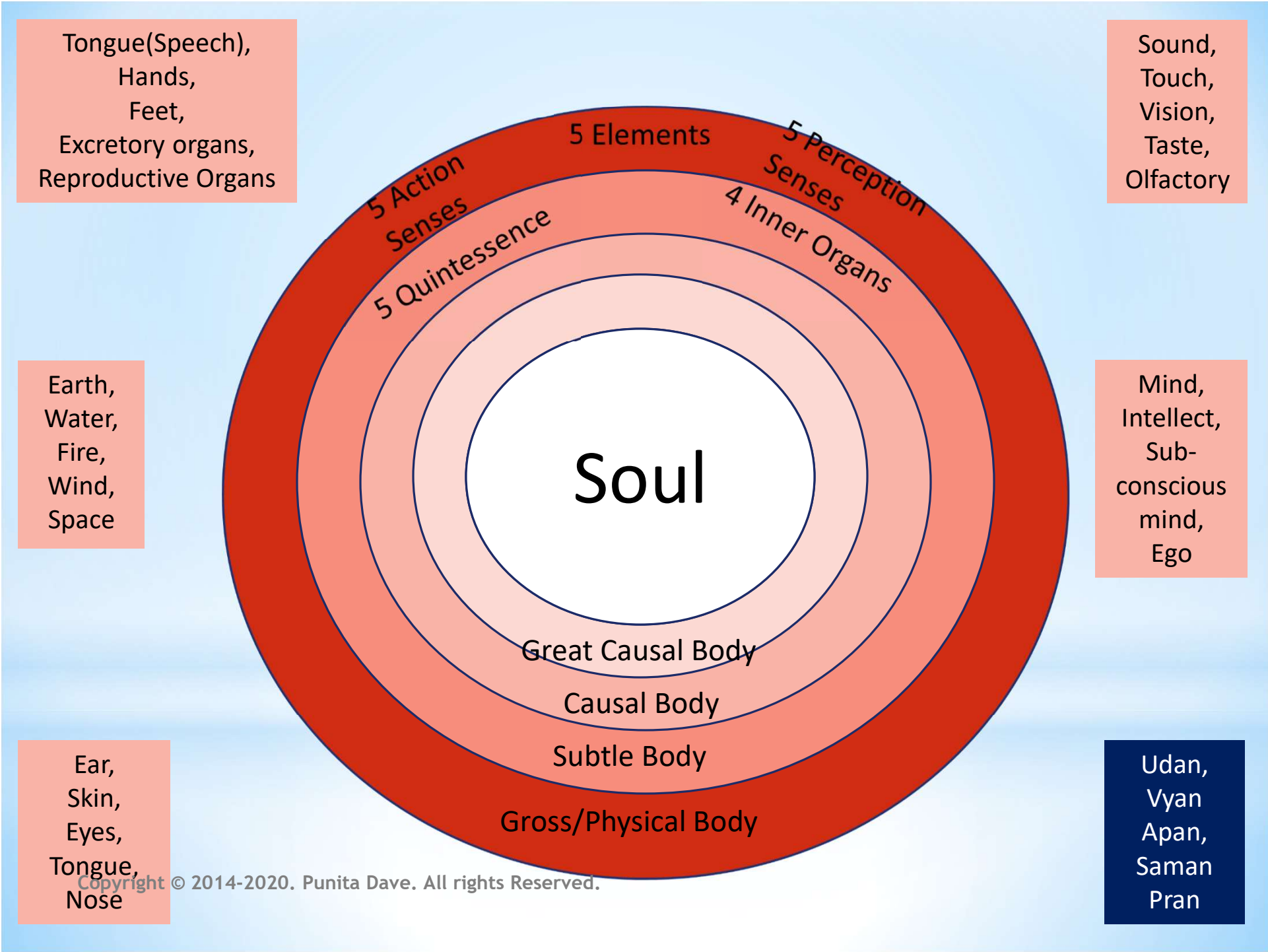


*Tele-Satsang

January 26, 2014

*Soul, Body & Mind

January 26, 2014



*Brain wave frequencies

Brain Wave	Frequency	State of mind
Delta	0.1-4 Hz	Deep Sleep state on mind
Theta	4-7 Hz	Dreaming/Sleeping state of mind
Alpha	7.5-12.5 Hz	Transition into Transcendent state of mind
Beta	13-30 Hz	Awakened state of mind
Gamma	30.5-100 Hz	Super-awakened state of mind
Mu	7.5-12.5 Hz	
SMR	13-15 Hz	

* Links

* Wikipedia on Brain Waves -

http://en.wikipedia.org/wiki/Alpha_wave

* Brain waves and consciousness

* Part 1 - http://www.hirnwellen-und-bewusstsein.de/brainwaves_1.html

* Part 2 - http://www.hirnwellen-und-bewusstsein.de/brainwaves_2.html

* Meditation music - <http://2learnmeditation.com/meditation-music>

* Endorphins - <http://en.wikipedia.org/wiki/Endorphins>