

Frequency (Hz)	Brainwave Category	Associated Effects / Meaning
DELTA (0.1 - 4 Hz)		
0.1 - 1 Hz	Delta	Organ/muscle resonances
0.1 - 3 Hz	Delta	Deep sleep, lucid dreaming, increased immune functions, hypnosis. Decreased awareness of the physical world; access to unconscious information.
< 0.5 Hz	Epsilon	Extraordinary states of consciousness, high states of meditation, ecstatic states, high-level inspiration, spiritual insight, out-of-body experiences, Yogic states of suspended animation.
0.5 Hz	Delta	Relaxation, helps soothe headaches. Pain relief. Thyroid, reproductive, excretory stimulant, whole brain toner.
0.5 - 1.5 Hz	Delta	Pain relief. Endorphin release, better hypnosis.
0.5 - 4 Hz	Delta	Deep dreamless sleep, trance, suspended animation. Anti-aging (reduces cortisol, increases DHEA & melatonin). Provides intuition, empathetic attunement & instinctual insight.
0.9 Hz	Delta	Euphoric feeling.
1.0 Hz	Delta	Feeling of well-being, harmony and balance. Pituitary stimulation to release growth hormone.
1.05 Hz	Delta	Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation). Helps hair grow and regain color.
1.45 Hz	Delta	Tri-thalamic entrainment format; may benefit dyslexics and people with Alzheimer's.
1.5 Hz	Delta	Abrahams Universal Healing Rate. Sleep. Release from negative symptoms for chronic fatigue.
2.0 Hz	Delta	Nerve regeneration.
2.5 Hz	Delta	Production of endogenous opiates (painkillers, reduce anxiety). Relieves migraine pain. Sedative effect.
3.4 Hz	Delta	Helps achieve restful sleep.
3.5 Hz	Delta	Feeling of unity with everything. Whole being regeneration, DNA stimulation. Enhancement of receptivity.
3.9 Hz	Delta	Self-renewal, enhanced inner awareness. Crystal clear meditation, lucid dreams.
4.0 Hz	Delta	Enkephalin release for reduced stress. Vital for memory and learning, problem solving, object naming. Extrasensory perception. Astral Projection, Telepathy.
1 - 3 Hz	Delta	Profound relaxation, restorative sleep, tranquility and peace.
THETA (4 - 8 Hz)		
4 - 7 Hz	Theta	Recall, fantasy, imagery, creativity, planning, dreaming. Access to subconscious images, deep meditation, reduced blood pressure, said to cure addictions. Profound inner peace, emotional healing, lowers mental fatigue.
4.5 Hz	Theta	Brings about Shamanic/Tibetan state of consciousness, Tibetan chants.
4.9 Hz	Theta	Induce relaxation and deeper sleep. Introspection, meditation.
5.0 Hz	Theta	Reduces sleep required; Theta replaces need for extensive dreaming. Unusual problem solving. Relaxed states, pain relief (beta endorphin increases).
5.35 Hz	Theta	Allows relaxing breathing, free and efficient.
5.5 Hz	Theta	Inner guidance, intuition. Shows vision of growth needed.
6.0 Hz	Theta	Long term memory stimulation.
6.5 Hz	Theta	Centre of Theta frequency. Activates creative frontal lobe.
7.0 Hz	Theta	Mental & astral projection, bending objects, psychic surgery. Bone growth.
7.5 Hz	Theta	Activates creative thought for art, invention, music; problem solving. Ease of overcoming troublesome issues. Contact with spirit guides.
7.83 Hz	Theta	Schumann earth resonance. Grounding, meditative, leaves you revitalized. Anti-jetlag, anti-mind control, improved stress tolerance. Psychic healing experiments.
3 - 8 Hz	Theta	Deep relaxation, meditation. Lucid dreaming. Increased memory, focus, creativity.
ALPHA (8 - 12 Hz)		
8 - 10 Hz	Alpha	Super-learning new information, memorization, not comprehension. Inner-awareness of self, mind/body integration, balance.
8 - 12 Hz	Alpha	Light relaxation, "super learning", positive thinking. Creative problem solving, accelerated learning, mood elevation, stress reduction.
8 - 13 Hz	Alpha	Non-drowsy but relaxed, tranquil state; body/mind integration. Amplifies dowsing, empty-mind states, detachment, daydreams.
8.22 Hz	Alpha	Associated with the mouth. Brings creativity.
8.3 Hz	Alpha	Pick up visual images of mental objects; clairvoyance.
9.0 Hz	Alpha	Awareness of causes of body imbalance & means for balance. Associated with Sacral/Svadhithana chakra.
10.0 Hz	Alpha	Enhanced serotonin release. Mood elevation, arousal, stimulant. Provides relief from lost sleep, improves general mood. Dramatically reduce headaches. Analgesic, safest frequency, for hangover & jet lag. Anti-convulsant.
11.0 Hz	Alpha	Relaxed yet awake state.
12.0 Hz	Alpha	Centering, mental stability. Doorway to all other frequencies. Stimulate mental clarity. Associated with Throat/Vishuddha chakra.
11 - 14 Hz	Alpha	Increased focus and awareness.
12 - 14 Hz	Alpha	Learning frequency, good for absorbing information passively.
BETA (13 - 30 Hz)		
12 - 15 Hz	Beta (Low)	Relaxed focus, improved attentive abilities. Treating hyperactivity. Sensori-motor Rhythm (SMR) for treatment of mild autism.
13 - 27 Hz	Beta	Promotes focused attention toward external stimuli. Alert mental activity, normal waking consciousness, active thought processes.
13 - 30 Hz	Beta	Problem solving, conscious thinking. Normal wakefulness, motivation, outer awareness, survival.
14.0 Hz	Beta	Awakeness, alert. Concentration on tasks, Focusing, vitality. Schumann Resonance (2nd frequency). Intelligence Enhancement (with 22.0 Hz).
15 - 18 Hz	Beta (Mid)	Increased mental ability, focus, alertness, IQ.
16.0 Hz	Beta	Bottom of hearing range. Releases oxygen/calcium into cells.
18 - 24 Hz	Beta (High)	Euphoria, can result in headaches, anxiety.
18.0+ Hz	Beta (High)	Fully awake, normal state of alertness, stress & anxiety. Improve hyperactive behavior.
20.0 Hz	Beta	Fatigue, energize. Schumann Resonance (3rd frequency). Stimulation of pineal gland. Helps with tinnitus. Commonly used "cure-all" Rife Frequency.
22.0 Hz	Beta	Used with 14 Hz for intelligence enhancement. Used with 40 Hz for 'out of body' travel and psychic healing.
25.0 Hz	Beta	Bypassing the eyes for images imprinting (visual cortex). Tested clinically with patients who complain of anxiety.
26.0 Hz	Beta	Schumann Resonance (4th frequency).

27 - 44 Hz	Beta	Frequency range that cats purr at, said to have restorative effects on the body, particularly bone healing and strengthening.
30.0 Hz	Beta	Used for marijuana withdrawal.
GAMMA (30+ Hz)		
30 - 60 Hz	Gamma	Decision making in a fear situation, muscle tension.
33.0 Hz	Gamma	Christ consciousness, hypersensitivity, Pyramid frequency (inside), Schumann Resonance (5th frequency).
35.0 Hz	Gamma	Awakening of mid-chakras, balance of chakras.
36 - 44 Hz	Gamma	Learning Frequencies, when actively studying or thinking; maintains alertness. Associated with high-level information processing and good memory.
38.0 Hz	Gamma	Endorphin release.
39.0 Hz	Gamma	Schumann Resonance (6th frequency).
40.0 Hz	Gamma	Dominant when problem solving in fearful situations. Information-rich task processing & high-level information processing. Binding mechanism for perception, connecting cortex and thalamus. "Operating system" frequency of the brain.
45.0 Hz	Gamma	Schumann Resonance (7th frequency).
50.0 Hz	Gamma	Dominant frequency of polyphasic muscle activity.
55.0 Hz	Gamma	Tantric yoga; stimulates the kundalini.
Lambda		
60 - 120 Hz	Lambda	Little known but includes central nervous system activity.
63.0 Hz	Lambda	Astral projection.
70.0 Hz	Lambda	Mental & astral projection. Endorphin production/used with electroanalgesia.
80.0 Hz	Lambda	Awareness & control of right direction. Stimulates 5-hydroxytryptamine production.
83.0 Hz	Lambda	Third eye opening for some people.
90.0 Hz	Lambda	Good feelings, security, well-being, balancing.
105.0 Hz	Lambda	Overall view of complete situation.
108.0 Hz	Lambda	Total knowing.
111.0 Hz	Lambda	Beta endorphins. Cell regeneration.
120 - 500 Hz	Lambda	PSI, moving of objects, changing matter, transmutation, psychokinesis.
125.0 Hz	Lambda	Stimulation.
Planetary		
126.22 Hz	Planetary	The Frequency Of The Sun. Advances the feeling of centering of magic & of the transcendental.
136.1 Hz	Planetary	Resonates with the earth year. Calming, meditative, relaxing, centering. Corresponds to "OM".
140.25 Hz	Planetary	Pluto Orbit: power, crisis & changes. Supports magic group dynamic principle.
141.27 Hz	Planetary	Mercury Orbit: intellectuality, mobility. Supports speech center and communicative-intellectual principle.
144.72 Hz	Planetary	Mars Orbit: activity, energy, freedom, humor. Supports strength of will and focused energy.
147.85 Hz	Planetary	Saturn Orbit: separation, sorrow, death. Enhances concentration and karmic connections; brings structure and order.
172.06 Hz	Planetary	Platonic Year Frequency. Supports cheerfulness, clarity of spirit. Associated with Crown Chakra.
183.58 Hz	Planetary	Jupiter Orbit: growth, success, justice, spirituality. Supports creative power and continuous construction.
194.18 Hz	Planetary	Synodic "Earth" Day. Dynamic, vitalizing, brings one into harmony with nature.
207.36 Hz	Planetary	Uranus Orbit: spontaneity, independence, originality. Supports the power of surprise and renewal, has primeval and erotic power.
210.42 Hz	Planetary	Synodic Moon. Stimulates sexual energy, supports erotic communication.
211.44 Hz	Planetary	Neptune Orbit: the unconscious, secrets, imagination, spiritual love. Supports intuition and the unconsciousness.
221.23 Hz	Planetary	Venus Orbit: harmony, beauty, love. Holds the principle of proportion and harmony.
Solfeggio & Other		
360.0 Hz	Other	The "Balance Frequency"; brings sensations of joy and healing.
384.0 Hz	Other	Gurdjieff vibration associated with root chakra.
396.0 Hz	Solfeggio	"Liberating Guilt and Fear" / Solfeggio Frequency 'UT'.
417.0 Hz	Solfeggio	"Undoing Situations and Facilitating Change" / Solfeggio Frequency 'Re'.
441.0 Hz	Other	The King's Chamber Frequency; acts towards preservation and equilibrium.
528.0 Hz	Solfeggio	"Transformation and Miracles (DNA Repair)" / Solfeggio Frequency 'MI'. Used by genetic scientists to mend DNA.
639.0 Hz	Solfeggio	"Connecting/Relationships" / Solfeggio Frequency 'FA'.
741.0 Hz	Solfeggio	"Awakening Intuition" / Solfeggio Frequency 'SOL'.
852.0 Hz	Solfeggio	"Returning To Spiritual Order" / Solfeggio Frequency 'LA'.
5000 Hz	Rife	Commonly used "cure-all" Rife frequency. Used for allergies but long exposures destroy red blood cells.
10,000 Hz	Rife	Commonly used "cure-all" Rife frequency. Used to treat alcoholism, allergies, headaches.