Sound Therapy, Healing Music & Brainwave Entrainment for Higher Consciousness and Optimal Well-Being

Growing up in New York, I've always been the "I want my meditation and I want it now" kind of guy. When it comes to getting 'into the zone' for enhanced focus and well being, I don't want to 'waste' time or wait to get into that state. Paraphrasing Ram Dass, I want to '**Be *There* Now**.'

Learning how to 'self-orchestrate on the spectrum of consciousness', as pioneering researcher (and personal mentor) Dr. Jean Houston so eloquently suggests, has many benefits.

For thousands of years, humans entrained their heartbeat and brainwaves with drumming, chanting and ceremony.

Nowadays, high-tech meditation with brainwave entrainment music can provide instant access to the key ***alpha*** and ***theta*** brainwave states for higher consciousness.

There are a growing number of websites and videos offering brainwave entrainment music. Many sound eerily mechanical, with low frequencies that act like Audio Ex-lax for some of us.

Brainwave entrainment tones by themselves are not pleasant to listen to. The key is to artistically combine the frequencies with music.

That's why the choice of music is so important.

Entrainment 101

Most people don't realize how incredibly sensitive our body is to sound, especially our heart and brain. Our response is obvious when there is loud sound, such as the drummer of a rock band.

Entrainment is a law of nature. Your heartbeat will match the beat of the drummer.

It is an automatic response.

You cannot command your heartbeat NOT to synchronize with the external beat.

Likewise, **you can't command your brain NOT to entrain to embedded frequencies**.

Biofeedback Studies Prove We Are Pre-Wired for Higher Consciousness.

Most music, however, keeps you locked in the ***beta*** range due to its predictability and rhythms which overpower your own subtle internal rhythms. Such music actually ***keeps you out*** of these states.

Properly composed music with entrainment tones mixed in softly can provide precise access to the desired ***alpha*** or ***theta*** frequencies.

All Brainwave Entrainment Music Is Not Created Equal

To entrain the *brain* to a desired frequency is easy.

What is NOT easy is to balance and synchronize both hemispheres.

We have been culturally conditioned to **anticipate where the music is going in the future.**

This creates what I call a '***paralysis of analysis'*. Most music primarily engages our analytical left brain. This inherently unbalances our hemispheres.**

You cannot predict the future with music like ***CHAKRA SUITE*** or ***MUSIC for MICRODOSING*.** **You are at peace in the present moment, in the 'hear' and now.**

Biofeedback studies confirm that this music ***balances and synchronizes*** the left and right hemispheres.

Two brains (hemispheres) are better than one! A balanced brain enhances the connection between your heart and brain. When choosing your own playlist, do you choosing wisely?

Are you unknowingly choosing music 'composed' without intention by copycat musicians, or nowadays, even by ai? Where is the soul?

By paying attention to these subtleties, you can make more effective choices that support your optimal well-being and higher consciousness with the power of sound.

Of course, you should also listen to music you enjoy as entertainment. The power of music in either domain is awesome.

Stay tuned!

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