

Deep Rest For Brain

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Description: Sometimes it may happen that you are tired, you need to take deep rest & you dont want to get sleep because you have some work to do. In this type of situation you want to revitalize yourself & get back to work. This audio can help you in this type of situation. This audio utilizes the power of "Brainwave Entrainment". You brain will be in Deep sleep state for 15 minutes. You may be awakened while you will listen but during this time your brain along with your full body will get the type of rest which can only be taken during deep sleep. At the end of this music you will be awakened again so that you can get back to work. Listen to this audio and give your brain a very deep rest which it gets during deep sleep. Length of Audio: 40 Minutes Types of Entrainment Sounds: Isochronic Beat Background Sounds/Environment: Ambient music, sound of small river, sound of birds, sound of fountain & Tibetan bells Requirement: You must hear this audio with stereo headphones Frequency Level: At middle Delta for 15 Minutes and at the end Beta for 8 Minutes Best Time To Hear: When you want to get deep rest for brain, body & mind Eyes Closed or Open?: You must close your eyes while listening to this audio Position during listening this audio: Lie down while listening to this audio

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