

Theta Waves The Laws Of Attraction Mp3 Meditation Download

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About the Meditation 30 Mins powerful Theta brainwave entrainment session. Using only Isochronic tones and binaural beats this session is designed to be used whilst practicing mirror reflections meditation. The effects are quite powerful and can provide strong results. The visualization meditations are described further down the page The following partial chart taken from our main Chart explains how Theta waves, used in the sound session, affect our brainwaves THETA WAVES* 3Hz - 8Hz --- We are in very deep relaxation or light sleep, possibly even trance-like Every hypnotist wants to get you into theta! You are in the HYPER-SUGGESTIBLE STAGE (highly receptive to suggestion) THETA 1 *3Hz - 5Hz --- If you can control this stage you can produce a heightened ability to focus and concentrate THETA 2 *5Hz - 8Hz --- You are in a wonderfully deep relaxation or dreamful sleep, the perfect state for mental programming!

2007 D. Oxley - RelaxMp3.Co.Uk As the brain scales through the different brainwaves and between the cusps of each categorized wave (i.e. high Alpha - Low Beta) then we obviously respond with the above descriptions to a more or lesser degree. Brainwave entrainment music attempts to guide the brain toward planned frequencies and combinations to produce the target response in our brain such as deep relaxation, meditation, pain relief etc. See the different types of sessions we provide with our H relaxmp3 Mirror Reflections Meditation - The laws of attraction - (click here to go to printable version) SEVEN REFLECTIONS WINTER SOLSTICE MEDITATION; There is an old Russian divination that took place on the evening of Winter Solstice where - usually a young lady - would set up two mirrors and two candles into a position that they would reflect each other. One should then peer into one of the mirrors and seek the seventh reflection, where she would catch a glimpse of her future or her one true love! NOW, Get your sound session and headphones ready and find a comfortable place where you are least likely to be disturbed. Get your mirrors and candles ready, be sure to position them facing each other with the candles reflecting in each - use a stable, fireproof surface. Please take care that you cannot fall into the mirrors or candles as the sessions can have a very hypnotic effect and can induce altered states of consciousness! position safely & far enough away. (also see precautions before use) You should sit

facing the mirrors so that you can see into either mirror with the reflection of the other, if in a chair sit with your feet flat on the floor or sit in your usual meditation position. Do not hunch your back but sit upright and relaxed with your hands resting on your thighs. Start the sound session. First, concentrate yourself fully on the following breathing technique (do this about five - ten times, you dont have to count do what feels right); Take in a deep, slow breath, fill your lungs, expand your abdomen, hold for a few seconds then very slowly breathe out, try to take about twice as long to breathe out. Now begin to look into one of the mirrors, whichever one is up to you, search for the seventh reflection. Keep focusing your mind on the powerful sounds in your head. After a while the image may change in the mirror, other faces may be seen or other images. Allow your mind to go along with the experience and always write the details in a diary immediately afterwards - this is for later reflection and things may make sense later that were not obvious at the time. When the music finishes allow yourself to adjust and drink a fresh glass of water

The laws of Attraction! Before beginning the session, read the following reading that was personally given to me during meditation regarding 'THE LAWS OF ATTRACTION' and try to understand the message contained within. "Every negative word, deed, glance, thought, and action will come back to you. It is the indisputable law, the law of attraction. If you play with it, study this in earnest, you will find it, without doubt, to be true. Imaging you are communicating with the physical world via a mirror. The person who stares back at you is the equivalent of every other person in the world. Frown at the person in the mirror, the person frowns back at you. Become angry at the person, see what comes back to you, look at the anger on that face and look into the eyes. How does that make you feel good? Bad? Imagine a child being confronted with that face, those eyes, that anger. Imagine if that small child was you! Smile and you receive the same, laugh and the image laughs with you. This is how we create our world, by reflection. This is a warning so dont discard it. Keep it with you and discover it! But what if you are a child? You didn't yet throw anything into the water to cause a ripple. You were born in innocence! No! You chose to be a victim for a short time. You agreed in your ancient wisdom to become the effect of a cause and those who peer into the mirror will see you. Your reflection will call to action better judgment, better discernment and a better future for all." NOW, get your mirror, your sound session and headphones ready and find a comfortable place where you are least likely to be disturbed. You should sit in a chair facing the mirror with your feet flat on the floor. Do not hunch your back but sit upright and relaxed with your hands resting on your thighs. Start the sound session. First, concentrate yourself fully on the following breathing

technique (do this about five - ten times, you don't have to count do what feels right); Take in a deep, slow breath, fill your lungs, expand your abdomen, hold for a few seconds then very slowly breathe out, try to take about twice as long to breathe out. Keep your breathing deep and regular and begin to stare at your reflection in the mirror, focusing on your eyes. Imagine that every other person in the world reflects the image that stares back at you. Notice the expression, smiles, frowns, anger, study what comes back at you through the mirror. Now allow yourself to absorb the powerful sounds and simply stare at the mirror. After a while the image may change, other faces may be seen or other images. Allow your mind to go along with the experience and write the details in a diary immediately afterwards Allow yourself to adjust when the session finishes and drink a fresh glass of water

Our Guarantee When using the sessions all we ask of you is to give them a fair chance to work. Resistance, both mentally and physically, can block you from entering altered brainwave states. It may take a little time to get used to the sessions and relax into them. Regular practice ensures better results! If, however, you are not satisfied to the extent that you do not feel our sessions are what we say they are, we will give you a no fuss refund - can't say better than that!

How To Use The Sessions The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. You will need to find a comfortable place to be, where you are least likely to be disturbed. If the environment is a little chilly, we suggest you have a blanket over you as your body temperature may drop. A glass of water may be needed at the end of the session. When you begin to listen to the session your mind will probably start to wander over to everyday things in your life but try to keep returning your focus to the sounds in your head; this is normal and is the learned art of any type of meditation or hypnosis. After about six minutes of undisturbed listening your brain should begin to entrain toward the given frequencies. You may have strong visual reactions or strange feelings of altered consciousness. Try not to panic and bring yourself out of the states, allow any images to come into your mind - go with the flow, practice makes perfect! It's useful to keep a diary for you to jot down your experiences after each session for later reflection. Power meditations are a series of Brainwave Stimulation sessions designed to enable deep, hypnotic meditations and self help sessions! We sell no fuss, professionally backed audio meditations and brainwave entrainment's in mp3 download format to use with headphones. The use of Headphones provides a personal and intense effect AND avoids affecting those around you! The decision to use the Mp3 format was taken with a view to reduce the pollution caused to the environment by gross CD manufacturing! The lower overheads of mp3 production

means we can reflect the money saved in our prices to you, our customers, and further, our non-existent packaging and the absence of a team of graphic artists and advertising professionals further enables us to offer you the genuine product without the box, the gimmicks and all the trimmings that usually come with anything bought today! - It's all good; you save money - we ALL help to save the environment!

PRECAUTIONS: Do not use whilst driving or operating machinery. Because of the repetitive & hypnotic nature of some of our MP3s, those who suffer from fits, seizures, epilepsy & are pregnant should avoid these & only use our simple nature tracks. Use of the MP3s confirms you have read & understand our warnings, Searches:theta brain waves meditation mp3 free download

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