

**FROM HYPER-MASCULINITY
TO BE MORE RECEPTIVE,
CREATIVE & CONNECTED.**



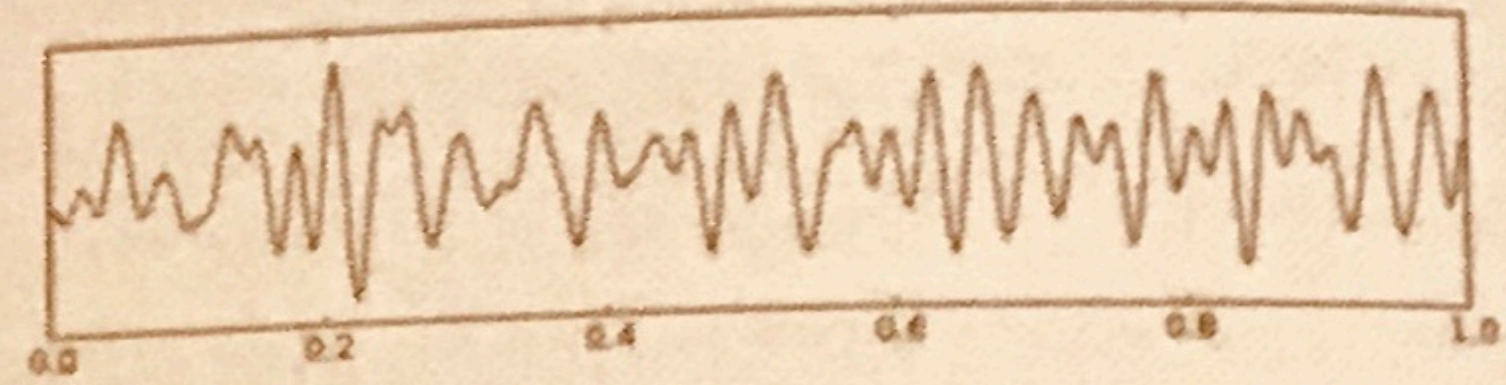
Let's look at our brain-wave state

When we change gears and access other brain-wave states, we slow down into a more relaxed orderly, systemised pattern of brain waves

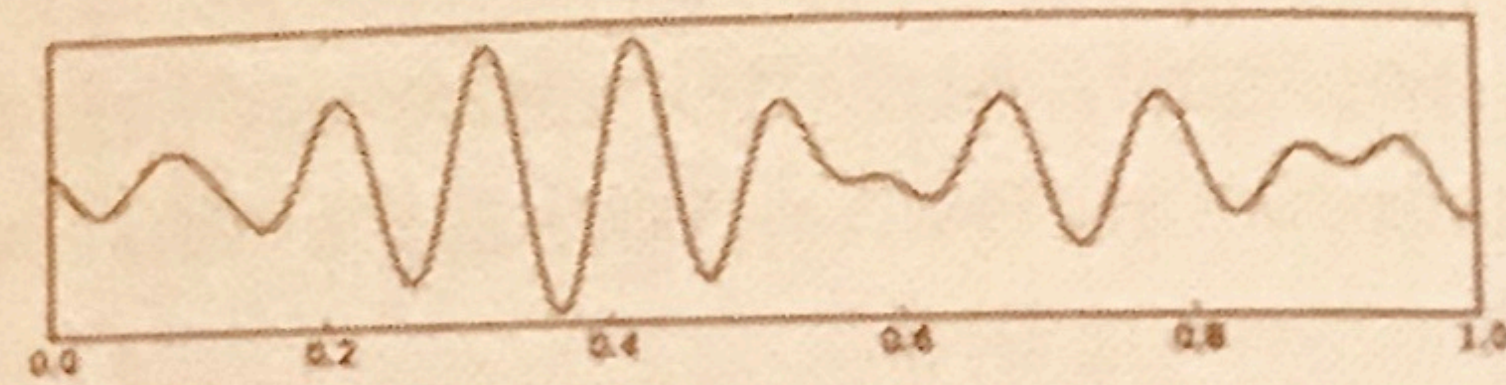


BRAIN WAVES

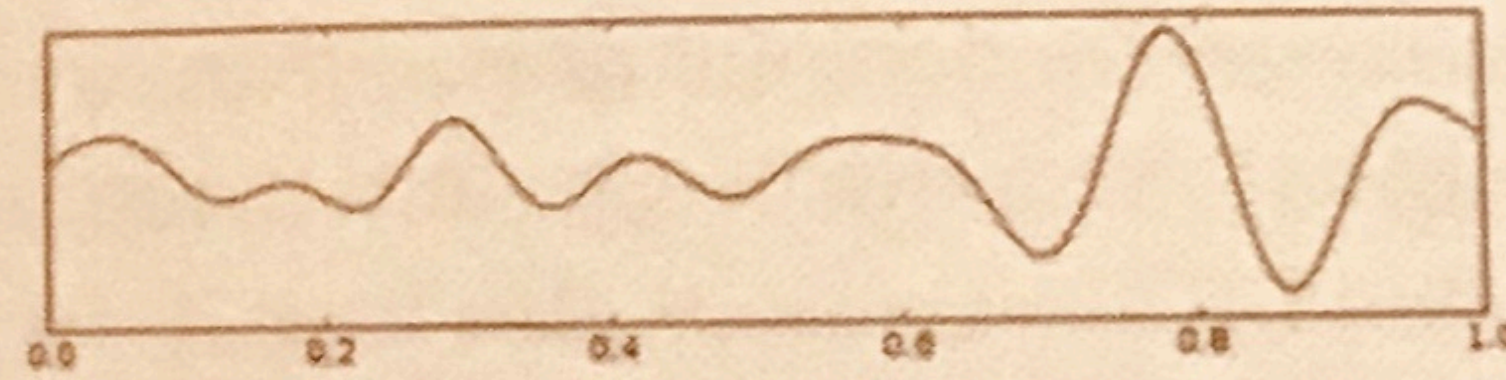
BETA



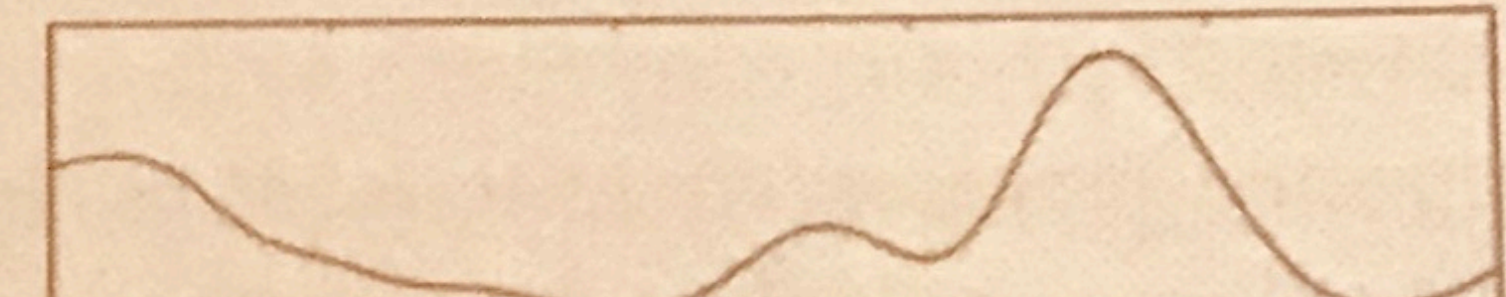
ALPHA



THETA



DELTA



When you are in High beta, you are probably focusing on too much and it is hard to stop. It is not a state to solve a problem, or even heal.



**Sustained high beta
makes it hard to focus
on our inner self.
When we are stuck in
high beta it is hard to
learn.**



**Mid-range beta is produced during focused attention on sustained external stimuli.
Learning is a good example.**





Low-Range beta is defined as relaxed, interested attention on the external environment



Alpha
When you close your eyes,
like in meditation, 80%
of your sensory information
derives from sight.
You purposefully go inward.
You relax.
You think & analyse less.

The truth is, the problems you're so busy analysing can't be resolved within the emotion you are analysing them in.

Why not? Your analysis is creating higher and higher frequencies of beta. Your brain is not in creative mode

It is fixated on survival.



**Thinking in this mode
causes
your brain to overreact;
You reason poorly
and think without clarity.**

SURVIVAL EMOTIONS

Selfish



INNER WORK FIRST

When we feel stressed, overwhelmed or impatient it is reflected in our outer world.

We usually try to fix our outside world as best as we can to create more flow or ease.

But it is not about fixing our environment; it is about ,fixing‘, adjusting our inner state of being, our inner world FIRST to meet a different outer world.



**YOUR ENVIRONMENT IS AN
EXTENSION OF YOUR MIND**

**The difficulty is that we are so conditioned
and used to staying busy
on the outside that it has become a habit.**

**Over time, if we do not take time to calm down,
we run on empty.**

**THE REASON WHY WE LEARN
TO BECOME AWARE, MEDITATE &
TAKE ME-TIME.**

BE GENTLE WITH YOURSELF

