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
Aplha 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