

~ On Brainwave Pattern Sets ~

(The “Beta” Brainwave Overview)

These are commonly referred to as the, “Active Thinking” brain waves. These are the waves that you would generate if you were in a debate, for instance. This is also the predominant waveform generated by dogs and is also responsible for their tendency to excitability. In humans, if this wave set of frequencies is at too high levels for too long of periods of time, it has been associated with patients diagnosed with depression, anxiety and/or even simply too high of levels of stress.

As this waveform is highly energetic, it is easily picked up on by animals. Typically, the animal will respond in like manner and then the “ramping up” problems that can occur in homes where sometimes, the dog tends to become the leader! Needless to say, that scenario is entirely dysfunctional and needs addressing, but am sure we all know of a few folks like that. The good news is, though, that this waveform is one of the easiest also to “train” to be “quieter” or less “active.” Yes, this is where meditation, and/or the breathing exercises and/or “Binaural” entraining referred to elsewhere in this material can certainly benefit any animal handler, and actually, anyone can benefit by getting some control over this very active set of brain waves.

By the same token, this wave is CRITICAL to learning! When a person is high in Beta brainwaves, they are able to think fast, generate new ideas quickly, and live in a high state of functioning. So clearly the key word here is BALANCE! The essential warning here is that this particular waveform energy can also “take hold” of a person, so to speak! Although, again, in contrast it has been shown that in individuals connected to EEG monitors it has been seen that highly elevated Beta waves were generated during active conversations.

Now, here is where it gets a bit tricky. Most people have had that “adrenaline rush” or feeling excited in their “gut” so to speak, and this is when your mind is in a state where Beta is becoming HIGHLY active and from that point can go one of two ways. Either it will increase and the excitability can become anxiety, or it will decrease. Willful “letting go” is also a term most are familiar with and this is how Beta waveforms can be put in check when these signals are felt. “Letting go” when done properly, actually changes the brain wave pattern completely from a Beta state in an Alpha or even Theta state.

Interestingly enough, it is high Beta waves that are also monitored INDIRECTLY in lie detectors! The “galvanic” skin response represents high Beta activity as a person who is lying during questioning will exhibit increased stress, hence the skin “tightens” in response to this spike in Beta activity! I have often told students to simply “relax your skin” when I have seen them get stressed while learning this trade.



THE BETA WAVE SET

The highly complicated relationship between ALL of the brain wave frequencies and their respective connections to bodily responses could take an entire volume to explain in detail but again, as this is a PRIMER simply meant to broaden your perspectives into how your own energy affects the animals in your care, I suggest doing your own research on this as well as much other material here in this manual on your own and in whichever direction you feel compelled to pursue. There are charts showing respective frequencies WITHIN the different waveforms and in particular which frequency is associated with which particular bodily response, or function.

Conversely, for times when you feel mentally “fogged” it is the Beta waves that can clear the mind! As an example, for instance,, in people with ADD/ADHD, the prescription of stimulants is given because these will directly increase Beta brain wave activity and helps those who may have focus issues think more clearly! At too high levels though, or near the upper bandwidth, near 25-30 Hz, thoughts may run amock as well though so again, BALANCE is critical! Paranoid Schizophrenics, as an example, have been shown to generate very HIGH Beta wave sets rather consistently, for instance, and virtually NO “lower” frequency Beta waves below 20 Hz. Increased Beta wasve are also associated with “fixations” on things, or situations. Example, for those you may know who are “addicted” to their phone, or the internet for instance, these individuals already are generating too high of levels of Beta and could benefit from Alpha or Theta binaural brain wave entraining. Gaining control over oneself is the very key to the lock of gaining control over virtually every area of your ife.

Highest Regards and Much Love,

Kevin

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