

Applying Binaural Beats for Relaxation & Meditation

Binaural beats result from hearing 2 dissimilar frequencies in each ear so headphones are required. If you hear two different frequencies in each ear, you'll hear the difference between two as a binaural beat.

Listening to binaural beats may increase particular brainwave frequencies. Our brain mimics the frequencies we hear in the beat. If you wish to better your alpha brainwaves, listen to a binaural beat in the alpha range. This is called entrainment or frequency-following response.

If you wish to relax, practice stress reduction, learn to meditate, or evoke the Relaxation Response download and listen to some of these binaural beat MP3 files. There are various ones that use different frequencies and patterns. Most have descriptions you can utilize to help decide which one(s) to use.

You might find these binaural beat files helpful while learning how to meditate. Utilize them to get started but after awhile you might discover that you don't need them any longer, that you've outgrown them. Or you might find them of use on a more regular basis. The only way to learn is to try them yourself and determine what works best for you.

Beta brainwaves (13-40 Hz) are associated with active thinking and concentration. Alpha brainwaves (7-13 Hz) are associated with relaxation and/or drowsiness. Theta brainwaves (4-7 Hz) are associated with dreams, meditation, and REM sleep.