THE GENUINE CONTACT™ WAY OF WORKING

# Brain Wave Frequency

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## Increasing Alpha and Theta Brainwaves for Greater Energy, Focus, and Productivity

Brain wave frequency is measured in terms of cycles per second, or Hertz and by wave length. There are four major types of brain wave patterns that have been researched and studied: delta, theta, alpha, and beta.

**Delta** is the longest and slowest at under 4 Hertz, repeating itself less than 4 times per second. The brain goes into this pattern during sleep or unconsciousness.

**Theta** (between 4 and 8 Hertz) occurs in drowsy, near unconscious states, including the threshold just before waking or sleeping. Theta also occurs during meditation and indeed, the discipline of meditation allows an individual to access theta brain wave frequency while remaining fully conscious. This is important because during theta brain wave activity, the conscious mind through imagery is able to access the subconscious mind, and for some individuals this is the brain wave activity that allows the individual to consciously access the superconsciousness and the realm of the superconsciousness 'collective consciousness'. Some music assists us to attain theta brain wave patterns, particularly Beethoven, Bach, and Mozart. Lying down and listening to flute music, drumming, rattle, or bell music also assists us in attaining theta brain wave. We can also assist ourselves in

attaining this brain wave state by drumming, ringing bells, shaking rattles, or banging sticks together for a period of nine to twenty minutes.

**Alpha** (between 8 and 13 Hertz) occurs when the eyes are closed, when the person is relaxed and in states of general well being. It is associated with focus on our interior world. This is also the same frequency range of the vibration of our planet and thus, when we are in Alpha, we are in a resonant energy frequency with the earth.

**Beta** (over 13 Hertz) is associated with focus on the exterior world of normal, everyday activities and is also the brain wave activity when we have stress, anxiety, and fear.

I find that increasing my periods of the day in alpha and theta brain wave activity produces greater energy, clarity, focus, efficiency with my productivity, and my aware sense of connection to Spirit and the guidance of Sprit for my life. This assists me in going with the flow of my life rather than against it. I do daily practices that assist me in maintaining these states of brain wave activity. These activities for me include:

- Meditation
- Yoga
- Qigong
- A form of Tai Chi known as Y-Dan
- Walking and being fully present in nature
- Maintaining my state of going from sleeping to waking as long as possible, recalling my dreams
- Sending healing energy and blessings to others and to the earth

Sources to learn more:

Appendix E in Angeles Arrien's book *The Four Fold Way*. The article by Melinda Maxwell is a summary of using drumming, rattle work and other techniques to stimulate brain wave activity in theta and alpha.

*Stalking the Wild Pendulum* by Ichak Bentov.

There are many books now on brainwave frequency, some of which can be found here:

https://genuinecontact.net/recommended-reading/wppf/