



SOMETIMES YOU NEED TO CHANGE YOUR MIND

Have you ever found yourself in a rut? You know what I'm talking about – the loop of negative thoughts, fear of the future, and guilt about the past. We've all been there, and it's a state of mind that doesn't feel good.

When I started studying sound bowls and brain entrainment, my mentors explained that those feelings of rut are actually the result of continual-patterned high beta brain waves (a specific electrical frequency in the brain). Long ago, we relied on these waves when there was a threat of being chased by say a sabertoothed tiger. High beta brain waves released adrenaline and would put our loinclothed butts on high alert when we spotted the tiger. It allowed us to think about the actions we needed to take to stay alive, like hide or run. Today, we understand this state of being as fight or flight.

Although being chased by a tiger is no longer a threat in most of our lives, many of us are stuck in fight or flight from the experiences of everyday life (constant emails, texts, and social media, to name a few of the new "tigers"). Our surroundings have made it a habit to be in such a state - to the point of addiction. We are always on alert, which can cause panic attacks, nervousness, anxiety, and stress.

Getting out of this state requires you to physically change your mind by introducing new (or forgotten) brain wave patterns! You literally have to break the habit. This is where Yoga, meditation, and sound healing can help.

- During Yoga practices, especially with meditation and deep breathing exercises, the brain produces more alpha brain waves. This electrical wave feeds the brain chemicals that create a state of relaxation and calmness and can help reduce stress and anxiety levels. Alpha waves are associated with a relaxed but alert state of mind, and practices that increase alpha wave activity can help individuals detach from overwhelming emotions and cultivate a more balanced emotional state.

- During advanced meditation practices in Yoga and sound healing, the brain can also generate more theta waves. Theta brain waves are associated with a state of deep relaxation and creativity. When individuals experience increased theta wave activity, they may tap into their subconscious mind, fostering creativity and enhancing intuitive abilities. These states are often associated with heightened artistic expression and problem-solving skills.



Now, hold onto your seats because Yoga, meditation, and sound healing can go even deeper into changing or altering your mind - we are talking Nirvana-level states, folks!

- Gamma waves are associated with heightened consciousness, focus, and peak performance. Studies have shown that Yoga practitioners may experience increased gamma brain wave activity during meditation or advanced poses, which could be linked to enhanced cognitive abilities and mental clarity. These states can lead to profound spiritual experiences, increased interconnectedness, and a greater sense of purpose and meaning in life.

- Delta waves are associated with deep sleep and the unconscious mind. While Yoga and meditation practices are not typically associated with increasing delta wave activity, the relaxation and stress-reducing effects of Yoga can indirectly promote better sleep quality, leading to more natural delta brain wave production during sleep (that said, we've all heard our neighbors snoring during a sound bath at Thermal Horizons). Adequate delta brain wave activity during sleep is crucial for physical and mental rejuvenation, memory consolidation, and overall cognitive function.



A Word on Brain Wave Entrainment

External auditory stimuli, such as sound bowls, synchronize brain waves to the frequency of the sound being heard. When the brain is exposed to vibrations with a specific frequency, it tends to follow or “entrain” to that frequency. For example, if the sounds are 10 Hz, the brain’s electrical activity may synchronize and produce more brain waves at around 10 Hz. This phenomenon is especially relevant for lower-frequency brain waves, such as alpha (8-12 Hz), theta (4-7 Hz), and delta (0.5-3 Hz) - AKA the good ones!

In this newsletter, we hear our lovely Ahmie’s story and how she used Yoga to change her mind to fall back in love with Yoga! I invite you to explore the possibilities of increasing brain waves to remove you from a stuck state of fight or flight. The more often you do this, the quicker you can get yourself out of those ruts and live the beautiful life you deserve!

Forever,

A handwritten signature in blue ink that reads "Jaime".

Jaime Annett,
Studio Owner - Sound Healing Practitioner,
Yoga Teacher



Teacher Spotlight



Ahmie Alvarez

Ahmie still remembers that first profound Yoga experience that flooded her during Savasana while in her twenties. She’d tried a few Yoga classes, and they were fine, but she was focused on her love for running and training in the gym and wasn’t sure how yoga would fit into that fitness lifestyle. Then, there she was, lying in Savasana, and she felt a physical and emotional sensation that presented a feeling of clarity and space that let her know everything would always be alright. The experience altered her brain, and she was hooked.

She started taking different classes and trying more challenging poses, and she clearly saw how her practice improved her life; physically, spiritually, and emotionally. She found a Yoga community that elevated her and made her feel like a better mother, wife, and human.

A teacher in her community suggested she consider teacher training. Becoming an instructor made sense to her as a former elementary teacher and lover of Yoga. Still, she had to overcome her guilt about the time away from her family and the financial commitment. Her practice and supportive family helped her see the value in the sacrifice – the clarity from years ago was still there to help guide her.

She conducted her 200-hour and 300-hour teacher training during the pandemic, which was difficult, but also perfect in how it helped ground and steady her during such uncertain times. After her 200-hour training, she felt herself growing and loving. During her 300-hour training, she felt her heart and soul expand even more. And then the unthinkable happened.



At the end of her 300-hour training, Ahmie lost a child, her beautiful baby girl Emma.

Although the unimaginable loss was not connected to Yoga, Ahmie could not bring herself to practice – her mind had connected the two events because of the timing. She was devastated and stepped away from her mat to heal.

Giving herself grace, she slowly processed how she connected the loss to her practice. It took time, but after breathwork and meditation, she was again able to clearly see how Yoga could help her heal. The light was there again, just like it had presented itself to her so many years ago.

She joined the Thermal Horizons community when the doors opened in June 2022. Ahmie immediately felt a sense of connection and welcoming love in the studio. Because of this, she wants her students to leave her classes feeling centered, stronger, inspired, motivated, healed, and a brief moment of bliss to carry with them through life.



Ahmie's intention when creating classes is to integrate mindful, gentle flow and restorative postures while weaving in therapeutics. Join her in class to experience profound clarity and love – to change your mind and your life!

