

How Brain Tapping Works?

Brain tapping turns your brain waves into a symphony. Each session lasts about 15-20 minutes.

The Science Behind

Our brainwaves mimic the pulse rates of the sounds to which we're exposed. By listening to the varied frequencies and holographic music in BrainTap's unique audio programs, you can reboot your brain to a healthy, balanced state of relaxation and revitalization. BrainTap sessions bring down the rapid brain waves that trigger tension while ramping up the brain waves that counteract stress, leaving you feeling calm, motivated, and happy.

Brain Tapping Methods:

Light Frequencies (BrainTap® Headset only)

Gentle light pulses delivered through the retina and ear meridians, sending direct signals to the brain and guiding you into various brainwave states.

Binaural Beats

When two different tones are introduced – one in each ear – the brain perceives a third, unique tone. Binaural beats work by creating the phantom frequency, which the brain then mimics.

Isochronic Tones

Isochronic tones are equal intensity pulses of sound separated by an interval of silence. The tones pulse rapidly, but vary in speed, depending on the desired brain frequency.

Guided Visualization

A narrator guides the listener to envision a consistent image of a desired goal or outcome. Through entertainment, this guidance can happen at the sub-conscious level.

10-Cycle Holographic Music

A sonic technology that produces a 360-degree sound environment. In this environment, visualizations become more real to the mind, creating a more receptive learning state.

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BRAIN TAP



ORDER YOURS TODAY!

Quick and easy way to relax, reboot and revitalize by simply optimizing your brain's peak potential—anytime, anywhere.

Backed by neuroscience and research, braintapping's guided meditation is proven to help people who experience high stress, difficulty sleeping, low energy, and other lifestyle challenges.

Benefits of Brain Tapping:

- ✔ Stress Relief
- ✔ Calm and Controlled
- ✔ Able to Control Weight
- ✔ Energetic and Positive
- ✔ Healthy
- ✔ Clarity of Thought

Brain tapping creates a symphony of brainwave activity, a feeling of calm focus that's just right for learning and productivity. Each guided meditation session is designed with brainwave balance in mind.

Unlike other meditation programs, BrainTap's exclusive neuro-algorithms gently and naturally guide your brain through a broad range of brainwave patterns, instead of just the Alpha state. The result is a complete spectrum of brainwave activity.



The BrainTap headset uses unique frequencies of light and sound to produce incomparable brain fitness.



Think Better

BrainTap gives you the gift of a present mind. Instead of feeling overwhelmed and distressed, you feel energized, focused, and confident.



Sleep Better

Retrain your brain to relax into your body's natural sleep pattern and awaken rested, revitalized, and renewed.



Perform Better

As your brain develops a heightened sense of clarity and your energy returns to full form, your performance accelerates naturally.

The added dimension of the headset's light frequencies lets you reach the most advantageous brain states possible without years of disciplined practice.

By achieving the right mindset, you can lessen negative self-talk and self-destructive impulses and overcome bad habits, freeing you to explore an expanded self-awareness with boundless creativity.

Relax

Proven Scientific techniques allow your brain the rest and recovery it needs by reaching various states of consciousness



Reboot

Clean the slate of the unimportant and reinforce the most valuable information for better memory and brainpower.



Revitalize

Our sessions are designed to build a resilient mind and fit body for life.



Includes:

BrainTap headset (LED-equipped earphones and attached LED-equipped visor), standard USB charger, audio cord, user manual, carrying case and the Founder's Choice program found on the BrainTap Pro App.

Requirements

An audio file encoded with Neuro-Sensory Sensory Algorithms® or AudioStrobe®, an iPod®, iPad®, iPhone® or Android® device for listening via the BrainTap Pro app.