

# Brain Waves



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

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