

## How To Get the Most From Your Binaural Beats CD

Written by Jade Brooder  
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Binaural beats can be a very effective way to alter your mental state by altering your brainwaves using perceived frequencies that occur when the mind hears the binaural beats. Binaural beats occur when two different tone levels are played and the brain hears the tone that is the difference between the two beats. For example, if 200Hz is played in one ear and 210Hz in the other ear, the binaural tone would be 10Hz. These lower frequencies are associated with deep relaxation and meditative mental states, making binaural beats desirable for many people who want to achieve these moods.

Binaural beats CDs are a great way to hear binaural beats and receive the benefits from listening to the audio stimulus. As you are preparing to listen to your binaural beats CD, be sure that you closely follow the instructions for the CD in order to get the most from your binaural beats CD. Binaural beats CDs are tailored towards achieving different results, so your first step will be determining what you would like to achieve with the binaural beats CD. Some examples of binaural beats CDs include CDs that will help you relieve pain, deal with anxiety, boost your creativity, achieve more restful sleep, and reach a deep meditative state. Choosing the right CD for your goals will ensure that you are satisfied with the CD choice.

Once you have your binaural beats CD and are ready to listen to it, make sure that you are in a comfortable spot and have the space and privacy to relax. You do not want to listen to binaural beats CDs while you are in a public place, driving, or while you are doing an activity that requires your full attention, such as watching children. Binaural beats CDs allow you to hear low frequencies that are associated with relaxation and sleep, so you want to be in a place where these mental states can be comfortably achieved. Examples would be on a couch, or in your bed.

To get the desired effect from binaural beats CDs, you will need a media device, such as a CD player, and stereo headphones. The use of headphones is what allows two different tones to play in each ear, resulting in a perceived frequency that will alter your brainwaves. Without the headphones, your brain cannot correctly hear the distinct differentiation in beat frequency, and cannot perceive the binaural beat. This is perhaps one of the most important things to remember when you are listening to your binaural beats CD.

Once the binaural beats CD is on, allow your mind to follow whatever is happening on the CD and listen with an open and clear mind. Thinking too much about the beats that you are hearing and the effect can decrease the success and effectiveness of the CD. Concentrate solely on the beats and the tones of the beats that you are hearing and allow the binaural beats to work the desired brainwave pattern. A synchronization will happen that will result in a desired mood shift once the CD is complete.

Determining what time of day is best for you to listen to your binaural beats CD will also help you get the most out of the CD. Some CDs may be best to listen to first thing in the morning to give you an extra perk of energy or motivation while others will be more likely to help you when listened to at night. Depending on the type of CD and the binaural frequencies used, there may be an ideal time of day for you to listen to the binaural beats CD. Following all of these

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instructions will ensure that you are getting the most from your binaural beats CD.