

How Brain Wave Patterns Relate to Levels of consciousness

Degree of Relaxation	EEG rhythms	Subjective description of state of relaxation
Below 25%	Intermittent beta and alpha	Begin to relax; may report difficulty in stilling the mind and/ or restlessness
25 - 35%	Reduced beta and continuous alpha	May report feeling dizzy or having a fuzzy consciousness, as well as the frequent desire to fill the mind with everyday thoughts
35 - 45%	No beta, continuous alpha, and intermittent theta	Sense of calmness and relaxation; intermittent attention; flashback memories of childhood or the past
45 - 60%	Continuous alpha of ever lower frequencies, with almost continuous theta	Sensations of floating, lightness, rocking and swaying. Attention becomes sustained and imagery clearer and more frequent
60 - 70%	Continuous alpha and theta of ever lower frequencies	Extremely vivid awareness of breathing, heartbeat or other bodily sensations; effortless attention; fluctuation between external and internal awareness
70 - 80%	Continuous theta and alpha of a frequency close to the alpha/ theta border	Lucid impression of altered state of consciousness that is deeply satisfying and associated with intense alertness, calmness and detachment
Over 80%	Very little electrical activity except occasional delta	Synthesis of opposites fostering a sense of unity, combined with a new intuitive insight into old problems