

5 Free Binaural Beats



Instant MP3 Download

Brought To You By

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<http://www.MyMindShift.com>

Your Binaural Beat Audios Are Ready For Download!

The files are zipped and you will need a program such as [ZipGenius](#) (it's free) to unzip the files to your computer before you can listen to them via your computer or mp3 player.

[Download ZipGenius For Free Here.](#)

Step 1. Save the zip files to your computer.

Step 2. Use an unzip program such as ZipGenius to unpack/unzip the files to your computer.

Step 3. When you have the mp3 file on your computer you can play it or transfer it to your ipod or mp3 player.

Potential Health Warning

We suggest that people with heart problems, psychological problems and other abnormalities consult a doctor before use.

These audios should never be used while driving or operating heavy machinery.

These audios should not be listened to by children under the age of 12.

General Binaural Beats Rules

1. Always listen to audios the audios with stereo head phones or ear plugs.
2. Never re-encode the mp3 files, as it may affect the binaural beats.
3. Always have a break of at least 10 minutes before listening to a different audio.
4. Always listen to the audios at a comfortable volume. If you find the beats annoying or uncomfortable then turn the volume to a barely audible level. I find this works best.
5. If you find that there is no effect. Try the white noise version or try a different audio.
6. Never listen to these audios when you need to be awake and alert, such as driving or operating heavy machinery.
7. Children under 12 should not listen to these audios.



Dominant Frequencies Control Your Life

Everything you do has a dominant frequency associated. When you are in a state of relaxation your brain waves have a certain frequency. When you are alert and driven they have a totally different frequency.

Check out the different frequencies and the result usually associated with it.

Frequency range	Name	Usually associated with:
> 40 Hz	Gamma waves	Higher mental activity, including perception, problem solving, fear, and consciousness
13 - 40 Hz	Beta waves	Active, busy or anxious thinking and active concentration, arousal, cognition
7 - 13 Hz	Alpha waves	Relaxation (while awake), pre-sleep and pre-wake drowsiness
4 - 7 Hz	Theta waves	Dreams, deep meditation, REM sleep
< 4 Hz	Delta waves	Deep dreamless sleep, loss of body awareness



Beta Binaural Beats – Frequency Range 13 – 40 Hz

Awaken & Energy

Usually Associated With:- Active, busy or anxious thinking and active concentration, arousal, cognition

Instructions:- This audio can be used at anytime during the day, early in the morning, after an afternoon nap or at night. This audio helps your mind to achieve a great level of focus, energy and motivation with less effort.

Listen to this audio while you are working.

Listen to the audio with stereo headphones or earphones at a comfortable barely audible level.

Recommended Time:- 30 minutes

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Alpha Binaural Beats – Frequency Range 7 – 13 Hz

Relaxation & Less Stress

Usually Associated With:- Relaxation (while awake), pre-sleep and pre-wake drowsiness

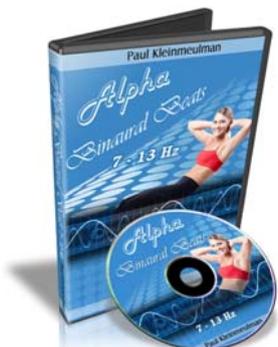
Instructions:- This can be used virtually at any time of the day. Good, relaxed breathing is recommended.

The whole idea is to 'let go' stress. "Don't try to fight the stress", instead the person should focus only on how relaxed he/she wants to be. Visualization of ideal state is recommended.

With that simple idea, this audio will certainly reinforce that relax feeling. This should be used daily.

Recommended Time:- 30 - 60 minutes

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Theta Binaural Beats – Frequency Range 4 – 7 Hz

Deeper Relaxation & Meditation

Usually Associated With:- Dreams, deep meditation, REM sleep

When to use it: Anytime. (Except while you are sleeping). And use it only when you are meditating. This audio can be used from 15 minutes to a couple of hours.

In a quite environment, try to focus on your breathing. Sit on level ground (on a cushion if the ground is not comfortable). Turn on your player Any position in which you are relaxed but your back is erect (example: lying down)

Avoid: Loud noises. Keep the volume low (on this particular audio, you can use a relatively high volume since the white noise helps to meditate)

Recommended Time:- 15 - 60 minutes

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Delta Binaural Beats – Frequency Range <4 Hz

Deep Sleep

Usually Associated With:- Deep dreamless sleep, loss of body awareness

Instructions:- One can start this session about 30 minutes before the person goes to the bed. (Naturally, this could be used on the bed too).

More Suggestions: With Delta Binaural Beats the person can pay attention to the audio, instead of leaving it at a barely audible level. An enhanced version of 'counting sheep'. Nevertheless, the volume should be always kept low. **Unless** the person can't sleep at all, this audio should be played only **once**.

Recommended Time:- 15 -30 minutes

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Warning

These Audios Should Only Be Used If You Have Had Experience With Binaural Beats Before

Gamma Binaural Beats – Frequency Range >40 Hz

Problem Solving & Brain Boost

Usually Associated With:- Higher mental activity, including perception, problem solving, fear, and consciousness

Warning – Do Not Use If You Suffer From Anxiety or Panic Attacks

Instructions:- This audio can be used at anytime and is great for solving problems and many other mental activities that require your full focused attention.

Listen to this audio while you are working.

Recommended Time:– 10 - 15 minutes – Once a day.

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Recommended Binaural Beats

12 Binaural Beats Audios For The Price Of One....

Motivation
Concentration
Awareness
Learning/Training
Relaxation
Anxiety Reduction
Stress Reduction
And much more...

Check it out at...

<http://www.MyMindShift.com>

