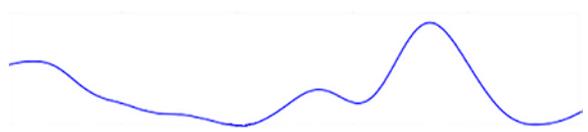


~ On Brainwave Pattern Sets ~

(The “Delta” Brainwave Overview)

These very low frequency waveforms are the dominant waveforms detected in babies while in the final stages of development while still in the womb. This waveset is also the most dominant in infants as far up as around the entire first year of age! Associated also with deep tissue healing processes while asleep, these waves represent a state of the mind where high amounts of calming neurotransmitters, endorphins and enkephalins are being produced by our own glandular and endocrine systems. Enkephalins block pain signals in the spinal cord. Endorphins are associated with blocking pain principally at the brain stem. Both are morphine-like substances whose functions are similar to those of opium-based drugs. It is easily seen that individuals who have mastered the brain wave patterns associated with pain are those that are capable of such things as “fire-walking” for instance. It is yet a different set that prevents them from injury or burns also, but that is another discussion. The calming nature of these secretions help also for the mind to maintain these calming waveforms symbiotically to lengthen the time they are present. Gaining this skill set can very well directly give one the ability to keep calm during encounters with aggressive people or animals even which, in turn, helps to calm THEM down as well!

Delta brainwaves are also known to be generated when the body is biologically releasing “anti-aging” hormones such as DHEA (Dehydroepiandrosterone). This particular hormone alone triggers a complex set of bodily functions that then also lead to the production of androgens and estrogens (male and female sex hormones). DHEA levels in the body begin to decrease after age 30. Levels decrease more quickly in women. Lower DHEA levels are found in people with hormonal disorders, HIV/AIDS, Alzheimer’s disease, heart disease, depression, diabetes, inflammation, immune disorders, and osteoporosis so it is easy to begin to understand the importance of this particular by-product present while Delta waves are active in the brain. So, this is one aspect of how gaining better control over oneself, which in turn gives you better control over virtually every aspect of your life and also benefits oneself in other ways as well! Reducing stress has been shown to clearly extend life, we all know stress can kill.



THE DELTA WAVE SET

Delta brainwave activity is also present when a person is in a state of “empathy” which means ‘the ability to understand and share the feelings of another’ (Oxford Dictionary) and it is precisely this state of mind that opens the doorway of non-verbal communication to both people and/or even animals! While it is debated whether or not animals may or may not be able to express empathy themselves, they INSTINCTIVELY know when someone “loves” them! Empathy is perceived as love by animals and love always overcomes fear, so transmitting these frequencies of love and compassion to the animals in your care will always go a very long way to help ease them if they are nervous and help them to remain, or BE calm. This is doubly true for the people in your life as well, but all known “gifted” animal handlers exhibit high Delta activity while AWAKE!

Advanced practitioners of deep meditation verify this calmness as EEGs have recorded these very same waveforms when they are in the state of “bliss” resulting from deep and highly trained meditation states. Conversely, people who have very little Delta activity often exhibit rude, inconsiderate behavior such as “stepping on other people’s toes” so to speak. Being reminded that this wave is typically only found in “normal” people when they are asleep, it’s easy to make the connection that if the capacity is developed to emit this waveform while awake, it has profound effects both on the person themselves as well as any animal or PERSON, for that matter in close enough proximity to be affected by the field this energy wave frequency transmits!

Highest Regards and Much Love,

Kevin

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