

PLEASE YOUR SOUL



Boukje Janssen | Please Your Soul | Theta Healing Practice

adres Westerdoksdijk 191 1013 AD Amsterdam  
email [info@pleaseyoursoul.com](mailto:info@pleaseyoursoul.com)  
tel 06 4801 3761  
kvk 34337488  
tax 1657.77.473.B.01

### About brain wave frequencies

**Beta** 13 – 27 cycles per second. Beta brain waves are associated with the common wakeful state, the most intense state of alertness, concentration and anticipation. A high Beta state is related to stress, tension, fear and alertness of all five external senses.

**Alfa** 8 – 13 cycles per second. This frequency one uses when in a relaxed, meditative frame of mind. Associated with relaxed wakefulness, fast learning and creative thought where attention may wander and free association is favored.

**Theta** 3 – 8 cycles per second. A Theta state is a very deep relaxed state of mind. A Theta state is most often reached during a deep state of meditation. It is also a sleep state and can be achieved as well through hypnosis. Theta brain wave allows your conscious mind to connect to your subconscious mind where your experiences, long-term memories, creativity, emotions, spiritual connection and inspiration are stored. Theta is the ideal state for self-programming, fast learning and self healing. Scientific research shows that mental and physical health improves by meditating in a theta state regularly.

**Delta** 0,1 – 3 cycles per second. A Delta state of mind is found whilst you are in deep sleep. Delta waves are related to empathy, intuition and sixth sense: a sort of radar that sends out and receives on an unconscious level.

**Gamma** 30-60 Hz. The Gamma state of mind is the state we are in when we are involved in complex learning and process information.