

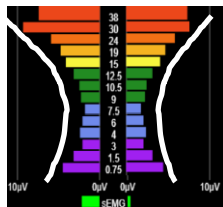
# Summary Report

Karen

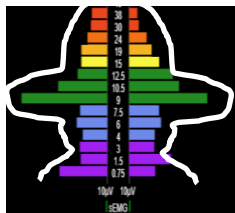
The Mind Mirror Training for Mediums – Module 1: 13-14 June 2020

## THEORY REMINDER

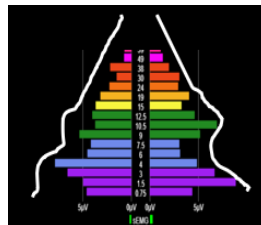
### Reminder of How Patterns Look Like:



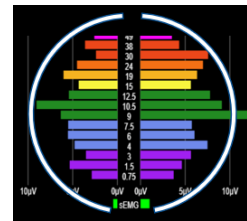
Ordinary Mind



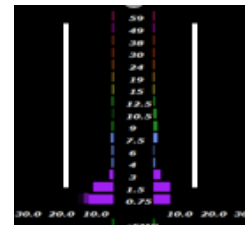
Awakened Mind  
(Flow)



Channelling  
(Trance)



Evolved Mind  
(Oneness)



Out-of-Body

### Reminder of How Brainwaves Categories Look Like:



Beta



Alpha



Theta



Delta



Gamma

You may also watch this video presentation to refresh your knowledge:

<https://youtu.be/oSfIXhsaK1E>

## GENERAL COMMENTS

<p><b>The Mind Mirror Portal Link</b> Click the link to see your sessions folder</p>	<p><a href="#">Your folder link</a> Your pw: 6TT7W186</p> <p>Abbreviations you might want to know: AM – Awakened Mind, EM-Evolved Mind, MP – Meditation Pattern, GS – Gamma Synchrony, BR – Beta Reduction, DE – Delta Expansion, AS – Alpha Synchrony, AT – Alpha/Theta</p>
<p><b>Amplitude</b> How strong (or loud) and how stable your brainwaves are</p>	<ul style="list-style-type: none"> <li>7-12 microvolts</li> <li>Your amplitude is quite stable, Delta would be the only one most common to grow and move.</li> </ul>
<p><b>Favourite Patterns &amp; Training Level(s)</b></p>	<ul style="list-style-type: none"> <li>Awakened Mind (Flow): max TL5- 97% for Day 1 Experiment w music, 96% for Recover from stress and The Bubble</li> </ul>

<p>In what patterns are most common to you, i.e. you spend there most of the time?</p>	<ul style="list-style-type: none"> <li>You spend a lot of time in Evolved Mind (Oneness) pattern or best connection with the creative source: max TL6-85% for Day 2 Recover from stress</li> <li>Beta Reduction (BR) or Best Mind Quietening: max TL5 – 97% Recover from stress &amp; The Bubble</li> <li>Delta Expansion or best Delta connection with the field: Max TL5 – 98% Day 1 Experiment w music</li> </ul> <p>These are very high levels and scores!!!</p>
<p><b>Brainwave Categories</b> General comments on how your categories behave and what might need to be improved</p>	<p>Beta:</p> <ul style="list-style-type: none"> <li>Though at times you show Gamma and Gamma usually makes its carriers to shoot more Beta, you seem to have no problem at quietening both Beta and Gamma.</li> </ul> <p>Alpha:</p> <ul style="list-style-type: none"> <li>Easily can open and sustain Alpha</li> <li>Alpha is very active, often changes its amplitudes</li> <li>Can do Alpha with eyes open</li> </ul> <p>Theta:</p> <ul style="list-style-type: none"> <li>Easily opens Theta, no problem going deeper in subconscious.</li> <li>You show much more Theta than average. It is almost equal to highest Alpha band. Because of this your pattern often approximates circular Evolved Mind (Oneness).</li> </ul> <p>Delta:</p> <ul style="list-style-type: none"> <li>No problem opening Delta, you have a lot of Delta at times with eyes open but during the experiments and exercises you do not open it very often or as often as some others too.</li> </ul> <p>Gamma:</p> <ul style="list-style-type: none"> <li>You do have some Gamma but it does not affect your Beta scores and is very well-trained, so-to-say.</li> </ul>
<p><b>Deepest Meditation (s)</b> Meditation or exercises where you had the most profound experience, i.e. showed stronger Theta and Delta</p>	<ul style="list-style-type: none"> <li>Day 1 Experiment w music (clearly, you know what you are doing!)</li> <li>Day 2. Recover from stress</li> </ul>
<p><b>Landmarks</b> Landmarks are important symbols to you or signposts that may help you to navigate in your inner world, helping to deepen your meditation experience</p>	<p>To achieve relaxation and go deeper, remember:</p> <ul style="list-style-type: none"> <li>Relax your tongue (for reducing Beta)</li> <li>Your symbol for inner peace or centre (opening Theta)</li> <li>Diffused external and internal awareness. In your case, it seems that during diffused external awareness with eyes open you generate a lot of Delta.</li> </ul>
<p><b>Home task / Next steps</b> What you can do in the meanwhile to improve your brainwaves performance</p>	<p>Not sure that you need any hometasks. I can only see that building more awareness around how different states feel like and how to manage different brainwave categories will serve its good. If you feel like another relaxing and quietening exercise, you may try this <b>by Jose Silva</b> <a href="#">Steps to Awareness</a></p>

# SUMMARY PATTERNS

## Day 1 – Summary Patterns

Brain Profile-Eyes Open	Brain Profile – Eyes Closed	Exp w music
This is your signature pattern (baseline) w eyes open.	This is your signature pattern (baseline) w eyes closed. See bigger amplitude/volume up to 12mv and less Beta+Theta+Delta in relation to Alpha	This is your average pattern during experiment w music

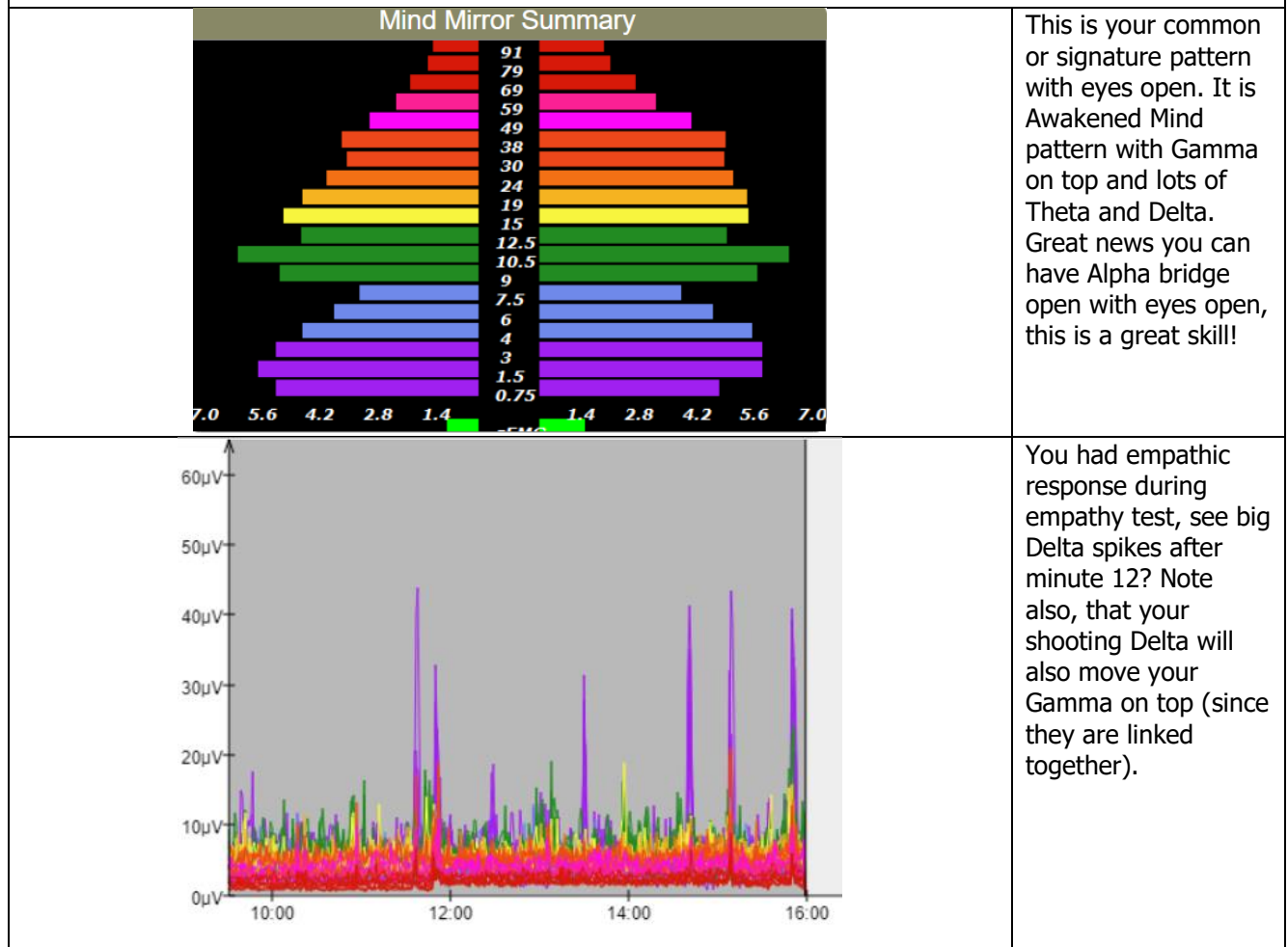
## Day 2 – Summary Patterns

Recover from Stress	Exp w Distraction	The Bubble
See quieter pattern down to 8mv. Quietest Beta ever.	See more Theta and esp. Delta	Quietest Beta ever.

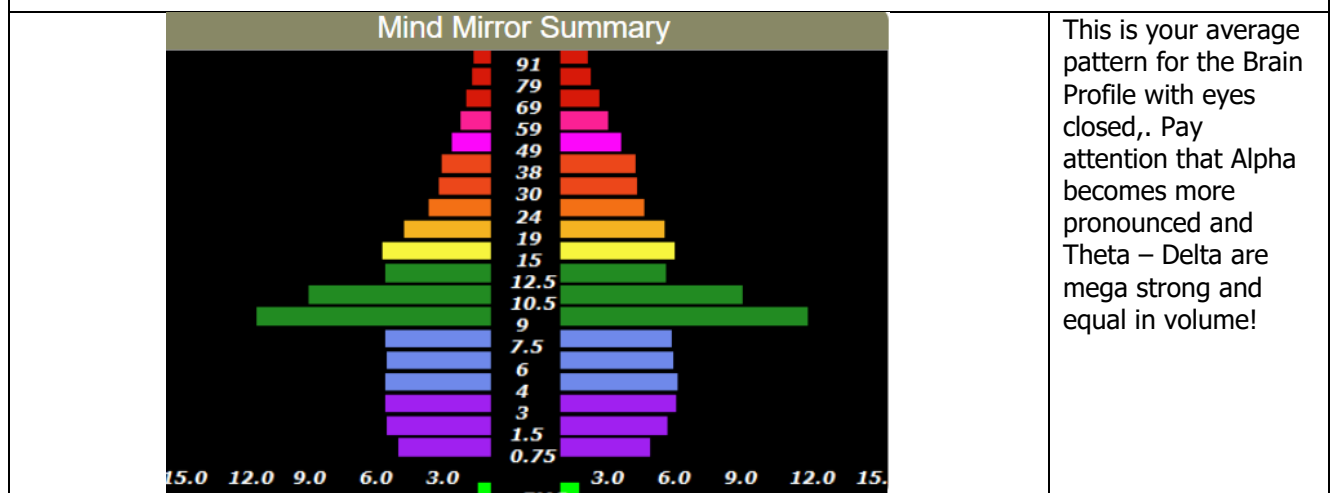
Table Tapping
See busy Gamma talking head?

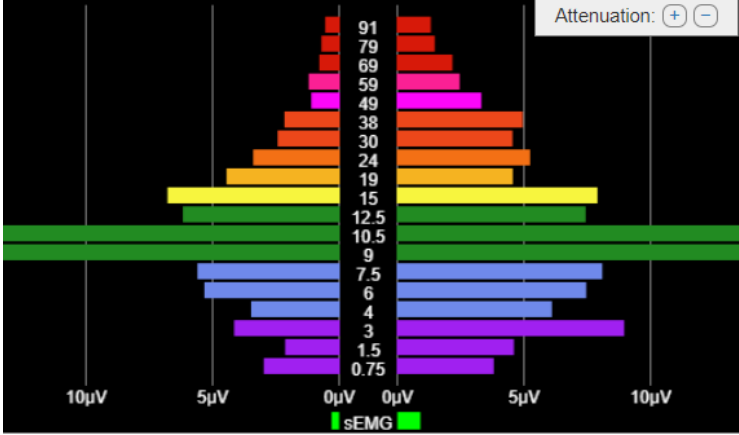
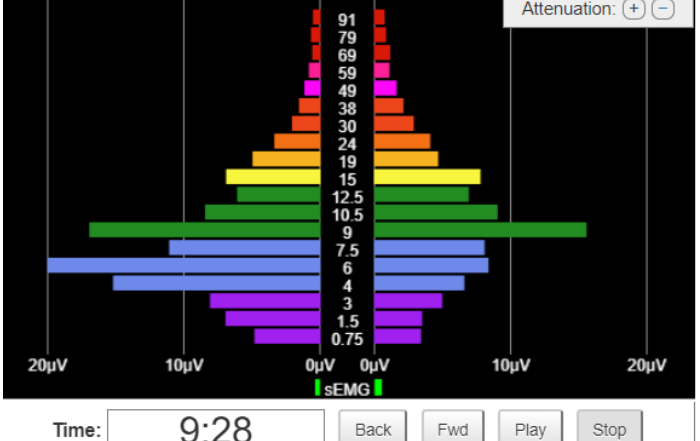
## INTERESTING MOMENTS

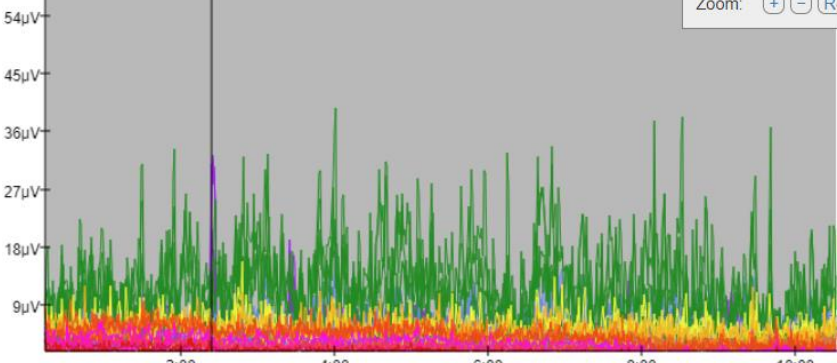
### Day 1. Brain Profile – Eyes Open

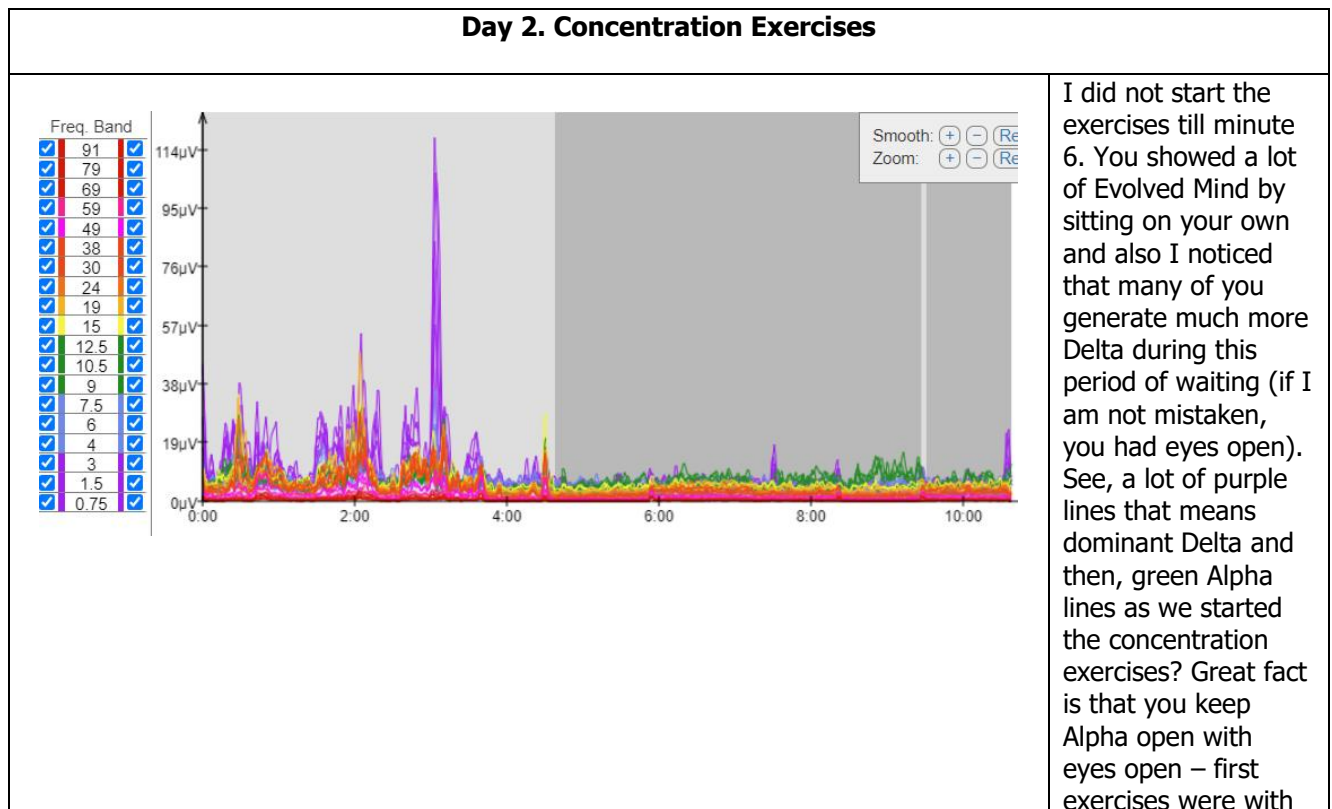
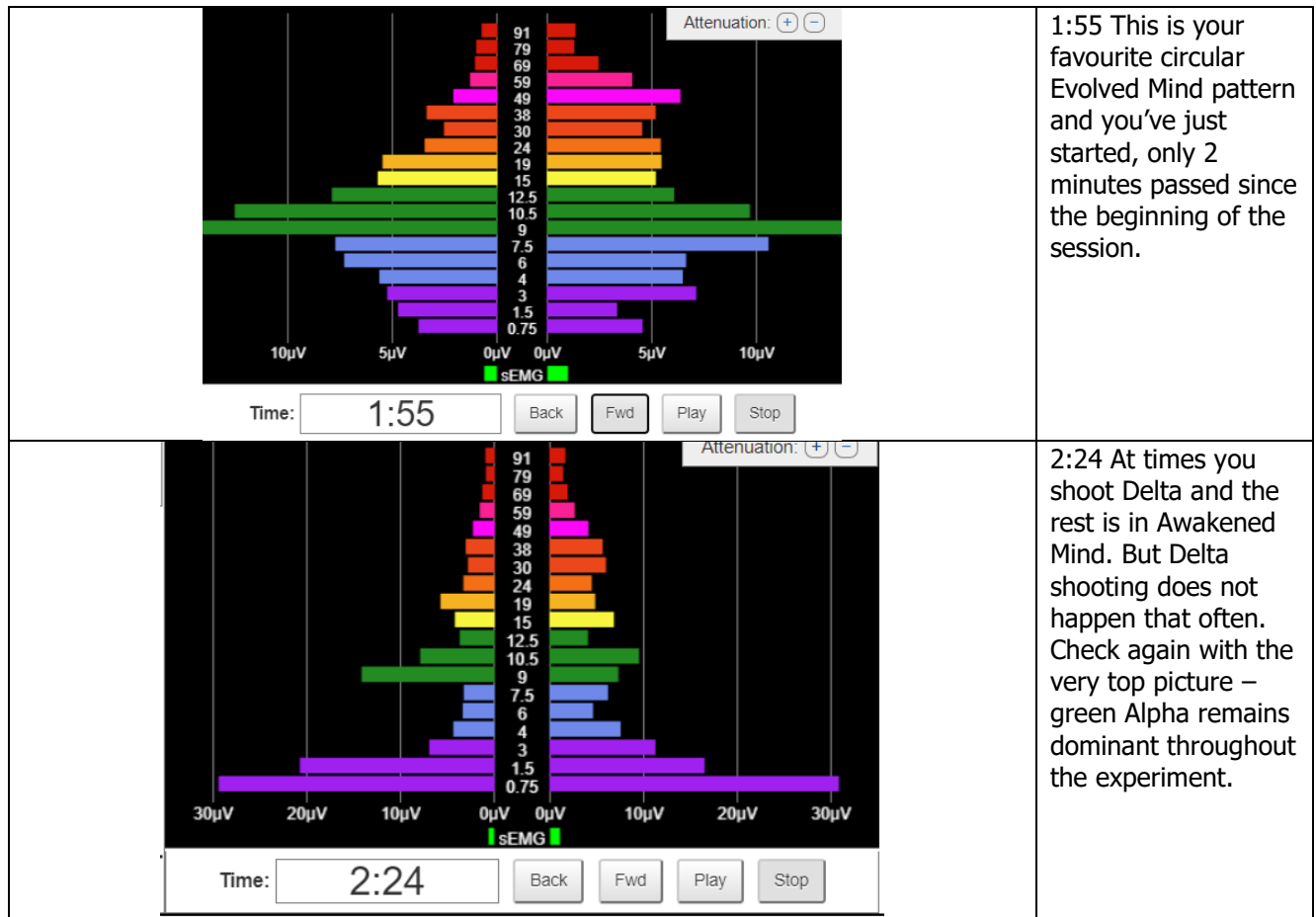


### Day 1. Brain Profile – Eyes Closed

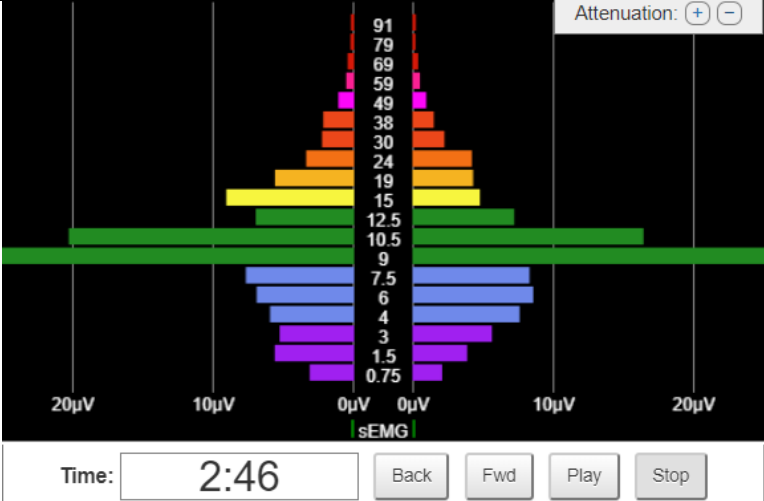


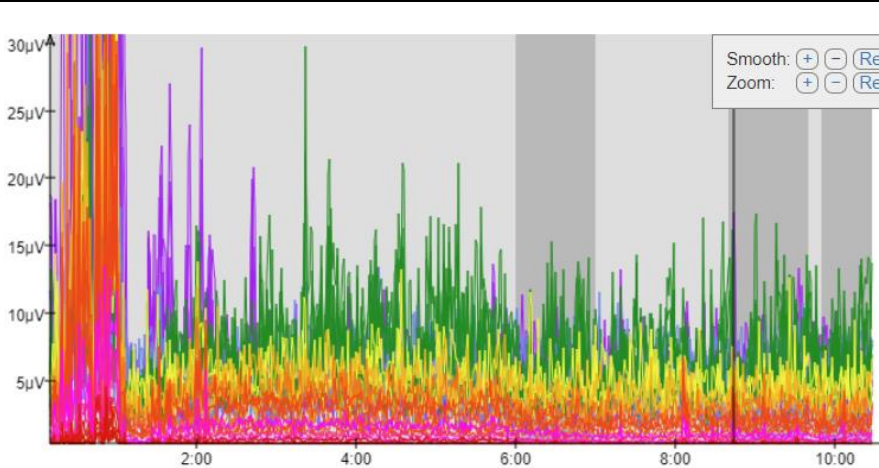
	<p>0:40 – We just started the Brain Profile with eyes closed and before even we do anything, in 40 seconds you are in your ‘sweat spot’ or our Evolved Mind (Oneness/Unity) pattern.</p>
	<p>9:28 – This is the end of relaxation when we first arrived to the place of stillness, serenity and peace, just before I ask you to meditate on your own. Look, your Theta becomes bigger than Alpha. This is the deepest moment in the whole session of Brain Profile with eyes closed.</p>

Day 1. Experiment 1 with music	
	<p>You very quickly go into Awakened Mind and into your favourite circular Evolved Mind pattern, this is where you spend most of the time.</p>



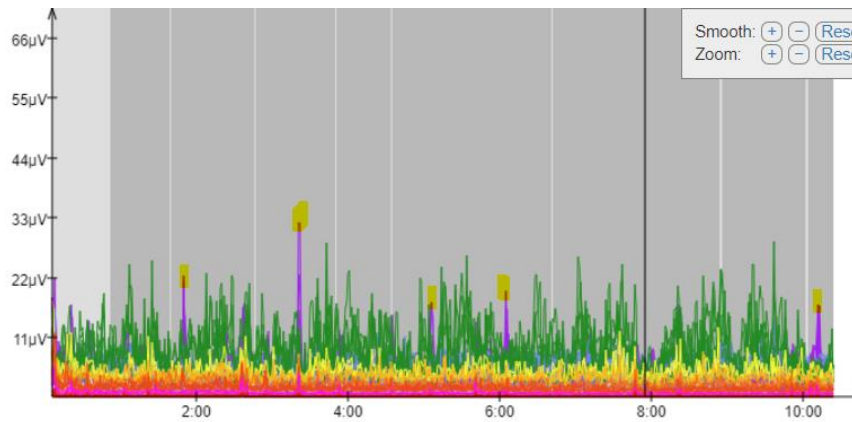
	eyes open. You can also see Alpha getting stronger when you close your eyes for the exercises after minute 8.
--	---

<p><b>Day 2. Recover from stress</b>  <b>Best Awakened Mind score (TL5 – 96%)</b>  <b>Best Evolved Mind score (TL6 – 85%)</b>  <b>Best Beta Reduction score (TL5 – 97%)</b></p>	
	<p>2:46 Nothing new, most of the time you were sitting in your favourite circular Evolved Mind pattern or Awakened Mind with a lot of Theta-Delta.</p>

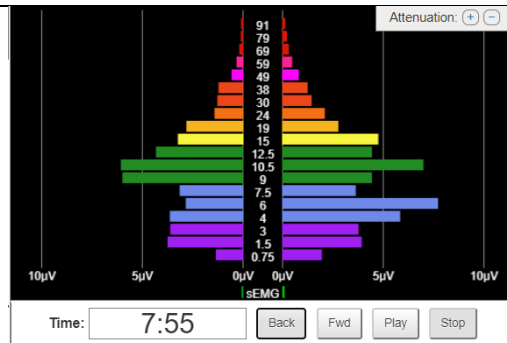
<p><b>Day 2. Experiment w Distraction</b></p>	
	<p>You were in the same favourite circular Evolved Mind pattern or Awakened Mind with a lot of Theta-Delta. You did not loose your Alpha at all, it remained dominant. See green lines throughout the session.</p>



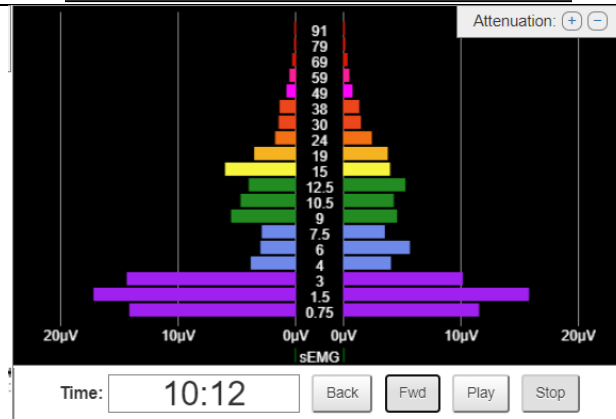
**Day 2. The Bubble**  
**Best Awakened Mind score (TL5 – 96%)**  
**Best Beta Reduction score (TL5 – 97%)**



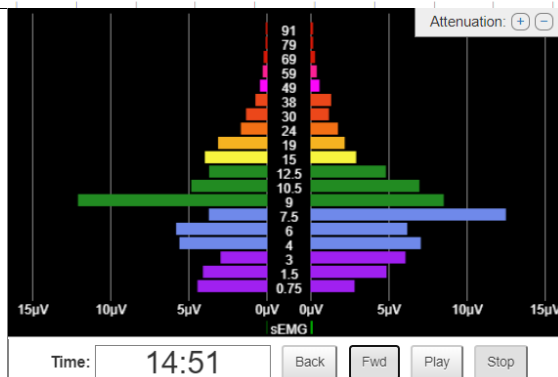
Every time you were asked to go level deeper (from Cons to Subcons to Uncons and then, let one person in and another in, loved ones in you shoot some Delta... I marked this Delta shoots with the yellow marker. Surprisingly, after 1<sup>st</sup> and 2<sup>nd</sup> person in, we do not see any Delta peaks when you were asked to let them in. As far as I remember, they were already in as you 'sucked everyone in' with the second one 😊  
 My overall comment is, you are a perfect subject for experiment! 😊



7:55 Interesting moment: after you let everyone in the group into your bubble and were asked to sit in Group Cons, your volume (=amplitude) dropped to very quite (within 5 microvolts) into your favourite circular Evolved Mind. You may also see the whole session timed display above around minute 8.



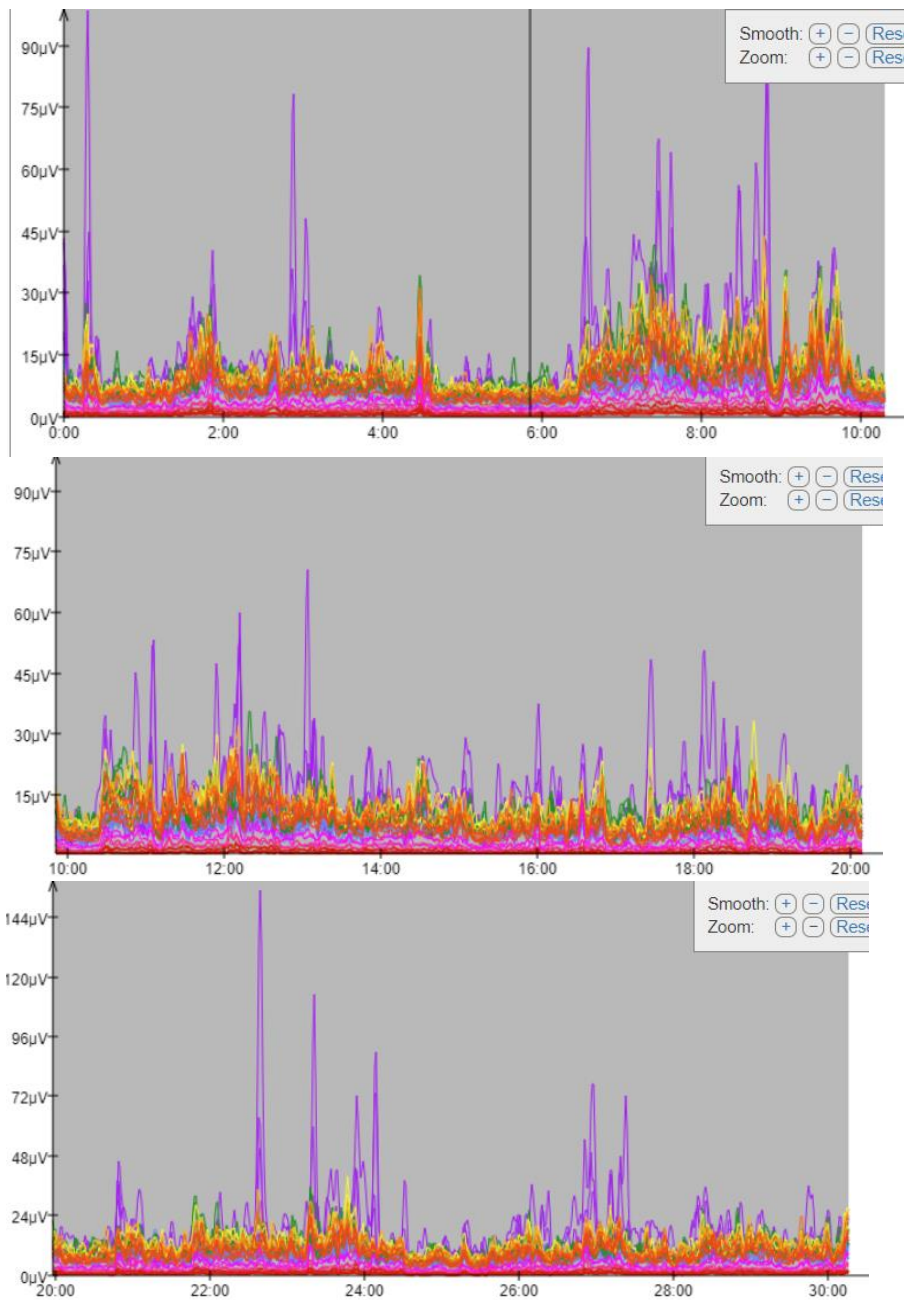
10:12. This is one of the lowest deepest moments for the whole Bubble meditation, around where you were asked to let loved ones in.



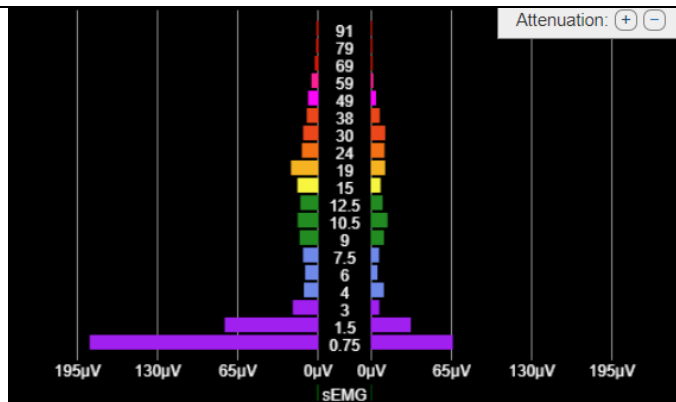
14:51 When you were asked to meditation on your experience, your Theta was growing bigger and bigger and at times it was exceeded Alpha (or crossing over Alpha). This is what we say 'when magic' happens and you receive insights and unknown becomes known. You will show quite a few patterns with Theta larger than Alpha in this segment.



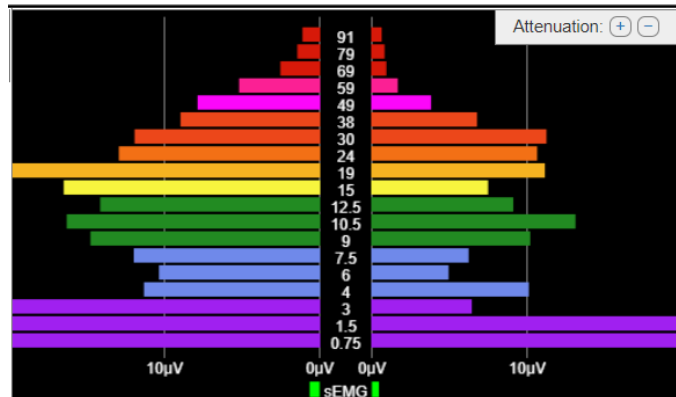
## Day 2. Experiment w Table Tapping



In the beginning you showed a lot of activity 'in the head' – Beta and even Gamma. This is normal for people talking. This also means, you were losing your Alpha bridge. Then, you can see a lot of active purple Delta, getting bigger and bigger (75, 90, even 180 microvolts – much bigger than in normal sessions) with maximum Delta peak after minute 22.



Time: 22:39 [Back] [Fwd] [Play] [Stop]



Time: 22:39 [Back] [Fwd] [Play] [Stop]

22:39 This is the largest Delta for the session and possibly for all sessions that we recorded. Must be around 190 microvolts!!!

And, if I enlarge the amplitude scale, we will see approximation to your favourite circular Evolved Mind pattern.