



Brainwave.Club - Guidelines

Dear Brainwave Club member,

Welcome to the leading-edge of brainwave guidance. You have just unlocked the door to increased inner peace, happiness, and so much more! These guidelines will help you have the best possible experience with this revolutionary new brainwave guidance technology, and reap the greatest benefits through your Brainwave Club membership.

Don't make the mistake of thinking that these Brainwave guidance sessions are only for meditation. On the contrary, within this document, you will discover the versatility of these powerful brainwave sessions and the multiple uses/applications.

Brainwave Club audio sessions are an effortless and effective way to enjoy the hundreds of benefits of entering various meditation states. Whether you're a seasoned meditator or a beginner, you will enter a deep meditative state every time through a process called brainwave guidance (a practice as old as time, akin to rhythmic drumming) but in a scientifically engineered way that puts your brain into specific states of activity within the range of brainwave states we call meditation.

Each unique Brainwave Club session (1,2,3,4 etc) includes four 60 minute tracks covering each of the brain wave ranges: alpha, theta, delta, and gamma. Each of these ranges have their own unique benefits and can be used depending on what you need at that time. There is no single "best" brainwave range. Read through the benefits of each range below, so you understand how each session can be used in everyday life.

Alpha Sessions:

Quickly elevate your mood, relax and de-stress. A more relaxed state of mind stimulates creativity and clarity. You enter into a state of relaxed focus where you can look at problems from a different angle. This makes alpha perfect for business brainstorming, idea generation, and focus while working, studying or doing homework. If you are having one of those days when you feel overwhelmed or scattered, do an alpha walking meditation or yoga session to burn off some stress and regain a sense of calm focus. In the evening, relax to alpha to release the stresses of the day.



Theta Sessions:

Experience the Flow state. This is the state of heightened intuition, vivid visualisation, and detachment from external and internal distractions. Goals visualisation, writing, music composition, and even peak physical performance occur in theta. Theta waves are associated with access to the subconscious mind, and therefore self-reprogramming (you can say affirmations while in this state, with great effect, and prime your mind to seek ways to achieve your goals). A theta meditation is ideal if you simply want to experience deep meditation and relaxation.

Delta Sessions:

Experience enhanced physical and mental rejuvenation and stimulate healing from the effects of chronic stress and your mind recover from burnout. Delta is when profound healing occurs, as it powerfully stimulates the parasympathetic nervous system (healing) and relaxes the sympathetic nervous system (the stress response). If you need a power nap during the day, need help getting to sleep or falling back asleep, delta is the state you want to be in. You can even meditate with your pet, if your pet experiences separation anxiety!

Gamma Sessions:

Increase your intellect by developing hemispheric synchronisation and increasing the speed and quality of information processing. Gamma is also known to elicit the “feeling of blessings” where you feel more compassion toward yourself and others, and feel a profound sense of bliss and oneness. This state is perfect for accelerated learning (especially if you’re learning something challenging), or if you’re in a difficult situation with other people.

How it works:

“Brainwave guidance” refers to the capacity of the brain to naturally synchronise its own brainwave frequencies with an outside stimulus. You may have tried some of the free “brainwave” sessions available on the Internet, without as much success.

That’s most likely because most brainwave audio files out there - even the legitimate ones - are not high enough quality in terms of technology used, brainwave guidance methods incorporated and purity of tone.

Anyone with a laptop can record a binaural beat soundtrack, but without the precision and purity of sound frequencies, the three pronged brainwave guidance



approach and the highest quality possible MP3 files (328kbps) that only Brainwave Club sessions deliver. This translates to ineffective and poor quality brainwave guidance effects (if any!).

Here's what makes the Brainwave Club sessions unique (*and superior*) and this is why you will notice a marked difference in effectiveness in these sessions over others you may have tried previously:


















- The Brainwave Club brainwave sessions incorporate a precision-engineered pure frequency. (3X-PureTone tech included) Each session uses binaural beats, monaural beats, and isochronic tones as well as single (pure) brainwave “target” frequency to ensure the perfect mix of rapid and highly effective brainwave entrainment.
- The brainwave guidance technology is layered beneath the soundscapes you actually hear; it's not necessary to consciously hear the entrainment rhythm in order for it to work. Your body (and brain) pick up the rhythms, resulting in whole-body meditation.
- All the Brainwave Club sessions use a 320 Hz “carrier frequency” which results in very fast and effective entrainment experience.
- You may listen with headphones or over open speakers, as you prefer. The effect is the same, but the experience is quite different. We invite you to explore both! Most similar brainwave technology requires you use headphones but this 3X-PureTone technology allows you to enjoy the benefits without headphones.

How to use your Brainwave Club sessions:

Get comfortable, take a few deep breaths and press play! You do not need to sit in Lotus position, or even close your eyes; in fact, you can do a walking meditation, do visualisation work, be working at your computer, be engaged in creative tasks, do some stretching, or practice yoga or tai chi while listening and much more. Within about 7 minutes, your brain will sync with the brainwave audio stimulus, which is precisely engineered to guide you in to various brainwave ranges.

(See the screenshot below for a full list of which versions of each Brainwave Club session we recommend you use for various activities - i.e. Delta sessions for power naps and healing, Alpha sessions for mood elevation and study, Theta sessions for brainstorming and creative tasks and Gamma sessions for deep focus, concentration, meditation and more)



-  Meditation / deep relaxation **(A)**
-  Mood elevation **(A)**
-  Deep Sleep / power naps **(D)**
-  Study / homework **(A)**
-  Goal visualisation / loa **(T)**
-  Hemispheric synchronisation **(G)**
-  Creation / invention **(A)**
-  Writing / art / design **(T)**
-  Gratitude practice **(A)**
-  Computer tasks **(G)**
-  Sickness / illness recovery **(D)**
-  Focus / concentration **(G)**
-  Yoga or walking meditation **(A)**
-  Gaming / general downtime **(A)**
-  Home / family environment **(G)**
-  Calming pets **(D)**
-  Business brainstorming **(T)**

Do not feel like you must follow this list at all times. You can use ALL the different sessions (brainwave ranges) successfully for meditation purposes (alpha, theta, delta and gamma).

You can do a gratitude practice at the Gamma range and not only Alpha. You can perform artistic activities while listening to Alpha, not only Theta. This list above



are recommendations based on evidence of how each brainwave range can be most beneficial. Please feel free to experiment with different ranges and see which works best for your own unique activities.

FAQ's

Is it safe?

For the general population: yes! Using audio to stimulate altered states of consciousness (meditation, focus, concentration, relaxation, altered states) is nothing new: rhythmic drumming has been used for millennia. However, we recommend that you *do not* listen if you are pregnant, wear a pacemaker or have any type of seizure disorder.

How does entering meditation states with these brainwave sessions help me?

Meditation literally changes your brain, for a better mental, emotional and spiritual life experience.

- It activates areas associated with creativity, compassion, higher thinking, and self-regulation.
- It enhances connections between various areas of the brain and synchronises activity between the two hemispheres for faster and more efficient information processing.
- It stimulates the secretion of dopamine, endorphins, oxytocin and serotonin - nature's own feel-good neurotransmitters - for a near-immediate mood boost.
- It enhances self-awareness - the first step toward positive change.
- It helps with memory, focus, and learning.
- It makes you feel more connected to others and to the world.
- It helps you be more accepting of yourself and others.
- It eases symptoms of anxiety and depression.



Meditation also has powerful health benefits. Long-term meditators look and feel, on average, 12 years younger than their calendar age!

- It stimulates the parasympathetic nervous system and relaxes the sympathetic nervous system: this translates to less anxiety, better digestion, and healing from the effects of chronic stress.
- It promotes quality sleep
- It lowers blood pressure and promotes deep breathing.
- It helps repair your DNA from the effects of chronic stress.
- It has been used successfully for management of chronic pain.

When will I see results, and how will I know it's working?

It's really impossible to predict what you will feel, or when, because meditation is such a personal journey. *Your brain and body will 'take' from meditation exactly what you need.*

Some people may need cellular-level stress relief. Some may need to feel greater calm. Some may feel out of touch with their intuition. Some may need to lower blood pressure. Meditation seems to have a normalising effect. In a way, bringing you back to your true self so the experiences are often unique for each person.

Some people experience very dramatic and immediate results, such as a sudden increase in happiness “for no reason” or creative ideas popping up “out of nowhere.” Some people experience much more subtle results: a month or so later, they may notice that they aren't as reactive to things people do and say; or that they are able to handle disappointments better.

But you are you, so don't compare your needs or your experience with that of other people.

We recommend that you simply observe what happens. Even the smallest hint of “something different” (like less racing thoughts, even for a few minutes) is a reassuring sign that a lot is going on under the surface.

However, your awareness of these changes may also take time to develop. The beauty of entering meditation states of mind with this technology is that if you stay



consistent with it, the benefits will multiply over time - and the positive changes in your brain are permanent!

If you enjoy these Brainwave Club sessions (and we're confident you will) then we invite you to explore our progressively deepening meditation program, the [InnaPeace Experience](#). It consists of 8 progressively deeper levels of brainwave entrainment steps delivered over 8 months, all with unique benefits and with some significant advantages:

- The InnaPeace Experience takes you through various states of alpha, through various states of theta and finally through various states of delta meditation over the course of 8 months. This offers you a full month of experiencing the unique benefits of several levels within each brainwave range, for maximum benefits to your life.
- Within the complete InnaPeace program. The “carrier frequency” used to deliver the brainwave guidance is progressively lowered as well, strengthening the entrainment effect and resulting in a deeper meditation experience as well as a greater capacity to slip into meditation anytime you want. In the beginning, the carrier frequency is “loud” - at 320 Hz, much like the bass beat at a club that gets you dancing. This makes it very easy for the brain to entrain to the rhythm. As you become accustomed to this, we progressively “turn down the volume” in the carrier frequencies, down to 40hz at level 8 of the program.
- You get comprehensive support on your InnaPeace journey through comprehensive supporting materials delivered with each month's brainwave sessions, as well as unlimited free access to our friendly InnaPeace support coaches. This makes the InnaPeace Experience a true personal development program, rather than just a meditation tool.

Is there anyone available to answer questions or guide me with these Brainwave Club sessions?

Yes! We are real people behind a brainwave guidance tool we are passionate about. You are most welcome to contact our friendly and knowledgeable support team at any time! We are happy to answer your questions and to guide you in your brainwave guidance practice. We are committed to giving you the best possible Brainwave Club experience!

Contact us here: help@brainwave-research.com