

## Brainwave Frequency Listing

### **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 in the bibliography.

0.1-1 Organ/muscle resonances [SS]

0.1-3 Delta range, according to [NEU+CRI] - deep sleep, lucid dreaming, increased immune functions, hypnosis [NEU]; Decreased awareness of the physical world. Access to unconscious information. Dominant brainwave in infants under one year old. This range normally decreases when we focus, but this doesn't happen when a person with ADD - delta waves actually increase when they try and focus. [CRI]; "Monroe focus 21" [MB2 via DW];

0.16 - 10 - Neuralgias [AT]

0.18 - 10 - Mod. 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] Sexual stimulation? [SX]

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 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]; Wholebeing 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.

3.5-7.5 - Theta Range [per CRI] - Creativity, intuition, daydreaming, fantasizing, recollection, imagery, dreamlike, switching thoughts, drowsiness; "oneness", "knowing", repository for memories, emotions, sensations. Can lead to trance-like states. Theta strong during internal focus, meditation, prayer + spiritual awareness. Reflects state between wakefulness+ sleep. Relates to subconscious. Observed in anxiety, behavioral activation+behavioral inhibition. Promotes learning+memory when functioning normally. (I think they mean it helps you process what you've learned - if you tried to actively learn while in the theta state, I doubt you'd have success - but sometimes the theta state can give your subconscious a chance to chew the proverbial fat that you've learned during the day, and digest it.) Abnormal in awake adults, but seen in children up to 13 years old. Suppression of theta can help concentration/focus of attention. [CRI]

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 & Hypnagogic states [NSS via DW]; Military remote viewers operate in this range [RVX]

- 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 [x] 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 - long term memory stimulation [MB] ; (reduce) unwillingness to work [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]

6.5 - "Center" of Theta2 Brainwave Frequency Range [DW]; "Your frontal lobe, or brain entrainment of the two hemispheres is around 6.5 hz." [RA]

- I quoted the second entry from [RA] directly, due to its ambiguity. It probably ties into what the 5.5-8.0 HZ entry says above.

6.8 Possible use for muscle spasms [ESR] ; associated with telepathy / Schumann Resonance [DHA]

- [DHA] associated 6.8 HZ with the Schumann Resonance and the Alpha-Theta borderline. I think this is slightly off - most sources consider the lowest frequency of the Schumann Resonance to be 7.83 HZ, and that's also considered the borderline between Theta brainwave and Alpha brainwaves.

6.88 Associated with collarbones (Effects=vitality, overall balance, stability) [TOS]

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 [x], "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 higher octaves of the 7.83 Schumann Resonance can also stimulate the pituitary in the same way that 7.83 HZ can - especially 31.32 HZ. (One needs to be careful to distinguish between octaves of the 7.83 Schumann Resonance, and the other six Schumann Resonances, which are not higher octaves of 7.83 HZ.)

#### 8-8.6 Reduced Stress/Anxiety [SS]

8.0-10.0 learning new information [MH]; Alpha - Rapid Refreshment 15 min [NEU]; "LOW ALPHA" inner-awareness of self, mind/body integration, balance [CRI]

8.0-12.0 - Alpha range (per NEU, RA, PWM, NSS & CRI) - light relaxation, "super learning", positive thinking. [NEU]; 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 via DW] ; promotes mental resourcefulness, aids in mental coordination, enhances relaxation, "Can move quickly + efficiently to accomplish whatever task is at hand.", feelings of "at ease" + calm, promotes good moods, a bridge between conscious + subconscious, alpha waves indicate a person is alert but not actively processing information, seen more in extroverts than introverts, seen during creative problem solving [CRI]

- As you can see, different sources contradict each other. Some paint Alpha as a range of relaxed attentiveness, ideal for learning. Others associate it with "daydreaming" [which doesn't sound like it would be good for learning]. Unless they're not talking the "attentive" sort of learning [i.e. sitting in a classroom taking notes], but rather the "trying to assemble it all together in our heads" sort of learning, where our subconscious is doing most of the work in the background, and our conscious mind takes a backseat. I see the Alpha range as the fine line between daydreaming and alertness. It's like a baseball player on a base - he'll move away from the base, so that he can steal if the opportunity presents itself. But he always stays close enough to the base so he can get back in case the pitcher throws the ball to the baseman. Alpha Range is the same way - it's close enough

to the "attentive" mental state for us to go to it as needed. But we can also quickly retreat into the realm of sleep if need be.  
[MPT]

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] + [CRI] 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 infratonic 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]

- There's some disagreement over whether these frequencies offer anything to fear when used for binaural beats. Here's the thread from the Brainwave Generator message board : <http://groups.yahoo.com/group/bwgen/message/4592>

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[x] Blind person phantom touch reading (somatosensory cortex) [RA]; Associated with Sacral/Svadhithana 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]

- He gives credit for the 'brain scanning' factoid to Eccles & Walter (1950). (It was their conclusion.)

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=Spiritual 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]

10-12: HIGH ALPHA RANGE - centering, healing, mind/body connection [CRI]

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]

12.0-36.0 Beta Range [per CRI] - dominant brainwave in alert/awake/anxious adults with their eyes open. Comes into play when "listening & thinking during analytical problem solving, judgment, decision making, processing information about the world around us." [CRI]

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+CRI]; Treating Hyperactivity [RA] ; Sensorimotor Rhythm (SMR) - Used in the treatment of mild autism [AUT via DW]

12.3 Associated with eyes (Effects=Visualization) [TOS]

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. [CRI] lists it as either 12-36 or 14-36 - it contradicts itself in different parts of the article.
- [NEU] breaks up Beta into ranges - Low Beta=12-15 HZ, Mid Beta=15-18 HZ, & High Beta=18.0+ HZ. [CRI] does as well.

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]; 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+CRI]; "alert but not agitated"/"aware of self & surroundings" [CRI];

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 sublimation (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]; Associated with mental activity like math + planning - alert, but may also be agitated [CRI]

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]; 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];

26.0 - 28.0 Astral Projection / produced during meditation by some [ANO]

26.4 "Earth Resonance" [SS]

27 - 44 Frequency range that cats purr at - said to have restorative effects on the body, particularly the 'healing and strengthening of bones' [BON]

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, [EH]

- [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 Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) (this is a higher octave of the 7.83HZ Schumann Resonance) [HSW]

- Note - NOT one of the seven Schumann Resonances - it's a higher octave of the 7.83 HZ Schumann Resonance. I had originally thought it was related somehow to the Schumann Resonance at 33 HZ, and I was wrong. (Sorry.)

32 Desensitizer; enhanced vigour & alertness [MB]

33 Christ consciousness, hypersensitivity, Pyramid frequency (inside) ; Schumann Resonance (5th frequency of 7) [TS]

- Funky coincidence 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 Arthralgy [AT]

35 Awakening of mid-chakras, balance of chakras

36 - 44 Learning Frequencies, When [Actively] Studying Or Thinking. Helps To Maintain Alertness. Waking Operating State [RA]; Frequencies of the olfactory bulb, prepiriform cortex & amygdala [DSH via DW]; Coordinates simultaneous processing of information in different areas of the brain. Associated with high-level information processing. 'A good memory is associated with well-regulated & efficient 40 HZ activity, whereas a 40 HZ deficiency creates learning disabilities.' [CRI]

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 synchronization + 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] Involved In The Processing Of Psi Information (see note) [EMC]

- Considered the dividing point between beta waves + gamma waves, although there's some disagreement about this. [INT] <http://brain.web-us.com/40hz/default.htm>
- Gamblers were presented a computer screen with four playing cards shown on them, and then asked to guess which of the four cards would appear on the screen by itself next. Their guessing was about as accurate as random chance, BUT when they had their eyes on the correct card that would inevitably turn up, the amount of 40HZ activity registering in their brain was higher. Go here for more information: <http://groups.yahoo.com/group/bwgen/message/3668>

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 Govt 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. [x]

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 electroanalgesia. [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 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, psychokinesis

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 "sadj" 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]

- I'm not completely sure what the dual tempo means. I'll have to research that further.

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=Sahasrar/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) [HC/Planetware website]

- 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]

- Note : By "weather determining", [HC/planetware] seems to imply that somebody tuned into this frequency may be able to predict the weather in the short-term future. I'm just a little, little bit skeptical of this one, but if anybody has any luck with it, let me know.
- I'm not sure how [HC/planetware] is associating these chakras to these frequencies. It doesn't seem to be based on the note, since G isn't the note typically associated with the base chakra [per PM]. The associations might tie in with something astrological instead. {shrugs}.

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]

- There seems to be some disagreement between [PSI] and the original source for this list. [PSI] associates this frequency with energizing, while the original source associates it with stability/grounding.
- I think this one, and the one right below it [197.71 HZ] might be based on the same thing. One source might have done a typo, and then other sources based their information from that.

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=Svadisthan {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#. [MPT]

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 the 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#) [BH]

\*\*405 - Violet [PL] - (!!!) See Glossary entry "COLOR"

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 [PL?] (!!!) - See Glossary entry "COLOR"

440 - A (musical note) [PL?] ; 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]

448.0 - Third Eye Chakra (14:1) (Note=A) [BH3]

445.0 - ["unknown"] Chakra (1:9) (Note=Bb) (Venus Orbit 442) [BH3]

- That's what [BH] put. "unknown" [MPT]

455.4 - Frequency associated with spin of Saturn (Note=A#) [BH2]

456.0 - (used on) sinusitis/sinus infection/head cold [RS]

461.67 - Frequency associated with orbit of Vesta (asteroid) [MPT]

464.0 - Frequency associated with Copper (mineral nutrient) (Note=Bb) [BH]; (used on) sinus infections/head colds w/ 728hz,784hz & 880hz [RS]

\*\*473 - Blue [PL?] (!!!) - See Glossary entry "COLOR"

473.9 - Frequency associated with spin of Jupiter (Note=Bb) [BH2]

480 - Crown Chakra (15 : 1) (Note=B) [BH3]; Frequency associated with Phosphorous & Zinc (mineral nutrients) (Note=B) [BH]

486.2 - Frequency associated with spin of Pluto (Note=B) [BH2]

492.0 - Frequency associated with Spleen (Note=B) [BH4];  
Associated with Cortex (Effects=intelligence) (higher octave of 15.4  
HZ) [TOS]

492.8 - Frequency associated with Adrenals (Note=B) [BH1];  
Associated with Adrenals, Thyroid & Parathyroid [BH4]

493.00 - Frequency associated with the orbit of Gaspra (asteroid)  
[MPT]

495 - B (musical note) [PL?]

495.25 - Frequency associated with orbit of Castalia (asteroid)  
[MPT]

497.1 - Frequency associated with spin of Sun. (Note=B) [BH2]

500.0 - (used to treat) Anthrax (medium=tube) [JB]

- Disclaimer!! - If you legally 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.)

520.0 - (used on) Headaches (medium=pad) [JB]

522.0 - (used on) sinus infection/head cold [RS]

526 - 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]

\*\*527 - Green [PL?] - (!!!) See Glossary Entry "COLOR"

528 - C (musical note) [PL?]

542 - Bio-energetic frequency for Variolinum (i.e. smallpox  
vaccine). See disclaimer for 500 HZ. [RS]

569 - Bio-energetic frequency for Variolinum (i.e. smallpox  
vaccine). See disclaimer for 500 HZ. [RS]

\*\*580 - Yellow [PL?] - (!!!) See Glossary Entry "COLOR"

586.0 - Associated with Circulation & Sex (Note=C#) [BH4]

588.0 - Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ)[TOS]

594 - D (musical note) [PL?]

\*\*597 - Orange [PL?] - (!!!) See Glossary Entry "COLOR"

620 - Keely Frequency (use with 630 and 12000) [TB]

630 - Keely Frequency (use with 620 & 12000) [TB]

633 - Bio-energetic frequency for Anthracinum (i.e. anthrax vaccine). See disclaimer for 500 HZ before even playing with this. [RS]

658 - Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ) [TOS]

660 - E (musical note) [PL?]

664 - (used for) Fatigue (medium=pad) [JB]

685 - Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ) [TOS]

\*\*700 - Red [PL?] - (!!!) See Glossary Entry "COLOR"

704 - F (musical note) [PL?]

727 (used on) Allergies, Sinusitis [RS]; Commonly used "cure-all" Rife frequency [CR]

728 - (used on) sinus infections/head colds w/ 784hz,880hz & 464hz. [RS]

784 -(used on) sinus infections/head colds w/ 728hz,880hz & 464hz. [RS]

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]

12,000 HZ - Keely Frequency (use with 620 HZ & 630 HZ) [TB]

16,000 - 20,000 - Upper range for normal hearing [MP2]

23,000 up - Hypersonic Sounds [above human hearing]

38000 - 40000 HZ - Magic Window [EX via MM+TB]

42800 HZ - Aetheric dissociation/water resonance (water -> aetheric force) [TB]

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----- **Note - down from this point are KHZ [kilohertz] values, not HZ values**

150-160 KHZ - Magic Window [EX via MM+TB]

180 KHZ - Ferromagnetism [TB]

----- Note - down from this point are MHZ [megahertz?] values, not HZ values

1.1-1.3 MHZ - Magic Window [EX via MM+TB]

388 MHZ - Alleged to cause damage/disruption to humans [TB]

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----- Note - down from this point are GHZ [gigahertz?] values, not HZ values

1.057 GHZ - Magic Window [EX via MM+TB]

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----- Note - down from this point are PHZ [Petahertz] values, not HZ values (1 PHZ = 1,000,000,000,000,000 HZ.)

10 PHZ - Magic Window in the near ultra-violet range [EX via MM+TB]; "life energy" frequency [EX via MM]

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## Brainwave Frequency Listing

### Glossary

**Adrenal** - An organ located above the kidneys - it manufactures a natural steroid called cortisol, which is associated with stress.

**Amygdala** - This is a pair of structures that exist an inch or so in from the forehead - there's one on the right side and one on the left

side - they supposedly have an impact on moods. (The right one is active when a person is depressed, and the left one is active when a person is cheerful.) Also, they are associated with fear, and the "fight or flight" response.

- Note - some disagreement over precisely how the Amygdalae operate - this [article](#) seems to reflect what I put above. Although, other sources I've been told say the backs of the two amygdalae are associated with "bad" feelings and the fronts of both are associated with good feelings. (Neil Slade seems to subscribe to this theory. Here's his [website](#).)
- Assc with religious experiences - one causes elation/the other fear[  
<http://www.innerworlds.50megs.com/winshakti/index.htm> ]

**Angular Gyrus** - A tiny part of the brain in the right cortex that some sources connect with out of body experiences. (Here's the link - judge the validity of this claim for yourself:)

- <http://escribe.com/science/keelynet/m14917.html>

**Astral Projection** - In a nutshell, it's a kind of out of body experience. I don't want to bog the definition down with a lot of details. (I've never astrally projected, myself - so I can't really vouch for it one way or the other.)

Auriculotherapy - "Ear Acupuncture". This site has more information:

- <http://www.auriculotherapy.com/>

Binaural Beats - A technique used with brainwave entrainment that allows a person to perceive tones that are below the range of human hearing (or pretty damn close to it.) For a more elaborate explanation, read the definition for Brainwave Entrainment in its entirety.

**Brainwave Entrainment** - This is using stimuli (such as sound, light, or EM fields) to influence the rate of our brainwaves, which in the process affects our mental state.

Our brain plays "monkey see/monkey do" with stimuli in the proximity. If you have lights flashing at 4 cycles a second, our brain will begin to mimic that with its own brainwaves. When our

brainwaves are at a certain frequency, our body will do whatever it normally would do -- we normally produce brainwaves of 4 cycles a second when we're sleeping - so pulsating light at this rate would put a person to sleep.

Say you want to do this with sound instead of pulsating light - since most brainwave entrainment frequencies are below 30 HZ, and are often below human hearing range, you (usually) can't just generate the tones using a wave generator. There are two methods that are typically used to generate these ultra-low tones in a way that humans can perceive them and feel their effects :

**1) Binaural Beats** - Using a computer or synthesizer (and a good pair of stereo headphones), generate two tones, one in the left ear, one in the right - your brain imagines it hears a third tone equal to the difference between the two tones. (For instance, if you had a 400 HZ tone in one ear, and a 404 HZ tone in the other, you would perceive a third tone of 4 HZ.) And this would have the same effects that a pulsating light at 4 cycles per second would. In order for this to work, the two tones need to be below 1000 HZ. There are two good programs for creating Binaural Beats : CoolEdit from Syntrillium Software and Brainwave Generator. The latter is probably the most user-friendly, and is good for people new to brainwave entrainment, since it has presets that come with it. (I found it to work very well, since it incorporates a strobe light into the mix as well.)

**2) Modulation** - While a tone at 4 HZ would be too low to hear by itself, if you generate noise and then fluctuate its pitch or volume at 4 times each second, this can also be used for brainwave entrainment, and would affect us the same way a 4 HZ binaural would. CoolEdit from Syntrillium Software is the best software to use with this method. (Although, he uses a slightly more complicated technique than just fluctuating the pitch or volume.)

As far as which of these two methods are better - binaural beats probably work better for brainwave entrainment, but the second method will work from speakers - headphones aren't required. That can come in handy - especially when you want to experiment with brainwave entrainment while sleeping or meditating - ever tried falling asleep wearing headphones? I have a cordless pair, and even with those, it's not that comfortable.

(And if that's not enough information about Brainwave Entrainment, check out the [Brainwave Entrainment links](#) for even more.)

**Brainwave Ranges** - In talking about brainwaves, they are typically broken up into ranges, each range being associated with different mental states. The five common brainwave ranges are listed below (although I really simplify what they're associated with here - for more specific mental states these ranges are associated with, consult the brainwave frequency list itself.)

**Delta Range** - 0.5 to 4 HZ (associated with deep sleep)

**Theta Range** - 4 HZ to 8 HZ (seen in dreaming sleep, and other mental states where the mind is wandering, like daydreaming and imagining)

- "A person .. driving on a freeway & discovers .. they can't recall the last five miles, is often in a theta state--induced by the process of freeway driving .. [It's] .. a state where tasks become so automatic .. you can mentally disengage from them." <http://brain.web-us.com/brainwavesfunction.htm>
- "[Our dominant brainwave] edges down toward theta when we go into trance." <http://www.enformy.com/dma-chin.htm>

**Alpha Range** - 8 to 13 HZ (relaxed but awake)

- " [There is] .. more alpha wave functioning when we listen (but it edges up into beta when we do extremely active listening, as in the cocktail-party effect when we consciously narrow attention to one voice amidst a babble.)" <http://www.enformy.com/dma-chin.htm>

**Beta Range** - 13 HZ to 30 (??) HZ (normal awake state/aware)

- There is an abundance of betawave functioning when we speak .. <http://www.enformy.com/dma-chin.htm>

**Gamma Range** - 30 (??) HZ to 60 (??) HZ (associated with consciousness - the brain stops producing gamma waves when we're put under for anaesthesia, for example)

- "Gamma rhythms appear to be involved in higher mental activity, including perception and consciousness. It seems to be associated with consciousness, eg it disappears with

general anaesthesia .. Synchronous activity at about 40Hz appears to be involved in binding sensory inputs into the single, unitary object we perceive." [INT] <http://brain.web-us.com/40hz/default.htm>

Note that there's a LOT of disagreement over where Beta range ends and Gamma range begins. (hence the question marks)

Also, some sources will take it and break it down further, into "high beta" & "low beta" or "Theta1" & "Theta2", for example. And there are a couple other ranges like Epsilon, Lambda & Sigma that some sources throw in to the mix that really aren't as commonly used.

**Caudate Nucleus** - a part of the brain - one side of it is associated with various states of arousal. The other side is associated with relaxation/calm.

[http://www.innerworlds.50megs.com/shakti\\_lite/principles.htm](http://www.innerworlds.50megs.com/shakti_lite/principles.htm)

**Clairvoyance** - the alleged power of seeing things not present to the senses. (from a dictionary I own - unfortunately the cover and cover pages got lost a long time ago, so I'm not sure which one it is.)

**Christ Consciousness** - it seems to be a similar concept to the "Holy Spirit" of Christianity. Edgar Cayce mentions it quite a few times.

**Color** - WARNING : Those frequency listing entries that requested you see this - they really aren't frequencies in HZ - they are wavelength values in NM. On the Brainwave Generator message board in April 2003, Glen Oberman posted a conversion equation between NM and HZ for colors. In his words :

If you had 'k' nm, you would have  $3 \cdot 10^{17} / 'k'$  hz.

Since the true values in HZ would be extremely high, it's necessary to reduce the octave [divide in half] until you're in the audible hearing range. (In much the same way Hans Cuosto does with the orbits and revolutions of planets, except he's usually going up in octave, not down.)

I used the table on [this webpage](#) as the basis for the wavelength values for the various colors, for the sake of converting them into

frequency values in HZ. I plugged them into a spreadsheet I cooked up in Quattro Pro, and arrived at these values :

| <b>Color Range</b> | <b>Values in NM</b> | <b>Values in HZ</b> |
|--------------------|---------------------|---------------------|
| Infrared           | 1000-751            | 68.21 - 90.83       |
| Red                | 750-650             | 90.95 - 104.94      |
| Orange             | 640-590             | 106.58 -115.61      |
| Yellow             | 580-550             | 117.61 - 124.02     |
| Green              | 530-490             | 128.70 - 139.21     |
| Blue               | 480-460             | 142.11 - 148.29     |
| Violet             | 430-390             | 158.63 - 174.90     |
| Ultraviolet        | 380-280             | 179.51 - 243.61     |

Potential problems with this table :

**1)** As you can see, the source for the wavelength values left tiny gaps in between where one color ended and the next began. (It probably doesn't make a big difference in terms of wavelengths.) Take red and orange, for instance. A value between 104.94 and 106.58 likely would be right on the border between the two.

**2)** Any of these HZ ranges for each color can be reduced or increased an octave by doubling or halving the values in that range. So, you likely have ranges that overlap. For instance, a value HZ that may be associated with the color red could also be associated with a lower octave of another color. So it makes me think perhaps other methods of associating colors with sound frequencies are needed.

(Chakras, anybody?) (What does [www.voicesync.org](http://www.voicesync.org) use to associate colors and tones? They seem to have some funky system they use in all their freeware sound programs.)

**Cortisol** - It's a natural steroid which is produced in the adrenal cortex (located above the kidneys) which both inhibits the immune system and has anti-inflammatory effects. It's also associated with stress and aging. (It's released in response to stress.) Reducing cortisol production in theory could be used for anti-aging effects. Increasing it could be helpful for people with allergies, where the immune system is going bonkers over a foreign agent in the body which is usually harmless - it's not the agent itself which causes the allergic reaction, but the inflammation caused by the immune

system attacking the hell out of it. If you can eliminate this misfiring of the immune system, in theory, you can eliminate the allergic reaction.

**Cymatics** - The study of the effects of sound on matter - I use it as a very loose term to cover sound frequencies that claim to effect matter or human biology in some way.

**DHEA** - A hormone manufactured in the Adrenals, just above the kidneys - production of it starts off slow in early childhood, and then begins to pick up, hitting its maximum when a person is in his/her 20s, and then it declines from there. It's not completely known what this hormone does - although many claims are associated with it [anti-aging, AIDS therapy, anti-cancer, increased sex drive, weight loss, muscle gain, etc]. This site has a lot of useful information on DHEA

- <http://www.quackwatch.com/01QuackeryRelatedTopics/dhea.html>

**Endogenous Opiates** - A family of chemicals the brain produces that serve as pain-killers, and also help to reduce anxiety and fear. This family includes Endorphins, Ekephalins, and Dynorphins. (Paraphrased from : <http://www.xrefer.com/entry/149561>)

**Endorphins** - These are chemicals the brain generates that regulate pain. (the right sort of endorphins serve as natural pain killers.)

- "Endorphins actually determine what 'reality' is for each of us - endorphins, our natural opiates, are a filtering mechanism in the brain. The opiate system selectively filters incoming information from every sense - sight , hearing , smell, taste and touch and blocks some of it from percolating to higher levels of consciousness."

<http://www.core77.com/mackay/7.html>

**Enkephalins** - Like endorphins, these are chemicals the brain generates that can serve as natural pain killers.

**Excretion** - The process of removing waste materials from the body. Besides the most obvious 'waste materials', excretion would also cover things like exhaling carbon dioxide. Per the Merriam-Webster dictionary, an **excretion** differs from a **secretion** in that secretions are useful biologically in some way (like sweat), whereas excretions are not - the body just dumps them. (This

makes for a great topic at parties, particularly when people are eating.)

**Frontal Lobe** - The frontal lobe is one of the five lobes of the cortex and its primary function is receiving input from the rest of the brain, planning, organizing, problem solving, selective attention, personality, motor control, and a variety of higher cognitive functions, including behavior and emotions.

Source : <http://pbl.cc.gatech.edu:8080/mindy/377>

**Ganzfeld Effect** - This effect was first noticed by Arctic explorers - when they encountered blizzard conditions and could see nothing but white regardless of where they looked, it tended to create altered states of consciousness. These altered states can also be created by sound in the same way - if pink noise is blasted through headphones into both ears, it creates a "sonic blizzard" with the same altered states of consciousness that you get with a literal blizzard.

More information : <http://brain.web-us.com/ganzfeld.htm>

**Harmonic Box X Method** - A method of creating binaural beats using more than one voice, where the monaurals and accidental binaurals created actually complement the primary binaural, either having the same value of it, or a multiple of that value. This post on the BwGen message board explains how to create them using Brainwave Generator :

<http://health.groups.yahoo.com/group/bwgen/message/7673>

An example of a preset using the Harmonic Box method can be found on the [Sonic Alchemy Logbook](#) page [see entry for 10/26/03].

**Hippocampus** - Simple definition - A part of the brain that is required to form long term memories. If we took that part of the brain out, short term memories could still be formed, and memories stored would still be there, but no new long term memories could be formed. For more information, visit this [site](#), scrolling about midway down the page.

- Assc with religious experiences; one side deals with nonverbal thinking/positive thoughts/spatial perception/visual memory/imagination; other side deals with verbal

skills/negative thoughts/logical thought [ [http://www.innerworlds.50megs.com/shakti\\_lite/index.htm](http://www.innerworlds.50megs.com/shakti_lite/index.htm) ]

**Hypersonic Sounds** - sounds above human hearing. while not audible to humans directly, can "affect the acoustic perception of audible sounds .. Psychological evaluation indicated that the subjects felt the sound containing an HFC to be more pleasant than the same sound lacking an HFC."

From : <http://jn.physiology.org/cgi/content/abstract/83/6/3548>

**Hypnagogic State** - This is the state where a person is right on the brink between being awake and being asleep. It's often accompanied by sleep paralysis, and some believe it to be the state a person needs to be in to have out of body experiences.

**Hypnopompic State** - Similar to the Hypnagogic State, except where the Hypnagogic State happens while in the process of falling asleep, the Hypnopompic State happens while coming out of sleep.

**Hypothalamus** - "The hypothalamus is generally very active in regulating our primary instincts and emotional responses. The instincts for basic survival, fight or flight, mating, eating, and drinking, are all regulated right here. It is very easy to evoke an intense rage or pleasure response by stimulating the hypothalamus." (This definition is from this [article](#).)

**Infratonic Qui Gong Machine** - The *Infratonic QGM* was developed out of scientific research in Beijing China which studied natural healers and found that most powerful healers were able to emit a strong infrasonic (low frequency sound) signal from their hands. The sound emitted from average individuals was only a hundredth as strong. The *Infratonic*, now used by 1% of all doctors in the United States, was developed out of this research. <http://www.chiexplorer.com/infrasonic.html>

**Keely** - Finally, some information on Keely. Per [biu.gung@juno.com](mailto:biu.gung@juno.com), he designed something called the Krell Helmet - chances are it's some kind of brain stimulation device that relies on electromagnetic fields generated in the helmet. I'll add more as I learn more.

**Kundalini** - A very general description - Kundalini is some sort of mystical energy or force that exists at your base, and during a Kundalini awakening, makes its way up from your base into your

forehead region. Supposedly, if people aren't "ready" for a kundalini awakening, it can really mess them up. There are forms of yoga that help to stimulate the kundalini. (I've never had any experience with any of this - but I feel the need to include a definition though, since it's mentioned in the frequency list and it's not a common word.)

**"Life energy" frequency** - 10 PHZ (PETAHERTZ) "This was probably the frequency used by the Russian scientist Vlail P. Kaznachejev in his experiment. The result of the experiment, the Kaznachejev effect, is that if a cell culture is killed or injured, and the "death" photons from it are sent to another culture, which in the absence of visible light (which would quench the paranormal effects, see the above mentioned Excalibur Briefing), suffers the same effects." [MM]

**Limbic System** - "a group of subcortical structures (as the hypothalamus, the hippocampus, and the amygdala) of the brain that are **concerned especially with emotion and motivation**" [from Merriam-Webster dictionary via AOL]

**Lucid Dreaming** - A form of dreaming where you are consciously aware that you are dreaming, and can control your actions in the dream, and in some cases, even control the environment of the dream itself.

**Lymphocytes** - Simple definition - these are a sort of white blood cell that help fend off foreign cells and other unwanted things that have "invaded" the body. It's the lymphocytes that sometimes cause a body to reject a transplanted organ, for instance, and they're sometimes responsible for allergic reactions as well.

**Magic Window** - Frequencies which (according to Thomas E. Bearden) are especially suited for coupling to and bringing energies from other dimensions. [EX via MM] Another source seems to imply such frequencies could be used to communicate from one dimension to another. (As you can see - this is kind of venturing into the realm of new-agey pseudo-science, but I wouldn't rule it out for that reason alone - much of what we take for granted today in science was seen as pseudo-scientific at one point.)

The range of frequencies that most of these magic windows fall under are well above human hearing - more than likely, they are

intended to be 'accessed' using electromagnetic means (a device that creates an EM field). Although, if you're up for a challenge, you could try lowering the octave of these frequencies (i.e. dividing the number by two) until you reach a point where you're in the range of audible sound, and then try plugging that frequency into a sound generator.

**Melatonin** - A hormone produced by the pineal gland in the brain - it helps to promote normal sleep patterns. [TM] also mentions that it can decrease the aging process. Another source says it can create very vivid dreams.

**Neuralgias** - A simple definition - a condition that causes brief episodes of stabbing pain between the eyes and ears.

**Norepinephrine** - A natural chemical the body generates which acts as a vaso-constrictor [constricts blood vessels]. It also increases heartrate & blood pressure, and opens up the air passages in the lungs. It is generated in response to short-term stress, and serves to mobilize the body's resources in order to meet the stressful challenge.

- (Paraphrased from :  
<http://www.encyclopedia.com/articles/09326.html>)

**Octave** - Okay, a very simple definition. Ready? "do, re, mi, fa, so, la, ti, do". The two do's are an octave apart. The second "do" is a higher octave of the first "do". The first "do" is a lower octave of the second "do". The significance of octaves is that they are the same note - the only difference is the pitch. So, for any of the (sound) frequencies on this list, higher and lower octaves in theory could have the same effects that the original frequency does.

Determining higher and lower octaves of a frequency is a piece of cake - just double or half the number. Higher octaves of 7.0 HZ, for instance, would be 14.0, 28.0, 56.0, etc. You can keep going until infinity - just keep on doubling it.

One use for this is to bring frequencies that are below hearing range to a point where it is an audible sound - this is how a lot of the "planetary" tones were calculated. They determined the fraction of a revolution a planet would go through in a second, and then kept doubling the number until they got to an octave that was an audible tone.

It also can be used to bring frequencies above the human hearing range to the point where they're an audible sound - instead of doubling the number, half it instead until you reach an octave that is within human hearing range.

**Phosphene Imagery** - The funky pattern/haze you get when you rub your eyes.

**Pineal** - a tiny organ in the brain [about the size of a pea] that helps to regulate sleeping patterns in mammals [i.e. circadian rhythm], as well as seasonal changes. It is sensitive to light - in the absence of light, it produces a hormone (melatonin) that makes us sleep. Functionally, it is the closest thing we have to a "third eye".

**Rife frequency** - Rife was a fellow who tinkered with using electromagnetic fields at certain frequencies to cure/treat various ills. The frequency set of 20 HZ, 727 HZ, 787 HZ, 800 HZ, 880 HZ, 5000 HZ, and 10000 HZ were used for general treatment across the board, and other frequencies were then added to treat specific conditions.

While Rife's frequencies were generated using electromagnetic means - some of the "mental state" entries for Rife may work using a sound medium, since brainwave entrainment can be done with any periodic phenomena, whether it be light [strobe lights], sound [ocean waves, binaural beats, etc], EM fields [from appliances], vibration [those funky massaging contraptions they sell], or even motion [rocking a baby to sleep].

I don't have every Rife frequency that exists on this page - really, I doubt a frequency to treat something like scoliosis or rectal itching would be very useful to many people, and would only serve to take up a lot of space - if you're looking for frequencies to treat very specific diseases, this page looks like it has every frequency ever used by Rife or any of the researchers who played around with the same sort of thing : [Turf's Electroherbalism Page](#) / [frequency listing archives](#).

**Samadhi** - The state of being aware of one's existence without thinking. Definition from + More Info at : <http://www.self-realization.com/samadhi.htm>

**Schumann resonance** - A simple definition - EM field generated by the earth's atmosphere when it's struck by energy from the sun - it can entrain brainwaves much as EM fields from appliances can, in theory. Here's some additional information.

- A resonant cavity is formed between the ionosphere and the earth. Energy from sferics or other sources may excite this natural resonator to ring at about 8 Hz. Special purpose receiver, can be home built. [from <http://www.altair.org/natradio.htm>]

The Schumann Resonances are actually observed by experiment to occur at several frequencies between 6 and 50 cycles per second, specifically 7.8, 14, 20, 26, 33, 39 and 45 Hertz, with a daily variation of about +/- 0.5 Hertz. [from <http://www.innerx.net/personal/tsmith/Schumann.html>]

- 7.83 is the strongest of the seven resonances, per <http://www.danwinter.com/schumann/schumann.html>
- The amplitude (i.e. intensity) of the Schumann resonance is, however, not constant, and appears to be extremely dependent upon tropical (and hence global) temperature. Indeed preliminary results seem to indicate that a mere one degree increase in temperature seems to be correlated with a doubling of the Schumann resonance. This could not be more significant. <http://fusionanomaly.net/schumannresonance.html>

**Serotonin** - A chemical in the brain which helps regulate moods - too little of it, and you can end up depressed. Too much of it can cause migraines and nausea. Just the right amount, and it's a great anti-depressant/mood elevator.

**Sleep, Deep Dreamless** - Experts are finding that it's only during deep, dreamless sleep that the body restores itself, fixing wear and tear and building new skin, bone, and muscle. <http://health.com/wynks/SleepDisWYNK2000-MAL/whatis happening.html>

**Sphincter Resonance** - In the 1960s, apparently, somebody discovered the resonating frequency of the sphincter. They created a device called an "Anal Sphincter Resonator" - an organ-like device. It was used in a suspense thriller play - they intended it to "shake up" the audience when danger was being acted out -

apparently it caused the entire audience to soil themselves. (I've also heard this referred to as a 'Brown Note'.)

- The original link I got this information from is [www.newphys.se/elektromagnum/physics/KeelyNet/flanagan/flan2.txt](http://www.newphys.se/elektromagnum/physics/KeelyNet/flanagan/flan2.txt). MPT 7/7/04

**Synodic Month** - Middle period from one new moon to the next.

**Thalamus** - A component of the brain that acts as a 'routing center' for all sensory information that comes up the spinal cord from the body. Drugs that shut down the Thalamus are often used for anesthetic effects. (This definition came from this [article](#).)

**Thyroid** - A butterfly-shaped gland just below the Adam's apple which controls the body's metabolism - it does this by producing thyroid hormones, which tell the body how fast to work and use energy.

- The definition came from this now dead link: [deadlink://www.the-thyroid-society.org/faq](http://deadlink://www.the-thyroid-society.org/faq). Attempting to go to the main page now loads up some crappy search engine that tries to finagle you into using it as your startup page, so I wouldn't advise going there. (Anybody remember when the internet didn't have that sort of rubbish?) MPT 7/7/04.

**Go Back**

**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](http://www.princeton.edu/~pear/Order_29.html)

ANO Transcendental Meditation, Anthony Norvell, via email from [berte@yahoo.com](mailto:berte@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.

APE Academic Performance Enhancement with Photic Stimulation and EDR Feedback, Thomas Budzynski, Ph.D, John Jordy, M.Ed. & others. Journal of Neurotherapy, [http://www.snr-jnt.org/JournalNT/Vol3/JNT\(3-3\)2.htm](http://www.snr-jnt.org/JournalNT/Vol3/JNT(3-3)2.htm)

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](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 : [weap0ner@aol.com](mailto:weap0ner@aol.com), <http://www.bwgen.com/presets/desc186.htm>

BH Barbara Hero,  
<http://members.aol.com/Lambda3/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 Compleat 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.

CC Robert Becker, MD quoted in the book "Cross Currents" by Jeremy P. Tarcher, Inc., Los Angeles, 1990

- 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://reidds.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/articleepsitext.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! : BWGEN, Tue Jul 24, 2001 2:55 pm, <http://groups.yahoo.com/group/bwgen/message/2024>

EH One Way To Improve Sleep, The Equinox Alternative [Etonhall], [deadlink://www.etonhall.com/hol4.htm](http://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. MPT -7/6/04

EI Exceed International, <http://www.xtrememind.com>, James R Plazo

- I encourage you to visit this site to decide for yourself how credible the entries from this source are.

EI-d 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](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. (John F. Gilbert, Ph.D. and Robert Moroney, D.A., CPPS.) [http://www.snr-jnt.org/JournalNT/JNT\(2-1\)5.html](http://www.snr-jnt.org/JournalNT/JNT(2-1)5.html)

GIA Giannitrapani (1969)

HC Hans Cuosto, Cosmic Octave, Life Rhythm

- [Note - MPT - more on the cosmic octave at Planetware website <http://www.planetware.de/tone/table.html> ]
- The HC entries are meant to be used with sound or possibly vibration -- HC advocated using tuning forks on precise body parts, if I remember correctly.

HOF Hoffman, Stockdale, Hicks, & Schwaninger, 1995.

HSW How Sound Works On The Body, Mindtech, (c) 2001  
[deadlink://www.mindtech.co.uk](http://www.mindtech.co.uk)

- 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.

JM James Mann [Enlightened Enterprises], Awakening Mind I : Creating Sound and Light Sessions on Advanced Programmable Mind Machines, 1996, excerpts from at <http://marks.on.ufanet.ru/PSY/AVS5.HTM>

- In addition, some of the information came from an email response from [JM] to a [bardosein@yahoo.ca](mailto: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.

LUB "ADD/ADHD" ; Lubar, 1991.

MAG "Megabrain" (article name), Magical Blend Magazine, P. 0. Box 11303, San Francisco, Ca 94101, USA, Found at : [http://www.chscene.ch/ccs/habi2/134\\_megabrain.html](http://www.chscene.ch/ccs/habi2/134_megabrain.html)

MB Megabrain Germany

- MB2 = Megabrain Report, v1 #2; MB3 = Megabrain Report #3, p. 19

MH Mind Expanding Machines: Can the GP Do for the Brain What Nautilus Does for the Body?, by Michael Hutchison, New Age Journal July/Aug 87 Graham potentializer not in production.

MM Micromercurial Maze [website]  
<http://geocities.com/ResearchTriangle/2888/>

- 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.)

MWH Natural Healing - Sound Therapy, Miracle Wellness House (website) - [http://www.miraclewellnesshouse.com/energy\\_3.html](http://www.miraclewellnesshouse.com/energy_3.html)

- 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.htm>  
!

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

NOR "Science Measures The Human Energy Field", Nature's Own Research Association [Jim and Nora Oschman], article posted on this website : <http://www.reiki.org/reikinews/ScienceMeasures.htm>

- 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>

PGS "Sub-threshold 10--Hz Sound Suppresses EEG Theta: Clinical Application for the Potentiation of Neurotherapeutic Treatment of ADD/ADHD", Paul G. Swingle, Ph.D., C. Psych.  
[http://www.snr-jnt.org/JournalNT/JNT\(2-1\)3.html](http://www.snr-jnt.org/JournalNT/JNT(2-1)3.html)

PM Color Therapy, Downtown Express Productions,LLC.  
Peaceful Mind-Alternative Medicine And Therapies [website]  
[http://www.peacefulmind.com/color\\_therapy.htm](http://www.peacefulmind.com/color_therapy.htm)

PSI PsiliPharm, "5,000 HZ Frequencies To Boost Growth Of Plants", Cannibis.Com,

- He reportedly got the information from other sources, including a book called Superlearning 2000, which is about ways of learning more efficiently.

PWM "Playing With Your Mind", Patricia Chamberlain, Unlimited Human magazine. March 1993.

QG China Healthways Inst.

- [Note - MPT - [China Healthways website](#).]

RA Brainwave Entrainment Frequencies, Ray Auxillon, June 15th, 1999. [members.tripod.com/~speculation/brainwave.html](http://members.tripod.com/~speculation/brainwave.html)\*

- \*MPT 6/20/04 - The link appears to be dead. (Blah.)

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](http://www.mindalive.com/2_0/ch6.pdf) (*updated link - MPT 8/29/04*)

- 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.)

RV Primordial Tones: Meditation on the Archetypal Energies of Celestial Bodies, Joachim-Ernst Berendt, ReVision, Summer 1987 for planets.

RVX Remote Viewing : The Story Of The Real X-Files, Paranormal Management Systems, [deadlink://www.fastnet.co.uk/pms/real\\_x.htm](http://www.fastnet.co.uk/pms/real_x.htm)

- 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?",  
SomaEnergetics.com,  
[http://www.lightwithin.com/SomaEnergetics/2Solfeggio\\_Frequencies.htm](http://www.lightwithin.com/SomaEnergetics/2Solfeggio_Frequencies.htm)

SED The Sedona Sound Experience (website), R. Brian Caldwell,  
<http://www.metasonics.com/>

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](mailto: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](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](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](mailto:marks@ufanet.ru)) on the Brainwave Generator message board : <http://groups.yahoo.com/group/bwgen/message/2552>

VUG Voyager XL User Guide, ©1993 Theta Technologies.

WL Wolfgang Ludwig

x 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

**[Go Back](#)**