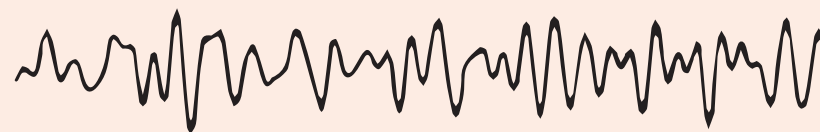




HIGH BETA  
MID BETA  
LOW BETA

STRESS/RESPONSE/FEAR  
ALERT  
CONSCIOUS AWARENESS



12-27Hz

## Analytical/Critical Mind

ALPHA

RELAXED



8-12Hz

THETA

DEEP RELAXATION  
(open to reprogramming)



3-8Hz

DELTA

DEEP SLEEP  
(subconsciousness)



less than 3Hz