



# Terms and Conditions

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# The Magic of Brainwave Entrainment

Brainwave entrainment has been used successfully for many years to help people achieve greater states of awareness, calmness, inner peace, creativity, inspiration and motivation.

To understand how it works, let's take a look at how the brain works. Each person's brain operates at different frequencies depending on what the person happens to be doing at the time. The four main frequencies are Beta, Alpha, Theta and Delta. Beta refers to normal, waking consciousness and is most likely the state you are in right now as you read these words. The frequency of your brain in Beta ranges between 13 to 40Hz.

This Beta state is what most of us are used to living our lives in most of the time. This is largely due to the way we are taught in school and how we are expected to perform in our jobs. It is a logical world of problem solving which calls for the use of the left hemisphere of the brain, and obviously, conscious awareness.

There are, however, some downsides to the Beta state. It is in the Beta state when you are likely to experience stress, depression, anxiety, irritability, fear, paranoia, nervousness and worry. Sound familiar? Normal, waking consciousness is not without its problems!

Alpha is one level down from Beta, and in the Alpha state, your mind is more relaxed. You might experience this state when you've been reading a good book for some time, listening to some relaxing music, or just chilling on your

front porch with a cup of tea, watching the world go by. In short, Alpha is a relaxed state and in it your brain operates at between 7 and 13Hz.

The Alpha state has many advantages and affords you the opportunity to eliminate stress, feel more confident and happier, more calm and relaxed. It allows for the release of serotonin and endorphins, and quiets down the mind chatter so as to facilitate learning and creativity. Alpha is a hugely beneficial state for your brain to be in.

One more level down from Alpha, we encounter Theta. In the Theta state, your brain operates between 4 and 7Hz, so it's slowed down even more. You've experienced Theta if you've lay in bed just after waking up, and you're kind of still half asleep, half awake, dozing in and out of consciousness, balancing on the fine line between the two. As in the Alpha state, serotonin and endorphins are released, and you can expect to experience vivid visualisations and greater inspiration as you are more deeply connected with the subconscious mind.

Delta is another level down from Theta and in Delta, or deep sleep, your brain operates between 0 and 4Hz. The Delta state is associated with rejuvenation and healing, and is believed by many scientists to be the most beneficial brain state. Delta is deep, dreamless sleep which affords your brain and your body the opportunity to rest, repair and renew. It also facilitates a deeper connection to the subconscious mind and can permit very highly advanced awareness.

So there you have the four main brainwave frequencies along with their frequency ranges and how they affect your consciousness. The information on its own begins to give you an intellectual understanding of how being in these different states might be helpful to you. The key now is to expand this intellectual understand into true knowing.

Understanding something on a surface level, like the fact that there is a subconscious mind is interesting. You can quote this fact to others. But to truly understand it, you must make contact with it, contemplate it, see it from different points of view, spend time pondering it, and lastly, begin to make effective, daily use of it in your life. Only when you have gone through this cycle do you truly know what it means to have a subconscious mind. True knowing can only be accessed through experience.

So how can one purposely, intentionally access these different brain states and begin to get an idea of the tremendous value that they can have in their life?

Well, meditation is one way. It is a long established fact that meditation has the effect of "tuning" the brain to various different, lower and more beneficial frequencies.

On a surface level, we know that meditation helps people relax. That much is obvious to us. But meditation has demonstrable effects on the electrical activity of the brain. Studies have shown that meditation facilitates the accessing of both the Alpha and Theta states.

The kind of meditation that Buddhist monks engage in helps one to achieve a kind of oneness with the world, and allow for a happier, more peaceful and tranquil existence. However, not many of us in the modern, Western world have the time to devote to becoming a Buddhist monk.

This isn't something that is simply accessed on a whim on a Sunday afternoon when you're feeling a bit bored, waiting for yet another busy work week to begin. It simply doesn't work like that. Meditation is something that is learned over time with practice. In fact, it is a practice, much as going to the gym is a practice, like learning to drive is a practice. It will only happen gradually, over time as one learns to get better and better at it through constant repetition.

But for most of us there is a problem here. Most of us don't have the time for that kind of practice. Well, let me put that another way: we do have the time, but we're not willing to devote the small amount of free time we do have to learning and practicing meditation. We might know that it helps us tune our brain to the different frequencies that will allow us to access the different brain states. We might know what the benefits of doing this will potentially be for us. But the perceived pay off is too distant, too obscure for us to make the commitment to something like meditation.

In addition to this, many who do begin to try to meditate find that it is more difficult than they first imagined. They find it difficult to cease the mind chatter, to relax comfortably. As they sit quietly in a room with their eyes closed, their mind turns to the myriad things they ought to be doing instead, remaining firmly in the Beta state, refusing to calm down and access those wonderfully elusive and beneficial states like Alpha and Theta. And because of

this, many soon give up and return to other forms of far less beneficial meditation like having a glass of wine in front of the TV!

But luckily for those interested in improving the quality of their lives, there is a short cut, and you need not spend the time learning to meditate in order to access the different brain states and the many associated benefits.

### **Enter Brainwave Entrainment**

So what is brainwave entrainment and how can it help? Put simply, brainwave entrainment is tuning or synchronising the brain to different frequencies using either light or sound pulses. The pulses are presented to the brain either through the visual or auditory senses (or in some cases, both), and the brain, through what is called the frequency following response, obediently tunes its operating frequency to the pulses being presented.

Though we are not aware of it, our brain naturally entrains itself to the rhythms that surround it on a continuous basis. For example, listening to a composer like Mozart can have the effect of relaxing the brain and tuning it to the Alpha frequency. Or sitting at the beach, watching and listening to the waves might have the same effect.

We're presented with many rhythms throughout the day, some helpful, and some not so helpful. The key is to decide what frequency we would like to have our brain tuned to, for what purpose and for what time period in order to achieve a desired end. If we just want to relax and de-stress for half an hour



during our lunch break, then listening to Mozart or popping out to the beach might be useful.

But what if you don't like classical music? What if you don't live near the beach? And what if you would like something much more specific? What if you would like to be absolutely certain of tuning your brain to the Alpha frequency for a period of one hour for the purpose of accessing your subconscious mind in order to creatively solve a persistent problem in your life?

Well, if you're after something this specific, then brainwave entrainment recordings are just what you're looking for. They allow you to cut to the chase, as it were. No need to go to the beach and no need to listen to the symphony. Simply choose an appropriate recording specifically designed to tune your brain to a particular frequency, and within a few minutes, you're there!

Just imagine for a moment if your brain were out of tune. Perhaps it's exposed to certain frequencies that it naturally entrains to in your work environment, and say these frequencies are in the high Beta range. You feel on edge, nervous, anxious, you find it difficult to focus and concentrate. It's like you're out of tune!

What if you had the ability to get your brain back in tune, and have it operate at an optimal state so that you no longer felt those feelings and had that difficulty concentrating? Brainwave entrainment gives you that ability.

You want your brain to operate at Alpha so that you can focus and concentrate and access that part of you that flows perfectly in that creative zone so that

you can get your work done more efficiently and effectively? No problem! Just pop on your headphones and listen to an Alpha recording for 15 minutes or so, and your brain will naturally tune to Alpha. If you have the opportunity, you can listen to it for a longer period of time so as to maintain the Alpha frequency in your brain for longer. It has to be said that you should limit your use of any brainwave entrainment technology to 2 hours per day. This gives your brain an opportunity to rest up and access other frequencies.

And while tuning your brain to Alpha or Theta does indeed relax it, brainwave entrainment is kind of like sending your brain to the gym. You wouldn't put your physical body in the gym for 6 or 8 hours a day, would you?! No way! That would be far too strenuous. You need to remember to give your brain time to rest from the process of entrainment.

Say you want to access your deepest self, your source, your fundamental creative power that resides in your subconscious mind. Imagine you want to do this so that you can come up with a new ad campaign at work, or a new novel if you're a writer, or a movie script, or write a new song, or come up with a new way to promote your business, or in fact, do anything that requires your creative juices to flow naturally and powerfully. Take an hour out of your busy day and just listen to a Theta recording. You will then have the opportunity of connecting with that amazing power that is your subconscious mind. It's there that the answer to any issue you can possibly face is to be found.

It's a little off topic, and somewhat outside the scope of this book, but let me talk for a moment about the subconscious mind. The subconscious mind is something that we all have access to. It's like a non-physical, infinite filed of

pure, perfect thought energy. It is the field out of which all reality arises. It's like the perfect resource that has whatever you need to solve any problem you could ever face. It literally lets you create whatever you want in your life.

The subconscious mind is like a hologram. A hologram is a funny thing. If you take a holographic plate that shows a particular picture, and then smash that plate into many pieces, you can pick up any of those pieces and see not just a piece of the picture, but the entire picture. The whole is contained in each of the pieces.

Your mind is a piece of the subconscious mind to which we all have access. And that subconscious mind is the fabric of all reality. Your access to it is your ability to create your life in just the way you desire. Most people don't know that it even exists, let alone how to access it purposefully on a regular basis to create the circumstances of their lives.

The gateway to your subconscious mind is in your imagination. And your imagination might be likened to daydreaming. And what are we doing when we're daydreaming? That's right, we're accessing one of those magical brainwave frequencies like Alpha or Theta. These frequencies can then be associated to the gateway to the subconscious mind.

Learning how to work with these frequencies and using them to improve the quality of your life presents an amazing opportunity for anyone fortunate enough to come upon this information.

Because of its ability to facilitate access to the subconscious mind, brainwave entrainment is a short cut to solving any problem you may face, and to building just the kind of life you always wanted for yourself.

### **How is brainwave entrainment achieved?**

Well, as I mentioned in the beginning, it can be achieved in two ways - by either presenting a pulse that vibrates at a particular frequency either visually or audibly. Since this book was specifically written to accompany brainwave entrainment recordings, we will discuss only the audible aspect of brainwave entrainment.

We can effectively tune the brain to different frequencies by making use of the frequency following response. The frequency following response is simply the brainstem following the frequency of the sounds that it hears. In other words, it becomes phase locked, and displays frequency characteristics that follow the cycles being presented to it by the stimulus, which in this case is an auditory tone.

This is typically achieved by two methods: binaural beats or isochronic tones.

### **Binaural Beats**

In binaural beats, one frequency is presented to one ear, and another frequency is presented to the other ear. Headphones must be used when listening to binaural beats because of the way they work. The frequencies

presented to each ear are processed by the brain, and the result is that the brain tunes itself to the difference between these two frequencies or beats.

To illustrate this, say for example, that a pure tone of 200Hz is presented to the right ear, and a pure tone of 207Hz is presented to the left ear. The result is that the brain is tuned to 7Hz, which is the difference between the two frequencies being presented to each ear. And since 7Hz is just at the upper edge of the Theta range, this will have the effect of tuning the brain to the Theta frequency.

Now the actual beat of 7Hz is not heard audibly by the ears. The human range of hearing is between 20 and 20,000Hz, and 7Hz falls below this range. So the brain simply receives the 7Hz signal and it is perceived as an auditory beat, though is not audibly heard by the ears. And because it is perceived by the brain in this way, it is easily able to tune itself to the frequency through the frequency following response.

### **Isochronic Tones**

Isochronic tones work in a similar way by making use of the frequency following response, but they do it differently to binaural beats. Whereas binaural beats use two different frequencies to produce a third frequency to entrain the brain to, isochronic tones work in an audible way. They present a frequency to the ears, and the brain entrains to this frequency. Because of this, it is not necessary for headphones to be worn when listening to isochronic tones.

Because of the way they work, isochronic tones sound different to binaural beats. Isochronic tones make use of the silent gap between each tone to entrain the brain, so the sound is more of a beeping nature rather than a continuous audible tone that is heard by the ear. Essentially, they are just pure tones that are being turned on and off again quite rapidly. This is what creates the sound pulses. This method of producing the sound pulses creates quite a powerful effect on the brain.

### **Isochronic Tones vs Binaural Beats**

So which one is better - isochronic tones or binaural beats? The answer is neither. They are simply two different methods of achieving the same end goal: brainwave entrainment. They sound different, and some people prefer one over the other. The reality is that both are extremely effective methods, and the only way you will know for sure which one you prefer is to try both of them out and notice your results.

Some people will say that they are able to enter into brain states better using isochronic pulses, and others will say the very same thing about binaural beats. It's simply a matter of personal preference. The primary advantage of isochronic tones over binaural beats is that headphones are not needed when listening to isochronic tones.

In addition, you can also mix binaural beats and isochronic tones for a potentially more powerful effect. When this is done, the brain is presented with both the inaudible and audible frequency to entrain to, and some say that this is more powerful. In some cases, it can be. The mixed tone, again, sounds

different to either single tone on its own, and it will be a matter of preference as to which one works best for you. Try them all out and see what you like best!

## **Your Brain Learns**

Now an amazing effect of using brainwave entrainment on a regular basis is that you are essentially training yourself to enter into these different states, and eventually, after enough practice and exposure, you will learn to enter these states naturally on your own, without the benefit of a recording. What's happening here is that you are remembering how to enter these states in the same way that you remember what to do when you learn to drive a car. It's difficult and awkward at first, but with practice and time, it becomes easier and easier until you reach a point where you can do it without even thinking about it.

Additionally, you can establish triggers that will allow you to enter into these states when they are most needed. Say you have a job where you need to give presentations on a regular basis, but you're none too comfortable getting up and speaking in front of groups of people. So what you could do is to take 10 or 15 minutes before your presentation and listen to an Alpha or Theta recording to tune your brain to that frequency before you go on stage, as it were.

This not only has the effect of relaxing you, but expands your awareness and helps you access your subconscious mind, with all its wonderfully creative

problem solving abilities that we talked about earlier. You'll be much calmer and more confident and resourceful when you give your presentation.

And if you do this enough times, you are effectively training your brain to enter the Alpha or Theta state just before you give a presentation. So say after listening to a brainwave entrainment recording 10 or 15 times prior to giving a presentation, your brain will learn to enter that state just before the presentation on its own without the benefit of the recording because it now knows that before every presentation I do, I go into Alpha, or Theta.

Now you must understand that this only a hypothetical example, and such learning may not occur this quickly, or indeed, it may occur more quickly. Every person is different, and every person responds to different stimuli and experiences in different ways, so the above example is by no means a hard and fast rule. It is simply an illustrative example.

## **Benefits of Brainwave Entrainment**

### **Well Being**

Among the most noticeable advantages of brainwave entrainment is the impact on one's sense of self and well-being. Many users of brainwave entrainment report feeling more positive and happier following their sessions. Motivation and inspiration also tend to increase.

When you utilize brainwave entrainment, you will very likely experience powerful positive emotions including excitement, peace, happiness, euphoria



and pure joy. These positive feelings come about naturally as you listen, without any effort, and they can tend to alternate with different sessions. Most people certainly report that they feel better after brainwave entrainment sessions.

Many users also report that other people - friends, colleagues, even strangers tend to respond in a friendlier way after utilizing sessions. This would lead one to think that the entrainment sessions help users to send out better "vibes" into the universe. And if you have any belief in the idea that you get back what you put out, you'll see the positive benefit of this. If people can sense that you're in a better mood, calmer, more relaxed, more confident, etc., they will respond much more positively to you.

## **Relaxation**

An additional amazing benefit of brainwave entrainment is the effect on your sense of inner peace. Not only will you feel deeply relaxed when utilizing the technology, but afterwards you'll feel calm, peaceful and content.

This is very likely due to the fact that you're giving your brain a well-deserved break and effectively providing a period of time during which it can relax from its normal Beta state.

The effects are really similar to those experienced through long-term meditation as we discussed earlier. And while brainwave entrainment is not strictly meditation, it can be likened to meditation in that you are relaxing,

allowing for time spent peacefully without distraction, and most crucially, facilitating contact with the subconscious mind.

Clinical studies have found that brainwave entrainment helps to diminish mild anxiety as well, and increase alertness and focus. Following is a list of potential benefits. This is by no means comprehensive, and there is no guarantee that you will experience any or all of what is on this list, but you can expect to experience some of it with continued use.

- Profoundly reduced stress and anxiety
- More powerful problem solving skills
- Improved long-term memory
- Deeper connection to the subconscious
- Bridges the spiritual connection
- Increased creativity
- Immune system strengthened
- Super learning
- Deep relaxation
- Deeper, more peaceful sleep
- Subconscious mind programming
- Hyper-focus ability
- Mind/body healing
- Improved inspiration and motivation
- Floating feeling
- Deeper states of awareness
- Easing of phobias
- Powerful emotional connection

- Advanced intuition

## **Stress Reduction**

I want to spend some time here talking about stress and its effects as it is so vitally important to understand properly. Stress is a killer - period. And brainwave entrainment has been shown to reduce stress levels in individuals who regularly make use of it.

If you're experiencing stress on a continuous basis, it will take its toll on you physically. The stress hormones cortisol, adrenaline and epinephrine are released by your central nervous system when you perceive a threat of some sort. This triggers what is known as the fight or flight response.

This fight or flight response has its roots in the reptilian brain and comes from a time when human beings faced real life threatening dangers on a daily basis. They lived in caves and for most of their lives it was kill or be killed. So they were on constant danger alert because of the very real threats they faced all the time.

Today, our lives in the developed world are safer. Most of us have safe, warm houses to live in, modern conveniences that make us take for granted most of the essential things that our ancestors could only have dreamed of having.

In short, we have evolved, but our brain hasn't. In the distant past, a stress trigger may have been a pack of wolves or a man-eating tiger. Today, a stress trigger may be a big job interview, or too many bills and not enough money.

Most of the things that stress us out today are not immediately life threatening in the way that facing down a pack of wolves is, but the challenge is that the brain responds in the same way and goes into overdrive producing those stress hormones. Your conscious mind knows you're not in real danger, but your reptilian brain can't tell the difference, so the physical result is the same.

Here's how it works: A danger is perceived - either a pack of wolves or an important job interview. Your hypothalamus springs to life, stimulating, in turn, your pituitary and adrenal glands, causing the production of cortisol and epinephrine, which causes a rise in both blood pressure and heart rate.

The blood vessels leading to your larger muscles, heart and brain dilate to concentrate blood flow to those areas to make you ready for a fight or a long, fast run away from the danger. Your metabolism and rate of breathing also increase, giving you more energy and pumping more oxygen into your system to facilitate either the fight or flight.

Your immune system is dampened down by the cortisol so that any wounds you might receive in your battle will not become inflamed. Your body is extremely tense and intensely focused now. These physical stress responses are designed to keep you safe, alive.

When you're facing that pack of wolves, these physical responses are useful, essential even. But when you're facing an important job interview, they're not so useful, and in fact can largely work against you.

What about trying to make ends meet every month? You stress out about whether or not you'll be able to pay the rent or mortgage, get everything the kids need for going back to school, make the car payments, the insurance, the electricity, credit cards, etc. These thoughts cause the very same physiological stress response that facing down a pack of wolves causes, but the threat is not the same. You will not be torn to pieces if the electricity bill is paid 2 weeks late. But your body responds as though you would.

And to make matters worse, the thoughts that cause the stresses we face in the modern world are ongoing, chronic. Facing the wolves is a brief thing. If you survive, your body calms back down to normal, and you can sit around the fire and regale your friends with the story of how you faced down 12 hungry wolves!

### **Chronic Stress**

When you're worrying about money every night, or whether you'll ever find your soul mate, or how you'll deal with your demon of a boss, or if you'll ever find a job that you don't hate, or ever manage to get your business off the ground, the stress response is ongoing. Your body doesn't get a proper break from it, and as a result doesn't have the opportunity to naturally repair itself.

This is how chronic production of those stress hormones will eventually lead to disease. We naturally produce cancer cells every day, and if we're in a healthy state, our immune system eradicates them. But if we've been suffering from the stress of modern living for the past 10 or 20 years, the body loses the

ability to fight off these cells, and they are allowed to multiply and develop into cancer.

Continuous increased blood pressure, heart rate and tension from the physiological responses to stress causes wear and tear on the system. Is it any wonder that heart disease, high blood pressure and cancer are on the increase?

This is not to say that diet is not a factor - it most certainly is. Diet is part of the story, but certainly not the whole story. And there is evidence to suggest that even those with a poor diet who have a very positive mental attitude are less likely to suffer from disease, although this outside the scope of this book.

So we've got this situation where our brain is causing our body to respond continuously as though its life is in danger, which is causing it to break down over time. What can we do? How can we fix this?

Well, one very positive way is through the use of brainwave entrainment. As we can see from the above, stress experienced over time without giving the brain an opportunity to avoid those stressful thoughts and the corresponding physiological responses is physically damaging to the body.

Accessing the Alpha or Theta state on a regular basis - even if only for 30 minutes per day, gives your brain a chance to leave all those stressful thoughts behind and truly relax. The benefits of this kind of continuous use over time are obvious, and anyone who is dealing with stress on a daily basis should consider the use of brainwave entrainment as a potential solution.

## Effects on the Body

There have been many clinical trials and scientific studies conducted in the area of brainwave entrainment and its positive effects on the body. These studies provide some of the most powerful proof that brainwave entrainment certainly does work. Firstly, when one utilizes binaural beats or isochronic tones endorphin release increases, as does the production of serotonin as we mentioned earlier. These are the so-called "happy hormones" that your body releases when you go for a run, a workout, have sex, fall in love or just have fun in general! And it goes without saying that all these feelings are quite positive!

Another of the advantages of brainwave entrainment is that your body will intensify its catecholamine production. Catecholamine is a hormone which is associated with improved memory.

Additionally, brainwave entrainment has the effect of an increase in DHEA. This hormone is secreted by the adrenal glands also, and scientists say that DHEA is utilized as a source ingredient for virtually every hormone the body needs, and is reported to reduce the impact of disease and ageing.

As well as this, high levels of Dehydroepiandrosterone (DHEA) is likely to result in a healthier, more vibrant body, and a more powerful immune system. One study showed that using brainwave entrainment had the effect of increasing DHEA production levels by an average of 47%.

Finally, utilizing the same small control group, users of brainwave entrainment for a period of only four days saw an average 98% increase in melatonin production. Melatonin is the chemical your body makes when you go into a deep, natural sleep. As such, one of the key benefits of brainwave entrainment is that you will sleep much more deeply and peacefully, and be more rested.

## **Intelligence**

Studies have also been conducted to look into the effects of brainwave entrainment on intelligence and the brain. Several different trials have demonstrated that the advantages of using brainwave entrainment include expanded memory, increases in IQ, improved ability to learn and recall words from a second language, expanded levels of creativity, and improved brainwave synchronization.

And while brainwave entrainment will not turn you into Einstein or DaVinci over the course of a weekend, with regular use and practice, you will begin to have more and more contact with the subconscious mind as discussed earlier, which will expand your awareness and creativity, and allow you to utilise your conscious mind more powerfully.

## **Health**

In addition to this, there are also indications that brainwave entrainment technology may also be useful in helping with:

- Headache and migraine pain



- Helping with drug and alcohol addictions
- PMS symptoms
- Helping people with learning difficulties resulting from dyslexia and ADHD.

There is also evidence which suggests that brainwave entrainment helps individuals suffering from depression.

It is by no means a replacement for any medication, nor is it suggested as a cure for any of the above, but has been demonstrated to help in certain situations. If you plan to use it for any of these or other health related issues, you should consult with your doctor prior to doing so.

## **Effort**

The really great thing about brainwave entrainment is that there is no effort whatsoever required on your part. All you have to do is sit back, relax and listen. The rest is done naturally for you as you listen. It is quick and easy to use, and has so many positive benefits with virtually no side effects.

## **Benefits for Holistic Practitioners and Their Clients**

If you are a holistic practitioner of any type, the benefits of using brainwave entrainment in conjunction with your treatments are enormous for your clients.

Imagine you are a life coach, and you have a client who is constantly suffering from stress for a number of different reasons. You're trying to help this client transition into a new career, and the stress keeps coming back up during your sessions, and it becomes a major stumbling block for the client.

You would naturally provide this client with coping mechanisms to deal with the thoughts that are causing the stress, but the reality is that you cannot be with your client 24/7 to assist them. You can only hope that they will use the strategies you provided when the need arises.

But what if you could provide something tangible for your client to take away and use on a daily basis - a simple Alpha or Alpha/Theta brainwave entrainment recording that they can easily put on their phone, tablet or PC? They would then have this recording to use at any time, and could indeed use it for de-stressing sessions both in the morning and evening. This would help your client cope much more effectively with the stress they are suffering from.

Or imagine you're an energy healer, and you want to be able to provide your clients with a recording that will take them deep into the Delta state for maximum healing effect in between your sessions with them. The magic of brainwave entrainment allows you to provide this wonderfully powerful service to your clients.

Or perhaps you're a massage therapist, and you want to be able to compound the super relaxing effects of your massage therapy sessions. You could simply play an Alpha, Alpha/Theta or Theta brainwave entrainment recording during

your sessions with your clients to help them experience relaxation on an entirely new and even deeper level.

Or perhaps you run meditation retreats where you facilitate participants in learning and practicing meditation of one type or another. You might be using some form of light, relaxing music during your retreats. But with the magic of brainwave entrainment, you can take this to a whole new level, and help your participants get into the meditative state more quickly and easily. Not only that, you can provide the recordings to all your participants to take away to assist them in their meditation after they finish the retreat.

The possibilities for holistic practitioners of all types are endless when it comes to the use of brainwave entrainment, both in session and between sessions. The potential benefits to clients are enormous.