

# Delta Drive

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Delta Drive The slowest and most relaxing brain state is called delta state. Here the brain waves are of the greatest amplitude and slowest frequency. They typically center around a range of 1.5 to 4 cycles per second. In very special brain states, the mind can generate micro-frequencies, waves almost too small to detect, which may be anywhere from 0.00001 hz to 1 hz. These special states fall within the realm of enlightenment and enhanced consciousness. The mind uses these energies to communicate information from the Higher Consciousness to the unconscious. We will talk more about this in our upcoming Living Soul Home Study Course. When we go to bed and read for a few minutes before attempting sleep, we are likely to be in low beta. When we put the book down, turn off the lights and close our eyes, our brain waves will descend from beta, to alpha, to theta and finally, when we fall asleep, to delta. It is a well known fact that humans dream in 90 minute cycles. When the delta brain wave frequencies increase into the frequency of theta brain waves, active dreaming takes place and often becomes more experiential to the person. Typically, when this occurs there is rapid eye movement, which is characteristic of active dreaming. This is called REM, and is a well known phenomenon. When an individual awakes from a deep sleep in preparation for getting up, their brain wave frequencies will increase through the different specific stages of brain wave activity. That is, they will increase from delta to theta and then to alpha and finally, when the alarm goes off, into beta. If that individual hits the snooze alarm button they will drop in frequency to a non-aroused state, or even into theta, or sometimes fall back to sleep in delta. During this awakening cycle it is possible for individuals to stay in the theta state for an extended period of say, five to 15 minutes-which would allow them to have a free flow of ideas about yesterdays events or to contemplate the activities of the forthcoming day. This time can be an extremely productive and can be a period of very meaningful and creative mental activity. There are four brain wave states that range from the high amplitude, low frequency delta to the low amplitude, high frequency beta. These brain wave states range from deep dreamless sleep to high arousal. The same four brain wave states are common to the human species. Men, women and children of all ages experience the same characteristic brain waves. They are consistent across cultures and country boundaries. Research has shown that although

one brain wave state may predominate at any given time, depending on the activity level of the individual, the remaining three brain states are present in the mix of brain waves at all times. In other words, while somebody is in an aroused state and exhibiting a beta brain wave pattern, there also exists in that person's brain a component of alpha, theta and delta, even though these may be present only at the trace level. It has been my personal experience that knowledge of brain wave states enhances a person's ability to make use of the specialized characteristics of those states: these include being mentally productive across a wide range of activities, such as being intensely focused, relaxed, creative and in restful sleep.

**Delta Drive Enhanced Awareness Deep Healing Restful Sleep** Long, slow, undulating. Delta is the slowest of all four brain wave frequencies. Most commonly associated with deep sleep, certain frequencies in the Delta range also trigger the release of Human Growth Hormone so beneficial for healing and regeneration. This is why sleep - deep restorative sleep - the kind that Delta frequencies help induce is so essential to the healing process. Delta is the brain wave signal of the subconscious, the seat from which higher consciousness arises. That means Delta-based programs are not only an ideal choice for their sleep and deep regeneration potential, but also when you want to access your unconscious activity and help that wellspring of information flow to your conscious mind for clearing and for empowerment. Delta waves range between 0.00001-4 HZ. Using Delta-Drive, the student can easily learn to access information from the deep subconscious for use in spiritual work. The frequency itself takes a bit of getting used to, mostly because we are not supposed to hear it. The conscious mind would certainly rather that we not do this work, and therefore we need tools from the higher mind in order to bypass this blockage. This is where Delta Drive comes in. Instructions for Use Delta Drive is best used at night after you have retired for the evening. The CD may be used with or without headphones. It is equally effective either way. Use the CD one hour before you go to bed. Lie comfortably on your back and allow the sounds to take effect. Breathe in through your nose and out through your mouth. You may play Delta Drive softly in the background while you sleep. When used in this way, Delta Drive can help deepen your sleep by inducing delta brain waves. Use Delta Drive three to four times per week for the first month in order to get used to the effect. After that, you may increase the frequency of use to suit your comfort level. Do not use this CD while driving or operating hazardous equipment. Allow at least one hour after using Delta Drive for rest and relaxation.

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