

Mystic Mindpower Evolution

Brainwave Entrainment Meditation Guide



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Introduction

I would like to personally thank you for taking the time to learn more about meditation and brainwave entrainment. Not everyone knows a lot about the practice of meditation or about brainwave entrainment. The truth is meditation is very beneficial to every aspect of your life and the lives of those around you. meditation for some can be a very unpleasant experience at first which can discourage the new practitioners. That's where brainwave entrainment can help new practitioners as well as advanced meditators. I've gone through every effort to make this guide as educational as possible for everyone the newbie and expert alike.

**Welcome to the most amazing journey you will ever embark on,
the journey within.**

"Mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have any boundary, because what will be beyond the boundary? - again another sky. That's why I am saying skies upon skies are available for your flight. Don't be content easily. Those who remain content easily remain small: small are their joys, small are their ecstasies, small are their silences, small is their being. But there is no need! This smallness is your own imposition upon your freedom, upon your unlimited possibilities, upon your unlimited potential."

Enjoy the flight! And celebrate all the varied wonders of the landscape spread before you. ~Osho

What is meditation?

meditation it's not what you think.

Meditation is a mental discipline by which one attempts to get beyond the reflexive, "thinking" mind into a deeper state of relaxation or awareness. Meditation often involves turning attention to a single point of reference. It is recognized as a component of many religions, and has been practiced since antiquity. It is also practiced outside religious traditions. Different meditative disciplines encompass a wide range of spiritual and/or psychophysical practices which may emphasize different goals—from achievement of a higher state of consciousness, to greater focus, creativity or self-awareness, or simply a more relaxed and peaceful frame of mind. meditation can increase your the quality of every area of your life. Meditation is a practice that brings about not only physical benefits, but psychological benefits as well. Bringing oneself to a state of illumination through meditation has amazing effects on the psych of a person. All the practices and principles of meditation are far beyond the scope of this guide, this guide is more or less a quick primer into the deeper realms of meditation that without brainwave entrainment could take years to achieve.

The Science of Brainwave Entrainment

Through experiential experimentation, some scientists have found that you can "create" the right conditions for relaxation, visualization, learning, meditation, and many other useful states of mind. By stimulating naturally occurring brain frequencies, you can "turn on" the right types of mind sets that you need to perform certain tasks. You can also "turn off" negative emotions such as anxiety, panic, stress & fear.

IMAGINE BEING ABLE TO CONTROL YOUR MIND SO YOU ONLY EXPERIENCED WHAT YOU DESIRED OUT OF LIFE... and all drug free scientifically.

So what are Brainwaves anyway?

Your brain is made up of billions of brain cells called neurons, which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment (such as an EEG), measuring electricity levels over areas of the scalp.

The combination of electrical activity of the brain is commonly called a Brainwave pattern, because of its cyclic, "wave-like" nature. Now these brain wave patterns can be placed into groups according to the frequency range which is directly related to the state of mind of the person. These are ...

Beta (13 Hz - 30 Hz) is the state of normal, wakeful consciousness. As you are working, driving, talking, etc., you are usually in Beta. High beta activity is sometimes associated with anxiety, panic and stress.

Alpha (8 Hz - 12 Hz) is a state of light relaxation. Typified by a calm, focused mind. Alpha is sometimes called the "super learning state" because the brain seems to be more receptive and open to new information. Most people who meditate, do so in alpha.

Theta (4 Hz - 7 Hz) is a state of deep relaxation. The Theta brainwave state is of REM sleep (dreams), hypnosis, lucid dreaming, and the barely conscious state just before sleeping and just after waking. Theta is the border between the conscious and the subconscious world, and by learning to use a conscious, waking Theta brain wave we can access and influence the powerful subconscious part of ourselves that is normally inaccessible to our waking minds. While in the Theta state, the mind is capable of deep and profound learning, healing, and growth.

Delta (0.5 Hz - 3 Hz) the slowest of the brainwave patterns, can be a state of deep sleep, or trance-like consciousness. Maintaining awareness in delta has been known to open a path to the unconscious.

In the course of an average day, most of us spend a large amount of time in the beta brainwave state and reach into the alpha state when using our mind to remember certain events, places, names etc. That will limit most of us from accessing higher states of mind at will, but now you can access higher states of mind almost as easy as pushing a button!

There is also the most amazing expanding frequency of Gamma.

Gamma is a 'newer' brainwave only because it was difficult in the past to get instrumentation to accurately measure it. There are several studies currently being done and it is said that the blissful state of mind a person reaches after years of meditation is the brainwave frequency of Gamma. It make take a normal person just starting out with a meditation practice several years to reach the Gamma state, but now you can do it in as little as thirty minutes with the Mystic Mindpower Gamma Audio's. After prolonged use you will be able to achieve and hold the Gamma brainwave pattern easily, which can promote better health; longevity and superior clarity of mind.

It is thought the Gamma is the harmonizing frequency - for example when you are observing an object, its color, size, texture etc are all perceived and processed by different parts of the brain, it is thought that Gamma allows for unification of all the different information. Gamma waves (40 Hz) - bring about higher mental activity, including perception, problem solving, higher consciousness and in some cases even certain special abilities that have laid dormant for an entire lifetime.

Some researchers do not distinguish gamma waves as a distinct class but include them in

beta brain waves. Until recently gamma brain waves have received the least attention and research, although more attention is currently being paid to them than in years past. During moments when bursts of precognition or high-level information processing occur, your brainwaves reach the Gamma state. The Gamma brain wave state corresponds to frequencies of 40Hz or higher, Gamma brainwaves are the most rapid in frequency.

A Gamma wave is a pattern of brain waves, associated with perception and consciousness. Gamma waves are produced when masses of neurons emit electrical signals at the rate of around 40 times a second (40 hertz or Hz), but can often be between 26 and upwards of 70 Hz. By one definition, Gamma waves are manifest at 24 Hz and higher, though researchers have recognized that higher level cognitive activities occur when lower frequency Gamma waves suddenly double into the 40 Hz range. Research has shown Gamma waves are continuously present during low voltage fast neocortical activity (LVFA), which occurs during the process of awakening and during active rapid eye movement (REM) sleep.

Are you still AWAKE?

Sorry, thats a lot of technical information and it is not for everyone. Hopefully you haven't fallen into a mind numbing state of sleep after reading all the technical aspects, I just wanted you to know a little bit about the aspects behind this amazing technology.

The best part about using Mystic Mindpower audios is it's basically push a button technology so you can just sit back, push play and experience absolute mind- expanding bliss. Guaranteed!

When they first learned about "brainwaves" scientists began asking themselves, "What if we could train the brain to go into these different states at will?" In other words, what if you could find a way to induce your brain into, let's say, any state of consciousness you want? Do You think that would be useful in helping you live the life you want to live?

The Answer? ... YES! Brain Wave Entrainment Works

“Entrainment” is a term from physics which means “the tendency for two vibrating bodies to lock into phase so that they vibrate in harmony”.

For example, one tuning fork when struck and placed next to another tuning fork will cause the second one to vibrate at the same rate.

This was first observed by Dutch scientist, Christian Huygens, in 1665 while he was working on the design of the pendulum clock. He found that when he placed two of the clocks on a wall near each other and swung the pendulums at different rates, they would eventually end up swinging at the same rate.

Now what if this same phenomenon could be repeated in training the brain to lock into the vibrational frequency of an outside stimulus?

Well, several well documented scientific studies have shown that this is in fact possible. For centuries people have been using outside rhythmic stimulus in the form of drumbeats, chants and singing to induce various feelings, ranging from euphoria to sadness.

Mystics throughout the ages have realized what scientists have just now confirmed... and refined to be even more powerful! Now you can, at will, tune your mind to the frequencies that are known to produce healing, happiness, success, prosperity, & deep relaxation, as easy as tuning a radio to the station you desire.

Brainwave Entrainment Methods

The most well known form of brainwave entrainment is binaural beats, where a slightly different tone is presented into each ear. When pure tones are mixed together, their waveforms add and subtract from one another, resulting in a pulse. In the case of binaural beats, the two tones are mixed by the brain itself (one in each ear). The pulses, called "beats", formed by mixing these tones is what causes entrainment to occur. As you learned in the entrainment section, brainwaves are affected by rapid pulses of sound, light or other sensory stimuli.

But since any kind of pulse can be used to entrain the brain, there are many other, more effective methods that allow more control than binaural tones. One is Isochronic tones, where a tone is manually spaced, turning on and off in a precise pattern. Another is called "Photic Driving", which involves doing the same thing with Light, using LED Light Goggles or a flashing screen (like a strobe light). Clicks, drums, physical vibrations and even electric pulses can be used to entrain the brain. In fact, photic, tactile and click-based entrainment were discovered long before binaural beats. Today, there are even more complex methods for embedding pulses into music and white noise.

Entrainment can be effectively embedded into music and white noise, greatly enriching the entrainment experience, and usually creating a more pleasant, relaxing experience.

Some entrainment methods do not rely on speaker assignments, and therefore can be used without headphones or any special speaker assignments. For veteran users of brainwave entrainment, this may seem strange since headphones have always been a traditional part of the brain training experience. The reality of the matter is that headphones have never been required for use with anything except Binaural beats. Monaural beats can be used very effectively without headphones. So can pulses, clicks and light stimulation. In fact, many

ancient cultures used Drums to enter deeply relaxed 'trances' during Shamanic rituals. Though they may not have called it brainwave entrainment, the rhythmic stimulus of the drum could have been the cause of the "trance-like" states reported during such rituals.

Binaural beats have become very popular over the years, so much so that for many people the idea of "brainwave entrainment" is inseparable from them. But there are many other ways to stimulate the brain, many of which are more effective.

Binaural beats require headphones or special speaker assignments. This can be difficult for people who do not have headphones or find them uncomfortable. Binaural beats are not capable of entraining the Hemispheres individually (because they require BOTH ears). This can be a major disadvantage because many of the modern entrainment protocols used in clinical work today involve separate stimulation to each ear, useful for deeper meditation, cognitive enhancement and particularly for depression and ADD reduction.

While Binaural beats are not as effective as more modern entrainment methods, such as Isocronic Tone and monaural beats; though they do remain the most interesting. Dr. Gerald Oster, in the 1973 issue of "Scientific American", introduced binaural beats to the main stream. According to Oster, because of the way the brain processes binaural beats, the depth or intensity of the resulting "beat" is only around 3db, or 1/10th the volume of a whisper (which is why the "beats" are usually so hard to detect). He concluded that binaural beats produced very small evoked potentials within the auditory cortex of the brain, while monaural beats and other methods produced far greater potentials.

A Brief History of Brainwave Entrainment

Brainwave entrainment was first identified in 1934, although its effects had been noted as early as Ptolemy.

Not long after the discovery of the Alpha brainwave by Hans Berger in 1929, researchers found that the strength of the wave could be "driven" beyond its natural frequency using flickering lights. This is called "Photic Driving", which is another word for brainwave entrainment using photic (light) stimulation. In 1942 Dempsey and Morison discovered that repetitive tactile stimulation could also produce entrainment and in 1959, Dr. Chatrian observed auditory entrainment in response to clicks at a frequency of 15 per second.

By the 1960s entrainment started to become a tool rather than a phenomenon of the brain. Anesthesiologist M.S. Sadove, MD, used photic stimulation to reduce the amount of anesthesia needed for surgery. Bernard Margolis published an article on brainwave entrainment used during dental procedures, noting less anesthesia required, less gagging, less bleeding and a general reduction in anxiety.

In a 1973 issue of Scientific American, Dr. Gerald Oster examined how combining 2 pure tones resulted in a rhythmic beat which he called Binaural and Monaural Beats. In comparing Binaural beats against Monaural beats, Oster noted that Monaural beats were shown to elicit extremely strong cortical responses, which is the electrical activity responsible for entrainment. Oster concluded that while Binaural Beats produced very little neural response (because the depth of a Binaural Beat is only 3db or 1/10 the volume of a whisper), they could be useful in diagnosing certain neurological disorders.

In the 1980's studies continued with Dr. Norman Shealy, Dr. Glen Solomon and others researching entrainment for headache relief, Serotonin and HGH release, as well as general relaxation. Michael Hutchison wrote his landmark book MegaBrain in 1981, outlining the many possible uses of entrainment from meditation to super-learning. In 1980, Tsuyoshi Inouye and associates at the Department of Neuropsychiatry at Osaka University Medical School in Japan found that photic stimulation produced "cerebral synchronization". Dr. Norman Shealy later confirmed the effect, finding that photic stimulation produced synchronization in more than 5,000 patients. In 1984, Dr. Brockopp analyzed audio-visual brain stimulation and in particular

hemispheric synchronization during EEG monitoring. He said "By inducing hemispheric coherence the machine can contribute to improved intellectual functioning of the brain."

In 1981, Arturo Manns published a study showing the effectiveness of Isochronic Tones. This was later confirmed by others such as David Siever.

Studies continued into the 90's with researchers such as Dr. Russell, Dr. Carter and others who explored the vast potential of using entrainment with ADD and learning disorders. Research has also been conducted into PMS, Chronic Fatigue, Chronic Pain, Depression, Hypertension and a number of other disorders. Steady research continues today with the work of Dr. Thomas Budzynski, David Siever, psychologist Michael Joyce and many others. The results of entrainment have been so promising that many modern clinical EEG units come with entrainment devices.

There is over 70 years of solid research behind brainwave entrainment . So why hasn't it become more well known? Mainly because our culture is very much dependent on drugs, and, in comparison to the pharmaceutical giants, there is not a lot of money to be made in entrainment: it is inexpensive, easy to use at home and can be a viable solution to a huge variety of problems. Also, the idea that software or an inexpensive piece of hardware is able to directly affect the brain sounds preposterous at first, until you read the research and discover the science behind it.

Despite the combination of solid scientific, empirical and a huge amount of anecdotal evidence, the world is still very skeptical of entrainment and brain training. But the word is spreading. Every day more psychologists, mental health clinics, coaches, teachers and professionals are discovering entrainment, and finding it remarkably useful.

Now that you know a lot more about brainwaves and entrainment it's time to cover how you

can use them to maximize your results and change the world

How can brainwave entrainment change the world?

Did you know that watching TV alters your brainwaves? The brain primarily generates four different brainwave states, beta, alpha, theta and delta. Researchers have shown that TV causes your brain to slow down from beta to alpha within a matter of seconds. A lot of people use the TV to “relax” fortunately there are healthier and better ways to relax.

When you are in an alpha state you are easily programmed, you are in a highly suggestive state. Think about that for a minute... What do you mostly see on TV? Commercials. What are these commercials programming you for? Next time you plop down in front of the TV and you see a food commercial, notice how your entire body responds to it.

The alpha state is very desirable, it's when our brains produce more endorphins, they are like the body's nature opiates. Now this isn't a bad thing, it's actually very healthy for us to produce these endorphins to help maintain a sense of satisfaction and general feeling of well being.

The bad thing, is that the TV can easily produce this state, so it's no wonder that a lot of people use the TV to “de-stress”. The thing is the TV does a lot more than just relax you, it also inhibits your ability to learn, so much for watching educational TV as a fix to what I call junk TV.

If that doesn't stop and make you think a little bit then figure this, a recent study was done on college students. These college students couldn't name as many as 10 names of different plants, but they could easily name over 200 company logos. Kinda scary in times when we are supposed to be thinking green.

TV is not the only thing that can quickly alter your brainwaves it's just a quick example that a lot of us can relate to. There are many, many things such as food, smells, sights and sounds. Smell is the strongest sense we have and can cause immediate reactions. Might be a good idea to fill your life with beautiful invigorating smells around you, aroma therapy is not just a marketing ploy, smells really do effect you in a big way. Beautiful aromas can greatly enhance your meditation practice also. I would love to say more about our senses and how they can effect your state of mind but this is a guide about a the specific subject of sound therapy or sound healing by using brainwave entrainment and music.

The distractions in todays world are many and a lot of them are unhealthy, so why do we need these distractions? It's simple really, we are mainly pleasure seeking beings. Is that a bad thing? It may be time to stop and think if your pleasure pursuits are healthy ones.

One healthy way to seek pleasure is by helping others or giving selflessly, it seems our brains are hardwired to create more of those chemicals, endorphins and dopamine that we crave that make us feel good when we help others or give freely or even paying a fair price for something we want.

So how can brainwave entrainment change the world?

Instead of watching TV or other destructive habits, you can use brainwave entrainment. (Now don't take me wrong I do enjoy watching TV, I absolutely love entertainment but I try to keep my TV time to a minimum and I am aware when certain types of programming are in progress.) There are countless applications for brainwave entrainment and more being discovered every day. Brainwave entrainment can create many states of mind that are beneficial to you.

An alpha entrainment can be used for many purposes, to relax, to make you feel better, to

reach higher states of consciousness and it can even make you feel natural high by releasing pleasure inducing chemicals into the body. Alpha has also been called the "Super Learning State" as your brain is more receptive in alpha and easier to program.

You can use a Theta entrainment to access and influence the powerful subconscious part of ourselves that is normally inaccessible to our waking minds. While in the Theta state, the mind is capable of deep and profound learning, healing, and growth.

A Delta entrainment can be the same as taking a short nap, or reaching the state of mind that we must reach in order to heal and repair ourselves. In the Delta state you can also have profound and life changing visions.

Beta which is our normal waking state can also be very useful for increasing your IQ and Creativity. It's also a good way to help treat depression as most people that are depressed spend a large amount of time in between Theta and Alpha and too much of one state of mind can create an imbalance in our lives.

Gamma entrainment is recently discovered and is a totally mind expanding experience, some call it the Bliss Frequency. It is thought the Gamma is the harmonizing frequency - for example when you are observing an object, its color, size, texture etc are all perceived and processed by different parts of the brain, it is thought that Gamma allows for unification of all the different information. Gamma waves (40 Hz) - bring about higher mental activity, including perception, problem solving, higher consciousness and in some cases even certain special abilities that have laid dormant for an entire lifetime.

The applications of Brainwave Entrainment are endless, if you are a masseuse, a healer or physical therapist you can use brainwave entrainment to increase the effectiveness of your practice. Dentist's and Chiropractors are even beginning to use brainwave entrainment in their

practices for relaxation. You can use brainwave entrainment to deepen your meditation practice and meditation has been proven time and time again to be beneficial to EVERY area of your life. Brainwave entrainment can even used to reduce pain!

I have been working with brainwave entrainment for years, I've learned about brainwave entrainment by helping with a project for a college student. Since then I have been fascinated by brainwave entrainment and began to learn everything I could about brainwave entrainment. That was over ten years ago and not many people at that time had even heard about brainwave entrainment and many people I meet still have no idea what I'm talking about when I tell them what I do for a living. They think I'm off my cracker when I tell them "I create music based brainwave entrainment meditations"

Today there are literally hundreds of places to get brainwave entrainments on the internet. The reason I decided to start sharing my entrainments a few years ago is because I have been making them for years, and I have tried many of the others out there to see if they are better or work better than my own. To this day I still have not found any that are as pleasurable as the BWE's that I make. There are a few that have come close but just not quite there yet, I'm kind of picky and get bored listening to the same thing over and over that why I've created hundreds of entrainments and a lot of them are for my own private and personal use. Mystic Mindpower's audios are just a small fraction of the entrainments available that I have created.

So what's the big difference between Mystic Mindpower's brainwave entrainments from the others that are available?

Mystic Mindpower's entrainments are unique because they use specially designed music to help make the session more pleasurable. I'll let you in on a little secret, I have a family and it would have been almost impossible for me to get the quiet time that I needed to begin as meditator. The way I fixed that problem was to create special music that would help mask out

the noises around me. If you have kids or live in a busy city you will know exactly what I'm talking about. It can be downright frustrating to try to meditate in certain environments. The main benefit of my meditations is that I designed the music to help mask outside noises to help create a totally immersive experience. I started out using binaural beats and some companies still use binaural entrainment which is still very effective but studies have shown that isochronic tones which I now use to create all my meditations are far superior to older methods of entrainment, and not only that you can't mix music with binaural entrainment as effectively.

One of the things I say a lot is "Frequency is Everything", now could you imagine for a moment that if 1000 no, 10,000 people where all dialed into the exact same frequency for a specific purpose how powerful that would be? **It would change the world!** There are already several studies being done today just to prove how effective mass meditation can be one the world around us.

There are a lot of benefits you can achieve with Mystic Mindpower's brainwave entrainment meditations that I want to make you aware of. Review the list below so you can begin seeding and programming your mind about the positive results you can achieve. I want these results to be at the forefront of your mind so that you can begin to be aware of the changes taking place with each session of using the meditations.

Wellness Now – Naturally reduce stress, anxiety, tension and worry. Invite peace, calm, confidence and excitement into your life. You will no longer feel stressed out by your work & life.

The Happy pill with no pill – Experience a level of happiness and euphoria without the use of harmful and addictive drugs by increasing the brains natural "feel good" chemicals. Something the pharmaceutical companies want to keep secret from you.

Super Mind Power – Ramp up your brain power to a level that you will probably never achieve on your own. And this comes from less than 30 minutes of “relaxation” time per day.

Shut Up Already!! – Silence the negative ‘voices’ in your head that tell you that you don’t deserve to be wealthy, healthy, beautiful and successful. Finally, you can live up to your full potential. Overcome the babbler inside you that’s holding you back from deep profound states of mind.

Not just for Monks anymore – Achieve a level of relaxation thought only to be experienced by Monks after years of meditative practice. You’ll reach this level in a lot less time ... minutes instead of years! In fact you could easily reach deeper levels than a Zen monk wishes for!

There is still more to be experienced with everyday use like...

Be in the Know! – Sharpen your intuition so that you'll perceive things that you can't really explain by learning to interpret that 'gut feeling' that you know things should be different. Complex tasks will suddenly appear clearer and easier to you. The easiest & least effort path to your goals & desires will appear obvious to you. You'll learn how to ask the right questions, so you can get the right answers!

Super Magnetic Personality – Strengthen your relationships as you easily win new friends and positively influence everyone around you. You'll find yourself "hitting it off" easily with new people, attracting true love, and being the person everyone wants to be around. People won't know why they are drawn to you and respond to your silent wishes, but they will. Every charismatic leader, celebrity, and charming lover has used this power, now you can too. It will come naturally.

The Real You – Dramatically increase your self confidence and personal power so much that it will cause people to stand back and take notice of you like never before. This will happen automatically, without even trying once you “program it in.” Be prepared to surprise even yourself and discover your true magnificence.

Emotional Health – Release yourself from other damaging and deep-seated emotions, helping to lead you to emotional stability. Experience things more intensely than drugs and addictions will provide you. Are you ready for deep profound peace of mind?

More Time to do what you want – Sleep less and still wake up each morning full of energy and enthusiasm. You can literally take up to 4 hours less sleep each night and still face the new day feeling more alert, brimming with energy.

Restore Balance and Harmony in your life – don't sacrifice entire areas in your life at the expense of other successes. Peace and clarity of mind will increase your joy in every area of your life.

Being Healthy is a major part of being Wealthy – Balance and strengthen your immune system for a greater feeling of well-being. Meditation has proven to reduce stress and stress has been identified as having a major influence on how we age and become ill.

These are just some of the AMAZING benefits that can be achieved with Mystic Mindpower brainwave entrainment audios with continual use. How does that make you feel knowing that you can achieve amazing results almost effortlessly?

Where is the best place to start?

The best place to start depends greatly on your current state of mind. If you are completely new to brainwave entrainment it would be best to start with the "Alpha" meditations. If you have used brainwave entrainment before or have been practicing meditation for a long time you can basically choose your own path. I have designed several different meditations each with their own specific use. I've never been one to stick with a certain structured program I like to experience things more or less as a pioneer and if you feel adventurous then you can dive into the meditations where ever you want. There really is no wrong way to use entrainment as they are natural healthy states of mind, although there are a few that you would not want to use right before bed as they will "wake" you up.

How to use Mystic Mindpower brainwave entrainments

First things first, there really is no exact position you should be in while using the entrainments. I usually lie down unless I am using a creativity meditation or other "waking" type meditation. The time of day can greatly increase certain entrainments. The morning is one of the best times to meditate, when you are fully rested because your mind is more open and refreshed in the mornings. Late afternoon or evening is another great time because about that time you will benefit greatly by getting back to a relaxed peaceful state of mind. As a general rule of thumb, meditation late at night can be less effective because you usually fall asleep. With brainwave entrainment you will still experience positive results if you fall asleep but the idea of meditation is to be fully conscious and aware as you drift through the different states of mind.

Here is a simple and very effective relaxation guide that you can use before each meditation.

About ten minutes before you are going to start your meditation it is a good idea to begin to relax your mind and your body. Begin by saying to yourself I am relaxed and aware. During this time it is a good idea to stretch but do not make it a workout you want your heart rate to slow down not speed up. Then prepare your meditation area, I usually get my special blanket ready its a signal to my mind that I'm about to meditate and sometimes I get a little chilly while mediating with certain entrainments. You don't want to be too hot or too cold so if you use a blanket make sure it is a light breathable one. Another reason it's good to have a meditation object such as a blanket or a crystal that you can hold, basically any thing that you will habitually use or have with you while meditating is because it cements at the subconscious level what you are about to do. Wear loose clothing no tight clothes we want the blood to flow easily.

Before you start drink a full glass of water, (I use lemon water, it's a great detoxifier and has other healthy benefits) there are several reasons why you should do this. The main reason is that when your body is hydrated you have better neural connections in your brain which will greatly increase the effectiveness of your meditations and the second main reason is that brainwave entrainment speeds up your metabolism and you may get thirsty midway through the session which can be very distracting when your throat gets all dry and itchy.

Now that you are all ready, begin by starting your chosen brainwave entrainment and let yourself go. Surrender to the sounds and let the brainwave entrainment do all the work. Allow your thoughts to drift away like ripples on a pond. Breathe naturally and deeply in a rhythm.

After your meditation take some time to process what you have learned or unlearned while in deep meditation. You may want to keep a journal handy to write down anything you experienced. Sometimes the things that you experience during meditation don't make any

sense at first, but if you write them down and you look back at it later it just might knock you right out of your chair at some of the profound realizations that you now know.

How to use the specific audios for maximum results

The easiest way for me to explain how to use the specific meditations is to break them into sections, beta, alpha, theta, delta and gamma.

The different states were explained early in this ebook but I will list them again so you can commit them to memory.

Beta (13 Hz - 30 Hz) is the state of normal, wakeful consciousness. As you are working, driving, talking, etc., you are usually in Beta. High beta activity is sometimes associated with anxiety, panic and stress. This is where a lot of people spend most of their waking time all stressed out. Certain states of beta are very effective at increasing IQ and Creativity.

Alpha (8 Hz - 12 Hz) is a state of light relaxation. Typified by a calm, focused mind. Alpha is sometimes called the "super learning state" because the brain seems to be more receptive and open to new information. Most people who meditate, do so in alpha.

Theta (4 Hz - 7 Hz) is a state of deep relaxation. The Theta brainwave state is of REM sleep (dreams), hypnosis, lucid dreaming, and the barely conscious state just before sleeping and just after waking. Theta is the border between the conscious and the subconscious world, and by learning to use a conscious, waking Theta brain wave we can access and influence the powerful subconscious part of ourselves that is normally inaccessible to our waking minds. While in the Theta state, the mind is capable of deep and profound learning, healing, and growth.

Delta (0.5 Hz - 3 Hz) the slowest of the brainwave patterns, can be a state of deep sleep, or trance-like consciousness. Maintaining awareness in delta has been known to open a path to the unconscious.



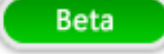

Gamma (40 Hz) is the harmonizing frequency - for example when you are observing an object, its color, size, texture etc are all perceived and processed by different parts of the brain, it is thought that Gamma allows for unification of all the different information. Gamma waves bring about higher mental activity, including perception, problem solving, higher consciousness and in some cases even certain special abilities that have laid dormant for an entire lifetime.

Now that you know the different brainwave states it will be easier to choose the type of meditation you would like to do for your desired results. Keep in mind you can use different ones during the day or stick with the same one for months. It's really up to you. As you get used to using the meditations and familiarize yourself with how the different states of mind "Feel" then you will be able to choose the meditation you want according to how you want to feel at any given time.

The main thing and most important is to enjoy yourself, it's your own personal private time. I like to call it my "Me Time"

Below are the current meditations available at Mystic Mindpower and their target brainwave states plus recommended uses. So if you are looking to reach a certain state just refer to the grouping in the table below.

Please Note: If you have already purchased a meditation below you can login to download it again under account>my purchases or you can click the link to purchase the mp3 if you do not have it yet.

Type	Name	Filename	Login to Download
	Description		
Beta Audios			
 Runtime 30 Minutes	Creativity Explosion - (Headphones Required)	CreativityBrainstormSessionfloati ng.mp3	Download
	Use this meditation to boost your creativity - headphones are required for this session		Purchase
 Runtime 30 Minutes	IQ Mindpower Mastery - (Headphones Required)	IQMindPowerMastery.mp3	Download
	Use this meditation to boost your IQ – headphones are required for this session		Purchase
 Runtime 10 Minutes	Mystic Motivation - (Headphone Free)	MysticMotivation[Headphone- Free].mp3	Download
	Mystic Motivation - (Headphones Required)	MysticMotivationHP.mp3	Purchase
	Mystic Motivation will boost your energy, it's best to use this meditation when you need more energy. This is a great one to wake up to. You don't need headphones with this session. If you play this meditation more than two times in a row you may become over energized.		
 Runtime 30 Minutes	Mystic Physical Power - (Headphone Free)	MysticPhysicalPowerFocus[Head phone-Free].mp3	Download
	Mystic Physical Power - (Headphone Required)	MysticPhysicalPowerFocus- hp.mp3	Purchase
	This session was designed to be listened to before physical exercise such as working out or running. You will gain great physical power from listening to this meditation.		

Alpha

<div style="background-color: #FFD700; border-radius: 15px; padding: 5px; text-align: center; font-weight: bold; color: white;">Alpha</div> <p>Runtime 15 Minutes</p>	Centering Fast Relax - (Headphone Free)	MysticMindPower-15- MinuteDeeperRelaxationBreak [Headphone-Free].mp3	Download Purchase
	Centering Fast Relax - (Headphone Required)	MysticMindpower-15- MinuteRelaxationBreak.mp3	
	<p>This meditation is perfect for those times when you need quick relaxation and clarity. You can use this meditation several times throughout your day.</p>		
<div style="background-color: #FFD700; border-radius: 15px; padding: 5px; text-align: center; font-weight: bold; color: white;">Alpha</div> <p>Runtime 30 Minutes</p>	Mystic Mindpower - (Headphone Required)	MysticMindPower[Alpha].mp3	Download Purchase
	Mystic Mindpower - (Headphone Free)	MysticMindPower[Alpha- Headphone-Free].mp3	
	<p>This meditation will enhance your mind power and open your mind up to complete clarity. The Alpha state is a very relaxing and rejuvenating state of mind to be in. Use this meditation to gain a relaxed knowing state of mind free of stress and fatigue.</p>		
<div style="background-color: #FFD700; border-radius: 15px; padding: 5px; text-align: center; font-weight: bold; color: white;">Alpha</div>	Mystic Immunity Booster - (Headphone Free)	MysticImmunityBooster[Headph one-Free].mp3	Download Purchase
	<div style="background-color: #0000FF; border-radius: 15px; padding: 5px; text-align: center; font-weight: bold; color: white;">Theta</div> <p>Runtime 30 Minutes</p>	Mystic Immunity Booster - (Headphone Required)	
<p>Boost your immune system! The Mystic Immunity Booster is an a relaxing Alpha/Theta session. Alpha/Theta sessions have consistently proven very effective at increasing the rate of healing, as well as increasing levels of T-Cells, critical to the immune system's functioning. Do your body and mind a favor and listen to this meditation at least once a week.</p>			

Theta

Theta

Runtime 30
Minutes

Zen -
(Headphones Required)

Zen.mp3

[Download](#)

Zen - (Headphone Free)

Zen[Headphone-Free].mp3

[Purchase](#)

Experience Zen effortlessly The Mystic Mindpower Zen meditation is engineered from brainwave studies done on several Zen practitioners to help you increase the effectiveness of your meditation. Experience the beauty within and all around you. Inner knowing and Inner Experience is something that you can't be told what it is, it must be experienced. Use this meditation for deep insightful meditations.

Theta

Runtime 30
Minutes

Mental Success
Programming -
(Headphones Required)

MysticMindSuccessProgramming
.mp3

[Download](#)

[Purchase](#)

Mystic Mind Success Programming uses a Dual Induction technique at the beginning from a certified Hypnotherapist to induce deep relaxation, then with specially designed music exclusively for brainwave entrainment you are guided to an even deeper state until you reach the Theta state which is typically the state your mind is in for hypnosis and other deep mental states.

Once you reach the Theta state you will hear several embedded professionally recorded voices that will implant success suggestions to your conscious and subconscious mind. Research has proven that spending 30 minutes a day in theta will improve your overall health and well-being.

Delta

Delta

Runtime 60
Minutes

Deep Mental Retreat -
(Headphones Required)

DeepMentalRetreat.mp3

[Download](#)

Deep Mental Retreat -
(Headphone Free)

DeepMentalRetreat[Headphone-
Free].mp3

[Purchase](#)

Deep Mental Retreat 2 -
(Headphones Required)

DeepMentalRetreat-
Alternate.mp3

Deep Mental Retreat 2 -
(Headphone Free)

DeepMentalRetreatAlternate[He
adphone-Free].mp3

This Meditation is designed to be planned retreat an amazing one-of-a-kind Soul retreat or vacation for the heart & soul to rejuvenate you at every level of your being in today's fast changing world.

Delta waves are our superconscious empathy, interaction and radar connection to our full multidimensional perception. Delta brainwaves are conducive to miracle type healing, divine knowledge, inner being and personal growth, rebirth, trauma recovery, oneness with the universe (samadhi), and near death experiences. Delta provides intuition, empathic attunement, and instinctual insight.

When you are in "delta reality" you will be immersed into what might almost feel as if it was a non-physical reality although it is VERY real and your perceptions will be from your Superconscious or Higher Self. As you remember your multidimensional consciousness, you will be able to live in an "Awakened" state with a perception far surpassing "normal" reality.

Delta

Runtime 20
Minutes

Mystic Healing -
(Headphones Required)

AcceleratedHealingGrowth-
hp.mp3

[Download](#)

Mystic Healing -
(Headphone Free)

AcceleratedHealingGrowth[Head
phone-Free].mp3

[Purchase](#)

Mystic Healing will take you to a deep level of delta to help promote your body's natural healing abilities. This meditation has proved to increase the levels of HGH(Human Growth Hormone) in your body. Use this meditation whenever you need healing of any kind.

Gamma

Gamma

Runtime 30
Minutes

Mystic Mindpower Gamma -
(Headphones Required)

MysticMindPower[Gamma].mp3

[Download](#)

Mystic Mindpower Gamma -
(Headphones Free)

MysticMindPower[Gamma-
Headphone-Free].mp3

[Purchase](#)

Mystic Mindpower Gamma
2.0 - (Headphones
Required)

MysticMindPower2.0[Gamma].m
p3

Mystic Mindpower Gamma
2.0 - (Headphones Free)

MysticMindPower2.0[Gamma-
Headphone-Free].mp3

Use this meditation to experience a level of happiness and euphoria without the use of harmful and addictive drugs by increasing the brains natural "feel good" chemicals.

Gamma 1.0 is an introductory meditation to the Gamma Brainwave patterns.

Ramp up your brain power to a level that you will probably never achieve on your own. And this comes from less than 30 minutes of "relaxation" time per day.

Version-2 of the Mystic Mindpower Gamma Meditations, this is best used after you have gotten used to the Gamma brainwave entrainment with Gamma 1.0

In Tibetan Monks these brainwaves have been found to be far more active. Now you truly can meditate at a level equivalent to a Tibetan Monk.

Here is a great quote by Osho that describes the way a lot of us have lived in this lifetime and something I would like to leave you with, because as a meditator you will be a rebel!

"People are afraid, very much afraid of those who know themselves. They have a certain power, a certain aura and a certain magnetism, a charisma that can take out alive, young people from the traditional imprisonment....

The enlightened man cannot be enslaved - that is the difficulty - and he cannot be imprisoned.... Every genius who has known something of the inner is bound to be a little difficult to be absorbed; he is going to be an upsetting force. The masses don't want to be disturbed, even though they may be in misery; they are in misery, but they are accustomed to the misery. And anybody who is not miserable looks like a stranger.

The enlightened man is the greatest stranger in the world; he does not seem to belong to anybody. No organization confines him, no community, no society, no nation."

Welcome to enlightenment and thank you for just being YOU!!!

Harmonically Yours,

Jody L. Sachse

Mystic Mindpower