

~ On Brainwave Pattern Sets ~

(The “Theta” Brainwave Overview)

This is also one of the lower frequency wavestates and one that is easier to achieve in a waking state than the Delta wave is. As such, Theta waves overlap somewhat in terms of the benefits this set of frequencies opens up and is associated with. For example, if you have ever just had a “hunch” something is going to happen and then it DID happen, the moment you were feeling that “hunch” your mind was in a Theta wave state!

The more in tune you are able to master with this frequency set, the better your insight, or FORESIGHT regarding other people and their behavior will become as well! You will “intuitively” KNOW that maybe even across the room from you, someone may be having an “issue” or is stressed, or could present a problem, or any one of a number of other things that we, as those who seek to walk in the path of enlightenment can and should reach out to help even without letting on exactly HOW we are “aware” of something, trust this instinct and let it rise from your “gut.”

This wave, like the Delta and Epsilon wave emanate from the RIGHT hemisphere of the brain, which some may already know is associated with the subconscious, reveals why it can no longer become easy to see why typically all of these low frequency waves occur in most people only when they are asleep! The LEFT hemisphere of the brain is known to be the “active” or “conscious” side of our minds, which explains also why MOST people are, in fact, right-handed. Right brained people also are known to typically be “dreamers” but also these people seem to be able to grasp abstract concepts easier as it is known that most talented artists are right-brained, even if they are NOT left-handed. Typically the opposing hemisphere of the brain controls the opposite side of the body.

As mentioned before, up to about one year of age, an infant is at an extremely high level of Delta wave activity but at the time between about one year up to as far as nearly three years of age, the Theta wave is dominant. This waveset is associated with being in an extremely relaxed state, which certainly most children that age are! (Except when they are crying, that is...) Musicians, sculptors, writers and other creative individuals are also known to have elevated Theta levels, particularly when they are working and/or are focused on specific tasks.



THE THETA WAVE SET

This state is also present in chess masters while patiently exploring their moves in championship level games. While this is a low frequency waveform, it is of a very high amplitude so it carries very high amounts of energy and can be applied toward very deep or complex and creative processes you are engaged in on any given day as well as transmitting calming energies to those around you at the same time.

Theta waves are also present when doing problem solving. The common Beta wave often “competes” for this bandwidth in our minds and those waves can actually “block” problem solving skills. The term, “writer’s block” actually has been shown to exist when Beta waves flood our minds, and when the writer “breaks through” that barrier and begins writing again, Theta waves have been observed to once again resume in the mind.

Needless to say, remaining calm and having good clear insight into not only problems, but in terms of exactly which artistic expression you are going to undertake on any given day lends easily to understanding how developing Theta waves can go a long way to achieving both of those complicated tasks and even do them simultaneously!

Highest Regards and Much Love,

Kevin

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