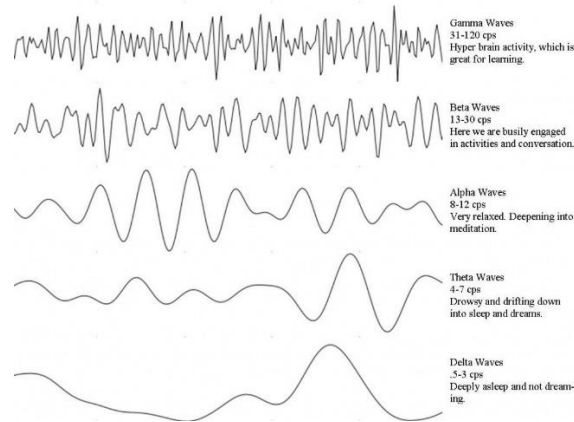




How to Regulate Your Emotions - Know the 5 Brain Waves



Brain Waves Graph



“They are frequencies you can induce yourself – no medications, herbs, beliefs, or mind-altering substances required.”

by Dawson Church Ph.D., ‘Mind To Matter’

Remember the alpha, beta, and gamma rays you learned about in science class? Well, it turns out those waves tell us a lot about your thinking. Your brain’s activity can be measured using different types of machines called an EEG, or a fMRI that not only measure your brain-waves but also reveal your emotional state.

- ***The good news is:*** understanding these different waves allows you to recognize where you are on the scale and then use meditation, movement, or acoustic practices to help train your brain to produce more of the waves

you want! Yes, you can regulate your emotions by using simple, scientifically tested practices such as meditation.

The Five Brain Waves:

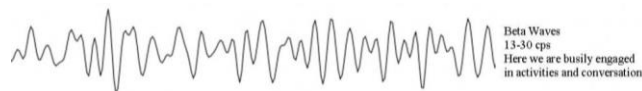
1. **Gamma = HIGH frequency (40-100Hz)**



These are the fastest waves which are the shortest and closest together on the graph. What does that mean? Gamma waves are prevalent when the brain is learning, making associations, and integrating information from other parts of the brain. Gamma shows a very high level of intellectual function, creativity, integration, peak state, and being “in the zone.”

A brain producing a lot of gamma waves reflects a complex neural organization and heightened awareness. Gamma is you in your mastermind state.

2. **BETA = Both high and low frequency- is divided into Two Parts.**



- ✓ **HIGH BETA is the indecisive mind (15 – 40 Hz) = anxiety, stress, arguing, frustration, traumatic memory, or negative thoughts.** The higher the stress, the higher the amplitude (higher height of waves) of the beta in the brain.

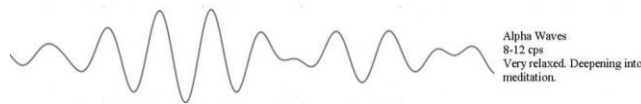
Negative emotions create flairs in an EEG reading, such as anger, fear, blame, guilt, or shame which cause stress. It shuts down the brain regions that handle rational thinking, memory and objective evaluation.

Blood flow to the prefrontal cortex can be reduced by as much as 80% which results in the brain being starved of oxygen and nutrients so that the brain's ability to think clearly declines.

High beta can be circumnavigated with momentary meditation to take the mind off a stressful thought. Meditate on any single meaningful word such as (compassion, peace, forgiveness, love) for temporary relief from stress.

- ✓ **LOW BETA (13 -15 Hz)** This state processes information and linear thinking as in composing a letter, solving problems, or following directions. It's a calm, focused mental state. It's stress that produces high beta above 25 Hz.

- 3. ALPHA = (the Alpha dog of brain waves connects them) (8 – 12 Hz)**
The optimal state of relaxed alertness linking the other brain rhythms together.



“Alpha, therefore, tunes the brain to peak performance, as well as facilitating gene expression and improving mood.” ... “They are objective biological facts that can be measured in DNA, neurotransmitters, and brain waves.”

by Dawson Church Ph.D., ‘Mind To Matter’

Alpha connects the higher frequencies of Beta-thinking & Gamma-associations with the lowest brain frequencies of Theta (4 - 8 Hz) & Delta (0 – 4 Hz)

Alpha bridges the conscious mind with the unconscious mind which has been referred to as the awakened mind.

The alpha state becomes more vividly aware of everyday reality. Colors can seem brighter, hearing more attuned, and your sense of smell heightened.

**Gamma > Beta
(Conscious mind)**

ALPHA

**Theta > Delta
(Subconscious mind)**

4. **THETA = (4 - 8 Hz) Light sleep REM rapid eye movement and Vivid dreams.**



Theta is the dominant frequency of healers, people in highly creative states, and under hypnosis. Recollection of emotional experiences can trigger theta.

5. **DELTA = (0 – 4 Hz) The slowest of all frequencies and very high amplitude.**



Delta produces deep sleep and is a typical state in the brains of meditators, intuitives, healers, and non-local minds having no REM.

You have the choice to change the way you feel with meditation, mindfulness, self-talk, and the numerous other strategies available. All of these techniques affect brain waves.

Let's conclude with a perfect summary quote from Dawson Church Ph.D.

“Your personal brain wave ratio is like a recipe. Your habitual mix is like the food you eat most frequently. You are familiar with the smell, taste, and texture of the dish, and you hardly notice you are eating it.

A peak state is different. It’s like a gourmet meal with exquisite brain waves as the ingredients. Add more delta, and you feel one with the universe. Add more theta, and you experience a wave of healing. Increase the amplitude of alpha, and your conscious and subconscious minds start communicating with each other.”

Neuroscience has opened the door of possibilities to help us see that we can self-regulate our state of mind.

Now it's up to you to experiment with practices that bring a profound inner experience of balance and connection to your whole self.

Carolyn Lyons Galos - www.ProfoundPartnerships.com

Credits:

1. Dawson Church Ph.D. in his book, 'Mind To Matter' introduces brainwaves on pages 125 "Brain Waves As Windows To The Mind." Through pg. 137.
 - Quote, Pg. 126, "As our brain frequencies change, they affect our cells."... "They are frequencies you can induce yourself – no medications, herbs, beliefs, or mind-altering substances required."
 - Quote, pg 131, "Alpha, therefore, tunes the brain to peak performance, as well as facilitating gene expression and improving mood." ... "They are objective biological facts that can be measured in DNA, neurotransmitters, and brain waves."
 - Quote, pg.136, "Your Ideal Brain Wave Recipe" ... "Your personal brain wave ratio is like a recipe. Your habitual mix is like the food you eat most frequently. You are familiar with the smell, taste, and texture of the dish, and you hardly notice you are eating it. A peak state is different. It's like a gourmet meal with exquisite brain waves as the ingredients. Add more delta, and you feel one with the universe. Add more theta, and you experience a wave of healing. Increase the amplitude of alpha, and your conscious and subconscious minds start communicating with each other."