

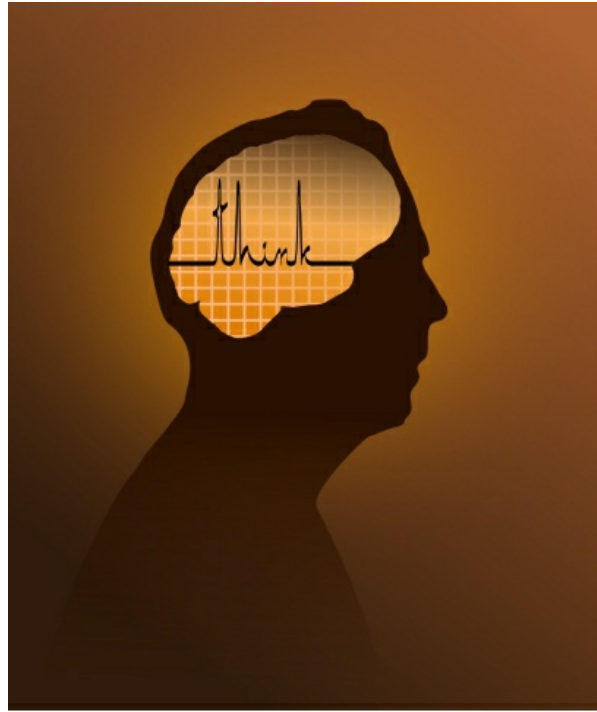
BRAINWAVES

THE NATURE OF BRAIN WAVES & THEIR FREQUENCIES

*How They Affect You
& How You Can Change Them*



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The Nature of Brainwaves

&

Their Frequencies

How They Affect You

&

How You Can Change Them

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Introduction

Everything you will learn about here in this guide will help you understand and improve your brainwaves, and your mind in general. This is a tough area to get used to and to master, but with everything you are about to learn you should have no problems doing just that.

We'll investigate each kind of brainwave frequency as well as the related features that it brings to the table, so that you can understand the kind of brainwaves that you tap into the most on your own – then, you can adjust to make sure you are introducing the right kind of brainwaves all the time to maximize your chances of having legitimate success in this manner.

So, let's start discussing brainwaves in further detail – starting with what they actually are. Everything we are about to go over is going to be very important towards your overall comprehension of this study, so be sure to take that into account as you move forward here – everything you are about to learn is going to, with relative ease, change your entire concept and belief over what constitutes your mind, and how it can be adjusted and altered to fit any need you may have.

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What Are Brainwaves?

To start with, you have to clearly understand what brainwaves are and how they relate to your state of mind and, in the long-term, your well-being. Given that our brains are made of up billions of tiny brain cells known as *neurons*, it's no surprise that we can create such a unique and powerful tool within the mind.

However, this is caused by the fact that these cells have to communicate with one another, and to do this they use the power of electricity to send the communications from A to B. the combination of so many millions of neurons all working together at once to try and send powerful signals creates levels of electrical activity that would be hard to otherwise counter. The electrical levels all across the brain, which helps us come to conclusions and decisions, is known as a brainwave.

When these electronic signals are measured using hardware such as an *Electroencephalography* (EEG) device, the way it translates onto the screen is in a wave-like format. It takes on a very particular looking design, and moves up and down in the way that you would expect the waves of the ocean to move. This is where the term brainwave comes from.

Whilst the term itself was more coined to try and describe what was witnessed on the screen of an EEG, the term has stuck for the long-term and is now the quickest and easiest way to describe what is going on within the brain.

Brainwaves are, more or less, at the root of everything we do. Our thoughts, our reactions, and the emotions we feel and even the behavior that we act out. They all correspond to the particular brainwaves which are occurring at any time. The neurons in the brain will have what we would think of as a large executive meeting, and come to the conclusion that the response you provide was the appropriate response at that moment in time.

Brainwaves are actually created from the immense electronic pulses that the brain creates, as they all communicate with one another and unify with

powerful results.

By doing this, your body is then capable of reacting in some manner to whatever has occurred. Our brainwaves are actively linked to what we are doing and how we feel, so it's vital to understand the fact that when the brainwaves which are slower are in action we will feel sluggish and tired. When the brainwaves that run on higher frequencies are involved, though, we feel alert and juiced up.

Whilst the topic may be incredibly complex and take a while to properly understand, we'll try and break down all of the different theories and ideas about brainwaves in this guide.

The Overview

Whilst we will eventually break down and clearly lay out a detailed guide to brainwaves at another stage in this book, let us first take a look at the genuine function of brainwaves.

Given that a good, strong brain is capable of providing up to 10W of electricity, it's no surprise that we have such a powerful yet analytical way to look at any situation, event or emotional response. Given enough human beings standing together and being hooked up, we could power a lightbulb just through the sheer electrical power of our brains.

Although it might not sound like much, the electrical potential we have in our minds is more than enough to “power” the brain. All electrical activity that comes from the brain is displayed in the form of brainwaves, as mentioned before, and it's then broken down into different frequencies – Beta, Alpha, Theta Delta and Gamma. We'll look into each of these in-depth shortly but for the moment, just try and understand the deep level of importance that can be put into every brain wave that we have; each can be broken up into various formats as each brainwave we have comes with a very specific response.

When we awake from having a deep and comfortable sleep, our brainwave frequencies will naturally begin to increase as we go through various stages of waking up. By doing this, you get used to the idea that your mind has to transition from the earliest parts of the brainwave function to the later parts as you go from being half-asleep and lying in your bed to waking up and getting ready to tackle the day.

It's during transition from one section to the next, though, that the brainwave function becomes so incredibly important. When you are going back and forth in the mind like this, you will find that everything more or less becomes simpler to understand and comprehend as the brain moves from Beta to Delta, or vice versa. You'll find that it's these transitions that allow you to lock into your mind as quickly as you possibly can.

The best thing about brainwaves, though, is that they are permanent. It does

not matter if you are from Denmark or Japan, you will have the same path to follow up and down the brainwave ladder system. There is no way to avoid going through this, as you create a way to experience the world whilst following this specific pattern.

However, the last thing to take into account is that whilst you are always in one state of the brain and therefore only one is truly active, your other brainwave frequencies are still active – albeit only in the smallest, slightest traces possible. This means that you have to understand what state you are in whilst realizing that the characteristics and the traits from other parts of the brain will come into play.

It's an increasingly challenging ideal to get your head around, but it can be done if you truly take the time to learn.

The History

The rich history and culture of brainwaves has been growing and developing ever since the 1950, when brainwave entrainment – one of the many terms used to describe brainwave technology – was first legitimized by science. Since then, incredible numbers of studies and thousands of hours' worth of research and learning has gone into ensuring that the details and the perception of brainwaves and their general usage has changed and improved.

The first real developments and forays into this subject, though, began in the 1920s after the initial discoveries by Hans Berger, a popular German neurologist. Many years had been spent looking into the development of things such as brain waves with minimal success until this magnificent breakthrough. Although the original aim of Berger's work was to try and discover what he believed to be psychic energies harnessed within the mind, he slowly started to make a more specific discovery; that of specific electrical waves recurring within the brain.

It was at this point that EEGs became a thing; since then, they have been used to develop huge amounts of information involving the mental state of an individual. It has also led to the categorization of different parts of the mind, so that we can understand how one's mind would work when specific parts of the brain are being used. It's this connection with brainwaves that makes it easier than ever to truly understand what you are doing, and how you are reacting to certain scenarios.

Again, we'll discuss in-depth the control and the mindset of brainwaves, later.

However, the history of these kinds of tools has been augmented and improved thanks to the addition of their usage to discover things such as epilepsy, sleeping conditions and even the early onset of Alzheimer's just due to how the brain is operating and responding when in certain frequencies.

Brainwaves, then, were just a theory before the discoveries which have been made by people like Berger. This made a huge difference to the understanding and the knowledge that people in the past held regarding the

power and the overall energy provided by the brain, and really helped to delve further into the way of which the mind works. By doing this, people were easily able to understand where they stood with regards to the way that their mind worked.

In the near century since their discovery, brainwaves have gone on to create a unique and incredibly powerful innovation within the world of mental health in general. Not only has it helped to create the right image and the correct path to success, but it has secured scientific readings into how the mind can operate.

Whilst many different theories and ideologies exist about how this kind of process works, and many subjective and speculative ideas exist about how to harness this energy, it remains one of the most trusted analysis forms around.

Brain Frequencies

One of the most powerful parts of the brain comes from the power to understand the various frequencies. These decide when the brain is going to work to its full capacity, and how it should be trusted to deliver specific messages to the body. With the help of detailed analysis of each section, we can break down the perfect way to understand brain frequencies when you are moving forward here.

This will ensure, then, that you can easily get to grips with the way that each particular band of brain frequencies can work so you'll better understand your mental states.

Brainwaves have made huge differences to the way that many people read and understand the path forward, securing a much safer and far more comfortable path forward for everyone. Since they fall into these specific codes and formats it's much easier for this to be codified and put in place, to be easier understood by everyone. What is important, though, is that you take the time to understand why this is such a vital feature.

The different brain frequencies are one of the hardest parts of general mind management to learn, but if you can then you'll be able to make yourself far more productive and motivated to get through the day. The power that they provide is almost unprecedented, ensuring that you can easily improve and grow your own development and understanding of how you react to situations.

The most important of the brainwave frequencies to remember include;

Delta

The slowest of the normal brainwaves that we deal with, Delta Brainwaves, are something that you need to get your head around if you want to understand each and every part about the brainwaves and how each version can differ from one another.

Typically, these are generated when you are in a deep meditation or a dreamless sleep. They will make sure that your body is in a regenerative state and that you can enjoy the power of healing that this provides, making sure you can easily rest and return to your normal energy levels.

Delta waves are interesting because they tend to be used when you are in the mental state of “Samadhi”, which is supposedly the deepest form of meditation that you can enter. It’s part of ancient Indian Yoga texts, and can be a way to gain deep insights and understandings about existence.

Theta

Theta waves are the next on the list, and they hold a wide range of similarities to the selection above. Typically, Theta waves will occur when you are relaxing or when you are in a deep sleep. Typically, they point to someone having a deep and high level of inner focus about dealing with a particular subject. The mind goes from being mostly verbal/thinking to being more visual in nature.

It tends to be the form of mental change that we go through when we are taking part in a hypnosis session – it's a fairly common process to use within brainwave management.

This is also present when you consider the dreams and the strength of the vivid imagery that can occur when you are in this state. It makes a massive difference to your overall level of thought, ensuring that you'll be far more accurate.

Alpha

A brilliant way to get to grips with the next stage of the brainwave selection, Alpha brainwaves, is to understand that they tend to start when you are in a quiet moment of peace and relaxation.

When we move into the brain rhythm of alpha, we put ourselves in the ideal state to take in new information, perform “big picture” planning, learn languages and create art. Beginner level meditation and other relaxing activities, such as a walk in the woods, can also induce this alpha state. Additionally, it's linked quite strongly with some recreational drugs, like marijuana.

In this frequency, the activity of the hemispheres of the brain are more balanced.

Beta

The fourth form of brainwave that we pay attention to is known as Beta waves. Beta waves are significant issues that you need to get to grips with, as they are the most common form of brainwave when someone first wakes up. They typically occur when you need to solve a problem or when you have to be alert and in control of any given situation.

It is associated with basic reasoning, performing various forms of work and generally interacting with the outer world. In our modern, busy environments, most of our days are spent while in this mode.

Gamma

The last form of brainwave we'll be looking at is Gamma, which is the fastest kind of brainwave out there. Typically, it's associated with those who have supposedly obtained a higher level of consciousness, and it is said that only those who are truly spiritually aware can reach this.

Each of the different brainwave frequencies are connected to various day to day activities (work, sleep, play), but Gamma is the brainwave frequency that can be the hardest to understand from that point of view.

Gamma brainwaves are popular in new-age circles because they are involved with nearly everything that such groups seek to achieve – they tend to be used during various forms of Buddhist meditation, for example.

By taking the time needed to learn about these scenarios, you should find it much easier to start changing and transforming your entire knowledge about how the mind works. Now that we can easily understand which frequency relates to certain states of mind, it soon becomes much simpler to understand why today brain frequencies are much more effectively looked at and considered than they once were.

If you aren't sure on where to start, just read through everything above a few times until you can understand what each frequency means for you and your brain. It's well worth doing so as it will help you clearly and seriously understand the way that your mind works when it goes through the motions.

Many people can try to break it down and understand it in the same way as the gearbox in a car. This will ensure that you can see it as a representative number and size that fits with a specific speed of thought and any kind of brain frequency.

As we mentioned earlier, the higher the frequency the more active in the world you will tend to be – the lower the frequency, the less active you will usually be. It's all about working this part of the system out. If you can understand the various brainwaves and the states of mind they are associated

with, you will easily be able to take on and improve upon the way that you live your life going from day-to-day!

Brain Waves When Sleeping

A hard part of the whole brain wave ideology to get your head around can be the use of brain waves when sleeping. The brain is still very active even when we are in our beds, and every stage that we go through when we are sleeping can be accurately characterized. By doing this, you are much more likely to remember what state you are in and what's to come;

- Stage One of this process is when the Alpha waves are replaced by Theta waves. This is the transition that our minds go through as we make that journey from being awake to being asleep – the sleep you go through in this period though is very light and can be easily interrupted if you hear even the slightest noise.
- Stage Two, though, is all about entering into a stage of sleep which slows down the use of your brain waves. This means that eventually the Alpha brainwave activity above stops totally, and the Theta waves come into play perfectly. This makes a big difference to your overall sleeping position and ensures you'll be interested in trying to get a more balanced sleep moving forward.
- Stage Three and Stage Four are incredibly similar parts of the process, and this can be one of the hardest parts to move away from or forget about if you are involved in this Stage. Typically, you will be about to enter a far deeper sleep than S1 or S2, and as your brain activity begins to heavily slow down you will notice that your Delta waves start to occur with more regularity. By this point, you can go through events such as sleepwalking – it's also the period in your sleeping pattern when you are most likely to experience nightmares.
- Stage Five, the last of the stages, is very important to remember as well. In this stage, you will be going through what is known as the

‘Rapid Eye Movement’ (REM) stage, which is when the muscles become temporarily paralyzed, and the eyes begin to move much quicker. This is when dreaming tends to occur, as well, and the actual patterns that your brain begins to show off will be far more similar to that of Stage One or Stage Two than anything else. However, the big difference is that your sleep here is so much deeper than it was previously.

By going through all of this, you are far more likely to not only accept but fully understand the power of brainwaves when it comes to getting to sleep. If you can see through this scenario and understand what position you are in with regards to how your sleep is progressing, then you are more likely to actually enjoy yourself as time goes by.

Brainwave Functions

One of the most important things to understand is that brainwave function is very much different to what most people would expect. The understanding of how the brain works has changed time and time again over the years, and this has made it harder for people to truly grasp what they are dealing with and what the prevailing opinion of that time is. Given the fact that the brain is clearly electrochemical, it's also nice and simple to understand what state your brain is in with regards to the electrical power it's capable of producing with enough conditions.

Whilst our brains aren't going to be powering a city power grid anytime soon, brainwave functions can be utilized to gain and happily understand the deep strength of the mind. This is measured by looking at what frequency of wave that our brain starts to change and re-tune itself, to fit with what we are looking for. Whether it's Alpha, Beta, Gamma or anything else you will find that the brainwave functions are very easy to spot for yourself – you'll simply notice how you feel, how you are acting and how you react to any given situation that might take place.

For example, someone who was in the middle of giving a lecture or involved in a debate will be high on their Beta list. This is because it's what we go into when we have to engage deeply and clearly with something, to ensure we can give it our all. The whole thing will make a big difference, ensuring that you can get the help that you need in making sure the scenario you are involved in comes together – if you are trying to do any specific task, it can make sense to get involved with the power of brainwave functions.

Do you hear someone say that you are on a different 'wavelength' to them mentally? This is related. If you are sitting there in a more Delta or Theta style of brainwave then you will be drowsy, less alert, and therefore much less likely to take in anything that you are being told. In contrast with someone in the room who is on their Beta brainwave, you'll find it hard to argue your point or to take in anything that they are saying.

The brainwaves that you operate with will quite severely determine what

level you are going to hit when you start to move forward. It's all about learning this and understanding that, as the brainwave functions you use for each task will greatly determine its success.

If you are too alert for something that requires you to relax then you will fail – if you need to pull more energy reserves but your brain is feeding off relaxing brainwaves, you are unlikely to be as productive as you possibly could be. It's all about learning these little facets of the brain so that, in time, you can use them to your advantage and get more from life.

Changing Your Brain Waves

Before you can learn how to change your brainwaves, you need to understand why they even matter in the first place. What you have to look at, then, is how the brainwave profile that we work with is related to the experiences that you go through on a daily basis.

It might not seem as if there is a direct correlation but there most certainly is. When the brainwaves we are using are not in sync and are out of typical balance with one another, you'll notice a significant change in both your emotional and your physical health. You'll be more open to illness and conditions of a more psychological nature, putting yourself at risk of not running your best.

In this section, we'll take a closer look at this to understand the position that you are in. Now you'll be able to see the varying factors that can determine your brainwave position and quality, as well as get to grips with the underlying factors that can occur.

For example, if you put yourself too much into a state of arousal within certain brain functions, you will pay for it. This is heavily linked with the onset of anxiety based disorders, confusion, anger, emotional change and even chronic nerve pains. However, not giving enough stimulation to certain parts of the brain and brain areas can lead to things like insomnia, depression, attention issues and chronic pain. By looking at where you are going wrong you should be able to come up with a legitimate reasoning as to why you can't get the help that you need.

Some people can find themselves abusing some brainwaves and underusing others – this can lead to the onset of things like anxiety and depression and is loosely linked with things like ADHD. These random instabilities are all about making sure that you can get to grips with your mind in the long-term, but for those who never adjust to this reality they will suffer from things such as;

- Rage

- Bruxism
- Panic attacks
- Aggression
- Bipolar
- Migraines
- Epilepsy
- Tinnitus
- Vertigo
- Anorexia
- Bulimia
- Diabetes
- Erratic behavior

All of these conditions are something that you should try to avoid, of course. The problem is that most people simply cannot find a way to do so – instead, they'll be limited in what they can achieve thanks to the onset of such conditions such as the ones listed above, hampering their lifestyle.

To avoid this problem yourself, I recommend that you try and understand the massive correlation between what we are about to discuss and how you may potentially feel today. Taking the time to understand this is a big part of your spiritual and social development, so make sure that you do this.

It might just help you understand uncharacteristic behavior, repeated mistakes or anything else that might be hampering the quality of life that you lead. The way the brain functions can be hard to understand, and it'll be made much easier if you consider how the following factors can affect it.

Dietary Factors

One of the biggest factors that plays a part in how you feel is the way that you are going to move forward; to do this effectively, you have to understand that thanks to the rather complex nutritional makeup of the food we eat, that it can be hard to know what condition you are actually in. The exact “codes” that the body looks for in this case are quite hard to work out and thus it becomes really hard to know if you are getting an excess or a lack of any particular nutrient.

Thanks to the range of complexities within modern foods, it can be hard to know what you are dealing with or how you can transform this around to fit. The use of specific nutrients within the brain is still something that has to be taken into account, but one thing is for sure – your neuroinflammatory response to brain neurons and then the way that your body handles insulin and how it signals to the mind that it’s “ready”.

By taking the time to understand neuroinflammation and the like, you can ensure that you understand what is going on within the body. Neuroinflammation is what your body does to try and respond to an assault on your neurons.

Whilst this will look to preserve the damaged neurons, nearby neurons can suffer as a result. You could be causing this due to having too much of something. It’s also a big reason why fruit and veg diets are so popular – they produce plenty of polyphenols, which are needed to help the brain handle neuroinflammation.

So, should you try and change what you eat?

Yes, you should! If you know that your diet is not doing you any favors, then it’s worth taking that into account and perform some adjustments. Chomping down tons of so-called comfort foods, which so many do, is simply not sustainable in the long run if you want an active and easily engaged brain.

We’ve eaten meats, fish, vegetables, fruits and other similar foods for ages

now, and it's long been a part of the human diet – the problem is that various foods we eat today are outside of these categories. From deep fried foods, sugar laden sweets and many other similar products, they are all playing a big role in the degradation of our bodies. If you are someone who eats a lot of junk, you shouldn't be shocked if you're running at 75% efficiency!

Lastly, always try and consider the fact that our shelves are usually littered with treats and the like – this makes it harder to resist taking in that short-term enjoyment for what is long-term pain and damage. Avoid putting yourself in this position as closely as you can and you can avoid ruining your brainwave quality or your consistency.

For some, this may seem like a long road. However, you should never discount the damage that your diet might be causing at this moment in time – it's well worth the consideration if you tend to feel sluggish and tired, especially if you don't particularly watch what you're eating.

Binaural Beats

Another massively significantly factor in the way that our minds work and how we jump from one state to the next in regards with brainwaves is something known as Binaural beats. This is an auditory illusion, sure, but it's something that we can tap into and use to help us stay on track and find our consistency.

It connects in-between two pure-tone sine waves which are totally different. Anything in a frequency lower than 1500Hz, with less than a gap of 40Hz between each frequency, is what you need to try and bring this on. They are typically provided to users in a dichotic format, meaning that you can hear them through one ear each.

This kind of work is just what you need if you wish to get the brain moving along the right lines, and can be just what your brain needs if you feel like it lacks conviction at this moment in time. It's a great tool to use these days as it has become more popular, creating an easy to enjoy and brutally effective system which can help us modify our mental position with just a few sounds which have a very limited difference between them.

Basically, what occurs with Binaural beats is that between the two beats you can hear it becomes much easier to imagine a third beat going on at any one time. This can be very hard to spot but its present in all binaural beats, and will be something that throws you. However, this is just an illusion – there is no third tone, really – but this is what is known as the Binaural beat.

It's created using a perceived pitch feel that is a difference between the tones in either ear.

The actual term Binaural comes from the term 'to hear with two ears' and has been a part of the modern lexicon for more than 150 years. The practice itself is massive, and gives lots of people can ability to get themselves under control with regards to how this unique method of brain management can be worked with.

Since this can be used to “correct” your brainwaves thanks to the use of the

electrical currents created by neurons, it's a massively useful skill to get to grips with using as it will ensure that you can have no problems at all in working with the beats that you feel comfortable working with. The measurements that you can use when messing around with Binaural Beats include;

- Gamma, 30 - 50 Hz
- Beta, 14 - 30 Hz
- Alpha, 8 - 14 Hz
- Theta, 4 - 8 Hz
- Delta, 0.1 - 4 Hz

However, you can also make use of these bands to ensure that you can understand the beat as well as make sure that you can hear it accordingly. This will ensure that you are able to hop from one part of the brain to the next, provided that you can use this properly to ensure you can get from various brainwaves.

Meditation

In the past ten years or so, the western world has become more and more interested in the topic of meditation. It quickly moved from the fringes of new-age and religious groups, and into the mainstream. There is a very good reason for this: It works! Meditation is simply one of, if not the, most effective way we can shape our minds.

In regards to brainwave frequencies, the level of skill and experience a person has will determine which state they move into as they meditate. Most people will find themselves moving from the alert *Beta* state, into the more relaxed *Alpha* state. Anyone can do this, and even this novice level of meditation has shown to have numerous health benefits. During the recent years, neuroscientists have made a correlation between an increase of alpha brain wave activity and the reduction of depressive symptoms, as well as an increase in creative thinking. Other boons include lowered blood pressure and increased immunity.

More experienced practitioners, whom may access the deeper, more mystical aspects of meditation, may find themselves entering the *Theta* state. Significant insights may be gained while in this state, and clear visualization often takes form in the mind's eye.

Little research has been done in regards to the *Delta* state and meditation. It is claimed, however, that experienced Tibetan monks can induce *Delta* state more or less on command, which is a result of decades of advanced meditation practices.

In the West, the most popular form of meditation is, without a doubt, the practice of “mindfulness”. You have probably heard the term being mentioned on television shows, radio programs or various websites. It is a trendy keyword in health and fitness circles, and it is especially popular amongst business people who spend a lot of time in high stress environments.

The practice of mindfulness is all about learning how to better be aware of one's subjective conscious experience, moment to moment. This may sound

effortless in theory, but you will most likely find that your mind tends to wander either forward or backwards in time, rarely living truly in the moment. This has a lot to do with how we spend most of our time in today's busy world, in the industrialized societies especially.

In our daily lives, most of us are bombarded with all kinds of noise, from the moment we step out of our bed in the morning until we go to sleep at night. A constant barrage of ads within ads, music, traffic, work, television, social media, the list goes on. On top of all of this external noise we have the self-generated noise, which also grabs the attention of our mind: "I have to pay the taxes", "I can't believe I did that, I should have done *that* instead", "Oh right, I have to plan for that trip next week" etc. It is no wonder many of us have forgotten how to pay attention to the current moment.

To begin practicing mindfulness is quite easy. Anyone can do it. Simply sit down in a comfortable chair, with your spine straight and your shoulders relaxed. Make sure there are no loud distractions nearby. Let your hands rest gently on your lap and close your eyes. Now, pay attention to your breath as it flows in and out. Do not adjust it in any way, just let it be and take notice of it.

If any distracting thoughts come up, do not fight them. Instead, let them "talk" until they're done, while you focus on your breath. In the beginning you will find your mind being pulled away from your breath quite often, as busy thoughts bounce around in your head. Keep focusing back on the breath, and it will get easier as you continue the practice.

If you find it difficult, repeat this mantra in your head as your body inhales and exhales: "Breathing in... breathing out". Feel your breath filling the entire body with each inhalation.

Shorter, more regular meditation sessions have been shown to be more effective than longer, more infrequent sessions. A good advice is to include a short 10-minute meditation in your morning routine. Make a habit out of it. As with most things in life, if you are consistent with it, you will eventually see great results.

Brainwave Entrainment

The term brainwave entrainment is a term which might sound like you're about to enslave the mind, but don't worry! The reality is far friendlier than the term may suggest.

It's a term used as a colloquialism for neural entrainment, which is the result of synchronous electrical activity. It makes the brain enter a certain state simply by using a pulsing sound, a light, or even an EMF. These pulses will then show what the brain's frequency response is to any given action, and this then encourages the brain to try and align itself with any given beat to ensure you are on the right track.

Indeed, the actual process of frequency following can be understood if you simply watch the actions of someone who suffers from epilepsy. For example, if they see a strobe light at the frequency they need to enter a seizure, then it will make the brain react in a specific format. Basically, it's a way to 'code' the brain into reacting with a response to a given action – good or bad.

For more positive minded people, brainwave entrainment can be seen as a good way of making change since it can be used to induce a state of trance, extra focus, sleep, meditation and so much more. Basically it can bring someone up or down their mental state to ensure they can find a happy medium that genuinely suits their own personality.

By doing this, brainwave entrainment can be used to make sure that the brain reacts by moving into a certain state as soon as X, Y or Z occurs. This is very important to get to grips with as, without this kind of training and treatment, people may find it tough to keep things moving in the right direction.

Brainwave entrainment can work with just about anyone, as just about every stable frequency has a legitimate cortical response that it can give back. Therefore, if the brain can make the dominant frequencies come in line with one another when an external outcome occurs, it's much easier to create the reaction that you wish to see.

The problem is that brainwave entrainment is sold as some great hype machine, as if it's the cure to all of your ills. The reality is that these claims are nowhere near as true as they may sound, but the truth is there somewhere hidden behind sales jargon and lies. Brainwave entrainment works, and can be useful to all, but it's something that can be hit and miss until the right kind of position is found.

If you are sure that brainwave entrainment is what you wish to engage in, then you should make a point of doing so; just be sure to acknowledge the fact that it will take time to get used to how this works. Very few people will see instant results, but don't let this dull your hope for success – it can be the ideal solution to anyone who wants to change their frequency response.

Theories of Consciousness

Earlier, we took a closer look at what makes brainwave frequencies so important – now, we want to look at how they can be used within the context of each level of consciousness. First, though, it makes sense to look a bit further into the various theories of consciousness to try and decipher why this can occur in the first place.

Well, you first need to accept that the human brain is among the most complex and challenging objects we've ever come across. It's an entity which, without a doubt, pushes the boundaries of what we would consider typical work. It works far harder than we think, even when we are being quite lazy, and this is something that has to be understood before you can understand the various theories of consciousness.

Given that each of the brainwave frequencies out there has a genuine connection with the level of consciousness that you can feel, it's very important to remember this. Each brainwave uses the specific Hz feature we spoke about earlier on, and this has a determining factor about just how 'alive' you are.

The problem, though, comes from the way that brainwaves are being perceived. To some, it's the very controlling factor of how we act and how we feel. To others, though, brainwaves are merely a symptom of the way that we feel and rather than being a driving factor in all of this it's merely just a supporting act that lets the whole picture go together as one.

We want to look further at this, so that you can understand the age-old argument of whether matter is a product of consciousness or the other way around. It's a deep and philosophical debate. However, if you want to truly understand what these stand for then it's important that you can take the time to investigate this further. Explaining consciousness is always a tough thing to do, and nobody has ever been able to do so definitely within the context of what we are looking for.

This makes it hard to buy into at times, as others who state that the mind is

just like any other solid or liquid out there and merely is a state of matter can be hard to agree with. By the same token, though, the very opposite is equally hard to know about!

This is one of the true mysteries of the modern era; for all of our development and growth as a civilization, we still greatly lack the sophistication needed to understand what drives us as people. Whilst it's coming on all the time, the lack of definitive proof about what is matter and what is something a bit more can be hard to keep up with.

However, we tend to find that if you are involved with learning about brainwaves then it can be much easier to simply develop and grow a solution which is built around doing this effectively. It can take time to find what position you agree with, however!

Mind & Matter

If you want to try and break this down into an easy way to understand, the consciousness that we use every day is our own Broadband. It's what lets us connect to our "internet" and means that we can then angel in and choose what "channel" we want to work within or through. It's hard to get used to this kind of mentality, sure, but it's something that you should almost certainly take into consideration when you are looking into the various arguments and debates which are out there today. So, are we merely matter? Or are we something more?

The lack of physicality in believing that consciousness is more than just the conduit from our minds is quite hard to get around for some realists, but the fact is that so many things occur in all of our lives that simply go out of the realms of what is being proposed here. If consciousness was not something that we genuinely produced, then why do we need our bodies as the conduit for it? Human physicality would be a totally worthless construct!

The main argument for the brain being a producer of your mentality and your overall consciousness is built around the idea that without any real proof that anything else drives us, what else can it be? It may not be the strongest argument but it actually still seems to be a more believable option than what many would consider to be 'the truth'.

Given that modern day science is more or less driven by being traditional and by looking at the materialistic nature of the world, it's hard to get any kind of definition from those who are the most likely to know what they have to produce.

When classical and traditional science is trumped, it tends to be viewed as wrong.

However, the old argument of matter vs matter has been growing steadily over the years and today it's much harder to just disregard. The days of this being just a phenomenon are over; today, this kind of mechanic is seen as very much part of our fabric as a species.

Since objects such as atoms and particles are not solid at all, why is the most powerful and obvious construct of the world we live not disregarded?

This is the argument put forward by the “other” side which can be a bit of a problem as you move forward. What you will tend to find, though, is that by following this kind of pattern you are much more likely to arrive at a conclusion you feel comfortable with.

For example, many scientists have pointed to the fact that consciousness comes from the brain but it may not originate there – it may be coming from elsewhere, like a long range conduit for your body. The investigation of all things considered to be ‘nature’ is something that really can hamper and limit the success of any investigations into this.

At the moment, though? What you believe is your choice entirely.

Changing Perceptions

So, how does each of these views affect how brainwaves are perceived?

For those of the more materialist stance, that the body is producing everything from the one physical construct, brainwaves are just another physical phenomenon. They hold far less sway with materialist thinkers who need to see it all out in front of them. This can make it hard for others, then, to change that perception as without the commitment from larger groups it can be hard for brainwaves to be allowed to develop and find their position for your own personality and your lifestyle choices that you make.

The main thing that must be addressed, too, is that most arguments are built around ideology. Those who are more materialist will believe that it all has to start from the body and that the idea of anything else controlling the body is just ridiculous. When you get to this stage it becomes easier to start dismissing data and evidence as merely being swayed to fit with the narrative of those who produced it.

The problem is that by doing this you will slowly understand the changing perceptions and this can start to slowly but surely put you off your own position. The constant shift in narrative, as both sides argue against one another, is something that will continue to shift the discussion of brainwaves back into the old realms of fantasy vs reality.

Given the massive success that can come from changing perceptions of just about anything, is there any surprise that people can struggle as much as they do with this position?

On the side of those who believe that the mind has more to it than just being a construct for more or less storing our thoughts, the mind receives a massive level of reverence that almost puts it on a pedestal. This makes it hard for people who are new to subjects like brainwaves to adjust, meaning that it can be much easier to give up and move on.

They are still seen as 'new age' and this can really hamper the quality and the

depth of what you are reading about. Also, given that the majority of the scientific community believe that the usage of brainwaves is merely a conduit of the physical mind, it's hard to make any kind of legitimate headway with the group in question.

To get around this, you have to be prepared to put in the work and the commitment to get there – you need to read about the current perception to see if it fits with what you believe in or what you think suits the narrative. Whilst just about everything else to do with this book has been built around specific facts and figures, nothing can quite match the same quality and/or depth that is brought to life by the power of opinion.

We are unlikely to receive a definitive answer which is well-received, but it's important to never doubt what you're about to engage with here.

Conclusion

So, there you have it!

This eBook has been built around making sure that everyone who has read through it can feel comfortable and secure reading further and learning about brain frequencies. This is a tough subject that can make even the most engaged and considered of minds stumble. However, as we have talked about, our mental potential is far greater than most would initially presume. Reach outside any self-imposed borders you may have created, and explore your true nature!

The next step in your path towards change within your life begins today – now that you can understand how brainwaves work and what makes them such a unique and challenging subject, you can start to take on the next stage of this process, and ensure that it fits with your mentality and your needs moving forward.

Life never has to be the same again – sluggish days can now become a thing of the past, when you tap into the power of your mind!