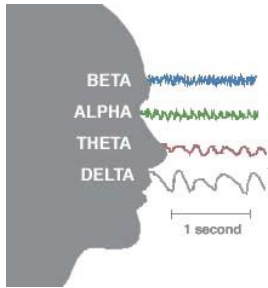


## Brain Waves



**Beta Brain Waves** is the level of normal waking consciousness and focus. When you are having a conversation or engaged in an activity, you are at the beta level. Usually in beta, one side of the brain is dominant. Higher levels of beta are related to anxiety, stress, separation, and dis-ease. When slower, your thinking is clearer. Brain hemispheres synchronize and can communicate better with each other.

**Alpha brain waves** are slower than beta waves. Faster alpha brain waves are related to relaxed focused attention. This is a learning state of mind. You experience the alpha mind frequency when engrossed in a movie, book or activity. That is all you are aware of. This is a very light trance or hypnotic state. At deeper alpha you are not quite asleep and still have some conscious awareness and waking. This state is related to focused attention and intuition. Having more alpha brain waves is equated with feeling happier and a greater sense of well-being. Most people generate alpha brain waves when meditating.

**Theta brain waves** are associated with dreaming, visions, and more contact with the unconscious mind. The mind frequency of young children is mostly theta. Their subconscious minds are easily programmed and they have difficulty discerning between reality and imagination. Adults who make too many theta brain waves may be considered delusional. At theta, you have free flowing ideas and think creatively. You release a burst of theta waves and pleasurable brain chemicals as a reward for learning something new, making a fundamental shift in your perspective, or have an "aha" moment.

You can put the power of your subconscious mind to work for you when you reach deep alpha or theta brain wave frequency levels, healing and manifesting at a deeper and more powerful level.

**Delta waves** are the slowest mind frequency. They occur during deep dreamless sleep. Your unconscious autonomic processes are carried out through delta waves. In waking delta you are in an advanced state of meditation. Because delta waves are so large, the brain is forced to handle a lot more energy than usual. It has to create new neural pathways to accommodate the extra energy. This helps improve communication between both sides of the brain.

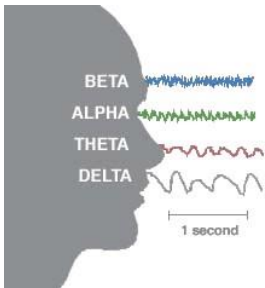
People who make a lot of delta waves are incredibly persuasive with other people and manifest powerfully. In the right hands this ability can be used for great good. It is said that if you can stay awake at the delta level you can subconscious mind power to deliberately affect not only your own programming, but the universal consciousness as well. This is what Robert Moss calls "dreaming strong" in *Dreaming the Soul Back Home*.

**Gamma brain waves** are the fastest and smallest brainwaves. There is some debate over whether gamma brain waves are in a distinct class or are just another level of beta waves. Gamma brain waves naturally occur while awakening and during REM sleep. They are found throughout the brain and allow parts of the brain to communicate with each other. Thanks to this brain wave frequency, you can experience multiple sensory inputs all at the same time and recall past events. Gamma brain waves are associated with precognition, processing high levels of information, and a greater perception of reality and consciousness. People with plenty of gamma waves are usually happier, more energetic, and have higher I.Q. levels. They are more focused and aware, and tend to be more compassionate than folks with fewer gamma brain waves. Peak performers often have more gamma waves than others. Experienced Buddhist meditators reach the gamma mind frequency during focused meditations and loving-kindness meditations.

**When you are in the relaxed brain frequencies** of alpha, theta and delta brain waves, your mind and your body heal naturally and are open to suggestion. The goal of slowing brain wave frequency via meditation, EFT, hypnosis or relaxation is to help you program your mind with suggestions that are in line with your current health and life desires instead of just being at the mercy of past programming from your childhood.

### **Open Focus Meditation; Putting Your Brain into an Alpha Wave State**

Allow yourself 5 (15 better!)minutes, but if you only have 3 that's okay too.



Close your eyes. That tells your brain automatically to move towards Alpha state. Now you will pick a place inside of the body and see how much space there is there. Focus on the insides of your feet or hands, or any other place you want, such as the inside of your lips, the space inside of your ears, or inside of your nose.

Can you feel the space there? At each place within your body that you bring your attention to, feel into the *space* that is inside. If you were to try to fill that space with a liquid, or color, or vapor, how much volume would it hold? Can you feel the space in between your fingers and toes? How about in between your teeth?

At each location you travel to inside of your body, allow your attention to stay there for a few breaths (15 seconds at least) before you move on. If you don't want to move on, that's okay too.

If you have pain in your body, this is a great exercise. You can focus on the space in pain free areas, or even on the space inside of the pained area. If you were to fill a pain free area with a color, see if you can move that color to a painful area and see what happens. This gets easier and easier as we do it.

For a much more detailed guide (that even comes with a CD!) see Dr. Les Fehmi's *The Open-Focus Brain: Harnessing the Power of attention to Heal Mind and Body*. Dr. Fehmi has taught tens of thousands of people how to reach these brain wave states through open focus, and has huge amounts of data to back it up.