



0.5 - 4 Hz



4 - 8 Hz



8 - 13 Hz



13 - 32 Hz



32 - 100 Hz

## DELTA

- Slow, loud brainwaves
- Generated in deepest meditation and dreamless sleep
- Source of empathy
- Stimulate healing and regeneration

## THETA

- Occur most often in sleep but also present in deep meditation
- Gateway to learning, memory, and intuition
- Focus is on internal signals versus the external world
- Experience as we wake or drift off to sleep
- Holds fears, troubled history, and nightmares

## ALPHA

- Dominant during quietly flowing thoughts and some meditative states
- Being in the present
- Resting state for the brain
- Aid mental coordination, calmness, alertness, mind/body integration, and learning

## BETA

- Dominate normal waking state of consciousness
- Directed towards cognitive tasks and the outside world
- Present when we are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity

## GAMMA

- Fastest moving brainwaves
- Relate to simultaneous processing of information from different brain areas
- Pass information
- Mind must be quiet to access.