E.L.F. Generator
Frequencies... and their Experimental Effects!
(Extremely Low Frequency)

Five Dollars: $5

Aphrodite Again; Born from the Sea - in Froth and Foam: Symbolizing Nature... Just like the ELF Generator; born from Nature -- To use for your benefit; and for others...
The Format of this piece will feature "Greatest Hits" from several popular writers and presentations in this field of:

~Brainwave Frequency Technology~

From a variety of referenced sources; comes a "best of show" consensus to offer several articles by several different authors on the doughty subject of "Extremely Low Frequency" technology. So fasten your seatbelt Dorothy, because we're not in Kansas anymore...

Notice Big Bifilar Wound Hexagon antenna. For main carrier frequency transmission w/ ELF Signal! Drives 1/4 Wavelength Antenna for effective Resonance.

Nice little Anti Beaming Antenna! Just plug in as needed for those pesky unwanted "voices" in your head... often referred to as "Beaming". (And not Psychotic either; lest the otherwise automatic diagnosis of Schizophrenia apply to anyone who dares to hear "voices" in their head... tsk. tsk.) Special Anti Beaming Antenna for close in work in personal protection mode.

**LCD Display**

ELF Signal is 7.831 Hz  
Carrier Frequency is 42,600 Hz  
(Resonant Frequency of Water) 
Antenna Power: 50% of duty cycle. 
TrackBall Mode in ELF SIGNAL to change, Slowly, when TrackBall
Dominant Brainwaves
Although the brain is always emitting brainwaves at each different band it is the dominant brainwaves at a particular time that dictate the conscious state of an individual. By using technology to entrain the brainwaves to become dominant in a certain band we can thereby give an individual a powerful push into the desired conscious state. By doing this we can induce numerous mental and emotional states in an individual such as meditation, excitement, motivation, anxiety, irritation, sexual excitement, relaxation, spiritualism and more.

Specific Brainwave Frequencies
With field effect technology we can not only induce certain bands of brainwaves but we can be extremely precise and induce exact frequencies. Some very exact frequencies have been found to cause effects in the brain like the release of neurotransmitters and hormones such as Serotonin or Human Growth Hormone.

Lambda: 100hz - 200hz
Recently reported very high frequency brainwaves. Associated with wholeness and integration. Also associated with mystical experiences and out of body experiences. Interestingly these extremely high frequency brainwaves seem to ride on a very low frequency Epsilon wave. i.e. If you were to zoom out from the high frequency Lambda wave far enough you would see that it is riding on a larger very low frequency wave.

Gamma: 40hz -100hz
Gamma brainwaves are usually very weak in normal people but have recently been found to be very strong in Tibetan monks while doing a Loving Kindness meditation. 40hz becomes the dominant frequency of these monks while meditating and it is also the frequency that the core of Earth resonates to. A very important frequency when it comes to higher awareness and mystical experiences.

Beta: 12hz - 38hz
Beta states are the ones associated with normal waking consciousness. Low amplitude beta with multiple and varying frequencies is often associated with active, busy or anxious thinking and active concentration. It can be useful for people with ADD, depression or other emotional problems and can help with focused concentration, alertness and increasing IQ.
**Alpha: 8hz - 12hz**

Awake but relaxed and not processing much information. Scientists have shown that highly creative people have different brain waves from normal and non-creative people. In order to have a creative inspiration, your brain needs to be able to generate a big burst of Alpha brain waves, mostly on the left side of the brain. The brains of creative people can generate these big Alpha brain wave bursts, and do so when they are faced with problems to solve. Normal and non-creative people do not produce Alpha brainwave increases when they are faced with problems, and so they cannot come up with creative ideas and solutions. Any time you have an insight or an inspiration, you know your brain just produced more Alpha waves than usual.

**Theta: 3hz - 8hz**

Theta waves have been identified as the gateway to learning and memory. Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition as well as other extrasensory perception skills. Theta allows us to receive creative inspirations and is also responsible for many visionary and spiritual experiences. Out of body experiences can occur at theta frequencies as can spontaneous healings and other mystical experiences. The highest amounts of Human Growth Hormone are released at a high Theta frequency and the Earths ionosphere resonates to the same rhythm. This frequency is also where much of the brains normally unused areas become most active.

**Delta: 0.5hz - 3hz**

Delta activity is characterized by frequencies under 3 Hz and is absent in awake healthy adults, but is physiological and normal in awake children under the age of 13. Delta waves are also naturally present in stage three and four of sleep (deep sleep) but not in stages 1, 2, and rapid eye movement (REM) of sleep. Finally, delta rhythm can be observed in cases of brain injury and comatose patients. This is also the deepest state of meditation where profound psychological healing takes place if the practitioner can enter the state while retaining consciousness.

**Epsilon: Less than < 0.5hz**

Recently the brainwaves below 0.5hz have been classified as a separate band called Epsilon. Interestingly again we find that they are strongly related to the highest frequency brainwaves (Lambda) in that if you zoom in far enough you would see that embedded within the slow Epsilon frequency is a very fast Lambda frequency wave. The same states of consciousness are associated with both Lambda and Epsilon waves. Wholeness and integration seem to be the main themes of these brainwaves.
And now: here's a piece by Charles T. Tart Ph.D., a Core Faculty member of the Institute of Transpersonal Psychology in Palo Alto, California.

From Charles T. Tart of www.paradigm-sys.com

Speaking on Out of Body (OBE) Experiences:

In a previous publication (Int. J. Parapsychology, 9, 1967, 251–258), a psycho physiological study of a male subject (Robert Monroe), who had frequent, self-induced, out-of-the-body experiences (OBEs) was reported. The two brief OBEs he was able to produce in the laboratory occurred during an EEG state that resembled Stage 1 dreaming, but this identification was somewhat ambiguous because of exceptionally high variability in the subject's EEG patterns. The subject was unable to report on an ESP target used in that study.

In the present study, the same subject was studied again in a more comfortable laboratory setting. In the course of a two-hour session, he reported two brief OBEs, and reported awakening within a few seconds after each, allowing correlation of physiological recordings with the OBE. EEG, eye movements, and peripheral blood flow (plethysmograph) were recorded, and the subject was monitored via closed circuit TV for the first OBE, but not for the second.

These findings generally parallel those of the earlier published study: the subject's OBEs seem to occur in conjunction with a prolonged, deliberately produced hypnologic state (Stage 1 EEG). Such prolonged states are not normally seen in the laboratory. The preponderance of theta rhythms and the occasional slowed alpha show an intriguing parallel with EEG states reported for advanced Zen masters during meditation.

Modern EEG feedback techniques have shown that subjects can learn to produce increased alpha rhythm, and to slow the frequency of their alpha rhythm. Studies now being conducted in my laboratory will determine the feasibility of training subjects to produce an abundance of theta rhythm. If this is successful, they will then be taught psychological techniques believed to increase the likelihood of OBEs, and to superimpose these techniques on a high theta state, to see if this offers a key to the laboratory production of OBEs in ordinary subjects. The major achievement of the present experiment has been to demonstrate that OBEs can occur in a laboratory setting, and are thus amenable to scientific investigation.

(1969, Proceedings of the Parapsychological Association.)

This article was originally published under the above title in the Proceedings of the Parapsychological Association, W. Roll, R. Morris & J. Morris (Eds.), Nov. 6, 1969, pp. 43–44. The contents of this document are Copyright © 1969 by the Parapsychological Association.
Let's see what Beth Coleman has to say about Brainwaves: But first let me mention that Beth Coleman seem to be a "One Stop Knowledge Stop" about all things Metaphysical and even otherwise! Contact Beth Coleman at: thetahealing22@yahoo.com
http://www.bethcoleman.net/brainwaves.html

What are the function of the various brainwaves?

by Beth Coleman.

The brain produces waves of currents that flow throughout its neural pathways. The type of brainwave is defined by the frequency at which it is pulsing. The particular rate of pulsation determines your state of mind. There are often several patterns interacting at one time.

Entrainment can be utilized to synchronize your brain to specific frequencies. Two tuning forks of the same pitch will both resonate at the same frequency when one is struck. Brains operate much like a resonance chamber, oscillating pulses and patterns of neural excitations ripple through our brains much like never-ending waves in a dynamic pond of subtle electrical matter. Brainwave entrainment and binaural beats occur naturally in our environment.

We are learning more about how these states can be summoned and harnessed to create mindstates that are conducive to expanded states of consciousness. Great ideas occur during this time period. Einstein came up with the theory of relativity in this state, and likewise, one of the Watson and Crick pair visualized the double helix in this mindstate successfully cracking the illusive architecture of DNA.

Brains have a left and a right hemisphere. The left hemisphere is linear, logical, practical, and time orientated. The right hemisphere is non-linear, abstract, creative, holistic, and non-logical. Accountants use less of the right hemisphere than artists would. We use one hemisphere at a time, favoring a particular hemisphere depending on activities. For math you would use more of the left side. Painting a picture, you would use more right hemispheric activity. It's not that simple, since both hemispheres are constantly interacting and both can be in use at the same time.

These hemispheres are connected by the corpus callosum. It is a bridge between both sides. It can be exercised and strengthened until it is physically larger and more capable of transmitting data, thoughts and feedback between hemispheres.

By merging both hemispheres and allowing them to work together you can increase mental fitness (like having a faster modem working at faster speeds). A more integrated system creates better performance. Edgar Cayce, a famous clairvoyant healer was found to have an unusually large corpus callosum.
The brain is an electrochemical organ; and speculations are that a fully functioning brain can generate as much as 10 watts of electrical power. More conservative investigators calculated that if all 10 billion interconnected nerve cells discharged at one time that a single electrode placed on the human scalp would record 5 millionths to 50 millionths of a volt. Electrical activity emanating from the brain is displayed in brainwaves.

When the brain is aroused and actively engaged in mental activities, it generates beta waves. These beta waves are of relatively low amplitude, and are the fastest of the four different brainwaves. Beta waves are characteristics of a strongly engaged mind or active conversation.

Where beta represented arousal, alpha represents non-arousal. Alpha brainwaves are slower and higher in amplitude. A person who sits down to rest, reflect or meditate is often in an alpha state.

Theta brainwaves, are even greater amplitude and slower frequency. A person who begins to daydream, who is driving on a freeway, and discovers that they can't recall the last five miles, is often in a theta state.

Delta brainwaves are of the greatest amplitude and slowest frequency. Deep dreamless sleep is the lowest frequency. Humans dream in 90 minute cycles. When the delta brainwave frequencies increase into the frequency of theta brainwaves, active dreaming takes place. Rapid eye movement (REM) is characteristic of active dreaming.

Although one brainwave state may predominate at any given time, depending on activity level, the remaining three brain states are present in the mix of brainwaves at all times. Knowledge of brainwave states enhances ability to make use of specialized characteristics of those states. (being intensely focused, relaxed, creative and in restful sleep.)

Doctors doing electroencephalograph (EEG) work on clients with ADD find that the person has a predominant theta brainwave pattern. People without ADD are normally in the beta range.

Beth Coleman makes it easy for us with this handy table:

Here is a table showing altered states, measured brainwaves and the state of mind experiencing these states:
NORMAL CONSCIOUS STATE ~ NORMAL MATERIAL LIFE:
High Beta 30 ~ 23 Hertz Panic, Hyperactivity
Beta 22.99 ~ 16 Hz Twitchy
Low Beta 15.99 ~ 14.5 Hz OK, Normal Consciousness
Beta/Alpha 14.49 ~ 13.5 Hz Calm
High Alpha 13.49 ~ 12.4 Hz Quietness

ALTERED STATES OF CONSCIOUSNESS:
Alpha 12.39 ~ 9.9 Hz Start of Meditation
Low Alpha 9.89 ~ 8.2 Hz Inspiration, Mental Mediumship—Clairvoyance etc.
Alpha/Theta 8.19 ~ 7.7 Hz Light Trance, Overshadowing
High Theta 7.69 ~ 7.1 Hz Partial Loss of Awareness
Theta 7 ~ 4.9 Hz Further Loss of Awareness
Low Theta 4.89 ~ 4.3 Hz Deeper Trance
Theta/Delta 4.29 ~ 3.9 Hz Out of Body Feeling
High Delta 3.89 ~ 3 Hz Guides Controlling
Delta 2.9 ~ 1.5 Hz Passive Body
Low Delta 1.49 ~ 0.5 Hz Full Deep Trance
Panning 0.49 ~ 0.01 Hz Where Have You Gone?

BRAINWAVE: RANGE: CORRESPONDING MENTAL STATE (....excluding those ranges higher than beta such as gamma)

BETA waves 13 to 30 Hz the fastest waves, most commonly found during our waking state, associated with outward awareness, engaged mind, arousal, actively perceiving and evaluating forms of data through the senses; also present with fear, anger, worry, hunger, and surprise.

ALPHA waves 7 to 13 Hz associated with non-drowsy but relaxed, tranquil state of consciousness, less engagement and arousal, pleasant inward awareness, body/mind integration, present during meditation and states of relaxation
THETA waves 3 to 7 Hz associated with increased recall, creativity, imagery and visualization, free-flowing thought, future planning, inspiration, drowsiness, present during dreaming and REM states

DELTA waves .1 to 3 Hz associated with deep dreamless sleep, deep trance state pituitary release of growth hormone, self-healing, present during deep levels of non-REM sleep.
More Theta Brainwaves; from Beth Coleman:

THETA WAVES Theta waves (4–7 cps) occur in sleep and are dominant in our highest state of meditation. We normally only experience theta waves as we drift off to sleep, during some dreaming, and as we return from the depths of delta sleep. The pictures we perceive as we drift off and awaken are in theta wave. During theta wave meditations, we are in a waking dream where vivid imagery flashes before our inner vision. In this state, we are extremely receptive to information sent from the higher dimensions.

Individuals who do a lot of freeway driving often get good ideas during those periods when they are in theta. Individuals who run outdoors often are in the state of mental relaxation that is slower than alpha and when in theta, they are prone to a flow of ideas. This can also occur in the shower or tub or even while shaving or brushing your hair. It is a state where tasks become so automatic that you can mentally disengage from them. The ideation that can take place during the theta state is often free flow and occurs without censorship or guilt. It is typically a very positive mental state.

The Shamanic State of Consciousness, which are Theta brainwaves, allows us to journey into the higher planes. The steady-rhythmic beat of the drum struck four and one-half times per second (theta waves are 4–7 cps) is the key to transporting a shaman into the deepest part of his or her Shamanic trance. The constant and rhythmic-drone of Tibetan Buddhist chants that transport the monks and other listeners into realms of blissful meditation also follow this rhythm.

Theta waves have also been identified as the gateway to learning and memory.

Theta meditation increases creativity, enhances learning, reduces stress and awakens intuition as well as other extrasensory perception skills. Theta consciousness allows us to connect with our creative inspirations, spiritual guidance and peak experiences. Through theta wave meditation, we can open our Third Eye and access the delta waves that unite us with Universal Energy and Cosmic Consciousness.

The Theta state is where intuition comes, instantaneous healings occur and accelerated learning occurs. Einstein trained himself to spend many hours in that state. It is where you feel one with All.

You are in Theta when you imprint self agreements. To remove those agreements return to Theta. Theta enables us to pull and replace specific programs on all levels where they are stored in the body: from cellular memory, genetic and generational patterns, core belief level and the soul level. Freeing us from these patterns liberates us!

This (Theta) allows us to create the life we dream of having!
**Common Depiction of Human Brain**

**Question?**
But what about the rest of the Central Nervous System and all the ganglia and even the brain stem? What about the whole body plexus of interconnected nerve and lymphatic tissues?

**Answer:**
The field effect from the ELF Generator affects all this part. The "Field Effect" from the ELF Generator affects all the body, every part... The "Hemisynch" tapes and headphones only affect the ears, really. The ELF Generator affects the ears too; with the electromagnetic field from the 1/4 wavelength antenna affecting the ears inside and out.

**Why?**
Because all the parts better to make whole. Our Etheric Double, the Being within us all; the spark of Life animating us; this is the Crux of the matter; not just the physical brain. Inner Self come out with The ELF Generator!
Representation drawing of the Human Body Nervous System; (from the BBC). Notice that the body whole is much larger than just the Brain... The ELF Generator affects the whole body; and can be integrated with headphone devices! The means the "Field Effect" from the ELF Generator affects the body whole...


Don't think just Brain; Think of the whole big package of what an ELF Generator can do for you!

Think about all those things; all those "Hot Buttons" that need to be manifested to get what you really want.
Comprehensive List of Frequencies:
From ElectroHerbalism: The work of Michael P. Triggs:
http://www.electroherbalism.com/Bioelectronics/FrequenciesandAnecdotes/BrainwaveFrequencyList.htm

Brainwave Frequency List
This is a listing of frequencies that various parties have claimed can affect the human mind or body in some way. The following sorts of frequencies are included:

* Brainwave Frequencies – These are frequencies associated with various mental states. Using brainwave entrainment, you can coax your brainwaves to a certain frequency, and in doing so, achieve the mental state associated with that frequency.

* Healing Frequencies – These are frequencies that various parties claim could be used to heal illnesses of different kinds, or stimulate some region of the body (chakras). The medium used to do this varies – some of these parties used devices that generated EM fields which were applied to a precise part of the body, while others used vibration and sound. (I don’t have any experience with using EM fields – most of my personal toying about with this stuff uses a sound medium.)

* Natural Phenomena Frequencies – This includes natural frequencies that occur in nature [Schumann's Resonance, for instance], as well as sound tones calculated from the revolution/orbit of the various planets. The sources claimed that they could affect humans in a variety of ways.

CYCLES PER SECOND (HERTZ), and Correspondences to MENTAL STATES, PHYSIOLOGY, COLORS, NOTES & PLANETS

These frequencies are of all types; light, sound, electrical, etc. The two- or three-character source codes after each frequency are defined at the Bibliography following on page 27.

0.1–1 Organ/muscle resonances [SS]
0.1–3 Delta range, according to [NEU] – deep sleep, lucid dreaming, increased immune functions, hypnosis [NEU]; "Monroe focus 21" [MB2 via DW]
0.16 – 10 – Neuralgias [AT]
0.18 – 10 – Behavior Modification therapy [AT]
0.20 – 0.26 – Dental pain [AT]
0.20 – 10 – Post-traumatics [AT]
0.28 – 2.15 – Alcohol addiction [AT]
0.28 – 10 – Arthritis [AT]
0.30 – 0.15 – Depression [AT]
0.30 – 10 – Cervobrachial syndrome [AT]
0.37 – 2.15 – Drug addiction [AT]
0.40 – 10 – Confusion [AT]
0.45 – 10 – Muscle pain [AT]
Below 0.5 – Epsilon range, extraordinary states of consciousness, high states of meditation, ecstatic states of consciousness, high-level inspiration states, spiritual insight, out-of-body experiences, Yogic states of suspended animation. [CNR]
0.5 – very relaxing, against headache [MB], for lower back pain [AS]; Thyroid, reproductive, excretory stimulant, whole brain toner [SS]
0.5–1.5 Pain relief [SS + CMP]; endorphins, better hypnosis [SS]

0.5–3 Delta range, according to [RA]
0.5–4 Delta range, according to [SS, PWM + AWI]. Deep dreamless sleep, trance, suspended animation [SS]; Anti-aging. Reduces amount of cortisol, a hormone associated with stress & aging. Increases the levels of DHEA (anti-aging) & melatonin (decreases aging process.) [BAR]; Associated with unconscious mind & sleep state – in conjunction with other frequencies in a waking state, "Delta acts as a form of radar - seeking out information – reaching out to understand on the deepest unconscious level things that we can't understand through thought process." Provides intuition, empathetic attunement & instinctual insight. [AWI]; Conducive to miracle type healing, divine knowledge, inner being & personal growth, rebirth, trauma recovery, "one with the universe" experiences (Samadhi), near death experience, characterized by "unknowing", merely a blissful "being" state such as deep sleep or coma. [PWM via DW]

* The anti-aging info comes from a Brainwave Generator preset authored by TheMind2 – he uses binaurals at 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5 & 4.0 HZ. They all play simultaneously.

0.9 Euphoria [SS]
0.95 – 10 – Whiplash [AT]
1–3 – Delta: deep, dreamless sleep, trance state, non-REM sleep [??]; profound relaxation, restorative sleep, feelings of tranquility & peace, if one can remain aware [VUG via DW]

*There's disagreement over where the delta range begins & ends – [SS, PWM + AWI] list it as 0.5 to 4.0 HZ, [NEU] 0.1 to 3.0 HZ, & [RA] considers it 0.5 to 3.0 HZ.

1.0 – Feeling of well-being, pituitary stimulation to release growth hormone; overall view of inter-relationships; harmony & balance [MB]
1.05 Helps hair grow + get its color back [RA]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]
1.2 – (used on) headaches [RS]
1.45 – Tri-thalamic entrainment format. According to Ronald deStrulle, creates entrainment between hypothalamus, pituitary & pineal. May benefit dyslexics + people with Alzheimer's. [MP2]
1.5 Abrahams Universal Healing Rate [SS]; Sleep [NEU]; Those individuals whose ailments have manifested into the fourth stage of Chronic Fatigue, where some form of disease is apparent, experienced a release from the negative sensation of their symptoms when moved into 1.5HZ. [NYT via NEU]
1.8 Sinus Congestion seems to clear centering around 1.8 HZ [MPT] (tested with binaural beats, primarily)
2.15 – 10 – Tendovaginitis [AT]
2.06 Associated with coccyx (small triangular bone at end of the spinal column) [TOS]
2.30 Associated with genitals [TOS]
2.5 – pain relief, relaxation [MB]; production of endogenous opiates. [EQ]; Use for sedative effect [ESP]; Sedative effect – reported use on bleeding, bruises, insomnia, and sinusitis. [RS]
2.57 Associated with bladder [TOS]
2.67 Associated with intestines [TOS]
3.0–5.5 – "Theta1" Range. [DW]

*[DW] divides the Theta Range into Theta1 & Theta2.
3.0 Increased Reaction Time [RT] [SS]; 3.0 HZ & below used to reduce muscle tension headaches, but worked less well on migraines & sinus headaches. [RED]; used to treat allergies, in conjunction with 330 HZ [RS]
3.07 Associated with navel chakra (hara) (3cm or 1.5 inch below navel, balance of pelvis) [TOS]
3 – 4 Influences physical vision [SS]
3 – 6 Childhood awareness/vivid memories [SS+RA]
3 – 8 Theta Range according to [NEU]; deep relaxation, meditation, increased memory, focus, creativity, lucid dreaming, hypnagogic state [NEU]
3.4 – Sound sleep
3.5 – Feeling of unity with everything, accelerated language retention [x]; enhancement of receptivity [MB]; Earth Resonance (?) [SS]; (a remedy for) depression & anxiety [ESR]; Whole being regeneration, DNA stimulation [DIV]
*MPT I was under the impression the Earth Resonance is 7.83 HZ – unless [SS] is talking about a different earth resonance.
3.6 (a remedy for) anger & irritability [ESR]
3.84 Associated with ovaries (Effects=vitality, life at every level) [TOS]
3.9 (a remedy for) unsociable behavior [ESR]; Theta/Delta brainwave range – crystal clear meditation, lucid dreams, enhanced inner awareness, "facilitates easy access to inner resources & creates space for inner peace + self-renewal". [SED]
4–6 – attitude & behavior change [MH]

4–7 – Theta Range: recall, fantasy, imagery, creativity, planning, dreaming, switching thoughts, Zen meditation, drowsiness; Access to subconscious images, deep meditation, reduced blood pressure, said to cure addictions [SS]; Reset the brain's sodium potassium levels, which cuts down on mental fatigue [INT]; Increases sex drive [INT]; Meditation, Intuitive Augmentation [NEU]; Near Sleep brainwaves, conducive to profound inner peace, "mystical truths", transforming unconsciously held limiting beliefs, physical & emotional healing, purpose of life exploration, inner wisdom, faith, meditation, some psychic abilities, & retrieving unconscious material. [PWB]; bursts of inspiration, twilight sleep learning, deep relaxation, reverie, high levels of awareness, vivid mental imagery. Hypnopompic & Hypnologic states [NSS via DW];

*Some disagreement over the theta range – [NEU] lists it as 3.0 to 8.0 HZ. [AWI] lists it as 4.0 to 8.0 HZ. [RA] & [PWB] both have it as 4.0 to 7.0. [DW] divides it into two ranges, Theta1 (3.0–5.5 Hz) & Theta2 (5.5–8.0 Hz).

4.0 – 8.0 Hz Theta State according to [AWI]+[VUG via DW] – present in dreaming sleep, deep meditation, storehouse of creative inspiration, spiritual connection, subconscious mind [AWI]; creative insight, twilight ("sleep") learning, vivid mental imagery. Found in advanced meditators [VUG via DW]
4–12 Skeletal muscle resonances [SS]
4.0 – Enkephalins, Extrasensory perception [MB]; Astral Projection, Telepathy, "Seduction mindset" [DIV]; Catecholamines, vital for memory & learning, respond at around 4 HZ. [PSI]; Subconscious Problem Solving/Full Memory Scanning (if one can manage to stay awake) [RA+CAV via DW]; Associated with object naming, an important aspect of memory [TDM via DW]; "Those who suffer from Chronic Fatigue exhaust very easily. When moved to 4HZ these individuals showed marked improvement in the length of time between the occurrence of exhaustion after certain exercises were completed." [NYT via NEU]
4.11 Associated with kidneys (Effects=strength) [TOS]
4.5 Shamanic State Of Consciousness/Tibetan Buddhist Chants [MMF via DW]
4.5–6.5 Wakeful dreaming, vivid images [SS]
4.6 Associated with spleen & blood (Effects=Emotional Impulse) [TOS]
4.9 – Introspection [SS]; Induce relaxation, meditation, & deeper sleep [ESR]
5.0 – unusual problem solving [×] reduced sleep needed, theta sounds replacing need for extensive dreaming [INT]; relaxed states, pain-relief (beta endorphin increases of 10–50% reported) [INT]; Alleged Sphincter Resonance (mechanical)(not good) [TB]
5.0 – 10.0 Relaxation [NEU]
5.14 Associated with stomach (Effects=Emotional Acceptance) [TOS]
5.35 Associated with lungs (Effects=Oxygen, Heat) [TOS]

5.5–8.0 "Theta2" frequency range: .. Consists of trains (long runs) of rhythmic frontal activity centering at 6.5–Hz with amplitudes reaching the 50–100 uV (micro-volt) range. .. Is induced in some people by the performance of a mental task such as mental arithmetic, tracing a maze, counting the number of cubes piled in a three-dimensional representation, & imaging a scene. .. More common in extroverts with low traits of neurosis & anxiety. Because Theta2 is associated with mental tasks & its influence is seen in evoked potential latencies, Mizuki (1987) believes that the appearance of Theta2 closely relates to mechanisms of attention or arousal. [DW]
5.5 – Moves beyond knowledge to knowing, shows vision of growth needed; "Inner Guidance" [SS]; Inner Guidance, intuition, heat generation [DIV]
5.8 (reduce) Fear, Absent-mindedness, Dizziness [ESR]
6.0 – 10.0 Creative Visualization – about 6hz for a while, then up to 10hz [NEU]
6–9.6 Somatic Responses, tingling, pressure, heat [SS]
6.15 Associated with heart (Effects=love, warmth) [TOS]
6.2–6.7 Frontal Midline Theta (Fm Theta) is a specific EEG frequency seen in those subjects actively engaged in cognitive activity, such as solving math problems & playing Tetris [TDM via DW]
6.26–6.6 Hemispheric desync, confusion, anxiety, low Reaction Time, depression insomnia [SS]
6.30 Hz – Mental & astral projection [SS seconded this]; accelerated learning & increased memory retention.[?]; (reduce) Anger + Irritability [ESR]

7.0 – 8.0 For healing purposes, like laying of hands by a healer, or self visualization in a healing situation [RA]; Treatment of Addictions [DW]
7.0 – Mental & astral projection, bending objects, psychic surgery; Increased Reaction Time [SS]; Mass aggregate frequency (can deaggregate matter), alleged to resonate & rupture organs at excessive intensity [TB]; Treatment of sleep disturbances [PGS via DW]
7.5 – Inter-awareness of self & purpose; guided meditation; creative thought for art, invention music, etc.; contact with spirit guides for direction; entry into meditation [MB]; At 7.5 HZ subjects who before suffered from confused thinking reported an ease at finding solutions to troublesome problems after a re-evaluation was conducted. [NYT via NEU]; (?) Earth magnetic field frequency, useful theta (brain) waves frequency [TB]
7.5 – 8 For Treating Alcohol + Drug Addiction – This range of frequencies tells a person they're satisfied, which is "missing" in addictive personalities [RA]
7.69 Associated with shoulders (Effects=strength of the arms, expansion, teaching) [TOS]
7.8 Schumann Resonance (see 7.83 Hz), ESP activation [DIV]; Doyere's group (1993), found that short high frequency bursts at 7.7 Hz induced LTP in prefrontal cortex, though only for one day. [AA via DW]
7.8–8 Stimulates ESP, paranormal [SS]
7.83 – Earth Resonance, grounding [×], "Schumann Resonance." [TS, ESR+HSW, MAG]; anti-jetlag, anti-mind control, improved stress tolerance [SS]; psychic healing experiments [ESR]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; Earth Resonance Frequency – 'leaves you feeling revitalized like you've spent a day in the country.' [PWM via DW]; reports of accelerated healing/enhanced learning – "the earth's natural brainwave" [MAG]

* [HSW] notes that overtones of the Schumann Resonance can also stimulate the pituitary in the same way that 7.83 Hz can – especially 31.32 Hz.
8–8.6 Reduced Stress/Anxiety [SS]
8.0–10.0 learning new information [MH]; Alpha – Rapid Refreshment 15 min [NEU]
8.0–12.0 – Alpha range (per NEU, RA, PWM & NSS) – light relaxation, "super learning", positive thinking. [NEU]; Slower brain waves that are conducive to creative problem solving, accelerated learning, mood elevation, stress reduction, etc., characterized by intuitive insights, creative "juice", inspiration, motivation, daydreams etc. Relaxed, yet alert [PWM via DW]; Associated with calm, relaxed, unfocused (not concentrating), lucid mental states, dream sleep & pleasant drifting feelings or emotions. [NSS ]

8–13 – Alpha range – Non-drowsy but relaxed, tranquil state of consciousness, primarily with pleasant inward awareness; body/mind integration.; Amplifies dowsing, empty-mind states, detachment, daydreams, mind/body integration. (can cause) epileptic seizures [SS]; *Note : [NEU], [RA], [PWM] & [NSS] consider the alpha range to be 8.0–12.0. [AWI] considers it 9.0–14.0. [VUG] has it as 9.0–13.0.

8–14 – Qi Gong and infrasonic Qi Gong machine [QG]
8.0 – Past life regression [x]; More Lymphocytes, DNA repair (RAD–6) [SS]; Associated with Base/Muladhara chakra (Color=Red) (Body Parts=Adrenals, Spinal Column, Kidneys) (Effects=Physical energy, will to live)(Note=C) [OML]
8.22 Associated with mouth (Effects=speech, creativity) [TOS]
8.3 – Pick up visual images of mental objects [??]; clairvoyance [SS]; "Monroe Focus 12?" [NEU]
8.6–9.8 Induces sleep, tingling sensations [SS]
9.0, 11.0, 16.0 [bad] documented calcium ion migration (brain tissue) [SS]
9.0 – 13.0 – Alpha Range (according to [VUG]) – relaxed, not thinking about anything in particular, sometimes a pleasurable feeling of "floating". Often dominant in certain kinds of meditation, alpha waves have for the past twenty years been associated with calm, lucid mental states (the "alpha state"). They're also often detected during dream sleep. This pattern typically occurs in daydreaming, relaxed awareness, guided or focused imagery & smoothly rhythmic athletic activity. There's often a euphoric, effortless feeling of "flow" as the doer is absorbed in activity and subject + object are felt to be united. [VUG via DW]

9.0 – 14.0 Alpha range (according to [AWI]) – Relaxed & detached awareness, visualization, sensory imagery, light reverie. Also, gateway to meditation – provides bridge between the conscious & subconscious mind. [AWI]
9.0 – Awareness of causes of body imbalance & means for balance[×] Blind person phantom touch reading (somatosensory cortex) [RA]; Associated with Sacral/Svadhishthana chakra (Color=Orange) (Body Parts=Gonads, Reproductive System) (Effects=Relationships/Sexuality) (Note=D) [OML]
9.19 Associated with upper lip (Effects=emotions, conflict resolution) [TOS]
9.4 Major frequency used for prostate problems. [ESR] – Self-explanatory. =)
9.41 – Pyramid frequency (outside) (I can't find a good definition of "Pyramid Frequency". Anybody?)
9.5–10 – Center of Alpha Range – The brain's scanning/idling frequency – indicating a brain standing by, waiting to "give way to beta should attention be required, or be the bridge, the gate, to Theta & Delta for drowsiness, sleep, and certain cognitive challenges. [DW]
9.6 – Mean dominant frequency associated with earth's magnetic field [EQ]; Facial Toning [ESR] (I'm not completely sure what "facial toning" is.. Anybody?)
9.8–10.6 Alertness [SS]

10 – enhanced release of serotonin & mood elevator, universally beneficial, use to try effects of other mixes [MB]. Acts as an analgesic, safest frequency, especially for hangover & jet lag. [EQ] Meg Patterson used for nicotine withdrawal. [MB3] dominant alpha frequency, clarity, normalcy, anti-convulsant, circadian rhythm resync, activate kidneys, raise body temp, more serotonin [SS]; Good when trying to correlate information by the subconscious – Sort of a waiting frequency while the subconscious does the work at lower frequencies. [RA]; Motor impulse coordination (Motor Control cortex) [RA]; Learning a foreign language [RA+PWM via DW]; Centering, Sleep Spindles, Arousal [DIV]; Associated with Solar Plexus/Manipura chakra (Color=Yellow) (Body Parts=Pancreas, Stomach, Liver, Gall Bladder, Nervous System) (Effects=Spirtual wisdom, self-healing)(Note=E) [OML]; Increased alertness (caused by an increase in norepinephrine + serotonin & a decrease in melatonin), sense of well being & decreased pain (caused by increase in beta-endorphins) [RED]; Adrenal Stimulant [RS];
Significant improvements in memory, reading & spelling are reported (in conjunction with 18 HZ) [RUS via DW]; Treatment for Attention Deficit Disorder/Hyperactivity [LUB via DW]; Treatment for closed head injury [HOF via DW]; 'Berger Rhythm' [BER via DW]; (used on) headaches [RS] 10–14 Dream/sleep spindles [SS] 10.2 Catecholamines 10.3 Associated With Nasal Passages (Effects=breathing, taste) [TOS] 10.5 – Frequency for healing of body, mind/body unity, firewalking [x]; potent stabilizer & stimulating for the immunity, valuable in convalescence. [MB] Relaxed alertness, contemplation, body healing, mind over matter [SS] Lowering Blood Pressure [RA+PWM via DW]; Associated with Heart/Anahata chakra (Color=Green) (Body Parts=Thymus, Heart, Blood, Circulatory System) (Effects=Love of Life, love of self & others) (Note=F) [OML] 10.6 – Relaxed & alert 10.7 Associated with ears (Effects=hearing, formal concepts) [TOS] 11.0 (& Below) – Stress Reduction (DW) 11–14 Focused alertness [SS] 11.0 (used to) achieve "relaxed yet alert" states. [PWM] 11.5–14.5 An implication for neurotherapy is that if increased intelligence + mental efficiency is the objective, then a frequency band with a 13–Hz center should be used. A more desirable frequency band than 12 to 15–Hz is 11.5 to 14.5–Hz. [DW] 12.0 – Centering, doorway to all other frequencies [x]; frequency of earth resonance (Hercules – a researcher); Centering, mental stability, transitional point, time seems faster [SS]; To stimulate mental clarity [ESR]; Associated with Throat/Vishuddha chakra (Color=Blue) (Body Parts=Thyroid, Lungs, Vocal Cords) (Effects=Expression/self in society)(Note=G) [OML] 12.3 Associated with eyes (Effects=Visualization) [TOS] 12.0–14.0 Learning Frequency – Good for absorbing information passively, when you plan to think about it later. [RA] * [RA] distinguishes between active studying where you're processing information & passive studying where you're just trying to absorb information + plan to think about it later. For the former, he suggests 36 to 44 HZ. 12.0–15.0 Beta (low) – relaxed focus, improved attentive abilities [NEU]; Treating Hyperactivity [RA]; Sensor motor Rhythm (SMR) – Used in the treatment of mild autism [AUT via DW] 13–27 – Beta Range (according to [NSS]) – Associated with focused attention towards external stimuli, alert mental activity, normal waking consciousness, & active thought processes. [NSS via DW] 13–30 – Beta Range – Normal wakefulness, the taking in & evaluating of various forms of data received through the senses. It's present with worry, anger, fear, hunger & surprise. [x] Waking state, motivation, outer awareness, survival, problem solving, arousal, dendrite growth, combats drowsiness [SS]; Conscious Thinking, Autonomic Processes & Emotions [EH] * [NSS] considers Beta to be 13–27 HZ, [AWI] considers it 14–38 HZ, [PWM] & [RA] consider it 13–40 HZ, and [VUG] (seems to) consider it 14–30 HZ. * [NEU] breaks up Beta into ranges – Low Beta=12–15 HZ, Mid Beta=15–18 HZ, & High Beta=18.0+ HZ. 13–40 Beta Range (according to [RA] + [PWM]) – a high frequency pattern, conducive to stimulating energy + action; most of our current institutionalized education is beta geared, characterized by logical, analytical, intellectual thinking, verbal communication, etc. [PWM via DW] 13.0 – Alleged sphincter resonance (mechanical)(not good) [TB]; Associated with Brow/Ajna chakra (Color=Indigo/Violet) (Body Parts=Pituitary, Lower Brain, Left Eye, Ears, Nose, Nervous System)(Effects=Visualization, Conceptualization)(Note=A) [OML] 13.8 – Associated with Frontal Lobes (Effects=the seventh sense, final decision) [TOS] 14–16 – associated with sleep spindles on EEG during second stage of sleep [EQ] [note SS said 10–14] 14–15 – Slows conditioned reflexes [SS] 14.0–30.0 – Beta Range (?I think? according to VUG) – This pattern is optimal for intense mental activities such as calculations, linear logical analyses & other highly structured functions [VUG via DW]
14.0 – Awake & alert [??]; Alert focusing, vitality, concentration on tasks [SS?]; Schumann Resonance (2nd of 7 frequencies. 7.83 HZ being the first) [TS+HSW]; pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; Intelligence Enhancement in conjunction with 22.0 HZ (medium=audio-visual stimulation) [APE] * [APE] used audio-visual stimulation alternating between 14 & 22 HZ. Check the link under [APE]'s bibliography entry for more information.
14.1 "Earth Resonance" [SS]; Earth Harmonics – accelerated healing [DIV] (probably tied to Schumann Resonance above.)

15.0–18.0 Beta (mid) – increased mental ability, focus, alertness, IQ [NEU]
15–24 Euphoria [SS] * I will vouch for this one – I find binaurally produced tones between 18 HZ & 21 HZ have very pleasant results, in a jogger's high sort of way. This effect seems the strongest around 20 HZ. While other sources equate this frequency range with stress, I'm thinking it might be like the roar of a car engine – in small doses, it can be quite a rush, but too much of it can lead to a headache. The serotonin system is funny like that. [MPT]

15 – chronic pain [MB]; Sound which bypasses the ears for sublimination (auditory cortex) [RA]; Associated with Crown/Sahasrara chakra (Color=Violet/White) (Body Parts=Pineal, Upper Brain, Right Eye)(Effects=Integration of personality & spirituality.) (Note=B) [OML]
15.4 – Associated with Cortex (Effects=intelligence) [TOS]

16.0 – bottom limit of normal hearing [MP2]; Release oxygen & calcium into cells [CC]
16.4 Associated with top of head (Effects=spirit, liberation, transcendence) [TOS]

18.0–22.0 – Beta: outward awareness, sensory data [??]; Throws brain's sodium/potassium levels out of balance, resulting in mental fatigue. [INT]; Theoretically can be used to achieve a "relaxed body/focus mind" state of consciousness [DW] * [INT] + [DW] seem to contradict each other here.
18.0 Beta (high) – fully awake, normal state of alertness, stress & anxiety [NEU]; Significant improvements in memory, reading & spelling are reported (in conjunction with 10 HZ) [RUS via DW]; (used to) improve hyperactive behavior [PWM via DW]
20–30 Phospene imagery, peak luminosity in visual field [SS]

20–40 Meditation For Stress Relief/Just At The Edge Of Audible Sound/As A Musical Background [RA]
20.0 – fatigue, energize. Causes distress during labor.[EQ]; Human Hearing Threshold [SS]; Schumann Resonance (3rd frequency of 7) [TS+HSW]; Imposing subconscious commands on another (thought center) [RA]; Stimulation of pineal gland [ESR][JB]; Helps with tinnitus (a condition that causes ear-ringing) [JB]; Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]; Adrenal Stimulant, (used on) sinus disorders/sinus infection/head cold/headache [RS]; Commonly used "cure-all" Rife Frequency [CR]
20.215 LSD 25 [PSI] (he implies it could mimic the effects of)
20.3 "Earth Resonance" [SS] * Probably the same thing as the Schumann Resonance at 20 HZ.
22.0 Used in conjunction with 14 HZ for intelligence enhancement (medium=audio-visual stimulation)[APE]; Used in conjunction with 40 HZ for 'out of body' travel [EWI via DW]; Also used with 40 HZ for psychic healing. [FAH via DW] * [APE] used audio-visual stimulation alternating between 14 and 22 HZ. Check the link under [APE]'s bibliography entry for more information.
22.027 Serotonin [PSI] (he's unclear what he means by this)
25.0 Bypassing the eyes for images imprinting (visual cortex) [RA]; Tested clinically with patients who complain of anxiety [PGS via DW]
26.0 Schumann Resonance (4th frequency of 7) [TS+HSW]; Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) [HSW]
26.4 "Earth Resonance" [SS]
27.5 lowest note on a piano [MP2]
30 Meg Patterson used for marijuana. [MB3]
30 – 60 Gamma Range – little known but includes decision making in a fear situation, muscle tension,
* [INT] considers Gamma to start at 40 HZ.
30 – 190 Lumbago [AT]
30–500 High Beta: Not associated currently with any state of mind. Some effects have been observed,
but currently not enough research has been done in this area, to prove, or disprove, anything.; a few
people able to replicate at will (? - not sure what that last point means)
* Starting at 30 HZ, sources begin to seriously disagree over what the names of each range are.
* [EH] considers 30 to be the beginning of the Gamma range, which it believes run to 60. It then
considers 60 to 120 to be the Lambda range.
* Incidentally, [INT] believes that 40 is where Beta ends & Gamma begins.
31.32 Schumann Resonance (5th frequency of 7) – pituitary stimulation to release growth hormone
(helps develop muscle, recover from injuries, rejuvenation effects) [HSW]
* [HSW] is a bit off from the other sources on the exact value of this overtone of the Schumann
Resonance.
32 Desensitizer; enhanced vigor & alertness [MB]

33 Christ consciousness, hypersensitivity, Pyramid frequency (inside);
Schumann Resonance (5th frequency of 7) [TS]
* Funky coinidence it lines up with the Christ Consciousness & Pyramid frequency, eh? I've had some
interesting results with this one -- particularly when I overlap waves at 9.0 HZ (pyramid outside
frequency). The mind tends to wander in funny ways.
35 – 150 Fractures [AT]
35 – 193 Arthralgia [AT]
35 Awakening of mid-chakras, balance of chakras
Waking Operating State [RA]; Frequencies of the olfactory bulb, prepiriform cortex & amygdala
38 Endorphin release [WL]
39.0 Schumann Resonance [6th frequency of 7] [TS]
40–60 anxiolytic effects & stimulates release of beta-endorphins [MB]
43 – 193 Carcinomatosis [AT]

40.0 – dominant when problem solving in fearful situations. [EQ]; Gamma – associated with information–rich task processing & high–level information processing [NEU]; "For
scientists who study the human brain, even its simplest act of perception is an event of astonishing
intricacy. 40 Hz brain activity may be a kind of binding mechanism", said Dr. Rodolfo Llinas, a
professor of neuroscience at New York University. Llinas believes that the 40-cycle-per-second wave
serves to connect structures in the cortex where advanced information processing occurs, and the
thalamus, a lower brain region where complex relay & integrative functions are carried out." [NME via
NEU]; Used in conjunction with 22 HZ for 'out of body' travel [EWI via DW]; Also used with 22 HZ for
psychic healing. [FAH via DW]; "40--Hz activity varies from 38.8 to 40.1–Hz, regardless of the
electrode site. The average frequency is in the ~39.5–Hz range. In summary, when the body is
profoundly relaxed & the mind is in a state of high focus and concentration, 20 & 40–Hz brain activity
can be seen in the raw and quantitative EEG of some subjects. It is possible that 18 to 22–Hz Beta &
possibly 40–Hz neurofeedback training may help create a "relaxed body/focused mind" state of
consciousness." [DW]; Activity in the ectosylvian & lateral cortex, medial geniculate, reticular
formation, center median thalamus & hippocampus [ROW via DW]; Confirming Sheer et al.'s work,
compared the EEG of middle– & high–I.Q. subjects during mental multiplication activity. A 40–Hz
rhythm occurred just prior to the subject's answering the question. Forty--Hz pulses are thought to
lead to synchroniz + coordination of neurons assigned to the processing of incoming sensory
stimulation. Put in "computerese," 40–Hz may be the brain's "operating system" frequency [GIA via
DW]
* Considered the dividing point between beta waves + gamma waves, although there's some
45.0 Schumann Resonance (7th frequency of 7)[TS]
46.98 – Useful for "weird effects" (use with 62.64 HZ and 70.47 HZ) [TB]
* [TB] gets the award for most ambiguous description. Although, I'm including it since it's a very
specific frequency. I'll research it further and try to dig up some additional information.
50–60 Documented negative effects too numerous to mention. There is no
 correlation given with signal strength or modality used, i.e. audio–visual, EMF, magnetic, electrostatic,
 gravitic. Also, most ELF research is now Government classified, particularly since the mid–1960’s when
 Hamer discovered behavioral effects as the result of applied sinusoidal field gradients as low as 4
 volts. [SS via DW]
 50.0 – dominant frequency of polyphasic muscle activity, mains electrical in U.K. [EQ]; Slower cerebral
 rhythms [??]
 55.0 – Tantric yoga; stimulates the kundalini.

60 – 120 Lambda Range – Little known but includes central nervous
 system activity [EH]
 60 electric power lines
 62.64 – Useful for "weird effects". (use with 46.98 HZ and 70.47 HZ) [TB]
 63 Astral projection [x]
 65.8 Associated with coccyx (small triangular bone at end of the spinal column) (higher octave of 2.06
 HZ) [TOS]

70–9,000 Voice spectrum [MP1]
70 Mental & astral projection ; Endorphin production/used with electro analgesia. [VPL]
70.47 Useful for “weird effects”. (use with 46.98 HZ and 62.64 HZ) [TB]
72 Emotional spectrum [??]; Used on sinusitis/sinus infection/head cold [RS]
73.6 Associated with genitals (higher octave of 2.30 HZ) [TOS]

80 Awareness & control of right direction. Appears to be involved in stimulating 5–
 hydroxytryptamine production, with 160Hz. Combine with 2.5 Hz. [EQ]
82.3 Associated with bladder (higher octave of 2.57 HZ) [TOS]
83 Third eye opening for some people
85.5 Associated with intestines (higher octave of 2.67 HZ) [TOS]

90.0 – 111.0 Pleasure-producing beta-endorphins rise between these
 frequencies. [PSI]
* In the MIDI scale, the notes that would fall in this range begin with F#3 and go up to A3. ["A3" being
 the fourth octave up -- since there's an A0, and A1, A2 lower than it.] Playing the F#3 and the A3 as a
 chord seems to function as a good painkiller. An additional undertone in the alpha range of
 frequencies sometimes helps too. [Try adding a tone around 12.5 HZ].
90.0 Good feelings, security, well-being, balancing [??]
95.0–125.0 Acoustical Resonances of Assorted Ancient Structures [ACS via DW]
95.0 Use for pain along with 3040 HZ [ESR]
98.4 Associated with Navel Chakra (hara) (3cm or 1.5 inch below navel, balance of pelvis) (higher
 octave of 3.07 HZ) [TOS]

100 Can help with pain [used with electrical stimulation] [CMP]
* The site specifically mentions it can be good for pain initially, but then recommends using 0.5 or 1.5
 to treat pain.
105 Overall view of complete situation
108 Total knowing
110.0 Frequency associated with stomach. [Note=A] [BH1][BH4]; Associated with ovaries
 (Effects=vitality, life at very level) (higher octave of 3.84 HZ) [TOS]
111 Beta endorphins [MB2], cell regeneration [??]
117.3 Frequency associated with Pancreas [Note=C#] [BH1][BH4]
120 – 500 P.S.I., moving of objects, changing matter, transmutation, psycho kinesis
120 Helps with fatigue (Medium=pad)[JB]; (used on) sinus disorders/sinus infection/head cold [RS]
125 Graham Potentializer; Stimulation

MH; (used on) sinusitis [RS]

126.22 – Sun, 32nd octave of Earth year [HC]; The Frequency Of The Sun (Note=C) (Color=Green) (Tempo=118.3 BPM) (Chakra=Manipura, also called Hara (associated with Navel & 3rd lumbar vertebrae)) (Effects=advances the feeling of centering of magic & of the transcendental) [HC/Planetware website]

* There seems to be a little disagreement between [HC] & [HC/Planetware] over what exactly this is the frequency of – [HC] ties this into the period it takes the earth to revolve around the sun, while [HC/Planetware] says this is the frequency it would take an imaginary planet to orbit the outside edge of the sun. My money is on the second, since there is another frequency that is given for the Earth year. (136.1 HZ)

* This is tricky to paraphrase, so here it is as it appeared on the Planetware website:

"Meditation carried out to this tone will lead to state beyond good and bad, shame and guilt, beyond space and time, knowledge and wisdom, action and rest an being and not-being. It leads to a state where being has no name, to a state where the all–one and the all encompassing are no longer separate entities but are reunited at their one common origin, the origin that is also you."

132.0 Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ) [TOS];
Associated with coccyx (small triangular bone at end of the spinal column) (higher octave of 2.06 HZ) [TOS]

136.1 Sun: light, warmth, joy, animus [RV]; Resonates with the earth year (Note=C#) (Color=Turquoise Green) (Effects=calming, meditative, relaxing, centering) [PSI]; Period it takes earth to revolve around sun (Tempo=63.8*127.6) (Chakra=Anahate/Heart chakra)(Effects=relaxing, soothing, balancing, harmony with the cosmos, associated with the soul {"frequency of the soul}} (Medicinal=Sedative) (Other=significant tone in Indian music {called it the "sadja" or "father to others" - it was a keynote} – corresponds to "OM" & the Christian "AMEN") [HC/Planetware website]

* Note : [PSI] seems to disagree a bit with the original source on the list. [PSI] says this one calms/centers, while the original source seems to associate it with happiness. Also some disagreement between [RV] and [HC/Planetware], once associating this with the sun, and the other associating this with the frequency with the earth year. I suppose you could associate the earth year with the sun, since it's the time it takes the earth to go around the sun, but 126.22 HZ uses "frequency of the sun" in a little different context. See the comments with that frequency for more.

140.25 Pluto: power, crisis & changes [??]; Frequency associated with the orbit of Pluto; (Note=C#) (Color=blue–green) (Tempo=65.7 * 131.4 BPM) (Effects = support the magic group dynamic principle and is said to be responsible for integration into certain structures of society) [HC/Planetware website]

141.27 Mercury: intellectuality, mobility [??]; Frequency associated with orbit of Mercury (Note=C# or D) (Color=blue–green or blue) (Tempo=66.2) (Chakra=Vishudda/Throat chakra) (Effects=Supports speech center and communicative–intellectual principle, associated with communication and cleverness) [HC/Planetware]

* [HC/Planetware] says the frequencies of planets revolving around the sun are less important than those of the moon, sun, and Earth.

* Again, I'm not sure how [HC/Planetware] is associating these frequencies with these chakras. {shrugs}

* A discrepancy in the note and color – they're both given twice – once as C# and blue–green, the second time as D and blue.

* [HC/Planetware] and [BH] seem to associate different frequencies with the revolutions of each planet – these frequencies are determined by HC/Planetware by taking higher octaves of the actual period – octaves that are in the audible range. [BH] might use even higher octaves than [HC/Planetware] does, or some other method completely.

144.0 (helps with) headaches (Medium=pad) [JB]
144.72 Mars: activity, energy, freedom, humor [??] ; Frequency associated with the orbit of Mars (Note=D) (Color=blue) (Tempo=67.8 * 135.6 BPM) (Effect : Supports strength of will and focused energy, ability for achievement) [HC/Planetware]
146.0 (used on) sinus infection/head cold [RS]
147.0 Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ) [TOS]; Associated with genitals (higher octave of 2.30 HZ) [TOS]

147.85 Saturn: separation, sorrow, death [??]; Frequency associated with orbit of Saturn (Note=D) (Color=Blue) (Tempo=69.3 * 138.6 BPM) (Effects=enhances concentration and the process of becoming conscious + shows very clearly karmic connections, brings structure and order – is considered to be a cosmic controller) [HC/Planetware]

160.0 Appears to be involved in stimulating 5-hydroxytryptamine production, with 80 Hz. [EQ]; Use for rapid relief from headaches [ESR]; used on sinus infection/head cold [RS]
164.3 Frequency associated with Gall Bladder [Note=E] [BH1][BH4]
165.0 Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ) [TOS]; Associated with bladder (higher octave of 2.57 HZ) [TOS]

171.0 Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ) [TOS]; Associated with intestines (higher octave of 2.67 HZ) [TOS]
172.06 – Resonates with the Platonic year (about 26,000 years) (Note=F) (Color= purple-violet) (Effects=joyful, cheerful, spiritual effect) [PSI]; The Frequency Of The Platonic Year (Color=red-violet (purple)) (Tempo=80.6 BPM) (Chakra=Sahasrara/Crown chakra) (Effects=cheerfulness, clarity of spirit, cosmic unity on highest levels) (Medicinal=antidepressive) (Other=F is considered the tone of the spirit, and had a lot of significance to the Chinese)
* Other sources [PM] disagree about the tone F being associated with the Crown chakra, which is how HC/Planetware connects this frequency to the crown chakra. [PM] considers the crown chakra to be associated with the B note, and not F.
176.0 – Frequency associated with the colon. [Note=F or F#] [BH1][BH4]

183.58 – Jupiter: growth, success, justice, spirituality [??] ; Frequency associated with the orbit of Jupiter (Note=F#) (Color=Red) (Tempo=86.05 * 172.1 BPM) (Effects : supports creative power and continuous construction) (Associated with Jupiter : Generosity, Continuity, Magnanimity, Joviality) [HC/planetware website]
185.0 – (used on) sinus infection/head cold [RS]
187.61 frequency of "moon culmination"; [HC/planetware website]
194.18 frequency of Synodic "Earth" Day (the "day tone") (Note=G) (Color=Orange Red) (Tempo=91.0 BPM) (Chakra=Muladhar/Base chakra) (Effects = dynamic, vitalizing)(Medicinal="tonifies") (Other="weather determining" spheric frequency, influences proteins, brings one into harmony with nature") [HC/planetware website]
194.71 – Earth: stability, grounding [??]; Key Of G resonates with frequency of earth day, the color orange-red, & has a dynamic, stimulating, and energizing effect on the body–mind. [PSI]
197.0 Associated with heart (Effects=love, warmth) (higher octave of 6.15) [TOS]; Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) (higher octave of 3.07 HZ) [TOS]
197.71 frequency of Sideric Day ; [HC/planetware website]

207.36 – Uranus: spontaneity, independence, originality [??]; Frequency associated with orbit of Uranus [insert one of dozens of bad jokes here] (Note=G#) (Color=Orange) (Tempo = 97.2 BMP) (Effects = supports the power of surprise and renewal, has primeval and erotic power) [HC/planetware website]
210.42 frequency of Synodic Moon (Note=G#) (Color=orange) (Tempo=98.6 BPM) (Chakra=Svadisthana (2nd Chakra)) (Effects=stimulates sexual energy, supports erotic communication) (Medicinal=regulation of menstruation, disturbances in the gland and lymph system) [HC/planetware website]
211.44 – Neptune: the unconscious, secrets, imagination, spiritual love
[??]; frequency associated with orbit of Neptune (Note=G#) (Color=orange) (Tempo=99.1 BPM) (Effects = supports intuition, the unconsciousness, and enhances the dream experience) [HC/planetware website]

220.0 Frequency associated with lungs. [Note = A] [BH1][BH4] Associated with collarbones (Effects=vitality, overall balance, stability) (higher octave of 6.88 HZ) [TOS]; Associated with ovaries (Effects=vitality, life at very level) (higher octave of 3.84 HZ) [TOS]

221.23 – Venus: beauty, love, sexuality, sensuality, harmony [??]; Frequency associated with the orbit of Venus (Note=A) (Color=yellow-orange) (Tempo=103.7 BPM) (Chakra=Ajna/Third Eye) (Effects=supports higher love energy and aspiration for harmony) [HC/planetware website]

227.43 frequency of Sideric Moon ; [HC/planetware website]

229.22 frequency of Metonic Cycle [related to moon] ; [HC/planetware website]

234.16 frequency of Moon knot ; [HC/planetware website]

241.56 frequency of Saros periode ; [related to moon] ; [HC/planetware website]

246.04 frequency of Apsidis rotation ; [related to moon] ; [HC/planetware website]

250.0 Elevate and revitalize

254.57 Frequency associated with orbit of Icarus (asteroid) [MPT]

256.0 Root Chakra (1:1) (Note=C) [BH3]

263.0 Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ) [TOS]; Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ) [TOS]

264.0 Related to Personality somehow. (Note=C+) [BH4]

272 33rd octave of Earth year [HC]

272.0 Frequency associated with Selenium (mineral nutrient) (Note=C#) [BH]

272.2 Frequency associated with orbit of Earth (Note=C#) [BH2]

273.0 Transpersonal Chakra (1:15) [Note=C#] (Earth Orbit 272) [BH3]

280.5 Frequency associated with orbit of Pluto [Note=C#] [BH2]

281.0 – Frequency associated with Intestines [Note=C#] [BH1]

281.6 – Frequency associated with Small Intestine [Note=C#] [BH4]

282.4 – Frequency associated with orbit of Mercury. [Note=D] [BH2]

288.0 – Polarity Chakra (9:1) [Note=D] (Mars Orbit 289) [BH3]

289.4 – Frequency associated with orbit of Mars. [Note=D] [BH2]

293.0 - "unknown" Chakra (1:14) (Note=D+) (Saturn Orbit 296) [BH3]

* I take it by D+, she means a note somewhere between D and D#. A quarter note, perhaps. [MPT]

294.0 – Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ) [TOS]; Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ) [TOS]

295.7 – Frequency associated with orbit of Saturn (Note=D#) [BH2]

295.8 – Frequency associated with Fat Cells (Note=C#) [BH1][BH4]

296.07 – Frequency associated with orbit of Toutatis (asteroid) [MPT]

304.0 – Useful on headaches (medium=pad); sedation and pain relief (medium=tube) [JB+KFL] ; (useful for) blood pressure, (and with) stiff muscles (KFL); Frequency associated with Potassium (mineral nutrient) (Note=D#) [BH]

310.7 – Frequency associated with spin of Neptune (Note=Eb) [BH2]

315.0 – Diaphragm Chakra (10:1) (Note=Eb) [BH3]

315.8 – Frequency associated with Brain (Note=Eb) [BH1]

317.83 – Frequency associated with Liver (Note=Eb) [BH1][BH4]

319.88 – Frequency associated with Kidney (Note=Eb) [BH1][BH4]

320.0 – Solar Plexus Chakra (10:1) (Note=Eb) [BH3]; Frequency associated with Calcium (mineral nutrient) (Note=E or Eb) [BH]

321.9 – Frequency associated with blood. (Note=E or Eb) [BH1][BH4]

324.0 – Frequency associated with muscles. (Note=E) [BH1][BH4]

329.0 Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ) [TOS]; Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ) [TOS]

330.0 Used to treat allergies in conjunction with 3 HZ [RS]

333.0 (used on) sinus infection/head cold [RS]
332.8 – Frequency associated with orbit of Sun (Note=E) [BH2]
* When [BH2] says the "orbit of the sun", I believe she means how long it would take an imaginary planet to orbit around the sun's outer boundary [circumference]. This is how [HC/planetware] made this calculation – the period is then lowered a few octaves to get it into the audible sound range. That's how [HC/planetware] does most of its calculations, and probably how [BH] does it as well. [HC/planetware], when lowering [or in the case of planets raising] the octave, seems to gun for lower tones than [BH] does. The [HC/planetware] tones would be a little "bassier". Which is probably why the frequencies of all these astronomical phenomena that [HC/planetware] gives doesn't line up with the frequencies that [BH] gives.

336.0 – Frequency associated with Molybdenum (mineral nutrient) [BH]
341.0 – Heart Chakra (1:12) (Note=F) [BH3]
342.0 – Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ) [TOS]; Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ) [TOS]
352.0 – Frequency associated with bladder. (Note=F) [BH1][BH4]; Thymus Chakra (11:1) (Note=F#) [BH3]
* There seems to be a discrepancy here as to which note this frequency is. [BH] cites both F and F#.

367.0 – (used on) sinus infection/head cold [RS]
367.2 – Frequency associated with orbit of Jupiter (Note=F#) [BH2]
368.09 – Frequency associated with orbit of Apollo (asteroid) [MPT]
372.0 – "unknown" Chakra (1:11) (Note=G#) (Earth Spin 378) [BH3]
375.70 – Frequency associated with orbit of Eros (asteroid) [MPT]
378.5 – Frequency associated with spin of Earth. (Note=F#) [BH2]
380.96 – Frequency associated with orbit of Ida (asteroid) [MPT]
384.0 – "Gurdjieff vibration associated with root chakra. Sixth harmonic of six, center of the brainwave spectrum." [RP]; Throat Chakra (12:1) (Note=G) [BH3]; Frequency associated with Chromium (mineral nutrient) (Note=G?) [BH]
389.4 – Frequency associated with spin of Mars. (Note=G) [BH2]
393.0 – Associated with eyes (Effects=Visualization) (higher octave of 12.3) [TOS]; Associated with heart (Effects=love, warmth) (higher octave of 6.15) [TOS]
393.34 – Frequency associated with orbit of Pallas (asteroid) [MPT]
394.76 – Frequency associated with orbit of Ceres (asteroid) [MPT]
396 – G (musical note) [PL]
400 Seems to decongest [KFL]; Frequency associated with Manganese (mineral nutrient) (Note=G or G#)

405 – Violet [PL]
408.7 – Frequency associated with orbit of Juno (asteroid) [MPT]
409.1 – Frequency associated with spin of Venus (Note=G#) [BH2]
410.0 – "unknown" Chakra (1:10) (Note=Ab) (Venus Spin 409) [BH3]
414.7 – Frequency associated with orbit of Uranus (Note=G#) [BH2]
416.0 – Psychic Center Chakra (13:1) (Note=Ab) (Uranus Orbit 415) [BH3]; Frequency associated with Iron (mineral nutrient) (Note=Ab) [BH]
418.3 – Frequency associated with bones (Note=Ab) [BH1][BH4]
420.82 – Moon: love, sensitivity, creativity, femininity, anima
421.3 – Frequency associated with orbit of moon (Note=Ab) [BH2]; Also associated with spin of Mercury, but here, she lists the Note as "A" [BH2].
422.8 – Frequency associated with orbit of Neptune (Note=Ab) [BH2]
424.0 – (used on) Fatigue (medium=pad) [JB]; Frequency associated with Iodine (mineral nutrient) (Note=Ab) [BH]
430.8 – Frequency associated with spin of Uranus (Note=Ab) [BH2]

438 – Indigo
440 – A (musical note); Associated with Frontal Lobes (Effects=the seventh sense, final decision) (higher octave of 13.8) [TOS]; Associated with collarbones (Effects=vitality, overall balance, stability) (higher octave of 6.88 HZ) [TOS]
442.0 – Frequency associated with orbit of Venus. (Note=A) [BH2]
<table>
<thead>
<tr>
<th>Frequency</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>448.0</td>
<td>Third Eye Chakra (14:1) (Note=A) [BH3]</td>
</tr>
<tr>
<td>445.0</td>
<td>&quot;unknown&quot; Chakra (1:9) (Note=Bb) (Venus Orbit 442) [BH3]</td>
</tr>
<tr>
<td>455.4</td>
<td>Frequency associated with spin of Saturn (Note=A#) [BH2]</td>
</tr>
<tr>
<td>456.0</td>
<td>(used on) sinusitis/sinus infection/head cold [RS]</td>
</tr>
<tr>
<td>461.67</td>
<td>Frequency associated with orbit of Vesta (asteroid) [MPT]</td>
</tr>
<tr>
<td>464.0</td>
<td>Frequency associated with Copper (mineral nutrient) (Note=Bb) [BH]; (used on) sinus infections/head colds w/ 728hz, 784hz &amp; 880hz [RS]</td>
</tr>
<tr>
<td>473</td>
<td>Blue</td>
</tr>
<tr>
<td>473.9</td>
<td>Frequency associated with spin of Jupiter (Note=Bb) [BH2]</td>
</tr>
<tr>
<td>486.2</td>
<td>Frequency associated with spin of Pluto (Note=B) [BH2]</td>
</tr>
<tr>
<td>480</td>
<td>Crown Chakra (15 : 1) (Note=B) [BH3]; Frequency associated with Phosphorous &amp; Zinc (mineral nutrients) (Note=B) [BH]</td>
</tr>
<tr>
<td>492.0</td>
<td>Frequency associated with Spleen (Note=B) [BH4]; Associated with Cortex (Effects=intelligence) (higher octave of 15.4 HZ) [TOS]</td>
</tr>
<tr>
<td>492.8</td>
<td>Frequency associated with Adrenals (Note=B) [BH1]; Associated with Adrenals, Thyroid &amp; Parathyroid [BH4]</td>
</tr>
<tr>
<td>493.00</td>
<td>Frequency associated with the orbit of Gaspra (asteroid) [MPT]</td>
</tr>
<tr>
<td>495</td>
<td>B (musical note)</td>
</tr>
<tr>
<td>495.25</td>
<td>Frequency associated with orbit of Castalia (asteroid) [MPT]</td>
</tr>
<tr>
<td>497.1</td>
<td>Frequency associated with spin of Sun. (Note=B) [BH2]</td>
</tr>
<tr>
<td>500.0</td>
<td>(used to treat) Anthrax (medium=tube) [JB]</td>
</tr>
<tr>
<td></td>
<td>* Disclaimer!! – If you legitimately think you have anthrax, do NOT rely on my stupid frequency chart. Go see a doctor. However, if you do want to tinker around, this frequency was used as an EM field, not a sound. I’m not sure if it would work as a sound. Use at your own risk. (That goes for the other anthrax/smallpox frequencies too.)</td>
</tr>
<tr>
<td>520.0</td>
<td>(used on) Headaches (medium=pad) [JB]</td>
</tr>
<tr>
<td>522.0</td>
<td>(used on) sinus infection/head cold [RS]</td>
</tr>
<tr>
<td>526</td>
<td>Associated with top of head (Effects=spirit, liberation, transcendence) (higher octave of 16.4 HZ) [TOS]; Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ) [TOS]</td>
</tr>
<tr>
<td>527</td>
<td>Green</td>
</tr>
<tr>
<td>528</td>
<td>C (musical note)</td>
</tr>
<tr>
<td>542</td>
<td>Bio–energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]</td>
</tr>
<tr>
<td>569</td>
<td>Bio–energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]</td>
</tr>
<tr>
<td>580</td>
<td>Yellow</td>
</tr>
<tr>
<td>586.0</td>
<td>Associated with Circulation &amp; Sex (Note=C#) [BH4]</td>
</tr>
<tr>
<td>588.0</td>
<td>Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ) [TOS]</td>
</tr>
<tr>
<td>594</td>
<td>D (musical note)</td>
</tr>
<tr>
<td>597</td>
<td>Orange</td>
</tr>
<tr>
<td>620</td>
<td>Keely Frequency (use with 630 and 12000) [TB]</td>
</tr>
<tr>
<td>630</td>
<td>Keely Frequency (use with 620 &amp; 12000) [TB]</td>
</tr>
<tr>
<td>633</td>
<td>Bio–energetic frequency for Anthracinum (i.e. anthrax vaccine). See disclaimer for 500 HZ before even playing with this. [RS]</td>
</tr>
<tr>
<td>658</td>
<td>Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ) [TOS]</td>
</tr>
<tr>
<td>660</td>
<td>E (musical note)</td>
</tr>
<tr>
<td>664</td>
<td>(used for) Fatigue (medium=pad) [JB]</td>
</tr>
<tr>
<td>685</td>
<td>Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ) [TOS]</td>
</tr>
<tr>
<td>700</td>
<td>Red</td>
</tr>
<tr>
<td>704</td>
<td>F (musical note)</td>
</tr>
<tr>
<td>727</td>
<td>(used on) Allergies, Sinusitis [RS]; Commonly used &quot;cure-all&quot; Rife frequency [CR]</td>
</tr>
<tr>
<td>728</td>
<td>(used on) sinus infections/head colds w/ 784hz, 880hz &amp; 464hz. [RS]</td>
</tr>
<tr>
<td>784</td>
<td>(used on) sinus infections/head colds w/ 728hz, 880hz &amp; 464hz. [RS]</td>
</tr>
</tbody>
</table>
787 – Associated with eyes (Effects=Visualization) (higher octave of 12.3) [TOS]; (used to treat) Allergies, Sinusitis [RS]; Commonly used "cure-all" Rife frequency [CR]
800 – Commonly used "cure-all" Rife Frequency [CR]
802 – (used on) sinusitis with 1550 HZ; (used on) sinus infection/head colds [RS]
820 – (used on) sinus infection/head colds [RS]
832 – Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]

880 – Associated with Frontal Lobes (Effects=the seventh sense, final decision) (higher octave of 13.8) [TOS]; (used on) Allergies, Sinusitis [RS]; (used on) sinus infections/head colds w/ 728hz,784hz & 464hz. [RS]; Commonly used "cure-all" Rife Frequency [CR]
952 – (used on) sinus infection/head colds [RS]
965 – Relaxes muscles, especially those of the neck [KFL]
984 – Associated with Cortex (Effects=intelligence) (higher octave of 15.4) [TOS]

1000 – Cerebral neurons
1052 – Associated with top of head (Effects=spirit, liberation, transcendence) (higher octave of 16.4 HZ) [TOS]
1500 – (used on) sinus infection/head colds [RS]
1550 – (used on) sinusitis with 802 HZ, (used on) sinus infections/head colds [RS];
1552 – (used on) eye disorders [KFL]

1600 – (used on) eye disorders [ESR]
2025 – Proton Precession/Water Resonance [TB]
2675 – "The Crystal Resonator". A subharmonic of the frequency of quartz crystal. "extremely effective for charging and clearing quartz crystals .. useful for clearing and balancing of their own energies. Some claim it energize crystals in the brain. Others say that it activates aspects of the auric field." (medium=sound/tuning fork) [JG]
3222 – Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. [RS]
3040 – Use for pain along with 95 HZ [ESR]

4186 – highest note on a piano [MP2]
4400 – (used on) sinus infections/head colds – try scanning between 4384 & 4416 by intervals of 8 HZ. [RS]

5000–8000 HZ – recharge "brain batteries" most rapidly. Fastest recharge at 8000 HZ. "The anxiety-easing, memory-expanding 60-beat tempo creates easy communication with the subconscious mind." [PSI]

5000 – Commonly used "cure-all" Rife frequency [TB+CR]; (used on) allergies, sinus infections/head colds – short use only -- long exposures destroy red blood cells. [RS/KFL]

9999 – General vitality & energy [KFL]

10,000 – Commonly used "cure-all" Rife frequency [TB+CR]; (used to treat) alcoholism, allergies, headaches [RS]

DISCLAIMER: No Healing; No Medical; No Benefit; No Cure; No Treat any Disease or Injury or Condition. See your Medical Doctor if you need Medical help!
Brainwave Frequency Listing – Bibliography

AA "Gates, States, Rhythms, and Resonances: The Scientific Basis of Neurofeedback Training", Andrew Abarbanel, Ph.D., M.D.

ACS "Acoustical Resonances of Assorted Ancient Structures", R. G. Jahn, P. Devereux, and M. Ibison (1996) "Rudimentary acoustical measurements performed inside six diverse Neolithic structures revealed that each sustained a strong resonance at a frequency between 95 and 120 Hz. Despite major differences in chamber shapes and sizes, the resonant modal patterns all featured strong antinodes at the outer walls, with appropriately configured nodes and antinodes interspersed toward the central source. In some cases, interior and exterior rock drawings resembled these acoustical patterns. Since the resonant frequencies are well within the adult male voice range, one may speculate that some forms of human chanting, enhanced by the cavity resonance, were invoked for ritual purposes."
http://www.princeton.edu/~pear/Order_29.html

ANO Transcendental Meditation, Anthony Norvell, via email from bertei@yahoo.com
*I haven't been able to verify this source – I got the info second-hand, and haven't been able to find anything on the web citing the book. Norvell was a new age writer back in the 50s and 60s, apparently.


AS AlphaStim (research survey)

AT Auriculotherapy device information from Bentek Corp. Earlobe type electrodes are specified for some conditions, TENS or ECG type electrodes for others. Device has two channels, indicated for each ailment.

AUT "Positive Outcome With Neurofeedback Treatment In a Case of Mild Autism", Arthur G. Sichel, Lester G. Fehmi, and David M. Goldstein
http://www.snr-jnt.org/JournalNT/JNT(1-1)8.html

AWI The Anna Wise Center, http://www.annawise.com

BAR BiologicalAgeReversor (Brainwave Generator preset), TheMind2 (alias),
http://www.bwgen.com/presets/desc129.htm

BER Hans Berger, German Psychiatrist, 1929

BON Bone-healing/Restorative "Purring Frequencies" (Brainwave Generator preset), Created by:
http://www.bwgen.com/presets/desc186.htm

BH Barbara Hero, http://members.aol.com/Lambdom3/Chakras.html
* The data comes from the following tables on her site:
* BH1 NOTES AND FREQUENCIES OF THE ORGANS OF THE BODY
* BH2 ORBITS AND SPINS OF OUR PLANETS
* BH3 CHAKRA ENERGY CENTERS OF OUR BODIES.
* BH4 COMPARISON OF PARTS OF THE BODY BASED ON THE SPEED OF SOUND THROUGH EACH ORGAN TO THE ABOVE (1996). Barbara Hero
* Note – some of the captions she includes are kind of vague, although I included them as they were. [MPT]

CA Complete Astrologer, Derek & Julia Parker for slower physiological rhythms.

CAV "Cavanagh" (1972)
* [DW] associates Cavanagh with research done regarding brainwave frequencies and memory. He didn't give much information about [CAV], though.

* The book itself was referenced in this article:
http://www.nexusmagazine.com/articles/DecloakingPathogens.html
CMP Owner's Manual for the Alpha–Stim® 100 microcurrent stimulator brand of transcutaneous electrical nerve stimulator, Complementary Medical Products Ltd.,
http://reiddds.com/products/100oman.html
CNS Epsilon, Gamma, Hyper–Gamma and Lambda Brainwave Activity and Ecstatic States Of Consciousness, Center for Neuroacoustic Research, (c) 1999.
http://www.jeffthompson.com/articleeptsitext.htm
CR Crane List, via the compiled lists on Turf's Electroherbalism Page.
  * These are Rife–style frequencies, intended to be generated through an electromagnetic means. See glossary entry for Rife for more information.
CRI Crossroads Institute, "Brainwaves and EEG – the language of the brain",
http://www.crossroadsinstitute.org/eeg.html
DHA "CHIN MUSIC : An Evolutionary States Of Consciousness Model Of Language", Dan Hawkmoon Alford, 9/88,
http://www.enformy.com/dma–chin.htm

DSH Daniel Sheer [psycho–physiologist]
DW – Re: [bwgen] Water sound effect after listening theta waves, Dennis Webber, Yahoo Groups! :
EH One Way To Improve Sleep, The Equinox Alternative [Etonhall],
deadlink://www.etonhall.com/hol4.htm
  * I'm wondering if this and [EQ] are the same source. [MPT]
  * The link no longer seems to work. I can't find any new domain name either.
  * I encourage you to visit this site to decide for yourself how credible the entries from this source are.
EI Deep Mind IV (Brainwave Generator preset), James R Plazo (Exceed International)
http://www.bwgen.com/presets/desc111.htm
EMC "40 HZ Brain Activity, Consciousness, and PSI" [a snippet of the article posted by "emcshadow" on the BWGen message board.] http://groups.yahoo.com/group/bwgen/message/3668
  * I need to research this one further – I haven't seen a copy of the complete report/article, and it was never mentioned who conducted the research.
EQ Octaves and windows, Equinox, April 88
ESR Table of ElectroSpectrum Rife Device Frequency Codes VS. Actual Frequency (in HZ) Output. Archived via the compiled lists on Turf's Electroherbalism Page. (These are Rife–style frequencies – see Rife glossary entry.)
EX Excalibur Briefing, Thomas E Bearden
  * I'm still collecting information on this source. I learned about it from MM, which acts as a secondary source. This is another source that likely used an EM device rather than sound or vibration.
EWI An unpublished work done by Dr. Edgar Wilson & students of the Monroe Institute who were attempting to have an out–of–body experience. He found that as the students moved out–of–the–body, their beta activity increased dramatically at T3 and/or T4 with the highest amplitudes appearing at 22 & 40 –Hz. (John F. Gilbert, Ph.D. & Robert Moroney, D.A., CPPS.)
http://www.snr–jnt.org/JournalNT/JNT(2–1)5.html
FAH Dr. Steven Fahrion presented a paper a couple of years ago concerning his work with healers and reported much the same results (as EWI). Perhaps these papers will be published at some future date.
GIA Giannitrapani (1969)
HC Hans Cuosto, Cosmic Octave, Life Rhythm
  * Note – MPT – more on the cosmic octave at Planetware website
http://www.planetware.de/octave/index.html
HOF Hoffman, Stockdale, Hicks, & Schwaninger, 1995.
HSW How Sound Works On The Body, Mindtech, (c) 2001
  * Note : the article was posted elsewhere : http://www.crosswynd.com/encounters.htm
INT Intelegen, Inc (website) http://brain.web-us.com/binaural.htm

JB James Bare, ("Bare book") Archived via the compiled lists on Turf's Electroherbalism Page.
  * Need to gather more information on this source – no book name is given, unfortunately. These are Rife-style frequencies however. See Rife glossary entry.

JG Jonathan Goldman, Sound Healing With Sound Healer Jonathan Goldman (website), http://www.healingsounds.com
  * The information was on his "tuning forks" page, but it looks as though as he cut some of it out. I'm not sure if all the frequencies are still represented there.

  * In addition, some of the information came from an email response from [JM] to a bardosein@yahoo.ca circa 12/19/03. He had passed excerpts from the email along to me after the "avoid 165 HZ" topic appeared on the Brainwave Generator mailing list in December 2003.

KFL Kinnaman, Kinnaman Frequency List And Possible Effects, Archived via the compiled lists on Turf's Electroherbalism Page. (See note for CR bibliography entry.)
  * No first name is given for this person – sorry. Also, these are Rife-style frequencies. Be sure to check out the Rife glossary entry if you want to play around with them.


MAG "Megabrain" (article name), Magical Blend Magazine, P. O. Box 11303, San Francisco, Ca 94101, USA, Found at: http://www.chscene.ch/ccc/habi2/134_megabrain.html

MB Megabrain Germany
  * MB2 = Megabrain Report, v1 #2; MB3 = Megabrain Report #3, p. 19


  * There's a lot of useful frequency-related information on this page – but most of the frequencies mentioned are likely intended to be generated through electromagnetic means, rather than audio means.

MMF Melinda Mansfield – Researcher

MP1 Chant: The Healing Power of Voice and Ear, an interview with Alfred Tomatis, M.D., by Tim Wilson, in Music: Physician for Times to Come, an anthology by Don Campbell

MP2 Sonic Entrainment, by Jonathan S. Goldman, in Music: Physician for Times to Come, an anthology by Don Campbell

MPT Hey, this denotes the frequencies I calculated by myself for the revolutions of the various asteroids. I'm not going to claim said tones have some funky new-age meaning, although they would be the actual "tones" of the asteroid's revolution, risen to a high enough octave to be heard as a sound. I generated the frequencies of the asteroids using the following method:
  * Step 1) Find a table that gives the revolution times of the asteroids (most give them in years).
  * Step 2) Divide 1 by the number of years an asteroid takes to complete a revolution. (This will give you the fraction of a revolution it completes in one year.)
  * Step 3) Divide by 365 (fraction of revolution in one day). Then divide by 24 (fraction of revolution in one hour). Then divide by 60 (fraction of revolution in one minute). And divide by 60 again (fraction of revolution in one second).
  * Step 4) So, you're left with the amount of the revolution an asteroid completes in one second. Since this frequency is very small, you need to raise it until it's into the range of audible sound. Now, begin doubling the number – this raises its octave. Higher octaves have a higher pitch, but are the same note. Keep doubling the value until it's 100 Hz or higher. (I find sometimes lower-pitched tones have more impact than the higher-pitched ones, which can drive you bonkers if they're –too– high.)

  * One thing that should be established about their Chakra system is they actually have the chakras repeating up through the various octaves. Each of the octaves represent a particular level of connection to things. The octave I included here is associated with the physical body, according to the
website. Refer the table on their website for the significance of the higher octaves. (I didn't think it would be good to clutter up the frequency list including every last octave worth of chakras.)

NEU Neural Frequency Association Listings, The Neuro Matrix site –
http://www.futuredynamicadvantage.com/research/frequencies.html

NME "A New Theory of Consciousness", HEALTH/SCIENCE, New Mexican April 7, 1995


* They attribute the frequencies listed in their article to the research of a fellow named Dr. John Zimmerman, who was testing out the effects of therapeutic touch on the biomagnetic field of the human body. He in turn supposedly got these 'frequency windows of specificity for the healing of different tissues' from independent studies done by other researchers. (So, I'll have to do some additional digging to figure out who these other researchers are.)

NSS Neurosync Software

NYT New York Times Science Section, 1989

OML Chakra Reference Chart, http://OMLOGOS.COM
* The chart seems to imply that higher octaves of those frequencies also are associated with the chakras mentioned, since it uses them in a musical context, saying that the Crown chakra is associated with the "musical series of B", for example.

PL Power of Limits (see Accords chart) for colors and notes.
* There's some dispute over whether the color frequencies are accurate. (Note to self – research this one further.) It was mentioned on the Brainwave Generator message board these were wavelength values, not frequencies, technically. Here's the message that began the thread (look near the bottom of the message): http://groups.yahoo.com/group/bwgen/message/4504


PSI PsiliPharm, "5,000 HZ Frequencies To Boost Growth Of Plants", www.Cannibis.Com
* He reportedly got the information from other sources, including a book called Superlearning 2000, which is about ways of learning more efficiently.


QG China Healthways Inst.


RED The Rediscovery of Audio–Visual Entrainment, David Siever, C.E.T., (c) 1997, found chapter at:
http://www.mindalive.com/2_0/ch6.pdf

* The entry at 3HZ was a reference to experiments conducted by Glen Solomon in the 80s using a device called a Dzidra Glass. This was a visual means of brainwave entrainment, rather than an audio means.

* The entry at 10HZ was a reference to experiments conducted by Norman Shealy, who studied the effects of 10 HZ photic stimulation. (brainwave entrainment using pulsing lights rather than sound)

ROW Rowland (1968)

RP Astral Travel with Orgone Energy Machine, Ray A. Proper, Fry's Incredible Inquiry

RS Reid Smith, an assortment of frequency tables from various sources that RS compiled. Archived via the compiled lists on Turf's Electroherbalism Page.
* Those frequencies listed that were compiled by Reid Smith are Rife-style frequencies – see glossary entry for Rife.
RUS Russell And Carter in a blind study (need to research this one for more info.)
RVX Remote Viewing: The Story Of The Real X–Files, Paranormal Management Systems,
   * The link is dead, although you can find plenty of information on this topic by typing in
   "Paranormal Management Systems" or "Tim Rifat" into a search engine in quotes. (Warning – when
   perusing through the search results, I'd not only take everything you see with a grain of salt, but your
   best bet is to take several shakers worth along for the ride. MPT 7/6/04.)
SE "What Are The Ancient Solfeggio Frequencies?", www.SomaEnergetics.com
http://www.lightwithin.com/SomaEnergetics/2Solfeggio_Frequencies.htm
SS Silent Sounds website – http://www.mindspring.com/~silent/menu.htm
   * [Note – MPT – most likely not the original source of this information, but the list that I got it
   from.]
SX "Re : Sexual Stimulation", posted on the Yahoo Groups Brainwave Generator message board by "R.
   Verhey" on 3/9/02. (He saw it in a patent on the 'IBM Server' and thinks it was meant to be generated
   as a 'magnetic pulse'.) http://groups.yahoo.com/group/bwgen/message/3315
TB Frequencies.. ['interesting, useful, and weird frequencies"], Terry Bastian [tbastian@dmv.com],
from a message in the Keely Net BBS Archives posted in July of 1998 :
http://www.keelynet.com/interact/Arc_7_98-12_98/00000221.htm
   * Again, the frequencies with this source listed are most likely intended to be generated through
   electromagnetic means, rather than through using sound.
TDM "Theta: Don't Tread on Me", Marvin Sams Ph.D., R.EEG T, QEEGT, L. Ac.
http://www.snr-jnt.org/JournalNT/JNT(2-3)4.html
TOS Table Of Sound Frequencies Corresponding To The Human Body, http://lullianarts.net/body.htm
   * The compiler doesn't name himself on the page, but he gives his references, which are : Les
     Plans d'Expression, Marie–Louise Aucher, Paris, Mame,
   * And : Revelatio Secretorum Artis, Ivo Salzinger, in Beati Raimundi Lulli Opera Omnia, Minerva,
     Mainz, 1975
TS Schumann Resonances, Geomagnetic Reversals, and Human Brain States, Tony Smith – web article
at http://www.innerx.net/personal/tsmith/Schumann.html
VPL V. P. Lebedev (a Russian Researcher), studies from 1985–1990. (I got this source via M.
Sandomirsky ( marks@ufanet.ru ) on the Brainwave Generator message board :
http://groups.yahoo.com/group/bwgen/message/2552

WL Wolfgang Ludwig
Michael Hercules' Nustar
Electrical wave forms – "One of the benefits of working with electrical stimulation is the ability to
generate precise and complex waveforms. It is likely that specific waveforms have specific functions.
Brain stimulation, frequencies and waveforms are a vast and promising field of experimentation for
alchemists."
Mortal oscillatory frequencies of Rife radio instrument, see Super Science.
Radionic frequencies chart may be obtained from L'ORD Industries.
Zen Player and B. Giles personal notes
Here is a comprehensive listing of Brainwave Frequencies from Lunarsight:
http://www.lunarsight.com/freq.htm
Here is a comprehensive listing of Rife Frequencies from Electroherbalism:
http://www.electroherbalism.com/Bioelectronics/FrequenciesandAnecdotes/CAFL.htm
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