

Mp3 Jacob Key - Sirius Waves



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Enchantingly seductive synthesizers gently encourage you into a soothing state of deep relaxation. The perfect sound-scape background for any kind of meditation. 8 MP3 Songs NEW AGE: Meditation, ELECTRONIC: Soundscapes Details: This music was designed to stimulate and harmonize with specific brain wave frequencies. It can be used for this or simply enjoyed as beautiful space music. I used to work at a place named Sirius Minds, which was a Brain Gym. The concept was a gymnasium for the brain, where there were various stations utilizing light and sound technology to help people relax. In the heart of Manhattan, this was a peaceful oasis. My favorite thing to do there was relaxation/meditation sessions in the "waterfall dream chair." This was a special chair designed to promote relaxation, with an actual waterfall inside. Being a music lover, I would usually play something soft, innocuous, or dreamy in the background: there is no shortage of that kind of music to choose from. The problem with finding some good new age music to relax with and use for actual meditation or deep relaxation is that the songs are not really tailored to match the meditative experience. They provide a gentle, soft background, but the shifting songs create a variety of tempos and tonalities. The more changing rhythms and new harmonies introduced the more potential interruptions in your concentration and path to reaching deeper relaxation. The music doesn't match your experience as the body becomes more and more relaxed. Your brain waves provide different experiences at different frequencies. Light and sound technology allows a novice meditator access to a choice of brain frequency destinations. The frequency ranges we worked with are: Alpha, Theta, 7.83 (the harmonic resonance frequency of the earth), and Delta. Each level has its own characteristics. After sort of mapping out the patterns and cycles of my experience at each frequency, I began to realize how the music could accompany the experience and actually support and harmonize with this kind of deep meditation. So the different songs are actually meant to be heard while your brain

waves are in specific frequency ranges. Alpha is for alpha waves meditations; Theta is for Theta waves meditations, and so on. There are a few short three-minute pieces that I like to use for transitions. When shifting from frequency to frequency there is a sort of adjustment period. These transition songs can help take you from place to place. All songs are based in the same key--G Flat--so you can program your CD player for the right amount of duration for your meditation. The songs entitled Alpha, Theta, and Delta are about 15 minutes each, so you can mix and match depending how long you want to visit at each frequency, or for your total allotted meditation time. No drums, no vocals, no key changes, nothing to break the foundation of relaxation that accumulates with longer meditations or deep breathing relaxation sessions.

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