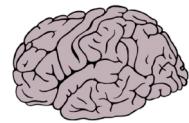


Brain Waves



4-8	8-12 hertz	12-16 hertz	16-24 hertz	24-30 hertz
Hypnosis	Creative	Associated with a quiet body and active mind. Paying attention.	Multi-tasking	Great Anxiety, Fear, Anger, Panic Attacks. All Abusers
TV	Enhanced release of serotonin and mood elevators	Associated with higher cognitive process & rational analytical, problem solving thinking.	Normal Conversation	For a short period - produce a sense of euphoria
Psychosis	Learning NEW things.	Sharp, focused mind, Intense concentration	Long term levels lessen concentration abilities	Elevated in all stress related disorders
Fantaising	Very Positive thoughts	Actively perceiving and evaluating data	Long term levels tend to drift toward higher hertz output	Elevated in all substance abuse
Unable to concentrate & focus	Very CALM	Higher income careers	Long term levels increase stress hormones	Stressful Conversations
	Very Physically Healthy. Restores the body.			Unable to concentrate and focus
	Flows easily into 12-16			

8-12 hertz - Regular contemplative practice of this type **reverses** the **roles** of the **sympathetic** and **parasympathetic nervous** systems so that the normally dominant sympathetic nervous system takes a back seat to the normally secondary parasympathetic nervous system. This **lowers blood pressure** and **heart rate** and lowers the amount of **stress hormones** in the body, as well as **calming** the mind.

Main Traits of :



- ⇒ Depression
- ⇒ Substance Abuse
- ⇒ ADHD
- ⇒ Stress Disorders
- ⇒ Mood Disorders
- ⇒ Anxiety Disorders –

they are ALL **VERY LOW**

in levels to hertz

Hebrews 4:12
 For the word of God is
living and **active**.
 Sharper than any double-
 edged sword,
 it
PENETRATES
 even to dividing soul and
 spirit,
 joints and marrow;
 it **JUDGES**
 the thoughts and attitudes
 of the **HEART**.



Joshua 1:8

Do not let this Book of the Law depart from your mouth; **meditate** on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful