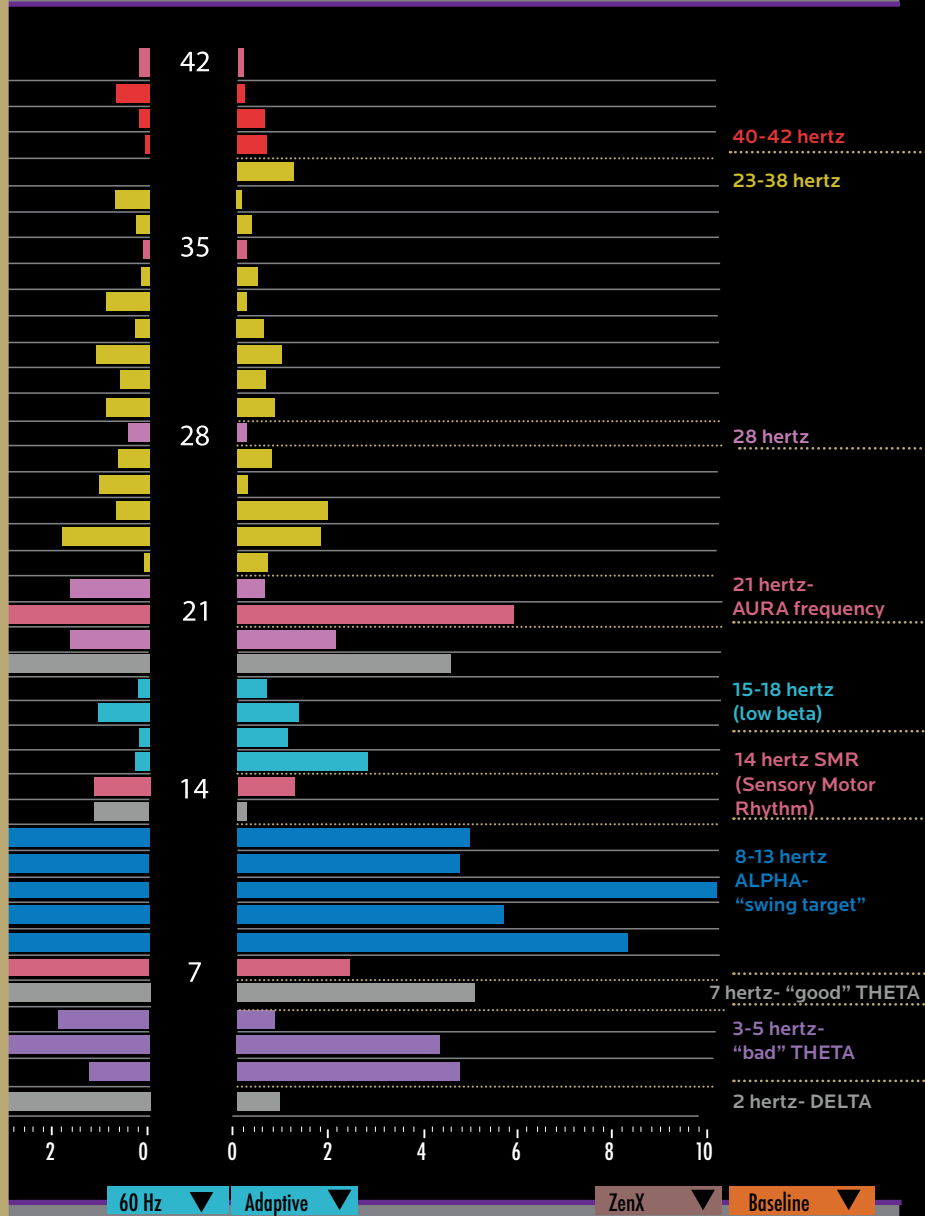


LEFT SIDE

RIGHT SIDE

10



# CARTOGRAPHY OF CONSCIOUSNESS: EEG CORRELATES



- 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

**MORE:**

1. "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..."

2. "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."

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

- Is associated with physical relaxation (dilation of blood vessels in hands and feet)

- The ultimate "letting go" frequency, can be very pleasurable
- Has an effect on all the other frequencies, generally increasing amplitude and variability
- Releases old "stucknesses"
- Works as a pair with 42 hertz

**MORE:**

"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."

- Narrow focus of attention "out there"
- Activating frequency
- Hyper-focus, eliminating input from periphery, tunnel vision
- "Fight or flight" (stress) response
- Can make you feel tense and anxious
- Not a frequency we like or use

**MORE:**

"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."

- "Cat" frequency – associated with great bodily stillness.
- Aware of both inner and outer environment but not having thoughts about it.
- Body awareness, fluidity of movement, feeling of safety
- A "quieting" frequency

- Different with eyes open and closed  
eyes open -- want to see low amplitude ("less")  
eyes closed -- want to see higher amplitude ("more")
- Occurs when you can let go of everyday thoughts to not have a lot of thoughts
- Light meditative state
- Associated with feelings of well-being and peacefulness
- Can be associated with colorful images
- High-amplitude alpha with eyes open is a form of tuning out, not "present", "whistling in the dark", "deer in the headlights" probably have sleep issues, may be a form of self-soothing

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

**MORE:**

"We don't specifically up-train 7 hertz. We create the circumstances that allow it to arise".

- Cognitive reactivity (images), although may not be aware of them (5 hertz)
- Emotional reactivity- trauma / unslept / in pain / feeling "off" (3 hertz)

**MORE:**

1. Bad Theta is like a storm. When it's blowing, you can't do much else.

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

- Dominant when we sleep
- Can reflect direct electrical current in body
- Can indicate presence of bodily symptoms/discomfort