

BRAINWAVE FREQUENCY ZONES • TRANSCENDING VIBRATIONS

ZONE	FREQUENCIES	BENEFITS	EXPERIENCE	HORMONES
Lambda	100 Hz - 200 Hz	Higher Consciousness, Euphoria, Enlightenment, Enhanced Clarity	Higher Consciousness	No Information
Gamma	100 Hz - 40 Hz	Higher Consciousness, Euphoria, Enlightenment, Enhanced Clarity	Higher Consciousness	Serotonin, Endorphins
Beta (High)	40 Hz - 22 Hz	Remote Viewing At 40 Hz (Not a very beneficial meditation zone.)	Anxiety, Nervousness	Adrenaline, Cortisol, Nor Epinephrine
Beta (Mid - Low)	22 Hz - 14 Hz	Increased Energy, Optimal Performance, Increased Mental Ability, Enhanced Learning, Clear, Lucid Thought	Concentration, Focused and Alertness, Desynchronous	Dopamine
Alpha	14 Hz - 8 Hz	Increases Creativity, Stress Reduction, Improved Mood, Enhanced Problem Solving, Receptive to Information, Relaxation, Reduction in Fear, Tension, and Nervousness	Mindfulness Meditation, Relaxed and Receptive, Daydream, Synchronous	Serotonin, Endorphins
Alpha/Theta	7.83 Hz Schumann Resonance	Pineal Gland Stimulation, Increases Extrasensory Perception, Grounding, Spiritual Connection, EMF Resistance, Strengthens Immune System	Peaceful Meditation, Calm and Receptive, Daydream	GABA, Serotonin, Acetylcholine, Endorphins
Theta	8 Hz - 4 Hz	Pineal Gland Stimulation, Increases Extrasensory Perception, Higher Level of Intuition, Lucid Dream State, Spiritual Connection, Increased Inspiration	Deeply Relaxing Meditation, Dream Zone, Drowsiness, 1st Stage of Sleep and REM Sleep	GABA, Serotonin, Acetylcholine, Endorphins, Anti-Cortisol, Human Growth Hormone
Delta	4 Hz - .5 Hz	Stronger Immune System, Pituitary Stimulation, Mind and Body Rejuvenation, Hair Growth, Self-Healing, Deep Sleep	Deepest Meditation, Deepest Sleep	Human Growth Hormone, Melatonin
Epsilon	< .5 Hz	Treatment for Depression Treatment for Addiction	Deepest Meditation, Deepest Sleep	No Information