

Understanding Monaural Beats and Isochronic Tones

Monaural Beats and **Isochronic Tones** are a newer more effective form of **brainwave entrainment**. Although binaural beats are much more well known and far more widely used, monaural beats and isochronic tones are actually more powerful and intense and are capable of producing better results in a shorter time period.

What are Monaural Beats?

Monaural beats are when there is only one tone that pulses on and off in a specific pattern. With only one tone (as opposed to two tones with binaural beats) your brain has a much easier time adjusting and there is no need to balance separate tones.



Monaural beats are not only **easier on your brain** but they also produce the altered mind state very quickly. They are actually far superior technology to binaural beats and it is not even necessary to use headphones with them... but it is still recommended for best results.

The effects you achieve will depend on the specific patterns of the pulsing tone. The tone pulses on and off at whichever frequency it is programmed to.

This beating sound programmed to a specific herz will tell your brainwaves to create a certain state of mind and allow you to experience the desired results very effectively.

What are Isochronic Tones?

Isochronic tones are the most powerful type of brainwave entrainment available. They use equal intensity tones that pulse on and off at different speeds. When the speeds are increased they synchronize your brain with the rhythm. Depending on the pattern of the tones as well as the speed, you can achieve all sorts of altered mind states quickly and very effectively.

The distinct and clean wave form that isochronic tones use will synchronize with your brain far **more efficiently** than other types of brainwave entrainment.

At the moment there are not many companies that offer isochronic tones. I would guess that they will become much more mainstream in the very near future as more and more people start to rave about the beneficial effects they have experienced with isochronic tones.

Why are They Superior to Binaural Beats?

There are a few reasons that binaural beats are lagging behind other forms of brainwave entrainment.

1. Binaural beats require headphones. Monaural Beats and Isochronic tones can be used very effectively without headphones although for best results it is recommended that you still use them.
2. Binaural beats cannot entrain the Hemispheres individually. They cannot do this because they require both ears. With separate stimulation in each ear it is much easier to achieve deeper meditation and is particularly useful for ADD reduction and depression.
3. Your brain can only process the intensity of binaural beats at around 3db, or 1/10th the volume of a whisper. Monaural beats and isochronic tones can be perceived at a much greater depth and intensity and therefore have far greater potential.

This is a very short video showing the difference between binaural beats, monaural beats and isochronic tones.

How Can They Benefit You?

They can produce all of the same results that you can achieve from binaural beats just on a more efficient level and in a quicker time frame. Below are just a few of the most common benefits:

- Less stress
- Deep sleep
- Improved memory and IQ
- Pain relief
- Stronger spiritual connection
- Better health
- Sharper focus
- Improved sense of well being

In Summary...

Given the choice I would use Isochronic tones any day over the other two forms of brainwave entrainment. I have used all three but consistently use isochronic tones more often in my daily life.

I have had great results with each but definitely notice a superior difference with the isochronic tones. I find the results to be practically instant as long as I am focused and able to tune out any distractions or noises... headphones are extremely useful for this.

<http://www.binauralbeatsonline.com/understanding-monaural-beats-and-isochronic-tones/>