

What is Brainwave Entrainment and What is it For?

Brainwave entrainment is basically the synchronization of the dominant brainwaves of our brain with an external source of periodic stimulus. The stimulus can be aural, as in the case of binaural beats, monaural beats or isochronic tones. It can be also visual, as in the case of lights. And even physical, as with a periodic physical vibration on a muscle or nerve. Recently electromagnetic radiation has been used to get entrainment effects. In addition, a combination of them are more effective.

By using brainwave entrainment deliberately we can achieve the desired mental state such as arousal or relaxation. It works based on the "frequency following response" principle. A naturally occurring phenomenon where the human brain shows the tendency to change its dominant EEG frequency towards the frequency of the external stimulus.

Binaural beats deserve special mention because of the manner in which the desired frequencies are obtained. Brainwave entrainment may be achieved when audio signals are introduced to the brain causing a response directly related to the frequency of the signal introduced, called binaural beats.

For example, two tones close in frequency generate a beat frequency at the difference of the frequencies. For example, if a person receives a 300 Hz tone in the right ear and a 305 Hz tone in the left ear. The brain will generate a subsonic 5 Hz tone, roughly in the middle of the theta range. The resulting subsonic tone may affect the state of mind of the subject listening to these frequencies, in this case provoking a deep relaxation.

For that reason it is said that brainwave entrainment through binaural beats can provide help in treating many mental afflictions. For example brainwave entrainment have shown be useful in the treatment of the following afflictions:

- Addiction reduction
- Anxiety reduction
- Depression reduction
- Pain relief
- Migraine relief
- Healing (increase of the growth hormone)
- Hypertension - blood pressure
- Insomnia help
- Pre-menstrual relief
- Sleep induction
- Stress relief
- Super naps

Furthermore, **brainwave entrainment** is used also as a coach to improve mental skills such as:

- Alertness
- Athletic performance
- Concentration
- Creativity
- Motivation
- IQ increase
- Before exam/speech anxiety reduction

Finally, others claim have obtained success in remote viewing, telepathy, and even out-of-body experiences and lucid dreaming.

In conclusion, brainwave entrainment is an effective, unobtrusive, inexpensive, and unfortunately unknown technology to get rid of many mental afflictions and, in addition. It is a natural stimulant of the brain. However, a growing set of researchers and users worldwide have been observed rediscovering this technology lately.

If you want to experiment playing and downloading for FREE the different sessions mentioned here visit: <http://www.mentallion.com>.