

# The Tibetan Exercise of Paradox



## Whole Brain Thinking

Here is an ancient exercise to help you expand your mind - and your consciousness. Learn how to use all levels of your brain.

### Instructions for the Tibetan Exercise of Paradox

#### Step One

Background:

In previous angel messages reference is made to an ancient exercise which allows the brain to do four things at once.

History indicates that this exercise was a state secret in ancient Tibet and that highly trained

Tibetan rulers in Nepal were required to do this exercise as a matter of state security.

Doing four things at once is necessary to develop whole brain functioning for enlightenment and mastery. In whole brain consciousness a person is in a state of pure being and will, Delta brainwaves, at the same time they are in deep inward thought, Theta brainwaves, feeling, flowing, psychically sensing and changing in Alpha brainwaves while being aware of the five senses, logic, and memory of Beta brainwaves.

In enlightenment the four brainwave patterns alternate in perfect rhythm.

Energy shifts between WILL-THOUGHT and FEELING -SENSATION, or between the sympathetic and parasympathetic nervous systems.

Two at a time fire, the Delta and Theta, and then the other two, Alpha and Beta in a rhythmic manner in a similar manner of REM [rapid eye movement] in dream patterns.

The four levels of whole brain thinking are:

1. Delta brainwaves which produce a state of pure being, very slow oscillations, and roughly 1 to 4 oscillations per second [abbreviated as ops]. This is the seat of WILL, or desire. This is the dominant brain state of infants.
2. Theta brainwaves which produce a state of deep inward thought, approx. 4 to 6 ops. This is dominant in small children.
3. Alpha brainwaves which produce emotions and feelings and receives emotions and feelings from others, approx. 6 to 12 ops. All psychic activities are in this range. This brainwave is dominant in adolescents.
4. Beta brainwaves which produce the five senses, memory, rational linear thought and language, approx. 12 ops and up. This brainwave is dominant in adults.

The following physical and imaginative exercises lead up to the final exercise in which all four parts of the brain fire at the same time, and with even a little practice the brain gets used to working in this manner automatically.

The purpose of step one is to perform a simple physical movement with total focus and awareness of all bodily sensations. It is important to become ACUTELY AWARE of the bodily sensations of this movement.

If you are working in a restricted area, you may substitute the featured activity of fencing thrusts with another activity that requires less space. If you must use another activity, read over these exercises and apply them accordingly to your chosen activity. The use of fencing thrusts is the actual exercise used by Tibetan Rulers.

We are going to do a double fencing thrust.

Get something that represents a sword or just imagine that you are holding one. Now make a sudden forward thrust to the right, just as if you are practicing the art of fencing.

Pay close attention to every sensation that your body experiences. You will need a clear bodily memory of these sensations later.

Now spin around. Make a fencing thrust to the left.

Do not hurry through these movements. The idea is to pay close attention to your body sensations in making these movements. The five senses or beta brainwaves are activated.

Now repeat and turn. Thrust again to the right.

Deliberately, carefully, paying attention to every sensation.

Turn.

Lunge to the left.

Turn.

Lunge to the right.

Repeat until you have the clear sensation of lunging in each direction perfectly familiarized and remembered on a sensate bodily level.

Remember the sensations from the beta wave level above. [Beta wave= memory, and the five senses]

This time when you do a fencing thrust to the right, IMAGINE and feel that your body is lunging to the left.

This imaginary state of lunging in the opposite direction of the one your body is doing activates the alpha wave level as you FEEL the imagined sensations and the Theta wave level of brainwave activity as you PICTURE them.

The imagined action of thrusting to the left while the physical body is lunging to the right is repeated often with so vivid an imagination that it feels actually more real to you than what the actual physical body is doing.

The two bodies [solid and imagined] lunging in opposite directions form a V if a camera could capture both the imagined action and the action of the physical body.

Now turn.

Let your physical body lunge to the left.

While you IMAGINE that you are lunging to the right.

Your attention is so completely focused on your imaginary body, which is making a fencing thrust to the right, that it is much more real to you than what your physical body is doing, which is making a fencing thrust to the left.

Your mind is fully engaged in the sensation and concept of the imaginary body experience while the physical body is doing the opposite direction.

The physical body is operating on its own like it does in a mechanical activity such as typing or driving a car.

Many variations of this theme can be done in confined spaces.

Any double action, like moving the pencil to the right while you imagine moving it to the left, works for this part of whole brain exercise.

Move your mental eyes one way while your physical eyes move the other. Or try lowering your head while in your imagination you are lifting it. Try facing and walking in one direction while imagining you are facing and walking in the other.

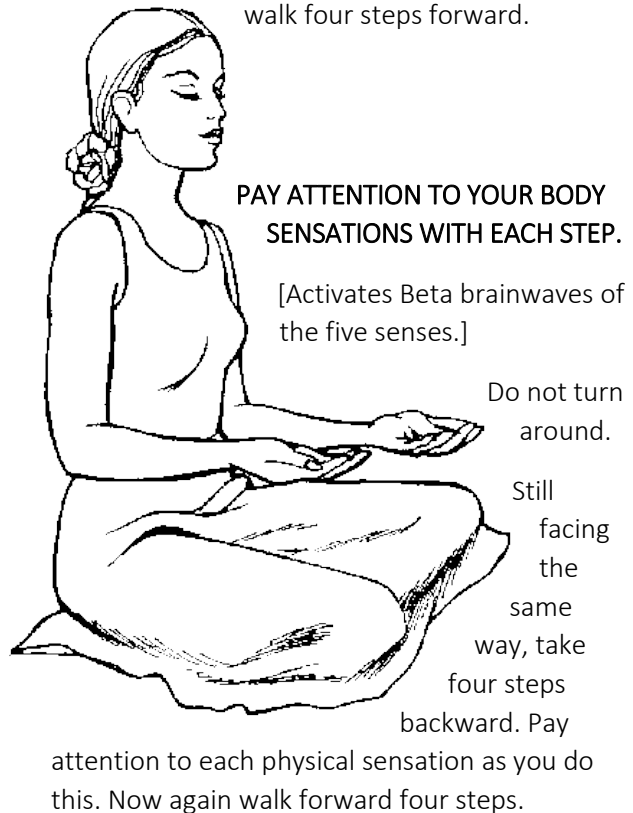
The blood supply to the brain greatly increases with this type of exercise.

### Step two:

#### Summary

In the last exercise we learned how to vividly imagine and feel ourselves performing an action that is the mirror image of one that the physical body is performing at the same time. This allowed the brain to do two things at once.

Again, we will do two things at once. This time walk four steps forward.



Now backward four steps.

Do this until you have it clearly imprinted.

Remember, you are facing the same way the whole time, but half the time you are walking forward and half the time you are walking backward.

You are now ready for the next step:

Now IMAGINE and FEEL yourself walking four steps backwards, AT THE SAME TIME that your physical body is walking four steps forward. [Activated alpha and theta brainwave states.]

Then IMAGINE yourself walking four steps forward WHILE YOUR PHYSICAL BODY IS WALKING FOUR STEPS BACKWARD.

Repeat this until the imagined action is more real to your awareness than what your physical body is doing and you can do this easily.

In your imagination, you will pass yourself coming and going.

You may feel lightheaded at first because the brain is getting an increased blood supply.

Remember that the imagined you must feel more real and vivid to you than the physical you.

If you have this part mastered, the rest will be easy. At the end of the next installment, your brain will be doing four things at once.

Just like learning how to ride a bicycle, you will never forget or lose this skill. Practice regularly.

Once your brain gets used to doing four things at once, it will be easy for you to apply this to the meditations of the divine virtues in which you produce Beta, Alpha, Theta, and Delta brainwaves consciously at the same time.

This means that you will be able to feel oneness with Universal

Consciousness in the Pure Being of the Delta brainwave state, create deeply in your inner

world in the Theta brainwave state, feel in the alpha brainwave state, and be fully active in the five senses, memory, and logic of the Beta brainwave state all at the same time without effort.



### Step three.

This is last phase of the ancient Tibetan Exercise of Paradox.

You are now adding two more movements to the one that you learned in part two.

Hold both of your palms in front of you with elbows bent, as if you were pushing.

Move both palms in slow clockwise circles while you take four steps forward.

Continue going four steps forward while moving your palms in clockwise circles until you can do it automatically and easily, remembering vividly all the sensations and feelings of it.

When you have done this a number of times, practice the other half of the exercise which is the opposite; take four steps backwards while

moving the hands in slow counter clockwise circles.

Continue taking four steps backwards moving the hands in slow counter clockwise circles until you can do this easily and remember vividly all the sensations and feelings of it.

It is important to take your time with this. Repeat this until your body remembers the sensations.

By taking time to repeat these motions until the mechanical part of the brain has absorbed them completely, the next step is easy.

#### **FINAL STEP:**

Take four steps forward, moving the palms in slow clockwise circles while you IMAGINE that you are moving four steps backwards moving the hands in slow counterclockwise circles.

Then reverse, moving the physical body four steps backwards making counter clockwise circles with your palms, while IMAGINING that you are moving four steps forward with palms moving in clockwise circles.

**YOU HAVE JUST DONE THE TIBETAN EXERCISE OF PARADOX!**

Repeat.

Your physical body moves forward four steps, your hands moving in a clockwise circle as YOU VIVIDLY IMAGINE YOURSELF stepping BACKWARD FOUR STEPS WITH HANDS MOVING IN A COUNTER CLOCKWISE CIRCLE. Repeat for about ten minutes.

You may experience dizziness at first, since so much more blood is going to the brain than you have ever been used to. This dizziness occurs less and finally disappears entirely after you have done this exercise a few times. The brain

will adjust to the blood supply of doing four things at once.

In future exercises, you may decide to skip the warm up steps and go directly to doing four things at once with the last exercise.

As we mentioned in the first part of the instructions, just as a person never forgets how to ride a bicycle, or type, once the brain has mastered this exercise it will not forget how to do four things at once.

The more you practice this, the easier it becomes, and the faster and better the brain gets at doing this.

When you first experience yourself thinking effortlessly on four levels at once in your ordinary activities, it may come as a delightful surprise.

**THIS COMPLETES THE INSTRUCTIONS FOR THE TIBETAN EXERCISE OF PARADOX.**

*Cynthia Rose shares this amazing technique  
Email Cynthia Rose ([spiritus@mindspring.com](mailto:spiritus@mindspring.com))  
to subscribe to her daily angelic messages and  
astrological report. Since the angelic messages  
build on each other, be sure to tell her whether it  
is OK for her to send you back issues.*