



Specific Brain Frequencies

The information below shows the effects of specific frequencies within each brain wave frequency range:

Delta Brain Waves (0.5 to 4Hz)

- 0.5 Hz - Relaxation, helps soothe headaches
- 0.5 - 1.5 Hz - Pain relief. Endorphin release
- 0.9 Hz - Euphoric feeling
- 1 Hz - Wellbeing. Harmony and balance
- 2.5 Hz - Production of endogenous opiates (pain killers, reduce anxiety)
- 2.5 Hz - Relieves migraine pain. Produces endogenous opiates
- 3.4 Hz - Helps achieve restful sleep
- 3.5 Hz - Feeling of unity with everything. Whole being regeneration
- 3.9 Hz - Self renewal, enhanced inner awareness
- 4.0 Hz - Enkephalin release for reduced stress
- 4.0 Hz - Allows brain to produce enkephalins, all natural pain killer
- 4.0 Hz - Full memory scanning. Releases enkephalins
- 4.0 Hz - Vital for memory and learning. Problem solving, object naming
- 1 - 3 Hz - Profound relaxation, restorative sleep. Tranquillity and peace

Theta Brain Waves (4 to 8 Hz)

- 4.5 Hz - Brings about Shamanic/Tibetan state of consciousness, Tibetan chants.
- 4.9 Hz - Induce relaxation and deeper sleep
- 4.9 Hz - Introspection. Relaxation, meditation
- 5 Hz - Reduces sleep required. Theta replaces need for extensive dreaming
- 5.35 Hz - Allows relaxing breathing, free and efficient
- 5.5 Hz - Inner guidance, intuition
- 6.5 Hz - Centre of Theta frequency. Activates creative frontal lobe
- 7.5 Hz - Activates creative thought for art, invention, music. Problem solving
- 7.5 Hz - Ease of overcoming troublesome issues
- 7.83 Hz - Schumann earth resonance. Grounding, meditative, Leaves you revitalized
- 3 - 8 Hz - Deep relaxation, meditation. Lucid dreaming
- 3 - 8 Hz - Increased memory, focus, creativity
- 4 - 7 Hz - Profound inner peace, emotional healing. Lowers mental fatigue
- 4 - 7 Hz - Deep meditation, near-sleep brainwaves.

Alpha brain waves (8 to 13Hz)

- 8- 10 Hz Super-learning new information, memorisation, not comprehension.
- 8.22 Hz - Associated with the mouth. Brings creativity
- 10 Hz - Enhanced serotonin release. Mood elevation, arousal, stimulant
- 10 Hz - Provides relief from lost sleep, improves general mood
- 10 Hz - Mood elevator. Used to dramatically reduce headaches
- 10 Hz - Clarity, subconscious correlation. Releases serotonin
- 11 Hz - Relaxed yet awake state
- 12 Hz - Centering, mental stability.
- 11 - 14 Hz - Increased focus and awareness
- 12 - 14 Hz - Learning frequency, good for absorbing information passively

Beta brain waves (13 to 30Hz)

- 14 Hz - Awakeness, alert. Concentration on tasks, Focusing, vitality.
- 16 Hz - Bottom of hearing range. Releases oxygen/calcium into cells
- 12 - 15 Hz - Relaxed focus, improved attentive abilities
- 13 - 27 Hz - Promotes focused attention toward external stimuli
- 13 - 30 Hz - Problem solving, conscious thinking
- 18-24 Hz — Euphoria, can result in headaches, anxiety.