

SOUND CHANGES™
Brain Waves Help you Lose Weight!
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- find that within minutes of listening to a Theta pattern, my thoughts start drifting to really weird stuff that doesn't make any sense at all or perhaps is just to conceptually complex . It is really quite funny some of the things I find myself thinking of. During the process there are unusual sounds that don't actually exist on the tape itself. These sounds could be described "washing machine like" or a low frequency "machine gun" type sounds. Usually in conjunction with the sounds there are actual "physical" sensations in my brain and waves of euphoria. At this point I'm totally disconnected from the world around me relaxed and at peace. Then quite often images and scenes start to go through my mind eye, and it very much like remote viewing.
- Recent research finds people that suffer from anxiety attack insomnia etc. have some sections of their brains operating much slower (lower frequency than the rest of the brain), their brains are operating out of sync. In theory since binaural beat audio technology helps to unify different parts of the brain into a single frequency "brainwave synchronization", then our tapes may help with conditions caused by unsynchronized areas of the brain.
- Many people find they need less sleep at night. Some have found that a half hour a day of the brain being in the theta state can replace up to 4 hours of sleep. This may relate to the resetting of the sodium/potassium levels in brain cells when in the theta state
- In one study thirty patients had sessions in Theta (5 Hz) and experienced relaxation states of 80-100% after five minutes as well as improved pain relief. Eight patients had blood tests before and after the sessions and showed improved beta-endorphin levels of 10-50%.
- Using a first-generation prototype light/sound device, one doctor noted, "these devices produce a distinct relaxation state. Programming the device between 3 and 7 Hz, it takes about 10 to 15 minutes for the patients to enter--effortlessly--a state of hypnosis. They terminate the sessions relaxed and with a feeling of well-being." Also, "the device has a calming effect on the nervous or anxious patients. In a majority of cases, the patients feel relaxed, and calm during a period of three to four days after the session. It happens that the subjects have a reminiscence of childhood experiences, particularly when in Theta. They related their experiences which we incorporated into our psychotherapeutic program."
- "The machine works like a tranquilizer and the effect lasts for several days. Using the machines in Theta frequency, clients are very receptive to suggestions on behavioral aspects such as reducing tobacco, alcohol and food consumption's." Many patients "were more creative during the sessions."
- "By inducing hemispheric coherence the machine can contribute to improved intellectual functioning of the brain. Like children spending most of their time in Theta, the machine allows a reduction in learning time. With adults a return into Theta allows them to rediscover childhood experiences. The machine is like a 'lost and found office' for the subconscious."
- DJ Anderson used photo-stimulating goggles with variable frequency using red LEDs in order to stimulate the optic nerve, through closed eyes, right and left with frequencies

between 0.5 and 50 Hz. The study included seven patients who suffered a total of more than 50 migraines during the observation period. Forty-nine of these migraines were relieved (either by reducing the average duration or by increasing the frequency interval in between migraine crisis) and 36 other migraines could be stopped while using the goggles. DJ Anderson, B.Sc., MB, "The treatment of Migraine with Variable Frequency Photo-Stimulation," in HEADACHE, March 1989, pp 154-155:

- The more these sounds are used, the easier it becomes to produce and maintain Alpha/Theta rhythms. As these states of higher awareness become infused into normal brain activity, the result can lead to what some have called a fifth state of consciousness, or an "awakened mind." In this state of illumination and bliss one sees the world as distinctly as before but with a new mind that perceives the universe with new meaning. It's this experience of illumination that is the seed for all breakthrough scientific theories, literary ideas, revolutionary inventions, and artistic masterpieces. The technology used here induces these states by forcing your brain to focus your mental energies inward... tapping your own vast reserve of creative genius and eventually unfolding "an enlightened state of awareness."
- An unusual side benefit of listening to these sounds is a surprising need for less sleep. Some users are able to reduce their sleep requirement by as much as 3 - 4 hours each night, rising each morning feeling refreshed as if they had slept a full 8 hours. The reason? It's believed the theta-sounds replace the need for extensive dreaming which is the main purpose of sleep. Another interesting side effect, many users report a dramatic increase in sex drive. No one knows exactly why, but it may be linked to changes in brain chemistry. But, perhaps the most unusual side effect is the reported increase in psychic functioning, including episodes of precognition, out-of-body experiences, and spontaneous channeling events.
- When you finish each session your entire body becomes charged with a new energy and vitality. Fears and anxieties are gone. You are renewed, more alert, and mentally you feel on top of the world.
- What causes the euphoria and peak experiences? The neuroscientists say the 'high' you experience is caused by a release of endorphins in the brain. A hundred times more powerful than morphine it makes you feel like you're soaring with eagles.
- Zen meditators have been found to alter Alpha/Theta frequency according to their depth of meditation, reports Japan's leading neurophysiologist, Dr. Tomio Hirai. he has correlated brain-wave patterns with certain stages of meditation. And according to Dr. Hirai, "Meditation is not merely a state between mental stability and sleep, but a condition in which the mind operates at the optimum. In this condition the person is relaxed but ready to accept and respond positively to any stimulus that may reach him."
- Research now confirms that brainwave rhythms correspond to certain states of consciousness, and this suggests that individuals capable of altering their brainwave patterns can have significant control over other mental and physiological functioning. As Elmer and Alyce Green of the famous Menninger Institute first reported in the mid-70's, "...simply causing your brain to generate theta activity for a few minutes each day seems to have enormous benefits, including boosting the immune system, enhancing creativity, and triggering integrative experiences leading to feelings of psychological well-being."
- Biofeedback researchers have found that people who enter the "theta state", expand their states of consciousness, acquire super-receptivity to new information, and demonstrate a

greater ability to "rescript" material on a subconscious level. Even more astonishing are the findings of a study conducted on a group of chronic alcoholics at a University in Colorado. After 13 weeks the group that learned to generate theta and alpha brainwaves, showed a far greater recover rate, and a complete transformation of personality. There is a remarkable body of evidence... Another Note: I did not do a lot of proper citing, I just wanted to present some information that is available "out there".

DESCRIPTION: This Powerful Entrainment Session will progressively shift your normal Beta Brainwaves to Alpha Brainwave States. Guiding you deeper and deeper into relaxing Zen like states of peace and contemplation. The relaxing benefits of using Alpha Brainwaves is well known and documented.

By using this powerful entrainment session to ALPHA brainwave mode, complete novices can attain meditational states that would normally takes years of practice to achieve. More experienced meditators can go deeper than ever before. In fact you can use the Alpha Brainwave Journey at any time you would like to relax or experience peaceful moments of quiet silence or mental calm.

Alpha Brainwaves have been used by many successful and famous people and you can too. This is so easy to do and you don't need any prior experience.

Use this Powerful Mind Session Tool to problem solve or complete projects by playing it in the background. You will be Amazed at the results. You can even play this whilst going to sleep.

Because of the Powerful Embedded Technology used in the creation of this Digital Brainwave Journey after a time you will be able to shift to Alpha State at will. Imagine being able to shift your mind into a Zen like focus at will. Overtime you will easily be Master of your own Mind.

These Amazing Sessions have a Ocean Dreams Soundscape to enhance the enjoyment of Perfect Awareness that Alpha Brainwave Entrainment provides. By using this Powerful Awareness tool you will be able to access Expanded States of Consciousness.

- Suitable for Meditation.
- Trance Work.
- Problem Solving.
- Relaxation.
- Introspection.
- Creativity
- Learning.
- Brainstorming.
- And Much More.

HOW THIS WORKS: The brain is made up of billions of neurons which are constantly firing off electrical discharges to communicate with one another. The electrical discharges are measured as brainwaves. These Brainwaves naturally operate at various different frequencies but there will always be one predominant frequency at which most of these waves will come together or synchronize at.

Entrainment is a principle of Physics. It is defined as the synchronization of two or more rhythmic cycles. The Principles of Entrainment are universal appearing in Chemistry, Biology, Medicine and Pharmacology and more. It has been found that the brainwaves of a sleeping person are vastly different to a person who may be driving a car. Scientists found that there are brainwave patterns common with certain mental

states and that these mental states could be changed in a person by artificially inducing a different brainwave pattern.

When the brain is given a stimulus through the ears such as through our Download Sleep Program called, "A Great Nights Sleep Every Night" Change Your Mind Change Your Life® the brain emits a electrical charge in response. This is called a Cortical Evoked Response. If this stimulus is repeated for several minutes it resembles the natural internal rhythms of the brain. What happens next is an Amazing Phenomena known as Frequency Following Response. The brain shifts its own operating brainwave frequency to that of the rhythm of the Sleep Session being listened to. Once this happens you are fast asleep!

FOR EXAMPLE: persons with ADD/ADHD tend to have a overabundance of the slower Alpha and Theta brainwaves and those who suffer from Stress or Anxiety tend to produce too many high Beta waves.

Albert Einstein said, "A Problem Cannot Be Solved With the Same Consciousness That Created it" Weight Loss is no exception. You have a problem you wish to overcome. Why do diets and supplements not work long term? It's because change needs to happen on the inside. Your brain waves reflect patterns of behavior and when we are stuck in non resourceful habits and behaviors we can actually see it in the brain. The brain however is very responsive and when provided with positive stimulation, can naturally reorganize itself to produce healthy patterns.

So here's the big secret. When you change your consciousness (your awareness, where you place your attention) via changes your brain wave patterns then change becomes effortless.

One of the easiest ways to change consciousness is by altering brainwaves via sound technology. Listening to a sound based approach to facilitate change has no side effects other than increased well being, improved mood, more restful sleep and improved ability to cope.

The benefits of incorporating sound based therapy to your weight loss plan are numerous. For one, it can create a surprisingly delightful synergistic effect. Regardless if you have chosen a diet, supplements, weight loss injections, surgery or other outside remedies, including sound support only increases your success. While we are one of the most technologically advanced nations on the planet, we also have one of the highest rates of stress. Last year, more than ONE hundred million prescriptions were written for benzodiazepines such as Xanax and Valium and antidepressants such as Prozac and .

When we hold on to stress, it creates illness such as heart disease, ulcers, cancer, etc. Stress often produces anxiety, pain syndromes, headaches, panic attacks, and sleep disorders. To reduce the stress we feel, many of us turn to non-productive behaviors such as eating junk food, drinking alcohol, lashing out at our loved ones, or using drugs in an effort to self-soothe. Learning meditation or at the least, relaxation has shown to be an effective solution in treating the CAUSE of many disorders, particularly those brought on or made worse by stress

Brain waves Binaural beats are created when two tones are detuned from each other by a small amount. For example, if you have a tone generator creating 60 hertz and another one putting out 67.83 hertz you will hear the difference between the two tones which is 7.83 hertz (which is the Schumann Resonance - the resonant frequency of the earth's atmosphere between the earth and the ionosphere). When you have two speakers playing the two different frequencies simultaneously, the two sounds cancel each other out as they physically meet in space. However, when you wear headphones, the two sounds never meet, as the physical brain is in the way. In order to make reality consistent, our brain creates a third frequency on its own. Because the frequency in the left ear goes to the right brain, and the frequency in the right ear goes to the left brain, this third frequency created by the brain connects the two sides of the brain. When this occurs, the Corpus Collosum, which functions to connect the two sides of the brain, lights up. As you might know, when the left and right sides of the brain are connected you are operating at your highest potential. Therefore, we commonly use binaural beats in headphones to synchronize the brain and light up the Corpus Collosum.

Adding binaural beats to a goal oriented audio program potentiates success by helping increase flexibility and resilience in the brain thus easing change by creating an openness and receptivity characteristic of the alpha state that allows new ideas to enter and become accepted by

the mind.

Imadulation system is a powerful 3 pronged approach that includes, binaural audio, original soothing music and sounds from nature and words that combine carefully chosen affirmations with a healing intention and compassion.

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Ellen Simon is a nationally recognized expert in the field of mind body health. Ellen's unique brands of audio programs are in use in hospitals and health care facilities across the country. Ellen is the author of over 25 titles. This article is adapted from Food for Thought®, a 6 audio CD set. For more information visit www.imadulation.com.