

Brainwave Entrainment Report



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Brainwave Entrainment

What Is BWE?

What is brainwave entrainment? Well, first we need to define entrainment.

Entrainment is the process whereby two interacting oscillating systems, which have different periods when they function independently, assume the same period. The two oscillators may fall into synchrony, but other phase relationships are also possible.

Brainwave entrainment is a proven method of synchronizing ("entraining") one's brainwaves.

It works by applying frequencies (or sound vibrations) into the ear, which the brain corresponds with and emulates. The result is a game of 'follow the leader', as the brain processes those frequencies.

A good way to understand how brainwave *entrainment* works is to imagine what happens when you strike a tuning fork and bring it close to another one - both tuning forks will begin to ring in sympathetic vibration.

By applying a variety of specialized audio tones and effects to our rich audio soundscapes, your brainwaves can latch on and follow the enriching stimuli throughout each disk and reach mental destinations that are otherwise difficult to achieve through everyday living.

Think of a holding a tuning fork that is tuned to the frequency of a G note. Strike the tuning fork and place it near a guitar and you will notice that the G string on the guitar starts to vibrate! It has entrained on the tuning forks frequency.

How does this have anything to do with the brain?

It actually has a lot to do with the brain when you realize that the brain is pulsing with electrical impulses. This electrical activity can be measured with a piece of equipment called an electroencephalogram (EEG), which measures the frequency of the electrical current.

This frequency or speed of the brainwaves is measured in Hertz (Hz).

Now here is the really cool part - the predominant frequency that your brain is resonating with at any particular moment can be associated with your state of mind. This means that your state of mind, for example relaxed, frightened, or sleepy can be "seen" in your brainwave frequencies at that moment. These frequencies and associated states have been studied for a long time and have been categorized into 4 broad categories



- **Beta Waves** – 13Hz to 20Hz. Beta waves are associated with normal waking consciousness. They are present when you are focused on activities in the outside world. However, too much beta can make one feel stressed out.
- **Alpha Waves** – 8Hz to 12Hz. Alpha waves are likened to a light meditation. They are prevalent when you daydream. They will become stronger when your eyes are closed. An excellent state to be in to program your mind.
- **Theta Waves** – 4Hz to 7Hz. Theta waves occur during heightened states of creativity and are found with a deep meditative state. Seek theta to access unconscious material, or to reveal insights and creative ideas.
- **Delta Waves** - .5Hz to 3Hz. Delta waves are found in a deep sleep state or unconsciousness. Also, delta waves are common in very deep meditation. To stay conscious during delta takes practice. There are different ways to entrain the brain. All the methods used have a common goal and that is to get the brain to resonate or vibrate at a particular frequency.

Here are the main methods in use today:

- **Binaural Beats** – created by playing two slightly different tones into each ear, which are then being combined in the brain, forming a beat that entrains the brain. This method requires stereo headphones to be effective.
- **Isochronic Tones** – best described as pulses of sound. They are tones turned on and off at precise times. The brain then entrains on the tones pulsed frequency.

How does it work?

Binaural beat technology has been the predominate method used since the introduction of brainwave entrainment tapes and CDs. It works, but as noted above there are other methods and research suggests that Isochronic tones are more powerful.

Personally, I have had success with all of the above technology. In fact I find that having multiple programs that use different techniques is the best way to use this technology. I don't know why, but in the end, what works is what I do!

Each of the technologies is based on the naturally occurring phenomenon in which the brain has a tendency to change its dominant brain frequency towards the frequency of an external stimulus. This is called the frequency following response.

Not only does this give the brain a strong stimulus to follow but it also creates a relaxing sonic environment for the listener.



What does it do?

How do I get my brain into these states?

Yogis and Shamans spend years practicing meditation techniques to learn to induce deep states of meditation. The main techniques they have used to be able to achieve these deep states of mind is spending time in dedicated practice ... hours of practice every day! They work diligently quieting their mind and coaxing their brain into the different states.

In today's world few people can tell their wives and children that they are going to sit and meditate for three hours, so please be quiet!

Thank goodness we can all experience the amazing benefits of brainwave entrainment by using specialized audio programs. These amazing audio programs will enable you to achieve these same states in a just few sessions.

Benefits and Effects

1. Enhanced sleep and ease of getting to sleep.
2. Increased learning ability and memory.
3. Behavior modification (getting rid of your bad habits).
4. Enhanced health.
5. Increased creativity and problem solving ability.
6. Relaxation and stress reduction.
7. Help with ADD/ADHD.
8. Access your intuition.
9. Increase your focus and concentration.
10. Deepen your spiritual connection.
11. And many more!

These are just a few of the benefits you will find when using brainwave entrainment audios.



What about health? There are studies that say 90% of all sickness is strongly linked to stress. Now we all know that some degree of stress is needed in life, but what we are currently experiencing in our 24/7 world is way too much.

Stress causes chemical changes in the brain which in turn affect your health. By using brainwave entrainment to change the state that your brain is in, you can affect your health in a positive manner. Just by bringing your brain into an alpha state you will find that your stress melts away and your outlook on life brightens.

I do want to mention that diet and exercise is also crucial to reducing stress and you will find that you can use brainwave entrainment to help program your mind to change your diet and get you to exercise!

The benefits to be realized by controlling your brainwaves are simply astounding.

You may be thinking, "What good is going into an alpha state once a day, just to be thrown back into the fray?" The answer is that moving your brain into these altered states will act just the way exercise acts on your metabolism. When you exercise you burn calories, but when you get done, your body continues to burn calories at an increased rate.

Brainwave entrainment is similar in the sense that you will find over time you will be able to handle stress and life's issues more easily. It is truly a wonderful word in which we live!

The pace and variability of modern life present a multitude of distractions that leave our brains in a frenetic state. Simple mental attributes, such as calm, focus, contentment, imagination, intuition and mental acuity, have become increasingly difficult to obtain, let alone maintain.

Achieving your peak mental state and learning to rid your mind of unsettling anxieties has a knock-on effect on almost every area of your life. You perform better. You think better. You respond to every situation better.

One can see bwe as a virtual gym for your brain. By using bwe you can "optimize" your mind to operate at peak performance all the time - both intellectually, and emotionally.

You'll enjoy limitless energy, greater relationships, creative rushes, less tension, and greater relaxation. You'll increase your ability to learn, enjoy sharper thinking, unlock hidden talents, and be able to solve problems quicker.



Is BWE Safe?

YES. Brainwave entrainment is incredibly safe. The science is built on over 70 years of research.

The brainwave entrainment process involves influencing the brainwaves through the use of specially created sounds.

HOWEVER... We do NOT recommend brainwave entrainment for individuals meeting any of the following conditions, knowingly or otherwise:

- People with epilepsy
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to seizures
- Those who are photosensitive

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs.

This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal. It is not intended for anyone under the age of 18

Finally, DO NOT LISTEN TO ANY BRAINWAVE ENTRAINMENT AUDIO WHILE DRIVING OR OPERATING MACHINERY.

Although bwe can contribute to wellness, it is NOT meant to replace medical or psychological treatment or consultation. If you have a serious medical condition please consult with your physician. Ask about "Brainwave Entrainment" and work with your physician to choose the right treatment for you.

Does BWE use subliminal programming?

Some BWE products do have subliminal messages ours do not.

You are put in the driver's seat of your brain's controls, allowing you to remodel yourself as you see necessary. This gives you complete control over your own personal development, and allows you to become a conscious participant in the process of improving yourself.





Matters of spirit are those of the beholder. We encourage and will support you on using bwe in your quest to find the greatest truths, regardless of your faith or spiritual persuasion.

Overall, it is our stance to provide these tools and support so that you can be free to grow in the beliefs and models that you've chosen.

How long will it take for me to feel the effects?

Effects are often felt in the first few days, if not immediately following your first use.

When listening to a session, you may notice a shift in your relaxation levels, as if you are drifting, or as if time is stretched or elongated. It's not uncommon to feel tingles or slight pressures on the body or in the head as your brain begins to register the entrainment technology and starts to emulate it.

After the session, you may feel more calm, and focused on the day ahead. Within a week of listening, the brain will have become more acquainted with the sounds, and the effects will become more powerful. Greater mental benefits will become more and more apparent in the weeks and months ahead.

We suggest maintaining a journal so that you can track your progress, as it's often difficult to observe the benefits when you're on the "inside."

Can I use bwe at while at work or while I'm engaged in another activity:

No. You must dedicate your listening time entirely to BrainEv.

This is the only way the brain can activate the required brainwave states. Focusing on other tasks will force brainwave patterns away from the intended path. Just allow yourself 30 minutes of quiet time a day, away from any distractions.

The most startling benefits of bwe will often reveal themselves *after* listening. Amongst other benefits, many users report significant efficiency improvements in their day-to-day routines as a direct result of their bwe sessions.

So, if you can, make time for that 30-minute session - and reap the rewards later in the day!



Do I need to use headphones?

Yes. Our exclusive process utilizes both the left and right speakers on your headphones to deliver our entrainment process.

Using stereo headphones over mono or stand-alone speakers increases the effectiveness of the entrainment by over 60%. Therefore, it's highly recommended that you use stereo headphones to maximize your benefit from the system.

You don't need an expensive pair, however. As long as the headphones deliver the audio clearly, without distortion, the required audio entrainment frequencies will function just as well as they would on a more expensive set of headphones.

How can bwe help me if I already practise Meditation?

BWE can open gateways to levels of consciousness that build on previous experiences, making your meditation even more profound and insightful.

Often the program is even more effective for those with previous mediation experience who are adept at calming the mind and body, thereby allowing them to be more receptive to the technology's benefits.

Of course, previous meditation practice is certainly not required to get the most out of bwe. Both beginners and veterans alike can gain valuable insights and strengths as they progress.

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