



- 43-60Hz Gamma** is beginning to be understood as higher states of consciousness, mindfulness & currently unmapped states of awareness.
- 42Hz Gamma** is your Transcendent Multi-Foci Awareness & Integration. Correlates with Pineal Gland function.
- 35Hz Beta** marks your Awareness & mediation of Peripheal Blood Flow Increase. Correlates with lung & throat health.
- 29-33Hz Beta-** excessive suggests Anxiety, ruminative, catastrophising.
- 28Hz Beta** is critical thinking abilities and increased peripheal blood flow. correlates with cardiac health.
- 23-27Hz Beta-** dwelling and mulling; overthinking; hypervigilence. correlates with stress from gut, adrenal & lung.
- 21Hz Aura** reflects your intuition & higher access to spiritual knowledge.
- 15-18Hz low Beta** - focusing, feeling, problem-solving abilities.
- 14Hz** - sensory motor rhythm awareness; body sense.
- 8-13Hz Alpha** - ability to focus or relax. In excess eyes open= lack of focus
Excessive alpha correlates with sinus inflammation & digestive imbalance.
- 10Hz** - engaged/immersed thought. Excessive eyes open alpha suggests states of inflammation.
- 7Hz high Theta** is the beginning of your natural intrinsic being & spiritual rhythm. This parallels *Schumann's Resonance* of 6.83-7.2Hz, which is the common denominator within natures universal rhythms.
- 3-5Hz low Theta** - emotional/cognitive blocks as in PTSD, ADD, TBI, etc.
- 2Hz Delta** notes sleep quality issues; excessive suggests CNS structural . changes, apnea or injury.

Cartography of Consciousness: EEG Correlates

Balance occurs when 7Hz harmonic rhythms dominate, tying directly into universal rhythms known as Schumann's Resonance. Symptoms occur when brainwave frequencies dominate off the 7Hz harmonic ripple, creating friction, or resistance to one's natural EEG energy flow. Neurofeedback training excercises the brain's ability to re-shape brainwaves back into one's natural rhythm; reducing and resolving surging symptoms on the integers in between.

