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Cloud Hands The Gentle Mind-Body Arts of Tai Chi Chuan and Chi Kung T'ai Chi Walking Indexed and Compiled by Michael P. Garofalo. December 12, 2006

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### **Chart 43 Alpha Theta Delta Brainwave Entrainment**

Hello, my name is [name removed]. I just downloaded the equisync theta meditation mp3 last night .and WOW. I tried other companies the last few years or so .among the likes that mainly used binaural audio and the deepest I was really ever to achieve was alpha state .maybe theta once or twice over the last few years.

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