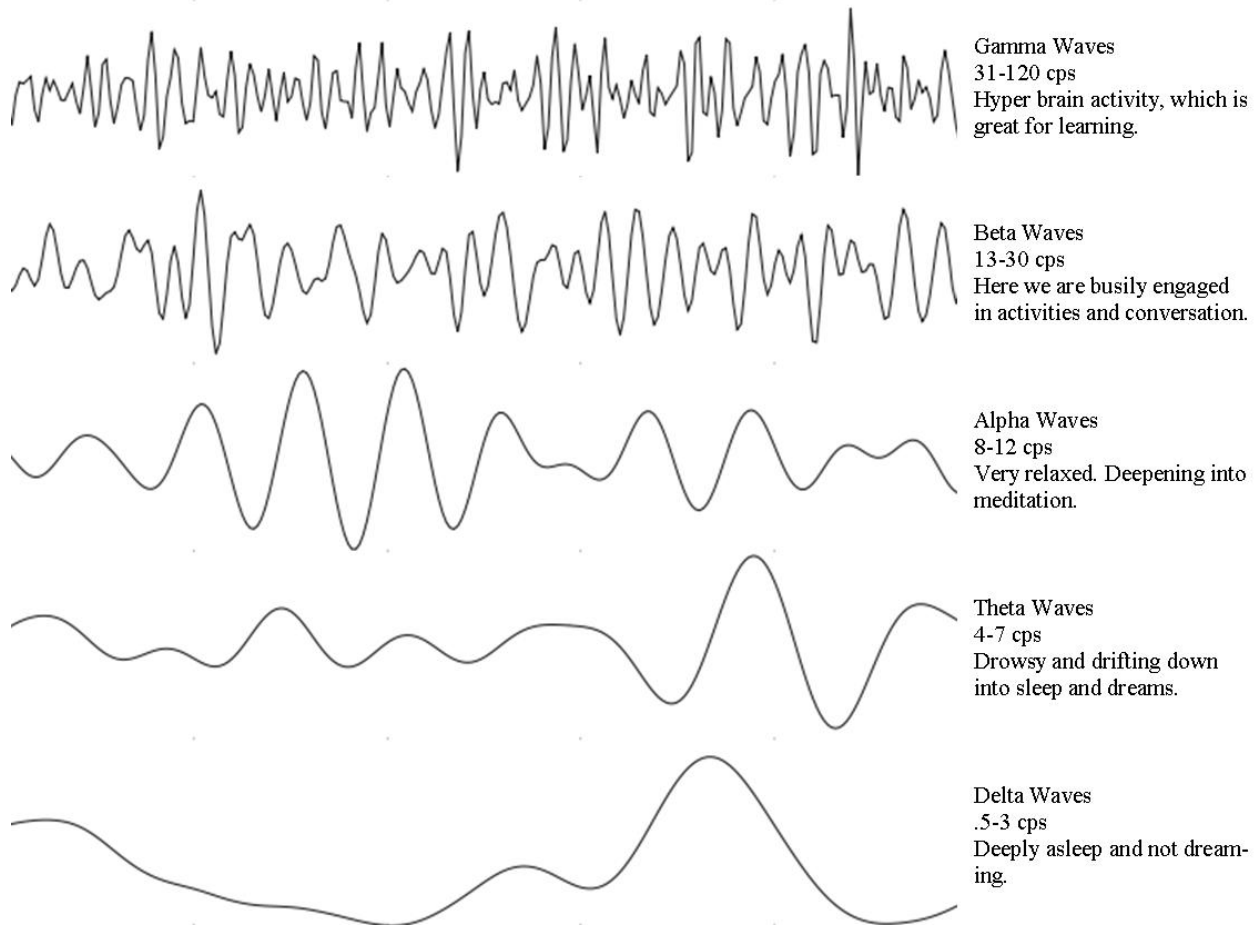


Brain Waves Graph



Brain Waves Graph (click to enlarge)

Theta brain waves cycle at 4-7 per second and indicates a state of being drowsy or sleepy. A Theta practitioner cycles between Theta and Gamma, which is 31 + cps (cycles per second)

Below I've included my acronyms that I have created to be able to remember each brain wave and what it means.

- ✚ **Beta** 'Busily Engaged (in) Thought Analysis' **brainwaves** are characterized by logical, analytical and intellectual thinking, verbal communication, and acute awareness of one's surroundings.
- ✚ **Alpha** 'Almost Lulled; Present, Happy, Aware' **brainwaves** most commonly occur when we are calm and relaxed, yet mentally alert. These brainwaves are also present during meditation, some forms of energy healing, and daydreaming.
- ✚ **Theta** 'This Healing Energy Touches All' **brainwaves** are characterized by being deeply

relaxed and inwardly focused. It is also called Threshold Consciousness - that lovely place between being asleep and being awake where all things are possible. This brainwave state is also associated with rapid learning and the assimilation of new information with high retention, heightened motivation to activate goals, bursts of creativity insight, and new behavior patterns. It is often part of a Gamma/Theta cycle as in the healing modality called ThetaHealing where the practitioner rapidly cycles between these two brain wave patterns.

- ✚ **Delta** 'Deeply Entering Low Task Activity' **brainwaves** are associated with being extremely relaxed, characterized by deep dreamless sleep.
- ✚ **Gamma** 'God And Man Manifesting All' **brainwaves**; this state is active when we are learning or processing new information. When we are setting intentions and manifesting, we use visualization in this gamma state.