

THE DIFFERENT BRAIN WAVE STATES

DELTA - 0.5 Hz to 4 Hz

Deep sleep, regeneration,
rejuvenation



THETA - 4 Hz to 8 Hz

Deep relaxation, creativity,
meditation



ALPHA - 8 Hz to 12 Hz

Relaxation, positive thinking,
fast learning, stress reduction



BETA - 12 Hz to 30 Hz

Focused attention,
high concentration &
analytical abilities



GAMMA - 30 Hz to 100 Hz

Peak awareness, creativity &
high concentration





Sonic Energy

Collection

THE BINAURAL EFFECT

GAMMA

188 Hz

BRAIN WAVE

60 Hz

MASTER FORK

128 Hz

