

## Schumann Resonance

### 30min

### Introduction

This audio tunes the physical and psychological beats of our body with the natural frequency of our planet.

- Balances mind and body, creating harmony between them.
- Stabilize the perception of time.
- Balances our emotions, reducing stress and tensions.
- Creates protection against illness.
- Reduces fears and anxiety.
- Reduces frustration and anger.

### Description

The human brain produces a lot of frequencies at every moment, the most known brain waves are Delta, Theta, Alpha, Beta and Gamma. All of them are constantly generating in our brains, at different proportions and intensity.

If we modify the intensity and proportion of each of these brain waves, we can produce changes in our thoughts, emotions, and perception and, as a result, in the functionality of our physical body and our health.

Schumann waves contained in this audio correspond to a frequency of 7.83 Hz (in the range of high Theta and low Alpha). They are very special brain waves that are synchronized with the resonance of our planet.

In the atmosphere of our planet it vibrates and resonates a natural frequency generated by lightning all over the world. This natural climate behavior produce a resonance frequency in the earth's atmosphere of 7.83Hz. The human brain feels this frequencies and reproduce them bringing huge benefits to our mind and body.

The problem is that some human emitted frequencies such as radio frequencies, satellite transmissions, television channels, cell phones, atmosphere changes, climate experiments, climate weapons, HARP project, contamination and others, produce changes in the natural frequency of our atmosphere. Nowadays the frequency of our planet is over 12Hz.

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The human brain tends to synchronize with the frequency of the atmosphere emitted by our planet, this produces changes in the pattern of our brain waves, and accordingly it also produces changes in our thoughts, feelings and perception, leading to make changes in our health.

This mental and physical health changes were discovered and registered during the MIR spatial station period, when the astronauts had to stay long periods of time outside the atmosphere. There were detected many pathologies in these astronauts that were immediately eased after it was installed a device inside the station that produced the Schumann frequency of 7.83Hz.

Nowadays all modern space cabins include devices that produce this frequency for preserving the mental health, lucidity, perception and physical integrity of the astronauts.

### 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.

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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.