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# Theta Gnaural Preset for Skilled Relaxation

March 30, 2013 by Drew



Hello All,

Following up from my [previous post](#), I decided to post a Gnaural preset that I created using what I learned at the [TMShelp forum](#). Gnaural is free Mac software (like Brainwave Generator which is PC-only) that uses sound to induce specific mental states. I say, give it a try. If it works for you, great. Some people get the same benefit by just listening to meditation or [Reikki](#) music.

The existing Gnaural [preset library](#) is underdeveloped and learning to create files in Gnaural takes time and it tends to crash a lot (for me). I hope this may help those in pain or suffering from mindbody issues or [psychosomatic disorders](#) who have problems getting into a deep relaxed state.

This preset targets the 4.5 hz frequency (near sleep) and last 40 minutes. The audio track has affirmations: “I am happy, healthy, energetic” that kick in around the 20 minute mark. It also uses the affirmations-embedded-as-questions technique so beloved by hypnosis and NLP types – i.e ‘What makes it so easy for me to be happy... How is it that I radiate health and energy..’ etc.

I prefer to lie down in bed, with a light blanket covering me, and use full earphones to block out sound. I use a single pillow and have my head slightly inclined towards the ceiling.

Here is the download link:

[Gnaural Theta Preset With Affirmations](#)

How to use it:

Unzip the file into your Gnaural folder and then open the file in Gnaural. Gnaural is a bit odd and the file may not appear in the folder view unless you set it to show ‘all files’. I included the audio .wav track.

Regarding the comment on the TMS forum about needing to be a monk to spend this much time meditating (busy lives). I agree it’s hard, but even doing it once a day or whenever you can helps. If you are really in pain I’d think you’d do it more initially. I try to meditate after getting home from

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work but do not often get a chance to really go deep as my family arrives and my dog immediately jumps on me. Any time getting into the deep meditative state is better than nothing.

I am also one of the types that really has a hard time getting into a relaxed state, so I rely on this software when I am especially wound-up. After you get the hang of relaxing you do not need it – you just learn over time how to calm yourself down into a near-sleep state.

One more thing which may be controversial... If you really really cannot relax try taking 10 mg of valium 15 minutes before the session. If you are on tramadol or another pain killer (as many of us are or were) it's ok to take them together.

Don't rely on this tactic consistently, in my opinion, it's better to learn how to do it yourself. That being the case, it can help you to get an initial idea of what it's supposed to feel like.

Have you ever watched 'Little House on the Prairie?' No family is that perfect, but what Michael Landon was trying to do was to show us what a perfect family would look like – that way we have something to aspire to – a vision and a destination to guide us. If you need to use the software and a mild sedative to initially experience the deep relaxation experience (which is very pleasant, by the way, not boring) then give it a shot. Just my two cents.

Best,

Drew.