

What really happens when you meditate?

When you sit down to meditate, your brain waves shift and enter a deeper level of consciousness.



Brain Wave Frequency (cycles per seconds)

14-21 cps and higher.

Walking state, the five senses.
Perception of time and spaces.

7-14 cps.

Light sleep, meditation, intuition. No time and space limitation.

4-7 cps.

Deep sleep, meditation.

0-4 cps.

Deeper sleep. You are unconscious at Delta.