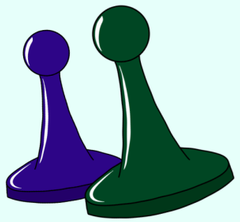
BRAIN-WAVES MAP



Gamma

330–100+ Hz. The fastest brainwave, linked to peak awareness, insight, and unity experiences. Studies on advanced meditating monks show surges of gamma during loving-kindness practice. What some describe as the frequency of connection to the unified field of all things.

Beta

12–30 Hz. The default waking state: alert, focused, and thinking. At lower ranges it's productive and sharp. At the higher end (high beta), it tips into stress, overthinking, and anxiety

the state many people are stuck in without realizing their nervous system is running in constant alarm mode.

Alpha

8–12 Hz. This is the calm but alert brainwave. When we feel relaxed but are still open and receptive, not heavily processing, but not checked out either. Here we can begin to daydream, and creativity flows more easily

Theta

4–8 Hz. This brainwave represents deep meditation and the edge of sleep. With very little conscious access, we're not quite here and not quite gone. In this state we experience vivid imagery and hypnagogic visions – the doorway to dreaming.



Delta

.50.5–4 Hz. This is the state of deep dreamless sleep. Your body goes through its most restorative healing while in this state – cell repair, immune function, and nervous system reset all happen here.



The most effective brainwave state for affirmations is theta, followed by alpha. While you can play affirmations during sleep, the real subconscious programming happens in theta, the lighter edges of sleep where the mind is still receptive enough to absorb them. Theta is the state where you wait for underground germination. Water these seeds by listening to affirmations without engaging. Just receive.

Alpha is the consciously engaged state that is best for spoken affirmations. When you're trying to plant specific seeds, make sure you're in alpha first. Use your willpower to focus your attention with intention when you're here.

As for beta, this is our overly analytical state of mind, and it can often be a block.

It's a better idea to take a minute to shift yourself into a more receptive state. A great way to affirm while settling into this safer state is to journal.

Use journaling as a bridge to get stress off your mind and down on paper. Write about why you want your goals and how achieving them will make you feel.

Most of our day is spent in beta, and if we aren't careful, we can live in constant stress without realizing it. Learning to switch from high processing to easeful attention is a vital transition.

You can often enter alpha in 90 seconds. Try this: soften your gaze and take a deep, slow inhale through your nose. Then, take a longer exhale from your mouth with an audible sigh. Repeat until calm.

Most of these brainwaves have upper and lower expressions that come through a little differently. Upper beta is high stress, while lower beta is just high focus. When you lock into creative work, you are probably in upper alpha, and when that creativity becomes a softer flow, like when you daydream, you are in lower alpha.

Theta is the state of mind when we channel from intuition, Source, our higher self, or something else. A more involved and conscious version of this divine flow is upper theta, while a very dreamy, close-to-sleep state where the thinking mind is checked out but you're still aware is lower theta.

Delta happens after REM sleep and is when the body heals itself. While there are no studies proving the effectiveness of affirmations during this state, there is no harm in playing affirmations while you sleep.

Because you cycle through other brainwave states throughout the night, playing affirmations allows them to bypass the analytical mind and sink directly into the subconscious.

According to the studies the best times to do afiramtions are between alpha and theta. Lower theta is a hypogognic state so you aren't using your thinking mind to process the words, this means the moment you start saying the words out loud you've moved out of lower theta.

Knowing which brainwaves you are in can help you choose which affirmations to do to get the most impact.



Affirmations Map

Upper Alpha-
Clear, Calm, Alert

- journaling
- speak loud and proud
- add light movements
- reinforce beliefs

Lower Alpha-
Dreamy, Calm, Aware

- deep slow breaths
- speak lovingly inward
- hands on heart
- training beliefs

Upper Theta-
Deep Meditation

- one affirmation one line, repeat
- speak as a mantra
- be open to receive
- deep reprogramming

Lower Theta-
Edge of Sleep

- set intention before session
- bypass thinking mind
- recordings, simple is best
- Root belief replacement