

# UNDERSTANDING BRAIN WAVES

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ZAZEN  
SCALAR

## BETA 14-40HZ

- For our day to day function
- Accomplishing tasks
- Objective or goal orientated
- Concentration
- Anxiety
- Nervousness
- Fight and flight (sympathetic response)
- Fear
- Stress
- Insomnia
- Releases cortisol and adrenaline
- Autism in children



## ALPHA 7-12Hz

- Peaceful
- Relaxed focus
- Calm
- Physically relaxed
- Serotonin and endorphins released
- Resistance to Electromagnetic Fields(EMF)
- Enhanced immune system
- Earth frequency
- Parasympathetic response
- Peak performance and being in the "zone"



## THETA 4-7Hz

- Creativity
- Learning abilities increased
- Physically relaxed
- Serotonin, endorphins and GABA released
- Entering rem sleep
- Meditation
- Parasympathetic response



## DELTA 1.5-4Hz

- Deepest rest
- Deepest sleep
- Rejuvenates the whole body and brain
- Healing
- Melatonin and DHEA releases
- Human growth hormones released
- Meditative

