

# Frequency-Based Neuro-Programming for Memory & Cognition Enhancement

\*A Revised Experimental Framework with Schema Design, Frequency Entrainment, and Historical Context\*

## Abstract

This paper presents a comprehensive research and experimental framework for memory and cognition enhancement using frequency-based entrainment as an ethical, replicable alternative to historical pharmacological methods...

## Introduction

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## Clinical Glossary of Terms

**\*\*Anchor\*\*** – A sensory stimulus (auditory, visual, tactile) paired with a schema for triggering.

**\*\*Affirmation\*\*** – Short verbal phrase reinforcing schema during entrainment.

**\*\*Alpha Waves (8–12 Hz)\*\*** – EEG band; relaxed focus, creativity.

**\*\*Beta Waves (13–30 Hz)\*\*** – EEG band; alert attention, active recall.

**\*\*Visualization\*\*** – Mental imagery practice for schema creation.