Binaural Beats and the Hypothetical effects on brain function

Although it has been scientifically proven that binaural beats do influence a person’s mood by altering the brain waves, the hypothetical view would be a lot more personalized and could result in altering humanity as we currently know it.

It has been scientifically proven that when binaural beats are used at specific frequencies, they do alter your mood, depending on the target frequency. It has been stated that the binaural beats may not be limited to auditory stimulation, because the predominant brainwave frequency will move towards the stimulated frequency, a neurological process called entrainment, it has been documented that binaural beats relate to spatial perception and auditory recognition.

Humans perceive all sounds between 20 Hz and 20,000 Hz, yet the human brain perceives frequencies below 20 Hz. When the therapy of binaural beats is used, it is triggering a frequency range which will provide the patient with a specific response, for example if a tone of 315 Hz is played into one ear and a tone of 325 Hz into the other ear, the brain waves will entrain to a frequency of 10 Hz which is either the alpha or beta range, depending on the individual, and therefore they will feel either more relaxed or more alert.

A documented experiment which clearly indicates that the result of binaural beat therapy is highly dependent on the individual is one where some patients were subjected to binaural therapy in the beta range and others to the delta or theta range and the results showed that patients who were subjected to the beta range were more responsive to the therapy. Although binaural beats therapy has been used to change your conscious state of mind the main response are relaxation, focus and attention. Further studies have also indicated that repeated training to try and distinguish close frequency sounds result in the reorganization of the brain where the trained frequencies are capable of asymmetric hemispheric balancing.

Another result of studies is that patients who want a desired state of mind are more receptive to the binaural beats therapy if the session starts with them close to the desired state, for example, if you are wanting to be more alert and focused, it helps if you start your session of therapy in an awake and relaxed state, as the next frequency is the desired state.

Although binaural beats are known to alter the state of mind, there are other alleged effects which some patients have said to have experienced, these include stimulation of glands to produce specific hormones, reducing learning time and required hours of sleep. Other less controversial ways of using binaural beats are to increase lucid dreaming or encourage out-of-body experiences such as astral projection, telepathy and psychokinesis.

There have been successful results from binaural beats regarding addictions and the recovery of repressed memories. There have also been other studies involving binaural beats which have shown a positive effect on anxiety.

There are also people who claim that binaural beats therapy could lead to drug use, although it is important to note that this has not been proven.

Binaural beat therapy is not a ‘quick fix’ for some bad mood, it is a procedure that takes time and you will benefit more if you are willing to accept the changes that binaural beat therapy encourages. As with any type of therapy, if you are not a willing patient, the therapy will not be as successful as expected.

With this in mind, it is important to note that some people who are overzealous in their determination for the binaural beats therapy to work could easily be totally convinced that other benefits they notice in their body and their everyday life will be attributed to the binaural beats therapy.

Binaural beats are not magic, the process of binaural beat therapy does take active participation from the patient, if you simply just sit back and listen to binaural beats there are no guarantees that you will notice any changes in your state of mind or body.