

## **THE CONSCIOUSNESS CONTINUUM INCLUDING REM**

Frank D. Young Ph.D.

1. BETA (24-14Hz, linear, logical, analytical, rational, talking, discussing, more intense, actively concentrating, "making it happen").
2. ALPHA (13-8Hz, lateral, visual, directed daydreaming and intentional imagery, analogical, relaxed, warming of extremities, tingly fingers, aware but calmer, beginning to "let it happen").
3. THETA (7-4Hz, drowsy, often more kinesthetic with occasional vivid images or impressions like still pictures or static memories that move or play out for short periods of time (dreamlets), more unconscious drifting thought, tangential, heaviness and catalepsy, simpler thinking, aware but somewhat detached "mind drifting, watching things tumble").

4. REM (mostly alpha-theta, images in motion, dreams involving varying degrees of coherence in sensation and context, sleep paralysis of the body, with varying degrees of awareness and connection to the dream body, (unless lucid) loss of state awareness, passive acceptance of dream reality, virtual subjective reality, trance logic "being in the movie").

5. DELTA (3-1Hz, slow wave sleep, very low and slow cortical activity, no consciousness or awareness only of total dark peace, quiet rest "the projectionist went home").