

Mp3 Patrick Marsolek - Stream And Binaural Beat Frequencies

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Holistic, healing music, nature sounds, and modern technology for yoga, massage, meditation and creative thinking. 1 MP3 Songs NEW AGE: Healing, NEW AGE: Yoga Details: Unleash the creativity and full expression of your being. Stream and Binaural Beat Frequencies uses natural stream sounds blended with binaural beat frequencies (see below) to give you a relaxing, yet focused experience. You can use this state to access your subconscious for creativity, rest, intuition, even deeper meditative states or sleep. This recording contains one track, 69 minutes long. It has continuous stream sounds over a changing base of binaural beat frequencies (see below). The frequencies are designed to initially lead brainwaves from beta, down through alpha into theta. Then they become variable, encouraging flexibility between these states. This is followed by a gradual returning to beta at the end. I like going inside and letting everything else go. Voices and things from the day go away and it feels like I'm transported to another place. I feel like I'm a different person. I think it's the relaxation that comes and goes through my whole body. I don't even have to think about each place to relax. The feeling just comes by itself, it happens. Patrick Marsolek is a master practitioner of the art and science of hypnosis who understands that self-hypnosis is an essential tool for all human beings wishing to fulfill their full potential on all levels - physically, emotionally, mentally and spiritually. - Will Michael, Ph.D., Founder and Director of the Institute of Holistic Living. Patrick Marsolek is the director of Inner Workings Resources and the author of Transform Yourself: a self-hypnosis manual. He has been researching consciousness, spirituality and personal transformation for over twenty years. He has a clinical hypnotherapy practice in Helena, MT, and has written many articles exploring the mind and awareness. He has produced a series of audio CDs on self-help and transformation. He teaches and lectures across the United States on self-hypnosis, intuition, setting intention, and cultivating extended human capacities. This CD uses binaural beat frequencies. Binaural beats are internal auditory responses which result from the interaction of two different sounds in opposite ears. For example, if a tone of 400 Hz is heard in the right ear and a tone of 410 Hz is heard simultaneously in the left ear, the difference between the two tones, 10 Hz, is perceived in the brain.

Binaural beats were discovered in 1839 by a German experimenter, H. W. Dove. Due to the distance between each ear, we hear incoming sounds slightly out of sync. Our brains have learned how to process this subtle information and tell us where the sound is coming from. This allows us to locate the sources of sounds very accurately. Though we aren't sound locating when listening on headphones, the brain still entrains to the frequencies. The reason binaural beat frequencies are used in this recording is because the low end of our hearing is around 30 HZ; humans are not able to hear lower than about 30 HZ. There are low tones on each track of the CD generating binaural beat frequencies between 5 and 15 HZ. These are the frequencies associated with the alpha and theta brain wave states. While you listen to the CD, your brain follows the auditory stimulus and generates the same lower frequencies in your brain. The alpha and theta brain wave states are conducive to relaxation, accessing inner creative states and working with the subconscious. As these tones help you have the experience of these altered states of consciousness, you will find it easier to recreate them in your own practice. You will never become reliant on the binaural tones to create these frequencies in your brain, because they are a natural part of your physiology and consciousness. Also, whether or not you enter into the lower brain wave states is always up to you. The sound frequencies never force you to do anything. They only make it easier for you to go where you want to go.

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