

Boost Concentration with Pure Beta Waves

60min

Introduction

This audio is specially designed for reaching deep periods of concentration, it is very effective for studying and for any activity that require concentration as it contains Pure Beta Waves associated with mind states of awareness and focus.

Description

You can use this audio as many times you consider necessary.

For this audio it's indispensable the use of headphones, although it is not necessary to use them with the right channel in the right ear and the left channel in the left ear, it's always better to get used to use them correctly.

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 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. You can use this audio therapy while studying or while doing activities that require concentration.

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 not necessary to use them with the right channel in the right ear and the left channel in the left ear, but it's always better to get used to use them the right way. This is because some audios 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.

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

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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.