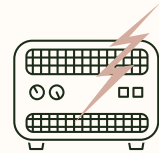


# Brain Waves



Delta, Theta, Alpha, Beta, and Gamma



## Delta

Deep sleep, healing, and healthy immune function.



## Theta

Maximum creativity, meditation, intuition, emotional connection, memory, and links our subconscious to source.



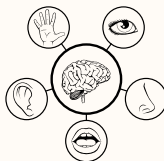
## Alpha

Ideal relaxation. Alpha waves are the 'frequency bridge' between our conscious thinking (Beta) and subconscious (Theta) mind.



## Beta

Making decisions, alertness, problem solving, concentration.



## Gamma

Learning, sense memory, information processing.