

Gamma - Increase Meditation Skills Audio Mp3 Isochronic



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Isochronic Beats with Thunderstorm Sounds (14 Hz - 40 Hz, Length: 35 Minutes, File Size: 48 MB) This is a stimulating gamma session, useful for fatigue, depression, energy, attention and meditation skills. It is based on the cognition study by Dr. Ruth Olmstead. It is recommended to use this session no more than once or twice a week, due to the stimulating effects of gamma. Single User License Disclaimer: This Audio mp3 is not intended to treat or cure any physical or mental disease, nor should any of the subject matter on the site be taken as medical advice. If you are prone to epileptic type events, schizophrenia, pregnant, wearing a pacemaker, prone to seizures, or under the influence of medication or drugs or alcohol, it is best not to listen to brainwave mp3's or cd's and/or you should consult with a licensed medical professional before listening to any of the mp3's or cd's. This is worth repeating, it is highly recommended that you don't listen to the sessions while under the influence of alcohol or other mood altering substances, or medication. Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to the sessions. Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of any sessions, as they are more susceptible to seizures. Tags: nlp

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