

*[This article, published in China Healthways Newsletter, provides data collected from biofeedback research conducted by Dale Patterson which shows that chaos increases alpha EEG induction.]*

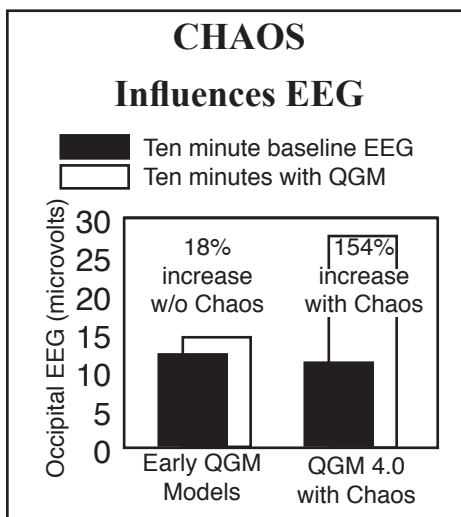
## **Vibrational Trembling, Chaos, and EEG**

*Dale M. Patterson, MS, CACB, BCIA Certified  
Richard H. Lee, China Healthways Institute, USA*

Vibrational trembling appears to be a way memory is stored or processed in the physical body. Chaotic sound penetrates this field of vibrational activity, softening this memory and allowing us to more easily let go of fixated thoughts, addictive desires, and compulsive actions.

When someone is full of anger at being blocked from acquiring the object of desire, he may tremble extensively in the theta range of EEG. And when someone is overloaded with the stress of excess thinking (worry) and approaching a nervous breakdown, he will also tremble, but this time in the beta range. This excess vibrational activity consumes the body's Qi and causes the person to become emotionally, mentally, and physically rigid.

Applying chaotic sound breaks up these repeating patterns, often freeing the patient from frustration and worry. As the patient relaxes, capacity to process thoughts and emotions increases, new answers are found, and the increased freedom and flexibility are experienced as increased vitality. Thus, where physical memory inhibits healing, adding a chaotic alpha signal can accelerate recovery.



### **Laboratory Testing**

Dale Patterson, a board certified EEG technician trained in biofeedback became intrigued with the QGM when one of his patients brought one in. He recorded EEG brain maps first with an early model of the QGM which produced a clinically significant 18% increase in Alpha. He then used the Q4 with chaos which provided eight times the increase in alpha activity, showing that chaos increases induction of alpha rhythm in the EEG.