

Binaural Beat MP3 File

The [Sensory Motor Rhythm](#), also called the Mu rhythm, is used in neurofeedback. Many have used the Sensory Motor Rhythm for a variety of disorders including epilepsy, autism, learning disorders, and ADHD. I originally made this Sensory Motor Rhythm [MP3 file](#) for my two older sons who have epilepsy and suffer from seizures.

From: <http://www.jetcityorange.com/meditation/fixed-pitch.html>

The use of headphones is recommended.