

BINAURAL BEATS



**ACHIEVE TOTAL WELLNESS
WITH
BRAINWAVE TECHNOLOGY**

Introduction

If you have always wondered what binaural beats are and how you can use them to your benefit, then you are in the right place.

This guide will give you an insight into this meditation technology and reveal its proven advantages — ranging from increased self-regard to better sleep, deeper relaxation, higher intelligence, expanded creativity and much more.

Chapter 1:

What Are Binaural Beats?

Binaural beats are sound frequencies that can bring an individual into a profoundly deep state of meditation. The technology utilizes specific audio-mixing techniques designed to calibrate the listener's brainwave activity through the presentation of **two different frequencies** concurrently — hence, altering performance and mood.

Through this process, it is believed that anyone can effectively enter the different brainwave states without any medication or drug.

Different Brainwave States

It has been documented that when brainwave patterns change, there is also a change in chemical reactions within the body. And this can have a profound effect on one's entire physical structure. Here are the different brainwave states and their resulting sensations:

- **Delta (0.5hz to 3hz):** The state where one is in deep sleep. In this state, your body heals and regenerates.

- **Theta (3hz to 8hz):** The state just before you drift off to sleep. Theta is where the bulk of your subconscious is. It is where all your desires, fears and hopes are hidden. It is also difficult to achieve this state because you either become conscious in Alpha or go deeper and hit the Delta. **Staying in Theta is actually the key to learning more about yourself and your consciousness.**
- **Alpha (8hz to 12hz):** In this state, one is present, focused and aware. You will feel like you are in the moment and even though you are in a light trance and are somewhat reactive to your environment, you are relaxed. This is the best state to be in if you are doing something that requires coordination, focus or learning.
- **Beta (12hz to 38hz):** When you are in Beta, your brain is very engaged, aware and reactive. This is a good state to be in when you are involved in thrilling and exciting activities. However, long-term decision making and reflections are not ideal here.
- **Gamma (38hz to 42hz):** Gamma is a mysterious state that is somewhat transcendental — people often feel like they are having a spiritual experience here. This is where our higher consciousness and spiritual awakening lies.

With these laid out, it is theoretically-possible to use a particular binaural beat frequency as a consciousness management tool to entrain a particular cortical rhythm and facilitate an individual into entering each of these states.

The History Behind It

Binaural beats was originally discovered by a physicist named Heinrich Wilhelm Dove in 1839. He found out that when pulses of 2 different frequencies are presented separately to each ear, our brain detects the wave difference and tries to reconcile that — creating a third signal known as a binaural beat.

For example if a 100hz sound frequency is presented to your right ear and a 108hz sound frequency is presented to your left, your brain will make out the difference of 8hz and begin to sync with that pulse. This effect, therefore, can be used to guide the mind into any state.

The phenomenon, also known as Frequency Following Response, was researched by biophysicist Gerald Oster in 1973 at Mount Sinai Hospital in New York City. The study titled, Auditory Beats In The Brain, was then published in the Scientific American and since then, it has sparked more research and interest in this area.

Chapter 2:

How To Use Binaural Beats

Step 1: Find a place that is comfortable and free of distractions.

Step 2: Sit or lie down and put on a pair of stereo headphones. You must use stereo headphones for this to work because the beats or "pulses" are created in your brain from two different sound frequencies.

Step 3: Play your desired track and focus your attention on the music. Be sure to give yourself enough time to listen and don't be in a rush because **your brain requires at least 7 minutes to get in sync with the track.**

Step 4: Relax and enjoy!

Chapter 3:

Are Binaural Beats Safe?

In short, it is safe for most individuals without any conditions. However, there are some pointers to take note of so that it doesn't affect you negatively.

- Do not play the sounds too loudly through your headphones. One frequent problem is the risk of experiencing noise-induced hearing loss (NIHL) and the easiest way to avoid this is to use common sense — don't turn on the volume to full. Medium and low range will do.
- Do not operate heavy machinery or drive. Binaural beats will induce a deep state of relaxation and under this state of trance, partaking in such activities may pose a risk to yourself and to the people around you.
- Understand your own condition before you listen. There are some people who experience negative side-effects like headache and nausea after using auditory stimulations. Most of the time, it is just over-exposure to the sounds and taking a break will solve the issue.

Nevertheless, if in doubt, consult your own doctor or medical professional before attempting to listen.

Chapter 4:

Achieving Total Wellness With Brainwave Technology

When used properly, brainwave entrainment can have far-reaching benefits for the user — health, better mood and even intelligence.

Well-Being

Among the most noticeable advantages of binaural tones is the impact on your sense of self and well-being. Users report feeling much more positive and happy after each 20- to 30- minute session, and self-worth and motivations go up too.

When you utilize binaural beats, you'll likely experience positive feelings such as excitement, peace, happiness, euphoria and delight. Best of all, these happen without any true effort on your part, and tend to alternate with each session.

Relaxation & Better Sleep

Many people have described that these auditory tones help them calm down and sleep better. Clinical studies have also shown that brainwave entrainment audio help diminish mild anxiety too.

Increased Happiness Levels

There are "happy hormones" your body produces when you work out, have sex and fall in love. These "happy hormones" are called endorphins and utilizing binaural tones can actually support the production of these chemicals — making you feel happier.

Improve Memory

Another advantage is that your body will intensify its catecholamine production — a hormone powerfully associated with bettered memory.

Reduce Impact of Diseases & Aging

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Intelligence

Several different trials have demonstrated that the advantages of binaural tones include expanded memory, an increase in IQ, bettered ability to learn and recall words from a second language, expanded levels of creativity, and bettered Brainwave Synchronization.

On top of all these things, brainwave technology is also said to help with:

- Headache and migraine
- Drug and alcohol addictions
- ADHD and dyslexia

Conclusion

I hope that this guide has helped you understand binaural beats a little more. However, please know that not everyone's experience will be the same and if you are a beginner, it may take awhile for your brain to relax and experience the positive effects.

Nevertheless, like any new skill, there is a certain amount of trial and error involved and only you can decide for yourself whether it is ultimately a good addition to your arsenal of self-development tools. Don't dwell on it too much. Just start and you will find out.

Resources

Recommended Binaural Beats Programs

- [*15 Minute Manifestation*](#)
- [*Yantra Manifestation*](#)
- [*Holosync 5-Day Challenge*](#)
- [*Zen12*](#)
- [*Brainwave Shots*](#)