

Meditate Deeper than Zen monk on the Push of a Button.

Evolutionary Growth through high-tech Meditations

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Evolutionary Growth through High-Tech Meditations
By Nino Roso

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Introduction

All biological organisms in comparison to rocks make decisions. Decisions are what define our life. Your willingness to explore, possibly embark on a journey of binaural beat meditation will pay itself in big dividends in the long run as your character matures through persistent practice. ‘Character is Destiny’ many Great people throughout history stated it.

Meditation means Awareness. Whatever you do with awareness you have choice about and that itself is a meditation. "Watching your breath" is meditation; listening to the trees is meditation. When the mind is free from distractions and focuses on one thing that is meditation.

The word meditation, is derived from two Latin words : meditari(to think, to dwell upon, to exercise the mind) and mederi (to heal). Its Sanskrit derivation 'medha' means wisdom.

Many years ago meditation was considered something just not meant for modern people, but now it has become very popular with all types of people and recently the binaural beat high-tech form of meditation has entered the mainstream arteries and even now as we speak another breakthrough of sorts is fermenting and was a topic of discussion at times in the scientific circles about AI- Artificial Intelligence and BII - Biologically Inspired Intelligence and some forms of hybrid bio-neuro-circuitry that will „expand our consciousness way beyond our heads“ -says dr.Hardt a very well respected Neuroscientist in a telephone Interview.

Altering the state of consciousness through some form of manipulation or technology is not of recent development. People have been altering their brainwaves even in those cave man days. Some of the oldest religious sites in Britain, such as Stonehenge and Newgrange are constructed as resonating structures and often contain images of soundwaves. The capacity of soundwaves to alter consciousness has also been known since before recorded history. Cave paintings often depict wave shapes and often occur at sites where there are unusual natural acoustics. (References: Channel 4, 2001, "Secrets of the Dead: Sounds From the Stone Age" Paul Devereux, 2001, "Stone Age Sound Tracks",)

Acoustic archaeology, or Archaeo-acoustics, is a relatively recent development which adds the dimension of sound to the range of research questions about a particular site. European examples of ancient sites with known acoustic properties include Mycenaean tholos tombs, classical Greek theatres, the Maltese Hypogeum and oracular sites. Sounds would have been included in the rituals at such places and sounds are known to affect the human body and brain function. Ceremonies in existing societies, used by shamans in their interaction with spirit or other worlds, can include sound in various forms, often in conjunction with other techniques such as fasting, repetitive movement or mind-altering substances. Acoustic archaeologists theorize that sound effects were known and used by prehistoric societies and might be found in some megalithic monuments.

„Sound is the source of all manifestation...the knower of the mystery of sound knows the mystery of the whole universe“ Hazrat Inayat Khan

All life consists of rhythmic processes. Breathe in, Breathe out. We usually get up with daylight and go to sleep at night. Everything Cycles. Not only our sleep patterns, but our

eating patterns, digestive patterns, even our harvesting and mating patterns are all affected by the rhythmic cycles.

Rhythmical psychoacoustics entrainment has been used by medicine men and women and shamans from different cultures since prehistoric days. The ability to create altered states of consciousness through drumming, chanting and music is probably as old as music itself. Jeanne Achterberg in her book *Imagery in Healing* notes, for example, that analysis of shamanic drumming encompasses a frequency range of from .8 to 5.0 cycles per second, which she refers to as "theta driving capacity."

Tibetan bells, or Ting-Sha's, have been utilized in Buddhist meditation practice for many centuries. An examination reveals that the two bells, which are rung together, are slightly out of tune with each other. Depending upon the bells, the difference tones between them create ELFs somewhere between 4 and 8 cycles per second. This falls exactly within the range of the brain waves created during meditation and helps shift the brain to these frequencies. It is little wonder that Tibetan bells are experiencing a worldwide increase in popularity as tools for increased relaxation and reduction of stress.

Peruvian whistling vessels are ancient pipe-like instruments, originally found buried with mummies in Peru. For quite a while it was thought that they were just water jars. Then, some people began to experiment with them, blowing on them as whistles. The psychoacoustic effects of actually blowing these vessels are quite amazing and powerful.

Sound

Sound can be understood as being rhythmic and cyclic. Sound takes the form of waves, which are measured in cycles per second (hertz or hz). This periodicity is rhythmic in nature. Each cycle of a wave may be recognized as a pulse of sound.

Sound is mechanical wave of energy that changes the pressure of its medium (air or water) as it moves. These changes of pressure are detected by our sense of hearing and transmitted to our brains for interpretation. Sound waves are described by their wavelength, amplitude and frequency and intensity (in decibels).

How do we hear?

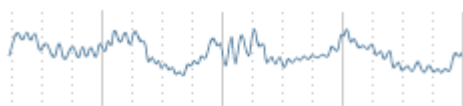
Sound waves enter our ear and strike our ear drum (the tympanic membrane) and this vibrates our ear bones in the middle ear. These vibrations are transmitted to the fluid of the inner ear. In turn, this fluid vibrates the hair cells that line the inner ear. These hair cells are connected by neurons to the auditory nerve. The auditory nerve carries the signal to our brain where the sound is translated into information. The volume of the sound is determined by the number of hair cells stimulated and the pitch is determined by the distribution pattern of stimulated cells.

Physicists measure frequency in units called hertz (Hz) and call a thousand hertz one kilohertz' (kHz). Most physics textbooks say we can hear airborne vibrations that occur between 20 and 20,000 times a second (20 - 20kHz). But in truth, this is a gross simplification. Hearing varies from person to person, with countless factors influencing the range of frequencies that any one of us can detect. Your age and genetic makeup play a part ó so do many other variables, such as the time you've punished your ears in foundries or heavy metal concerts and the amount of wax in your ears.

Brain Waves

Our brain waves are rhythmically pulsating and oscillating at particular frequencies that can be measured, just like sound waves, in cycles per second, called Hertz. There are four 'basic' brainwave patterns.

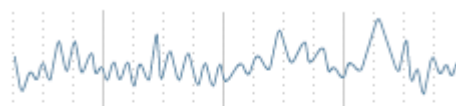
Four Categories of Brain Wave Patterns



Beta (14-30 Hz)

Concentration, arousal, alertness, cognition

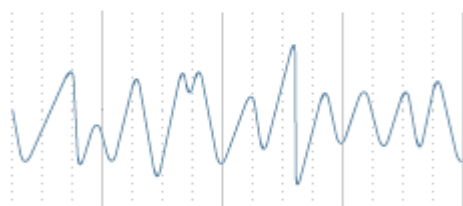
Higher levels associated with anxiety, unease, feelings of separation, fight or flight



Alpha (8-13.9 Hz)

Relaxation, superlearning, relaxed focus, light trance, increased serotonin production

Pre-sleep, pre-waking drowsiness, meditation, beginning of access to unconscious mind

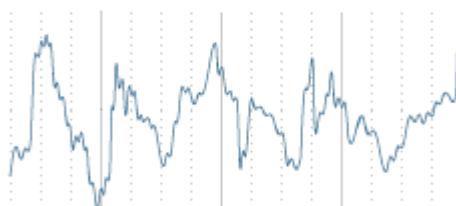


Theta (4-7.9 Hz)

Dreaming sleep (REM sleep)
Increased production of catecholamines (vital for learning and memory), increased creativity

Integrative, emotional experiences, potential change in behavior, increased retention of learned material

Hypnagogic imagery, trance, deep meditation, access to unconscious mind



Delta (.1-3.9 Hz)

Dreamless sleep
Human growth hormone released

Deep, trance-like, non-physical state, loss of body awareness

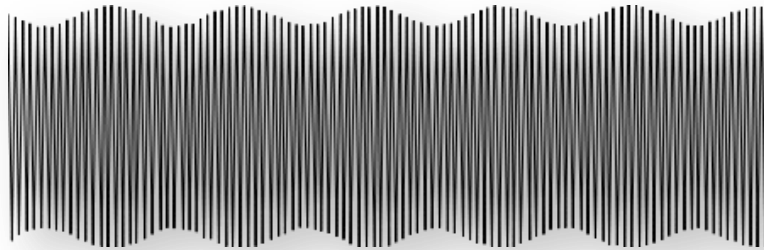
Access to unconscious and "collective unconscious" mind, greatest "push" to brain when induced with Holosync®

The Psychophysiological Principle, states:

Any experience that you have, you have only while you are having a specific brain wave pattern. If your brain wave patterns change, then your experiences will change. Now we are on to the methodology of brainwave manipulation through usage of audio tones called binaural beats.

What are binaural Beats?

Binaural beats are auditory brainstem responses which originate in the superior olivary nucleus of each hemisphere. They result from the interaction of two different auditory impulses, originating in opposite ears, below 1000 Hz and which differ in frequency between one and 30 Hz (Oster, 1973).



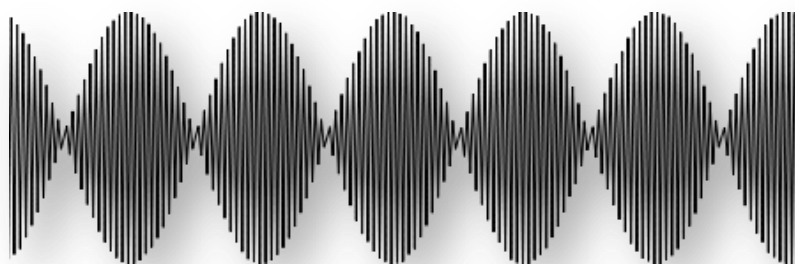
The brain produces a phenomenon resulting in low-frequency pulsations in the loudness and sound localization of a perceived sound when two tones at slightly different frequencies are presented separately, one to each of a subject's ears, using stereo headphones. A beating tone will be perceived, as if the two tones mixed naturally, out of the brain. The frequency of the tones must be below about 1,000 to 1,500 hertz for the beating to be heard. The difference between the two frequencies must be small (below about 30 Hz) for the effect to occur; otherwise, the two tones will be heard separately and no beat will be perceived.

Binaural beats reportedly influence the brain in more subtle ways through the entrainment of brainwaves as the brain follows the audio stimulus a phenomenon called frequency following response (FFR) and entrains the brainwaves to specific frequency rhythms reportedly reducing stress and anxiety while promoting meditation self reflection and a general sense of wellbeing.

This process of entrainment takes external sound stimuli which influences internal brain rhythms creating a beautiful symphony of the brainwaves.

Binaural Beats are a favorite way to entrain brainwaves but are not the only one. There are two more methods for entrainment called *Monaural Beats* and *Isochronic Tones*.

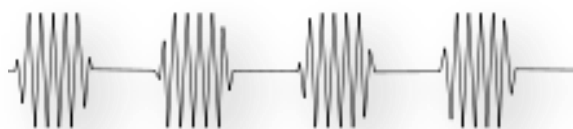
Monaural Beats.



http://en.wikipedia.org/wiki/Monaural_beats

Monaural beats are similar to binaural beats, except that the interference pattern is heard outside of the brain rather than inside it. This is achieved by playing both frequencies in each speaker, rather than a dedicated frequency in each speaker. Thus each speaker pumps out two frequencies, resulting in a sine wave pulse over the top of the output frequencies. If one listens to binaural beats on a HiFi using external speakers, then even when one is sat in between the speakers, one will hear some degree of monaural interference pattern. One does not have to use headphones with monaural beats. Monaural beats may be more effective than binaural beats in brainwave entrainment but because there is no processing by the brain, the pulse being heard outside the brain/body, then it does not provide the brainwave synchronization (key point) effect between left and right hemispheres. In a 1973 issue of Scientific American, Dr Gerald Oster noted that Monaural waves create a far greater entrainment effect than binaurals. The benefit of listening to monaural beats is that the body can absorb the sound (up to a certain depth), whereas binaural beats listened to only with headphones are only 'heard' by the brain.

Isochronic Tones.



http://en.wikipedia.org/wiki/Isochronic_tones

Isochronic Tones are regular beats or pulses of sound of the same tone, with silence in between each pulse or beat. Similar to monaural beats, the beat is heard outside the brain, but it is not the result of an interference pattern between two different sounds. The same frequency of tones is output in each speaker and headphones are not required. Isochronic tones are more pronounced than binaural or monaural beats, and as such produce arguably the strongest brainwave entrainment benefit. However, similarly to monaural beats, they provide no brain synchronization benefit (Huge downfall). Some people do not like isochronic tones because they can be tiring or distracting to listen to. This need not be the case. In some instances, the beats are disguised by ambient music, which may lessen the actual effect of the isochronic tones slightly. Also, by their very nature, they cannot produce very low frequencies, as the spacing between the tones/pulses is too long, i.e. they can only be used effectively over 4Hz.

Brainwave entrainment audio designed for open air listening can incorporate both Isochronic Tones and Monaural Beats. Some packages use all three, and can be alternately listened to with external speakers and headphones (every other session), one benefitting from the isochronic and monaural beats in the former scenario and the binaural beats in the latter scenario.

History

Heinrich Wilhelm Dove discovered binaural beats in 1839. While research about them continued after that, the subject remained something of a scientific curiosity until 134 years later, with the publishing of Gerald Oster's article "Auditory Beats in the Brain" (Scientific American, 1973).

All later developments in this field and in every other field for that matter were done by standing on the shoulders of other people who made their prior discoveries. Some were interested for example in exploring various states of consciousness that are possible due to entrainment while others were more focused on meditation possibilities and personal growth and or healing and wellbeing.

Now we will explore all these diverging paths available today that have evolved on recent findings and consequent journeys derived from each path or method of creators who perfected their high-tech and will help explain every one of them so you can choose best path that suits your character and personality well.

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