

Motivation and Energy

15min

Introduction

- Increases energy.
- Boosts concentration.
- Increases motivation.
- Reduce chronic fatigue syndrome and it's an extraordinary complement to treat this illness.
- It can be used more than once a day, but always with measure, like it was caffeine.

Description

This audio is specially designed to boost energy and motivation. It also can replace the ingestion of caffeine or energy drinks and can relieve and energize people that suffer from chronic fatigue syndrome. In some people, it can produce a very high level of motivation, similar to the stimulant effects of cocaine but without chemical or neurological damage, and without any undesirable secondary effects.

How to use it

You can use this audio therapy at any time you consider necessary, but always with measure, like it was caffeine.

If you want to use this audio with motivational purposes, we recommend you to think and visualize your goals during the session.

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.

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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.
- 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.