

Brain Frequency Cycles & Hypnotic Suggestion



The **conscious** mind loves to take action on new information.

The **subconscious mind** does not think or reason ...

It responds to what it is told. It is obedient,

ACCEPTING SUGGESTIONS AND CAUSING THEM TO BECOME REALITY.

Hypnosis causes the brain to cycle down into the Alpha state *without going to sleep*. **In Alpha**, the subconscious mind is **OPEN FOR SUGGESTIVE INPUT** and **POSITIVE, PERMANENT CHANGE** can occur.

Beta – The Conscious Mind

14+ CPS

Where *thinking, reasoning, and action occur while fully awake.*

The Conscious mind does not take suggestions well.

Alpha – The Subconscious

7-14 CPS

Dreaming (while asleep), day dreaming, and nearly all hypnosis occurs in Alpha.

Most meditation occurs in Alpha (sometimes dipping into Theta).

Psychic experience can occur.

Most hypnosis takes place in Alpha.

Theta – A part of the Subconscious

4-7 CPS

Hypnosis can take place in Theta.

Emotional experiences are recorded in Theta.

Theta is the range that opens the door of consciousness *beyond hypnosis* to psychic phenomena.

Delta – Total Unconsciousness

0-4 CPS

Very little is known of this state.