

## **Boost Intelligence**

### **40min**

### **Introduction**

Intelligence can be defined as the capacity that we have to solve problems. We have a higher capacity of solving problems than we usually think.

It is said that we only use a part of our brain or a part of our potential, and this is very easy to demonstrate. For example, when a person is hypnotized, his capacities change and in a certain way they “improve”, this is because in that specific moment he have access to different parts of the brain than what he normally use.

What this audio therapy does, is precisely to help you activate some of the power and potential that we have but that we normally don't use.

### **Description**

This is a binaural sound of mental training category, this means that its effects are cumulative. The periodic use of this sound causes the brain waves to vibrate at the desired frequency even without the existence of the sound. In other words, it makes the effect last not only for the moment of listening to the audio but will also be produced naturally by our brain.

This sound is specially designed for boosting the level of comprehension of complex or abstract problems and topics.

It combines some characteristics to achieve this goal:

- Boosts concentration.
- Boosts comprehension.
- Decrease frustration and anger.
- Increase happiness.

All of this characteristics combined leads our brain to work better and increase our capacity of solving problems and situations.

If you can achieve a higher level of concentration and you can solve problems faster and efficiently, then we can say that your intelligence has been increased.

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### **How to use it**

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused on the sound, in a place where you feel comfortable and without distractions.

You can use this sound when you need to focus on studying or to solve complex problems.

Make sure that you are not going to be disturbed during the audio session. Go to the toilet, drink water if you need to and assure that you have no pending things to do while you are listening to the audio therapy.

During the session you must be as relaxed as possible, any worry that you might have may interfere with the pattern of brain waves of the sound and decrease or even null the desired results.

This session requires the use of headphones. It is very important to use your headphones in the right way, always using the right channel for the right ear and the left channel for the left ear. This is because the audio might have information for the right hemisphere of the brain or for the left hemisphere in each channel.

Turn the volume to a comfortable level. If you are using led goggles you may also want to adjust the brightness.

Remember, it is highly recommended to drink a glass of water before each session.

### **Must not use**

We recommend people who have any of the following conditions not to use this audio:

- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.
- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.
- Photosensitive people must not use led goggles.

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Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.
- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.