and true unto their own perspective. All truths are true and all perspectives are valid in an Infinite Universe. The only thing that's real is experience - our



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experience of reality is real but ultimately it's just a dream of our Infinite One Self.

The secret is to not hold on rigidly to any belief. The more we can see that our beliefs and perspectives are changing all the time, and that all beliefs and perspectives are true from their own perspective, and that perspective, (Infinite Perspectives) is all there is in creation.. The more we can enter into a space of Oneness, Paradox and Unity where we can begin to choose beliefs that serve us the most in the moment, aligned with our heart and our higher self's orientation towards Divine Perspective. Paradox being the idea of accepting two opposing views as valid. When we hold two ideas in our consciousness, judging neither, accepting both as valid, while to our physical mind they seem opposed and at odds with each other – in this space we enter the space of Infinite Intelligence where all truths are true.

One way we can begin to rewire the brain is by entering into these high states of consciousness again and again, where both hemispheres of the brain are balanced, in an apparent state of paradox accepting all truths as true, our chakras aligned and our mind peaceful. The more we stay in these states the more our brain enters into higher plasticity, our thoughts firing along the neural networks of our brain in new paths creating new uplifting and empowering thought patterns.



Other great ways to increase brain neuroplasticity are: Learning a new language, playing video games, singing, art, travelling. The more we connect with our creativity, the right hemisphere of the brain, and the infinite intelligence of our feminine consciousness, the more this will naturally begin to form new neural networks and beliefs in our physical minds.

Meditate before bed to ensure you get a good nights sleep, the brain needs rest to reset. Keep learning new things all the time, Tai Chi, dance, art, music, writing and reading fiction books, these are all great ways to increase plasticity. Exercise, cardio vascular particularly, gives increased oxygen to the brain. Make deep relaxation and meditation a part of your daily routine. Focus and strong desire to learn what you wish to learn also increases plasticity. Try new things every day, follow your heart, break free of repetitive patterns that no longer serve you!

In the next module we'll look at how we reprogram the subconscious mind using mantras and affirmations to create a contact oriented paradigm for ourselves and the future of Earth.

