

How to Use Binaural Beats

Written by Claire Hood
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Using binaural beats does not take any additional skill or practice, so it's very easy to learn how to use binaural beats. However, there are a few tips and tricks that will ensure you get the most out of using binaural beats. When used correctly, binaural beats have been said to change the brainwave patterns of the listener to create desired mental states than can be hard to achieve. These mental states, such as deep relaxation or concentrated focus, are reached by hearing perceived low frequencies in the mind as a result of listening to binaural beats. The low frequency ranges are associated with ideal mental states for relaxation, creativity and focus. While the human ear can normally hear frequencies in the range of 20 Hz to 20,000 Hz, binaural beats allow the mind to perceive frequencies much lower than 20 Hz.

There are many different binaural beat recordings available online from a variety of sources, so to use binaural beats, the first thing you will need to do is select a binaural beats audio recording. By binaural beats recordings from trusted websites where the binaural beats recordings are done by professionals that understand the science behind binaural beats. If the recording is not professionally done, chances are that the binaural beats will have very little effect on you because they will most likely not be done correctly. Thoroughly research the recordings and the frequencies used to make sure that the binaural beat recording will have the desired affect. For example, do not choose a binaural beats recording that has frequencies to affect brainwaves and create focus and problem solving abilities if you want the result to be a meditative relaxation. Binaural beats recordings should always list the frequencies used and the effect associated with each given frequency.

After choosing your binaural beats recording based on the quality level of the recording and the desired effects, you will be ready to begin listening to your binaural beats recording. For binaural beats to work, you must listen to the recording through stereo headphones. This is mandatory because binaural beats rely on each ear picking up different frequencies. Two different frequencies are pulsed into the ears, and the brain perceives the tone that is the difference between these frequencies. For example, if 210 Hz is pulsed in one ear and 200 Hz is pulsed in the other ear, the brain will perceive a tone of 10 Hz.

Much like meditation or hypnosis, you will need to be in a comfortable place without distraction for binaural beats to work. Find a place where you can relax and be undisturbed for the entire listening time. Some people prefer to lay on a bed or couch, while others prefer so sit so that they are not lulled into sleep by the relaxing binaural beats. Do not listen to a binaural beats recording while doing something that requires your full attention, such as driving, cooking, or watching children. Binaural beats will require your full mental attention, so be sure that you have the time and space to allot to listening.

Once you begin listening, it is important that you focus solely on the binaural beats and not any external factors. Blocking out other thoughts will help the binaural beats to work faster and alter your brainwaves. Just like many other therapeutic methods, in order for binaural beats to truly work, you have to believe that they will work. Resistance will only make the process harder. When you believe that the binaural beats will work and help you, your mind will be in a place to be receptive to the beats and allow them to work with your mind, instead of against it. Be patient

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while waiting for the effects to set in, as binaural beats work differently with each person's mind.