A powerful tool for helping insomnia, a combination of Binaural Beats for Delta Waves and the 528 hz Ancient Solfeggio Frequency. This frequency will balance your Navel Chakra while inducing deep states of relaxation. The binaural beat will stimulate a deep sleep state.  
  
Binaural beats, or binaural tones, are auditory processing artifacts, or apparent sounds, caused by specific physical stimuli. This effect was discovered in 1839 by Heinrich Wilhelm Dove and earned greater public awareness in the late 20th century based on claims coming from the alternative medicine community that binaural beats could help induce relaxation, meditation, creativity and other desirable mental states.  
  
Binaural beats reportedly influence the brain in more subtle ways through the entrainment of brainwaves and provide other health benefits such as control over pain.  
  
Binaural beats may influence functions of the brain in ways besides those related to hearing. This phenomenon is called "frequency following response". The concept is that if one receives a stimulus with a frequency in the range of brain waves, the predominant brainwave frequency is said to be likely to move towards the frequency of the stimulus (a process called entrainment). In addition, binaural beats have been credibly documented to relate to both spatial perception and stereo auditory recognition, and, according to the frequency following response, activation of various sites in the brain.  
  
When the perceived beat frequency corresponds to the delta, theta, alpha, beta, or gamma range of brainwave frequencies, the brainwaves entrain to or move towards the beat frequency. For example, if a 315 Hz sine wave is played into the right ear and a 325 Hz one into the left ear, the brain is entrained towards the beat frequency 10 Hz, in the alpha range. Since alpha range is associated with relaxation, this has a relaxing effect, or if in the beta range, more alertness. An experiment with binaural sound stimulation using beat frequencies in the beta range on some participants and the delta/theta range on other participants found better vigilance performance and mood in those on the awake alert state of beta-range stimulation.  
  
Binaural beat stimulation has been used fairly extensively in attempts to induce a variety of states of consciousness, and there has been some work done in regards to the effects of these stimuli on relaxation, focus, attention, and states of consciousness. Studies have shown that with repeated training to distinguish close frequency sounds that a plastic reorganization of the brain occurs for the trained frequencies and is capable of asymmetric hemispheric balancing.  
  
Frequency range, Name, Usually associated with:  
  
Higher than 40 Hz, Gamma waves, Higher mental activity, including perception, problem solving, fear, and consciousness  
  
13–39 Hz, Beta waves, Active, busy or anxious thinking and active concentration, arousal, cognition, and or paranoia  
  
7–13 Hz, Alpha waves, Relaxation (while awake), pre-sleep and pre-wake drowsiness, REM sleep, Dreams  
  
8–12 Hz, Mu waves Mu rhythm, Sensorimotor rhythm  
  
4–7 Hz, Theta waves, Deep meditation/relaxation, NREM sleep  
  
Lower than 4 Hz, Delta waves, Deep dreamless sleep, loss of body awareness  
  
This binaural beats session will stimulate the Delta Wave frequency spectrum.  
  
NuMeditationMusic youtube channel is devoted to create a new collection of LONG MEDITATION MUSIC videos for you to relax and enjoy in your daily meditation. In our channel you will find MUSIC playlists dedicated to BINAURAL BEATS, CHAKRA MEDITATION, BUDDHIST MEDITATION and SHAMANIC MEDITATION. Our goal is to enhance your experience of MEDITATION, ASTRAL PROJECTION, LUCID DREAMING and DEEP SLEEP. Check out our selection of PLAYLISTS:  
  
SLEEP CHAKRA MEDITATIONS  
  
[http://www.youtube.com/playlist?list=...](http://www.youtube.com/playlist?list=PLz9P6flgCsqqw8uwAu52iaXS_XRiF_M0G)  
  
A collection of chakra meditations for balancing & healing all the chakras (Root, Sacral, Solar Plexus, Heart, Throat,Third Eye and Crown chakra). This playlist also includes Healing meditations.  
  
BINAURAL BEATS & MEDITATION MUSIC  
  
[http://www.youtube.com/playlist?list=...](http://www.youtube.com/playlist?list=PLz9P6flgCsqrww4wnKS8zsvmcstcp_4nF)  
  
We use binaural beats several times for this kind of sleep meditations. Our music is also written with the Sacred Solfeggio Frequencies like the powerful 528 Hz. These frequencies will induce deep states of relaxation and the binaural beats will stimulate deep meditation states.