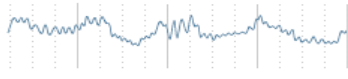


Four Categories of Brain Wave Patterns

Anyone Can Intentionally Access All Four for Improved Health, Peace of Mind and Intentional Creation

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Beta (14-30 Hz)

Mental: Daily thinking mind, arousal, alertness, cognition. Higher levels of Beta waves are associated with anxiety, unease, feelings of separation, strong sense of 'me', self protection, indulgence, fear, anger, depression. Time seems to move faster.

Psychological: Sigmund Freud (cognitive psychotherapy), B.F. Skinner (behavioral therapy) "External and Ego" focused.

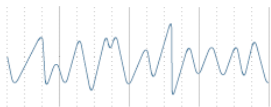
Neuronal: Activates the Sympathetic Nervous system: "fight, flight or freeze"

Chemical / Hormonal: Cortisol Production: Cortisol is a hormone naturally produced by the adrenal glands. According to Dr. Giampapa, cortisol is the major age-accelerating hormone within the brain. It also interferes with learning and memory and is, in general, bad news for your health and well-being.

Buddhist: The Beta waves appear to be associated with the first Noble Truth "Life is Suffering" and the Five Hindrances: (sensual cravings, apathy and boredom, anger and ill-will, doubt, restlessness and worry). Repetitive thoughts based on memories, addictions, personal history and conditioning and generate samsara (illusions), karma ('knots' of energy), dukkha (suffering)

To move out of Beta into Alpha requires (from the Eightfold Path / fourth truth of the Four Noble Truths): 1) Right View 2) Right Intention 3) Right Speech 4) Right Action 5) Right Livelihood 6) Right Effort

Law of Attraction: This is where "contrast happens"; the experience of discovering what is NOT wanted and identifying what IS wanted. It is the contracted sense of craving.



Theta (4-7.9 Hz)

Mental: Dreaming (lucid or sleeping) (REM sleep / creative flow) Integrative, emotional experiences, potential change in behavior, increased retention of learned material. Time slows down. Hypnagogic imagery, trance, deep meditation, access to unconscious mind and intuition. Increased creative potential and spontaneous insight.

Psychological: Ken Wilber, Roberto Assagioli, Sir John Whitmore (Transpersonal Psychology / Coaching) "Presence" focused.

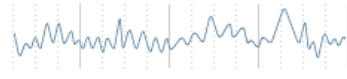
Chemical / Hormonal: Catecholamines, Acetylcholine, Vasopressin: These are vital for intelligence, memory and learning, staving off Alzheimer's and other conditions involving memory loss. They increase our access to memories and they boost creativity.

Serotonin, Endorphins, DHEA, Melatonin: (see Alpha)

Buddhist: The Theta waves appear to be associated with the 2nd and 3rd Jhanas (2nd and 3rd stages of enlightenment). The 2nd Jhana contains all the Alpha elements (equanimity, attention, mindfulness, rapture, happiness, energy, clear perception, increased faith), but not applied and sustained thought. It involves more "Power of Now", acquiring "insight" and spontaneously arising wisdom, compassion and sympathetic joy, confidence, unification of mind, one-pointedness. The 3rd Jhana seems to be related to the deeper levels of Theta and include, clear comprehension, equanimity, embodied happiness without rapture (peace), increased faith, insight and wisdom.

To maintain Theta and/or move into Delta requires: 6) Right Effort 7) Right Mindfulness, 8) Right Concentration

Law of Attraction: Faith and understanding are established in a sense of wonder and curiosity without grasping. Personal, global and universal insights and potential are 'unveiled', intuition increases. Developing integration between self and Higher Self (universe, God, Source...)



Alpha (8-13.9 Hz)

Mental: Relaxation, super-learning, relaxed focus, light trance, pre-waking, meditative, beginning of access to unconscious mind. Increasing creativity. Time slows down.

Psychological: Abraham Maslow, Victor Frankl, Carl Rogers, Fritz Pearl (humanistic psychology). "Meaning and Values" focused.

Neuronal: Activates the Parasympathetic Nervous system: reduced heart rate and blood pressure, relaxed muscles, and increased percentage of oxygen flow to the brain. Pre-sleep, improved digestion and nutrient assimilation

Chemical / Hormonal: Serotonin: Serotonin is a chemical messenger that increases relaxation and eases pain

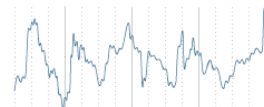
Endorphins: Endorphins are released when the brain is exposed to alpha and theta binaural beat patterns enhancing many mental functions. Endorphins have a powerful strengthening effect on learning and memory.

DHEA: DHEA levels are a key determinant of physiological age and resistance to disease. When DHEA levels are low, you're more susceptible to aging and disease; when they're high, the body is at its peak – vibrant, healthy, and able to combat disease effectively.

Melatonin: Melatonin is a hormone that helps to create restful sleep. We make less of it as we age, and since during sleep many important rejuvenating substances are created in the brain, the inability to sleep soundly can dramatically decrease the quality of your life and greatly accelerate the aging process.

Buddhist: The Alpha waves appear to be associated with the 1st Jhana (1st stage of enlightenment) equanimity, attention, mindfulness, rapture, happiness, energy, clear perception, applied and sustained thought, increased confidence, increased faith.. To maintain Alpha and/or move into Theta requires: 6) Right Effort 7) Right Mindfulness

Law of Attraction: This is where the "Law of *Allowing*" begins to take place; the experience of letting go of attachment and grasping; letting go of the contracted sense of craving. Relaxing and beginning to trust life just as it is. First stage of manifestation. Beginning of integration between self and Higher Self (universe, God, Source...)



Delta (.1-3.9 Hz)

Mental: Dreamless (lucid or sleeping) Deep, trance-like, non-physical state, body awareness -including time and space- is limited to non-existent. Time seems to stand still. Access to unconscious and "collective unconscious" mind.

Psychological: Trans-humanistic Psychology (not yet a well defined school of psychology)

Chemical / Hormonal: Human growth hormone: HGH decreases body fat, increases muscle mass, increases bone density, increases energy levels, improves skin tone and texture, and improves immune system function.

Buddhist: The Delta waves seem to be associated with the 4th Jhana (4th stage of enlightenment); full absorption concentration; no pain, no grief, no sensual pleasure. Purity of abiding in mindfulness due to peace and equanimity.

Law of Attraction: Time seems to stand still and manifestations of previously emitted intentions and desires move closer into the immediate environment. The sense of separation, "me" and "mine" are not present. There is no identification with being the "doer" of one's life. The universe is experienced as flowing forms of energy working through us. Complete integration between self and Higher Self (universe, God, Source...)

Doro Kiley, Professional Certified Coach, began meditating in 1979 at age 23 and completed the Advanced Teacher Training Course at the Bhavana Buddhist Monastery in 2002. Doro's original background is in the health care field of occupational therapy beginning in 1980. She specialized in psychiatrics, geriatrics and pediatrics using assistive technology. Doro has helped hundreds of clients, including executives, employees, entrepreneurs, professionals, politicians, artists, parents, spiritual seekers and retired elders from around the world, to make changes from the inside out using biofeedback, audio technology and formal meditation practice; resulting in greater quality of life. For businesses that translates into fewer sick days, reduced turnover rate, higher productivity and profit. For the individual it means improved health, creativity, peace of mind and intentional creation. <http://www.creationcoach.com>