

Breathing Rhythms for Changing Brain Wave Patterns

The best way to perform these exercises is 3 times each. In the following order: Beta, Alpha, Theta, Delta.

Then in the reverse order from Delta back up to Beta.

This completes the cycle.

Dominant Brain Wave	Inhale for Count of	Hold in for	Exhale for	Hold out for
Beta	4	4	4	4
Alpha	8	8	8	4
Theta	4	8	16	4
Delta	4	8	32	4

These rhythms are used to bring the dominate brain wave pattern to each of the states listed and usually work best for relaxing the nervous system when practiced in the sequence listed at the top of the page.

Many times the exhalation for Delta is too long for most people to perform, in this case, do as best you can to reach the extended exhalation.

UNDER NO CIRCUMSTANCES should you allow yourself to become stressed when performing these exercises. If you feel light headed or uncomfortable in any way, please return to your normal resting breathing pattern.