

THE SECRETS OF ENERGY, FREQUENCY, & VIBRATION

... for Success, Health, & Wealth (Ver 1.0, PDF, 17 pp., 4.09 MB)



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"If you want to find the secrets of the Universe, think in terms of Energy, Frequency, & Vibration."

- Nikola Tesla

"When stimulated or "stepped up" to a high rate of vibrations, the Mind becomes receptive to the vibration of thought that reaches it from outside sources."

- The Mind & Vibrations, Napoleon Hill, Think & Grow Rich

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I. INTRODUCTION: Here's My Story

Hi! This is Coach Ave Ramel.

I've been one of the pioneers of Internet Marketing in the Philippines since 1999. I'm also a former Mentor-On-Wheel of Go Negosyo (Go Business).

Go Negosyo advocates for a change into Entrepreneurial MINDSET.

Your Money Wave & Neuroscience eCommunity was originally created for Entrepreneurs and Go Negosyo.

Since it is about Mindset, I have decided to focus on the Mind/Brain ... Neuroscience.

I practice daily affirmation and the Law of Attraction.

But came the "Energy, Frequency, & Vibration" Principle.

I followed the principles of Napoleon Hill (Think & Grow Rich), especially about higher rates of vibration from outside sources.

*** "When stimulated or "stepped up" to a high rate of vibrations, the Mind becomes receptive to the vibration of thought that reaches it from outside sources." - The Mind & Vibrations

I'm more into science that's why I also largely believed in Nikola Tesla.

*** "If you want to find the secrets of the Universe, think in terms of Energy, Frequency, & Vibration."

Nikola Tesla believed that by understanding and controlling frequency, i.e. sound energy, music, solfeggio frequencies, binaural beats, etc., we could harness immense power.

Lastly, in order to renew my Brain/Mind daily, I listen to St. Paul The Apostle's admonition.

*** "Finally, brothers and sisters,

whatever is true,
whatever is noble,
whatever is right,
whatever is pure,
whatever is lovely,
whatever is admirable.

If anything is excellent or praiseworthy, THINK about such things." - Philippians 4:8

We have to renew our Minds daily, internally and with external stimuli.

At the end of this PDF, I will introduce you to a secret Frequency that provides stimuli to a particular part of your brain that is responsible for ...

Money,
Success, &
Health.

Note:

You can find ALL the links to the different solfeggios & binaural beats at the end.

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## **II. THE SCIENCE OF THE MIND FOR SUCCESS, HEALTH, & WEALTH**

### **Basic Mind/Brain Principles**



### **Everything begins in the Mind.**

The phrase "everything begins in the mind" is a powerful reminder of the profound influence our thoughts have on our lives.

Here are some key points to consider:

*The Mind as a Creator:* Our minds can be likened to a powerful creative force. The thoughts we entertain can manifest into tangible realities. Positive thoughts can lead to positive outcomes, while negative thoughts can create self-fulfilling prophecies.

*The Law of Attraction:* This concept aligns with the idea that like attracts like. When we focus on positive thoughts and emotions, we attract positive experiences into our lives. Conversely, negative thoughts and emotions can manifest negative outcomes.

*The Power of Belief:* Our beliefs shape our reality. If we believe we can achieve something, we are more likely to take the necessary steps to make it happen. Conversely, if we believe we are incapable, we may limit our potential.

*The Importance of Mindset:* Our mindset plays a crucial role in our success or failure. A growth mindset, characterized by a belief in our ability to learn and improve, is associated with greater resilience and perseverance.

*The Role of Visualization:* Visualizing our desired outcomes can help us manifest them into reality. By creating mental images of our goals, we can program our minds to work towards achieving them.

In essence, "everything begins in the mind" emphasizes the importance of cultivating positive thoughts and beliefs.

By understanding the power of our minds, we can take control of our lives and create the reality we desire.

It suggests that our beliefs, attitudes, and perceptions shape our experiences and determine our actions.

## **What goes on in the Brain also affects the Body.**

### *How the Brain Controls the Body (Neuroscience)*

The brain is the command center of the body. It receives information from the senses, processes it, and sends signals to control various bodily functions.

Here's a breakdown of how this happens:

1. *Sensory Input:* Sensory receptors throughout the body (eyes, ears, skin, nose, taste buds) gather information from the environment. This information is converted into electrical signals and sent to the brain via the spinal cord.

2. *Processing Information*: The brain's cerebrum is responsible for higher-order functions like thought, emotion, and perception. It analyzes the sensory input, interprets it, and determines an appropriate response.

3. *Motor Output*: If a physical response is needed, the brain sends signals to the muscles via the spinal cord. These signals cause muscles to contract or relax, resulting in movement.

4. *Autonomic Functions*: The brain also controls involuntary functions like heart rate, breathing, digestion, and body temperature. This is primarily handled by the brainstem and hypothalamus.

**Key areas of the brain** involved in controlling bodily functions:

*Cerebrum*: Responsible for higher-order functions, including voluntary movement, thought, and emotion.

*Brainstem*: Controls basic life functions like breathing, heart rate, and blood pressure.

*Cerebellum*: Coordinates movement, balance, and posture.

*Hypothalamus*: Regulates essential bodily functions like hunger, thirst, body temperature, and sleep.

**Note:**

There is a secret frequency that stimulates a particular part of the brain involved in Money, Success, & Wealth. Proceed to the end of this PDF.

In essence, the brain acts as a complex network of interconnected neurons that receive, process, and transmit information to control every aspect of bodily function.

This intricate interplay allows us to interact with the world, maintain homeostasis, and carry out our daily activities.

**Your Mind can influence your DNA (The Science of Epigenetics).**

Epigenetics is a fascinating field of biology that explores how environmental factors and behaviors can influence gene activity without altering the underlying DNA sequence.

Essentially, it's like a switch that can turn genes "on" or "off," affecting how they function.

### *Key Concepts in Epigenetics:*

*Gene Expression:* This refers to the process of turning genes into proteins, which are the building blocks of cells.

*Epigenetic Modifications:* These are chemical changes that occur on DNA or the proteins that package DNA (histones). These modifications can influence gene expression.

*Environmental Factors:* Factors such as diet, stress, exposure to toxins, and even social interactions can influence epigenetic modifications.

### How Does Epigenetics Work?

*DNA Methylation:* One common epigenetic modification involves adding a methyl group to a specific DNA base (usually cytosine). This can prevent genes from being turned on.

*Histone Modifications:* Histones are proteins that package DNA. Adding or removing chemical groups to histones can affect how tightly DNA is wound, influencing gene accessibility.

### *Implications of Epigenetics:*

*Disease:* Epigenetic changes have been linked to various diseases, including cancer, diabetes, and neurodegenerative disorders.

*Inheritance:* Epigenetic modifications can be passed down from one generation to the next, suggesting that environmental factors experienced by one individual can influence the health of their offspring.

*Personalized Medicine:* Understanding epigenetics can help develop more targeted treatments for diseases, as it can reveal how an individual's environment and lifestyle affect their genetic predisposition.

In essence, epigenetics highlights the dynamic nature of gene expression and how our environment can shape our health and well-being.

## **Energy, Frequency, and Vibration**

Nikola Tesla, a visionary inventor, was deeply fascinated by the concept of energy, frequency, and vibration.

He believed that these fundamental forces were interconnected and could be harnessed to create a better world.

Here's a breakdown of his key ideas:

*Universal Energy:* Tesla believed in the existence of a universal energy source that permeates everything. He called it the "ether" or "cosmic energy."

*Frequency:* He understood that this energy could be manipulated through frequency, the rate of oscillation or vibration. He believed that by understanding and controlling frequency, we could harness immense power.

*Vibration:* Tesla saw vibration as the underlying principle of all matter and energy. He believed that by understanding and controlling vibration, we could create and manipulate matter.

Tesla's experiments and theories were often ahead of their time.

Tesla's ideas about energy, frequency, and vibration have influenced many subsequent scientific discoveries and inventions.

While some of his theories may seem speculative today, his legacy as a visionary continues to inspire scientists and engineers around the world.

## **The Mind & Vibrations**

In the time Hill wrote the book (1937) there was limited knowledge about the brain. Hill always tried to understand how the brain worked and how to get the most out of it.

The main message Napoleon Hill wants to explain in this chapter is that the subconscious mind gets accustomed to what its conscious half feeds it; especially when it comes to creativity.

Napoleon Hill argues that when we imagine something, our subconsciousness cannot differentiate whether the scene is an outcome of our imagination or an actual reality.

That's why we need to pay special attention to creativity whether in our real-life tasks or imaginary visualizations.

"When stimulated or 'stepped up' to a high rate of vibrations, the Mind becomes more receptive to the vibration of thought that reaches it through the ether from outside sources."

## Stimulating Your Brain with Energy, Frequency, Vibration

The concept is rooted in the understanding that our brains are electrical organs, and their activities can be influenced by external stimuli.

While scientific research is still ongoing, here are some methods that have shown promise:

### 1. *Brainwave Entrainment:*

**Binaural Beats:** These are auditory illusions created when two different tones are played, one in each ear. The difference in frequency between the tones can induce a specific brainwave state, such as alpha (relaxed) or beta (focused).

**Isochronic Tones:** These are single tones that pulse on and off at a specific frequency, designed to entrain brainwaves.

2. *Transcranial Magnetic Stimulation (TMS):* This non-invasive technique uses magnetic fields to stimulate specific areas of the brain. It has been used to treat conditions like depression and migraines.

3. *Electroencephalography (EEG) Biofeedback:* EEG measures brainwave activity. By learning to control these patterns, individuals can improve their focus, relaxation, and cognitive abilities.

4. *Neurofeedback:* Similar to EEG biofeedback, neurofeedback provides real-time feedback on brainwave activity, allowing individuals to train their brains to produce desired patterns.

5. *Meditation and Mindfulness:* While not directly involving external stimuli, these practices can significantly influence brainwave patterns and promote mental well-being.

6. *Sound Therapy:* Listening to specific sounds or music can induce relaxation, improve mood, and enhance cognitive function.

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Important Considerations:

Scientific Evidence: While these methods have shown promise, more research is needed to fully understand their effectiveness and potential risks.

Individual Response: Results may vary depending on the individual.

Professional Guidance: If considering any of these methods, consult with a healthcare professional or a qualified practitioner.

It's important to note that while these methods can be beneficial, they should not be seen as a substitute for professional medical treatment if needed.

Renew Your Mind

Renewing Your Mind: A Journey of Transformation

"Do not be conformed to this world, but be transformed by the Renewing of your Mind, that you may prove what is that good and acceptable and perfect will of God."

- Romans 12:2

How to Renew Your Mind Daily

"Easy! You just take away what is not You, and then, reject the patterns and routines that this World promotes as desirable."

Meditation and Mindfulness: Practice mindfulness techniques to become more aware of your thoughts and feelings, and to cultivate a sense of present-moment awareness.

Positive Affirmations: Repeat positive statements to yourself to reprogram your subconscious mind and replace negative thoughts with empowering beliefs.

Gratitude Journaling: Express gratitude for the blessings in your life to foster a positive mindset and cultivate a sense of abundance.

Limit Negative Influences: Minimize exposure to negative news, toxic relationships, and activities that contribute to stress and anxiety.

Seek Inspiration: Surround yourself with inspiring people, books, and media that uplift and motivate you.

Spend Time in Nature: Connect with nature to reduce stress, improve mood, and gain a sense of perspective.

Practice Self-Care: Prioritize activities that nourish your body, mind, and soul, such as exercise, healthy eating, and sufficient sleep.

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### **III. The Use of Tools: Sound & Music Therapies**

#### ***Sound Therapy***

Focus: Primarily uses sounds from nature or instruments to promote relaxation, stress reduction, and overall well-being.

Techniques: Often involves listening to specific sounds or frequencies, sometimes with the aid of binaural beats or tuning forks.

Goal: To create a calming and balancing environment for the listener.

#### ***Music Therapy***

Focus: Utilizes music as a therapeutic intervention to address a wide range of physical, emotional, and cognitive needs.

Techniques: Involves playing instruments, singing, composing music, or listening to music, often in a structured therapeutic setting.

Goal: To improve communication, physical function, emotional well-being, and cognitive skills.

#### ***Solfeggio Frequencies and Binaural Beats***

Solfeggio frequencies and binaural beats are both used to influence brainwave states, but they work in different ways:

- ***Solfeggio Frequencies***

*Direct frequency:* Solfeggio frequencies are specific numerical frequencies (e.g., 174 Hz, 285 Hz) that are believed to have healing properties.

*No auditory illusion:* There's no illusion or perception of a third tone involved.

*Direct stimulation:* It's thought that these frequencies directly resonate with the body's energy centers (chakras).

- ***Binaural Beats***

*Auditory illusion:* Binaural beats are created by playing two slightly different frequencies simultaneously, resulting in a perceived third tone.

*Brainwave entrainment:* The goal is to entrain the brain's waves to the frequency of the binaural beat, influencing mental and emotional states.

*Indirect stimulation:* Binaural beats don't directly target specific frequencies but rather use the brain's natural response to auditory stimuli.

In essence, Solfeggio frequencies are directly applied frequencies, while binaural beats are a method of indirectly influencing brainwave activity.

### ***Solfeggio Frequency***

Frequency C - 396 Hertz stimulates our root chakra allowing us to free ourselves from blockages, negative beliefs, and fears

Frequency D - 417 Hertz stimulates sacral chakra helps us to orient ourselves to make an important decision (family, love, financial)

Frequency E - 528 Hertz stimulates our solar plexus chakra, also called the miracle frequency and allows us to repair our DNA.

It offers mental clarity by increasing our level of awareness and guiding us to inner peace

Frequency Fa - 639 Hertz stimulates our heart chakra accelerates our neural connections and help us create a strong, emotional, and relational bonds

Frequency G - 741 Hertz stimulates our throat chakra awakens our intuition, encouraging self-expression and self-confidence

Frequency A - 852 Hertz sixth chakra of intuition and unconditional love

Enter into a trance and be ready to manifest abundance.

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The strongest Energy in the Universe is not Thought, Meditation, or even the Law of Attraction.

It's brain waves.

The Brain Waves

Neurons in your brain use electrical signals to create thoughts, emotions, and behaviors.

When neurons synchronize, this creates brain waves.

Brain waves can be measured by a technique called electroencephalography (EEG).

This technique involves electrodes put on the scalp to record electric signals.

Brain waves can range from low frequency to high amplitude and high frequency to low amplitude.

The brain waves create binaural beats. This leads to different mental states which affect the brain in different ways.

There are five different brain waves:

Delta: 1-4 Hz. Delta is the lowest frequency state, and it's linked to:

- Deep sleep
- Healing and pain relief
- Meditation
- Anti-aging: cortisol reduction/DHEA increase
- Access to the unconscious mind

Theta: 4-8 Hz. Theta binaural beats benefits include:

- Meditation
- Deep relaxation
- Creativity

Alpha: 8-14 Hz.

When you are in an alpha state of mind, your brain is focused and productive. Alpha brain waves help you to:

- Relax and focus
- Reduce Stress
- Maintain positive thinking
- Increase your learning capabilities
- Easily engage in activities and the environment because you are in a state of flow

Beta: 14-30 Hz. Beta is a higher frequency brainwave and helps in:

- Keeping your attention focused
- Analytical thinking and solving problems

Stimulating energy and action
High-level cognition

Gamma: 30-100 Hz. With a higher frequency than beta, these brain waves help in:

Increased cognitive enhancement
Attention to detail, helping in memory recall
A different way of thinking, which is a sign of creativity

Sometimes all you need is a new way to look at things

Meet the millionaires next door.

These Americans made millions out of nothing.

1. Work hard, be disciplined and don't give up, but be ready to adjust.
2. You can't have one client and be successful.
3. Balance is energy. Commit to only the important things, and use fear as energy to fuel your journey.
4. Try believing in yourself, just a little.
5. Keep slingin' till you catch a break, or, be lucky.
6. We are always trying to learn, always trying to surround ourselves with people who want to make the company better and us better.
7. Building wealth is easy, but it's not simple.

Hey!

Struggling with focus and productivity?

Are you missing out on your true potential?

Did you know that certain brainwave frequencies can enhance learning and memory?

What's the secret behind this simple 7-second brain trick that's taking the world by storm?

ABOUT MONEY WAVE



NASA found 98% of people are born with genius abilities.

But NASA found our modern way of life suppresses this "Money Wave" in us.

The Money Wave FIXES that fast, using proven soundwave technology.

Just kick back, listen to the special Money Wave audio 7 minutes a day and watch the success pour in. (We spent over \$30,000 on the product. You will surely love it.)

Achieve laser-like concentration and get more done in less time with this 7-second brain trick endorsed by NASA neuroscientists!

Don't let another day go by without experiencing the life-changing benefits of this 7-second brain trick.

Discover the new technology that can help you increase your brain power.

The Money Wave is the only Clickbank product endorsed by a former NASA Neuroscientist.

Discover why everyone is talking about it and how it can change your life in unexpected ways.

😊 => <https://bit.ly/MoneyWave1>



Sooo go click to the [Money Wave](#)

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 => <https://www.aredconsultlifestyle.com/Money-Wave/JohannSebastianBach.mp4>


DOWNLOAD ALL 9 SOLFEGGIOS (188 MB Filesize)

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BINAURAL BEATS

 Alpha (80.6 MB)


<https://www.aredconsultlifestyle.com/Money-Wave/BinauralBeat-AlphaBrainWaves-8-14Hz.mp4>

 Beta (80.6 MB)


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 Delta (90.4 MB)

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 Gamma (79.8 MB)

<https://www.aredconsultlifestyle.com/Money-Wave/BinauralBeat-GammaBrainWaves-30-100Hz.mp4>

 Theta (80.2 MB)

<https://www.aredconsultlifestyle.com/Money-Wave/BinauralBeat-ThetaBrainWaves-4-8Hz.mp4>

 A Special New Tech Frequency

=> <https://bit.ly/MoneyWave1>

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Make (a pattern of behavior or belief) standard or instinctive.

"It takes about three weeks for a new habit to be hardwired in your brain"


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Your journey begins.

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