

# Alpha Zen Mp3 Meditation Download Brainwave Entrainment

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HEALINGWAVES Mp3 Brainwave Entrainment Alpha Bells Hypnotic Meditation 45 Mins session using an hypnotic induction technique which is based on the ebb and flow nature of the brain. The session first guides the mind to a lower brainwave, then guides it upwards slightly, only to guide it even deeper again. This process is repeated until a hypnotic Alpha brainwave state is reached. This method has been shown to be successful with individuals who have trouble relaxing and falling into Trance-like states. Complemented by a soothing piano bells sound to help you reach those alpha waves. Simply plug in your headphones after downloading onto your Ipod, mp3 player or computer and listen to the amazing sounds. If you have never listened to binaural beats or brainwave therapy before - you are in for a treat!

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