

Authentic Meditations

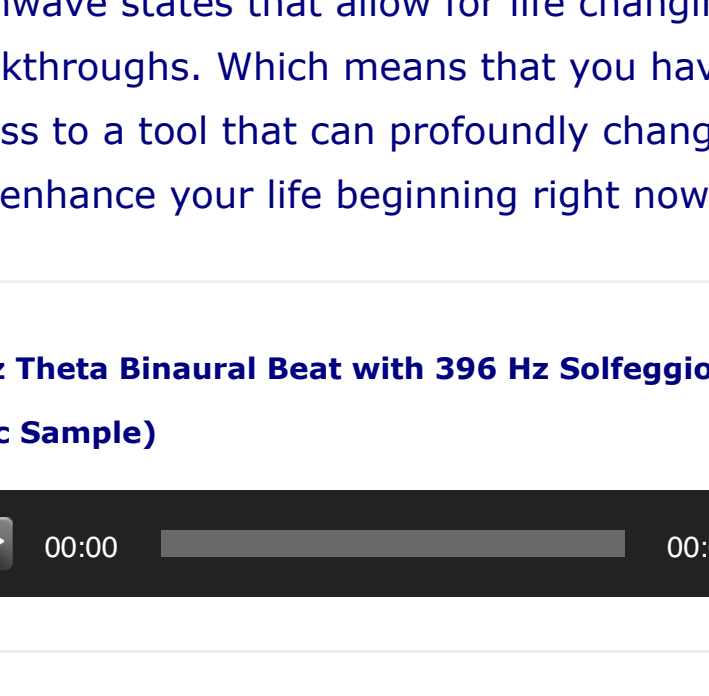
Personal Transformation Through the Healing Arts

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Binaural Beats and Brainwaves

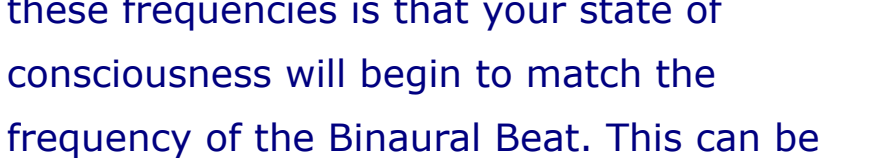
Any process that changes your emotional state or even the way that you are feeling and perceiving in any given moment has a profound impact on your brainwaves. Medication, alcohol, recreational drugs and even caffeine and nicotine are some of the more common methods used to alter brainwave function. Unfortunately these are but a temporary fix.



Practices such as meditation and yoga slowly begin to bring your brainwaves into balance. Brainwave Entrainment through the use of Binaural Beats, Solfeggio Tones and Guided Meditation is the fastest way to quickly and effectively access Brainwave States equal to the most devoted and experienced Yogis and Meditators.

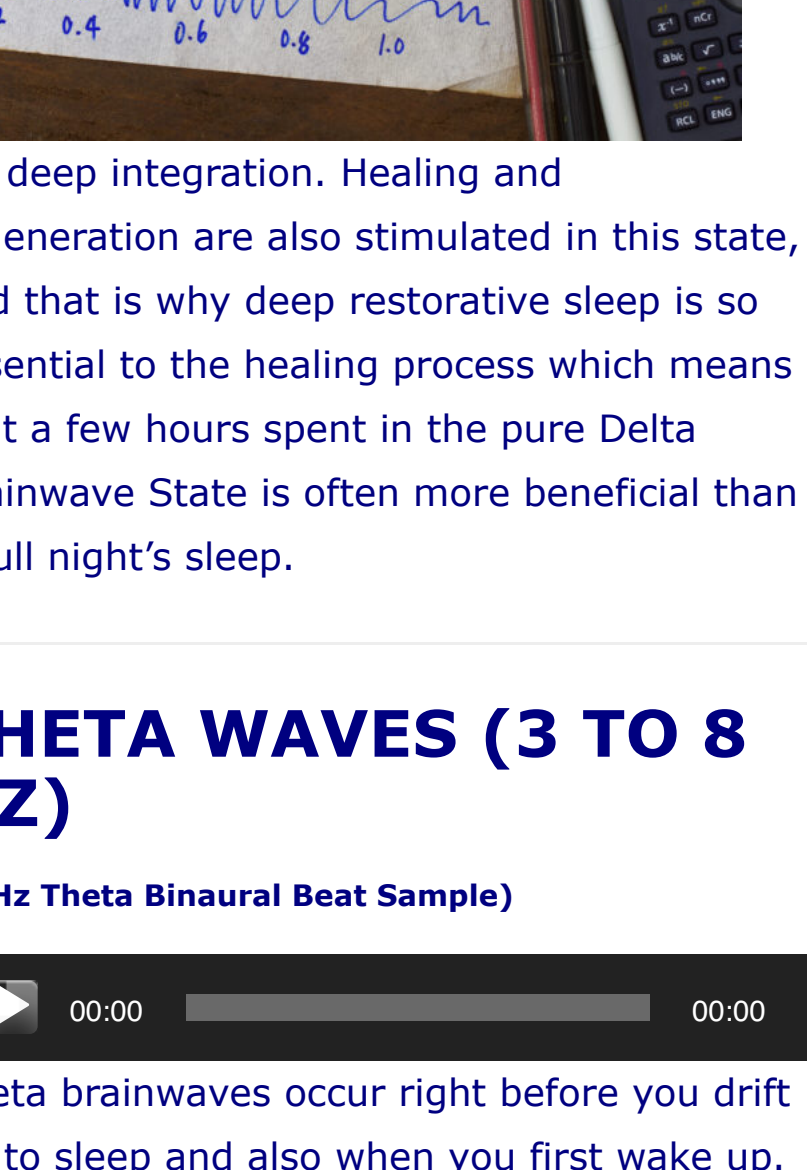
Imagine being able to alter your consciousness to intentionally eliminate negative self-talk, self-sabotaging behaviors and release emotional blocks that hold you prisoner. Remember that through the use of Brainwave Entrainment and Binaural Beats you can quickly begin to access the brainwave states that allow for life changing breakthroughs. Which means that you have access to a tool that can profoundly change and enhance your life beginning right now.

(6 Hz Theta Binaural Beat with 396 Hz Solfeggio Music Sample)



BINAURAL BEATS

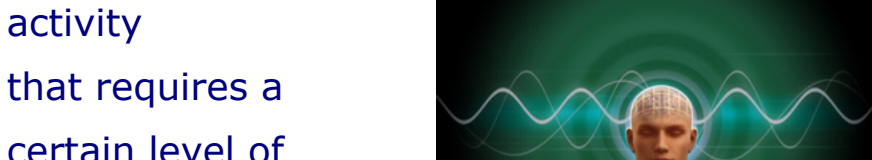
Binaural Beats are the third frequency created in the mind of the listener when two different, pure, sine wave frequencies, that vibrate lower than 1500 Hz and have less than a 42 Hz difference between them, are listened to. For example, if a 27 Hz tone is played in the right ear, and a 30 Hz tone is played in



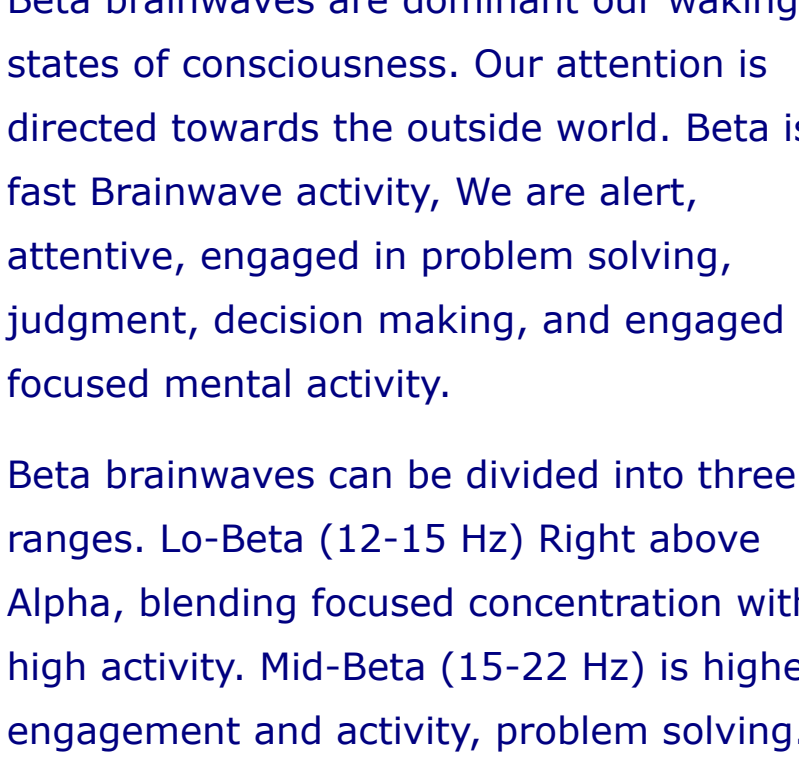
the left ear, the listener will hear the illusion of a third tone, in addition to the two tones played in each ear. The third sound tone is called a Binaural Beat, and in this example we have a tone vibrating to a frequency of 3 Hz, which is the difference between 27 Hz and 30 Hz. The beauty in this is that 3 Hz correlates to the Delta Brainwave State. The result of syncing your brain with these frequencies is that your state of consciousness will begin to match the frequency of the Binaural Beat. This can be life changing as it allows the subconscious mind to become extremely receptive to positive suggestion and affirmations. Binaural Beats work best when listened to with headphones.

DELTA WAVES (.5 TO 3 HZ)

(3 Hz Delta Binaural Beat sample)



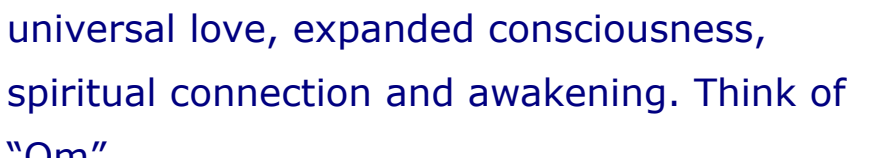
Delta brainwaves are slow, penetrating brainwaves that are generated in deep meditation and deep sleep. Delta is a powerful Brainwave state allowing access to the Subconscious mind and Delta is a gateway to for deep integration of affirmations that are positive and in alignment with the higher aspects of your consciousness allowing



for deep integration. Healing and regeneration are also stimulated in this state, and that is why deep restorative sleep is so essential to the healing process which means that a few hours spent in the pure Delta Brainwave State is often more beneficial than a full night's sleep.

THETA WAVES (3 TO 8 HZ)

(6 Hz Theta Binaural Beat Sample)



Theta brainwaves occur right before you drift off to sleep and also when you first wake up. Theta waves are responsible for that “sleepy Euphoric” feeling that you experience before and after sleep. They also occur throughout the sleep cycle and are expressed in deep meditation as well as in your vivid dreams. Theta is a gateway to memory access, learning, deep meditation, sensations, emotions and is the threshold of the subconscious. We are dreaming. In Theta we are able to access our true creative imagery and talents which means you build the foundation of true confidence, self-esteem and willpower. Especially when used in conjunction with affirmations at a time when you are in a hypnotic trance or sleeping.

ALPHA WAVES (8 TO 12 HZ)

(10 Hz Alpha Binaural Beat Sample)

Alpha brainwaves are most present during quiet reflective thoughts, states of deep concentration and in meditative states. Because Alpha brainwaves aid in mental coordination, calmness, alertness, focus/concentration and learning they are extremely beneficial to listen to while studying, reading, doing yoga and any activity that requires a certain level of calm-focus and concentration. Remember Alpha waves heighten your focus

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BETA WAVES (12 TO 38 HZ)

(20 Hz Beta Binaural Beat Sample)



Beta brainwaves are dominant our waking states of consciousness. Our attention is directed towards the outside world. Beta is fast Brainwave activity, We are alert, attentive, engaged in problem solving, judgment, decision making, and engaged in focused mental activity.

Beta brainwaves can be divided into three ranges. Lo-Beta (12-15 Hz) Right above Alpha, blending focused concentration with high activity. Mid-Beta (15-22 Hz) is higher engagement and activity, problem solving. Hi-Beta (22-38 Hz) is complex thought, integrating new experiences, excitement and anxiety. Extended high Beta frequency processing is not an effective way operate the mind and can cause mental fatigue.

GAMMA WAVES (38 TO 42 HZ)

(40 Hz Gamma Binaural Beat Sample)

Gamma brainwaves are the fastest of brainwaves. These frequencies simultaneously process information from the different areas of the brain. Gamma brainwaves quickly processes information. The mind needs to be still to access it. Gamma is highly active in states of universal love, expanded consciousness, spiritual connection and awakening. Think of “Om”.