

### **Beta Brainwaves 13-40 Hz**

Associated with worry, **stress**, paranoia, fear, **irritability**, moodiness, **anger**. Connected to **weakened health** and immune system. Fully awake and alert. **Nervousness**, **depression**, and **anxiety**. People spend most of their time in the beta state.

### **Alpha Brainwaves 7-13 Hz**

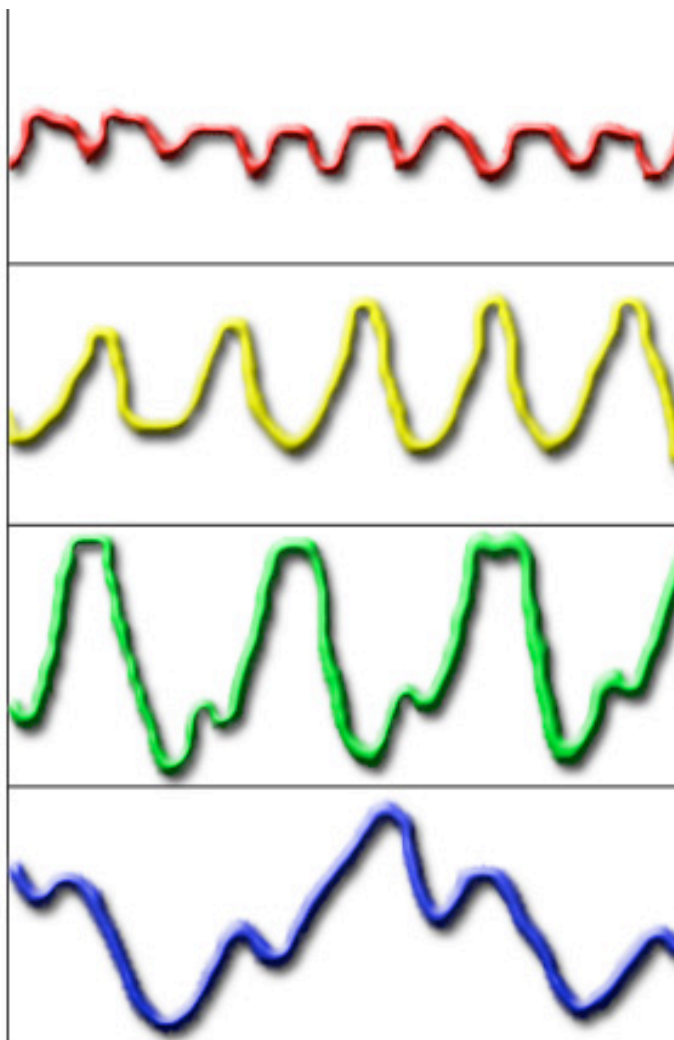
**Meditation** and relaxation **begins**. Effortless creativity flows. Powerful state for **memory** and **super-learning**. A harmonious, **peaceful state**. Habits, fears, and phobias begin to melt away. **Tranquility** and **calm**.

### **Theta Brainwaves 4-7 Hz**

**Insight**, Intuition, **Inspiration**. Answers to important questions can be found. **Feels like** you are **floating**. A wonderful realm to explore. Dream like imagery. Good for **problem solving**. **Feel more connected** to others.

### **Delta Brainwaves 0-4 Hz**

**Renewal**, **healing**, rejuvenation. Deep, dreamless sleep. **Very Rewarding**. Said to be the entrance to **non physical states of reality**. Best state for **immune system function**, restoration, and **health**.



**The Four Brainwave States**