

9. Process To Access Altered States of Consciousness

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What is the Best Way for Me to Access Altered States of Consciousness to Accelerate My Evolution?

- **Process**

Indeed Beautiful One, here You have Learned of The Brain and Brain Waves, have You Not? You have Learned that:

- **When You're In The Beta Brain Waves You are Fully Conscious.**
- **When You are In The Alpha Brain Waves You are Somewhat Conscious But Unconscious.**
- **When You are In The Theta Brain Waves You have Left the Conscious World.**
- **When You're In Altered States of Consciousness, and When You Use Them, the Next Level is Theta To Delta, You are In The Divine Consciousness.**
- **To Yourself then Realize when You Sit In Your Meditation, it is Your Opportunity to Let Go and Relax the Mind.**
- **Let the Brain Waves Move into what You call the Altered States of Mind and In Your Relaxed State You are The Receiver, You are Allowing. Then You will Access Your Altered States By Doing that. Remember You Do Know a Phrase it's called "Be Still and Know I AM"**

Thank You Malachi.