



*Fractal Portrait of a Human Brain by Lyn E. Ayre, Ph.D.*

Our brainwaves add dimension to our lives in the following ways:

Gamma brainwaves (31-120 cycles per second) allow us to learn and retain at a very high level, offering us a creative platform for self-expression through the arts, whether in acrylics or applied sciences.

Beta brainwaves (13-30 cycles per second) allow us to be social and communicative with those about us. We are completely in our awareness as the conscious mind is fully employed and empowered to master the task at hand.

Alpha brainwaves (8-12 cycles per second) instil peace of mind and allow us to mentally slow down and relax our mind, giving it some well-deserved time off. We can take a mini vacation via meditation and slow deep breathing, which can reset our body and induce a sense of well-being.

Theta brainwaves (4-7 cycles per second) provide deep and permanent healing for the body, mind, and spirit, as we connect to the Creator of all that is and allow that energy to clear away the debris of years of self-neglect, outworn belief systems, and fears/phobias. We've now entered that beautiful dream space between wakefulness and being asleep, where all things are possible.

Delta brainwave (.5-3 cycles per second) induces a deep dreamless sleep while the body completely regenerates and all the cells have a chance to focus on their various jobs.

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