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# Brainwave Entrainment Manual

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## The Basics of Brainwave Entrainment

What is brainwave entrainment? Well, first we need to define entrainment.

***Entrainment** is the process whereby two interacting oscillating systems, which have different periods when they function independently, assume the same period. The two oscillators may fall into synchrony, but other phase relationships are also possible.*

Think of a holding a tuning fork that is tuned to the frequency of a G note. Strike the tuning fork and place it near a guitar and you will notice that the G string on the guitar starts to vibrate! It has entrained on the tuning forks frequency.

How does this have anything to do with the brain?

It actually has a lot to do with the brain when you realize that the brain is pulsing with electrical impulses. This electrical activity can be measured with a piece of equipment called an electroencephalogram (EEG), which measures the frequency of the electrical current.

This frequency or speed of the brainwaves is measured in Hertz (Hz).

Now here is the really cool part - the predominant frequency that your brain is resonating with at any particular moment can be associated with your state of mind. This means that your state of mind, for example relaxed, frightened, or sleepy can be "seen" in your brainwave frequencies at that moment.

These frequencies and associated states have been studied for a long time and have been categorized into 4 broad categories.

- **Beta Waves** – 13Hz to 20Hz. Beta waves are associated with normal waking consciousness. They are present when you are focused on activities in the outside world. However, too much beta can make one feel stressed out.
- **Alpha Waves** – 8Hz to 12Hz. Alpha waves are likened to a light meditation. They are prevalent when you daydream. They will become stronger when your eyes are closed. An excellent state to be in to program your mind.
- **Theta Waves** – 4Hz to 7Hz. Theta waves occur during heightened states of creativity and are found with a deep meditative state. Seek theta to access unconscious material, or to reveal insights and creative ideas.
- **Delta Waves** - .5Hz to 3Hz. Delta waves are found in a deep sleep state or unconsciousness. Also, delta waves are common in very deep meditation. To stay conscious during delta takes practice.





## How do I get my brain into these states?

Yogis and Shamans spend years practicing meditation techniques to learn to induce deep states of meditation. The main techniques they have used to be able to achieve these deep states of mind is spending time in dedicated practice ... hours of practice every day! They work diligently quieting their mind and coaxing their brain into the different states.

In today's world few people can tell their wives and children that they are going to sit and meditate for three hours, so please be quiet!

Thank goodness we can all experience the amazing benefits of brainwave entrainment by using specialized audio programs. These amazing audio programs will enable you to achieve these same states in a just few sessions.



## The Benefits of Brainwave Entrainment

Let me first just rattle off a few of the benefits you can experience with brainwave entrainment audios.

1. Enhanced sleep and ease of getting to sleep.
2. Increased learning ability and memory.
3. Behavior modification (getting rid of your bad habits).
4. Enhanced health.
5. Increased creativity and problem solving ability.
6. Relaxation and stress reduction.
7. Help with ADD/ADHD.
8. Access your intuition.
9. Increase your focus and concentration.
10. Deepen your spiritual connection.
11. And many more!

These are just a few of the benefits you will find when using brainwave entrainment audios.

What about health? There are studies that say 90% of all sickness is strongly linked to stress. Now we all know that some degree of stress is needed in life, but what we are currently experiencing in our 24/7 world is way too much.

Stress causes chemical changes in the brain which in turn affect your health. By using brainwave entrainment to change the state that your brain is in, you can affect your health in a positive manner.

Just by bringing your brain into an alpha state you will find that your stress melts away and your outlook on life brightens.

I do want to mention that diet and exercise is also crucial to reducing stress and you will find that you can use brainwave entrainment to help program your mind to change your diet and get you to exercise!

The benefits to be realized by controlling your brainwaves are simply astounding.

You may be thinking, "What good is going into an alpha state once a day, just to be thrown back into the fray?" The answer is that moving your brain into these altered states will act just the way exercise acts on your metabolism. When you exercise you burn calories, but when you get done, your body continues to burn calories at an increased rate.

Brainwave entrainment is similar in the sense that you will find over time you will be able to handle stress and life's issues more easily. It is truly a wonderful word in which we live!



## How Brainwave Entrainment Technology Works

There are different ways to entrain the brain. All the methods used have a common goal and that is to get the brain to resonate or vibrate at a particular frequency.

Here are the main methods in use today:

- **Binaural Beats** – created by playing two slightly different tones into each ear, which are then being combined in the brain, forming a beat that entrains the brain. This method requires stereo headphones to be effective.
- **Isochronic Tones** – best described as pulses of sound. They are tones turned on and off at precise times. The brain then entrains on the tones pulsed frequency.
- **Harmonic Box X** – A unique and powerful method that uses four tones, two in each ear that create a harmonic beat on which the brain entrains.

Binaural beat technology has been the predominate method used since the introduction of brainwave entrainment tapes and CDs. It works, but as noted above there are other methods and research suggests that Isochronic tones are more powerful.

Personally, I have had success with all of the above technology. In fact I find that having multiple programs that use different techniques is the best way to use this technology. I don't know why, but in the end, what works is what I do!

Each of the technologies is based on the naturally occurring phenomenon in which the brain has a tendency to change its dominant brain frequency towards the frequency of an external stimulus. This is called the frequency following response.

HealingProducts.com brainwave entrainment products use Isochronic, Binaural beats or Harmonic Box X stimulation. But we don't stop there. Each of our entrainment products also have the frequency embedded into the music and/or sound that is on the recording.

Not only does this give the brain a strong stimulus to follow but it also creates a relaxing sonic environment for the listener.





## Alpha Relax Session

The alpha relax session is designed to be a stress reliever like no other. Using isochronic beats, Alpha Relax stimulates each ear with a slightly different frequency in order to produce an effect that allows stress to be dissolved while relaxing the mind and body.

This session can be used with or without headphones, however I do find that by using headphones you can enhance your experience.

Make sure you are well hydrated and then sit or lie down. As you listen to the session, breath deeply and evenly while freeing your mind from any distractions.

If unwanted thoughts creep in, simply acknowledge them and then let them go.

As the session ends open your eyes and take three deep breathes before getting up.





## Into the Void

Into the Void is a theta level meditation program.

Theta is a state where you will lose all perception of your body. This is an extraordinary state where you will be able to connect with your higher intelligence.

The key to a successful meditation with Into the Void is to choose a time when you will not be interrupted. This not only means interrupted by outside forces, but also by your own mind.

You can either sit in a chair with both feet on the ground or lay down. For the first sessions just find a comfortable position. It is okay if you fall asleep. Falling asleep is common for those new to meditation and brainwave entrainment. The real goal is to be in a conscious but altered state, but you will get benefits from the program even if you do fall asleep.

As the session starts, take three deep breaths, inhaling to a count of five then exhaling to a count of five. While taking these breaths affirm that you are relaxing more and more.

After those initial breaths, start breathing normally and focus your mind on the inhale and exhale of your breath.

You are going to find that your mind will start to pop things into your consciousness. Don't focus on these thoughts and don't get frustrated as this happens to all of us. Just acknowledge the thought, be grateful for it and then go back to the breath. The key is to focus on your breath.

After the session ends, open your eyes and take some deep breaths; smile and give thanks for all the new connections you have made in your brain.





## Conclusion

Your brain is amazing and in most of us it is not performing as well as it could be. I don't know just what we are capable of, but I do know that I am going to do everything possible to expand my mind.

You are also doing this by taking the time to "exercise" you brain using our brainwave entrainment audios. I applaud you for this.

Keep this quote in mind

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure"*

*Marianne Williamson*

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Take that to heart as you journey through your wonderful and abundant life.



**Warning:** These sessions induce altered brain states.

DO NOT listen to any of the Brainwave Sessions while driving or operating heavy equipment.

Do NOT listen to any of the Brainwave Sessions if you have a tendency towards seizures or have epilepsy.

**Disclaimer:** Brainwave Entrainment sessions offered by BrainwaveLibrary.com are sold accelerate self-improvement, induce deep relaxation and trance states and help to increase cognitive ability. No statement made on our website or in the product manuals are intended as a claim of the diagnosis, cure, mitigation, treatment or prevention of disease or any other medical condition. Please consult a licensed medical practitioner for information about a medical condition.

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