

Deep 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

The periodic use of this sound will bring you the following benefits:

- It helps to boost neurochemical activity, such as segregation of serotonin, that balances our mood and produce happiness.
- Reduces blood pressure and heart rate.
- Improves blood flow and increases body heat. You will probably feel your body heating up. This is a characteristic of a successful relaxation. Blood flows much better when your muscles are relaxed and not tense.
- Improves emotional balance.
- Increases vital energy.
- Boosts memory and it helps to organize thoughts and ideas.
- Helps to achieve mental programming and self-improvement.
- Balances our respiratory rate. It regulates our breathing and as a result it gives a higher quantity of oxygen to our brain and cells.
- Reduces muscle tension.
- Reduces levels of adrenaline and noradrenaline produced by the adrenal glands.
- Boosts vasodilation, improves peripheral oxygenation.
- Reduces levels of cholesterol and fat contained in the blood stream.
- Boosts leucocyte production, so it reinforces our immune system. As a result, it improves our healing capacity and brings protection against illnesses.
- Reduces levels of blood lactate (one of the causes of anxiety).
- Develops a deep state of rest and relax.
- Increase of Alpha brain waves (produced during relaxed states of mind).

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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.

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. Your eyes must be closed even if you are using led goggles. 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, especially if you are using led goggles.

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.

Deep Relax with Alpha Waves

30min

- 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.