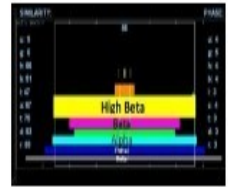


## EXAM STRESS



- \* Can be easily reduced by doing 2 things - and better still - you can study better and remember better.
  - \* Unless we were born brain damaged or have been anaesthetized, we all have abundant Beta brainwave (purple band, in diagram), normally around 16 hz frequency.
  - \* This is the cognitive, alert, thinking state. It is like the carburettor in a car, that fires up and makes it go.
  - \* At this beta wave frequency, you do mental calculations like a computer chip.
  - \* Many people can even have High Beta Brainwaves - but if you also have little or no Low frequency Delta and Theta - you are probably just overstressed, and all your fast Beta activity might just amount to thoughts spinning around in your head.
  - \* If you have High Beta and lots of Low Delta and Theta - you are probably in good health, and maybe a genius or healing guru.
  - \* If you have normal amounts of Beta brainwaves, but lots of (high amplitude) low Delta and Theta - you possibly have ADHD - because the excess low frequencies relate to the emotional Limbic area of the brain. The highly emotional state often presents as overactive or naughty behavior - when it is just an imbalance of brainwaves - needing more higher frequencies or less lower ones.
- 
- \* Having a balanced brainwave state is not normally possible, except for a handful of healing gurus, who have exceptional good health, and a brainwave pattern similar to when wearing a Pyramid Pendant, but at about two thirds amplitude.
  - \* For effective exam work we need all the brainwave frequencies.
  - \* The Beta ones for mental processing - the Delta and Theta ones for lateral thinking and creative intuition - the middle Alpha frequency is needed to correlate and communicate between the upper and lower ones.
  - \* When studying for exams you need to be storing the data you are reading into deep memory, not having to read it over and over - this is where Theta brainwaves are needed.
  - \* When doing the exam, you need to be able to use lateral thinking to resolve tricky questions - this is where Delta and Theta frequencies are needed. I once took a group of 20 uni students a couple of weeks before their exams. All they had to do was to study for an hour, and absorb what I then called the Peak Performance brainwave pattern. A couple of students afterwards said they were amazed at how easily they could focus, the others all agreed that they were absorbing information quicker and better.
  - \* In both instances, when sitting down in an exam situation - studying or doing the actual exam - a practical suggestion is to take a few deep breaths to relax - and let the desired outcome come to you - and it can without any need to force it.
  - \* This will only take your brainwave frequencies down to low Alpha at the most, but will still enable you to cope and succeed.
  - \* The difference you experience, when you also have low Theta and Delta brainwaves has to be experienced to appreciate how mind blowing it is to have solutions to problems just suddenly arrive, without any effort - this is when you have Delta brainwaves - which give you intuition, lateral thinking, and communicates with the universe. Of course, most people don't have Delta in the waking state, but only in deep sleep. Taking relaxants such as valium, may give you some Delta, but will take away most of your Beta - you can't have medication that both relaxes and stimulates you - they would cancel each other out if you took both.
  - \* This is the beauty of the balanced brainwaves in all frequencies - i.e. loads of High amplitude Beta and Delta - so you are both deeply relaxed and mentally active, at the same time when wearing a Pyramid Pendant. People are always spun out when I show them their brainwave patterns when wearing a Pyramid Pendant - compared to the one taken before wearing one.