

The Principles of Brain Wave Vibration

Health, happiness and peace come naturally
with the recovery of normal brain waves.

Everything we do is done with our brain. The content of human life is formed in the brain, and all the problems of life are brain-related issues. Through Brain Education, anyone can practice effective use of their brain, develop their latent potential, and raise the level of their consciousness to have a more peaceful brain.

Let's examine Brain Education, a practice that enhances one's quality of life. What does it mean to improve the quality of your life? I think it means living a healthier, happier, and more peaceful life. Wouldn't you agree? Everyone wants health, happiness, and peace. These three values are truly important in our lives.

Among the different ways to improve the quality of your life, I'd like to address the matter of natural healing power. All life forms have an ability and tendency to return to a normal state of health of their own accord. I believe that exercising an innate, natural healing power is a function possessed by our brain. If everyone's brain recovers the power to return what is abnormal to a normal state, then everyone can be healthy, happy, and peaceful.

Then, how can you recover your brain's natural healing power and enhance it? This is an essential part of Brain Education, which I'd like to share with you.

If you accumulate a lot of emotional energy, you become tense and suppressed, right? But your brain actually much prefers to be free. Life is supposed to be free and natural.

But a lot of people squash the freedom out of their lives with their stress. Then it's only natural to feel frustrated.

Repressing and suppressing your emotions weakens the life functions carried out by your brain stem. This also has a detrimental effect on your natural healing ability, and explains why over 85% of modern people suffer from stress-related problems.

Then how can you rejuvenate the physiological function of the brain stem? There are many methods, but the most powerful one among them is to bring your consciousness directly inside your brain stem. The brain stem is the part of your brain that governs the physiological functions most basic for your life. Your bio-energy, or "life energy," comes alive when you go inside your brain stem. Life energy produces normal brain waves. When your normal brain waves are stronger than your abnormal ones, your entire brain will resonate with normal brain waves. This is the essence of Brain Education. I express this principle as "Turning on the light in your brain stem."

Brain exercises, Jung Choong Breathing, Dahnmu and Dahnmudo are commonly practiced in Dahn Centers as ways to revive the bio-energy of the brain stem. They are all effective methods for activating life energy in the brain stem.

*What happens when you activate the life energy in your brain stem? When the life energy of the brain stem fills the entire body, that accumulated energy creates vitality in your body. In the next step, your heart opens and you become happy. Just as water overflows from a bowl that's full, when your heart is brimming with happiness, you naturally want to share it with others. You become motivated by *Hongik*, your instinctive desire to be helpful to many others, as it awakens within you. It is this method of Brain Education that enables people to achieve real differences in themselves and their lives through internal change. This is the principle of Jungchoong, kijang, shinmyeong (abundance of physical energy, mature power of mind, brightness of spirit).*

Allow me to introduce a way to bring vitality to your brain by stimulating the brain in simple ways throughout your daily life. This would be Jangsaeng Walking. In Jangsaeng Walking, you stimulate the yongchon points in the balls of your feet as you walk. Just by walking with this method, by changing your habit of walking, your body will produce a surplus of energy. You'll find yourself with increased vitality, an open heart, and a boundless source of confidence.

The level of your energy waves is determined by the information that you choose.

Generally, people are more likely to feel good when receiving positive information, such as love or gratitude, as opposed to negative information, such as anger or hatred. With some careful attention, it is not hard to notice that your body actually produces different physical responses to the information you encounter. Then it is only natural for your brain waves to reflect your condition, so the information that you choose really matters.

Depending on the information that you choose, you can create normal waves or abnormal waves. But where in your body is that information? It's in your brain. *The level of information in your brain determines whether you will produce a majority of normal waves or abnormal waves. The information in your brain is quite important. In Brain Education, you learn the technique of changing the information in your brain.*

Different energy waves carry different information. When energy waves are conveyed, the information is conveyed with them. *If your brain continues to resonate with normal waves, what kind of information is communicated to your body? Your brain sends information commanding the production of normal waves, as if to say "make everything normal."*

On the other hand, what kind of information would be communicated if your brain resonated with abnormal waves? Abnormal information would be communicated. Wouldn't you agree, then, upon the significance of energy? The management of energy and the management of information are truly important.

According to mechanical physics, when waves gather, they increase in intensity and then become matter. When you receive good information and produce normal waves, the cells in your body also become healthier.

However, when negative information is carried through an increased number of abnormal brain waves, the cells in the body also become unhealthy. Body and mind are inseparable. When the mind is unhealthy, the body also becomes unhealthy. Brain Education heals both the body and mind at the same time.

Because our brain waves are energy waves, the principles of resonance apply. Energy wavelengths that share the same frequency resonate with each other. Let's say there's a very angry person. You can almost see the smoke coming out of his ears. If you situate yourself next to him, after a while there's a good chance that you might feel angry, too. That's because your brain waves have resonance. Information and energy are communicated as a result of that resonance. And in every moment of each day, we have a countless number of thoughts and emotions. But similar wavelengths tend to attract each other. So, someone who is often angry will attract that kind of energy, and what do you think will happen then? More irritating, anger-inducing events will come to that person. What happens if you smile? You'd probably continue to have more to smile about. Another important law of energy is the Law of Synchronicity. Our brain waves tend to follow stronger energy waves. The energy field of your surroundings is bigger than your own. That's why our brain waves are affected by the energy field around us.

Even if your brain waves are very normal waves and you feel motivated and happy, if your family's energy field or waves are at a lower level, what do you think would happen? They would probably pull you right along with them. Then it becomes hard to maintain your own normal brain waves. Then, what should you do? You have to change your family's energy waves into healthy waves for your own health as well. And beyond that? We have to change the energy waves of our communities. *Because the system of*

values that currently controls our society is not composed of peaceful information, many abnormal waves are formed. The presence of so many abnormal waves in our society makes it difficult for individuals to sustain peace in their hearts. That is because the energy becomes synchronized, and it is for this reason that we can say that to help the collective group ultimately is to help oneself.

The human brain produces electrical waves through constant activity, and those waves are brain waves. We have a traditional method of JungChoong, Kijang, Shinmyeong to restore brain waves to normal waves. But there is a much easier method. *It is far more direct and effective, and involves creating resonance between your brain waves and normal waves, which is called Brain Wave Vibration.*

We have very pure bio-energy, called Chunjikiun. You share the same mind and heart with the universe. This is expressed as infinitely pure love, called Chunjimaem. The energy that comes from Chunjimaem, an energy that comes from the essence of human beings, is Chunjikiun. If you vibrate your brain waves with this Chunjikiun, your entire brain produces normal brain waves.

It's very easy for your thoughts, emotions, and life phenomena to become separated in your everyday life. You may experience this as though you are "falling apart." But when the neo-cortex, limbic system, and brain stem all resonate as one through the very pure waves of Chunjikiun, you can experience brain integration. When your brain is integrated, instead of using just 5% of your brain potential, you can use the other 95% as well. That means your Brain Operating System, or BOS, is activated.

I have defined three Laws of BOS as follows:

First, if you choose it, it happens.

Second, good news makes a good brain.

Third, wake up and pay attention.

The power to actualize your choices can be demonstrated only when your brain is integrated. But it doesn't happen at the level of thought, in your neo-cortex. If you imagine something clearly during brain wave vibration, what you imagine is transferred to reality. Brain Wave Vibration significantly enhances your brain's ability to recover a normal, healthy state; your natural healing ability; your ability to control your emotions; your ability to observe yourself; and your creativity. *Brain Wave Vibration is the most direct and effective method for restoring your brain to a normal, healthy state.*

Your body contains your nervous system. The central nervous system is comprised of the brain and spinal cord; and this central nervous system is connected with the peripheral nervous system. There is also the autonomic nervous system that governs and regulates physiological activity, such as the function of your organs, without your conscious thought or effort.

When your brain waves vibrate, the information of normal waves is communicated to your entire body through this nervous system. At that moment, all the cells start adapting to the normal waves.

As I've shared, Brain Wave Vibration significantly enhances your natural healing power. So, naturally, you become healthy.

Second, when you provide yourself with good news, you produce good hormones. Wouldn't you agree that good news is something everybody wants? But sometimes it doesn't always happen that way. Why is that? When you're driving, you have to go into neutral gear when shifting from first gear to second, and third. You can't go straight from first gear to second without passing through neutral.

Let's say someone's really angry. If she just keeps saying, "I feel peaceful, I am at peace," is she really going to feel peaceful? It doesn't really work that way, does it?

Because her brain waves are already resonant with the vibrations of anger, it's hard for her to feel peaceful. Then what do you do? The first thing is to bring your brain into neutral gear. In other words, you need to bring your brain waves to a normal state before you can input positive information. If you provide your brain with good news when it's in a normal-wave state, then your brain can naturally become more positive. This is the technique of entering the information of your choice into your brain. Brain Wave Vibration is truly amazing.

Next, the power to change your habits. When you maintain an abnormal state for sustained periods of time, your brain perceives the abnormal as being normal. Then the function of recovering a normal state will not be activated. You lose your sense what's normal. That's why, if you've become long accustomed to a bad habit, your brain develops the strength to hold on to the habit. It is because of this ability to hold onto regular habits that our resolutions rarely last more than three days. It's hard to change a habit of a lifetime simply with your thoughts. But what happens when you experience 21 days of normal waves? Then your brain realizes, "Oh, so *this* is normal," and develops a sense for recognizing it. This is how you sensitize your brain.

That is why we have this change-a-habit/miracle-making training. You practice vibration training every day, walk with Jangsaeng Walking... and if you're engaged in the training for 21 days, you can change your constitution.

We are all influenced by our collective energy waves--in every moment. So if we do not have collective peace, if there are too many abnormal waves, it becomes hard for individuals to maintain normal waves. The excess of abnormal waves is caused by the collective consciousness of humanity. It is caused by information. So no matter how much we change the systems we use; unless we change the human consciousness, the energy waves won't change; and if we don't change the energy waves, people will not change their minds. Then it also becomes hard to be healthy.

So, the first thing is to change the collective consciousness. And the way to change the collective consciousness? Energy waves! We have to change the energy waves to normal waves. We need to start with making our bodies healthy and opening our hearts, and then we can carry out this work of creating normal energy waves in the world.

This energy is stronger with two people than with one, and with three than with two. It becomes stronger as more people gather. This creates an energy field. When a lot of people with the same purpose come together, it creates a powerful energy field, wouldn't you agree? When an energy field of normal waves is formed, it protects the people who are inside of it. An energy field that protects normal waves from abnormal waves is formed. It also becomes a power that can change the abnormal waves in the world to normal ones. Energy needs to gather to gain intensity. This is what lends meaning to our 21 day change-a-habit/miracle-making training event.

If you think about it, the world is a struggle between peaceful information and violent information, normal waves and abnormal waves. Are you going to side with the normal waves or the abnormal waves?

This is akin to asking the question, "Will you engage in healing, or killing?" The more people choose healing and normal waves, the more humanity will come alive. And as a result, the Earth will become more peaceful.

Let's all make an effort together to recover normal waves. And let's invite more people to resonate with these normal waves. Let's all create a world where it isn't just individuals who are happy, but where we can all be happy together.

For more information, please visit www.ilchilee.com.