

# Clear-Mind User Guide

## *Welcome...*

Welcome to Clear-Mind. We thank you for investing in what many people call the most transformational program they've ever used. Clear-Mind is both a meditation tool **and** a *consciousness enhancement* tool. In other words, it's both spiritual **and** practical in how you can use it in your everyday life.

The key to Clear-Mind is how it helps you **activate** and **expand** your Heartwaves. No other program helps you tap into the depth *or the expanse* of your Heartwaves like Clear-Mind. As you read on, you'll discover more about why your Heartwaves are so important and how you can tap into their Infinite power.

## **What are Heartwaves?**

Your Heart is your connection to the Infinite. In other words, God, Source, Creator energy. The moment you were conceived, a spark of life entered your body. That spark first appeared in your Heart. Long before you had a brainwave, ***you had a Heartwave.*** And the power hidden within each Heartwave is the source of life itself. This incredible source of energy within you is enough to heal any disease, clear any block and provide wisdom beyond the limits of the mind.

*Because the Heartwave is Life itself...*

## **How are Heartwaves different from brainwaves?**

When you were first conceived, something happened that happens only once in your lifetime occurs. When your Heart beat its first, beat, it sent a flow of blood - not to the body, ***but back to the Heart itself.*** This first replenishing beat is known as the Embryonic Heart beat. In that instant, the God Force that came into you **returned back to you** through the coronary arteries - ***well before you ever had a brainwave.***

Brainwaves are a measure of only what the brain does - and is considered by many leading researchers and cardiologist to be an old paradigm. If you picture the waves behind a boat as it travels forward - *brainwaves are the wake behind the boat.*

***But Heartwaves are like the wind that drives the boat - through even roughest waters.***

**Because your Heart is your core**

The Heartwave is the new frontier of consciousness (and healing) because it holds the key to the very essence of life itself. And when you use Clear-Mind, it helps you feel the nature of your Heartwaves so you can feel connected and experience clarity and inner peace within minutes.

**How to Use Clear-Mind For Meditation**

If you're new to meditation or even if you're an experienced user, you'll discover that Clear-Mind is a catalyst for tapping into the limitless power of your Heartwaves.

**Setting Your Intent**

As you begin to use Clear-Mind, all you really need to "do" is to set your intent. By intent, we mean a clear focus of what you want to experience. Some examples of intent in using Clear-Mind:

*I now experience inner peace*

*I now choose to let go of my mind*

*My intent is to observe my thoughts and feelings and feel free*

*My mind is now in the service of my Heart*

*I now choose to let go of anything that no longer serves me well*

*I am grateful for this moment*

*I honor my thoughts, feelings and energy*

These are just a few examples of "intent statements". Notice they are:

- 1) Stated in the present
- 2) Are clear in their intent (not "I want to get rid of..." statements, but positive and present)
- 3) Carry a simple energy of love

### **Q. How often should I use Clear-Mind?**

There is no set frequency of how often you should use Clear-Mind. But we recommend that you use it at least once a day (with headphones) to "tune in" and relax the mind. Trust your feelings in terms of how many times a day feels right for you.

### **How long should I use it?**

Each track lasts 30 minutes - and provides ample time to reach a deep meditative state. There are no set rules to the amount of time to use Clear-Mind - but even if you have only 10-15 minutes to meditate, that's better than no meditation at all. As Victor Davich says "*the only bad meditation is the one you never did*".

Gradually, as you practice Clear-Mind, you'll begin to step "out of time" and realize that 20-30 minutes passes almost with ease. You may feel like time stands still and problems literally disappear. We call these "Clear-Mind states".

A great time to use it is first thing in the morning - when your mind and energy system is open and rested. Before your mind takes on problems that aren't even necessary, you can activate the wisdom of your Heartwaves - and feel a sense of connection that stays with you throughout your day.

Some people use Clear-Mind several times a day

In their office

As "mini stress breaks" - mid morning

For energy in the afternoon

Remember, Clear-Mind isn't just for meditation - *it's a consciousness tool*. In other words, it acts as a clarity tool that you can use anytime to calm the mind, make better decisions, tap into your creativity and inner guidance and much more.

### **Q. What's the best time to use Clear-Mind?**

**1) Morning** - The best way to start your day is a simple 10-20 minute session with Clear-Mind. Because how you begin your day is the way your entire day will go. When your mind is calm and clear, your energy field is aligned and centered.

Remember, *its not the amount of time* you meditate that counts, **its the intent that you feel during your mediation**. In other words, if your intent is to avoid a problem, you will actually increase its strength. If you however, "shift your intent" to make peace with how you feel and **embrace** your feelings like you would a little child, you will feel peace beyond what the mind understands. This peace carries forward into your day with a feeling of centeredness, connection and fulfillment.

**2) Afternoon** - You can use Clear-Mind (Track 2 - Calming the Mind) as a "Stress Break" as well as a creativity booster. Many Clear-Mind users play Clear-Mind throughout their day in their office to stimulate their creativity as well as help center themselves so they can make better, clearer decisions.

**3) Before bed** - Imagine right as you close your eyes before you go to sleep at night that you feel like you're about to go on vacation to a beautiful island or place in nature. As you drift off to sleep, you feel the calming waves of Clear-Mind almost like a lullaby - as it guides you into deep restful sleep.

### **The Key**

*One moment of peace is enough.* The core of meditation is not about getting more of anything (peace included). **It's about letting go of identifying with the mind** and letting all thoughts, feelings and impulses flow in and out with each breath without judging them (or yourself).

### **Becoming The Observer**

As you meditate with Clear-Mind, breathe deeply and allow yourself to "become the observer". In other words, rise above your thoughts and feelings and know that they are not you. *They're just impulses of energy that no longer define you.* As you breathe and observe whatever moves in and out of your awareness, you begin to get a feel for the stillness - the "space between the notes" - and the peace that lies within you.

Remember, the "Restless Mind" sees and believes in duality and limitations. It is the single greatest cause of stress in our lives. But when you use Clear-Mind, your mind begins to slow down and your Heart opens. As this shift from mind to Heart occurs, **your brainpower actually expands**, because it realizes that it can't handle all the daily stressors.

**But the Heart can...**

And to clarify - when we speak of the heart, **we mean the Spiritual/energetic Heart**, not the physical organ itself. Your Heart is your core - your center. It's the place within your body that first registered life. Your Heart beat its first beat before you ever had a brainwave. And in between each beat is something beyond description. It's your Heartwave. In this space between each beat is the Infinite - where God resides - within you. It cannot be found outside of you - it can only be found within.

**Q. What are the difference between the two tracks? Are there different benefits of usage? Or does it matter which track I use?**

Full details of each track are in the audio trainings in the Resource Center.

==> <http://www.dreamsalive.com/clearmind/resources.php>

**Track 1** is called Calming The Mind and is meant to be used when you're first beginning to meditate or for light meditations.

**Track 2** is called Entering the Heart Field and is meant for deeper meditations and tapping into the power of your Heartwaves.

Track 2 allows the Heart to open - and creates a state of presence and unconditional love. In this state you can heal past issues, open up your creativity and allow your Higher Self to be your guide

The key to Track 2 - Entering the Heart Field is that it helps you experience the feeling of your Heartwaves. Not as an idea or concept, but the experience. In other words, beyond the filters of the mind and its limits.

Your Heartwaves are your core and as you experience this feeling of your Heartwaves, something magical begins to happen. Problems fade. Your mind and body relax. Your Heart has the chance to speak and maybe for the first time in years, you feel the sheer Divine level of love and inner peace your heart holds for you.

*And that my friend is a blessing...*

**Q. Is it Ok to use Clear-Mind while I'm at work?**

Yes, in fact many Clear-Mind owners use it at work.

One lady who has had Clear-Mind for years uses it before she ever begins her work day. She's the owner of a major marketing company in Idaho and she closes her door when she first arrives in the morning. She then turns on Clear-Mind and allows herself to feel the "oasis of calm" in her Heart. She made an inner agreement to do Clear-Mind daily and she has kept that commitment to herself for over 5 years.

Her company has grown dramatically (over 100% since using Clear-Mind) and more importantly, she feels connected and centered even after the 2008 recession and the stresses of running a million dollar company.

**Q. I use another program for my brainwaves, can I use Clear-Mind and the other brainwave program at the same time?**

We often hear this question and you always have free will. But consider this carefully. Brainwave based programs generate a very different signal and are intended only for your brain. If your Heart is the deepest part of you, why limit yourself to something that's intended for only part of you? By using Clear-Mind, you get the best of both worlds:

1) You experience the calming of the mind (a **major** key)

*and*

2) You feel the deep connection to your Core - Your Essence

**Clear-Mind Quick Start Guide**

**Before you begin...**

Before you begin to use Clear-Mind, find a comfortable place to sit or lie down. Make sure you're using headphones because Clear-Mind is designed to work with each *specific* side of the brain. You will not receive the full benefits without headphones.

### **1. Breathe slowly and deeply**

As you place your headphones on and begin Track 1 (Calming the Mind) , take 3 - 4 slow, deep, cleansing breaths... breathing in to a count of 4... pausing to a count of four... and breathing out to count of four.

### **2. Set your intention for your meditation session**

i.e. "I want to relax" or "I want to let go of this problem" or "I'd like to get some creative solutions to a problem"

### **3. Allow...**

Allow yourself this time to just ***be***, to let your mind go and let your body relax. As you breathe deeply, you'll begin to re-connect with your body and your feelings. If uncomfortable feelings begin to come up, just *breathe into them*, and allow yourself to notice them, there's no need to "figure them out."

### **4. Become The "Observer"**

If stray thoughts come in, just take a deep breath and slowly breathe out, noticing how it ***feels*** to breathe and *be in the moment, simply observe your thoughts and feelings.*

### **5. Let go and just "Be"**

You don't have to "do" anything, just let Clear-Mind play, and let your mind go... and slip into the "silence" between your thoughts.

## **How often should I use Clear-Mind?**

Use Clear-Mind Track 1 (Calming The Mind) for the first 21 days, after you've gotten used to Track 1, you can go right to Track 2 (Opening The Heart Field) when you want to experience deeper meditations.

**Morning** Use Track 1 for the first 21 days for minimum 20 minutes—this will allow you to begin your day with clarity and focus and a Clear-Mind

**Daily** Use Track 1 as a stress break or way to "re-set" your brain (also stimulates creative thinking)

**Evening** Before you go to sleep, use Track 2

### **The Importance Of Deep Breathing**

*Your breath is your Spirit*— It's vitally important to be aware of your breathing. Become conscious of your breathing and take breaks throughout your day and slowly breathe in and breathe out, this will calm your mind and body and revitalize your entire energy system.

### **PMP Process - (Present Moment Process)**

(see Clear-Mind Resource Center for Audio and PDF)

1. While playing Track 1 (Calming the Mind), think of a problem that seems to bother you...
- 2. How do you feel when you think of this problem?** Take a deep breath and allow yourself to fully feel the feeling when you think of this problem
3. Close your eyes, and take a deep breath...
4. Ask yourself *"Can I accept myself now, even if this problem doesn't go away?"*
5. Take deep breath and ask "How do I feel right now—in this moment?"

*May you be blessed with Stillness and Inner Peace*

*Paul Bauer and the team at Dreams Alive*