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## Four Types of Brain Waves

### Beta Waves: 14-30 hz

Here we are alert and aware. We can concentrate and consciously learn.

Higher Beta levels are associated with anxiety and fight or flight response.

### Alpha Waves: 8-13.9 hz

Here we are relaxed and have focus. We may enter a light, meditative trance and can superlearn as we begin to assess the unconscious mind.

Alpha levels naturally occur in presleep and preawakening.

### Theta Waves: 4-7.9 hz

Here we are naturally dreaming or in a very deep meditative or highly creative state with access to the unconscious mind.

Theta levels allow integration of experiences and change in behavior at the unconscious level.

### Delta Waves: 0.1-3.9 hz

Here we are naturally in a dreamless sleep or in a heavy trance with loss of body awareness. Human growth hormone is released.

Delta levels allow access to the "collective unconscious".

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