

## Brainwave Patterns

There are **four brainwave patterns which all people have they are: beta, alpha, theta, and delta**. Let me explain a little what each one is. Beta is the normal waking, conscious state we are in every day; alpha is a relaxed, drowsy self-hypnosis state; theta is the deep self-hypnosis and light sleep state; and delta is the deep sleep or coma state. Each brainwave pattern has a particular vibrational range. Beta which is our normal conscious waking state is usually between 14 and 30 Hz. Alpha is a hypnotic state where positive imagery and affirmations can be placed into the subconscious mind and is where our brain is operating in the 7 to 14 Hz range. Theta is a deep hypnotic and deep meditation state where our brain is operating in the 3 to 7 Hz range. Delta is deep sleep where the brain generates brainwaves of 0.5 to 3 Hz this occurs during our sleep cycles at night.

The subconscious mind is a programmable hard drive like that in our computers into which our life experiences are downloaded. It is also very interesting to note that Children from the age of birth to two years are in the Delta brainwave pattern. When children are 2 to 6 years old the main brainwave pattern they show is Theta. And from 6 to 12 years old the main brainwave pattern is alpha. So children from birth to 12 years old are basically in hypnosis the whole time and because of this are very suggestible.

This shows why we form most of our subconscious mind patterns and beliefs in our early years, as our minds are like sponges and the messages we get from our external world, both positive and negative, go directly into the operating system of our subconscious mind. This is also why we need self-hypnosis to induce the brainwave patterns of alpha and Theta to replace old outmoded and limiting beliefs with positive and powerful new beliefs, and why we commonly find it difficult to change these beliefs in the normal state of waking beta consciousness.

Self-hypnosis will also change your daily negative self-talk to positive empowering self-talk.

When someone achieves an alpha or Theta state, the subconscious mind is ready to be programmed. At this point, affirmations and positive imagery can be used to send effective messages to a subject's subconscious mind to facilitate a desired change. Positive imagery is especially effective because the subconscious mind works best with symbols and imagery.

The conscious mind is where we create and have new thoughts, visions and plans for the future filled with love, health, happiness and prosperity. As I said before the

subconscious mind on the other hand is like the hard drive of a computer and our beliefs are like the software that make up our operating system and is where all our pre-programmed thoughts and behaviours lie. This is why having your dreams and desires in your conscious mind is not enough they need to be placed into the subconscious deep mind where they will continue to work in the background, like the operating system in your computer.

In self-hypnosis you have less negative and intrusive thoughts and you are in a more suggestible state, where you can place positive thoughts and create new positive beliefs. Self-hypnosis helps you to move past the conscious critical part of your mind which is your normal waking consciousness with all the mind chatter and negative self-talk that usually accompanies that. You move past the chattering critical mind into the operating system of the subconscious. In self-hypnosis your brain will be in an Alpha or Theta brainwave pattern in the frontal lobe of your brain. Where you are in a deep state of relaxation and heightened awareness. When you enter self-hypnosis you enter slower more coherent brainwave patterns than normal waking consciousness. Also in scientific studies via an *Electroencephalograph* or EEG machine it is shown that in self-hypnosis there is a unification between the front and back of the brain as well as between the left and right sides of the brain which indicates that people are feeling happier and more whole.

Research has also shown that self-hypnosis is a skill that you can improve the more you keep practising it.