

Perfect Gamma Waves 27min

Introduction

Gamma waves are the brainwaves with the highest frequency and the smallest amplitude. These are frequencies from the normal activity of the brain that oscillates between 25 and 100 Hz, being 40Hz the most characteristic frequency.

These waves are originated in the thalamus, they produce a big stimulation of the brain activating all the brain zones as a whole.

The lack of gamma waves is related with learning disability, memory problems and cognitive deficiencies.

Description

Increase the state of blessing. Gamma waves will help you to achieve deep meditative states leading to the universal connection. Gamma waves are also related with mind states of blessing. These brainwaves are usually found in great quantities in monks and people with high levels of experience in transcendental meditation that can achieve extremely high levels on cognitive functionality and also an extraordinary capacity of concentration.

The best natural antidepressant. People that produce high levels of gamma activity usually are happier, calmer and more peaceful. This is the best natural antidepressant that exists, people that suffer from depression usually have a very low gamma activity.

Maximum physical and mental performance. These waves are related with this almost magical state called "the greater zone", that is the state that elite athletes, prodigious musicians and every person that achieves a state of excellence in what they do are.

Improves sensory perception. With the production of gamma waves, senses become sharper. Food tastes better, our vision and hearing sharpens, the sense of smell becomes more powerful and the brain becomes a lot more receptive to sensory stimulations.

Improves intelligence, happiness, compassion, memory and self-control. People with very high gamma activity are exceptionally intelligent, compassionate, happier and have an excellent memory and self-control. The IQ of people that produce high gamma activity is usually higher than people with low gamma activity.

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Improves focus and concentration. Improves our concentration capacity, the type of concentration achieved in gamma states of mind not necessarily will be on one object or an individual task. In the gamma state, the brain is capable of processing all the sensorial information very fast and joins all this information in a memorable experience. High gamma activity in our brain will give us an improved memory, capable of remembering experiences in a complete way, remembering for example the taste of food, the exact type of music that you listened, conversations, names of people you met, temperature, etc.

Higher capacity of comprehension. One of the most important properties of the gamma state is the boost of the brain's processing velocity. People with high gamma activity are capable of processing incredible amounts of information very fast, and also have an incredible capacity to remember and recover this information from their memory every time they want in an instant.

How to use it

Concentrate in love and compassion, free your mind, let the tensions produced by your thoughts disappear, let them flow, don't make any mental effort, just relax and meditate freely. Let your thoughts flow wherever they want to, don't struggle; the mind will calm itself little by little. Breathe deep and slowly following a constant rhythm.

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.

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

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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.
- 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.