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CREATIVITY 1 Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. Creativity is possible when your brain can make random neural connections and has the ability to remain open and receptive to new ideas and concepts We use a mixture of Alpha and Theta Waves combined with varying brainwave rythms to stimulate this response. More session will be available in our library soon! A Brainstorming session which uses altering alpha and Beta waves to stimulate creativity. The session includes a duel induction to help you reach a deep level of relaxation SORRY BUT NECESSARY INFORMATION YOU MUST READ & AGREE TO BEFORE USE USE OF THE PRODUCTS CONFIRMS YOU HAVE READ AND AGREE TO THE FOLLOWING: WARNINGS: Do not listen whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, under the influence of drugs or alcohol. If at all unsure contact a qualified doctor before use. RELAXMP relinquishes all liabilities regarding the use and downloading of these digital products. Use at your own risk. During the sessions: Use earphones - the correct effects can only be gained in this way Keep your eyes closed - this eliminates around 80 of outside distractions and naturally stimulates theta waves. Have a glass of water handy or drink before listening - can make you thirsty Get comfortable and warm, fidgeting will interfere with entrainment and brainwave frequencies Relax, let yourself go with the beats!

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