The Basics of Brainwave Entrainment

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.

Think of 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 fork’s 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.
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.
The Benefits of Brainwave Entrainment

Let me first just rattle off a few of the benefits you can experience with brainwave entrainment audios.

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!
How Brainwave Entrainment Technology Works

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.
- **Harmonic Box X** – A unique and powerful method that uses four tones, two in each ear that create a harmonic beat on which the brain entrains.

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.

HealingProducts.com brainwave entrainment products use Isochronic, Binaural beats or Harmonic Box X stimulation. But we don’t stop there. Each of our entrainment products also have the frequency embedded into the music and/or sound that is on the recording.

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

The Alpha Programming audio was designed to guide your mind to the Alpha brain state.

The benefits from the Alpha state are many, but the few this recording focuses on is relaxation/stress reduction and mind programming.

Here is the recommended usage for the first week.

**Week 1:**

Set aside 30 minutes each day in a place that you have designated as your "my" zone. This area should be comfortable and free from distractions.

Make sure you are hydrated. If you aren’t a water drinker, then drink 4 or more ounces of water before beginning.

Alpha Programming uses Isochronic tones which means you don't need to use headphones. I suggest that you do where headphones because they will help keep out environmental noise that could distract you.

You can either sit in a chair with both feet on the ground or lay down. For the first sessions just find a comfortable position. It is okay if you fall asleep. If you are new to meditation and brainwave entrainment this is common, but it could mean that you need more sleep! The real goal is to be in a conscious but altered state, but you will get benefits from the program even if you do fall asleep.

As the session starts, take three deep breaths, inhaling to a count of five then exhaling to a count of five. While taking these breaths affirm that you are relaxing more and more.

After those initial breaths, start breathing normally and focus your mind on the inhale and exhale of your breath.

You are going to find that your mind will start to pop things into your consciousness. Don’t focus on these thoughts and don’t get frustrated as this happens to all of us. Just acknowledge the thought, be grateful for it and then go back to the breath.

**Week 2:**

Many people choose to only use the alpha state for relaxation and stress relief. By just listening to the audio daily you will find many benefits to your physical and mental health! But the alpha state is also the perfect state for programming your mind and self hypnosis.
With your purchase of Alpha Programming you also received the “The 7 Day Self-Hypnosis Program”. This ebook will give you the information you need to create a self hypnosis program to use with the Alpha Programming audio.

For those who want to get started NOW, here is a quick way to start programming your mind while listening.

To get started you need to think of something you want to change in your life. Maybe you want to get rid of a habit or create a new habit.

Once you have your goal in mind grab a piece of paper and write down three brief, positive statements about your goal.

These statements should:

- Etch your goals in your mind and thus reinforce them
- Build confidence
- Motivate and energize you
- Reduce stress

Here are some basic guidelines for creating your statements:

- Be Succinct. Suggestions should be brief and to the point.
- Use Simple wording. Do not make the suggestion too elaborate.
- Never use "you". Remember that you are the subject and that you are talking to yourself. Use "I".
- Use positive suggestions. For instance "I will not eat more food" is not as effective as "I will eat less food" or even better “I eat healthy foods”.
- Be as specific as possible. Vague suggestions are often less effective.
- Use detailed images while suggesting the outcome.

Now that you have your statements written down you are ready to begin programming your mind.

Read each statement three times before you start listening to Alpha Programming.

Start listening to Alpha Programming and as you take your initial breaths visualize the outcome of your statements. This is the time to really feel your success when these statements become part of you.

Now it is time to give thanks and love for the success you will have and then just relax into listening to the rest of the audio. You don’t need to dwell on your statements; just let them go, knowing that they are sinking into the subconscious throughout your session.

You now have a tool that will give you access to the abundance that resides within YOU!
**How to Use the Dreaming Delta Audio**

Dreaming Delta is designed to take your brain down to a deep and peaceful delta state.

This program is excellent for helping you fall asleep. It will also help you recall your dreams. Whenever I use this to go to sleep I always give myself the suggestion that I will remember my dreams and nine times out of ten I recall very vivid and complete dreams.

If you think you are not a dreamer, you should know that we all dream but just don’t remember them. If you don’t remember your dreams, then you are in for a treat. You will look forward to entering your dream world.

Keep a pad of paper and pencil near your bed so that when you awake and remember a dream you can write down the details.

After using the Delta Dreaming for awhile and are remembering your dreams, then it is time to take it up a notch and try for a lucid dream!

A lucid dream is simply a dream in which you are conscious. You know you are dreaming and you can actually interact with your dream world. This is really cool!

Included with your purchase is also the “Lucid Dreaming – Exploring your Dream World” ebook. This ebook will help you navigate the landscape of your dreams!
Into the Void – Order Now

How to Use Into the Void

Into the Void is a theta level meditation program.

Theta is a state where you will lose all perception of your body. This is an extraordinary state where you will be able to connect with your higher intelligence.

The key to a successful meditation with Into the Void is to choose a time when you will not be interrupted. This not only means interrupted by outside forces, but also by your own mind.

You can either sit in a chair with both feet on the ground or lay down. For the first sessions just find a comfortable position. It is okay if you fall asleep. Falling asleep is common for those new to meditation and brainwave entrainment. The real goal is to be in a conscious but altered state, but you will get benefits from the program even if you do fall asleep.

As the session starts, take three deep breaths, inhaling to a count of five then exhaling to a count of five. While taking these breaths affirm that you are relaxing more and more.

After those initial breaths, start breathing normally and focus your mind on the inhale and exhale of your breath.

You are going to find that your mind will start to pop things into your consciousness. Don't focus on these thoughts and don't get frustrated as this happens to all of us. Just acknowledge the thought, be grateful for it and then go back to the breath. The key is to focus on your breath.

After the session ends, open your eyes and take some deep breaths; smile and give thanks for all the new connections you have made in your brain.
How to Use Brain Blast

Brain Blast 1.0 is comprised on 4 audio programs.

Brain Stim I

This audio will give the inner ear a workout which will stimulate your thinking and energize you. It modulates very quickly between high and low frequencies.

I use this for about 30 minutes while starting a task. It can be used with or without headphones and should be played at a low volume.

The audio file is 10 minutes long, so just play it three times.

Brain Stim II

Brain Stim II takes your brain into the Alpha and Beta states which will stimulate your creativity while keeping you alert to act on any “a-ha” moments that you have.

Use headphones while listening to this track. I like to alternate this audio with Brain Stim I. One day I will start the day with it and the other with Brain Stim II.

Brain Recharge

Brain Recharge takes you into a deeper alpha state where you can “recharge” your brain. This audio needs headphones for full effectiveness. Also, it is one where you will want to close your eyes and relax.

I find it a great way to really relax over a lunch hour.

Brain Focus

Brain Focus can be used anytime that you need to really focus or concentrate on a task. Again headphones are required.

This can be used with eyes open while working on a task. It is great when you want a laser like focus. You will be amazed how nothing will distract you from your task while listening to Brain Focus.
Conclusion

Your brain is amazing and in most of us it is not performing as well as it could be. I don’t know just what we are capable of, but I do know that I am going to do everything possible to expand my mind.

You are also doing this by taking the time to “exercise” your brain using our brainwave entrainment audios. I applaud you for this.

Keep this quote in mind

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure”

Marianne Williamson

Take that to heart as you journey through your wonderful and abundant life.