

~ Our Brain Waves & More ~ (Pt 1 - Introduction)

(Manifesting Kinetic Changes)

Legend is full of stories such as, “Doctor Doolittle,” “Tarzan” and the “Horse Whisperer,” and while those may be simplified examples of the material we are about to explore, no doubt many are aware of people who just seem to have a “gift” in working with animals.

While you may still be wondering what on earth do brain waves, or what scientists call, “Neural Oscillations” have to do with anything spiritually related,, and also while the concept of Brain Wave patterns remain an enigma to many people, it is important to understand how the concept of non-verbal communication takes place between you and the people and even the animals around you, because it is very real and can be developed and improved upon with results that, once achieved, are absolutely undeniable!

It is well known that the brain is an electrochemical organ and all science agrees, that AS SUCH, it GENERATES EM fields! Researchers have speculated that a fully “developed” brain can generate as much as 10-20 watts of electrical power! Far more than required to illuminate a light bulb!

The keywords here are “FULLY DEVELOPED.” It is to that end, that it would be most helpful to study these next few graphs detailing the different brain waveforms and their corresponding wave chart graphs for reference, including brief descriptions of each waveform before we move into the next section of this material.

There is MUCH TRUTH to the old saying of, “Mind over Matter.” These waveform charts show the 5 most common waveforms and are measured in Hertz (Hz) which is the number of cycles per second the waveform frequency is. While currently there are 7 RECOGNIZED brainwave patterns, this chart and brief description of only the 5 most widely seen waves and some of their functions is extremely abbreviated.

Entire volumes can be written regarding each wave, how they interact, overlap and that is one of the branches of Neuroscience. Needless to say, it is highly recommended to those who are interested in further information and/or developing these particular abilities to broaden their research far and away more than what this short thumbnail provides..

Doing so may well reap many benefits, not only in terms of Spiritual abilities, but in virtually every other aspect on your life as well. As this is only a cursory exploration, we will briefly and succinctly explore methods by which one can improve their abilities, but again, many complete volumes may also be written on them as well.

Consider this material a “Primer” to that end, and ONLY scratches at the surface of a HUGE body of knowledge that all could very much benefit from in learning, studying and implementing into their lives...

Let’s begin to take a broad look at some of these waveforms and examine how they operate and what they do...

Alpha waves are one of the two common patterns we emit when we are fully awake and alert. Its waveform is lower in frequency than the Beta state, which is also a “conscious” waveform. The Alpha state has a much more calming feeling associated with it but does not manifest the same way as when one is in a meditative state.

Beta waves are the other common frequency we emit while in a conscious state. Its wave clearly is of a higher frequency and is associated with high activity levels, or intense thought processes, such as a person engaged in a debate. It is much more “energetic” in nature and as such, will exert the greatest impact on animals.

Theta waves are typically emitted just immediately before falling asleep. It is a state where the mind is relaxed, but still active on a semi-conscious level. It is ALSO the waveform long-distance runners emit when, “in the zone.” Also during meditation, Theta waves are most dominant in the frontal and middle parts of the brain.

Delta waves are found most abundant in people with “enhanced” perceptive ability. It is also emitted when in a deep dream state, typically with no memory of the dream, however, when “intuition” is open as a source of viable and ACCURATE information, it is the Delta waveform that occurs during these periods of “intuition.”

Gamma waves are powerful and common in those with advanced mental discipline. Unlike Delta waves in “intuition,” these are the waves that are present when one has, for instance, one of those “EUREKA” moments while connecting abstract information into coherent thoughts and is referred to as the “Super-Consciousness” wave.

While there are two “exotic” waveforms, known as Epsilon and Lambda, here's the basic frequency range for the best known waveforms, we’ll be discussing the others later...

Alpha Waves 7.0 - 12.5 Hz

Beta Waves 12.5 - 30.0 Hz

Theta Waves 3.0 - 7.0 Hz

Delta Waves 0.5 - 3.0 Hz

Gamma Waves 30.0 - 100.0 Hz

Highest Regards and Much Love,

Kevin

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