

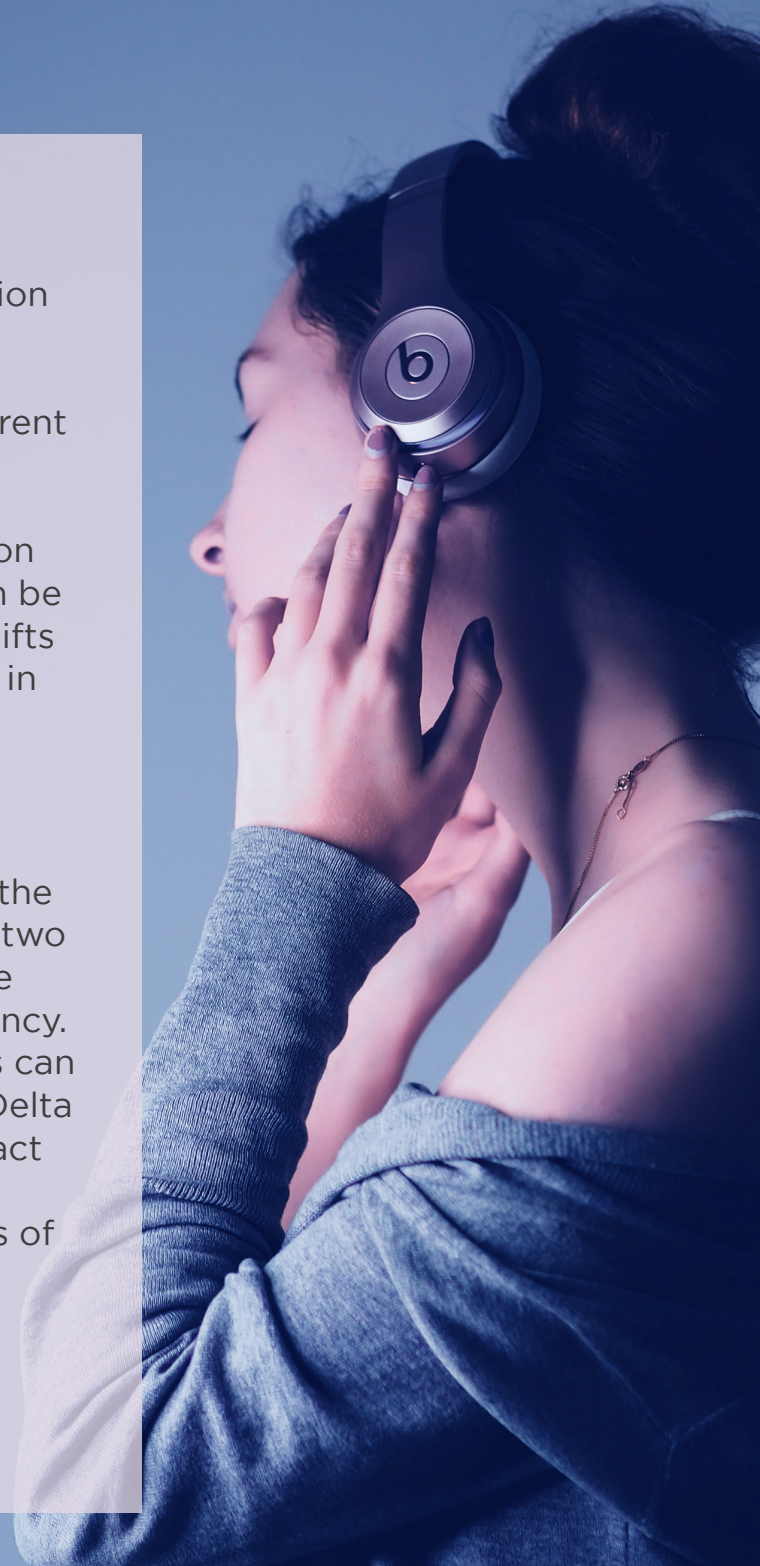


SOUND THERAPY

Binaural beats use rhythm and repetition to induce meditative states. This is another technique that dates back thousands of years, and remains a current practice by Tibetan monks, Native American shamans and Hindu healers. Technology has allowed for the creation of consistent, rhythmic sound that can be customized and results in the same shifts in brainwave activity that can be seen in individuals in deep meditative states.

When presented with two tones simultaneously (binaural beats), the brain perceives a third tone based on the mathematical difference between the two frequencies. The brain then follows the original sounds, but at the new frequency. With this knowledge, sound engineers can create music that induces Theta and Delta states in the brain, which can counteract stress, slow heart rate and breathing, and help reverse the damaging effects of chronic stress.

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