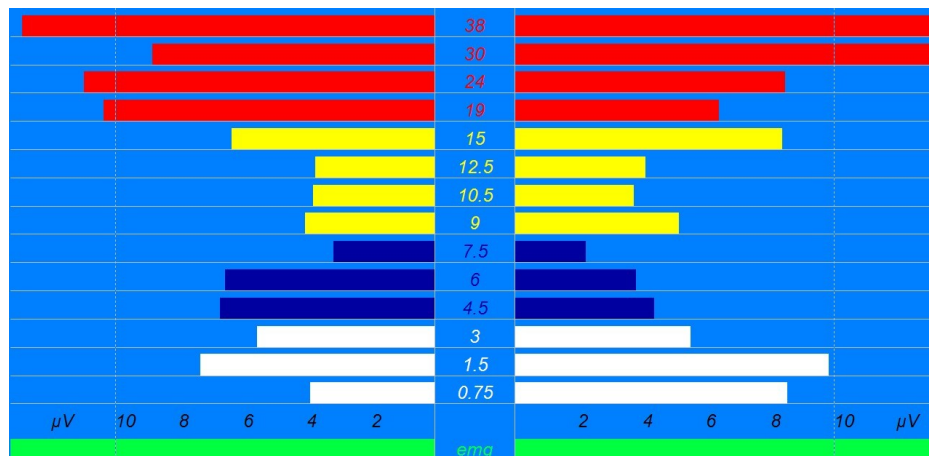
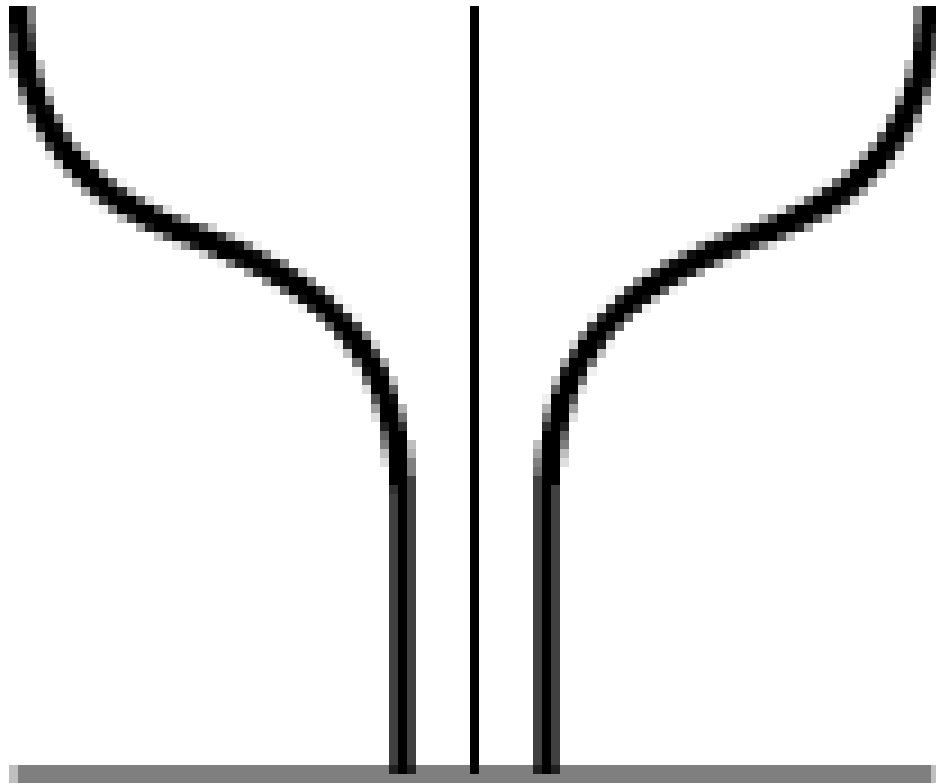


Splayed Beta - Emerging Emotions



- Upper beta 36-38 Hz flared externally oriented possible negative self talk
- High alpha/beta 15 Hz external focus
- Low theta flare 4.5 Hz possible emerging emotional content or memories
- Stage Zero

Splayed Beta 13-38 Hz



- 13-15 Hz - SMR, Calm state, decreased anxiety & impulsivity.
- 16-20 Hz - Problem solving, learning something new.
- 19-23 Hz - Emotional intensity.
- 24-38 Hz – negative rumination.

Dopamine

- Frontal Lobe
- Brain Energy, Excitatory
- $Mv = \text{Amplitude}$
- Beta Waves
- Intensity of Feeling, Sensation
- Inconsistent Attention

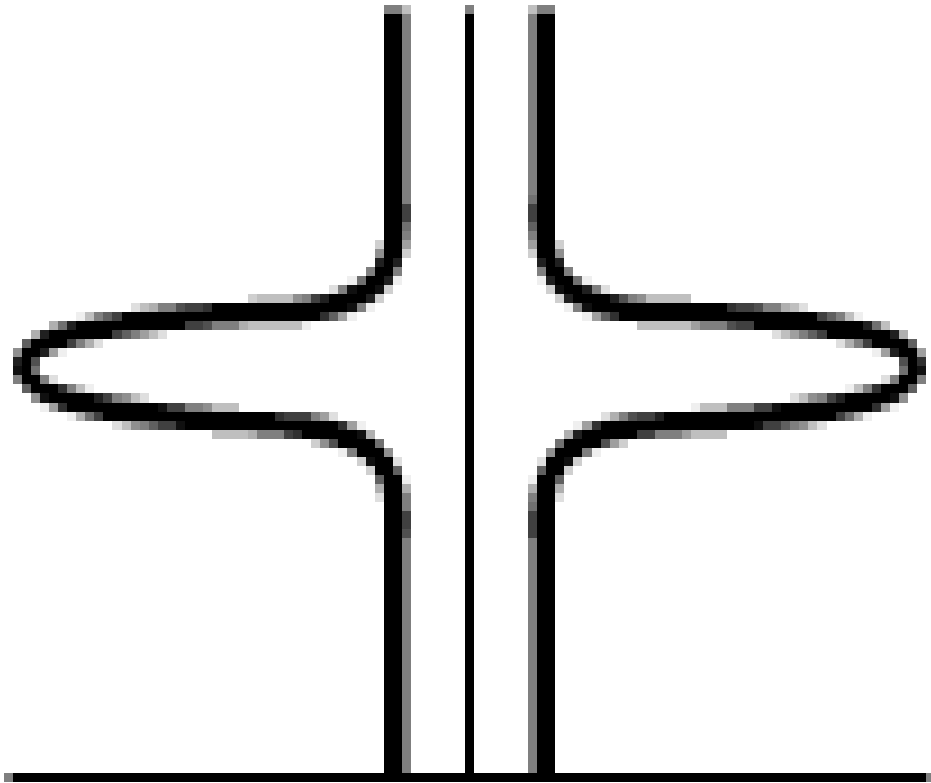
Dopamine Deficiency

“The Edge Effect” by Eric Braverman, M.D.

Obesity, energy problems

- **L-Tyrosine 500mg - 2gm**
- **L-Methionine 250mg - 1gm**
- **Balanced Vitamin B Complex**
- **Rhodiola rosea 50mg - 200mg**
- **Zinc**
- **DHEA 25mg - 50mg**
- **DL Phenylalanine 500mg - 2gm**
- **Green tea extracts**
- **Dopabean extract (Macuna pruriens) 20mg**
- **Ginko Biloba 120mg**

Alpha 8-12Hz



- 12 Hz - alert, readiness, esp. athletes, high intelligence in adults.
- 8-11 Hz – internally oriented, meditation, rarely dissociative states.
- Alpha generally associated with sensualization. Normally appears with eyes closed.

Acetylcholine

- Parietal Lobe
- Brain Speed = P300wave
- Alpha Waves
- Connects Sensation with Feelings and Thought
- Careless, Forgetful

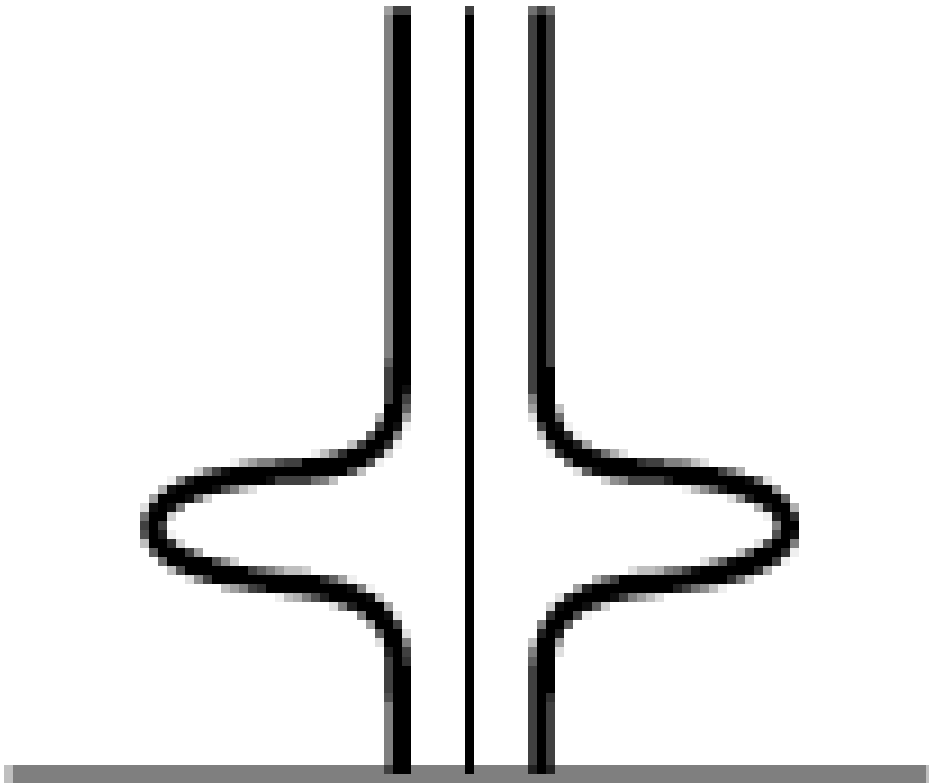
Acetylcholine Deficiency –

“The Edge Effect” by Eric Braverman, M.D.

Cognitive, memory and attention problems.

- **GPC Choline 100 – 500mg**
- **Balanced Vit. B Complex**
- **Phosphatidylserine 50 - 200mg**
- **Huperzine A 50 - 200mcg**
- **Omega-3 fish oil 2 - 4gm**
- **Pregnenolone 50mg**
- **Ginkgo biloba 120mg**
- **Vinpocetine 3-10mg**
- **N-acetyl-carnitine (NAC) 250 - 500mg**

Theta 3 - 8 Hz.



- Normal in young children
- 7.5 - 8.5 Hz – Visualization, dream like.
- 6 - 7 Hz – Internal orientation, memory recall, creativity. Little or no recall without alpha bridge.
- 3-5 Hz – Tuned out, sleepy, connecting to the “Field”.

GABA(gamma-aminobutyric acid)

- Temporal Lobe
- Neuro Inhibitory
- Theta Waves
- Regulates Brain Rhythm
- Calms, Stabilizes
- Lack of Attention, Impulsive

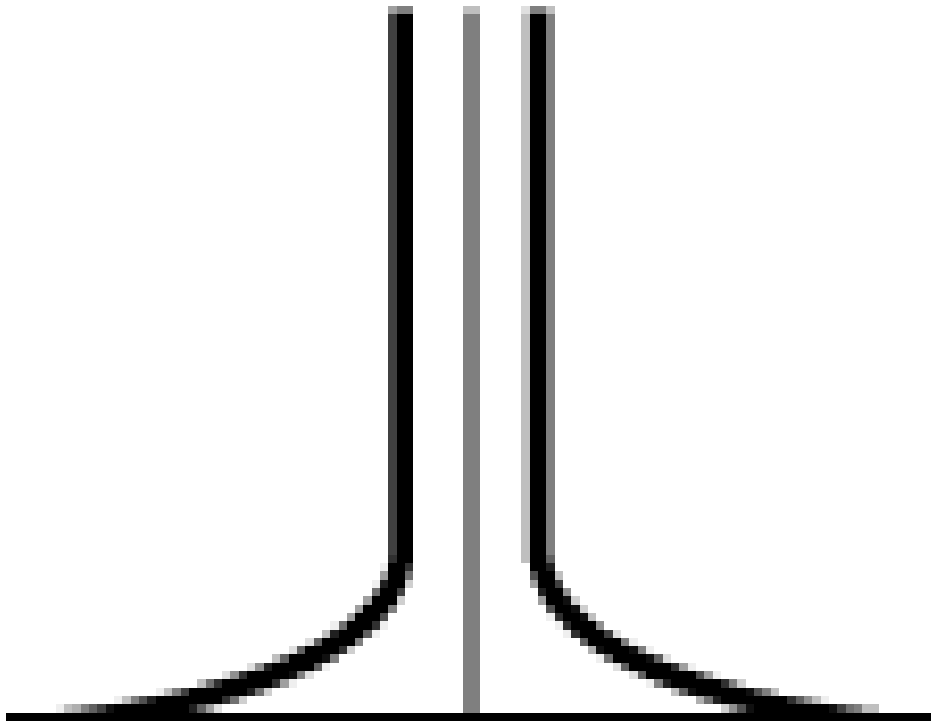
GABA Deficiency –

“The Edge Effect” by Eric Braverman, M.D.

Anxiety, addiction problems, Sleep- insomnia

- **5-HTP**
- **GABA 100mg - 1gm**
 - **Passion flower 200mg - 1gm**
 - **Melatonin 0.5-6mg**
 - **Inositol 500mg - 2gm**
 - **Magnesium**
 - **DMG**
 - **Taurine**
 - **Balanced Vit. B Complex**
 - **Branch Changed Amino Acids**

Delta .5 – 3 Hz



- Normal in infants.
- In adults may indicate brain injury, learning disabilities.
- Orienting response
- Healthy brains correlates with empathy, intuition, energetic healing, “psychic radar”, connecting to the “Field”.

Serotonin

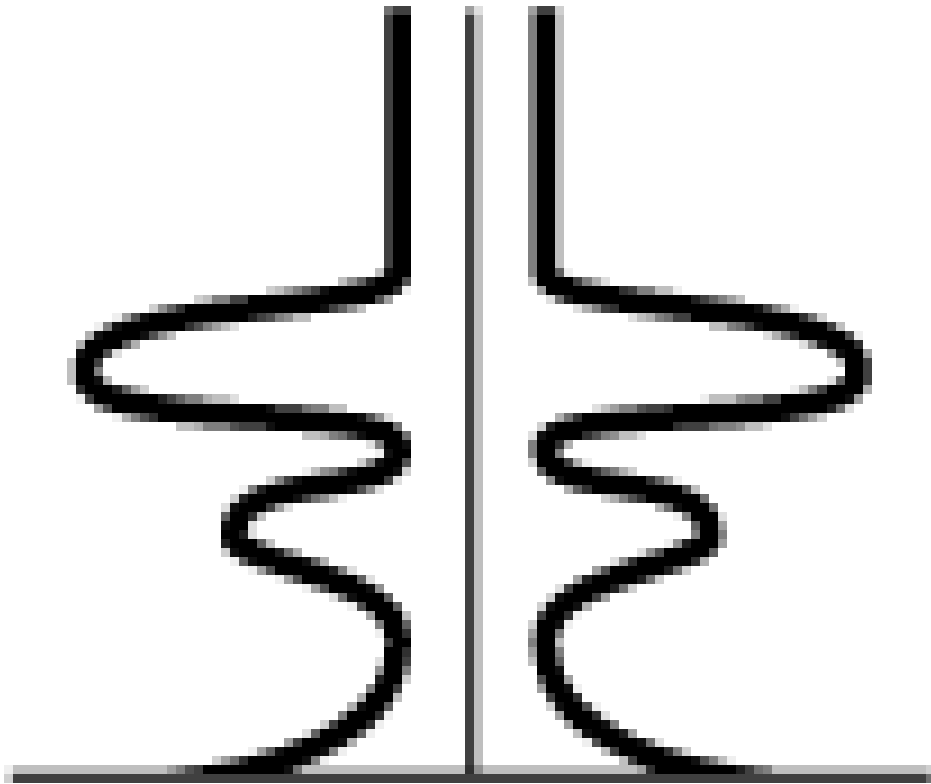
- Occipital Lobe
- Delta Waves
- Brain Wave Symmetry
- Rest, Regenerate, Serenity
- Slow To Grasp Concepts
- “The Edge Effect; Eric Braverman M.D. ”

Serotonin Deficiency

“The Edge Effect” by Eric Braverman, M.D.

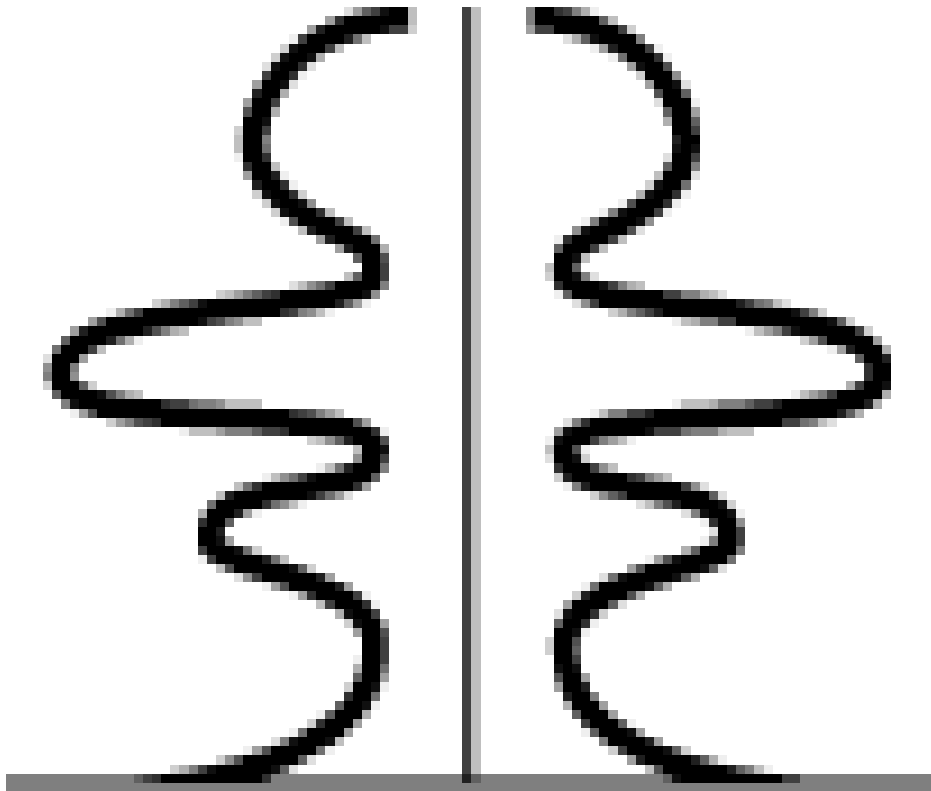
- Balanced Vit. B Complex
- 5-HTP 100mg
- Melatonin .5 – 6mg
- Fish Oil

Deep Meditation “ZaZen”



- Beta greatly reduced
- Alpha / Theta predominate
- Awareness of internal state retained with alpha bridge

Awakened Mind Pattern: Meditation with Low Beta Added Back



- "In the 'Integral Awakened Mind' state the mind is clearer, sharper, quicker, and more flexible than ordinary states.
- Thinking feels fluid rather than rigid. Emotions become more available and understandable, easier to work with and transform.
- Information flows more easily between the conscious, subconscious, and unconscious levels.
- Intuition, insight, and empathy increase and become more integrated into normal consciousness." Anna Wise

Awakened Mind on Mind Mirror



- Awakened Mind developing
- Reduced upper beta
- Increased alpha
- Theta may increase with deepening of state
- Delta may or may not be present
- Stage Two

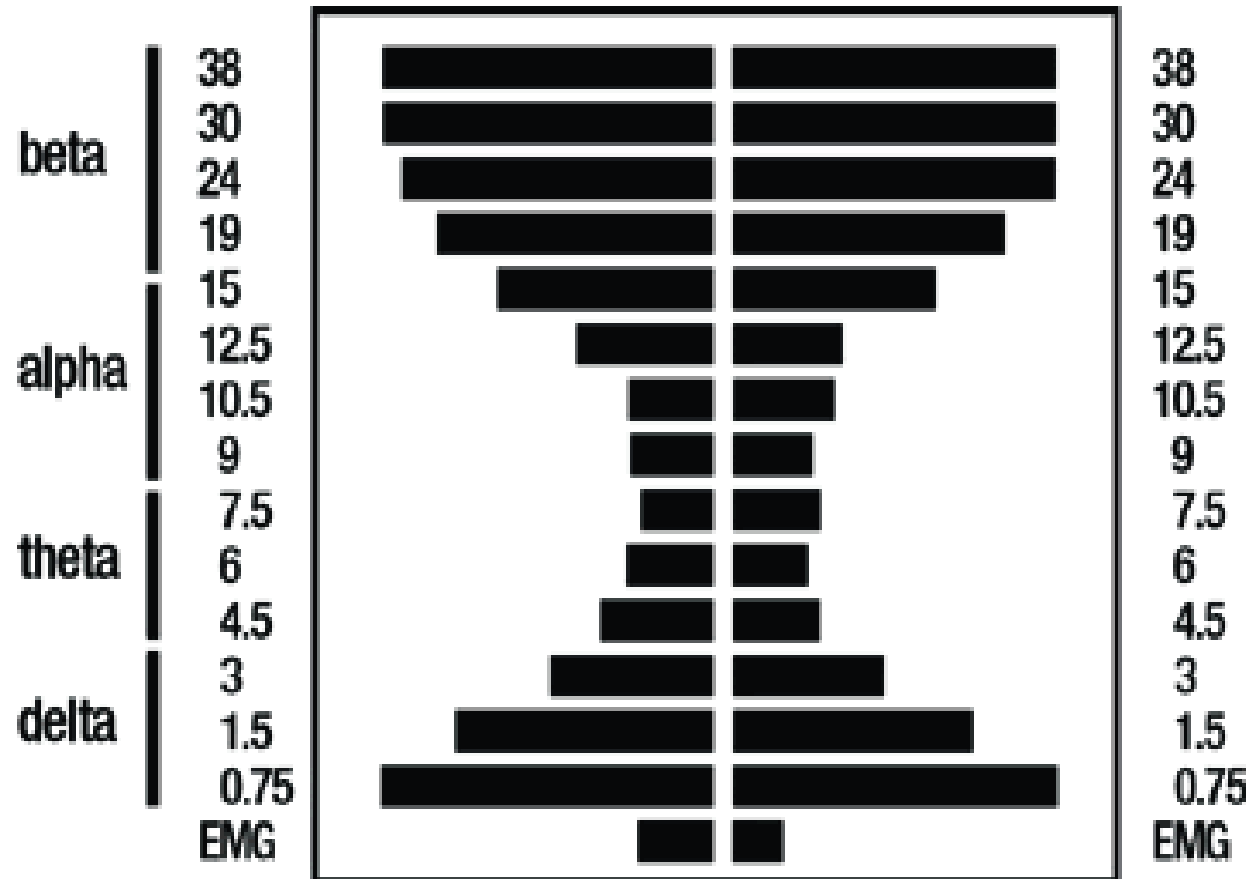
The Awakened Mind State

- "The AWAKENED MIND brainwave pattern combines the intuitive, empathetic radar of the delta waves,
- The creative inspiration, personal insight, and spiritual awareness of the theta waves,
- The bridging capacity and relaxed, detached, awareness of the alpha waves,
- The external attention and ability to consciously process thought of beta waves, all at the same time.

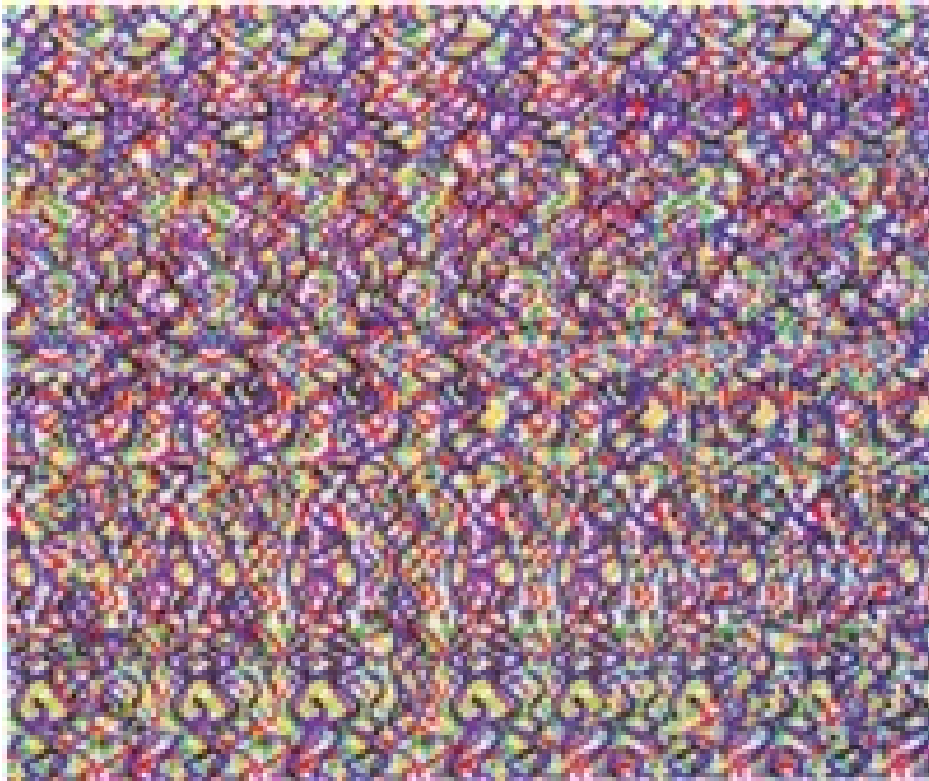
Awakened Mind cont.

- It is a brainwave pattern shared by people in higher states of consciousness regardless of their philosophy, theology or meditation technique.
- This brainwave(EEG) pattern can be found during "peak experience" and in all forms of creativity and high performance.
- The awakened mind is also the "ah-ha," appearing at the exact instant of solving the problem, or getting the insight." Anna Wise

Mind Mirror Display



3-D Image “Shifting Awareness”



- Enlightenment is an accident
- Meditation makes you more accident prone

TABLE OF SUBJECTIVE LANDMARKS

“Shamantha” Attentional Focus

Stage Zero

- May have difficulty stilling the mind
- Mind racing out of control
- Itchy, distractible, inattentive state
- A feeling of “Why am I doing this?”
- Just beginning to relax
- A feeling of “settling down”
- No attentional continuity
- EEG:
- Continuous high beta flares, often with some flares of other waves
- Possibly intermittent alpha, little theta, possible delta flares

Subjective Landmarks Stage 1

- Foggy state
- Feeling dizzy
- Sensations of going under an anesthetic
- Occasional feeling of nausea
- Mind filled with everyday affairs — almost as an avoidance of inner stillness
- Wandering attention occasionally returning to internal focus
- A feeling of scattered energies
- A sensation of drifting off to sleep or being pulled back from the edge of sleep
- EEG:
- Somewhat reduced high beta amplitude, but still present
- Intermittent but stronger alpha

Subjective Landmarks Stage 2

- Scattered energies beginning to collect
- Beginning to feel calmness and relaxation
- Uninvited vivid flashes of imagery
- Childhood flashbacks, emotionally charged memories
- Images from distant to the immediate past
- Attention not very sustained, easily lost
- A feeling of being “in-between states”
- Transitional state
- EEG:
- Reduced upper beta
- Stronger alpha —could be continuous
- Intermittent (low-frequency) theta

Subjective Landmarks Stage 3

- Greater sense of stability
- Well defined state
- Pleasant bodily sensations of floating, lightness, swaying, or rocking
- Occasional slight rhythmical movement
- Concentration easier and stronger
- Increased and clearer imagery
- Increased ability to follow guided imagery
- EEG:
- Highly reduced beta
- Continuous alpha
- Possibly more continuous theta with increased frequency and/or amplitude.

Subjective Landmarks Stage 4

- Extremely vivid awareness of breathing
- Extremely vivid awareness of heartbeat, blood flow, or other bodily sensations
- Feeling of loss of body boundaries
- Sensation of numbness in limbs
- Sensation of being full of air
- Sensation of growing to great size or becoming very small
- Sensation of great heaviness or lightness
- Sometimes alternating between external and internal awareness
- EEG:
 - Highly reduced beta
 - Continuous alpha
 - Increased theta

Subjective Landmarks Stage 5

- Very lucid state of consciousness
- Feeling of deep satisfaction
- Intense alertness, calmness, and detachment
- Sensation of “spacing out” or disappearing from environment and/or body
- Extremely vivid imagery when desired
- Feeling of altered state lacking in previous levels 0 to 4
- Sense of peak experience, ah-ha experience, intuitive insight
- High performance
- EEG:
 - Strong beta mastery — ranging from no thoughts to creative thoughts
 - Continuous alpha
 - Continuous theta

Subjective Landmarks Stage 6

- New way of feeling, as if a light just went on
- Lucid Awareness
- Intuitive insight into old problems, as though seen from a more aware level
- EEG Pattern:
 - 1. Awakened Mind (reduced beta, increased alpha, theta, delta)
- OBE possible
- EEG Pattern for OBE:
 - Very little electrical brain activity ; low amplitude (2 straight vertical lines)

Subjective Landmarks Stage 7

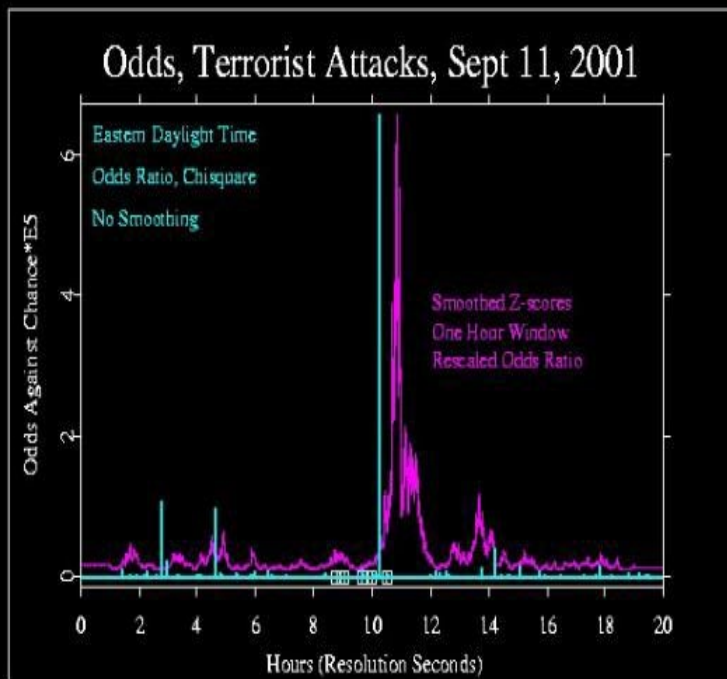
- Synthesis of opposites into a higher union.
- Sensation of being surrounded in light.
- A feeling of higher spiritual awareness.
- A sensation that “nothing need be done” other than just being.
- The experience of bliss
- The experience of indefinable peace.
- A feeling of greater knowledge of the universe, oneness.
- Possible NLP Core State.
- EEG Pattern:
- Evolved mind (circular pattern, including reduced high beta, alpha, theta, & delta with no bottlenecks)

Mindfulness

- Mirrors what is present in awareness without bias.
- Observes the content of awareness without judgment
- Impartial, does not cling to or reject content of awareness.
- Always in the present moment.
- Does not identify with ego (I-me-mine).
- It is goalless, It only observes.
- It notices the arising and disappearance of content flow.
- One experiences and observes at the same time.
- It is noticing that you noticed.
- It adds nothing to the content of awareness nor does it subtract anything.

Quantum Level Manifestation of Awareness

Evidence of Potential Entanglement Field Artifacts of Quantum Domain State Phase Transitions Affecting RNG Datastream Statistical Variants – Mass Mental Synchronicity Event Correlation



- Awareness of an event precedes the actual manifestation of the event.
- Random number generators begin going non-random one hour before the actual event – destruction of the Twin Towers NYC

7 Steps to Creative Intention – Contemplative Manifestation

- Create a Sacred Space – a space where you will repeat your meditations.
- State your intention – Identify the need behind the intention, (Sequential Awakened Mind) link to highest need.
- Bring to Beta, write, draw, sing, dance your intention. Make a detailed list, share with others.
- State in present time – it's already done.
- Become Mindful – hold your intention with attention.

7 Steps to Creative Intention – Contemplative Manifestation Cont.

- Enter the HeartMind – use slow even breath with gratitude, appreciative attitude.
- Drop into Alpha/Theta – sensualize your intention fully (Advanced House of Doors)
- Allow Your Sensualization to Develop – let theta take its course, realize it as already done.
- Surrender 'It' to the highest Self! - give up attachment to any outcome, let go and let be.
- The more people holding the intention or space together, the more powerful the outcome.

Heart Coherence's Different, Inter-related, Meanings, contd.

- Resonance – The frequency to which the entire system tunes itself. For humans this is around 0.1 Hz. Or six complete breaths per minute.
- When the heart is “coherent” the breath, blood pressure rhythm, delta brain waves, craniosacral rhythms, EDR, digestive rhythms, ANS, and alpha brain waves all align.
- There is a shift to parasympathetic balance, increased heart-brain synchronization, increased vascular resonance, and all of our bio-rhythms become harmonious.

Heart Coherence's Different, Inter-related, Meanings

- Coherent - Quality of being logically integrated, consistent, and intelligible. For example an emotion is coherent if it is matched in feeling, meaning, and degree, or intensity, of expression. Positive emotion increases heart coherence.
- Auto coherence - A stable wave form such as a sine wave. This is when the heart rate variability forms a regular sine wave.
- Cross coherence - when two waves become entrained and oscillate together. This can result from the heart following breath in a regular, even wave, also known as “RSA”, respiratory sinus arrhythmia.