AIDYN MARAT

TAKE A STEP, AND THE DOORS WILL OPEN

HOW TO USE THE POWER OF YOUR MIND, VISUALIZE YOUR FUTURE AND TURN YOUR DREAMS INTO REALITY

- ALPHA VISUALIZATION TECHNIQUE
- CLEAR GOALS AND REAL RESULTS
- NEW OPPORTUNITIES AND OPEN DOORS
- INNER CONFIDENCE AND PEACE
- DAILY PRACTICE FOR A BETTER LIFE

A Step Today — a New Life Tomorrow

QUALITY GUARANTEE 7 GENERATIONS

Aidyn Marat

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Аннотация

What if the first step toward a better life begins in your own mind?

In Take the First Step — and Doors Will Open, Aidyn Marat shares his approach to visualization, gratitude, positive thinking, and taking action toward your dreams.

This book invites you to look at your goals differently, believe in the possibilities ahead, and take practical steps toward the life you want to create.

Your dreams begin with an idea. Your journey begins with a step.

Dream. Be grateful. Take action.

Your next chapter begins with you.

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TAKE A STEP — AND THE DOORS WILL OPEN

Alpha Visualization Practices

By Aidyn Marat

INTRODUCTION

What if the first step toward changing your life were much simpler than you think?

We often dream of a better future: financial freedom, a successful career, our own business, a happy family, and the opportunity to help others. Yet many people never move beyond dreaming. They wait for the perfect moment, doubt themselves, or believe that their goals are too far away.

Текст

TAKE A STEP — AND THE DOORS WILL OPEN

Alpha Practices by Aidyn Marat

CHAPTER 1.

ENTERING ALPHA — FOUR COUNTS

Forget everything you have read about entering the alpha state. Counting backward from one hundred. From fifty. From ten. Half an hour of relaxation. A quiet room. Candles.

I don't count from one hundred. I don't count from ten. I don't

count at all.

Four counts. Two breathing cycles. And you're there.

The Technique

Inhale slowly.

Exhale slowly.

Inhale slowly again.

Exhale slowly again.

Close your eyes. Direct your gaze upward at approximately a 45-degree angle—and enter what I call the alpha state.

That's it. Four counts. Not five, not three, not seven. Four.

I have tested this for twenty years. In my experience, this is the minimum number of counts after which the body begins to settle and the mind can shift its attention. Fewer may not feel sufficient. More can become unnecessary if you start concentrating on counting instead of breathing.

Why Four?

With the first inhalation, you're still in beta. Your thoughts are jumping around, your body is tense, and your attention is somewhere else—in the middle of a problem.

With the first exhalation, your body begins to let go. Not completely, not immediately, but a little.

With the second inhalation, you're already more present. You're no longer completely absorbed in the problem; you're paying attention to yourself. Your breathing becomes steadier, and you may begin to feel calmer.

With the second exhalation, your body can relax further, and

your mind may feel ready to focus.

Close your eyes, direct your gaze upward at approximately 45 degrees, and begin your visualization practice. Don't strain your eyes or force yourself to feel something special.

You don't have to struggle to enter a state. Simply follow the steps and observe your experience.

I won't attempt to explain the entire field of neuroscience here. If you are interested in the scientific research on brain rhythms and relaxation, you can explore it separately.

I'll say one thing: this method has been useful in my own life. I have practised it for twenty years, day after day.

You can try it too.

CHAPTER 2.

THE IMAGE OF YOUR GOAL — LIKE PLANTING A CUCUMBER

You've entered alpha. Four slow breaths, and you're ready to focus. Quiet. Calm. Clear.

Now comes the most important part.

Don't focus on the path. Don't try to work out exactly how the result will arrive. Don't build the entire plan in your imagination.

You're not a draftsman. You're a gardener.

What to Do in Alpha

See what you want.

Not the path leading to it—the goal itself.

Don't think: "I need money, so I'll go there, do this, and then do that."

No.

Simply see the desired result as something you already have.

Not "I will have it."

Not "I hope I'll get it."

Imagine that it is already yours.

Feel It

Don't merely play a scene in your mind. Try to experience the feeling associated with achieving your goal.

What does it feel like when the thing you wanted has finally arrived?

Does your body relax? Does your chest feel warm? Do you experience a sense of lightness?

Pay attention to that feeling.

In my approach, the emotional experience is just as important as the mental picture. Don't simply watch an image like a film. Imagine yourself in that moment.

See the Details

Look at your desired outcome carefully.

Don't glance at it and immediately move on. Imagine that you're standing right in front of it and can reach out and touch it.

Notice the details.

The colours. The shapes. The surroundings. The sounds. Perhaps even the smells.

Make the image as clear as you comfortably can.

The more vividly you can imagine the scene, the easier it may be to hold your attention on it.

Smile

Now smile.

Genuinely—not artificially and not by forcing yourself.

Smile the way you would smile if you had received something you had wanted for a long time.

Not: "I hope I get it."

Instead, imagine the feeling: "I've achieved it."

For me, this smile is like a seal placed on the image. It helps me connect the mental picture with the positive emotion I want to associate with my goal.

Without that feeling, the image may remain just a dream.

With it, you give the image greater personal meaning.

Coming Out of the Practice

Count to four.

Open your eyes.

Say thank you.

You can express gratitude to the Universe, to God, or to the Higher Power you believe in. Your faith and traditions are personal. The important thing is to make the gratitude sincere.

Then say:

Oomin. Oomin. Oomin.

In my practice, I use this phrase as a closing affirmation. It serves as a personal reminder that I have completed the exercise and can now let go of the mental scene.

And Finally—the Most Important Part

Let the situation go.

Don't try to control every detail.

Don't keep checking to see whether the result has arrived.

Don't keep asking yourself, "Well, when is it finally going to happen?"

You've planted a seed.

Your job is to plant it and water it.

Don't dig it up every day to check whether a shoot has appeared.

Practise every day until you see what changes.

This is where many people stumble.

They practise for three days, see no immediate result, and give up.

They say, "It doesn't work."

But think of it like planting a cucumber.

If you plant a seed and water it only once, you cannot expect a harvest.

If you care for the plant regularly, you give it a much better chance to grow.

The same principle applies to building a habit.

Every day, follow the sequence:

Enter your practice.

Picture your goal.

Connect with the feeling.

Smile sincerely.

Give thanks.

Say "Oomin" three times.

Let go.

And tomorrow, do it again.

And the day after that.

Keep practising while also paying attention to real opportunities and taking practical steps toward your goal.

You don't have to wait for a perfect year or a perfect decade to begin making changes. Start today.

Like a cucumber plant, a goal needs care and time. No particular deadline can be guaranteed, but consistent practice can help you maintain your focus while you work toward the result.

The Entire Algorithm at a Glance

Four breaths — prepare for your visualization practice.

See the desired result — focus on the final outcome, not the route.

Feel it — imagine the emotions associated with achieving it.

Notice the details — make the scene as clear as you can.

Smile sincerely — connect the image with a positive feeling.

Count to four — open your eyes.

Give thanks — to God, the Universe, or the Higher Power you believe in.

Say "Oomin" three times — use it as your closing affirmation.

Let go — stop mentally chasing the outcome.

Practise daily — and take real steps toward your goal.

These are not ten separate rituals that need to become complicated. Think of them as one simple routine, like brushing your teeth.

You don't need to overthink every movement. Practise consistently.

Plant the seed. Care for it. Give it time to grow.

CHAPTER 3.

THE UNIVERSE TAKES THINGS LITERALLY — THE LESSON OF FIVE MILLION

I set myself a goal of five million dollars.

I didn't merely dream about it. I applied my technique.

I entered alpha, pictured the goal, experienced the feeling, smiled, gave thanks, said "Oomin. Oomin. Oomin," and let go.

Конец ознакомительного фрагмента.

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