

Sound Waves

Delta: 2 - 5 Hz

Delta 0Hz - 4Hz when your sleeping
deep dreamless sleep

Theta: 5 - 7 Hz

Theta 5Hz - 7Hz dreaming / magic(k)
meditation & healing, creativity & inspiration
the state clairvoyance occurs & images of the future
which would normally remain unconscious will emerge

Alpha: 7 - 11 Hz

Alpha 8Hz - 12Hz relaxed & feel bright
1st stage of meditative state

SMR: 11 - 13 Hz

Beta: 13 - 28 Hz

Beta 13Hz - 50Hz Active

Normal waking rhythm of the brain