

## Relax with Alpha Waves

### 30min

### Introduction

Alpha waves are electromagnetic oscillations in the range of 8-12 Hz produced in the brain cells of the thalamus.

They are originated on the occipital lobe during deep periods of relaxation, while you close your eyes, relax, but you are still conscious and awake.

This waves start to disappear when we open our eyes and also with somnolence. It is thought that they represent the activity of the visual cortex in a state of rest.

### Description

This audio can help you to achieve a medium/deep state of relax. It contains a specific pattern of alpha waves that changes in time helping to achieve an enhanced effect.

### 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 only on the sound, in a place where you feel comfortable and without distractions.

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.

When the therapy starts, close your eyes and relax. We recommend to slightly look up to the space between the eyebrows, this is a technique to enhance the brainwaves. 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.

## Relax with Alpha Waves 30min

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.

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.