

CHANGE HAPPENS IN THETA & DELTA

written by Sylvia Marina ©

There are times when life throws you an experience you had not planned.

In 1997 following a horrid accident I had a dramatic change of life. My body, was badly fractured and for a period of time I was unable to do for myself. What to do? Firstly, I tried to discover what I could do! Very little!

While my body mended I reviewed my life. In childhood I had a non specific place where I could connect to my inner self and it was to this place that I instinctively travelled, to the quiet place within, the place where many mysteries of life can be solved, physical hurts healed, clarity where once confusion and misunderstanding reigned ... the place of solace, healing and positive change.

Deep in the DNA, Deoxyribonucleic acid, of each species on earth is a knowing. A knowing of our physical life purpose, the purpose of every organ and system – the purpose of life for you, the whole being – our DNA our blueprint! Along with this knowledge of survival and endeavours for the continued existence of life i.e. within the reproductive system comes the knowing of what is required for the ongoing survival of not only humans but every species, is the knowing of how to heal our life, how to change, how to be all that we aspire to be.

The importance of every human is contained in the DNA remembering their true structure and function. For cells that are damaged or dis-empowered, we can access the remembering when they were empowered and functioning according to nature and connect them back to the full complement of genetic information that we inherited from our parents, especially the set of chromosomes and the genes we carry, remembering within each gene is a wealth of knowing – its cradled in our magnificent cellular memory.

Cellular memory holds emotional imprints and beliefs and our current 'bio and geo' graphical stresses and contributing factors to disease. How to access cellular memory? That's where the quiet place comes in!

The brainwave patterns of Theta and Delta hold the keys to cellular memory. Learning how to connect to the exact brain pattern energy where a negative imprint is stored and then changing the pattern of that energy has led to outstanding success in people's wellness.

It is not only physical illness where accessing memories in Theta & Delta is helpful. People have advanced their career, improve relationships, transformed from low self esteem to increased confidence and more. It is a simple matter of training the brain. Once you have trained the brain it becomes a natural progression of life to use the brain wave pattern to focus creative energy for behaviour change, healing, relaxation, meditation.

To understand how each brainwave pattern has a role - healing and permanent change takes place in Theta & Delta.

Brain Pattern	Frequency range	Activity	State
High Beta	21Hz - 33Hz	Highly alert	Controlled by time & deadlines.
Beta	14Hz - 21Hz	Alert and focused	Logic, wants power & control.
Alpha	7Hz - 14Hz	Relaxed but alert	Creative energy
Theta	4Hz - 7Hz	Deep Relaxation (also first stage of sleep) Meditative state for changing behaviours.	Connected to knowledge & purpose. Creative energy to manifest what our heart yearns for - love, intimacy, belonging, creative expression.
Delta	0.5Hz - 4Hz	Ideal Meditation state for Healing & Transformation Deep sleep	Transformation & Healing, Creative Hypnosis Connecting to Wisdom

When a certain brainwave state is experienced and practiced over a period of time, the brain will "learn" and it will become easier to self-produce the desired brainwave state at will. Applying a stimulus to the brain will eventually bring the brain's state closer to the desired frequency. We use distinctive audible sound, finely tuned to the specific brain pattern frequencies for the purpose of educating the brain to switch from Beta to a desired state for healing, behavioural change or relaxation. Once you have trained the brain it becomes a natural progression of life to use the brain wave pattern most suited to focus energy, creative energy, behaviour change, relaxation or meditation.

Sylvia Marina is a Professional Intuitive and Spiritual Educator. She specialises in helping people heal their body, emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness as well as CD's to uplift your energy and vibration. An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and thirty year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels nationally and internationally to speak at events, present Creative Self Mastery programs empowering people through times of change.

Tel: +618 (08) 9457 3763 | E: info@sylviamarina.com | www.sylviamarina.com

The contents of this article may be copied, reproduced or freely distributed without the consent of the author provided the author's name, copyright notice and contact information are included.

