

Secrets of Brainwave Harmonics – Revealed

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Part 1

1. What are the brain frequencies?

Electrical instruments (electroencephalographs) are commonly used by medical people to evaluate mental states. These instruments measure the neuron firing rates of groups of brain cells. These firing rates are commonly thought to control mental states. Beta, alpha, theta and delta are terms that medicine uses to indicate the rates of brain cell firing and the corresponding mental states associated with them.

The Beta State

The beta state is that state of mind that you experience when awake and active during the day. It includes any brain wave with a frequency greater than or equal to 13 Hz (faster repetition than 13 times per second). Beta states above 20 Hz are generally classed as higher beta or gamma.

The higher beta state, often referred to as the gamma state, is experienced while wide-awake and highly aroused. The higher beta state is very stimulating and can be associated with anxiety. This anxiety could be related to subconscious resistance to these states. The brain wave amplitudes tend to be very small. This is the type of frequency used in the [Energizer](#) programme.

The lower beta state is that state of mind commonly experienced while awake and busy during the day. This is the state of mind in which you commonly deal with your daily routines. You can experience anxiety with some of the lower beta frequencies. The low beta state involves frequencies from 13Hz to 20Hz. The amplitudes are generally quite small. This type of frequency has been used successfully as a harmonic of lower frequencies to create unusual effects.

The Alpha State

The alpha mind state is that state commonly experienced while the body is resting and the mind is calm. The alpha state is the one you experience whilst doing a mundane repetitive task with nothing particular on your mind. A typical example would be driving a car (how many times have you driven from work and barely remembered the journey?). The alpha state of mind involves frequencies from 8.0 to 12.9Hz. The natural amplitudes tend to be larger than beta. The alpha state is also characteristic of mild meditation and programs such as de Silva mind control, [Stress Manager](#), [autogenics](#), [remote viewing](#) and [super relaxation](#).

Note: You can quickly induce alpha state by closing your eyes and generally looking upwards, allowing your eyes to roll backwards.

The Theta State

The theta state is commonly experienced in deepened states of meditation, at the onset

and in lighter parts of sleep. It seems to present in hypnogogic and hypnopompic hallucination. It is characterized by frequencies from 4.0Hz to 7.9Hz. It is believed by some scientists that high amplitude Theta frequencies accompany most (if not all) psychic activity. Theta frequencies have been used in most of our advanced programs including [Astral Projection](#) , [Telepath](#) and [Precognition](#).

The Delta State

The Delta mind state is commonly experienced at night during deep sleep or possibly during the day by people experiencing depression or mental fatigue. The Delta state of mind involves frequencies from approximately 0.1Hz to 4Hz. The natural amplitudes are large in size. These frequencies are the least researched and are common in very deep trance states.

2. What are binaural harmonics?

The sensation of auditory binaural beats occurs when two coherent sounds of nearly similar frequencies are presented to each ear with stereo headphones or speakers.

If the left ear is presented with a steady tone of 200Hz and the right ear a steady tone of 210Hz, these two tones combine in the brain. The brain integrates the two signals, producing a sensation of a third sound called the binaural beat. This 10Hz beat signal is formed entirely by the brain.

In binaural harmonic technology the 200Hz and 210Hz frequencies are known as carrier frequencies. The frequencies used are pure sine wave generated frequencies.

Binaural beats originate in the brainstem's superior olivary nucleus, the site of contra lateral integration of auditory input.

The binaural beat is neurologically conveyed to the reticular formation which uses neurotransmitters to initiate changes in brain-wave activity.

Binaural beats can be perceived only when the right-ear and left-ear tones used to produce them are of low pitch, usually less than 1500Hz.

Brainwave harmonics use carrier frequencies of around 150Hz to 250Hz. These lower frequencies are thought to be more soothing.

Monaural beats produced with two tones of equal intensity sound clean and pure.

Binaural beats initially have a slight warbling sound as your brain adjusts this will disappear.

To produce perfect monaural beats the amplitudes of the two tones have to be identical.

Binaural beats maintain their intensity regardless of the relative amplitudes of the right-ear and left-ear tones even if one ear is below threshold (a hearing loss in one ear may not reduce the effectiveness of binaural beats).

Masking monaural beats with noise eliminates the perception of beating and the measurable EEG frequency-following response.

Masking binaural beats with white or pink noise does not decrease their effectiveness.

3. What is brain entrainment?

If binaural frequencies are applied to the brain, it becomes possible to *entrain* the brain frequency from one stage to another. For example, if a person is in beta state and a binaural frequency of 12Hz is applied to their brain for some time, the brain frequency is likely to change towards the applied frequency. The effect will be relaxing to the person. This phenomenon is also called frequency following response.

When the brain's dominant frequency is close to the applied frequency, entrainment works more efficiently. Thus, when doing a sweep from one frequency to another, the starting frequency should be as close to your current brain state as possible. The sweep speed should be such that your brain's state changes steadily with it, so that the difference never gets very large.

You could liken the effect to a tuning fork or the harmonic vibration of a glass.

Most of the brainwave harmonic programs start from 18Hz – 20Hz and sweep down to the required harmonic.

4. What makes brainwave harmonics different?

Brainwave harmonics make use of binaural technology to produce very specific combinations of frequencies in the brain.

These frequency combinations work like a key or a software programme to unlock a specific function of the brain.

Scientists thought for many years that psychic phenomena were associated with particular brain states and particularly Theta or Alpha states. The reason why psi was so sporadic was that the correct brainwave combinations seemed to be produced randomly.

Brainwave Harmonics used the information to experiment with different, specific combinations of frequencies and to lock the brain into those frequencies using entrainment or frequency following.

Single binaural frequencies will most certainly work to make you more relaxed, increase your ability to learn, improve your memory and in many cases reduce your need for sleep.

The correct multiple programmed frequencies will provide very specific extrasensory effects. The later stages of the book will show you which frequencies are used for each effect. It will also give you a list of experimental frequencies compiled from different researchers.

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