Specific Brain Frequencies

**Delta Brain Waves (0.5 to 4 Hz)**

- **0.5 Hz**: Relaxation, helps soothe your mind
- **0.5 - 1.5 Hz**: Endorphin release
- **0.9 Hz**: Euphoric feeling
- **1 Hz**: Well being, Harmony and balance
- **2.5 Hz**: Production of endogenous opiates (pain killers, reduce anxiety)
- **2.5 Hz**: Relieves migraine pain. Produces endogenous opiates
- **3.4 Hz**: Helps achieve restful sleep
- **3.5 Hz**: Feeling of unity with everything. Whole being regeneration
- **3.9 Hz**: Self renewal, enhanced inner awareness
- **4.0 Hz**: Enkephalin release for reduced stress
- **4.0 Hz**: Allows brain to produce enkaphalins, all natural pain killer
- **4.0 Hz**: Full memory scanning. Releases enkephalins
- **4.0 Hz**: Vital for memory and learning. Problem solving, object naming
- **1 - 3 Hz**: Profound relaxation, restorative sleep. Tranquillity and peace
Theta Brain Waves (4 to 8 Hz)

4.5 Hz - Brings about Shamanic/Tibetan state of consciousness, Tibetan chants.
4.9 Hz - Induce relaxation and deeper sleep
4.9 Hz - Introspection. Relaxation, meditation
5 Hz - Reduces sleep required. Theta replaces need for extensive dreaming
5.35 Hz - Allows relaxing breathing, free and efficient
5.5 Hz - Inner guidance, intuition
6.5 Hz - Centre of Theta frequency.Activates creative frontal lobe
7.5 Hz - Activates creative thought for art, invention, music. Problem solving
7.5 Hz - Ease of overcoming troublesome issues
7.83 Hz - Schumann earth resonance. Grounding, meditative, Leaves you revitalized
3 - 8 Hz - Deep relaxation, meditation. Lucid dreaming
3 - 8 Hz - Increased memory, focus, creativity
4 - 7 Hz - Profound inner peace, emotional healing. Lowers mental fatigue
4 - 7 Hz - Deep meditation, near-sleep brainwaves.

Alpha brain waves (8 to 12Hz)

8-10 Hz Super-learning new information, memorisation, not comprehension.
8.22 Hz - Associated with the mouth. Brings creativity
10 Hz - Enhanced serotonin release. Mood elevation, arousal, stimulant
10 Hz - Provides relief from lost sleep, improves general mood
10 Hz - Mood elevator. Used to dramatically reduce headaches
10 Hz - Clarity, subconscious correlation. Releases serotonin
11 Hz - Relaxed yet awake state
12 Hz - Centering, mental stability.
11 - 14 Hz - Increased focus and awareness
12 - 14 Hz - Learning frequency, good for absorbing information passively

Beta brain waves (13 to 30Hz)

14 Hz - Awakeness, alert. Concentration on tasks, Focusing, vitality.
16 Hz - Bottom of hearing range. Releases oxygen/calcium into cells
12 - 15 Hz - Relaxed focus, improved attentive abilities
13 - 27 Hz - Promotes focused attention toward external stimuli
13 - 30 Hz - Problem solving, conscious thinking
18-24 Hz — Euphoria