

Your Quick Guide to Binaural Beats

"What are binaural beats recordings?"

Binaural beat recordings are specially generated sounds, designed to alter your brainwaves - bringing about different states of mind, such as happiness, creativity, or relaxation. They're perfectly safe, non-addictive, and can be used as often as you like.

"Tell me more about how binaural beats work..."

Let's take a few minutes now to discuss the history behind binaural beats... and how they work in more detail.

For a long time, the scientific community has been aware that certain frequencies are associated with certain states of mind. For example, the alpha frequency of 8 to 12Hz is present when individuals are in the "zone", in "superlearning", positive-thinking modes. This frequency can be verified through an electroencephalograph (EEG) reading, and can usually only be obtained through meditation.

So, why don't we just LISTEN to that frequency in an attempt to adopt that state of mind?

We could try, however the ears can only typically hear between 20 and 20,000Hz. Frequencies such as 8Hz simply don't register. But if we COULD somehow manage get the mind to hear those lower frequencies, we'd be able to recreate such states of mind literally on demand.

And that's just what German experimenter H.W. Dove discovered in 1839. He found out that by playing two coherent sounds of similar frequencies into each ear, one could produce a third "binaural beat" at a specific frequency INSIDE the mind... thereby directly influencing the brainwaves and the state of mind.

Let's take an example. Imagine a pure tone of 400Hz is presented to the right ear, and a pure tone of 410Hz is presented to the left ear (using stereo headphones). Inside the head, the difference between the two tones is realized... and a third "binaural beat" of 10Hz is produced. This is equal to the alpha frequency, which brings about light relaxation, "superlearning" and positive thinking.

Which frequencies work

Of course, all of this information would be useless without actually knowing which frequencies induce the desired states of mind.

Thankfully, thanks to much scientific research and many thousands of electroencephalograph reading studies, these frequencies have long been well-known to the community. And here they are:

Delta	1 - 3 Hz	Deep sleep, lucid dreaming, increased immune functions
Theta	4 - 7 Hz	Deep relaxation, meditation, increased memory, focus
Alpha	8 - 12 Hz	Light relaxation, "superlearning", positive thinking
Beta	13 - 25 Hz	Normal state of alertness, stress, anxiety

Of course, further studies have shown that specific types of exposure to certain frequencies is better at assisting different mind states. For example, we know that a 30-minute session at 5 Hz can replace around 2 to 3 hours work of sleep. Insomnia can be assisted with a ten minute dose of between 4 Hz and 6 Hz, then entering frequencies below 3.5 Hz for twenty to thirty minutes, then settling on 2.5 Hz and fading out. Accelerated learning can take place at between 7 Hz and 9 Hz