

# Brainwave Therapy - Deep Meditation

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Maybe youve tried to meditate before but got bored and lost interest. Its no wonder--learning to quiet your mind and enter into deep meditative states can take years of practice. Now you can easily reach depths of meditation that would otherwise take years of practice to attain. Deep Meditation provides all the benefits of profound meditation without endless hours of discipline. Within minutes, you feel yourself lifted from physical tension and mental anxieties. As stress dissolves, youll feel a higher, more refined energy moving through your body. A powerful combination of Brain Wave frequencies guides you into the extraordinary meditation state known as Body Asleep-Mind Awake. As your brain awakens, rich, resonant music based on ancient mystical traditions opens the flow of energy in your body. While your chakras vibrate in resonance with the universe, they become balanced, energized and open. At the end of 30 minutes youll feel refreshed, revitalized and nourished at the deepest levels. This classic meditation program has been extensively used and studied by biofeedback therapists. In a study conducted by The Other 90 in San Francisco, using a 24 electrode EEG showed that an astounding 87 of research subjects, who had never meditated before, entered the Theta State of advanced meditation.

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