

## How to Practice Brain Wave Vibration

There are many methods for stimulating the natural calming and healing powers of our brain stem. What follows below is the simplest and most convenient form of Brain Wave Vibration.

### The Head Shaking Method

- Sit in a chair with your arms resting comfortably on your lap or by your side. Do not lean your back against the chair, but keep your back straight.
- Close your eyes and breathe comfortably, relaxing your body completely.
- Begin gently shaking your head from side to side. Breathe fully, inhaling through the nose and exhaling through the mouth.
- Focus your awareness on the center of your brain- the brain stem. This point is located where your head pivots left and right.
- Visualize your brain stem and entire brain lighting up as you go deeper and deeper into the shaking motion. Your head may go up and down or follow the shape of an infinity symbol as you go deeper into the motion.
- After 5 minutes, slowly return to external awareness, stop shaking, keep your eyes closed and focus on breathing fully.

NOTE: It is helpful to use rhythmic music to assist in brain wave vibration. Explore different kinds of instrumentals such as drumming or fast paced beats.

Experts tell us that it takes at least 21 days to create a new habit because of the time required for new neural connections to form in the brain. Practice Brain Wave Vibration for five minutes daily for 21 days and journal insights and awakenings. Brain Wave Vibration is a great way to re-boot your brain!

### About the Author



*Wendy spent over twenty years as a General Manager in the high-tech outsourcing, professional services and human resource industries. Her passion and the key to her success has been an unfailing commitment to unleash the power of the human spirit inside organizations. In 2003 she opened her own yoga and healing center north of Boston, and began a journey of integrating her business talents with that of eastern healing and spiritual disciplines. In 2009 she sold her business to two of her veteran students and became the General Manager of CGI Holistic Fitness in Closter, NJ which offers both individual and corporate wellness, yoga and healing programs. She adapted many of these principles from the teachings of Ilchi Lee. Please visit [www.cgiholisticfitness.com](http://www.cgiholisticfitness.com) or [Ilchi.com](http://Ilchi.com) for more information.*