

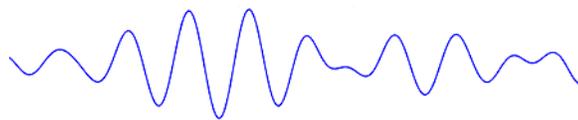
## ~ On Brainwave Pattern Sets ~

( The “Alpha” Brainwave Overview)

Alpha waves, while considered one of the two “normal” waveforms which occur when one is awake, is the slower of the two and therefore manifests in more of a “relaxed” state of mind. In other words, when your stresses and worries “drift away” you are experiencing the sensation Alpha waves produce in the body. Like the other slower waveforms we’ve explored, these waves are also found to be at much higher levels in creative individuals or creative thinkers similarly. Interestingly enough, while Beta waves are the higher energy, more “hyper” of the two generally accepted “conscious” waves, it has been observed that Alpha waves can act as a “carrier” wave for Beta, much the same as radio waves “carry” music on them, so to do our brainwaves have the capacity to carry others! The way this is observed in EEGs are when the waveform itself is “zoomed in” on, what one finds is a DIFFERENT wave “embedded” into that waveform! Here is where, for instance, you may know of someone who is very highly skilled at “multi-tasking” but at the same time, always appear cool, calm and collected. This is PROBABLY an individual who has a Beta wave riding along inside the Alpha waveform!

From here it is easy to connect the dots into how other waves can ride along lower waveforms and as a general rule, the slower wave form will be the “carrier” wave, as in radio terms, while the higher energy wave will be the one embedded into it...

Granted, this is a very brief and cursory thumbnail depiction of the intricate process involved with the interconnection of brain wave patterns but there is plenty of material out there for those who really are interested in developing this ability. It is only the hope that this material helps open up perspectives that you may never have considered before in terms of developing your own mental abilities and skills, for truly, material reality is always more responsive to your ENERGY, than it is to any other aspect of your spirituality and manifestations of changes in any dynamic is always pegged to an energy field of some aspect emanating from us.



**THE ALPHA WAVE SET**

Alpha waves are also more active in individuals that are often described as “grounded,” “centered,” or simply described by others as being well-balanced, just to name a few. Stress is far easier to manage and/or eliminate when Alpha waves are present, which again, transmits energy directly to whatever person or situation you may be facing, and again, either way, your energy will have an effect on the way these situations develop, or DON'T develop, either way. Likewise, irritable people tend to spend most of their time in the Beta state and the Universe will respond equally back with a “ramped up” response typically inducing primarily ONLY Beta waves, which, simply put, the Alpha set is the “antidote” for these problems to a significant degree as that energy counters the more chaotic Beta rhythm and has a calming effect. Likewise, in a Beta state, BOTH you AND your reality will have typically one trauma cycle after another after another.!

One of the more well known neurotransmitters, Serotonin, is also known to be released in much higher volumes while the brain is producing Alpha waves as well. Serotonin is well known for the calming properties it yields even inasmuch as Serotonin reuptake inhibitors have primarily overtaken the anti-depressant market by storm! More serotonin is left in the brain, rather than being RE-“taken” by the neurons, resulting in a calmer mind. There is a debate however, when artificially induced, if the brain is so “used” to have ARTIFICIALLY enhanced levels of serotonin, by the action of synthetic drugs that, consequently, the natural production of this key neurotransmitter could be impacted.. Induced Serotonin from naturalopathic methods such as meditation or using binaurals, stimulate NATURALLY higher levels and are thus unaffected by a bodily response to a foreign substance. This biological reaction is much like people who take certain vitamins over a long period of time. Over time, the body “adapts” to these synthetic compounds and lead to a point, where the body may no longer STORE vitamins! In people who have Alzheimer's, there is virtually NO production of Serotonin at all! Also, low levels of this neurotransmitter are seen in people experiencing “panic” attacks and/or high levels of anxiety. These are just a FEW of the known associations involved regarding the Alpha brain wave state.

Highest Regards and Much Love,

Kevin

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