

Meditation for Anxiety and Panic Disorder

20min

Introduction

This audio therapy will help you to change the brainwave pattern of your brain that makes you feel fear or anxious leading to stabilize the brain waves for you to face the world with all your power and capacity.

- Fear, anxiety and anguish release.
- Contains the sacred Solfeggio Frequency of 396Hz.
- Anti-anxiety isochronic pulses.
- Contains a very special melody that leads your brain to a meditative state.

Description

There are millions of situations that may cause us to feel some kind of fear or anxiety:

- Economic or emotional situations.
- The loss of a job or a job interview.
- Taking an exam.
- When you don't have enough money to cover your basic needs.
- And many, many more.

This audio therapy will help you change the pattern that affects your brain in this states of anxiety and fear and will help you also to achieve a stabilized and balanced state of mind.

Meditating periodically can help our brain to change significantly. It can heal itself, liberate stress and tensions. It produce happiness, peace of mind, wisdom, temperance, patience, measure, love.

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.

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20min

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.
- 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.



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- 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.