

Brain Waves - The Science Behind the Amazing Power of the Mind

How to Use Alpha, Beta and Theta Brain Waves to
Master the Phenomenal Power of the Mind

Uncover the Secrets Behind How
Brainwave Frequencies Help You Achieve
Success and Abundance to be
Happy, Healthy and Wealthy

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1 MIND POWER - THE MASTER SECRET OF THE AGES

*"Master your Mind-Power and
Discover the key to the Treasures Within"*
- Scott Lee

1.1 The Amazing Power of the Mind

Have you ever wondered why some people, despite overwhelming odds and challenges, are able to rise above the challenges, against all odds, and achieve incredible success in life?

Take Mitchell, for example...

In 1971, W.Mitchell was riding his motorbike to the airport for flying lessons when he was involved in a fiery traffic accident. With burns over 65% of his body, doctors doubted whether he would survive.

After a two-week coma, he woke up to find himself horribly disfigured (his face is a patchwork of different skin tones and textures) and his hands reduced to claw-like stumps. It was two years before he could function normally again.

But when he did, Mitchell went on to complete his pilot's license AND establish a successful business.

Then, in 1975, the Cessna plane he was piloting encountered mechanical problems shortly after take-off and crashed. His four passengers escaped unhurt but Mitchell broke his spine and was paralyzed from the waist down.

Instead of sitting around and moping about his bad misfortune, Mitchell didn't let that stop him.

After recovering, he went on to become Mayor of his town, a congressional nominee, political commentator, successful businessman, millionaire, pilot, author and motivational speaker.

Despite his disfigurement and disabilities, Mitchell has had three major relationships in his life, all with perfectly normal, physically attractive women.

Today, Mitchell travels the world giving motivational talks for **US\$20,000** each time he speaks. Home is a beach front condominium in Hawaii.

"Before I was paralyzed there were 10,000 things I could do; now there are 9,000. I can either dwell on the 1,000 I've lost or focus on the 9,000 I have left."
- W.Mitchell

When I first read about Mitchell, I was really inspired by his story.

Mitchell's philosophy, **"It's not what happens to you...it's what you do about it."**, really struck home.

Here's a regular guy who's suffered two terrible accidents, horribly disfigured with stumps for hands and paralyzed from the waist down.

Yet, he's accomplished so much more than most perfectly normal, healthy people.

I've got to admit, I haven't even achieved a fraction of what this guy has done.

What about you?

1.2 The Secret to Mitchell's Success

The secret to W Mitchell's achievements is because he knows how to effectively use his mind-power to motivate himself and find the necessary resources to achieve his goals, despite his challenges.

It's an incredible testimony to the power of the mind.

In fact, all successful people, from businessmen, leaders, musicians and artists, etc. all know how to harness and use their mind-power to achieve whatever they set their minds to, whether they realize it or not.

FACT!

Scientific studies have discovered that the average person uses only a small fraction of their mind power, as little as 5% - 10%.

That's all. Everything you are and have ever achieved, you did it with only 5% of your mind power.

Imagine what you might be able to accomplish if you learnt to use a tiny fraction more of your mind power.

If W.Mitchell can achieve so much, despite all the challenges that life placed in his path, there's no reason why you can't achieve just as much if not more.

Right?

1.3 The Truth Behind Mind Power Techniques

Mind power is such a misunderstood topic that it's not surprising that many people have a lot of misconceptions about it. Few people really understand what mind power really is, and there's a lot of mis-information & urban legends out there in the web.

Mind power is about using the power of thought - your thoughts and beliefs - to manifest your reality.

It's beyond positive thinking, although positive thinking does play a large part in harnessing your mind power.

Mind power involves using the power of your conscious and subconscious mind to manifest your reality and learning to use your brain waves to get into the most productive and optimal state of mind to achieve your goals.

It's about understanding how to clear your mind of all negative, self-defeating and dis-empowering thought patterns and, at the same time, install new attitudes and thought patterns to take the right actions and steps to achieve your goals.

Simple as it sounds, that's the secret behind the teachings of many spiritual teachers, eastern philosophies and mind power techniques.

In fact, many self-help and mind power techniques are actually based on the same understanding of how the mind works. Whether it's brain wave entrainment, Silva Mind Control techniques, subliminal messages, hypnotism, subliminal tapes, meditation, creative visualization or even subliminal software, all these self-help mind power techniques are actually quite similar once you understand how they work.

And the key to understanding mind power techniques and how the power of the mind works lies in understanding brainwaves.

That, my friend, is what mind power is really all about.

2 BRAIN WAVES

***"Understand your brainwaves and
unlock the secret to the power of the mind."
- Scott Lee***

2.1 The Magic of Brainwaves

Have you ever sat by the side of a mountain, doing nothing but enjoying the breath-taking scenery before you?

No deadlines to meet or reports to hand in, no phones ringing, no worries and no pressure to do anything at all...

Just the sound of the birds singing and chirping away in the background as a mountain stream tinkles and babbles merrily nearby. The cool, mountain breeze blowing through your hair and the smell of that fresh air that you can only experience high-up in the mountains, far away from civilization...

Just experience and be in the moment totally.

Not really thinking about anything else at all. Feeling totally calm and relaxed.

Becoming aware of your heart beating as you slowly inhale and exhale the fresh, cool air.

Feeling totally at peace and relaxed in the present moment.

...
...
...

Imagine if you could enter this calm and peaceful state any time you wish, regardless of how busy or chaotic the situation may be.

If you could learn to do that, would you be interested?

2.2 What are Brain Waves?

Have you ever wondered why some people are always so calm and collected, even when the situation around them is upside-down and chaotic? On the other hand, some other people are always so excitable even when there's really nothing to get excited about.

That's because how people react to the situation that they're in is entirely because of the brainwave patterns that are going through their minds at that moment.

Right this very moment, as you think and read these sentences, your brain is sending out electrical impulses through its network of neurons and synapses. These electrical impulses can be measured by a device called an electroencephalograph (EEG), and seen on a monitor as brain wave patterns.

The speed of the electrical impulses moving through your brain cells is called frequency, and is measured in hertz or cycles per second.

The important thing to note is that the frequency of your brain waves determines your state of mind and how you react to the situation around you.

The frequency of your brainwaves can be classified into four major categories:

FOUR CATEGORIES OF BRAIN WAVE FREQUENCIES

Beta Brainwaves (14 to 32 Hz)	<ul style="list-style-type: none">• Produced by thinking mind and conscious thought process. Most common brain wave pattern.• Concentration, logic, reasoning, alertness and critical thinking.• Higher levels of beta may result in feelings of anxiety, stress, unfocused thought, insomnia & even nervous breakdowns in extreme cases.• Necessary & required to function and navigate in your everyday life and normal waking consciousness.
Alpha Brainwaves (7 to 14 Hz)	<ul style="list-style-type: none">• Produced during relaxed detached awareness and daydreaming mind.• Relaxation, super learning & memory retention, increased concentration & focus, light meditation, increased health benefits.• Provides vividness and lucidity to our imagination & visualization.• Enables us to remember our dreams and meditative states.• Link between conscious and subconscious mind, gateway to meditation.

Theta Brainwaves (3.5 to 7 Hz)	<ul style="list-style-type: none">• Produced by subconscious mind, and present in dreaming sleep and REM (Rapid Eye Movement) state.• Deep meditation & spiritual connection, increased creativity ("ah-ha" moment) & retention of learned material, deep healing of body & mind.• Long-term memory, center of creative inspiration and storehouse of repressed psychological & emotional baggage.• Key to meditation and spiritual breakthrough.
Delta Brainwaves (0.1 to 3.5 Hz)	<ul style="list-style-type: none">• Produced by the unconscious mind and during deep, dreamless sleep.• Deep trance-like, non-physical state, loss of body awareness.• Intuition and psychic awareness, enabling knowledge of information that isn't available on conscious level.• Gateway to unconscious & collective unconscious, access to universal psyche or mind.

2.3 Master Your Brain Waves & Control Your Mind

"Mastery is being in the state that you want to be in, when you want to be there, knowing what to do with that state, and being able to accomplish it."

- Anna Wise

Every state of consciousness that you experience is a result of one of these four brainwave patterns. Whilst Beta is the most common brain wave generated, you also produce the other three brain waves at other times.

For example, Alpha when you're relaxing, just before you go to sleep or when daydreaming. Theta is produced by your subconscious mind or when you dream and Delta during deep sleep.

Most successful people know how to naturally control their brainwaves, even if they're not aware that they're doing so.

They're what trainers or psychologists call "Unconscious Competents".

However, most other people lead their lives being "controlled" by their brainwaves (Unconscious Incompetent) instead of the other way around. They react to their situations

based on their current state of mind. As a result, they don't get what they truly want, or don't perform as well as they should.

- Ever been in a situation where you said or did something which you regretted later?
- How about trying to study and memorize something but end-up falling asleep instead?
- Perhaps you've tried to sleep at night but, no matter what, you just can't fall asleep?

Sound familiar?

Now, imagine being able to put yourself in the right state of mind to handle any situation that arises (Conscious Competent).

- Saying and doing the right thing at the right time.
- Being able to concentrate and focus on what you're doing instead of getting distracted easily or falling asleep.
- Falling asleep easily everytime your head touches your pillow.
- Remaining calm and collected, even when the situation around you is falling apart and chaotic.

Wouldn't you agree that a better strategy is to ***change your brain waves and state of mind to match the situation***, instead of blindly reacting to your situation based on your existing state of mind and brain waves?

"Be master of mind rather than mastered by mind"
- Zen Proverbs

2.4 Mastering Your Brain Waves is Easier than You Think!

The good news is that you can learn to slow down your brainwaves from Beta to Alpha and other deeper states of mind.

The benefits are obvious; you feel more energized, refreshed, increased concentration and focus, super-learning, etc.

Even better news, it's actually quite simple to learn how to do so.

If I told you that I had already taught you to slow down your brainwaves without your realizing it, would that convince you?

Remember the mountain-top scene that you imagined at the start of this article?

Didn't you feel peaceful and refreshed after reading that brief introduction?

Let's try it out again.

Go back and re-read that short introduction again. This time, close your eyes and visualize your surroundings as vividly and clearly as possible.

As you feel more relaxed and peaceful, your brainwaves naturally slowed down from Beta to Alpha (it's sometimes called going to Alpha).

It's that simple.

Now that little visualization session was just a simple, basic way to go to alpha. It's quite useful when you need that little pick-me-up in the middle of the day.

Obviously, your brain waves can do a lot more than just a quick refresher every now and then. Not surprisingly, many self-help techniques and products help you achieve your objectives by influencing your brainwave patterns.

Mind power techniques such as the Release Technique, Silva Method, creative visualization and meditation are also effective in controlling your brain wave patterns to enable you to harness your mind power (*Please refer to [Appendix A](#) for more details on the **Release Technique & Silva Method***).

Other techniques such as hypnosis are based on slowing down your brainwaves so that you're in a more receptive state of mind to receive and accept their suggestions and affirmations.

By now, I'm sure you realize how important it is to master and control your brain waves. If you can master your brain waves, you'll be able to ensure that you're always in the most optimal state of mind to accomplish whatever task you have to do, whenever and wherever you choose to do so.

Imagine always being at your best, most optimal state of mind and body to accomplish all your tasks and achieve your goals.

Picture yourself always feeling confident & self-assured, resourceful & capable, enthusiastic & motivated and always knowing the right thing to say and do.

How would your life change?

What kind of goals would you set if you knew that you could not fail?

Where will you be in 5, 10 years time if you could achieve all your goals and objectives?

Think about it...

3 ALPHA BRAIN WAVES – THE GATEWAY TO THE POWER OF YOUR MIND

"You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind."

- Darwin Kingsley

3.1 Alpha Brainwaves

Alpha brainwaves are the 2nd fastest brain waves and have a frequency range of between 7 – 14 Hz. They're the strongest and most prominent brain wave pattern (which is why they were discovered first).

Alpha brainwaves provide the link between the conscious and subconscious mind.

They allow you to be aware of what is happening in your subconscious mind, for example when you're dreaming or in deep meditation. Without Alpha brain waves, you won't be able to remember your dreams when you wake up or come out from meditation.

Alpha brain waves also provide vividness and clarity to your visualizations. It allows you to clearly imagine and visualize, seeing the shape, colors, hearing the sounds, feeling the texture, the warmth or coolness of the object or your visualized surroundings.

3.2 Why Alpha Brain Waves are Called Alpha

In 1908, Dr. Hans Berger, an Austrian psychiatrist, discovered the existence of electrical waves in the brain. He called them Alpha brain waves because they were the first electrical waves discovered in the brain. Dr. Hans Berger also invented the electroencephalograph (EEG), a machine which amplifies, records and graphs the electrical activities in the brain. Soon after, scientists began discovering other types of brain waves, Beta, Delta and Theta (named in the order they were discovered).

In the 1950s and '60s, researchers realized that it was possible for people to learn to control their own brainwaves. They discovered that during meditation, experienced meditators slowed down their brain waves from Beta to Alpha brainwaves and even Theta brain waves.

This led to the development of many self-help products and self help techniques which claimed to be able to instantly achieve the bliss, peacefulness and depth sought after in meditation as well as other health and mental benefits associated with meditation.

3.3 How do you know when you're in Alpha?

In fact, every time, you day-dream, about to fall asleep but not quite there yet, or when you've just woken up but not fully awake yet, you're in Alpha. You also slip into Alpha brain waves when you're relaxing and enjoying the warm water in your bath or shower or even when you're sitting in the toilet. That simple exercise you went through earlier in the earlier **Brain Waves** chapter was also one way to go into Alpha brain waves.

See the similarities? You naturally go into Alpha every time you're feeling relaxed and peaceful, mentally and physically.

I have to admit that when I first heard about Alpha brainwaves, I thought, "Big Deal... If that's what Alpha is all about, then what's all the fuss about?"

That was before I actually learnt how to go to Alpha...

The calm, silence and inner peace of mind that you get in Alpha is something that you have to experience to understand and appreciate.

Imagine your whole mind and body being so calm, silent and still as if time has stopped. Even your breathing has slowed down, so much so, that you almost seem to have stopped breathing.

Picture a dark, deep, still pool of water with no ripples at all, on a dark moonless night. No movement or ripples in the water.

Nothing stirring or moving at all.

Just stillness and silence...

...
...
...

That's about as close as I can describe being in Alpha brain waves. It's just like telling someone who's never eaten an apple before what an apple tastes like. I can describe it in a million ways but at the end of the day, you have to eat the apple to understand.

Similarly, being in Alpha is something you've got to experience to understand and really appreciate.

But once you're able to do so, it'll open up a whole new world for you...

4 BETA BRAINWAVES – YOUR EVERYDAY WAKING CONSCIOUSNESS

"Peace comes from within. Do not seek it without."
- Gautama Buddha

4.1 Beta Brainwaves

Beta brain wave patterns are the most common and fastest brainwave pattern. It typically ranges from 14 Hz to 32 Hz and beyond. Beta brainwaves are produced by your conscious mind during normal everyday thought process and waking consciousness.

4.2 Why You Need Beta Brainwaves

Beta is what you use to navigate and function in your everyday life. Without Beta brain wave patterns, you would not be able to function during your conscious, waking state of mind. Your brain is producing Beta brainwaves now as you read these sentences, or when you work and think about something.

Beta brainwaves are associated with concentration, logic, reasoning, alertness and critical thinking. You use Beta when you need to process and interpret information, reason, think critically, memorize, plan, schedule and organize things.

4.3 More Beta as You Grow Up!

Beta brainwaves are a "grown-up" type of brain waves. Researchers discovered that young children spend most of their waking hours in Alpha brain waves. As the kids grew older and learnt to be more "grown-up", the amount of their Beta brainwaves increased as well.

Typically, their Beta brainwaves increase when they start schooling. If you think about it, this makes a lot of sense. Kids learn to read, write and do arithmetic when they first go to school or pre-school. All these skills require children to learn how to memorize stuff, reason and plan things out, think logically and to process and interpret data.

DON'T GET CONFUSED!

Memorizing and things in Beta is very different compared to when you're in Alpha. The main (& most common) way to memorize things is by rote-learning. In fact, the entire education system is based on rote-learning.

Think back when you were a small kid and was trying to learn the multiplication tables.

I bet you repeated the tables over and over again, saying & writing it out repetitively until the entire multiplication table finally lodges itself in your mind.

What's happening is that you're trying to memorize something into the subconscious mind (remember that your memories are stored in the subconscious mind). However, you can only access the subconscious mind through Alpha brainwaves, and NOT Beta brain waves!

It's like using the wrong key to open the door to the store-room! No wonder you have to repeat endlessly to yourself before you could memorize the multiplication table!

Memorizing things when you're in Alpha is an entirely different experience. You'll be able to do so much more smoothly and easily compared to when you're in Beta. No rote-learning or hardly any repetitive exercises at all.

So, the next time you're trying to memorize or learn something, try slowing down your brain wave patterns to Alpha. You'll find that that your study session goes a lot faster and easier!

Interestingly, people who live "close to the earth" and more in-tune with nature also tend to have relatively slower brain wave patterns, similar to children (more Alpha, less Beta brainwaves). It's not that they're childish and immature, but that they tend to have the same kind of wonder and appreciation of nature as well as the intuitive perception that kids often have.

However, the problem is most adults have too much Beta brain wave levels and not enough Alpha and Theta brainwave patterns. That's why the 'wonder and innocence of youth' is something that people talk about and try to recapture in their lives.

4.4 Feeling Anxious or Stressed-out? Blame Your Beta Brainwave Levels!

Higher Beta brain wave levels, above 32Hz, result in a feeling of anxiousness, stress, uncomfortable and general sense of tension and unease. If your brainwave levels increase further, above 32 Hz, they'll hinder your ability to think and focus clearly.

I'm sure you know people who tend to make bad decisions when they're flustered or panicky. Natural leaders who are able to keep their cool and think clearly, even in chaotic and panicky situations, will be able to control and overcome any situations that they're in.

As your brain wave levels goes higher, the brain cells and neurons start firing wildly and randomly, all over the place, leading to a very disorganized and unfocused state of mind. If your brainwave levels go any higher, you risk suffering a nervous breakdown.

In most people, one side of the right or left hemisphere of their brain is usually more dominant, a phenomenon called brain lateralization. As the amount of Beta brain wave levels increase, the brainwaves from both sides of the brain become increasingly out-of-phase.

In contrast, when your brainwaves slow down, both sides of your brain start to synchronize and communicate more with each other. Your neurons and brain cells start to fire synchronously in a coordinated manner.

When this happens, as brain wave patterns slow down into Alpha and perhaps even Theta, you'll feel a sense of calmness and peace of mind. What used to stress you out now feels more do-able and nothing to worry about anymore.

4.5 That Little Nagging Inner Voice that Never Shuts-up!

Have you ever thought about setting and achieving a really ambitious goal? The kind of goal that gets you really excited and enthusiastic? You're all hyped-up and ready to get started.

Then, a little inner voice in your mind starts talking non-stop and asking doubting questions. "Are you sure you can do it?", "What makes you think you can?", "You've never done it before. That's beyond your capabilities", "You're not smart enough", "They'll laugh at you when you fail", etc. etc.

Or, maybe you've gotten started on your plans. However, before long, you hit some challenges or difficulties. Maybe, you're just feeling tired. Then, that little doubting, inner voice in your mind starts to come back...

Before long, you start doubting yourself. Soon, you convince yourself that you can't succeed and don't even bother to try. You forget all about your plans and go back to your normal, everyday, humdrum life, never succeeding in making anything of yourself...

Sounds depressing, doesn't it?

Sometimes, you just wish you can tell that naggy, doubtful voice in your mind that never stops talking to just shut-up!

That's actually your high Beta brain wave patterns speaking.

To paraphrase an old saying, **“The devil makes work for idle minds.”**

When high Beta brainwaves are dominant in your mind, your mind goes into overdrive, thinking endlessly of things unnecessarily.

If you're like most people, your mind (or high Beta brainwaves) is likely to be reliving the bad times in the past or imagining fears in the future --- creating unnecessary anxiety, negative and self-doubting mind-talk.

So, don't want to feel depressed & unhappy?

Then, slow down your brain waves then!

4.6 Ever Wonder Why You can't Sleep at Night?

Have you ever tried to go to sleep at night but just couldn't? You end-up spending the whole night tossing and turning. You're physically tired but somehow, your mind just can't seem to stop, thinking about all sorts of things.

I used to have a lot of difficulty going to sleep at night. My mind would be thinking about the day that just ended, how I hated my Boss and the difficult times he put me through, that great movie I just watched or how I would get that cute girl in the next office to go out with me --- basically, reliving events in my past or imagining what might happen in the future.

As a result, I wouldn't be able to sleep until the early hours of the morning, sometimes, even until 3 to 4 am in the early morning.

I didn't know then that the reason my mind was so active was because my Beta brain wave levels were too high. And it wasn't until I learnt how to slow my brain wave levels down to Alpha using the Silva Method that I was able to get a good night's sleep on regular basis (*Refer to [Appendix A](#) for more details on **Silva Method***).

The only times when that didn't work for me was when I had taken some stimulant, e.g. caffeine-based drinks like coffee or alcohol (yeah, a little drink of alcohol and my mind just goes hyper). Stimulants like these mess up your brain waves and as a result, I found it difficult to slow down my brain wave levels and go to sleep after taking them.

4.7 But Beta Brainwaves aren't That Bad, After All...

After all that, it's not surprising that a lot of people think that Beta brainwaves are no good at all (especially after a night of tossing and turning in bed...=P). However, you know better than that, right?

Whilst High Beta brainwaves are not desirable, Beta brainwaves still play an important role. Beta brain wave patterns are best for thinking, learning, focusing, concentrating, planning and scheduling events, process and interpret data. In fact, the entire education system is based learning at Beta brain wave levels, especially the memorization and rote-learning parts.

However, sometimes it's easier said than done to silence the "inner critic" and stop getting stressed out, especially if you have negative attitudes and habits already engrained in your mind.

So, the next time you find yourself getting panicky and flustered, just relax, take a deep breath, count to 10 and remember to slow down your brain waves.

You'll feel much better.

5 MASTER THE POWER OF YOUR SUBCONSCIOUS MIND WITH THETA BRAINWAVES

"To the mind that is still, the whole universe surrenders."
- Lao Tzu

5.1 Theta Brainwaves

Theta brain waves range between 3.5 Hz to 7.0 Hz, below Alpha. Unlike Beta, which is associated with the conscious mind, Theta brain waves are produced by the subconscious mind.

Your mind produces Theta brain waves when you dream in your sleep and during the Rapid Eye Movement (REM) part of the sleep cycle. About 60% of your sleep time is spent in Theta brainwaves. You also slip into Theta during deep meditation, hypnosis or relaxation. If you quiet and slow-down your mind further during Alpha, you'll naturally go into Theta.

Theta brain waves enable you to go deep into your subconscious mind. This is where your long-term memories and experiences, creativity (the subconscious is the source of all your creativity and inspiration), deep spiritual connection and any emotional "baggage" is kept. Theta brain waves are also very important in deep healing of the mind or body.

5.2 Access & Influence the Subconscious Mind with Theta Brainwaves

Theta brainwaves are important because they enable you to directly access and influence your subconscious mind. By doing so, you bypass your conscious mind.

You see, the conscious mind often acts as a "filter" and sometimes prevents you from changing your thought patterns and negative thinking. This makes it difficult to change your attitudes and negative thought patterns.

In contrast, the subconscious mind blindly accepts any statement or affirmation that you give it, without question, and begins to act on it immediately.

So, it's much easier to clear any negative thinking, thought patterns or attitudes that you may want to change, and to install new, desirable thinking and attitudes as part of your personal development and growth.

In fact, that's the basis behind self-help techniques such as subliminal messages and hypnosis. These self-help techniques work by bypassing your conscious mind and installing positive statements and affirmations directly into your subconscious mind.

5.3 An "Instant Zen" Experience

Researchers discovered that, during deep meditation, the presence and amplitude (a measure of how strong your brainwaves are) of the theta brainwaves produced also increased. The deeper the meditation, the stronger the theta brain waves.

The researchers also found out that the feeling of peacefulness, bliss and depth, the "in touch with my higher consciousness" moment that people seek from meditation are only achievable when theta brainwaves are dominant.

It's through theta brain waves that people achieve their strongest spiritual connection.

Some researchers believed that it was possible to accelerate the many years that meditators spend training their minds through meditation.

This led to the development of many self-help products and techniques. These self help products claimed that they were able to help "short-cut" the years of meditation and achieve the bliss, peacefulness and depth sought after in meditation (an "instant Zen experience") as well as other health and mental benefits associated with meditation.

At the same time, with better control of the mind and its brain waves, you would be able to handle situations much better, with the calm and composed demeanor of an "enlightened Zen Master".

One product that I've tried and has worked for me is Holosync by the Centerpointe Research Institute (*Refer to [Appendix A](#) for more details on **Holosync***).

5.4 Theta Brain Waves & That "Ah-Ha!" Moment

Despite what many people think, the subconscious mind is the source of all creative ideas, inspiration and that "ah-ha" moments. That's why you always hear artists, writers and other creative-type people talk about "finding inspiration".

This also applies to scientists and researchers. The typical image of researchers is that they spend all day and night in a lab trying to create new discoveries.

However, nearly all of the life-changing scientific inventions and breakthroughs have resulted from dreams, flashes of inspirations, messages, hunches and hints that scientists received when they were sleeping, relaxing, going home, doing other things instead of work --- periods when their subconscious minds were dominant and in theta brainwaves.

HOW A SNAKE BITING ITS OWN TAIL LED TO THE DISCOVERY OF THE BENZENE RING

A chemist named Friedrich von Stradonitz was trying to understand the chemical nature of the hydrocarbon named benzene. He knew that benzene was a compound that contains six atoms of carbon and six of hydrogen. However, he just couldn't figure out how they all fit together.

Exhausted, he turned the problem over to his subconscious mind. Later, as he was about to board a bus, his subconscious presented his conscious mind with an image of a snake biting its own tail and turning around like a pinwheel.

This inspired him to start thinking in a new direction. Not long later, he cracked the puzzle and discovered the circular arrangement of atoms known as the benzene ring.

In fact, many of the most creative scientists in history are aware of the importance of the subconscious mind. The greatest achievements of Albert Einstein, Marconi, Thomas Edison and many others have actually come about after an insight or inspiration from their subconscious mind.

Clearly, the ability to use the power of the subconscious mind is one of the most important factors in determining the success of great scientists, researchers, artists, writers, etc. Imagine how much more effective you could be if you knew how to go to theta and use the power of your subconscious mind to solve your problems and challenges.

5.5 What Happens if You Wake Up in Theta

When Theta brainwaves are dominant in your mind, you're temporarily disconnected from your body. So, if you wake up during the theta part of your sleep cycle, you won't remember anything.

Have you ever experienced lying down to sleep at night and the next thing you know, it's already morning and you've overslept past your waking time? If so, then you probably woke up when your mind is producing Theta brainwaves.

DID YOU KNOW...

How you feel and what you remember when you wake up depends on which cycle of your sleep pattern you're in, and what brain waves are dominant during that cycle.	
Waking up in Alpha	You feel refreshed, bright and alert, full of energy and literally bouncing out of bed. You can easily recall and remember your dreams when you wake up in Alpha.
Waking up in Theta	<p>A feeling of surprise & amazement that the night has gone by. You don't remember falling asleep at all. The last thing you remember is lying down and putting your head on the pillow and suddenly, you realize it's already morning.</p> <p>If you wake up in Theta brainwaves without going through Alpha (remember that you normally experience Alpha brainwaves when you just wake up?), you won't be able to remember your dreams at all.</p>
Waking up in Delta	Very difficult to wake people up if they're in delta brainwaves. If you wake up during this part of the sleep cycle, you'll feel disorientated and irritable. You have to literally drag yourself out of bed.

6 DELTA BRAIN WAVES – THE COLLECTIVE UNCONSCIOUS, INTUITION & INSIGHT

6.1 Delta Brainwaves

Delta brain waves are the slowest of all brain waves, ranging from 0.1 – 3.5 Hz. If the frequency of your brainwaves goes any lower, you'll be brain-dead! Delta is the unconscious level, different from Theta (subconscious mind). It's also one of the least understood brainwaves, hence not many self-help products focus on delta brainwaves.

Generally people are asleep in delta, when all the other brain waves switch off. It's a deep, trance-like, non-physical state. People waking up during their delta sleep often feel disorientated and irritable.

6.2 Psychic Awareness & Intuition

Delta is associated with intuition and psychic awareness. In some people, delta brainwaves are present in a waking state, in combination with other brainwaves. These people tend to have strong intuition or psychic abilities.

Delta brainwaves are used as our early warning system to sense when danger is present. It's a very primal and animalistic brain wave which acts as a kind of "radar". It enables you to be aware of information that isn't available on a conscious level.

6.3 Deep Healing of Mind & Body

Delta brain waves are also associated with deep healing of mind and body. It's been documented that certain frequencies of delta brainwaves stimulate the brain to produce many beneficial substances, including human growth hormone, DHEA and melatonin.

All these substances reverse the effects of aging. At the same time, Delta brainwaves also appear to reduce the production of cortisol (a "stress hormone" which accelerates the aging process).

Anna Wise, in her book "Awakening the Mind – A Guide to Mastering the Power of Your Brain Waves", notes that people in the healing profession often have waking Delta brainwaves. Delta brain waves can also be present in large quantities in hands-on healers --- people who need to reach out and enter into someone else's mental, psychological and emotional being.

6.4 All Four Brain Waves are Necessary to Master Your Mind!

Delta brain waves tap into the external collective unconscious, the universal psyche or mind, beyond our personal self. The collective unconscious is a kind of pool of the cumulative unconscious understanding and knowledge of all humanity. Delta brain waves provide the gateway that links to the collective unconscious and is the source of our intuition.

This is different from Theta brain waves, which provides us insights from our subconscious mind, our inner-most being and inner spirituality. Theta looks inwards and is more personally meaningful to us.

Alpha then brings the messages and insights from Theta and Delta by adding imagery or visualization around the content so that the message can be understood and experienced by the conscious, waking mind. Finally, the message is processed, interpreted and acted upon in Beta, our normal, conscious, waking mind.

As you can obviously see by now, you need to master all four brain wave patterns to master and harness the power of your mind.

One way of mastering your brain waves is to go to a monastery and learn to meditate for years. Problem with this is that it takes way too long, and, besides, how many people can just give up everything and go live in a monastery? It's just not practical.

Another way for is to rely on mind-power techniques and the more reliable self-help audio programs. The better techniques can really make a difference in your personal development and self-help journey.

I'm writing another ebook on how the science behind subliminal messages as well as how the role of the subconscious mind in self-help and personal development, and will inform subscribers of my '*Happy, Health & Wealthy Newsletter*' once it's ready. To find out when it's ready to be downloaded, sign up at <http://www.guide-to-self-help-techniques.com/>

"The world we live in is the world we choose to live in, whether consciously or unconsciously."
- Anthony Robbins

7 BENEFITS OF SLOWER BRAIN WAVE PATTERNS

7.1 Benefits of Slower Brainwave Patterns

By now, you're probably aware that slowing your brainwaves from Beta to Alpha or even Theta is a good idea. There are many beneficial effects from having a slower and more synchronized brain wave pattern.

So, without any further blabbering from me, here are some of the major benefits of slowing down your brain wave patterns to Alpha or Theta level.

7.2 Having Trouble Relaxing?

As you still your mind and slow down your brainwaves, you'll feel increasingly peaceful and relaxed, even if the surrounding environment is falling apart around you. In fact, it's impossible to go to Alpha if you're still agitated and not relaxed, both physically and mentally.

Wouldn't you agree that the ability to stay cool and collected, when most other people are panicking, will definitely help you take control and overcome whatever situation you're in, whether it's in your career or life?

7.3 Want to Improve Your Memory?

Have you ever struggled to remember someone's name when you meet them?

You recognize the face but just can't seem to recall the name. Or maybe, it's some bit of date or information that just slips your mind. You can't remember at that time but later, sometimes even days, the correct name or information suddenly pops into your mind!

When you remember names, past events, faces or any information at all, your brain wave patterns momentarily change from Beta to Alpha brain wave patterns. If the switch from Beta to Alpha brainwaves doesn't happen or your Alpha brain waves are not strong enough, you'll have difficulty remembering.

Remember that Alpha is the bridge that links the conscious and subconscious mind? That's why the mind switches into Alpha level so that you're able to draw the memories stored in your subconscious mind to your conscious, thinking mind (Beta) where it can be remembered, processed, interpreted and used.

INTERESTING FACT!

Have you ever noticed that most people's eyes always look up every time they're trying to remember something?

Researchers have discovered that every time your eyes look up about 30°, your brain momentarily generates Alpha brain wave patterns.

If you close your eyes and look up behind your eyelids, the Alpha brain waves are even stronger. It's been proven that closing your eyes increases Alpha brainwaves.

Western scientists still don't fully understand why this happens. However, spiritual teachers and Eastern philosophers explain that this is because you're accessing your subconscious through one of your chakras (situated roughly between your eyes).

7.4 Improve Your Focus & Concentration

Have you ever had the experience of being on a roll, the feeling that you could do no wrong? A time when everything seemed to go right. When you so totally focused and engrossed on something that you're doing. Maybe it was a tennis match when every shot hit the line or a business meeting where you had all the answers.

It's what athletes call "being in the zone". Everything just flows smoothly and you perform to the best, or even better, than what you could have imagined. Time flies by and before you realize it, you've accomplished what you wanted to do.

Wouldn't it be fantastic if everything always went that smoothly?

The good news is that you can learn to get into that state of mind. Another great advantage of being in Alpha brainwaves is that it improves your concentration and focus.

That's because it makes use of both sides of your brain, instead of only one side. Normally, people usually are dominant in only one side of their brains, either the left or right side. When you're in Alpha, both sides of your brain start to work together.

It's like when all the rowers in a racing boat start to work together and synchronize their rowing. The boat moves much smoother and faster and goes a lot further than if the rowers were rowing out of phase with each other. Got it?

7.5 Unlimited Energy, Vitality and Enthusiasm!

Ever noticed how young children have so much energy? They have such vast amounts of energy and enthusiasm that you just feel tired looking at them running around.

Think about how enthusiastic and eager young kids feel about everything. They always have that bright, enthusiastic and eager look in their eyes.

Researchers measured the brain wave patterns of young children and discovered that they spend most of their waking hours in the brain wave patterns of Alpha or Theta. As they grew older and learnt to be more "grown-up", their minds would start generating more Beta brain waves.

That's not necessarily a bad thing because without Beta, we would not be able to reason, analyze, work things out and function in our everyday adult lives. Reasoning, analyzing, logical thinking, scheduling and planning are all best done in Beta.

The problem is, most adults spend far too much time in Beta and not enough in Alpha or Theta brainwaves. This results in an imbalance and a feeling that something is missing in their lives.

That's what people refer to when they talk about trying to **“recapture or relive the excitement and innocence of youth”**.

Alpha brain waves bring back the energy, enthusiasm and zest for life that young kids naturally have.

Imagine having all the energy and vitality to channel towards achieving your goals. It won't even seem like work because you'll be so enthusiastic doing what you have to do!

I wonder how much your life will improve if you had an endless well of energy, enthusiasm and vitality to help you accomplish all of your goals, especially the really big, life-changing goals?

7.6 Improve Your Health and Fight-off Coughs & Colds!

Recent discoveries in the science of psycho-neuroimmunology (which is a long word for the relationship between the mind and body) have demonstrated a clear link between the mind and the health of the body.

It's been proven that people who are emotionally depressed, stressed-out and feeling negative have weakened immune systems and fall ill easily.

Research has shown that the healing of tissues, wounds, cuts and diseases is accelerated at slower brain waves. Some researchers even claim that healing is 10x faster at the slower Alpha and Theta brain wave patterns.

These slower brain wave patterns are similar to those experienced by meditators, and hence, it's not surprising that the benefits are also similar. Improved high blood pressure, anger management, hypertension, freedom from headaches, minor pains and aches are just some of the benefits associated from regular sessions at Alpha and Theta.

When I first heard this, I had my doubts. However, after regular sessions at Alpha and Theta, I noticed an improvement in my energy levels and health. I didn't catch colds or fall sick so often, and if I did, the severity of the illness would be much less than before and I'm always able to recover relatively quickly.

7.7 My Personal Favorite - Cure Insomnia & Fall Asleep Easily!

This is one of my personal favorites.

Going to Alpha the best way that I know of curing insomnia without the use of drugs, sleeping pills or alcohol.

I used to find it difficult to sleep at night, perhaps because of an overactive mind (too much Beta!). So, I started regular sessions at Alpha just before going to bed. It was so much easier falling asleep and, without fail, I would nod-off automatically every time my head touched the pillow.

If you think about it, it actually makes a lot of sense. Being at Alpha relaxes you physically and mentally. Once your brainwaves slow down from Beta to Alpha, it also stops the endless mind-talk that keeps you up at night.

Also, remember that your brain waves always enter Alpha just before you go to sleep. So, when you slow down your brain waves to Alpha just before you go to sleep, you'll naturally just fall asleep.

So, now you can throw away all those sleeping pills, drugs and alcoholic night-caps!

Right? Right!

7.8 Great for a Pick-Me-Up after Lunch!

Did you know that if you wake up in Alpha brain waves, you'll feel refreshed, bright and alert, full of energy and literally bouncing out of bed.

It doesn't matter if you've slept for a short while. What's more important is which part of the sleep cycle that you wake up in. About 15-20 minutes after you fall asleep, your mind will have just settled into Alpha brain waves. Any longer and your brain waves will move from Alpha into Theta. If you wake up during the Theta or Delta part of your sleep cycle pattern, you're likely to feel tired, sleepy and tired when you wake up.

That's why a short nap after lunch can do wonders for you. Famous historical leaders who take power naps after lunch include John F. Kennedy, Winston Churchill, Thomas Edison, Albert Einstein, Napoleon Bonaparte and Ronald Reagan.

PROOF THAT POWER NAPS WORK!

A Harvard University study demonstrated that volunteers who take a short afternoon nap perform better at learning and memorizing tasks compared to those who don't take a break. Companies who encourage napping noted a significant improvement in employee morale and productivity, especially among shift workers.

Dr. Amanda Beck, the medical director of the Sleep Disorder Center of the University of New Mexico in Albuquerque, recommends taking 15-minute naps in the middle of the day.

"It's a good idea. Even a 15 minute snooze under less-than-ideal circumstances can rejuvenate an exhausted worker. In a lot of ways, having a nap is lot better than a cup of coffee.", she says.

So, remember to tell that to your boss the next time you take a power nap after lunch!

7.9 Improve Your Intuition!

Another interesting benefit of Theta and Alpha brain waves is that they help improve your intuition and psychic abilities.

Have you ever thought of a friend and then receive a phone call from them the next instant, or accidentally bump into them the next time you go out?

Alpha is the link between the conscious and subconscious mind, while Theta is the realm of the subconscious and intuition.

So, if your Alpha and Theta brain wave patterns are strong enough, it's a lot easier for intuitive messages from your subconscious or inner mind to reach your conscious mind.

DON'T DISMISS WOMEN'S INTUITION

Ever heard of women's intuition? Well, it's true.

Researchers compared the brain waves of both men & women, and discovered that women operate at a slower brainwave than men, closer to Alpha. That's why women sometimes seem to intuitively know stuff that they couldn't consciously know.

Kids are also very perceptive. They always seem to know when something's not right. That's because young children are mostly in a state of Alpha.

The same goes for animals. The brain waves of animals have been measured and found to be constantly in Theta. I'm sure you've heard of cats or dogs who seem to always know when their owners are coming back to the house, and would wait patiently by the door. Then, there are also many incidents of animals who seem to have a premonition or foresight of catastrophes or something

bad happening before the event, and would act differently and somehow warn their owners.

So, guys, the next time you think of sneaking out & having a good time with your buddies, and not telling your wife or girlfriend, think again. You might have a hard time hiding it from her!

8 THE SCIENCE BEHIND THE POWER OF THE MIND

8.1 Improve Your Health, Stress & Learning Abilities

Okay, by now, you probably know that Alpha, Theta and Delta brain waves result in many desirable benefits such as relaxation, stress release, super-learning, increased memory, improved health, energy and vitality, etc. etc.

Basically, a lot of good and desirable stuff.

But have you ever wondered how the slower brainwave patterns of Alpha, Theta and Delta do all those amazing stuff?

I mean, just because every other site out there tells you that slower brainwave frequencies are good for you doesn't mean that it's true. If you're like me, you'll want to know the scientific basis behind all those claims, right?

You still interested? If so, you're in luck, 'cos in a moment, I'm going to tell you why.

But let me warn you first, it's a little technical, so try not to fall asleep. I promise to try to explain it as simply as I can... :)

You ready?

Okay?

Okay. Here we go...

8.2 The Secret of Instant Relaxation - Whenever, Wherever!

One of the most immediate and obvious benefits of slowing your brainwave patterns is the sense of relaxation and well-being. And there's a very simple reason for that.

Many researchers have discovered that when the brain is less active at slower brainwave frequencies, e.g. Alpha or Theta, it starts to produce various beneficial neuropeptides and hormones associated with relaxation, stress release, increased learning and memory, creativity and other desirable benefits. In fact, the slower your brain waves become, the more beneficial neuropeptides & hormones are released and peaceful and relaxed you'll feel.

Some of these neuropeptides include endorphins and serotonin. Serotonin is a chemical messenger that increases relaxation and relieves pain whilst endorphins act as our body's natural reward system. It's the body's equivalent of getting "high" naturally.

That's why any form of brainwave entrainment or mental exercises such as Holosync audio technology, meditation, creative visualization or the Silva Method tends to make you relax and develop a sense of peacefulness and well-being. That's because all of these self-help techniques are essentially doing the same thing, i.e. slowing down your brain waves, albeit in different ways.

WHY YOU FEEL GOOD AFTER AN ENERGETIC PHYSICAL WORK-OUT

You may not realize it but you're probably experienced a time when your body is flooded with endorphins. That's because one of the other times when the body releases a lot of endorphins is after a tiring, physical work-out.

Think about the last time you had a really tiring session at your gym. Maybe it was after a tough tennis match or long 10km run.

How did you feel felt after that physically exhausting session? Tired and sweaty, no doubt, but do you also remember feeling really good.

A good kind of light, mentally relaxed, peaceful and happy mood, right?

The good news is that you don't have to get up and jump around to start feeling peaceful and relaxed. Besides physical activity, endorphins are also released when you slow your brainwaves down. Any self help product or technique such as meditation, the Silva method will do the job just as well.

And you don't need to run 10km to feel good...

8.3 Why Endorphins Increase Learning & Memory

Okay, you know that endorphins are the body's way of producing a natural "high" & feel-good. But did you also know that the particular endorphins released when the brain is in Alpha and Theta brainwave state also significantly improves learning and memory?

Studies on rats injected with endorphins remembered things longer and showed an improved ability to run through mazes. Scientists also know that endorphins have the ability to reverse amnesia.

Neuro-scientists believe that the parts of the brain that produce endorphins are the same areas of the brain involved with learning and memory. A study at Northwestern

University speculated that whenever we learn something, the brain "rewards" itself by releasing endorphins to consolidate the memories.

In other words, this means that learning and memorization are much more easily done when there are high levels of endorphins in the brain, a state of mind proven to be associated with Alpha and Theta brainwave patterns.

So, if we're able to slow down our brainwaves to enter Alpha or Theta levels, it'll be that much easier for us to change our old beliefs & negative attitudes and "learn" new desired beliefs & attitudes.

MORE REASONS WHY SLOWER BRAINWAVES IMPROVE YOUR LEARNING ABILITIES

Some of the other neuropeptides released at slower brainwave frequencies include acetylcholine, vasopressin and catecholamines.

A research team at the Veterans Administration Hospital in Palo Alto noted that increased acetylcholine production in the brain significantly improves long-term memory. Another study at MIT showed that students taking substances that increased acetylcholine production in the brain improved their memory and ability to learn lists of words. On the other hand, insufficient acetylcholine causes memory loss and reduces learning abilities. Alzheimer's disease is also linked to low levels of acetylcholine.

Another neuropeptide closely associated with Theta brainwave patterns is vasopressin. Numerous studies have showed that people with increased vasopressin levels showed improvements in memory, learning and reaction time.

In addition, slower brainwave patterns, at about 4 Hz or Theta brainwave frequency) also result in increased release of catecholamines, which are important for memory and learning.

At the same time, it's not just the production of neuropeptides that results in better learning and memory at Alpha and Theta brainwaves. Remember that Alpha and Theta brainwave states are associated with relaxation?

When we're in a relaxed state, our heart rate & blood pressure slows down and our muscles and entire body relax. This increases the volume of blood and oxygen flowing to our brains, increasing alertness and attention. All these result in improved learning and memorization abilities.

8.4 Brain waves & the Fountain of Youth

Wouldn't you want to grow old gracefully, and yet retain the energy, vitality and health of youth?

For as long as humans have been around, people have been searching externally for the fountain of youth. The irony is that, maybe, the answer to immortality can be found internally, in our brainwaves.

A study conducted by Dr Giampapa, the ex-President of the American Board of Anti-Aging Medicine, revealed the alpha, theta and delta brainwave patterns affect the production of cortisol, DHEA and melatonin --- three hormones important for increased longevity and well-being.

At the slower Alpha and Theta brainwave patterns, production of DHEA and melatonin increases significantly. One study noted an increase in DHEA of as much as 44%. Some outliers even had DHEA increases of up to 90%. Melatonin increases were even more astounding, with average increases of 98% recorded. Many participants even had increases of up to 300%. On the other hand, cortisol levels declined by an average of 47%. Of course, not all study participants showed the same results, but about 70% of the study participants recorded the above improvements.

IF YOU'RE INTERESTED IN ANTI-AGING HORMONES...

Cortisol is what you might consider a "stress hormone". It's produced by the adrenal glands when you're stressed out. Not surprisingly, cortisol is an age-accelerating hormone and has a negative effect on learning, memory, health and well-being. So, quite obviously, you don't want to have high levels of cortisol in your body.

On the other hand, DHEA (or De-Hydro-Epian-Androsterone) is a hormone also produced by the adrenal glands (which is situated above your kidneys. Bet you didn't know that!). Production of DHEA peaks in the mid-20s, declining from the early-30s onwards. A 75-year old only has 20% of the DHEA when he was 25 years old. The important thing about DHEA is that when levels are low, we're more easily affected by aging and disease. High DHEA levels increases immunity, energy, vitality and health. So, as you grow older and produce less DHEA, you're more susceptible to stress and disease.

Lastly, melatonin is a hormone associated with restful sleep. Recently, it's been marketed as a cure for jet-lag. Again, production of melatonin declines with age. As you know, sleep is an important rest and rejuvenation time for the body, when many useful neuropeptides and hormones are produced (Remember that during sleep, your brainwaves cycle between Alpha, Theta and Delta?). A good night's sleep slows down the aging process, whereas lack of sound sleep can greatly accelerate the aging process.

So, maybe the secret to the fountain of youth lies in the frequency of your brainwaves, after all.

8.5 Learn to Speak the Language of Your Brain

You now know that at slower brainwave frequencies, the mind increases the production of beneficial hormones. That's why many self help techniques and products involve some form of brain wave entrainment in order to slow down your brain-wave patterns.

But did you ever stop to wonder why the brain responds to slower brain wave patterns? I mean, have you ever thought about why slower brain-wave frequencies cause the mind to release beneficial neurochemicals and hormones?

According to Dr. Ifor Capel from Marie Curie Cancer Memorial Foundation Research Department, brain cells are stimulated to start producing certain hormones or neuropeptides at specific frequencies. It's as if the brain cells are "switched-on" when they receive an impulse of a specific frequency. In other words, the brain's "language" or internal communication system appears to be based on frequency.

So, when your brain wave patterns are slowed down, it's like sending a message to your brain cells to start producing endorphins, serotonin and other useful, beneficial neuropeptides.

And if you think about it, it actually makes sense.

Think about how good and refreshed you feel after a good night's sleep. Well, one of the reasons is because when you sleep, your brain waves slow down from Beta and cycles between the slower brain wave patterns of Alpha, Theta and Delta brain waves. As you know, sleep is a time of rest and rejuvenation, where lots of beneficial and growth hormones are produced.

In fact, that's also one reason why experienced meditators or people who practice brain wave entrainment sometimes need less sleep than the average person.

Bet you never thought of it like that before, huh?

**"Whatever the mind of man can conceive and believe,
it can achieve."
- Napoleon Hill**

8.6 Brain Waves – The Science Behind the Power of the Mind

By now, you've learnt about the 4 major types of brainwave frequencies, their characteristics, the benefits and disadvantages of each brain wave pattern. I've also discussed the science of how these brain wave patterns achieve their benefits, including the physiological changes in your body under different brain wave frequencies.

If you work in Theta brainwaves, you'll have a very deep, blissful and profound meditation session, but because Theta brainwaves are subconscious, you won't be able to remember it. You'll wake up feeling as if you've learnt something, like a nagging thought at the back of your mind, but you won't be able to remember it.

Delta brain waves provide the gateway that links to the collective unconscious and is the source of our intuition. Delta taps into the external collective unconscious, the universal psyche or mind, beyond our personal self. The collective unconscious is a kind of pool of the cumulative unconscious understanding and knowledge of all humanity.

Working in Alpha alone without Theta or Delta will result in a nice relaxing session, a sense of detachment, and perhaps even an expanded awareness. You'll be able to gain some insights and achieve wonderful things, including healings and manifest creative visualizations, but you won't be able to receive the real depth, insight, creativity and spirituality that you can only get through theta brain waves.

Clearly, when all brainwaves are present, that's when you're really able to begin to access the full power of the mind. Alpha is the link or bridge that draws the information from Delta (collective unconscious), Theta (subconscious) to Beta (conscious mind), where the message can be processed, interpreted, remembered and used.

And once you're able to *master your brainwaves, instead of the other way around*, then you're ready to begin to access and master the power of your mind. Clearly, it's quite obvious by now that **Mastering your Brain waves is the 1st step to the power of your mind.**

If you're keen to find out more, go to my website for more information. For the latest updates, sign up for my '*Happy, Health & Wealthy Newsletter*' at <http://www.guide-to-self-help-techniques.com/>. I send this out periodically whenever I come across new self-help tips, insights and information that will help you in becoming **Happy, Healthy & Wealthy.**

Wishing you *Happiness, Health and Wealth,*

Scott Lee

<http://www.guide-to-self-help-techniques.com>

APPENDIX A: MIND POWER TECHNIQUES & BRAIN WAVE RESOURCES

IMPORTANT - DON'T GET CHEATED...

Don't believe anyone who tells you that their product or technique is the only "Right" way.

*That's a load of **B.S.**...*

Once you've understood how your brainwaves work to influence your state of mind, you'll realize that there's actually many various ways of synchronizing and slowing down your brainwaves.

Also, you're all unique individuals, and will be affected differently with varying results and effectiveness. Self-help products which have incredible results on some people may have no results whatsoever on you.

Ultimately, whichever technique you prefer is all up to you. They each have their pros & cons, but at the end of the day, it's really a matter of preference.

Lastly, whatever self-help mind power product you decide on, make sure that the vendors are reliable and that it has a solid money-back guarantee of at least 1 to 3 months, preferably longer. It sometimes takes a little bit of time to see any results.

Never purchase any self-help product without a decent money-back guarantee, no matter how convincing the sales letter is...

Over the years, I've tried out numerous self improvement techniques and resources. Some have worked wonderfully, whilst others, well, let's just say that I won't be talking about them anytime soon...

Now, if you know me, you'll know that I don't easily recommend products as it's my name and reputation on the line. However, the self improvement resources listed below are amongst my favorite techniques & resources and I have no problems recommending them.

They've really made a difference in my life. In many ways, they've influenced my own personal growth journey for the better, and to create a better life for me and my family.

So, if you're serious about **self improvement**, and want to **create a better life for your family & yourself**, check out these self improvement resources first. Most, if not all, of them, have **FREE** demo products, so you can try them out first.

The following is a brief description and some notes of the Self Help techniques and products that I've mentioned in this ebook. If you're interested in finding out more, I've written up **detailed reviews** on <http://www.guide-to-self-help-techniques.com/>, so please do refer to the website for more details and updates.

The Release Technique / Abundance Course

This is one of the most powerful self-improvement technique that I've come across.

How many self-help techniques do you know of that has enabled crippled people to start walking again?

Yeah, I know it sounds unbelievable but they actually have the videos of crippled people walking after attending one of the Release Technique workshops to prove it. Check out the [amazing videos](#) here!

And the amazing thing is that the Release Technique / Abundance Course was **meant to teach you to bring abundance, financial wealth and riches into your life!**

The Abundance Course, based on the Release Technique, is so ridiculously simple that if you haven't tried it out, you just won't believe that it works. But, from my personal experience, the Abundance Course & the Release Technique really does work.

Still don't believe me?

Just ask those handicapped who started walking after attending the Release Technique workshop.

Frankly, if there was only one self improvement course I could recommend, the [Release Technique](#) would be it.

It's that good.



DETAILED REVIEW & URL:

- [The Release Technique / Abundance Course](#)
<http://www.guide-to-self-help-techniques.com/release-technique.html>

PS – The Release Technique comes with a money-back guarantee and incredible support system. So you've got nothing to lose by trying it out...

The Silva Life System (Silva Method)

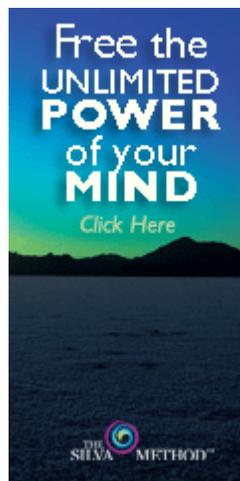
This is the self-improvement technique that started me on my own personal growth journey. The story of how I got started is a really funny. You absolutely *have* to [read about it...](#) :)

The [Silva Life System](#) (also known as the Silva Method, Silva Ultramind, etc.. It's constantly being refreshed and updated, hence the many different versions and names) has been around since the 50's and is still going strong today, with over million graduates, including yours truly... : D

The way I see it, anything that's been going around for half a century must be doing something right.

If you're interested, [click here](#) for a Fr*ee audio and online course on the Silva Method.

It's definitely one of the better courses around, especially if you're just starting off on your self-discovery path.



DETAILED REVIEW & URL:

- [The Silva Life System](#)
<http://www.guide-to-self-help-techniques.com/silva-mind-control.html>

Holosync Audio Technology

If you haven't listened to the Centerpointe Research Institute's Holosync audio technology, you're definitely missing out.

This is another great self-improvement audio product. The Holosync audio technology is backed by years of solid research on mind power and brainwave technology by the Centerpointe Research Institute. It's considered as one of the best self-help products of its kind.

Its main claim to fame is that it's very effective in bringing you to a zen-like meditative state, quickly and easily, without having to spend years of training and meditation.

It does this by synchronizing and entraining your brain waves, and it's easily the best one that I've ever tried out. For more details, check out my review of [Holosync](#).

Or, you can also sign up for a Free demo CD [here](#).

My experience is that, unlike some other brainwave synchronization products, you can easily notice the benefits after a few sessions using Holosync.

In fact, the Centerpointe Research Institute is so confident that you'll see results after using Holosync that it has a one-year money-back guarantee!

My advice? – Definitely Recommended!

[Holosync - Meditation & Brainwave Entrainment Made Easy!](#)

DETAILED REVIEW & URL:

- [Holosync by Centrepointe](#)
<http://www.guide-to-self-help-techniques.com/holosync.html>

***"The world we live in is the world we choose to live in, whether consciously or unconsciously."
- Anthony Robbins***

APPENDIX B: Free Gifts

Can We Send You A Free Gift?

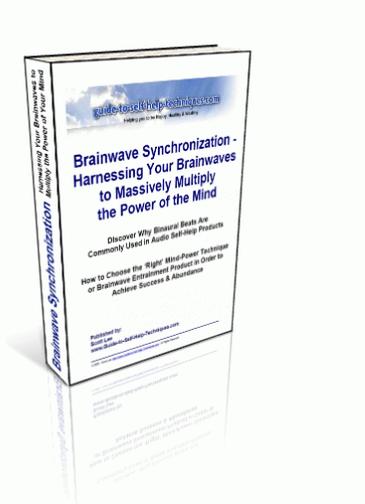
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Refer a friend or friends to our site and they'll get to download *Brain Waves – The Science Behind Mind -Power Techniques* for **FREE**.

<http://www.guide-to-self-help-techniques.com/referral.html>

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Brainwave Synchronization – Harnessing Your Brainwaves to Massively Multiply the Power of the Mind

- Discover Why Binaural Beats Are Commonly Used in Audio Self-Help Products
- How to Choose the 'Right' Mind-Power Technique or Brainwave Entrainment Product in Order to Achieve Success & Abundance

It's a win-win-win where you and your friends get to download and read rarely-disclosed facts and information in our **FREE** eBooks series. Finally, we'll have gained another friend of Guide-to-Self-Help-Techniques.com. Everyone wins!

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Interested in Being **HAPPY, HEALTHY & WEALTHY?**

Do subscribe to my ***Happy, Healthy & Wealthy Newsletter***. I only send this newsletter out periodically only when I come across new self-help tips, insights, information and mind-power techniques that will help You to become **Happy, Healthy & Wealthy**.

Your information is safe & will never be used for anything else other than the Happy, Healthy & Wealthy newsletter. I know what it's like to receive spam email, and absolutely thoroughly hate spammers (they should all be locked up somewhere and the key thrown away....)

So, subscribe immediately to the ***Happy, Healthy & Wealthy Newsletter***, and let's get started to becoming **Happy, Healthy & Wealthy!**

<http://www.guide-to-self-help-techniques.com/index.html>

Comments and Suggestions?

Tell us what you think and help improve this book for future readers.

We're most interested in hearing your comments and what you like about this ebook.

You can do so at <http://www.guide-to-self-help-techniques.com/contact.html>