

Sliding Beats

These files span a range of frequencies and consequently draw out a corresponding range of brainwave frequencies. The pitch begins high and finishes low.

Remember you must listen to these files utilizing headphones in order for them to work.

Set aside a regular time every day and find a quiet place to sit. Relax, center on your breathing, and use these files as a tool. Establish the habit.

This first file is called Absolute Sweep and it spans the beta through alpha to theta brain wave frequencies. It goes from 25Hz -> 4Hz on (L 123.6 -> 134.1 and R 148.6 -> 138.1)

The last 3 files each map to one type of brainwave: beta, alpha, and theta. They slide from the high end to the low end of the range. The base sound is a 136.1 Hz sine wave.