Week 4 Gamma waves & REVIEW

PRACTICE WILL MAKE IT BETTER ☺

What I would like for you to do is to take a couple of deep breaths and focus your attention on the following You-Tube – songs- discuss your experience ☺ or write a couple of comments regarding your experience.

- Gamma waves (25 to 100 Hz) typically hover around 40 Hz and are the fastest of the brain wave bandwiths. Gamma waves relate to simultaneous processing of information from different brain areas and have been associated with higher states of conscious perception.
    - https://www.youtube.com/watch?v=fN-liB7HJC8&app=desktop

What Are Brain Waves?

Your brain consists of billions of neurons in different regions that use electricity as a way to communicate with one another. When your synapses are firing in synchrony, they create unified combinations of millions of neurons marching in lockstep as a harmonized "neural network" that is linked to a specific state of consciousness, your thoughts, and your mood. The combination of synchronized electrical activity in the brain is called a "brain wave" because of its cyclic and "wave-like" in nature. Brain waves can be detected using medical equipment, such as electroencephalogram (EEG), which measures the oscillation of electricity levels in different areas on the scalp.

At the root of all our thoughts, emotions, and behaviors is communication between neurons. Brain waves are produced by synchronized electrical pulses from masses of neurons communicating with each other.

Brain waves are divided into five different bandwidths that are believed to create a spectrum of human consciousness. Our brain waves change throughout the day and are part of a feedback loop that is influenced by what we're doing, thinking, and feeling emotionally at any given time—or while we sleep.

- Delta waves (.5 to 3 Hz) are the slowest brain waves and occur primarily during our deepest state of dreamless sleep.
    - https://www.youtube.com/watch?v=lk23P6L2Itc&feature=youtu.be
- Theta waves (3 to 8 Hz) occur during sleep but have also been observed in the deepest states of Zen meditation.
    - https://www.youtube.com/watch?v=jHC1VW_0CpI&feature=youtu.be
- Alpha waves (8 to 12 Hz) are present when your brain is in an idling default-state typically created when you're daydreaming or consciously practicing mindfulness or meditation. Alpha waves can also be created by doing aerobic exercise.
    - https://www.youtube.com/watch?v=fyBuKsmKew4&feature=youtu.be
- Beta waves (12-30 Hz) typically dominate our normal waking states of consciousness and occur when attention is directed towards cognitive and other tasks. Beta is a 'fast' wave activity that is present when we are alert, attentive, focused, and engaged in problem solving or decision making. Depression and anxiety have also been linked to beta waves because they can lead to "rut-like" thinking patterns.
    - https://www.youtube.com/watch?v=HA6nSQawROM&app=desktop
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Brain Hemisphere Synchronization:

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Brain Hemisphere Synchronization - Whole Brain Synchronization - Enhance Cognition - Meditation – YouTube

https://www.youtube.com/watch?v=eQ_qCT1FuwQ&app=desktop

[ADVANCED] The Best Binaural Beats for a Deep Sleep (90-Minute Sleep Cycle) - YouTube

https://www.youtube.com/watch?v=HePF0xlKzNE&app=desktop

417 Hz Healing music - Let go of mental blockages, Remove negative energy, Ancient Frequency music – YouTube

https://www.youtube.com/watch?v=KsMqhVfUC9w&app=desktop