

Beta 2 16-24 Hz	Beta 1 12-16 Hz	SMR 12-14 Hz	ALPHA 8 - 12 Hz	THETA 4 - 8 Hz	DELTA 0.5 - 4 Hz
Associated with psychological arousal and response to threat.	Alertness	Associated with a quiet body and active mind. Paying attention.	Relaxation, visualization, creativity	Meditation	Detached Awareness
	Concentration		Expanded awareness	Intuition, creativity & inspiration	Healing
18 & 21 for a short period - produce a sense of euphoria	Associated with higher cognitive process & rational analytical, problem solving thinking.	Quiet body & active mind. Paying attention	Frequency associated with earth's magnetic field. 9.4 hz	Gateway to learning & memory	Sleep
		13 hz - normal	Sense of peace and well-being	Heightened receptivity	Access unconscious activity
Elevated in all stress-related disorders, some mood disorders, panic, anxiety, fear and chronic pain.	Deficient levels: ADD, stress disorders, chronic pain, depression, mood disorders, psychotic states, substance abuse, panic, anxiety, fear.	Deficient levels: ADD, Mood disorders, anxiety, panic, OCD, fear, chronic pain. All stress-related disorders.	Deficient levels: chronic pain and all stress-related disorders.	Dominant prevalence (excessive) associated with: psychotic states, delusion and other states associated with poor reality testing and with seizure disorders. May be excessive in head injury and trauma	Elevated levels during waking in: head injury, coma, fetal alcohol syndrome, immune disorders, severe substance abuse & vegetative depression.
Elevated levels - some substance abusing and behaviorally abusive persons.	Sharp, focused mind	Decreased levels: Migraine headache.	Good for creative visualization.	5 hz - Sleep replacement	0.5-1.5hz - pain relief
Present with fear, anger, worry, anxiety, hunger & surprise	Use to treat ADHD		Deep relaxation and well-being	Deepest levels of meditation	Insomnia relief - begin 4hz (10 min) then Delta frequencies for 30 min.
	Increased mental ability		Access creativity just below consciousness	7.5 hz - Treatment drug & alcohol addiction	1 hz - hair growth
Target for short periods to increase awareness, alertness, energy	Actively perceiving and evaluating data		Enhanced release of serotonin and mood elevator. Good for jet lag, nicotine withdrawal	Lasting sense of well-being	Pituitary release of growth hormone.
			Super-learning, positive thinking	Reprogramming mind, dream recall	4 hz - Help Chronic fatigue
			Most beneficial wave for us when we are awake	Hypnosis, self-hypnosis	Pain relief, relaxation. Production of endogenous opiates.
			While studying, every hour take 10 min. @ 10HZ	Drowsiness, present during dreaming and REM states.	Feeling of unity with everything,. Accelerated language retention. Enhancement of receptivity.
			Cat nap, quick refresher	Reduces stress	Subconscious processing. ESP. Enkephalin production.
			Non-drowsy but relaxed, tranquil state of consciousness.	Awakens ESP skills	3.4 hz - sound sleep
			Pleasant inward awareness	Reaching Higher Consciousness 1/2 hour min.	
			Body mind integration, present during meditation and states of relaxation	Improved sleeping patterns	
			Accelerated learning with tapes. Increases comprehension.		3 - 4 hz - influence physical vision
				Increased recall, creative imagery and visualization	
			creative visualization.		