

She Creates Money

NEHA K KANABAR

Module 4 : Chapter 2

State Matters - Why Your Brain Accepts or
Rejects Change



ENGLISH

BRAIN STATES & MANIFESTATION

How to Use Your Mind at the Right Time (Instead of Forcing It All Day)

THE 4 BRAIN STATES (SIMPLE BREAKDOWN)

1. **BETA - The Overdrive State** *(Active / Thinking / Overthinking Mode)*

This is your default daily state.

You are:

- Working
- Scrolling
- Replying
- Comparing
- Overanalyzing

This is where:

- Doubt lives
- Fear gets loud
- Logic questions everything

Important Truth:

This is the worst state for manifestation

Because here your brain says:

“Is this realistic?”

“What if it fails?”

2. ALPHA - The Relaxed State

(Calm / Open / Light Awareness)

You enter this when:

- You're relaxed after a shower
- Sitting quietly
- Listening to music
- Walking in nature

This is where:

- Resistance reduces
- Clarity increases
- Ideas flow naturally

What this state does:

Opens your mind to new possibilities



3. THETA - The Programming State *(Deep Receptive / Imprint Mode)*

This is the most powerful state for manifestation.

You enter this:

- Just after waking up
- Just before sleeping
- During deep imagination
- When you're in flow

This is where:

- Your brain stops questioning
- Your subconscious absorbs directly

What this state does:

Installs new beliefs

4. GAMMA - The Lock-In State (*Certainty / Decision / Identity Mode*)

This is when:

- You just know
- You stop doubting
- You decide and don't look back

This is where:

- Identity shifts
- Confidence becomes natural
- Action becomes sharp

What this state does:

Locks your new reality as truth

HOW MANIFESTATION ACTUALLY WORKS (NEURO LOOP)

Theta → Plants the idea

Alpha → Allows it in

Gamma → Locks it as truth

Beta → Executes it in real life



THE DAILY BRAIN-BASED MANIFESTATION FRAMEWORK

(Simple. Repeatable. Powerful.)

1. MORNING INSTALL (Theta + Alpha Window)

Time: Just after waking up

Your brain is most programmable here

What to do (2-3 minutes):

Based on your style:

- Visual → See your vision clearly
- Writing → Write 1–2 lines (present tense)
- Audio → Say affirmations softly or in mind
- Energy → Feel the emotion deeply

Focus:

ONE goal only

Example:

“I receive ₹3,00,000 consistently.”



2. DAYTIME ALIGNMENT (Beta with Direction)

Time: During your day

This is for **behavior alignment**

Ask:

“How would the version of me who has this behave today?”

Then act accordingly:

- Ask for your price
- Follow up
- Show up confidently
- Take one aligned action

This is where reality starts shifting.

3. MICRO ALPHA MOMENTS (Optional Boost)

Time: Anytime you feel calm

Use moments like:

- Music
- Walking
- Shower

Do:

Light visualization or feeling



4. NIGHT INSTALL (Theta Activation)

Time: Just before sleep

This is your **second most powerful window**

The 33-Second Rule:

Close your eyes

Repeat ONE clear thought

Present tense

With feeling

Example:

“Thank you for my consistent ₹3,00,000 income.”

Hold it for ~30-33 seconds

Then sleep.

5. 45-DAY LOCK-IN RULE

Same goal

Same thought

Same repetition

For 45 days



YOUR DAILY 5-MINUTE SYSTEM (FINAL SIMPLIFIED VERSION)

Step 1: BELIEF

What am I choosing to believe today?

Step 2: FEELING

How does it feel to already have it?

Step 3: ACTION

What is one aligned action I take today?