Extra Information- Brain Waves

Gamma Brain Waves (40 Hz +)

• Gamma brain waves cycling at 40 Hz are associated with problem solving in both adults and children. Gamma brain waves are known to aid you in learning and mental acuity.
• The 40 Hz rhythm can be observed throughout your entire brain; it is not found in one specific area.
• Individuals with learning disorders and mental deficiency often are lacking in gamma brain-wave activity.

High Beta Brain Waves (20 Hz – 40 Hz)

• High beta brain waves are associated with fear, anxiety, excessive thinking, rapid thinking, OCD (Obsessive-Compulsive Disorder), addiction, and states of peak performance.
• Sometimes, high beta brain waves are created in your brain to compensate for excessive theta brain wave activity.
• If you are highly alert, nervous, or a hypochondriac – you have likely experienced your share of high beta brain waves.

Beta Brain Waves (12 Hz – 20 Hz)

• Beta brain waves are considered your “fast brain wave” activity. Each time you focus, analyze, perform calculations, or think about your external environment, beta waves are at work.
• As an adult, you will generally have significantly higher amounts of beta brain waves in comparison to when you were a child.
• Too much beta brain wave activity in the right hemisphere of your brain is linked to anxiety, tension, and worry.
• Beta waves observed in the left hemisphere of your brain are considered healthy. Beta brain wave increases may be of benefit to you if you’re depressed.
• Beta brain waves in excess are associated with disorders such as: anxiety, insomnia, and OCD (Obsessive-Compulsive Disorder). Stressful events and tension are also known to increase beta brain wave activity in the brain.
**Alpha Brain Waves** **(1.8 Hz – 12 Hz)**

1.8 Hz – 10 Hz = Alpha 1 (slow alpha)
2.10 Hz – 12 Hz = Alpha 2 (relaxed and alert)

The Alpha state is an intensely pleasurable and relaxed state of consciousness essential to stress reduction and high levels of creativity. Artists, musicians and athletes are prolific alpha producers; so are intuitive persons, and so was Albert Einstein.

- Alpha brain waves are associated with meditative states, visualization, and idleness of your optical system. Each time you daydream, relax, or close your eyes, alpha activity increases.
- Normal alpha is usually found to be balanced equally among the right and left hemispheres of your brain.
- Children who have depression or commonly daydream are known to have high amplitudes of alpha waves.
- Alpha brain waves are commonly observed in the rear parts of your brain, while less common in your frontal parts.
- If you are depressed, you may have excessive alpha brain waves in the left-hemisphere of your brain. Also, if alpha is found to be high in frontal parts of your brain, it may be causing depression, ADD/ADHD, or another disorder.
- “Alpha blocking” is a term used to describe a significant decrease in alpha brain waves when the eyes open after you wake up in the morning.
- Alpha brain waves link the conscious mind with our subconscious.

**Theta Brain Waves** **(4 Hz – 7 Hz)**

Theta is one of the more elusive and extraordinary brain states you can explore. It is also known as the twilight state which you normally only experience fleetingly upon waking, or drifting off to sleep. Theta is the brain state where magic happens in the crucible of your own neurological activity. However, for most, being able to enter the dreamlike theta state without falling asleep takes meditation practice.
• Theta brain waves may be rhythmic or arrhythmic. Theta brain waves are commonly linked to enhanced levels of creativity, emotions, and spontaneity.
• When your brain is producing excessive amounts of theta brain waves, you may feel depressed, be daydreaming, have attention-deficit disorder, feel distracted, and in some cases, feel anxious.
• Fuzzy thinking, poor decision making, impulsivity, and slowed reaction time have been linked to excessive theta wave activity.
• Children generally have considerably higher theta brain wave activity in comparison to adults.
• Allow us to recover our long-term memories, repressed memories / repressed emotions, and improve our spiritual connection.

**Delta Brain Waves (1 Hz – 4 Hz)**

• Delta brain waves are commonly associated with deep sleep patterns and are the dominant brain-wave pattern among infants.
• High-amplitude rhythmic delta brain waves in adults are often found to accompany brain injury or disorders.
• Arrhythmic delta has been observed in college students during problem solving tasks.
• Delta brain waves may also be observed in the EEG of children with attention-deficit hyperactivity disorder (ADHD) accompanied by Theta.
• Loss of physical awareness / body awareness is accompanied by delta waves. If you got knocked-unconscious, delta brain waves would be observed in your E.E.G. reading.

Somewhere from the origins of creation, projected through the cosmos, into our own planetary field, through our species and filtered into our birth family, there is a special configuration of energy that supports our personal consciousness and gives us life. It appears at birth and leaves the body at death. In fact the weight of this field has been measured in several clinical examinations as a reduction of 21 grams of weight at the time of death. Some have called this the "weight of the soul." However, if we respect Jeshua's teaching that the soul lives in a the weightless quantum space of eternal bliss, more likely what is being measured is the weight of energy essential to life that is being dissipated at death.