

BRAINWAVE STATES			
State	Frequency	Benefits	Gaining Access
BETA Wide – awake	14-28 cycles per second (CPS)	Thought, conversation Consciousness Control Need I say more...?	Loud music Noisy neighbors Visiting grandchildren Alarm clocks ...Need I say more?
ALPHA Relaxation and Meditation are examples	7-14 cycles per second (CPS)	Relaxation Day dreaming Fantasising Increased memory capacity Numerous health benefits (see attached meditation documentation) Happier disposition Inspiration, learning Inner Wisdom on way to Theta State	Activities where deep concentration and internal focus is required such as Guided meditations Laughter Gardening Exercise Listening to music Yoga Breathing exercises
THETA Deep, deep meditation Hypnosis (Dominant brainwave in 2-5 year olds)	4-7 cycles per second (CPS)	(REM Sleep) Hypnosis & therapy Intuition & inner wisdom Alternative healing and self-healing Change old patterns Suggestibility & creativity or inspiration	Self-Hypnosis Observation Accessed after passing through Guru State
DELTA Deep sleep	0-4 cycles per second (CPS)	Dreamless Sleep Body / mind rejuvenation, healing and repair Relaxation	Night-time Television Counting Sheep Boring Talks...need I say more?
GURU STATE MATCHING EARTH FREQUENCY 7.446 cycles per second (CPS) all figures are approximates			