

FOUR BRAIN STATES

1



Busy Beta

This is the conscious brain. When you are solely in this space, the door between your conscious and subconscious brain is completely closed.

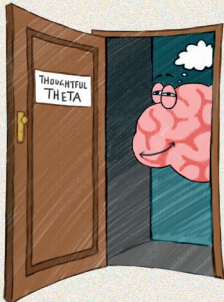
2



Amazing Alpha

This is your state of mind in the shower, walking the dog, commuting, or listening to the radio when, all of a sudden, that eureka moment happens.

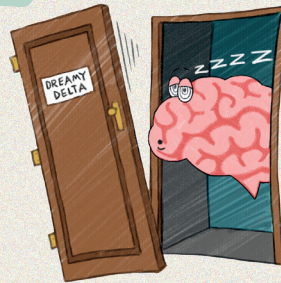
3



Thoughtful Theta

You are typically in this brain state when about to drift off to sleep or wake up. Here, the doorway is only slightly closed, meaning you have a great deal of access to subconscious brain.

4



Dreamy Delta

Here, not only is the door open, it's been blown off of its hinges and is allowing full access to your subconscious. The problem is that you are also asleep.

