



Theta Meditation Guide

By Diana Newcomb



Thank You For Downloading My Theta Sound Meditation & Taking The First Step To Reducing Your Stress.

**Hello, I'm Diana Newcomb
and I am delighted to share this
15-minute guided meditation track,
which I have personally recorded
so you can experience first-hand
the benefits of the theta meditation
technique.**

In my 25 years as a stress management counsellor, I discovered that theta meditation, practised regularly, helped my clients gain the most benefit by reducing their stress levels and improving their wellbeing in a very short time.

The theta metronome is the sound in the background behind my voice. It works by naturally lowering the speed of your brainwave activity to the desired zone for optimum relaxation and healing.

**The wonderful thing about this
is it requires no effort or prior
learning on your part.**

This is why I always recommend this particular form of meditation to all my clients.



Diana Newcomb

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Peace & Relaxation Meditation

A 15-Minute Guided Meditation Using The Theta Metronome

Information and instructions:

1. ___ I suggest you set yourself a target of listening to this meditation track once a day for one week. If you stick to this, you will begin to notice a marked decline in your stress levels.
2. ___ Before you begin to meditate, take yourself away from all electronic devices and potential interruptions. Turn off all devices and remove yourself from their disruptive beeps.
3. ___ Loosen any tight clothing and sit in a chair with your back straight and legs uncrossed. Alternatively, you can lie down.

The wonderful bonus with my guided theta meditation is that you don't have to do anything except listen. If time is really tight in the morning, you can set your alarm 15 minutes early and listen in bed. Even if you fall asleep while you're listening, it will still work!



Some Key Benefits Of Theta Meditation

+ Overall Sense Of Calmness

Theta brainwaves assist you to lower your levels of stress and anxiety, and develop a very balanced and calm state of being our mindset.

+ Better Focus & Concentration

Athletes often talk of being in the “zone”. This is the theta brainwave zone. In the zone you are extremely focused and can solely concentrate on what you are trying to achieve.

+ Healing Of The Body

Theta waves communicate to your brain to produce positive chemicals such as epinephrine and lower your cortisol. This creates a much stronger immune system that helps the body fight illness and disease. In this way theta waves help bring your body back into balance and allow it to heal. They can also help balance your serotonin and melatonin levels, which will help aid depression as well as insomnia and jet leg.

+ Reprogramming Of The Subconscious Mind

In the theta state you can make positive suggestions to your subconscious and re-programme it for positive change in your life.

+ Heightened Intuition

Theta brainwaves help you tap into your genuine feelings and access your Real Self.

+ Improved Problem-Solving Skills & Learning Ability

Theta meditation assists your creative abilities allowing you to bypass mental blocks. Helps you retain more information in less time.

+ Far More Energy

After your body has had the chance to calm and renew itself you will experience greater energy.



A Bit About Me

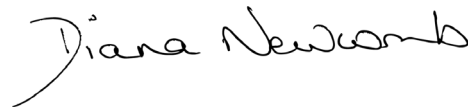
I am a trained counsellor with 25 years of experience in private practice. I am passionately committed to helping people create greater health, happiness, and self-fulfilment.

In 1990 I was diagnosed with cancer. Before this I had been under an enormous amount of emotional stress. Finding myself facing a potentially terminal illness, I wished I had dealt with my unhappiness and stress earlier. The dire situation catapulted me on a fascinating healing journey where I implemented new techniques that not only healed my body but also dramatically improved every area of my life. After I became well, I was motivated to share the 'magic' I had learned, and I trained to become a counsellor.

I have assisted thousands of clients to overcome the effects of stress, illness, and trauma, and have used this knowledge to develop my online stress management program [Peace in Your World](#).

This theta meditation track is just one example of the many stress-busting tools that I share in my 6-week course. If you find this theta meditation beneficial, please check out the [course outline](#) and other free resources on my website www.diananewcomb.com

Please feel free to contact me with any questions or share any feedback via the [Public Forum](#) on my website.



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