

# Introducing YOU to Theta

Align Theta Center

"We need never be hopeless because  
we can never be irreparably broken."

— John Green

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# Theta and What It Does

You may be asking yourself, "What does the term Theta actually mean?" Aside from being the 8th letter of the Greek alphabet, THETA is a term used in Neuroscience to describe one of the five types of brainwaves and can be measured between 4 and 8Hz, using a machine called an electroencephalogram (EEG).

Theta waves generate neural rhythms in the brain which are then directed to different parts and aspects of the mind such as our thoughts and behavior as well as our ability to learn, memory, and spatial navigation.

Theta waves happen when we focus on our internal worlds and tune out our external worlds referring more specifically to the period in which our body and mind are on the verge of falling asleep or just about to wake up.

Theta Brainwaves allow our memories to be much more easily accessed and make free-flowing connections to the past and present. By accessing the limbic system through Theta Waves, we are able to mine our brains for traumatic emotional memory. At the same time, Theta Waves also promote healing because it is associated with making new connections and learning. This is exciting because it means that when we are in a harnessed Theta State we can specifically target areas of our past that have been emotionally traumatic and begin embedding new neural processes to heal from those experiences. This same process can be preformed for a variety of different psychiatric disorders such as anxiety, depression, insomnia, ADHD, PTSD, and all kinds of addiction.

# Inducing Theta State & The 4 Modalities

To properly induce Theta Brainwaves there are four main treatment modalities that our Theta Pod at Align Theta Center uses to optimize the full potential of inducing the Theta State.

The first modality used to harness the Theta State is Vestibular Motion. The vestibular system in our bodies, in vertebrates to be specific, is part of the inner ear and is the sensory system that provides the leading contribution to the sense of balance and spatial orientation for the purpose of coordinating movement with balance. We utilize this benefit by providing a Pod that spins on balanced free wheel motion to exploit this valuable fundamental property in reaching the Theta State of the brain.

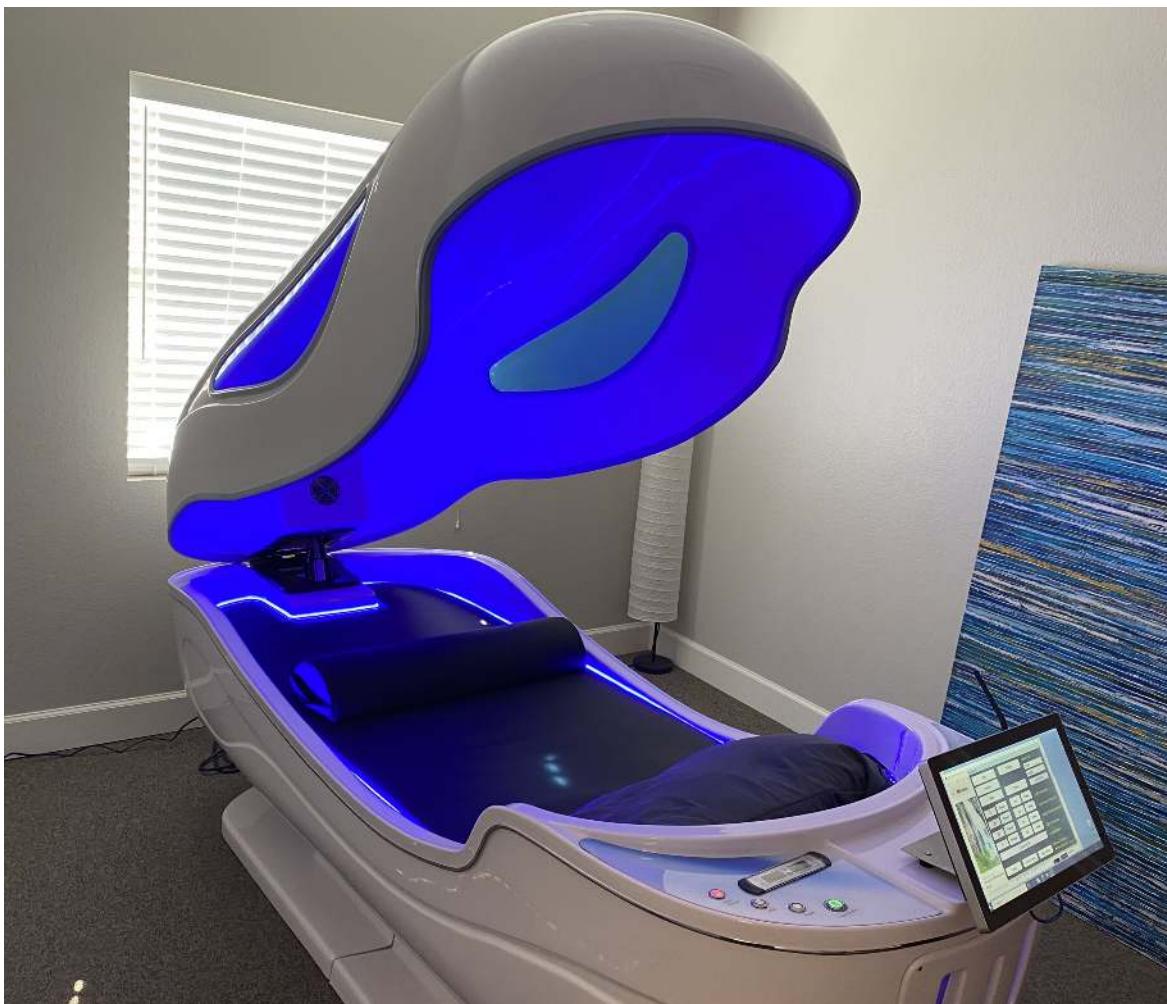
The Second modality is Binaural Beats delivered through headphones and relaxation music. This "beat" occurs when you hear two tones, one in each ear, that are slightly different in frequency as your brain processes a third beat at the difference of the frequencies. This third beat that your brain processes is defined as a binaural beat. So, instead of hearing two different tones, you hear a tone at 11 Hz (in addition to the tone given to each ear). Binaural beats are frequencies that subliminally encourage relaxation, promote positivity, and decrease anxiety. Binaural beats have been linked to increased concentration and alertness, problem solving, and improved memory.

The third modality is called Cranial Electrotherapy Stimulation (CES). These are gentle pulses delivered through the CES unit embedded into our Theta Pod at Align Theta Center. Unlike pharmaceutical drugs, this device/modality has a low risk of causing serious side effects, making it essentially safe to use as opposed to other alternatives.

The last modality used to fully induce the Theta State to get the full beneficial payoff of Theta Brainwaves is called Eye Movement Desensitization and Reprocessing Light Therapy (EMDR): Light patterns that are computer generated and calibrated to synchronize with the binaural beats. This 1) quickly induces the Theta state, 2) opens the brain to suggestion and entrainment, and 3) promotes specific wellness rhythms. Our Theta Pod uses computer technology to precisely generate and synchronize these lights for maximum positive effect.

# Theta Pod & How It Works

The Theta Pod uses 4 powerful modalities (methods), including Eye Movement Desensitization and Reprocessing Light Therapy (EMDR), Vestibular Motion, Cranial Electrotherapy Stimulation (CES), and Binaural Beats to induce the Theta brainwave state. Our ThetaPod is changing the game showing signs of potentially dominating PTSD, Anxiety, Depression, and Addictions of ALL kinds!



Theta Pod at Align Theta Center

# Top Seven Benefits from Theta Pod Sessions

## 1. Intuition Increase

Through accessing the theta state in the brain you can increase your intuition in addition to your ability to identify your innermost "gut" feelings. In other words, your ability to 'visualize' and 'listen' outside the borders of the physical senses broaden, thus your conception of reality will increase as well.

## 2. Stress And Anxiety Reduction

Being harnessed in the Theta State causes deep mental and physical relaxation, which produces reduced levels of stress and anxiety.

## 3. Deep Levels Of Relaxation

Theta brainwaves are most commonly found amid sleep, meditation, and amidst young children. Through harnessing your mind to the Theta State, you can induce deep relaxed states that are rarely found in adults in the course of daily routines.

## 4. Boosted Immune System

Increasing your theta brainwaves helps to optimize your immune system's function due to the fact that theta brainwaves are associated with vitality and the elimination of stress. Stress and anxiety can do harm to the immune system by releasing a surplus of harmful chemicals such as the hormone cortisol and adrenaline, which are damaging to the immune system in oversupply. Theta waves trigger the release of beneficial chemicals and neurotransmitters to keep your immune system at its climax.

## 5. Mind and Body Rejuvenation

During theta wave interaction, both mind and body undergo rejuvenation and growth. Due to the deep levels of relaxation that theta waves facilitate, the body and mind are able to reestablish homeostasis during or post phases of illness, as well as posterior mental exhaustion and high levels of physical operation.

## 6. Subconscious Connection

Theta brainwaves allow you to connect deeply with your unconscious mind (subconscious). Your unconscious mind is the collective intelligence of all cells in your body. It regulates all your autonomic body functions. It houses your emotions, imagination, memory, habits, intuition, and is your personal pathway to even more subtle levels of consciousness.

## 7. Increase of the Learning Ability

Being harnessed in the Theta State is said to allow people to learn large amounts of information in a much quicker time than in your normal brainwave state. After theta entrainment people have retained an upwards of around %300 more information than they would at normal states. This lucrative state of mind allows people to break through learning barriers like nothing. This is the predominant benefit highlighted when overcoming addiction because if you can learn new ways to cope and deal with thought and emotion then in essence you can learn a new way to overcome addiction.

# Program Directory

Addictions	Emotional
<input type="checkbox"/> Amphetamines, Meth, Cocaine & Stimulants <input type="checkbox"/> Heroin, Opiates, Morph, Subox, Meth & Tobacco <input type="checkbox"/> Pain Killers - Oxytocodone, Lortab, etc. <input type="checkbox"/> Marijuana <input type="checkbox"/> Alcohol <input type="checkbox"/> Benzos <input type="checkbox"/> Barbiturates, Sedatives & Tranquilizers <input type="checkbox"/> Pornography, Gaming, Gambling & Sexual	<input type="checkbox"/> Anxiety <input type="checkbox"/> Depression, Moods <input type="checkbox"/> Depression, Circumstances <input type="checkbox"/> Depression, Drugs <input type="checkbox"/> ADD / ADHD <input type="checkbox"/> Reduce Stress <input type="checkbox"/> Anger / Fear <input type="checkbox"/> Euphoria <input type="checkbox"/> Sexual Dysfunction - Male <input type="checkbox"/> Sexual Dysfunction - Female <input type="checkbox"/> Bipolar, OCD, PTSD <input type="checkbox"/> Custom Frequency
Physical	Custom Frequency
<input type="checkbox"/> Memory Enhancement, Focus, Concentration <input type="checkbox"/> Insomnia <input type="checkbox"/> Fibromyalgia, Chronic Fatigue <input type="checkbox"/> Chronic Pain <input type="checkbox"/> Headaches, Migraine and Sinus <input type="checkbox"/> Weight Control <input type="checkbox"/> Hormone Balance <input type="checkbox"/> Autism <input type="checkbox"/> Parkinson's Disease <input type="checkbox"/> Muscular Dystrophy <input type="checkbox"/> Multiple Sclerosis	42.0 <button>Save</button>  <button>Close Door</button> <button>Clear</button>  <button>Open Door</button> <button>Cancel</button>

# The Wellness Journey Starts With You

We encourage you to take the first step and reach out to us and book an appointment with our staff. We strive to empower people from all walks of life and instill the essence of hope back in to their lives through this incredible process. We believe in what we offer to our clients at Align Theta Center and are waiting for you to join the many that have already started their wellness journeys. We look forward to hearing from you!

## Contact Us

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Business Hours: Monday - Friday 7:00A.M. - 8:00 P.M.  
Saturday & Sunday 12:00 P.M - 5:00 P.M.

*"Trust the magic of new beginnings"*

*-Eric Brashears-*