

7 Chakras Meditation Isochronic Tones And Binaural Beats

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The Chakra Mp3 includes two mp3s. Each mp3 is 70 minutes in length. 1 mp3 has entrainment with binaural beats, and the other has isochronic tones entrainment. Each mp3 has identical music and identical sound effects. Each mp3 has a optional audiostream track (this feature is a little something extra for those of you with a Light and Sound device - Mind Machine - capable of decoding a audiostream track). A lot of time and effort went into creating the Chakra Mp3, as well as researching the subject. There are 7 ambient tracks in the Chakra Mp3 as well as the sound effects of: - a earthquake rumble (the root chakras element is earth). - water (the element of the sacral or naval chakra is water). - the sound of crakling fire (the element of the solar plexus chakra is fire). - air (wind) which is the element of the heart chakra. The element of the throat chakra is akasha (ether - the regions of space beyond the earths atmosphere), and the element of the brow chakra is light. So when you get to the throat chakra in the Chakra Mp3 you will hear a deep space ambient music track. When you get to the sixth chakra in the isochronic tones version of the Chakra mp3, if you have a device capable of decoding the AUDIOSTROBE track, you will notice a steady bright light turn on in your audiostream LED glasses. The binaural beats version of the Chakra mp3, on the other hand, has a audiostream track embedded into the entire length of the mp3. The lights flash in unison with the binaural beats so you get the entrainment of LIGHT and SOUND at the same time. The element of the 7th chakra (crown chakra) is thought, divine will, cosmic energy. We simply inserted chimes which you will hear when you get to the 7th chakra in the mp3. Chimes, among other sounds, are sometimes heard in deep meditation. In the Chakra Mp3 there are seven music tracks and the music remains on each chakra entrainment tone for 10 minutes. According to research there is a primary entrainment tone for each chakra (8 hz, 9, hz, 10 hz, 10.5 hz, 12 hz, 13 hz, 15 hz), and there are 2 different frequencies for each chakra. For example, the two frequencies for the root chakra are 194.18 hz and 256 hz (see details below). So what we did in designing both mp3s is include the two frequencies, and the entrainment tone, for each of the 7 chakras. For example, for the first 10 minutes the frequency of 194.18 hz for the root chakra plays for 5 minutes, and then the second

frequency (256 hz) for the root chakra plays for 5 minutes (10 minutes total for each chakra). In this example the 8 hz entrainment tone for the root chakra plays for the entire 10 minutes before switching to 9 hz which is the entrainment tone for the second chakra...and on up to the 7th chakra when the entrainment tone reaches 15 hz, and the two frequencies for the crown chakra are 172.06 hz and 480 hz.

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