

Brainwaves 101

The amazing power of your mind!

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Do you know what's going on upstairs?

TO UNDERSTAND ThetaHealing™ and the Theta state, you must first understand brainwaves. There are five different frequencies of brainwave: Beta, Alpha, Theta, Delta and Gamma. These are constantly in motion since the brain is consistently producing waves in all frequencies. Everything that you do and say is regulated by the frequency of your brainwaves, and one frequency will dominate in any given situation.

Beta

Whenever you are thinking, talking and communicating, your mind is in Beta. It will be in Beta at this moment. Beta waves have a frequency of 14–28 cycles per second. Beta is the state in which you are active and alert.

Alpha

Alpha is the bridge between Beta and Theta. In an Alpha state, your brainwaves are moving at a frequency between 7 and 14 cycles per second. The Alpha frequency is likened to a very relaxed, meditative state of mind. Alpha waves govern daydreaming and fantasizing; and denote relaxed, detached awareness. People who don't function well at this frequency will experience memory difficulties. For example, if you are aware that a particular dream or meditation was quite powerful, but can't recall the details, sufficient Alpha frequencies were not generated. You didn't have the bridge between the subconscious and the conscious mind.

To more fully understand an Alpha state, close your eyes and imagine a sunset. See in your mind's eye the sun setting against the ocean and seagulls flying low near the shore. This is the beginning of inducing an Alpha state. Alpha has been known to take away pain and is useful in healing.

Theta

A Theta state is a very deep state of relaxation. This is the state used in hypnosis and dreaming. In it, the brainwaves are slowed to a frequency of four to seven cycles per second. In fact, sages meditate for hours and

hours to reach this state, as in it they are able to access absolute calmness. Theta brainwaves can be thought of as the subconscious; they govern the part of our mind that is layered between the conscious and the unconscious. They hold memories and sensations. They also govern our attitudes, beliefs and behavior. They are always creative, inspirational and characterized by very spiritual sensations.

It is believed the Theta state allows us to act below the level of the conscious mind. It is the first stage of the dream state. It is the state we are in when we stand on the top of a mountain completely absorbed in our surroundings. At that moment of realization we experience the absolute “knowing” that God is real; we just know that God is. When we access a Theta state and call upon the Creator, we connect to the Creator of All That Is to heal a person instantly.

In ThetaHealing, you imagine yourself going up above your head through your crown chakra. What did the ancients mean when they said, “Go up and ask of God”? When you imagine lifting your consciousness above your head through your crown chakra and you go up and ask of God, your brainwaves shift instantly to Theta. When I was asked what I was doing in my readings, this is what I realized. I was sitting across from the person, holding their hands and imagining myself going above my space, praying that God would grant me the reading that this person needed, and it was given to me. I was holding a Theta state.

Delta

A Delta state of mind happens when you are in a deep sleep. In a Delta state, the brainwaves are slowed to a frequency of zero to four cycles per second. It is also this state that is utilized when the phone rings and we intuitively ‘know’ who is calling.

Gamma

The Gamma brainwave is the state we are in when we learn and process information. Gamma waves stimulate the release of Beta endorphins. They appear to be involved in higher mental activity, including perception and consciousness. In this state, your brainwaves cycle between 40 and 5,000 cycles a second.

I believe that when you are in a Theta-Gamma state, you are in the condition most conducive to instant healing. In the miracle of instant healing the brain can go from 4 cycles a second to 5,000 cycles a second. In times of emergency, the brain has been observed to switch back and forth between Gamma and Theta with no other wave present. This seems to be a natural response.

Vianna Stibal conducts seminars internationally to teach people of all races, beliefs, and religions about ThetaHealing.