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# Foreword

If you search the Net for "binaural beats" you'll promptly discover there's a whole industry built upon the idea that listening to binaural beats may produce all sorts of desired effects in your brain.

It may alter your mood, help you abide by a diet or quit smoking, get you pumped up for a contest, calm you down, put you to sleep, heighten your memory, act as an aphrodisiac, heal headaches, and even balance your chakra. Let's have a look.



## ***Binaural Beats Healing For Everyone***

Heal Yourself With Powerful Binaural Beats

# Chapter 1:

## *Binaural Beats The Basics*

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### Synopsis

There are a lot of new things to discover everyday if one is interested in looking for them. Though used frequently in many cultures and even in more modern scenarios little is known or realized about binaural beats.



## **An Inside Look**

Walking into any spa, massage centre, beauty centre and the likes, the first thing one would notice is the tranquil and quiet surroundings that are only “broken” by the equally intoxication tranquil sounding light music in the background.

Similar yet different to this is the binaural beats. The underlying reason for using this type of music is similar and so is the intended goal. Binaural beats are sounds that are supposed to stimulate the brain in specific ways. These sounds have been claimed to help induce relaxation, meditation, creativity and other desirable mental states.

The way the brain is affected depends on the varying frequencies of each tone. Each ear listens to these tones at different frequencies.

This may sound strange, but that is the basis of binaural beats. The right ear may listen to a tone of 300Hz while the left ear listens to the same sounds but at a different tone of 310Hz.

In order for the phenomenon to work the low frequency pulsations in the amplitude and sound localization of the sound must be presented separately, ideally using head phones.

Also the frequencies of the tones must be below 1000Hz for the beating to be noticeable. Also the difference between the two frequencies must be small, otherwise the two tone sounds would clash and come out sounding separately, and thus the binaural effects are lost.

Binaural beats have created much interest to those in the neurophysiological world where there is always an ongoing research investigating the sense of hearing. Binaural beats reportedly influence the brain in more subtle ways to reduce anxiety and provide other health benefits too.



# Chapter 2:

## *Binaural Beats States*

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### Synopsis

As previously noted, binaural beats influence the brain using brainwaves in different frequencies to produce the desired effects. All this of course is related to the brain “hearing” and processing these sounds and then relating them to different body states.



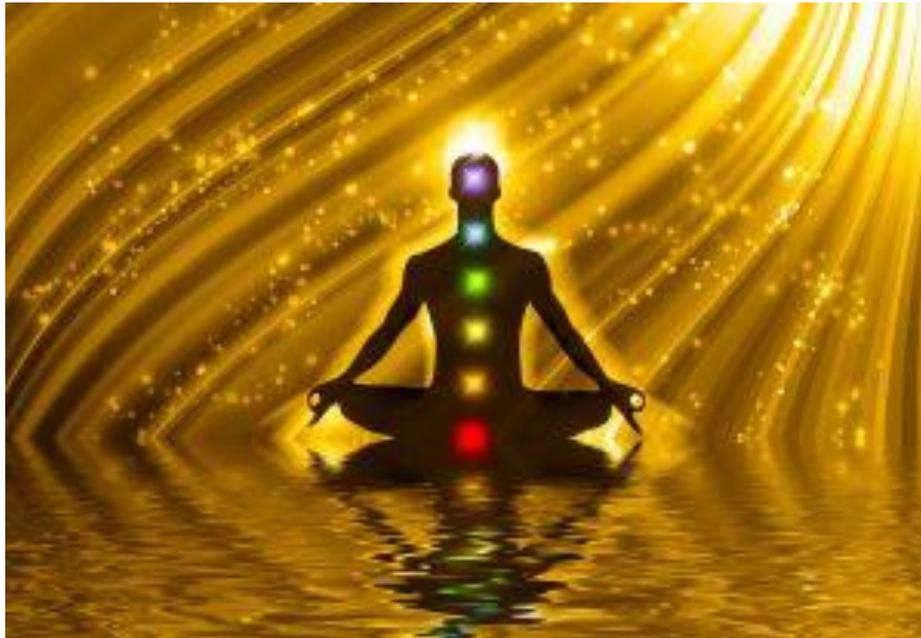
## **Behind The Beats**

Upon hearing these binaural beat the brain the processes these sounds through both spatial perception and stereo auditory recognition and then creating the responses and activations of the various points in the brain.

These activations then bring to the fore front of the brain, into the thought process the different feelings, sensations and perceptions in specific areas. Below are a few example of what one can expect to gain from the different binaural beat waves:

- Gamma waves – should ideally be at the 40Hz level. When tuned to this the brain is then expected to be able simulate higher mental activity, which includes better perception, better problem solving features, better control of fear and consciousness.
- Beta waves – range frequency should be between 13 – 39 Hz in order for the binaural beat to stimulate the desired results. These results are noted as an active, busy, or anxious thinking coupled with active concentration levels, arousal, cognition, and paranoia. Not altogether desirable but may have some purpose.
- Alpha waves – are kept between 7 – 13 Hz in order to ensure optimum levels of relaxation while being in a fully conscious state, pre sleep and pre wake modes of drowsiness. REM sleep phase and also dream like states.

- Theta waves – normally adjusted to 4 – 7 Hz which is ideal the deep meditative and relaxed levels need to be reached or achieved. It is ideal for NREM sleep patterns.
- Delta waves – tunes to 4 Hz to create the natural inner self relaxed state to encourage deep dreamless sleep and loss of body awareness. This of course is ideal when an individual is seeking complete disconnection from the awareness state.



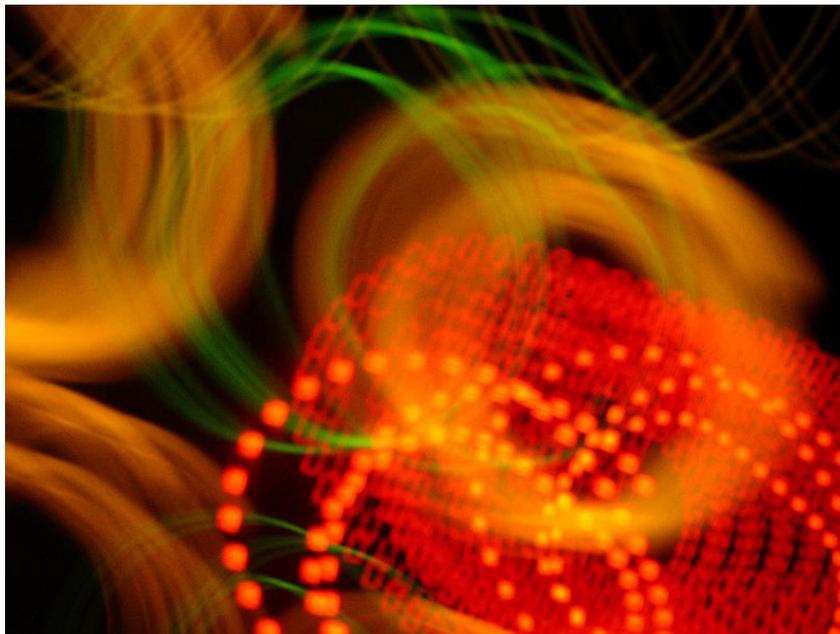
# Chapter 3:

## *DNA Stimulation Facts*

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### Synopsis

The very basis or blue print of each individual human being is in the DNA. It is a proven fact that each person has their own personal and unique DNA make up and that no two DNA make up can be the same. Similarities are not uncommon, nor unusual, and in fact exist in family linked ties, but not in its total entity.



## **What Happens In The Body**

Researchers have come to the conclusion that DNA is susceptible to damage but thus far there is no possible way to gauge the extent of the damage, where the damage is, nor how to control further damage. There is also no real scientific proof at the moments to encourage findings of the possibility of repairing the said DNA corruption. Many diseases like cancer, leukemia, aids and may more life threatening diseases are thought to be caused by this negative condition in the DNA make up. Thus the race in on, to find a possible solution and quick.

However, for some this solution may possibly be found in the promise of the use of binaural beats to address this problem. Fortunately there is evidence that the body naturally tries to correct the faulty DNA condition as it detects it, however outside added positive help can be advantages. Though not conclusive yet there are very promising studies that have proven that the DNA make up can be repaired through the introduction of the binaural beats.

The binaural beats are applied in delta frequencies and have been documented as being the contributing factor in the repair of DNA. Even better is the fact that there are no intrusive procedures required and neither does this process involve any pain. In fact the whole process of being exposed to binaural beat is all of thirty minutes. Another wonderful point about binaural beats is that it can be used by anyone and anywhere and anytime.

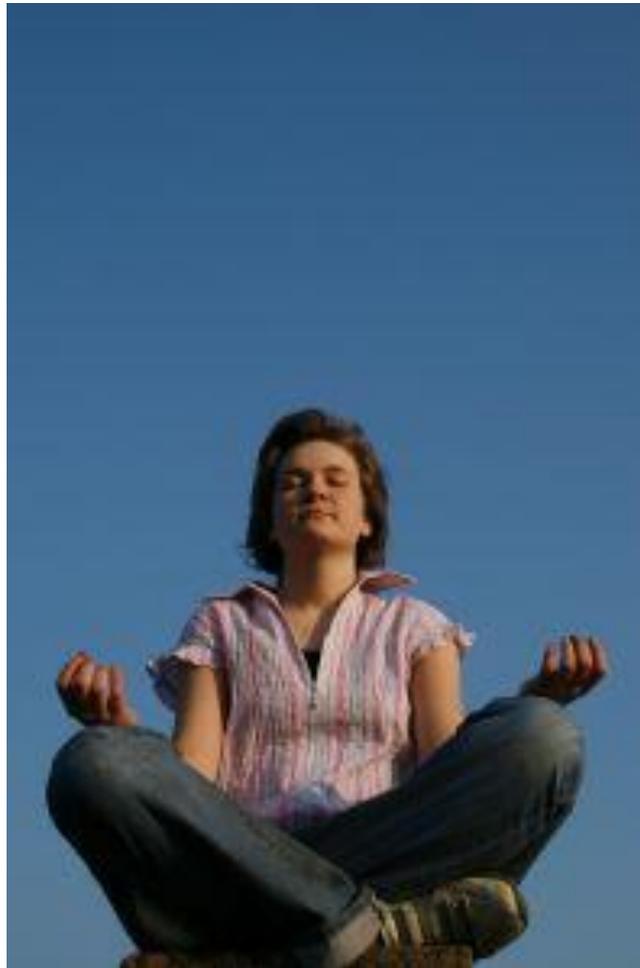
# Chapter 4:

## *Using Binaural Beats For Deep Sleep*

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### Synopsis

For most people today, getting a good night's sleep is indeed a luxury. Reasons like stress, children, workloads that require a lot from the mind and body are just some of the many reasons an individual is unable to gain the deep sleep needed to rejuvenate completely.



## **Slumber**

Binaural beats have been known to contribute positively to the individual being able to achieve the level of deep sleep. The popular “Deep sleep” recordings will assist the individual to fall asleep in minutes. Besides this the deep sleep induced will be continuous and without any restlessness.

Not being able to get to the level of deep sleep can be very damaging both mentally and physically, as the optimum functioning of the human body depends a lot on the amount of rest for rejuvenation purposes is acquired. It also drastically lowers the strength of the immune system, lowers brain functions and performances and may even contribute to the overweight condition indirectly caused by the anxiety created from lack of deep sleep.

All these side effects will eventually manifest in the individual’s daily work performance, as increased blood pressure levels, grumpy mood swings and the constant state of lethargy. By using the binaural beats as a technique to induce deep sleep, the delta waves will work effectively to guide the brain directly into the deep sleep phase, thus resulting in a long, deep, and restful sleep pattern. This in turn causes the body to regain and rejuvenate all functions and powers to ensure a more energized individual.

There are many specific sounds made by the binaural beats to induce the various different states of mind. For gaining deep sleep the sound of the ocean gently lapping at the shoreline couples with the binaural beats in the background is the most popular. This sound effect will gradually encourage the brain into deep sleep because of the low range frequency waves used.

# Chapter 5:

## *Healing Addictions With Binaural Beats*

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### Synopsis

There are many types of addictions today and trying to beat them successfully and permanently can be an uphill battle for some.

Too deep into the cycle of the addiction, the individual may try many methods out of sheer desperation but may not stick to the method chosen for a long enough time frame and so making the effort eventually useless.



## **Beating A Habit**

By using the binaural method, the individual is able to continue with the fight against the addiction, simply because this method does not require much effort and regiments, in order to achieve some percentage of success.

Binaural beats work on the mind's brain waves to produce the positive state in which the individual can choose to cope better with the stress and craving for the particular object of addiction.

Using the binaural beats the mind is induced into a relaxed state and this state associates with the desire to quit the addiction using the different level of brain now comfortable with the suggestion.

The suggestion to quit the addiction is further reinforced when the individual continuously seeks and uses binaural beats. Each time a session is experienced the mental reaffirmation is strengthened.

In most brains the activity movements are confined to certain areas that the brain connects to characteristics of self defeating mental and emotional states.

When this manifests itself as a negative addiction then using binaural beat to reverse this line of thought and change it to becoming more compulsive and physiologically dependent on eliminating the addictions the success rate is assured.

The process uses binaural beat to create a scenario where the brain's electric activity becomes widespread throughout the brain and creates new neural pathways which stimulate new positive thoughts, feelings,

and behaviors. Thus with this renewed state of mind the individual is less dependent on the addiction to achieve the similar but only superficial results.



# Chapter 6:

## *Awaken Creativity With Binaural Beats*

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### Synopsis

The creative side of an individual basically comes from the spirit of the individual. This spirit element is what encourages the creativity aspects which constitute the freedom to explore and be free of inhibitions the otherwise natural thinking side would block.



## **Wake Up Your Brain**

The popular line of thought is that the spirit with would never lead the individual into negativity because the element of emotional strong hold is not dominating the thought process.

The binaural works on the brain waves, to encourage a state of relaxation. This then allows the third dimension, consisting of emotions to subside and allow the spiritual side to prevail.

It has been found that the binaural beats are used to a specific combination of frequencies within the alpha, theta and delta ranges to trigger the creativity element from with.

Participants are encouraged to find a quiet spot to relax. Also encouraged is the posture of laying flat and listening to the binaural beats with headphones.

This is supposed to be the best way to harness the quiet energy that causes the individual to be in total relaxation mode. When this level of deep relaxation is reached then the inner brain takes over and the creative “juices” start to flow.

The mode of soul searching, mind blockages, brain storming, are heightened so that the individual can now tap comfortably into the creative abilities with the new “powerful” mind set.

Some of the common recorded physical effects of the mind reaching this relaxed state are as follows:

- The inability to move freely due to the body feeling heavier
- Total relaxation from head to toe
- There are vivid visualizations, color and pattern in the mind's eye
- Some level of separation between the conscious and the subconscious is apparent.
- The levels of anxiety, stress, and tension are considerably eased.
- Sometimes the feeling of sedation or no feeling at all is recorded.



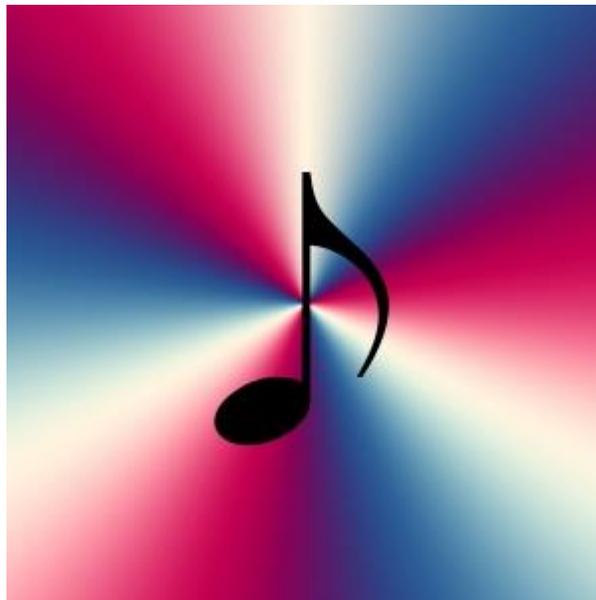
# Chapter 7:

## *Binaural Beats For Relaxation And Healing Psychological Issues*

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### Synopsis

The binaural beats are tones that are the product from deep with the music score like subliminal messages which effects the brain waves and in turn the body. In addressing the elements f relaxation and healing psychologically the strength of the immune system and other stress related problems must be controlled. The reoccurrence of physical and psychological symptoms can be arrested with the use of binaural beats.



## **Unwind**

Binaural beat gives us the tools to control our perception of things and surroundings. By quieting the mind and becoming connected to the inner self the energy released is indeed powerful and capable of helping the individual use this resource for almost anything.

Successfully gaining a high level of relaxation is only one of the positive elements derived. The specific sound wave of certain binaural beats allows the mind to also focus on healing psychologically.

Some of the conditions needed to induce the mind set to successfully bring about the psychological healing using the binaural methods are:

- a. Improved levels of concentration, memory and mental stamina
- b. The ability to achieve a high level and quality of the meditative state
- c. Harness the energy needed to address the specific problem area
- d. Boost the immune system and other bodily functions
- e. Deepen the sleep and relaxation patterns
- f. Being clear in the goals and benchmarks set for achievements
- g. Creating the happy and confident frame of mind needed
- h. Dramatically reduce stress, tension, and anxiety levels.

- i. The increase of motivation levels
- j. The ability to better focus and solve problems

In trying to achieve the above, the brain uses binaural beats to harmonically relate to the sounds made by specific frequencies to address specific characteristics in the individual. The brain can then fix on to the frequency of choice to induce the relevant outcome needed. The entrainment sounds, which enhances the relaxation also adds another dimension to a productive and pleasurable experience.



# Chapter 8:

## *Using Binaural Beats To Enter A Deep Meditation State*

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### Synopsis

Seems like forever, that music has played an important part in the human existence. For various reason music seems to bring out the best in most people, when the music is to their liking of course.



## **Meditate**

Binaural beats use this system to remind the subconscious and conscious levels of the mind on how to relate to smells, sounds, tastes, events, emotions, and the physical state. Binaural beats can be manipulated to induce the mind set to be open to connect with these feelings.

The music used incorporated binaural beats and isochoric tones that help the individual to more effectively reach the desired deep levels of meditative state. This superior focuses in important to reaching the deeper levels of meditations.

Alpha wave patterns help to relax the individual's state of mind, which is followed by the drowsy feeling while still awake and conscious.

The alpha level varies from deep relaxation. Since the alpha wave pattern is very receptive it can be used to effectively to induce self hypnosis, reprogramming the sub conscious and deep relaxation.

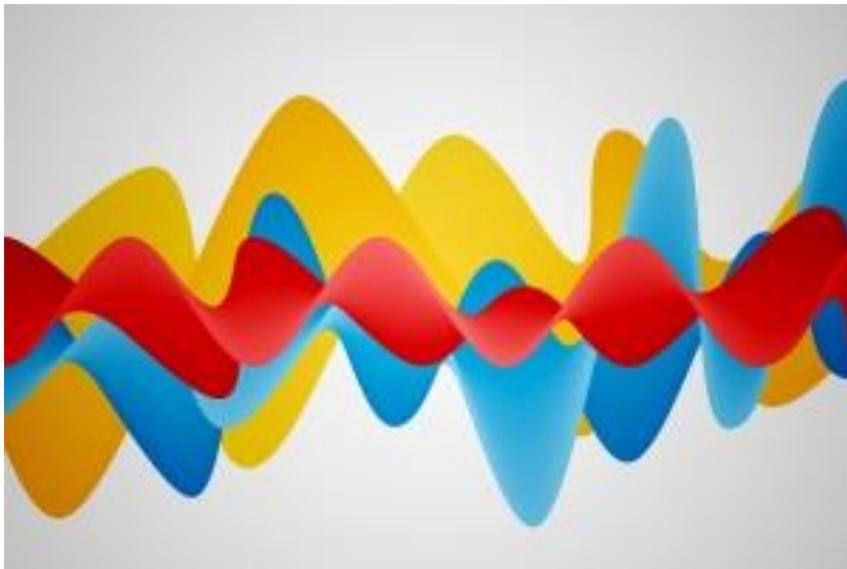
The delta wave activity also is associated with deep slow berating activity found in deep sleep. This state of deep sleep can be switched to a deep meditative state.

Binaural beats stabilize and rejuvenate the body and mind so that with more frequent practice in becomes easier to reach the deep meditative state quickly.

Some people who use the binaural beats to relax attest to the fact that in spite of the short time spared for the deep meditative state, they came away feeling extremely well rested and rejuvenated.

Some recommendations of binaural beats are Unexplainable Store because of their high quality and low cost feature.

The Brainwave Entertainment Alpha easily induces the alpha brainwaves which allow the individual to communicate with and influence the subconscious mind into a deep, gentle, and calm meditative state.



# Chapter 9:

## *How To Make Binaural Beats*

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### Synopsis

Making binaural beats is fairly easy if the basic concept is followed. However, making good binaural beats takes years of creative experience.

This is done by using pulsating sounds, in two sets which are played slightly out of sync. Thus by varying the rate of the pulsing the beats, a state from deep relaxation to complete alertness can be induced. Understanding this basic concept is how the binaural beats are created. Here are a few tips to get a person started.



## **Putting It Together**

Study the basic brainwave frequencies the brain aligns to. The Beta waves are present when an individual is awake, alert, and fairly tense. This pattern ranges between 13 and 60 times per second or hertz.

A more relaxed state would be at the Alpha waves level. Ranging from 7 -13 Hz this is when the deep relaxed state is exhibited. The next level of the deeply relaxed state is between 4 and 7 Hz which is the Theta waves. Then lastly the Delta waves are at the deepest level of sleep which is anything below the Theta reading.

After identifying all this download and install a program that makes binaural beats. Try to choose a multiplatform and fairly easy to use program.

Select the dialog and open to enable the consequent selection of the sound source. Some binaural beats are in a simple sine wave, or select the pink noise.

Change the base frequency, beat frequency and the duration to correspond with the desired brainwave frequency.

Put on headphones and just sit back, relax and allow the binaural beat to work its magic. Remember to use good quality head phones as this is the feature that will dictate the quality of the sound enjoyed.

Initially it can all seem quite daunting and a little overwhelming but with some practice, varying the choices made, it is possible to eventually get to the level where the binaural beats created will be pleasing.

# Chapter 10:

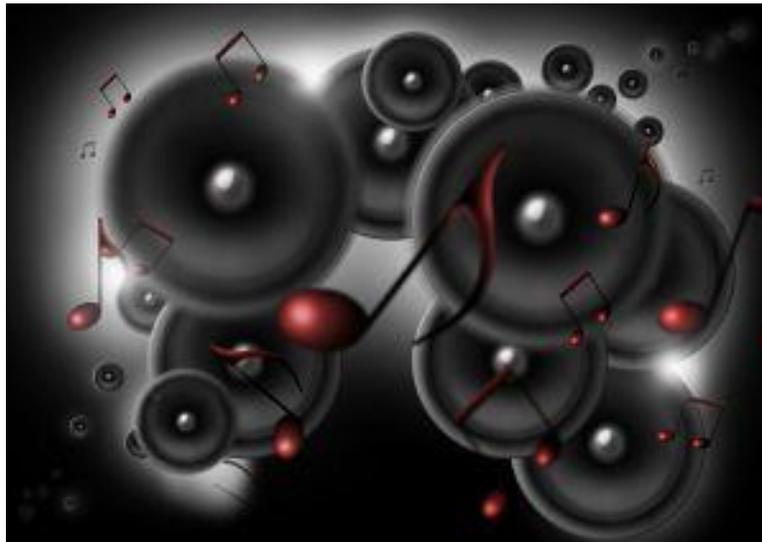
## *What You Must Know- How To Use Binaural Beats Properly And What Precautions To Take*

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### Synopsis

There are several things that one needs to take note of before trying the binaural beats methods. Understanding the basis of this style is important as it will have a profound impact on the choices made.

The binaural beats, isochoric tones and monaural beats all share the common point of being connected to music, but understanding the differences will allow the individual to move forward in this area.



## **What You Need To Know About**

Generally the brain is usually in the alpha brainwave stimulation level, binaural beat manipulations help to change the alpha brainwave state to other brainwave states. This is done through the brainwave entrainment process. Also to be noted is that all the different brain waves coexists but at any one time only one brainwave dominates and this in turn dictates the level of consciousness and state of mind of the individual. Ideally every individual should constantly have the correct alpha brainwave patterns, as this ensures the wholesome being of the relaxed of confident position.

Being able to have the optimum alpha wave conditions means the body can enjoy body and mind relaxation levels, a creative mental state, free of all tensions and nervousness. The individual problem solving skill will also be enhanced. The emotional and athletic performance levels will also be heightened.

Sometimes an individual can become over indulgent in wanting to maintain the constant and super form of the alpha wave mind set. This can be dangerous and it may end up causing negative side effects instead of providing the balanced mind set it is purported to be. Conditions like ADD may in fact become worse if binaural beats are used to create the desired state of mind. Indulging in the binaural beta practices too much can also cause a person to day dream. While this is a positive outlet from reality, the danger lies in the individual's eventual inability to separate the two. This can also lead to depression.

# Wrapping Up

As a final word: you are able to effortlessly experience deep meditation, relaxation, expanded focus, laser concentration, accelerated learning, enhanced awareness, deep sleep, tension reduction, anxiety reduction, additional motivation, more creativity, produce new habits and expand your energy levels.

