

States of mind

To understand our mind better, we need to go into scientific details. We all know of the E.C.G. (Electro-Cardiogram) machine. It records the electromagnetic waves generated from the heart. A diagnosis with the help of the E.C.G. can be done and disorder of the heart can be detected.

In the same manner, our brain generates electromagnetic waves which constantly keep our brain active. These waves can be measured and recorded with the help of E.E.G. (Electro-Encephalogram) machine. E.E.G. is useful in the diagnosis of the disorders of the brain.

A well-known American Doctor, Dr. Jose Silva, in his research, analyzed the E.E.G of the brain during various states of mind and body and arrived at certain important conclusions. These conclusions can help us to understand the working of our mind. He found out that the mind has four states and operates from any one state at a time.

Different states of mind

States	Frequency cycles/second	EEG.	Sec.	Sec.	Sec.
Beta	14.....35 (Average - 20)	Conscious			↑
Alpha	7.....14 (Average - 10)	Subconscious			
Theta	4.....7 (Average - 5)	Sleep			
Delta	1.....4 (Average - 3)	Unconscious			↓

Four states of mind

As shown above, there are four states of mind. They are called Beta, Alpha, Theta and Delta states of mind.

Beta : The state of mind when we are completely conscious and awake.

Alpha : The state of mind when we are subconscious. It is also known as "Trance" state. (half-awake).

Theta : The state of mind, while we are asleep.

Delta : The state of mind, while we are unconscious.

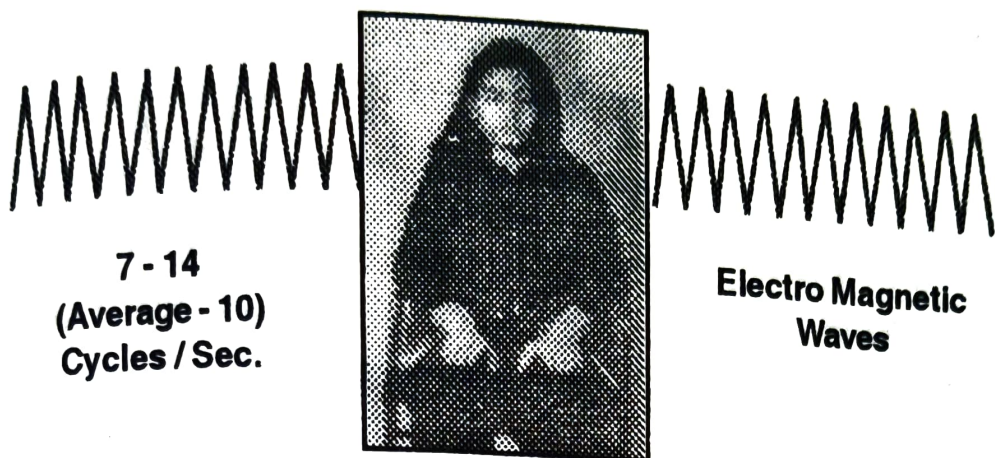
When Dr. Jose Silva analyzed the E.E.G. of the different states of mind and body, he arrived at the following conclusions : When we are in Delta state of mind, the frequency of brain waves is between 1 and 4 cycles/second and we are unconscious. When we are in the Theta state of mind, the frequency of brain waves is between 4 and 7 cycles/second and we are in sleep. When we are in the Alpha state of mind, the frequency varies from 7 and 14 cycles/second and we are half awake or subconscious. When the mind is completely alert, i.e., in the Beta state, the frequency exceeds 14 cycles/second, the normal average being 20 cycles/second.

The Alpha state of mind

Out of four states of the mind, the Alpha state is the most important one. It can create wonders for us. Alpha state is one, when we are neither conscious nor unconscious. It can be described as the state when we are subconscious. In the Alpha state, mind is susceptible to receive messages from our conscious mind. Therefore, it is essential for us to achieve control over Alpha state of mind, so that we can give orders to our subconscious mind with accuracy and achieve quick and definite results. If we give suggestions or commands to our subconscious mind while we are in the Beta state, the conscious mind will resist the commands and prevent them from reaching the subconscious mind effectively. This is because during Beta state, mind is more logical and analytical. Therefore Alpha, when the conscious mind becomes quiet, proves to be the best mental state to send suggestions to our subconscious mind.

Are you wondering how the Alpha state of mind can be achieved? It can be achieved in two ways : One is through a natural process and the other through the use of mind control methods. We naturally pass through the Alpha state, before we go to sleep and just before we get up in the morning. We can also achieve this state as per our will through mind control methods which can be learned easily. One such method is relaxation which is very effective and is easy to practise. The another method is meditation.

Relaxation



Relaxation is a technique for achieving the Alpha state of mind by relaxing the various parts of our body, one by one, with the help of suggestions. When we relax the body, the mind automatically relaxes. And when the mind relaxes it further relaxes the body. It is a cycle. While the conscious mind concentrates on the physical part of the body, leading to relaxation, the brain frequency starts declining and comes down to Alpha level i.e. between 7 to 14. It is a divine experience. After we come out of this state, we feel more active and refreshed both physically and mentally. Just 20 minutes of relaxation brings us the benefit of 4 hours of sleep. In the beginning, we need an audio cassette on relaxation to achieve the Alpha state and as per our convenience. The practice of relaxation daily, at a definite time and place, brings wonderful results.