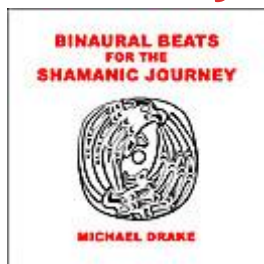


Mp3 Michael Drake - Binaural Beats For The Shamanic Journey



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World-renowned writer, rhythmist, and shamanist Michael Drake presents this binaural beats recording to support the listener in making shamanic journeys. 4 MP3 Songs in this album (61:21) ! Related styles: NEW AGE: Shamanic, NEW AGE: Meditation People who are interested in Steven Halpern Jonathan Goldman should consider this download. Details: Until recently, only those who practiced ancient meditative disciplines could enter transcendent states of awareness. Now there is an easier pathway called binaural technology. Researcher H.W. Dove discovered that when two tones close in frequency are presented, one to each ear, the brain detects the difference between them as a third frequency. The two hemispheres of the brain entrain to this binaural beat rather than the audible tones. For example, a 90 Hz tone and 95 Hz tone will induce a 5 Hz theta brainwave cycle. Theta activity reflects the dreamlike state between wakefulness and sleep. Theta rhythms are associated with meditation and shamanic states of consciousness. Theta increases creativity, enhances learning, reduces stress, and awakens intuition. Binaural beats can induce profoundly deep altered states within minutes. All you need is a pair of stereo headphones and a comfortable chair. The recording does the rest. The lower of the two tones, or carrier tone, also influences consciousness. Carrier tones for the journeys on this CD are 136.10 Hz (C#) and 172.06 Hz (F). According to Swiss scientist Hans Cousto, 136.10 Hz corresponds to OM, the primal sound from which the universe constantly emanates. This tone relieves stress, opens blocked energy pathways, and restores inner peace and balance. 172.06 Hz corresponds to Kung, the fundamental tone in ancient China for attuning to Tao, the force that guides everything in the universe. This tone supports cheerfulness, clarity of spirit, and cosmic unity on the highest levels. The shamanic journey is a time-honored method of inner consultation. It is a way of communicating with your inner self and

retrieving information. Your inner self is in constant communication with all aspects of your environment, seen and unseen. You need only journey within to find answers to your questions. Begin your journey by sitting in a dimly lit space and wearing headphones. Reflect for a moment on the purpose of your journey, then begin listening to the CD. Focus your attention on the tones, then close your eyes and feel yourself being carried away by the sound. It will take a few minutes for brain waves to synchronize with the binaural beat. Once you enter a trance state, you may experience a change in body temperature, feel energy flowing through your body, or find yourself twitching or rocking. It is not uncommon to hear sounds or voices. You may see colorful patterns, symbolic images, or dreamlike visions. The key is to observe whatever happens without trying to analyze the experience. Each journey ends with a callback and has a binaural beat of 4.5 Hz, the theta rhythm associated with the deepest states of shamanic consciousness. 30 minute journeys are split into two tracks for your convenience. You can select the first track for a 30 minute journey or the second track for a 15 minute journey. Step-by-step instructions for making shamanic journeys are explained in Michaels book, *The Shamanic Drum*. Track 1: 30 minute Theta OM Track 2: 15 minute Theta OM Track 3: 30 minute Theta Kung Track 4: 15 minute Theta Kung Michael Drake is an internationally recognized writer, rhythmist, and shamanist. He is the author of *The Shamanic Drum: A Guide to Sacred Drumming* and *I Ching: The Tao of Drumming*. He spent more than 30 years of his life seeking answers to some of life's most perplexing mysteries: Why am I here? What happens when you die? What is life's purpose? He explored the world's great religions. He considered the philosophies of humanity. He studied the theories of modern science. At a crucial point in his search, Michael came in touch with the transforming power of shamanic drumming and of an ancient shamanic way of self-knowledge. Under the tutelage of Mongolian shaman Jade Wah'oo Grigori, he learned the healing rhythms and drum ways of an ancient shamanic lineage. He discovered that therapeutic rhythm techniques have been used for thousands of years to create and maintain physical, mental, and spiritual health. Inspired by his studies, research, and experiences, Michael founded Talking Drum Publications in 1991 in order to publish information related to shamanic drumming. For the past 20 years he has been facilitating drum circles and workshops nationwide.

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