

10- STEPS TO UNDERSTANDING
YOUR BRAINWAVES



**BECOMING
MORE MINDFUL**

Dr. Jeffrey L, Fannin, Ph. D.



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STEP 1 – UNDERSTANDING YOUR DELTA BRAINWAVES

Understanding brainwaves involves examining the electrical activity produced by neurons in the brain, which can be measured using an electroencephalogram (EEG). Brainwaves are categorized into different types based on their frequency, which is measured in Hertz (Hz):

Delta Waves (0.5 - 4 Hz): These are the slowest brainwaves and are associated with deep sleep and restorative processes. They are most prominent in infants and during deep, dreamless sleep for adults.

Release of Anti---Aging hormones -- One of the associated benefits of increasing your delta brainwaves is the release of anti---aging hormones.

State of empathy -- Delta brainwaves can provide you with the ability to read other people's emotions and determine their feelings at unconscious levels. In healthy amounts, delta brainwave most people aren't able to consciously experience the delta brainwave state.

Advanced healing of body and mind -- The delta brainwave rhythm is known to completely rejuvenate, replenish, and heal the entire body and brain.

Human Growth Hormone (H.G.H.) Release -- The delta brainwave is associated with the stimulation of the pituitary gland, which in---turn, is able to release human---growth---hormone — commonly referred to as H.G.H.

Connection with unconscious mind -- Though the alpha and theta brainwaves are capable of bridging the gap between conscious thoughts and the subconscious mind,

the delta brainwave allows us to connect deeper: it allows us to connect with the deepest possible level of our consciousness.

Deepest possible level of mind / body relaxation -- Delta brainwaves while a person is conscious or awake, are extremely rare. However, advanced meditators and infants, are 2 groups of people that are able to enjoy the deeply relaxing benefits of the delta brainwave.

Perfect intuition -- If we get ourselves too caught up in the upper brainwave patterns of beta, our intuitiveness becomes more difficult. As you increase your theta brainwaves and your delta brainwaves, your intuition will increase and so will your ability to recognize the feelings in your "gut."



Connecting with the spiritual body -- Many consider the delta brainwave to bridge the conscious mind with higher planes of reality with the subconscious mind.

Paranormal Experiences -- People are especially open to O.O.B.E.'s (Out Of Body Experiences), astral travel, connecting with spiritual beings (i.e. "spirit guides," "angels," etc.), E.S.P., and other phenomenon in the delta brainwave range.

Boosted immune system -- Increasing your delta brainwaves can lead to a boosted immune system due to the fact that delta brainwaves are associated with age---reversal or slowing, the production of healthy hormones, and significantly decreased amounts of stress.

Advanced Meditators -- The goal of many meditation practices is to increase the amount of slower brainwave patterns. Usually, after practice, meditators are able to become consciously aware in the alpha, and possibly the theta brainwave ranges.

Delta brainwaves are not only abundant in those who are in deep meditation, but they are also abundant in new born infants, young children, people with A.D.D. or A.D.H.D., people who have had near death experiences, or people who have experienced head injuries.

STEP 2 - THETA BRAINWAVES

The Paranormal--- No matter what you may think about psychics or the world of the paranormal or unexplainable, there are people who are so relaxing in both mind and body that they have the power to channel the unknown by communicating with the deceased or be clairvoyant enough to receive information about your future. There is a lot of other unexplainable phenomenon as well. Have you ever---experienced physical pain that arose for no reason whatsoever, like headaches or migraines?

Other people have reoccurring and traumatizing nightmares night after night for no apparent reason. Is there a way to eliminate these stress reactors or are they here for good?

Sleep and Dreaming--- Theta brain waves are slow and relaxing brainwaves that are usually associated with us when we sleep and are dreaming. Located in the right hemisphere of the brain, they usually arise when we are dreaming, sleepy, emotional, relaxed or daydreaming. When we are consciously awake, our brain waves are going

at 13---40 Hz, which is known as Beta brain waves. When we are meditation or in a deep relaxed state, our Alpha brain waves measure at 7---13 Hz. However, when we are dreaming, our Theta brain waves measure out at 4---7 Hz, which accounts for a deep relaxation that no other level of our brain waves can match. This accounts for many benefits for both of mind and body.

Musicians, sculptors and artists --- Since theta brain waves operate at a much slower rate, there are many benefits to our emotional state of mind. It's unlikely that many adults will experience theta brain waves during their waking hours, but many children two and under experience it on an ongoing basis.

Help for Business Professionals --- Since theta brain waves are considered fast brain activity, they offer many benefits you can utilize in the workplace. The common beta brain wave pattern is that it can block people from getting past conflicts and finding the appropriate solution. Theta brain waves can help you solve your problems with an extra amount of problem-solving ability.

Difficulty in Concentrating --- So, with as many benefits as theta brain waves can create for someone, what could possibly be the drawback?

People with ADD have trouble focusing.

Attention Deficit Disorder creates a difficulty to concentrate on

one thing for too long, and the contribution

of theta brain waves can make it increasingly difficult to focus.



STEP 3 - THE BENEFITS OF ALPHA BRAIN WAVES

Deep Relaxation of Body and Mind – Your stresses and worries drift away when you enter the alpha brainwave state. Tension and nervousness disappear as your brain's thought process is calmed down; your mind becomes clearer.

Higher Levels of Creativity – Alpha brainwave levels are found to be much higher in artists, musicians and creative thinkers.

Improved Problem-Solving Abilities – When you have too much beta activity in your brain, your ability to problem solving shuts right down. Stress causes clutter in your thought process.

Improved Mood and Stability of Emotions – Having more alpha brainwaves usually indicates more positive, stable and balanced emotions. This means you can cope better with stress and keep calm in tough situations.



Performance and Getting In the “Zone” – the alpha brainwave state is associated with “peak performance” and players who get “in the zone” perform best when they have less beta brainwaves interfering with their peak, alpha state of mind. Studies on professional sports players state for high performance.

Super learning” and “Genius states” – learning new skills, enhanced memory and genius---like abilities are found in those who spend their time mostly in an alpha brainwave state.

Enhanced Immune System – Long---term stress and tension have a negative impact on your immune system and can even shut it down completely in extreme cases, due to the excessive production of cortisol and adrenaline.

Levels of “Serotonin” – Serotonin is released more during alpha brainwave states. Serotonin levels are associated with your moods and low serotonin levels are linked to depression and other neurological disorders, such as anxiety and panic attacks.

STEP 4 – THE BENEFITS OF BETA WAVES

Ability to think quickly – When a person is high in beta brainwaves, they are able to think fast, generate new ideas quickly, and live in a high state of functioning.

Being more social – When a person talks, their beta brainwave range naturally increases. If you are interested in becoming more social, an increase in beta brainwaves may be the ticket.

Feeling excited – Ever get that nice healthy adrenaline rush or feeling of excitement in the pit of your stomach?

Goal oriented – When people are in the beta brainwave state, they naturally feel while writing. I can personally testify for this one: my ability to write is definitely enhanced when I am able to get into a state of beta.

Increase in I.Q. – Studies have been done and show that people higher in the beta brainwave range actually have higher I.Q.'s than the average population. It makes perfect sense, since activities like reading and solving math problems can definitely help build a smart brain.

Anxiety – Too much beta activity may cause you to feel afraid or have thoughts of fear towards things that you are usually calm

Stress – Though there are many good things that come with beta waves, there is also a huge possibility that they may stress you out.

Paranoia – Paranoid schizophrenics are actually able to generate much more high-beta (25---30 Hz) activity than the average population. Are beta brainwaves the cause of schizophrenia?

Muscle tension – Another drawback to the beta brainwaves is that your body will feel uneasy and muscle tension increases.

Increased blood pressure – High blood pressure is usually not anything to be proud of. Beta brainwaves cause an increase in stress and thoughts and naturally increase your blood pressure

Unwanted thoughts – Beta brainwaves can be a source of unwanted or anxious thoughts. Too much beta activity can cause one to experience a mild form of obsessive---compulsive disorder.

Insomnia – Want to stay up all night? If so, I recommend increasing your beta activity. It is probably a bad idea to do any beta---geared activity right before falling asleep. Keep your brain healthy, get that sleep, and work to prevent insomnia.

Addiction – Are you addicted to the internet? Chances are that if you have an addiction, you would greatly benefit from a downscaling in your current amount of beta brainwaves! Look at “how to boost your alpha brain wave” to help you curb and hopefully eliminate your addictions.

STEP 5 – BENEFITS OF GAMMA BRAINWAVES

The Brain's Optimal Frequency --- Gamma brainwaves are considered the brain's optimal frequency of functioning. Gamma brainwaves are commonly associated with increased levels of compassion, feelings of happiness, and optimal brain functioning. Gamma brainwaves are associated with a conscious awareness of reality and increased mental abilities.

Gamma waves are produced when masses of neurons emit electrical signals at the rate of 38 Hz – 200+ Hz and have a tiny (virtually unnoticeable) amplitude. Gamma brainwaves can be found in virtually every part of the brain. By one definition, gamma waves are manifest at 24 Hz and higher. Gamma waves suddenly double into the 40 Hz range.

Gamma Present in Awake State and During Active REM ---

Research has shown gamma waves are continuously present during low voltage fast neocortical activity (LVFA), which occurs during the process of awakening and during active rapid eye movement (REM) sleep. Gamma brainwaves resonate around 40 Hz and are associated with the brain function that holographically synthesizes all the bits of individual data from various areas of the brain and fuses them all together in a higher perspective.



Gamma is the Harmonizing Frequency --- for example when you are observing an object, its color, size, texture etc. are all perceived and processed by different parts of the brain, it is thought that Gamma allows for unification of all the different information. This brainwave activity is associated with states of self---awareness, higher levels of insight and information, psychic abilities and out of body experiences. This new region of brain activity and states of consciousness associated with it is called EPSILON.

STEP 6 – BENEFITS OF EPSILON FREQUENCIES

These Hyper Gamma, Lambda and Epsilon frequencies, are linked together in a circular relationship ---where if you looked with a magnifying glass at an extremely slow Epsilon brain frequency, you would see hidden within it a modulation frequency of 100 --- 200 Hz.

STEP 7 - LAMBDA BRAINWAVES

If you stand back far enough from an extremely fast 200 Hz brainwave frequency, you would see that it is riding on the crest of a slow-motion modulating wave of Epsilon. This Epsilon state of consciousness (the state Yogi's go into when they achieve "suspended animation") is where western medical doctors can perceive no heartbeat, respiration or pulse. Hyper Gamma and Lambda states of consciousness are the states associated with the ability of certain sects of Tibetan monks who can meditate in the Himalayan mountains in sub---zero temperatures with scanty clothing and melt the snow all around them.

High Gamma Frequencies in Sensory Stimuli --- Gamma rhythms occur in sensory stimuli. In humans and other mammals following sensory stimuli there is an increase in Gamma activity. They often occur in brief runs in these responses. Initially researchers found 50---60 Hz in the olfactory bulb in the brain. They have since been found in: olfactory, visual, auditory, somatosensory, and motor cortex. Gamma oscillations also occur in the hippocampus, where the link with external sensory stimuli is less direct, but may still exist in the higher order sensory cortices. Hippocampal gamma tends to occur during the theta (4---12 Hz) EEG that is a prominent feature of the hippocampus in vivo (*In vivo* Latin for "within the living," is experimentation using a whole, living organism as opposed to a partial or dead organism, or an *in vitro* ("within the glass", i.e., in a test tube or petri dish) as a controlled environment, especially during exploration and research. In humans the auditory response includes brief "40 Hz transient responses" which increase when the subject pays attention and which disappear with loss of consciousness during anesthesia.

Gamma Rhythms Can Be Very Widespread --- Repetitive auditory stimulation at ~40 Hz generates a large "40 Hz steady state response". MEG (magnetoencephalography) recordings in humans suggest that gamma rhythms can be very widespread, both during waking and dream states. Other MEG measurements in Man suggest that gamma rhythms may be organized to sweep across the whole brain, perhaps providing "temporal binding into a single cognitive experience".

STEP 8 – SCEDULE A CONVERSATION WITH A PROFESSIONAL

Go to: www.thoughtgenius.com

STEP 9 – GET COACHING AND MORE INFORMATION

For more information go to: www.thoughtuniversity.net

STEP 10 – LEARN ADVANCED LEVELS TO HELP OTHERS

It is possible to become a Certified Frequency Specialist to assist others to be their best and most authentic-self. If this sounds like something you might be interested in or create a lasting career for yourself and earn money while you do what you love...schedule a 15-minute conversation with Dr. Jeffrey L. Fannin, Ph.D. to discuss how to get you there: www.thoughtgenius.com

All of this can be much more than acquiring more information by reading a PDF like this. If you are looking to be more fulfilled in your life, get rid of old unwanted negative thoughts the are answers for you to stop sabotaging you life with patterns you probably learned as a child...that is why Dr. Fannin wrote this 500-page book on Amazon and created the 9.5-hour audiobook on Audible for people to get guidance, mentorship and real answers that have worked for thousands of people all over the world.

