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3/31/2010

TEN Minute Mind Gym - TEN Minutes of Ease Total Energy Now!

TEN Minute Mind Gym is a ten minute music application embedded with positive suggestions to get you through the challenge of the first 10 minutes of your workout.

This is a program designed with sound, positive messaging and intent to put you in a state of mind that moves you easily through the first 10 minutes of your workout. Varied sounds and music enable receptive brainwave states (Alpha and Beta) allowing positive conscious and subliminal

messaging to fulfill your intention with ease. Sound and Music, Receptive Brainwave States, Conscious/ Subliminal Messaging with the Intention to Succeed are the foundation of this program.

You know cardio is good for your heart, good for your body, but kicking into gear those first 10 minutes are often a struggle. Not anymore! You'll be amazed at how much you'll enjoy cardio with this enhanced workout music. This brief TEN minute program packs a powerful rhythmic punch bridging the gap from reluctance and clock watching to connecting with your power and motivation! It can be used for running, jogging, treadmill, elliptical, stair-stepper, whatever cardio exercise you choose.

As the music gradually accelerates, you'll achieve new speeds and levels of endurance. Positive

suggestions at the conscious and subconscious level are woven into the music to transform your workout into a truly transcendent experience. Before you know it beta-endorphin levels are increased and you're in the zone amazed 10 minutes have quickly passed! You're feeling good on your way to an excellent workout.

We begin by putting you into an Alpha state (8-13 HZ). The Alpha state is a pleasurable and relaxed state of consciousness. Alpha is associated with inward awareness, tranquil but non-drowsy state, and body-mind communication. Alpha waves instill a sense of mild euphoria, calm your body and counteract the negative effects of stress. Alpha is also the home of the frequency known as the Schuman Resonance 7.83 Hz, the resonant frequency of the earth's electromagnetic field. Tune

into Mother Earth!

Once in the relaxed state of Alpha your mind is receptive to suggestions, these suggestions will guide you throughout the listening session. From Alpha you'll transition into the state of Beta (13-40HZ). In Beta you are wide-awake, alert. Your mind is sharp, focused. It makes connections quickly, easily, and you're primed to do a workout that requires your full attention. In the Beta state, neurons fire abundantly, in rapid succession, helping you achieve peak performance. New ideas flash like lightning into your mind, ideas supported by positive conscious and subliminal content.

You will also experience the sound of the human heartbeat beginning at the average resting heartbeat rate of 70 BPM (Beats Per Minute-4200 HZ)

increasing to 125 BPM (7500 HZ), the increased heartbeat sound will help entrain your heartbeat (increasing it to match the sound) leading you into the beta state. Don't worry your heartbeat will adjust to your own exercise pace.

A Subliminal Message is a message embedded in another medium, designed to pass below the normal limits of the human mind's perception... In other words: you don't know the message is there, but you will act upon it. The subliminal messages in this program will evoke relaxation, motivation and stop procrastination.

The last and most important is the Power of Intention, you must always set your intention for the action you want to receive. To understand positive intention, you must understand the connection

between the mind and body, as well as the law of attraction. The body actually has a physical (chemical/hormonal) reaction to the thoughts we think both positive and negative. We attract what we think, if we think "I'm dreading this workout, I don't want to do this, I'm tired" ect. then the result will be lack of physical energy, but positive intentions will work to increase adrenaline, moving your energy in a motivating direction. Everything is composed of energy - biological, chemical, spiritual and although you can't see or feel it, our intentional thoughts emit energy. Energy follows thought, thought produces feelings, feelings drive action!

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