



UNLOCKING
CONSCIOUSNESS



BRIAN MIND FORUM

Appendix 016

Brain Waves

Wave	Frequency (hertz)	Properties
Alpha	8 - 12	Predominant in a relaxed state, eyes closed
Beta	23 – 30	Brain in Alert State, attentive. Concentration.
Gamma	30 – 120	Associated with Information Processing, Thinking & Learning
Delta	0.2 – 3	Deep Dreamless Sleep, Anaesthesia.
Theta	3 – 8	During learning. Growing new links & strengthening synapses

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