

Bio-Tuning Session Catalogue

Healing Phase

Delta 1, 2, and 3: Deep healing and sleep

- Deepest healing
- Physical healing, recuperation, and rebalancing
- Deepest sleep
- Physical recuperation
- Delta 1: Works on deepest levels of physical functions such as cellular, core, biochemical functions
- Delta 2: Realm of organ/gland functions
- Delta 3: Meridian, chi, and energy systems functions

Theta: Emotional healing, dreaming, and creativity

- Dreaming and dreaming sleep
- Emotional equilibration and healing
- All creativity
- As meditation state, associated with shamanic journeying, chakra visualization meditation, and certain Christian prayer states (walking and talking with angels)

Alpha: Mental healing and clearing self-defeating beliefs

- Peripheral attention
- Asking before thought and receiving it
- For sleep, associated with mental systems and healing
- Inner directed, non-focused, holographic, non-linear mind state
- Mental systems and healing
- Clearing self-defeating belief systems about oneself
- As meditation state, associated with Zen meditation states, aware state of peripheral vision, and can also focus on breath, candle flame meditation, mirror meditations, etc.

Default Mode Network (DMN) 1 and 2: Resynchronizing default mode network regions

- Holographic, non-focused mind wandering
- Not actively involved in attention demanding or goal-oriented task
- Self-referential mental processing
- Task-independent and introspective state
- 4 zones in brain that must be highly synchronized for brain to be healthy
- Governs 95% of all brain function and activity that happens “under the hood”
- Where one’s sense of self processed unconsciously
- One’s sense of where one located in time and space
- Inside vs outside one’s body
- Conditions of any un-synchronizing of 4 zones of DMN associated with host of neurological problems
- Very high states of meditation (even reports of “cosmic consciousness”) associated with hyper-synchronized state of DMN
- DMN 2 deeper level of DMN and works on deeper level of organization of 4 zones

Gamma: Integration of senses and total reset of brain function

- Sensory integration
- Master reset of global brain function
- Binds 5 senses together
- Related to cognitive consciousness
- Called “binding” frequency because gathers sensory information from various parts of cortex and binds them all together in 1 place so our experience in outside world makes sense to us (creates perception of normal sensory experiences)
- High levels of activity found with Dalai Lama and long-term Buddhist monk meditators and also reports of experience of “universal empathy for all living beings”
- Gamma brainwaves link together with theta brainwaves, modulates them, and this lifts information right out of brain into wireless network of communication (brain’s own internet), which where gamma “binding” takes place
 - Since gamma modulating theta, and theta associated with emotions, might be why Dalai Lama’s monks reported sense of universal empathy for all living things
- Seems to be associated with expansion of sense of weightlessness and expansion
- Somewhat of mystery as to how high amplitudes of gamma brainwave activity measured, since faster speeds of brainwaves have lower amplitudes
 - Believed that these high amplitude gamma waves from high states of meditation coming from external source of energy than body

Enhancement Phase

Delta-epsilon: Realize true meaning of symptoms

- Come in contact with metaphysical meaning of physical symptoms
- Metaphysical meets physical

Theta-delta: Studying, learning, and long-term memory

- Emotional traumas expressing as physical symptoms
- Associated with and accessing long-term memory and learning and useful played in background during studying where you want information to go directly into holographic memory storehouse of deep mind

Alpha-theta: Emotional intelligence and combined mental and emotional processing

- Mental and emotional processing come together
- Emotional intelligence
- Get glimpse of other gender's point of view
- Flow state and the zone (for athletes, and golf players too)
- Enhance connection to Earth
- Where tune into planet
- Brainwave zone between 7 – 8 Hz also where Schumann resonance resides at 7.83 Hz, natural resonant frequency of Earth, and entrainment to this zone can enhance this connection
 - Syncs with all organic life on planet

Beta-alpha: Boosting brain processing power and combined external and internal focus

- Boosting brain processing power
- Combining external and internal focus
- Train brain's ability to increase its IQ to process both alpha and beta brainwave states at same time

Gamma-beta: Universal awareness and focus

- Combines high focus in this local world (high beta) and large-scale focus on universal world, of which we part of, bringing great perspective and context

Expansion Phase

Epsilon 1 and 2: Associated with metaphysical experiences and epiphanies and related to out-of-body experiences and pre-cognitive abilities – breaking free of disease identity

- Enhanced metaphysical awareness state
- Associated with out-of-body experiences, pre-cognitive experiences, spiritual insights, and epiphanies
- Epsilon 2 deeper level of this entrainment

HyperGamma and lambda: Very high brainwave amplitude meditation state

- Lambda experimental
- Might exhibit some of same characteristics as high meditation gamma, or ability to tap into external to body energy sources, which may be explanation for how Tibetan monks in Himalayan mountains can melt snow around them in wintertime while they meditate

Iota 1 and 2: Aligning with nature

- Experimental
- Represents cutting-edge of brainwave research at this time
- On line of respiratory speed of trees and plants
- Aligning and synchronizing with plant-life species, creating doorway to beings who are at top of food chain, as all other life forms depend on them for food
 - Aligning consciousness with this level of being puts us closer to heart of source of life itself

Special Phase

SMR Beta 1 and 2: Calm hyper-focus and motor precision and balance

- Integrating sensory motor information
- Alert, attentive state coupled with calm or silent motor activities
- Improves attention and focus by decreasing drowsy, mind-wandering theta waves and anxious or racing high beta waves, while increasing calm, focused SMR waves
- Improves motoric precision and balance and ability to relax
- As meditation, this brainwave state closely resembles experience of “meditation in action”, “every minute Zen”, and “work on oneself”
- This state best used while doing real-world activities
- In Special category, used to retrain function for known deficiency in ADD, ADHD, and autism spectrum disorder (ASD)

Mu: Experiential learning and training of social skills

- Arises when visualizing actions, expressions, tones of voices, or other expressive functions of other people
- Training and learning socialization skills
- Experiential learning
- Specifically identified as being unique deficiency in ASD, functional disorder, which should be able to be re-trained
- Also called comb or wicket sign rhythm
- Mu function critical in developing brains of infants for training and learning socialization skills
- Mu wave activity referred to as mirror neuron function of brain
- When this function deficient or severely impaired, socialization skills impaired or absent, making difficult or impossible to understand meaning of facial expression, tone of voice, body language, etc. (kind of symptoms present in ASD)
- With children who refuse use of headphones, may be necessary to wait until they're asleep and use children's style headphones while they're asleep

Note: All tracks triple in function for healing, everyday use, and meditation training.