

Video Avi + Ipod Meditation 528hz Binaural Tone 10hz

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Mental Video Video + Audio-Stimulation: Meditations-Training Stimulation: 528Hz Frequenz (Love Frequenz), Binaural Alpa 10Hz with Natur-Sounds und New Age Music. Video Lenght: 10 minutes. Included are 2 files with different format: - AVI Format, playable with all compatible Video Players like Media-Player,Quicktime-Player and more.. Size of Download: 103 MB + - Ipod Format MPEG-4,320x240,Fps 25. Size Download: 68 MB (NOTE: You may need to listen to the same recording several times, preferably once a day, before your brain becomes entrained by the stimulation. So don't be disappointed if you don't experience results the first few times you listen to a specific recording. As your mind becomes trained by gradually listening to a specific recording each day, the more positive changes you will be likely to notice. Training the mind with frequencies is similar to training the muscles. But it can be counterproductive if you over do it.) REQUIREMENTS - Stereo-Sound or Headphones, for the binaural beats INSTRUCTIONS To use this session, find a quiet place, free of distraction. You may want to drink a glass of water before each session. About The Video downloads contain binaural beats and isochronic tones mixed in with nature sounds, (and in a couple cases with slow tempo ambient music). Binaural Beats and isochronic tones are specific frequencies that can bring your body, mind, emotions and spirit into a completely balanced condition. The recordings contain professionally designed frequencies which are intended for mental enrichment (better focus, creativity, memory improvement etc.) These frequencies utilize a specific audio mixing technique designed to alter the listener's brainwave activity. When such brainwave patterns change it has been documented that there is also a change in your mental state, as well as in the chemical reactions within the body which can have a profound effect on your entire physical structure. The Videos consists different recordings averaging about 10-20 minutes in length a piece (see details for each recording). There is no need to listen to every recording every day. Preferably you only need to listen to one beta recording once a day, and in some cases only 1 gamma recording a few times a week. But there are no hard and fast rules. Just be careful not to go overboard. This is powerful stuff and your brain needs to be trained little by little to adjust to the new audio energy. Most of the recordings contain nature sounds. The background tones or beats in each recording are the

heart and soul of each session. It is these tones or beats that have been professionally finely tuned, sculpted, and arranged in such a way so as to have a the most beneficial effect when used regularly. (Headphones are recommended for maximum benefit, but if you have a good speaker system headphones are not necessary for sessions containing isochronic tones). Defining Binaural Beats and Isochronic Beats Binaural Beats - Binaural beats require headphones if you want to see results. Binaural Beats work by broadcasting two separate frequencies in each ear. For example, if you want to tune your brain to a 7 Hz frequency, you could play 200 Hz in your right ear, and 207 Hz in your left ear. The brain will compensate for the difference between the two and produce a third tone that will be exactly 7 Hz. This will result in your brain frequency being lowered to the theta level of 7 Hz. Isochronic Tones - These are sharper sounding than binaural beats thus they are more powerful in their effect on the brain and are believed to be more effective than binaural beats. Following are the 4 most common brainwave classifications: Beta 13hz - 40hz: Wide awake. This is generally the mental state most people are in during the day and most of their waking lives. Usually, this state in itself is uneventful, but don't underestimate its importance. Many people lack sufficient Beta activity, which can cause mental or emotional disorders such as depression, ADD and insomnia. Stimulating Beta activity can improve emotional stability, energy levels, attentiveness and concentration. Alpha 7hz - 13hz: Awake but relaxed and not processing much information. When you get up in the morning and just before sleep, you are naturally in this state. When you close your eyes your brain automatically starts producing more Alpha waves. Alpha is usually the goal of experienced meditators, but to enter it using NP2 is incredibly easy. Since Alpha is a very receptive, absorbent mental state, you can also use it for effective self-hypnosis, mental re-programming, accelerated learning and more. Theta 4hz - 7hz: Light sleep or extreme relaxation. Theta can also be used for hypnosis, accelerated learning and self-programming using pre-recorded suggestions. Delta 0 hz - 4hz: Deep, dreamless sleep. Delta is the slowest band of brainwaves. When your dominant brainwave is Delta, your body is healing itself and "resetting" its internal clocks. You do not dream in this state and are completely unconscious.

----- ***** IMPORTANT - TERMS OF SALE ***** Our recordings are not intended to treat or cure any disease, nor should any of the subject matter on the site be taken as medical advice. Although our recordings contribute to wellness they are NOT meant to replace medical or psychological treatment or consultation. If you have a serious medical condition please

consult with your physician. Ask about Brainwave Entrainment and work with your physician to choose the right treatments for you. If you are prone to epileptic type events, pregnant, wearing a pacemaker, prone to seizures, or under the influence of medication or drugs, it is best to consult with a licensed medical professional before listening to any of our recordings. It is highly recommended that you don't listen to our recordings while under the influence of alcohol or other mood altering substances. Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to our recordings. Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of our recordings, as they are more susceptible to seizures. The user of these recordings assumes all risks in listening to the recordings, waving any claims against us for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons to listen to the recordings. After your purchase you have permission to add all the downloads to your computer, and you can burn them to a CD, DVD or ipod etc. However since the recordings are copyrighted you don't have permission to sell or give them away electronically or otherwise. It is against the copyright to distribute our downloads freely on the internet. Tags: nlp

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