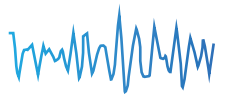


The Power of Brainwaves



The brain is a complex network of billions of cells called neurons that communicate with one another via electrochemical impulses. The frequency (speed) of these brainwaves influences every thought, memory, feeling, idea, action and sensation you have..

The 5 Brainwave Patterns

(Hz = cycles per second)



Gamma 30-100 Hz

- Feelings of empathy and compassion
- Feelings of contentment and peace
- Heightened sensory sensitivity
- Feelings of loving-kindness
- Feeling of bliss and joy



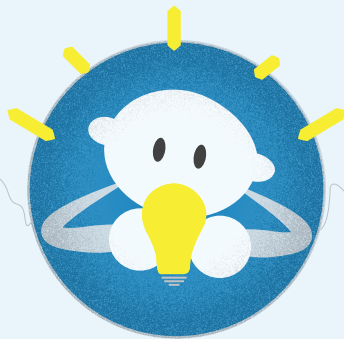
Beta 14-29.9 Hz

- Concentration
- Attentiveness
- Fight-or-flight
- Alertness
- Arousal



Alpha 8-13.9 Hz

- The super-learning state
- Accessing memories
- Clear, calm thoughts
- Increased serotonin
- Reduced anxiety



Theta 4-7.9 Hz

- Creative inspiration ("ah-ha!" moments)
- Feelings of "oceanic oneness"
- Hypnagogic (twilight) imagery
- Access to the unconscious
- "Outside the box" thinking



Delta .1-3.9Hz

- Cathartic release of unresolved emotions
- Production of human growth hormone
- Suspended external awareness
- Kundalini-like experiences
- Very deep relaxation

