

3Waves2 World-Class



Artists, Dancers and Musicians know about waves and vibration. With certification from Neuro Arts University they also understand how 3 brain waves create a World Class Version of ourselves.



Neuro Arts University
Students:

Acknowledge how our minds receive negative programming and how that cascades to poor emotional and physical health.

Activate new programming and rewrite new programs and experiences with their craft.

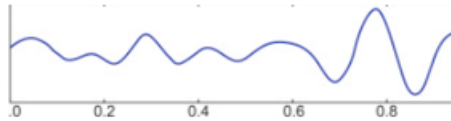
Achieve the result of Authority, Healer, and change agent for the arts.

Acknowledge-how
negative experiences,
trauma and programming
is placed in our minds by
understanding the Theta
Wave.



Theta

Theta



Waves are very slow. Only 3-8 Hz

They are the predominant brain waves of children. Children from Birth to about 7 years old.

Theta is pure download state without any ability to censor or analyze information, known as critical faculty. It designed to keep us as little defenseless children- safe. If you can figure out quickly how to act, speak or move in front of different people and different hierarchies or different species without dying, you further the gene pool. If you are alive reading this now, then this is true:

1) Even though your childhood may have been really violent or unpredictable, the fact that you are alive and motivated to pursue a new neuroscience is a credit to your brilliance. That is partially because your brain did a straight download of information.



To remember this, think of a very fat slow Clydesdale plow horse, bringing the entire belief structure of the family, community, teachers, you downloaded everything they said as if it was true, and it got instantly implanted in your mind and memory.

Activate new programming
and rewrite new programs
and experiences.



Gamma

Gamma



Gamma waves are very fast brain wave greater than 37 Hz and are seen when we figure something out, like that Aha! Moment or when we see or experience something beautiful. Gamma waves are associated with joy and happiness, they fire when the brain is changing and improving- a process called neuroplasticity. They increase memory, attention and focus. They also improve immunity. This is where the arts are critical, the beautiful sculpture or piece of music or watching a carefully choreographed dance will make them fire and thus can change the brain. Gamma waves fire when we are changing our perspective, learning and growing in our mindset. This is where your artform of the arts, dance or music improves the mind and body. For this wave think of a very fast spirited racehorse. A crowd cheering him on.



Beta B

Beta waves are associated with ACHIEVEMENT.
And can be divided into three classifications based on their frequency:

Low beta: 12–15 Hz, associated with quiet, focused concentration

Mid-range beta: 15–20 Hz, associated with increases in energy, anxiety, and performance

High beta: 18–40 Hz, associated with significant stress, anxiety, paranoia, high energy, and high arousal

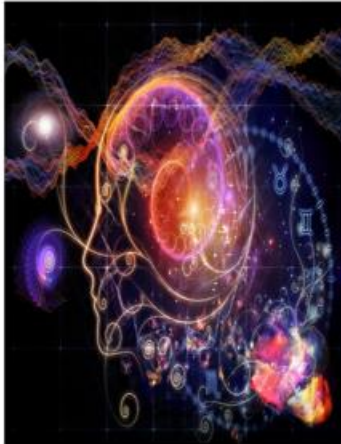
Beta waves are characteristic of a strongly engaged mind, such as conversing, debating, making a speech, or teaching.



These waves are important for us to achieve our dreams, the wavelength of productivity, the idea to be in low to mid range beta- engaged, focused, calm, serene, and ultra-productive-this is when we pounce and move forward into our dreams. See the cunning fox, never missing a trick, pouncing on every opportunity.

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