The binding frequency of the brain, allowing all functions to interconnect fluidly.

Peak performance / multitasking

Narrow focus of attention while also taking in information broadly from the periphery.

Thoughts, 95% of which you had yesterday..."dredging and mulling"

Aha! Moment. 7hertz surge- pops out and back.

Dominant when we sleep

Can reflect direct electrical current in body

Can indicate presence of bodily symptoms/discomfort
The binding frequency of the brain, allowing all functions to interconnect fluidly

Peak performance / multitasking

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Thoughts, 95% of which you had yesterday…“dredging and mulling”

Aha! Moment. 7hz surge - pops out and back.

Cognitive reactivity (images), although may not be aware of them (5 hertz)

Emotional reactivity - trauma / unslept / in pain / feeling “off” (3 hertz)

Dominant when we sleep

Can reflect direct electrical current in body

Can indicate presence of bodily symptoms/discomfort

“it’s the quarterback focusing exactly on where to place the ball even though the receiver isn’t there yet, at the same time knowing where everybody is on the field around him…”

“If the brain can “bop” along at this frequency (40-42 hertz), it can easily move from one frequency to another, shifting rapidly from one state of awareness to another as needed. These states of awareness form our everyday world and with it comes optimal flow and function.”

“Have you seen the type of art that shows a geometric pattern, but if you relax your eyes enough, a 3-D image pops out? That letting go is 21 hertz.

“Other systems up-train low beta, particularly when there are problems in focus and attention. However, this can have a negative effect of making you feel tense or anxious, or triggering headaches and other unpleasant side effects. There are other frequencies that give you all the focus and attention you need without the downsides of low beta.”

“We don’t specifically up-train 7 hertz. We create the circumstances that allow it to arise”.

“Garbage drops to the bottom. Seeing less in the big slow frequencies as training progresses is good.”