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Mind, Body
& Soul

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Presents

THE BRAINWAVE PRIMER
Unlock your Hidden Potential Using The Latest Brainwave
Technology

By

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What are brainwaves?

Every moment of your life your brain is active. It is pulsing with electrical impulses; you heard that right, electricity! The electricity or electrical current generated by the brain can be measured with an electroencephalogram (EEG), which measures the frequency of the electrical current. This frequency or speed of the brainwave is measured in Hertz(Hz).

Now here is the really cool part, these frequencies can be associated with your state of mind at any particular moment. This means that your state of mind, for example relaxed, frightened, or sleepy can be "seen" in your brainwave frequencies at that moment. The speed of the frequency allows us to categorize brainwaves into 4 broad categories.

What are the different Brainwave Patterns?

There are four common brainwave patterns that have been well researched to date. They are:

- **Beta Waves** – 14Hz to 20Hz. Beta waves are associated with normal waking consciousness. They are present when you are focused on activities in the outside world.
- **Alpha Waves** – 8Hz to 13Hz. Alpha waves are likened to a light meditation. They are prevalent when you daydream. They will become stronger when your eyes are closed.
- **Theta Waves** – 4Hz to 7Hz. Theta waves occur during heightened states of creativity and are found with a deep meditative state.
- **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.

So if we could create a brainwave pattern that was associated with a particular state of mind, could we create that state in the brain and hence the individual? Research shows that the answer is **YES!**

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. These meditative states are usually associated with low Theta Waves. They work diligently quieting the mind and coaxing their brain into the different states. I'm here to tell you that you do NOT have to spend years working to achieve these blissful states of mind. Now, with the use of specialized CDs embedded with binaural beat frequencies, you can achieve these same states in a just few sessions.

Binaural Beat Technology

It was found that the brain will resonate with, or match, a frequency when that frequency is introduced via sound. This is called the follow-response effect. The only problem was that the frequencies for these brainwave patterns are below our threshold for hearing.

Enter **binaural beat technology**. It was found that if you presented two different frequencies, one in each ear, the brain interprets the difference in frequencies and "hears" that frequency. For example, if you played 400Hz in the right ear and 410Hz in the left

ear, the brain would "hear" a 10Hz frequency. This is exactly what binaural beat technology does. It is usually masked with music or some other soothing background sounds.

Cool Software

Now for some fun. I want to tell you about two really cool software applications that you need to get your hands on.

First is the [Brainwave Generator](#). It is software that allows you to create binaural beats using your computer.

The other is from [Transparent Corporation](#) and is my favorite. It has three main applications, but I have found that the [Neuro-Programmer](#) is the most versatile.

In Part Two ...

Next, I will look into how you can use this technology to gain access to beneficial states of mind and propel you to new heights in whatever you choose. If you want to experience this technology, [HealingProducts.com](#) carries many professionally created brainwave entrainment titles on our site.

Part Two

Now you know what brainwaves are and how you can achieve different states of mind (like deep relaxation, high focus, and enhanced creativity to name a few) by manipulating the frequencies in your brain using meditation and specially encoded CDs.

Why do you want to guide your brainwaves to a specific state? The answer will vary depending on what you want to accomplish. You could want to enhance your creativity, focus your concentration or go deep inside and find your higher self. All of this can be accomplished without using CDs encoded with brainwave frequencies. But in today's world most of us don't have the time or mentoring available to help us achieve our meditation goals.

Now let's take a look at the brainwave states and the CDs that will change your life.

Focus, Creativity and Concentration – The Alpha connection

A predominance of Alpha waves in the brain is associated with accelerated learning, focus and enhanced creativity. When you are focused on something, you probably have a predominance of Alpha waves. No matter what your profession or hobby, these attributes will increase your productivity and enhance your experience.

Some of you may be thinking that Focus is not the same thing as creativity. Well, you're right. Notice that we said a "predominance" of Alpha waves will put you in the desired state. A CD that helps you focus will not only have Alpha waves, but also some Beta waves to keep you alert. A creativity CD will contain mostly Alpha with some Theta. Luckily for us, talented individuals have created CDs that contain the perfect mix for each state.

For help in focus and concentration check out the following:

Help with your studies (Focus and Concentration):

- [Einstein's Dream](#) – Mozart's Sonata for 2 piano's with embedded frequencies. One of my favorites.
- [Deep Learning](#) – Stimulate your memory receptors and neural pathways with this Brain Sync title.
- [Concentration](#) – Pure sound that will give you a laser-like focus.

For a light meditative experience to enhance creativity:

- [Enhancer](#) – Great for creative work. When you use it the hours will melt away.

Finding the Higher Self – The Theta Connection

A deep meditative state is true bliss. Increase your Theta waves and you are on your way to this state. In the Theta state you can lose your attachment to the physical body. You will feel a deep sense of physical relaxation. This disconnect of mind and body allows you to focus on the inner you, the higher self. This is the ideal state to begin your meditation journey.

And please realize that this IS a journey.

These CDs do work and will put you in a trance state, but that is only half the battle. The other half lies within you. First, you need to set aside some time each day (okay, how about 4 or 5 days a week) to meditate. It doesn't have to be for an hour; fifteen minutes is better than nothing! The other thing you need to do is really let yourself go. This is your time.

There are many excellent choices that will guide you into this deep contemplative state. Here are a few:

- [Quantum Mind Power](#) – This is the one of the best investments in your brain. It uses the latest techniques in brainwave entrainment. **Highly Recommended!**
- [Vantage Quest](#) – Reach the inner depths of your being with pure sound. If you find music distracting then this is for you. There is no music, just sound frequencies. Very soothing!
- [Brainwave Suite](#) – A great set of 4 CDs with meditations ranging from Alpha to Delta and everything in between. One of my favorites and a perfect starter set.

Sleep and more – The Delta Connection

A delta state has long been associated with sleep. If you have trouble sleeping, then CDs targeting this range will help immensely. Having a CD that targets the delta brainwaves will allow you to enter a deep sleep state easily. It will be time to say goodbye to insomnia!

Recently there has also been some research that suggests that an even deeper meditative state can occur during predominate delta wave activity. As you gain experience and comfort with meditation, you may want to try reaching a delta state during meditation.

Here are some titles to try:

- [Delta Bliss](#) – Generate an ultra-deep unified brain state.
- [Pillowsonic](#) – Not a CD, but a perfect companion. This is a set of speakers that you can slip under your pillow allowing you to listen to CDs at night.

Conclusion

You will be amazed when you realize how you can enrich your life with meditation. You will find yourself looking forward to your time spent exploring the meditative realm.

We carry many excellent titles so take a little time to review the different titles and choose the ones that sound interesting to you (Sound clips are available on our site for most titles).

Unlock your potential today!

Here is a quick list of links to products that you will want to explore.

HealingProducts.com – Your one stop shop for the latest in Meditation, Healing and Brainwave CDs and other cool self-growth products.

[Quantum Mind Power](#) – This is the one of the best investments in your brain. It uses the latest techniques in brainwave entrainment. **Highly Recommended!**

[Neuro-Programmer](#) – My favorite software for playing with brainwave altering sound as well as being able to add my own affirmations.

As always, if you have any questions about your meditation journey or are having trouble deciding which titles would best suit your needs, I am happy to help!

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Imagine a piece of software that will "stuff" your mind with positive, life affirming statements that your subconscious will follow like commands.

Imagine no more, it is here and is called the Brain Bullet.

Every minute you spend at your PC, will "tune" your brain into automatically achieving MORE.

Utilizing a unique **subconscious perception delivery system**, Brain Bullet sits on the desktop of your Windows® PC and fires SAFE and UNOBTRUSIVE "mental commands" to your screen, at speeds that are absorbed directly by your subconscious mind... **and "activated" automatically by your brain cells.**