

## The Quest for Mindfulness

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### Abstract

**Objective:** Mindfulness is as elusive as it is also very much sought after by busy, rushed, harried and stressed-out people from all walks of life. Mindfulness has become a multi-billion dollar industry as people increasingly realize that Inner Peace and Happiness as well as all kinds of Abundance will grow from the effective practice of Mindfulness. Therein lies the problem this paper seeks to solve. The known methods for increasing Mindfulness are slow and ineffective. They are tedious and provide no feed-back on your progress. Even worse, many methods for “looking inward” often only serve to evoke (dig up) painful memories of past hurts, traumas, disappointments and regrets, with no ways of healing them.

**Method:** Mindfulness is often associated with effective meditation. But meditation is slow and often not very effective. Biocybernaut™ Alpha brain wave training programs have shown the ability to shorten the time to develop the same brain waves as Advanced Zen monks. Attaining the “Advanced” state in Japanese Zen typically takes 21 - 40 years [1]. This paper reviews common methods for attaining Mindfulness and explores the reasons why they do not work for many people. These failings are detailed and are shown to be remedied by the Alpha brain wave training programs of Biocybernaut™ and 7 Days to Zen™.

**Setting:** Your mind is the location in which your logic and reasoning powers and your intuition and wisdom will consider the ideas presented here on the advantages of embracing new brain-science based methods for attaining Mindfulness. Brain Waves Rule™ so attaining the brain waves of Mindfulness is the goal.

**Results:** The deep inquiry conducted in this paper reveals that traditional Mindfulness methods are startlingly lacking in many important ways. They lack customization and personalization, and are not tailored to your unique needs, gifts and abilities. They have no way to optimize your brain waves for Mindfulness. They do not have ways heal past traumas, hurts and sadness that often re-emerge into your awareness when you look inward. Most traditional methods also lack effective awareness of the role of the Ego in sabotaging your efforts for Mindfulness, and they lack means to cope with Ego’s disruptions. Zen is a partial exception: 1,000 years of Zen practice in Japan has identified 5 of the 6 Hindrances to Mindfulness. The 6 Hindrances are techniques that the Ego uses to block your Quest for Mindfulness. Ego can most easily control you when your mind is agitated and lacks Mindfulness. So, Ego seeks to block you from Inner Peace so as to remain in control of you. Zen recognizes some of the techniques of the Ego, but Zen is very slow: 21 - 40 years to attain Advanced Zen. Significantly, Zen lacks the real-time Alpha Brain Wave Feedback that enables you to quickly recognize when Ego is blocking your progress with the Hindrances. Biocybernaut™ and 7 Days to Zen™. have both real-time feedback and a powerful 14-step Forgiveness method to heal past traumas. They provide a New Opportunity to rapidly and effectively excel in your Quest for Mindfulness and attain Inner Peace.

**Conclusion:** A New Opportunity is identified that provides much faster results and greater chances of success in attaining Mindfulness than do traditional methods like introspection, contemplation, meditation, fasting, prayer, deep courses, wise books, inspiring seminars, practical workshops, shamanic drumming, Sufi dancing, whirling dervishes and so much more. Biocybernaut™ and 7 Days to Zen™ are practical, scientifically proven methods to help you to rapidly attain Mindfulness and awaken your most noble Spirit and your Higher Self so that you excel in Mindfulness and live in Joy and Inner Peace

**Keywords:** *Quest; Mindfulness; Biocybernaut™*

### Introduction

Many are the seekers who have quested for Mindfulness.

You too may have dreamed of going inward and finding Inner Peace and even Higher Awareness and Bliss. Mindfulness and inner mastery is highly prized in many cultures and those who attain Mindfulness and Inner Peace are admired, greatly respected, highly rewarded and much sought after.

Mindfulness and Inner Peace are very worthy goals and they often lead to amazing success in life and to abundance and wealth in everything that the world prizes. This abundance and wealth can include, a wealth of friends, a wealth of knowledge, a wealth of fitness and athletic prowess, a wealth of creativity, a wealth of power and influence, a wealth of Emotional and Spiritual well-being, and, yes, great financial wealth.

You are right to seek to attain Mindfulness and Inner Peace. You are wise to know that this can help you in life in many ways and can help you to have a happier life.

You too may have sought the Inner Peace promised by meditation or by prayer and contemplation, but you found only inner struggles and ongoing busy dialogues with parts of yourself that may be annoying and even painful. Often times, looking within serves only to turn up past hurts, regrets and disappointments- with no way of healing them.

Looking within can become a struggle. You can quickly become discouraged.

You are not alone in this struggle. Krishna said, "Of one million people, one hears of me. Of one million who hear of me, one reaches me".

These are not good odds for the casual seeker or for even the serious seekers and serious Bio-Hackers questing for Mindfulness, Contemplation and Inner Peace.

You may have tried many approaches, many traditions, many paths, many gurus, many bio-hacks and found them wanting for you, they did not work. Or they were too much work for the small benefits you won from your long hours of looking within. Your family, friends and co-workers may not have understood and may have been unsupportive- or may even have been critical of your efforts to go within. You may have lacked support for your efforts to be Mindful and to attain Inner Peace. You may have given up more than once. You may have felt like a failure.

Well, I'm happy to tell you that it's not your fault.

What? That's right! It is not your fault that you have not excelled at Mindfulness and that you were sometimes frustrated at your seeming inability to find Inner Peace, or even just to focus for a short while on your efforts at Mindfulness. It is simple. You were just using the wrong methods.

### Method

Mindfulness is as elusive as it is also very much sought after. You already know that. Mindfulness is often associated with effective meditation. But the method of meditation is slow and often not very effective. There are many methods and many teachers and authors prescribing many methods including introspection, contemplation, meditation, fasting, prayer, chanting, retreats, vision quests, deep wisdom courses, spiritual books, inspiring seminars, practical workshops, shamanic drumming, Sufi dancing like whirling dervishes and many more methods. None of these methods have been optimized for you and your unique needs, your skills and abilities and they have also not been optimized to produce the required Brain Waves of Mindfulness and Inner Peace. Remember that Brain Waves Rule™ so if your chosen method is not optimized for producing the Brian Waves of Mindfulness, then you are wasting your time with ineffective methods, or less than optimally effective methods.

You can place the blame for your not having not excelled at Mindfulness squarely on those methods that you thought would help you. Those methods are ineffective for most people, so you are not alone in your struggles and frustrations. And even when a method has some access to Mindfulness and Inner Peace, there is no personalization, no customization to make it optimally effective just for you. There is no personalization of the method for the special and unique person that you are. So, you are not responsible for the failure of your past and present methods to effectively address your individual needs, gifts, skills and abilities. It would be a wonderful New Opportunity for you to have access to a Mindfulness method or a bio-hack that was tailor-made for you. Remember that Brain Waves Rule™, so any effective method for you must help you to change your brain waves from what they are now (scattered, hassled, worried, stressed, rushed, forgetful, angry, sad), to the wonderful brain waves of Mindfulness, which have much increased Alpha EEG waves and reduced Beta EEG waves.

What might such a new and highly effective and personalized method look like?

### Analysis

To analyze the effectiveness of different Mindfulness methods, it is necessary to look at the two principle components of any such method. The first component is "How well does this method deal with the obstacles to Mindfulness?" and the second component is "How well does this method increase the brain waves of Mindfulness?"

Remember that Brain Waves Rule™ so any method is only going to be as effective as it is able to increase the brain waves of Mindfulness!

An essential part of any effective Mindfulness method is a frank, wise, thorough and honest look at the role of the Ego in sabotaging your Mindfulness efforts. You need to know about the 6 Hindrances that your Ego uses against you. A lovely little book, *The Zen Ox-Herding Stories*, describes in simple language five of the six Hindrances, which are the techniques that your Ego uses to sabotage your happiness and your performance in life, including your performance of Mindfulness. This book distills down the wisdom of over 1,000 years of Zen practice (Mindfulness) in Japan to just 5 (of the 6) Hindrances. These Hindrances are the methods, that your Ego uses to sabotage your Mindfulness and any meditative or spiritual practice you might try. The 5 Hindrances from *The Zen Ox-Herding Stories* are: [1] Doubt, [2] Drowsiness, [3] Distractibility and Worry, [4] Aversion and any form of Ill Will and [5] Boredom.

To this short list from *The Zen Ox-Herding Stories*, Dr. Hardt, of the Biocybernaut™ Institute, has added a sixth Hindrance: [6] Forgetfulness.

Remember that you are not responsible for your previous inability to attain Mindfulness and Inner Peace, because none of the methods you tried were tailored to YOU and to your unique needs, skills, gifts and abilities. And you are also not responsible for your inability to attain Mindfulness and Inner Peace because no one ~... yet, has taught you about your Ego's use of these 6 Hindrances to keep you agitated, stressed, reactive and vulnerable to your Ego's constant efforts to control you. Your Ego does not want you to attain Mindfulness or Inner Peace, because then it loses control of you as you awaken into Higher Awareness, so your Ego will constantly sabotage your efforts to attain Mindfulness and Inner Peace. Knowing of this Ego problem is key! Benjamin Disraeli, the first Jewish Prime Minister of Great Britain said,

"To be aware that we have a problem is 90% of the way to the solution".

You need a new opportunity- a new method that is tailor-made for you.

Does such a method exist? Tailor-made for you? Is the New Opportunity wise enough to see through the ways of the Ego? Does it have effective coaching to help you in recognizing the 6 Hindrances? Can this method teach you how to both (1) Recognize and then to (2) Avoid the harmful effects of the 6 Hindrances?

Biocybernaut™ Alpha Brain Wave Training and Seven Days to ZEN™ Brain Trainings are exactly the methods you have been looking for.

Of course, you may be afraid that this New Opportunity won't work either. After all, the other methods you tried did not work. You may have lost hope. But wait, there is an abundance of scientific evidence backing the effectiveness of the Biocybernaut™ brain wave training and Seven Days to ZEN™ training programs. You can set your fears aside, permanently, by paying careful attention to the scientific evidence, much of it from Dr. Hardt's research in several major Universities and Institutes. And your hope can spring back to life to support you and encourage you in your Quest for Mindfulness and Inner Peace. This ground-breaking brain research is The Original Bio-Hacking and goes back 48 years and was conducted in major Universities including Carnegie-Mellon University, starting in 1971 and then at the University of California at San Francisco and the Langlely Porter Neuropsychiatric Institute.

You don't have to read all of these scientific research papers, but they are listed below as References that you can look up if you want to, so that your fears that this New Opportunity might also not work for you can be pushed aside permanently. Your fears can be overwhelmed by the weight of the scientific evidence that has been published in both popular and in peer reviewed scientific journals. All of this research is backing up and proving the effectiveness of the Biocybernaut™ training and Seven Days to ZEN™ methods and their technology and training programs. Just reading the titles of these scientific research papers may be enough to re-awaken your hope and put your fears to rest. Knowing that somebody actually did such amazing research and that the results were published will bring you peace of mind and trust. The exciting results of some of the research papers listed below in the Reference section will be described in layman's terms and stories will be told to illustrate the success available to you with the highly effective Biocybernaut™ brain wave training and Seven Days to ZEN™ training methods.

### Confirming your suspicions

It is not just the lack of support from your family, friends or colleagues that has made your Quest for Mindfulness challenging and difficult. There are also the demands of daily life that grab your attention with urgent details while the important things are pushed aside. The URGENT pushes aside the Important and the Meaningful. The clock and other people's schedules then over-rule your Quest for Mindfulness. Often daily life has a lot of stress along with caffeine, alcohol or nicotine, all of which lower your Alpha brain waves and take you further away from Inner Peace.

Many meditative traditions restrict or ban the use of onions and garlic because they agitate the mind and produce a rajasic temperament in which the mind is in turmoil. Rajas (ego, excessive activity) is one of the 3 Gunas along with Tamas (ignorance and inertia) and Satwa (enlightenment). These 3 Gunas are core dimensions of a person's character in the philosophy and psychology of India. Rajas is associated with stress and Beta brain waves and pushes away the calming and centering and integrating Alpha waves. So, cut out garlic and onions.

You may already have suspected that something in your diet or your life style, or both, were blocking your Quest for Mindfulness.

### And you were right!

It is possible to swim upstream against the current or to sail into the wind with tedious tacking back and forth across the wind direction, but it is hard, slow and very draining of your energy. Many of the unhelpful things that you do in your life have an automatic or routine component that keeps them going even when you would like to change, quit or do self-improvement.

Some unhelpful things are even addictive, like caffeine, alcohol and nicotine. All of these substances, along with onions and garlic, suppress your Alpha Brain Waves and push you further away from Inner Peace. What you need is a New Opportunity to help rescue you from your daily stress and your automatic, routine and addictive behaviors.

All of these factors together are bad enough to make your Quest for Mindfulness difficult and challenging. But there is something even more obstructive, even more deadly, to your Quest for Mindfulness: this is your Ego and the Egos of other people.

Sometimes people want to throw rocks at their enemies, and your Ego is definitely the major enemy of your Quest for Mindfulness. But hold on for a moment! You don't want to be throwing rocks at, or getting angry at, your Ego, because anger can actually feed your Ego and make it stronger), better than throwing rocks is: understanding and then forgiving.

Understanding the methods that your Ego uses to block your Quest for Mindfulness is much more helpful than throwing rocks at your Ego. All people have enemies. Everyone you meet is engaged in a big struggle. Perhaps they are struggling with many enemies. Often these “enemies” are different in different people. Maybe the enemy is a person, a group, a country, an illness, a reversal of fortune, bad luck, an injury or a limiting belief.

But there is one enemy that is common to everyone: Their Ego.

Ego is like a narcissistic sub-personality within you and within everyone. As long as you have a body, you will have an Ego. It can be big and obnoxious and get on people around you. Or it can be subtle and evanescent and rarely in evidence, - rarely seen.

But it is always there- always waiting for a chance to sabotage your Quest for Mindfulness.

Why?

Ego is the Ultimate Control Freak and it wants to control you, for the sake of control. It can most easily control you when your mind is agitated or worried or when you are under the influence of garlic, onion, alcohol, caffeine or nicotine.

But Ego cannot control you when you are established in Inner Peace. You get to this Inner Peace and you attain this Inner Peace, through the practice of Mindfulness. This is why Ego does all it can to block your Quest for Mindfulness. Ego has no entry into your Inner Peace. Ego cannot control you when Inner Peace and Mindfulness fill your mind and your Awareness.

Just as a harsh task master does not want his subjects to escape, so also your Ego does not want you to escape into Inner Peace through your practice of Mindfulness. This practice, when successful, leads to and produces much bigger Alpha brain waves. Brain Waves Rule™.

So, your Ego uses the 6 Hindrances to keep you trapped in your lower attached mind (the manus). Even when you move into your higher intellect (the budhi) your ego can still mess with you. Ego can even take over the intellect and subvert it into doing rationalizations about why you should not ~ Quest for Mindfulness.

Recall that the 6 Hindrances are:

1. Doubt
2. Drowsiness
3. Distractibility and Worry (Fear)
4. Aversion and any form of Ill Will (Anger, hatred, bitterness)
5. Boredom
6. Forgetfulness

In the world of computers and email, there can be viruses that seek to disrupt your computer and the work you are doing. So, all email servers have anti-virus software. So, if there is a virus in an email that you are downloading from the server into your computer, the anti-virus software will detect and automatically delete that email. In the same way, if an Ego-based thought tries to open in your mind, if you have memorized the 6 Hindrances, you can then detect the Hindrance in that Ego-based thought and simply delete it before it opens (dangerously) in your mind. Your Ego continually uses the 6 Hindrances to keep you trapped, until you finally awaken.

So, what is the new opportunity that will help you to discipline and master your Ego so that you can awaken and can be Mindful and thus attain Inner Peace?

What is the new opportunity that is customized to you?

What is the new opportunity that is customized to your unique needs, skills, abilities, talents and the limitations that are unique to you?

It is not meditation or contemplation, because for most people who try it, meditation and contemplation are very slow and have no feedback, even after many years of practice, about how well you are doing, and it is not easily customizable to you.

THE new opportunity is: Biocybernaut™ brain wave training and Seven Days to ZEN™ brain wave trainings.

### Results

The deep analysis conducted in this inquiry reveals that traditional Mindfulness methods are startlingly lacking in many significant ways. They lack personalization and customization and they are not tailored to your unique needs, gifts and abilities. They also have no way to optimize your brain waves for Mindfulness. Remember that Brain Waves Rule™, so you can only attain Mindfulness when you have the brain waves of Mindfulness. Also, the traditional methods do not have ways heal past traumas, hurts, grief and sadness that often re-emerge into your awareness when you begin to look inward. When you drop your coping methods of denial and forgetfulness, and as you honestly and bravely look within, you are often confronted with past hurts, woundings, sadness and even grief that you did not solve or forgive at the time those events occurred. Rather you just moved that painful "stuff" into forgetfulness or denial. As you begin to look within as you Quest for Mindfulness, these unresolved issues will pop up and haunt you again, and you will need a very powerful healing method like the Biocybernaut™ 14-step forgiveness method. Forgiveness alone can free you from past traumas, sorrows and regrets. But effective forgiveness can only occur under the condition of increasing Alpha brain waves, and none of the traditional methods can reliably integrate forgiveness work with rising Alpha waves. So even if they did add in forgiveness work, it would not be very effective, because it was not linked to your increasing Alpha waves. Biocybernaut™ Alpha brain wave trainings are optimized to accomplish effective forgiveness by guiding you to only do forgiveness work when the strength and abundance of your Alpha brain waves are increasing. The Biocybernaut™ process also trains you to generate the necessary brain waves to enable you to dwell in Mindfulness. Most traditional methods also lack effective awareness of the role of the Ego in sabotaging your efforts for Mindfulness, and they lack means to cope with Ego's disruptions. Zen is a partial exception

The Mindfulness and the Inner Peace of the Advanced ZEN practitioners are legendary, admirable and much sought after. But Zen is not an easy path. Ram Dass called Zen, "...the steepest path and without any railing".

Indeed, scientific research in Japan on ZEN monks of both the Soto and Rinzai Zen traditions was conducted by the Japanese scientists, Kasamatsu and Hirai [1]. They found that NONE of the monks attained the brain state of Advanced ZEN in less than 21 years of intensely disciplined Zen Practice, and some monks had to do 40 years of ZEN practice to get there. And those 21 - 40 years are very hard work and demand painful self-sacrifice and austere self-discipline.

The brain wave patterns of Beginning ZEN are well known. They involve increases of Alpha brain waves at the back of the head, in the Occipital region of the brain. This stage usually takes about 6 years of Zen practice.

The brain wave patterns of Intermediate ZEN are also well known. They involve Alpha waves spreading forward on the head, first to the Central regions and then to the Frontal regions of the brain. This stage usually takes from 6 to 21 years of Zen practice.

The brain wave patterns of Advanced ZEN are also well known. They include all of the brain changes seen in Beginning and Intermediate Zen, but then they go further. The Advanced ZEN monks produce slowing of the frequency of their Alpha waves and they also experience the emergence of Theta brain waves in the Frontal regions of the brain. With the best and most strictly austere ZEN practice in Japan, it takes 21 - 40 years of this arduous and dedicated practice to attain the brain wave patterns (and thus the Inner Peace) of Advanced ZEN. Not an easy path.

### Discussion

Do you want to dedicate essentially all of your time for the next 21 - 40 years of your life to this Quest for Mindfulness? Not many of the Zen monks who put in the time ever have the attainment of the brain waves of Advanced ZEN. Zen Master Ryuho Yamada Roshi, who did the Biocybernaut™ Alpha One training, told Dr. Hardt (Personal Communication, 2003): "For every one Zen monk who attains Satori, there are many many monks whose lives are ruined, by the lifetime of arduous self-discipline and self-denial".

What if you knew there was a New Opportunity with a scientifically proven brain wave training method at Biocybernaut™ Institute and Seven Days to ZEN™ that can get you there in just 7 long days?

Yes, this is Biocybernaut™ brain wave training and Seven Days to ZEN™ and it is available to you at training centers in the US, Canada and Germany, - soon also in Mexico.

ZEN in 7 Days™ is possible with the advanced Brain Training technology and methods of Biocybernaut™ training and Seven Days to ZEN™. Scientific published studies by Dr. Hardt first proved this in 1993 [2] and since then, Dr. Hardt has continually refined and upgraded the Advanced Biocybernaut™ Technology and the training methods since that early breakthrough bio-hacking report in 1993.

Many are the benefits of this Biocybernaut™ brain training: An IQ boost of +11.7 points [3] a +50% increase in Creativity [5-7]; big increases in EQ (Emotional Intelligence) [8,9]. EQ goes up +15.8 points with Biocybernaut™ Alpha brain training and Seven Days to ZEN™. This brain training also produces large reductions of anxious feelings and of sad or depressed feelings. Anger, fear and sadness go away. Bursts of Joy become common in your suddenly more Mindful life. In higher states of Alpha Brain Waves, Joy wells up spontaneously and washes away anger, fears, stress, anxiety and sadness. These upwellings of Alpha are Joy bursts. The French Jesuit priest, Father Pierre Teilhard de Chardin said, "Joy is the most infallible sign of the indwelling of the Spirit".

The Biocybernaut™ bio-hack helps you succeed in your Quest for Mindfulness and helps you to awaken your most noble Spirit and your Higher Self. This Joy and Inner Peace are profoundly healing. Dr. Hardt has even published studies showing reductions of severe psychopathology that come from this Alpha brain wave training [10-45].

Down with the Bad and Up with the Good! Brain Waves Rule™.

Pretty amazing, yes?

Does this sound too good to be true?

Nope! Why not? Because there is a wealth of scientific data backing up the reports of every one of these benefits.

The famous science fiction author, Arthur C. Clark said, "Any sufficiently advanced technology is indistinguishable from magic".

So, with the sufficiently advanced technology of Biocybernaut™ training and Seven Days to ZEN™ you will get magical Mindfulness results in just 7 days.

The sufficiently advanced electronic technology and software is applied through highly optimized training methods by highly skilled Biocybernaut™ technicians and Biocybernaut™ -Certified Trainers. The Biocybernaut™ technicians run the technology and the Biocybernaut™-Certified brain Trainers lead the debriefing and coaching sessions that are conducted on each of the Biocybernaut™ training days and Seven Days to ZEN™.

Every breakthrough that you have in the Alpha brain wave feedback training chambers, (which are dark and quiet to help maximize your Alpha learning) is shared with your personal Biocybernaut™ Trainer who celebrates and explains your successes and cheers you on to greater heights of awareness and to greater depths of self-understanding with wise guidance and coaching so that you can make even more rapid progress on the next day the 7 consecutive days of your Biocybernaut™ brain wave training and your Seven Days to ZEN™. Your personal Biocybernaut™ Trainer always customizes the process to you and for you and provides teachings about your brain waves in every interaction with you in each of the 7 days.

At Biocybernaut™ training and Seven Days to ZEN™ you have now found much more than just friends and allies in your Quest for Mindfulness and Inner Peace. You have now found partners in our shared journey of Self-Discovery, Self-Mastery, and Self-Realization.

~ Coda ~

There are many amazing success stories of people who have done the Biocybernaut™ brain wave training and Seven Days to ZEN™ training. These testimonials can be found on the [www.Biocybernaut.com](http://www.Biocybernaut.com) website and these testimonials of people who have actually done these powerful brain wave trainings are both heartwarming and inspiring.

But sometimes there are heart warming stories about the New Hope and the new understandings that come to people from just hearing about the wonderful brain training available at Biocybernaut™ brain wave training and Seven Days to ZEN™. One such story came to Dr. Hardt recently from a man named Paul who had been a troubled youth, lacking in guidance, and he was put in prison at the age of 16. Now 28 years later he is still in prison and he wrote to Dr. Hardt. He is highly intelligent but was unguided and misguided in his youth (at 16 he went to prison).

But through his girlfriend Carol, he heard about Biocybernaut™ and about Biocybernaut™ brain wave training and Seven Days to ZEN™ and he read up on it. Here is part of his insightful and very touching hand printed letter of March 11, 2019.

“I’ve asked myself over and over throughout the past 28 years what could have opened my eyes and always (the answer was) some very specific one-on-one guidance and instruction- which would have required someone to have been inside my mind to understand (me). So, the conclusion has always been that the remedy is impractical and un-scalable. Yet when Carol and I were looking at the outline for “Alpha Brain Waves Training” (available at Biocybernaut™ Institute and Biocybernaut™ training and Seven Days to ZEN™), it appears custom made for discovery- empowering one to diagnose and cure oneself- to ascertain one’s shortcomings...

“Carol is going to be here 3 weeks in April to visit ... and we will look more into your teaching, research, etc., and I hope to have feedback from you...

“Lastly, at age 14 (two years before I went to prison at 16), I went to “Scared Straight” at the pen in Canon City, Colorado (no real impact) and (I) have done “Straighten Up” seminars and (I) wrote letters for troubled youth groups over these 28 years, all the while knowing it was of little value in reality. But I can really see the potential for Revolutionary impact by taking this training to troubled youth”.

Paul sees how these Alpha Brain Wave trainings are customized to each person’s special needs and unique abilities. He wrote: “... it appears custom-made for discovery- empowering one to diagnose and cure oneself- to ascertain one’s shortcomings”.

One of Paul’s most important insights into the origin and nature of his problems is given in his words: “I’ve asked myself over and over throughout the past 28 years what could have opened my eyes and always (the answer was) some very specific one-on-one guidance and instruction- which would have required someone to have been inside my mind to understand (me)”.

What Paul grasped so completely is that the Biocybernaut™ brain wave trainings and Seven Days to ZEN™ trainings allow “...someone to (be) inside my mind to understand (me)”.

In the Biocybernaut™ brain trainings and the Seven Days to ZEN™ brain trainings, there are actually two “someones” inside your mind to understand you.

One of those “someones” inside your mind is your own Higher Self, which is awakened by this training. You get to know your Higher Self very quickly when you are receiving Alpha brain wave feedback at Biocybernaut™ and at Seven Days to ZEN™.

Your Higher Self is similar to the “Witness”, which is a mental perspective that meditators seek to develop in order to watch everything they think and do without any judgment or criticism. This is a very important part of Mindfulness practice. It is made easy by the Biocybernaut™ brain training processes. When you discover and begin to run your life from the perspective of your Higher Self, then all things in your future will improve.

The second “someone” inside your mind to help you to understand you better is your personal Biocybernaut™-Certified Trainer for both the Biocybernaut™ brain trainings and the Seven Days to ZEN™ brain trainings. While your personal Biocybernaut™ Trainer is not technically “inside your mind”, it often feels that way. This is because the Biocybernaut™ Trainers have all been trained and Certified by Dr. Hardt and they make daily use of Dr. Hardt’s computerized Mood Scale testing programs, which can detect both unconscious negative emotions and unconscious positive emotions within you. The Biocybernaut™ Trainers can also read your actual brain waves, your EEG, which are written out on glowing computer screens all the while you are in the quiet and dark brain wave training chambers doing your highly personalized deep inner work. The tracings of your brain waves are recorded and your Biocybernaut™ Trainer will show them to you every day to guide you and to inspire you in your attainment of mastery in self-regulating your own brain waves and thus in excelling at Mindfulness.

Remember that Brain Waves Rule™.

Your Brain Waves really do rule your life, your emotions, your thoughts, your feelings, your perceptions. And by using the advanced EEG technology, the Biocybernaut™-Certified Trainers can see and read your actual brain waves and they can know and guide you to heal your unconscious emotions that are detected by Mood Scale testing done several times each day using the computerized Mood Scale program written by Dr. Hardt. So, your personal Biocybernaut™ Trainers are uniquely qualified to guide you in your Quest for Mindfulness.

So clearly this new opportunity offers you amazing help. In Paul’s words, I’ve asked myself over and over throughout the past 28 years what could have opened my eyes and always (the answer was) some very specific one-on-one guidance and instruction, which would have required someone to have been inside my mind to understand (me)”.

Exactly this type of one-on-one guidance and instruction is available at Biocybernaut™ Institute and at Seven Days to ZEN™ brain wave trainings.

In Paul’s words: “Alpha Brain Waves Training ... appears custom made for discovery- empowering one to diagnose and cure oneself- to ascertain one’s shortcomings”.

So now Dr. Hardt and the entire teams of Biocybernaut™ technicians and Biocybernaut™ Trainers at Biocybernaut™ Institute and at Seven Days to ZEN™ invite you to reach out to one of our staff members at [www.biocybernaut.com](http://www.biocybernaut.com) who will help you to register for your very own program of 7 days of Alpha Brain Wave training.

### Conclusion

A New Opportunity is identified that provides much faster results and greater chances of success in attaining Mindfulness than do traditional methods like introspection, contemplation, meditation, fasting, prayer, deep courses, wise books, inspiring seminars, practical workshops, shamanic drumming, Sufi dancing, whirling dervishes and so much more. Biocybernaut™ and 7 Days to Zen™ are practical, scientifically proven methods to help you to rapidly attain Mindfulness and awaken your most noble Spirit and your Higher Self so that you excel in Mindfulness and live in Joy and Inner Peace.

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