

Brainwave Entrainment

Plus

***Make Binaural Beats & Isochronic Tones
On Your PC for Hypnosis,
Relaxation, Meditation & More!***

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All enquiries to <http://deep-relaxation.co.uk>

Contents

Introduction	6
<i>What you will need:.....</i>	<i>6</i>
Binaural Beats / Isochronic Tones.....	8
<i>Different possibilities.....</i>	<i>10</i>
File Organisation	11
<i>Free Complimentary Finished Items.....</i>	<i>12</i>
Creating Binaural Beats & Isochronic Tones.....	13
<i>Your First Project.....</i>	<i>18</i>
<i>Creating Isochronic Tones.....</i>	<i>24</i>
<i>Exporting to WAV</i>	<i>26</i>
Audacity	28
<i>Subliminal Recordings</i>	<i>36</i>
<i>Bilateral Recordings.....</i>	<i>36</i>
<i>Other Software.....</i>	<i>37</i>
<i>Sounds</i>	<i>37</i>
The Vast Power of Your Mind	38
<i>An Experiment.....</i>	<i>38</i>
<i>The Universal Subjective/ Subconscious Mind</i>	<i>40</i>
<i>The Law of Reversed Effort.....</i>	<i>41</i>
<i>Your Word is Power.....</i>	<i>41</i>
<i>You want immediate proof? Try this!</i>	<i>43</i>
<i>My Personal experiences.....</i>	<i>43</i>
<i>How conscious are you?.....</i>	<i>46</i>
<i>Belief</i>	<i>47</i>
Decide What You Want.....	49
<i>Forming effective Suggestions / Affirmations.....</i>	<i>50</i>

<i>Emile Coué</i>	52
Technique 1	54
<i>Step by step</i>	54
<i>Stop Press</i>	58
Technique 2	59
<i>Step by Step</i>	60
<i>Hypnotic Induction (example)</i>	61
<i>Re-awakening (example)</i>	62
Technique 3	63
<i>Finally</i>	64
<i>Download Link</i>	64
<i>Thank You</i>	65
Further Reading	66

Introduction

The information herein will enable you to easily create good quality recordings containing Binaural Beats and / or Isochronic Tones and / or hypnotic inductions, affirmations / suggestions with or without accompanying natural sounds or ambient music - all on your PC.

You could if you wish easily add music of your own making (via keyboard etc.) or add recordings which you own. But of course if doing this you must be aware of any copyright restrictions, although if the end result is for your own use, I doubt if you'll have any problem with this. However, I advise only ambient music and / or natural sounds for the best effects.

What you will need:

- A PC or laptop preferably with at least 1 meg of RAM, and plenty of space on your hard drive and / or back up discs;
- Stereo headphones, basically as good a quality as you are prepared to buy, but even cheap ones will do;
- A microphone if you wish to record suggestions / affirmations etc. Again a reasonable quality omnidirectional one will do, but I recommend getting one with a foam bit on the end to help reduce SSSSS's;
- Software for creating Brainwave Entrainment Frequencies (Binaural Beats / Isochronic Tones); recording and mixing; data transfer and playing back;
- Sound files with ambient music and natural sounds.

No doubt you already have the computer and fortunately all the software is available for free download (most of which I've done for you and is included herein).

I have also included a selection of sound files with ambient music and natural sounds etc. for you to use in your projects. And also several complimentary finished items which alone are worth

several times the cost of this book. These are copyright and not for resale, but you can copy them for your own use only!

So in short probably the only things that you may need to purchase are the headphones and microphone.

Binaural Beats / Isochronic Tones

I'm sure you're aware of what brainwave entrainment is otherwise I doubt that you'd be reading this, but I'll give a brief overview anyway.

Using Binaural Beats or Isochronic Tones can automatically and effortlessly put you into a relaxed state in order for suggestions / affirmations to have a powerful effect on your subconscious.

Binaural Beats and Isochronic Tones produce similar effects, but are produced differently. Which ones are best is a matter of personal preference, but the use of stereo headphones are essential for binaural beats. Consequently for group meditation sessions etc., Isochronic Tones are preferable, but for individual personal use I'd choose binaural beats every time (my preference). But of course you could use both at the same time should you wish.

You can hear examples of these (and the difference between them) on my website at http://deep-relaxation.co.uk/isochronic_tones.html

Binaural Beats are achieved by playing two very slightly different frequencies (one in each ear via stereo head / ear phones). The brain then creates the 'imaginary' binaural beat which can be clearly heard - pan 100% to the right or left and the beat immediately vanishes. For example if the frequency of 100Hz is heard in the left ear and 110Hz in the right ear, the 'ghost' binaural beat of 10Hz will result. The same binaural beat can be created using 200Hz and 210Hz but you will hear a much higher 'base frequency'.

The closer the two frequencies are together, the slower the beat will be and therefore generally assisting progressively deeper levels of relaxation.

Tibetan 'singing' bowls can create a similar effect acoustically if used creatively. And in fact two musical instruments 'slightly'

out of tune will also create this effect (accidentally) if panned oppositely across the stereo spectrum.

Isochronic Tones and Monaural Beats create a similar effect using ‘pulses’.

Throughout the day (and night) your brainwaves naturally vibrate at varying frequencies ranging from 1.5Hz - 40Hz in the following scale:

Gamma	40Hz	-	High Awareness / Peak Performance
Beta	15Hz	- 40Hz	Normal Waking Consciousness / High Awareness
Alpha	8Hz	- 14Hz	Light to Deep Relaxation
Theta	4Hz	- 8Hz	Deep Relaxation (Meditation)
Delta	0.1Hz	- 4Hz	Deep Sleep - Coma (total unconsciousness)

If your brainwaves drop to zero - you’re dead! But don’t worry as there is in fact no frequency which could cause this, as if the two frequencies were the same there would be no beat (in the case of binaural beats) and no pulse (in the case of Isochronic Tones or Monaural Beats).

When listening to brainwave entrainment, your brainwaves will gradual ‘attune’ to the frequencies which causes the temporary alterations in consciousness.

In the alpha state the mind is relatively open to outside suggestion and consequently this level is ideal for impressing the subconscious with suggestions or affirmations (hypnosis or autosuggestion). This will be dealt with in detail as we progress.

It is generally best to begin your recordings in ‘beta’ (normal waking consciousness), gradually step down to the required frequencies and then gradually back to ‘beta’ at the end of the session. But of course this is your choice as you will be in complete control. Obviously experiment until you discover a programme which suits you best.

Should you become disturbed while in the ‘alpha’, ‘theta’ or even ‘delta’ states, you may feel a bit ‘groggy’ (like you’ve just woken up), and may need a few minutes to re-adjust, but this is nothing that is going to cause you any problems.

The more you use brainwave entrainment the easier you will fall into the ‘lower’ states and consequently the more benefit you will receive.

Please don’t think that there is anything unnatural about these states. In certain situations you could be in the alpha and even theta states when fully conscious for instance when relaxed and walking through woods etc.

See <http://www.monroeinstitute.org> for the most up-to-date work / information.

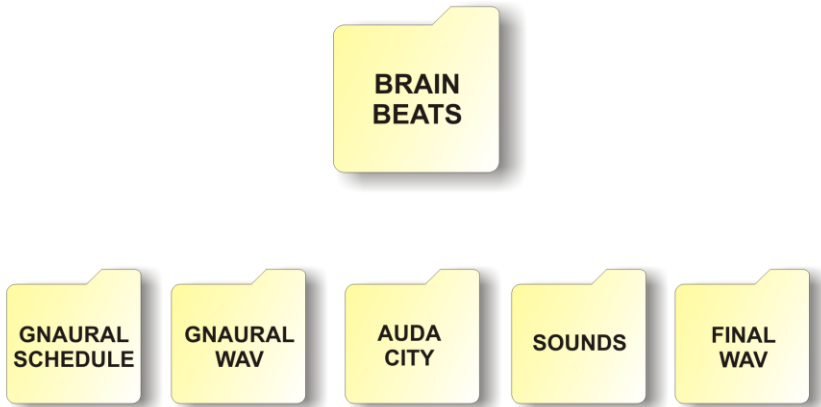
Different possibilities

There are several different possibilities open to you all of which can be easily achieved with the included software, information and sound files:

- You may wish to create brainwave entrainment frequencies with perhaps just ambient music or natural sounds for relaxation / meditation, chakra clearing etc;
- Brainwave entrainment frequencies, background ambient music / sounds with hypnotic induction, and suggestions / affirmations etc.;
- Brainwave entrainment frequencies, background ambient music / sounds with *subliminal* suggestions / affirmations etc.;
- Brainwave entrainment frequencies plus background ambient music / sounds with *bilateral* audio suggestions / affirmations etc.;
- Or of course any of the above without brainwave entrainment frequencies.

File Organisation

One of the most complicated parts of creating your own recordings can be organising your files in a way that you know exactly what you've done and where it is. With this in mind we're going to create folders and subfolders in your documents file as follows:



To make things pathetically easy, I've actually done this for you. Assuming you wish to follow my advice, all you have to do is copy the 'BRAIN BEATS' folder to 'Your documents' or wherever you want to keep them. The sub folders will automatically follow. The download link for this and all the other files can be found towards the rear of this guide.

As you progress, you may find a need to create sub - sub folders, but I shall leave this to you.

Note that some of the folders have content to start with and some are empty. All will become apparent as we progress.

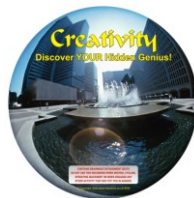
Apart from organising your files, another obvious advantage of this method is that to back up onto disc, you will only have to back up the 'Brain Beats' folder which will of course contain everything else.

On the download link you'll find the following items:

- The pdf version of this guide;
- The ‘Brain Beats’ folder and subfolders - unzip these and copy them to your documents folder;
- The main programme execution files - Audacity and Gnural are included in the ‘Brain Beats’ sub folders;
- Other Programmes - you will most certainly need ‘dB Poweramp’ for converting WAV files to mp3’s (and vice versa);
- ‘Sounds 1’ & ‘Sounds 2’ - Unzip these and copy them into the ‘Sounds’ folder ready for use in your projects;
- ‘Creativity’ - 3 x 30 minute complimentary (hypnotic) sessions for your use;
- ‘Prosperity’ - 2 x 30 minute complimentary (hypnotic) sessions for your use;
- ‘Alpha - Beta - Theta - Delta’ ‘ 8 x 15 minute complimentary (meditation) sessions for your use (4 using binaural beats & 4 using isochronic tones).

Please go to the rear and download these now as we will be needing some of them for the tutorials to follow.

Free Complimentary Finished Items



For further details of these free items please see: <http://deep-relaxation.co.uk> .

Creating Binaural Beats & Isochronic Tones

There are many programs available for creating Binaural Beats and Isochronic Tones, some costing hundreds of pounds. I'll be honest I do use some of the more expensive programs for my projects as they have certain advantages which makes the cost worthwhile for me. But here I'm going to show you how to use what in my opinion is the very best *free* beat creator program available which is 'Gnaural' by Bret Logan.

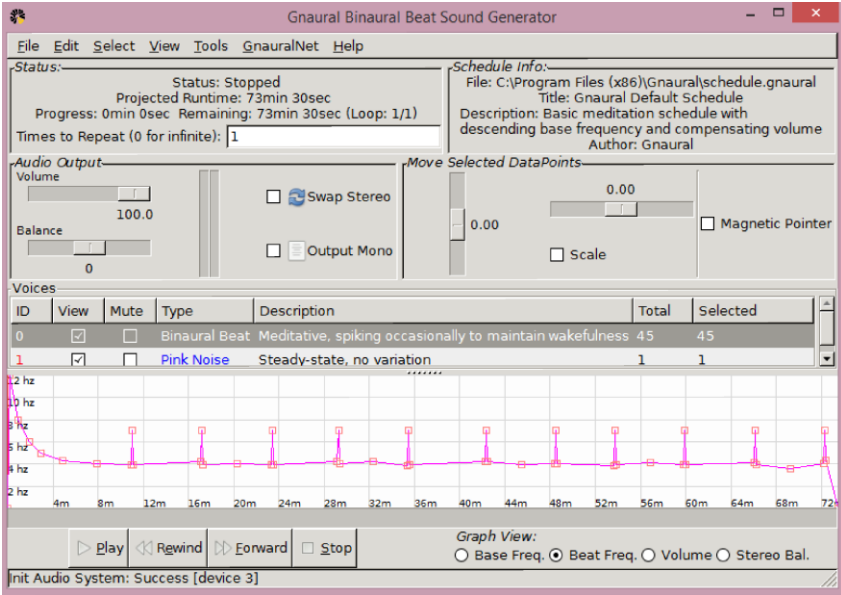
This program will enable you to easily create both Binaural Beats and Isochronic Tones at varying frequencies with varying carrying (base) frequencies. There are certain limitations regarding adding further sound masks and voice over's but we'll be getting around this by using an additional free program which we'll deal with later, along with which beats you may need to create, why, and what to do with them.

Firstly you'll need to download and install the 'Gnaural' beat creator. If you've downloaded and unzipped the 'Brain Beats' folder you will find this program in the Gnaural sub folder. Please install this now by following the installation and setup instructions. By default this should end up as Gnaural in the program files of your C drive with an icon in your desktop (as long as the appropriate box is ticked).

Ok, hopefully you will have managed to do this with no trouble. If you have a MAC as against a PC all this will still work, but you will need to download the MAC version from <http://gnaural.sourceforge.net> .

So to begin with click on the desktop icon to open and run the program and you'll notice that the following image will appear.

This is the default project created by Bret Logan titled schedule.gnaural.



Now before you start pushing buttons and messing it all up firstly I'd like you to save it as it is.

By default all the gnaural files are saved to the gnaural program file where the program is located, but for some reason once there, they can be saved and altered, but not deleted (or at least I can't delete them or even view them in this location). So to solve this problem we're going to save everything to a different location (where they can be seen, changed and deleted easily as necessary). To do this click 'file', 'save as' then navigate to the 'Gnaural' subfolder in the 'Brain Beats' folder but change the name to schedule2.gnaural. You will notice that I have already put the original (schedule.gnaural) file there so if you didn't change the name you'd be asked if you wanted to overwrite this file (which you can if you want as they're the same), but it's a good idea to keep this file for reference. You will incidentally have another copy of it in the program file anyway.

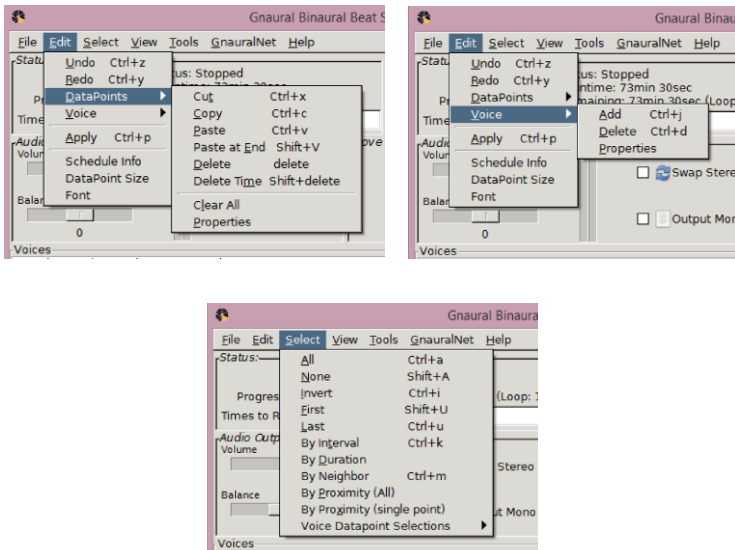
Having saved the file, exit the program and re-enter it. Again it will automatically open the default schedule file from the gnaural program location. So now click on 'file', 'open' and navigate to the 'Gnaural' subfolder in the 'Brain Beats' folder and open the schedule2 file which you've just saved - just for

practice, as this is the location where you will be saving all your gnaural files.

Note that you cannot open the program just by clicking on these files unless you first choose gnaural as the default program for these files, until then you must start from the gnaural icon and *navigate* to your files. Although once you've done a couple you can use the 'open recent' function on the drop down menu if you choose to - and is what I tend to do.

Ok, now have a look at the default file page in order to try and familiarise yourself with what is there. It will certainly help to go full screen (the normal windows way).

You'll notice that many functions and shortcuts are the same as 'normal windows programs' like: Ctrl+a - select all; Ctrl+c - copy; Ctrl+v - paste etc. But also note that are some different or new ones as shown in the examples below.

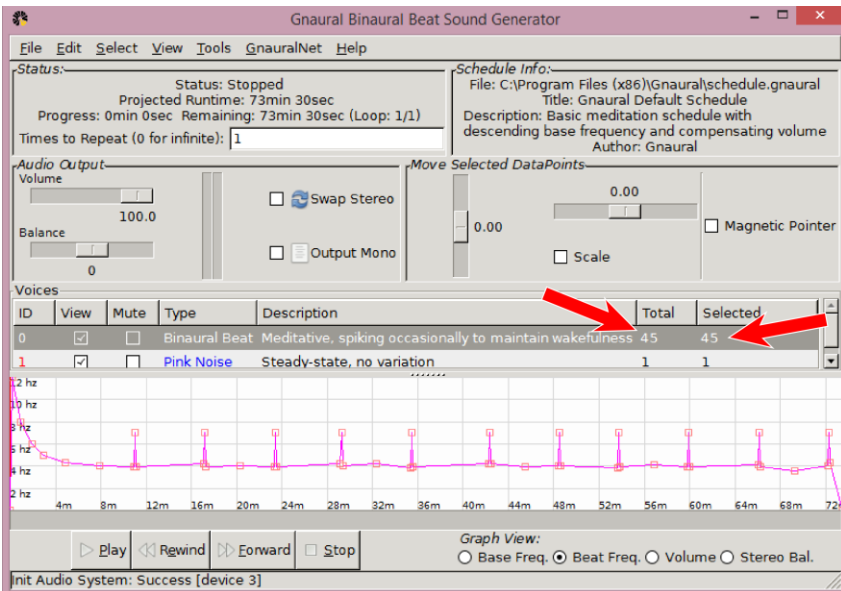


Have a play around with the drop down menus to see what's there, but we'll be dealing with these shortly.

Now if you look at where the arrows point in the next image you'll notice that there are 45 items (or nodes) in the Binaural

Beats section and 1 in the Pink Noise section and ALL are selected.

To unselect them right click anywhere in the graph area and you'll then see the 'selected' items will change to zero. To reselect everything again use Ctrl+a. To select a single item left click on the required node. To select a group of nodes, left click and drag / draw round the required items. Selected nodes can be moved up and / or down, copied or deleted. To create a new node double click more or less where you want it then reposition (by dragging) as required. I'll show you how to fine tune them shortly.



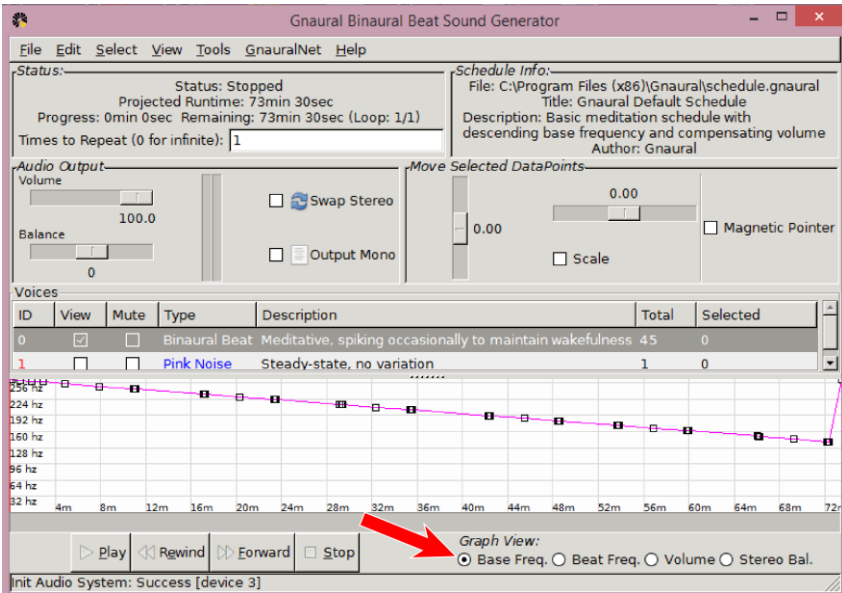
Have a play around - move a few, delete a few and create a few. Then when you've finished messing close the program *without* saving and re-open it again to get back to the original.

The next thing I want you to do is connect stereo headphones and listen to the default file by clicking the 'play' switch toward the bottom left of the page.

If you look at the graph you should notice that the program consists of Binaural Beats which start at 12Hz then descend to

4Hz (Delta) during the first 8 minutes. As the program continues there are regular short bursts up to 7Hz to help prevent the listener from falling asleep. There is also a Pink Noise track in the background (a sound mask). The length of the program is 73m 30secs as shown in the status box and also on the horizontal graph line. This is about the maximum amount that can be fitted onto an audio CD.

Rather than listening to the whole thing right now if you skip through it fairly quickly by using the ‘forward’ button you may notice that the overall tone gradually descends in pitch - this is the base frequency. To see the graph of this click the ‘Base Freq’ button as shown in the image below. The base (carrier) frequency starts at about 262Hz and descends to about 140Hz.



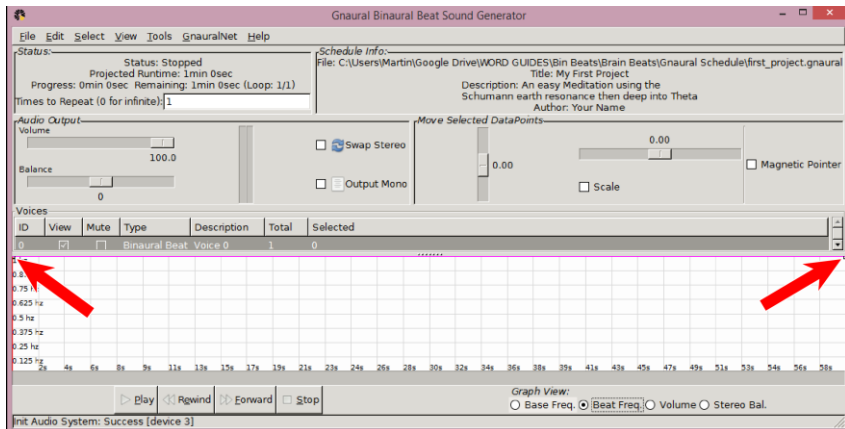
Note that there are always the same amount of nodes in the base frequency section and if you move one horizontally or delete one this will also affect the Binaural Beat section. But moving them vertically (in the base frequency graph) will only effect the base frequency.

Don't panic if you think that this is getting too confusing. We'll be creating a program from scratch next and all will become clear.

Your First Project

Ok, now I want you to click on 'File' and 'New'. A box will then appear asking for a title, description and author. If you like you can call it 'My First Project' with the description 'An easy Meditation using the Schumann earth resonance then deep into Theta' and your name as the author or if you can't be bothered leave the whole lot blank. But most importantly 'save as' to the gnaural subfolder folder in the Brain Beats folder and call it first_project.gnaural.

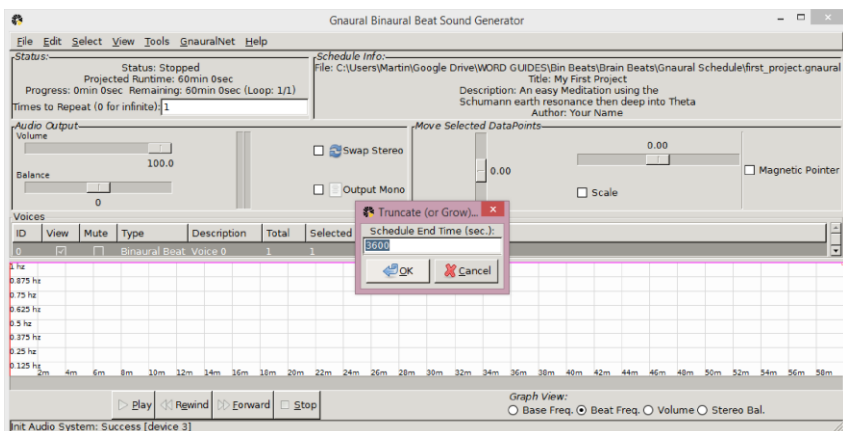
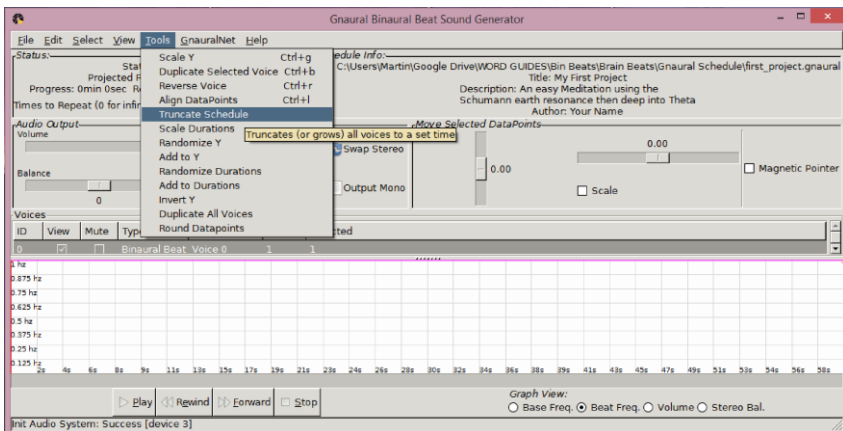
You will notice that a Binaural Beat voice has automatically been selected at a flat rate of 1Hz with a constant base frequency of 180Hz (toggle the Base Frequency switch to see this, but return to the Beat Frequency). The time length to start with is 60 seconds (the horizontal graph line).



Now it appears that there are no nodes but you will see that in the 'total' box there is one. But actually there are two, the first and the last as shown by the arrows. But if you alter one of these, the other will always change to the same frequency, which is presumably why it is considered to be one node.

You can incidentally see all of these steps in detail by opening the tutorial files in order in the Brain Beats / Gnaural Schedule folder.

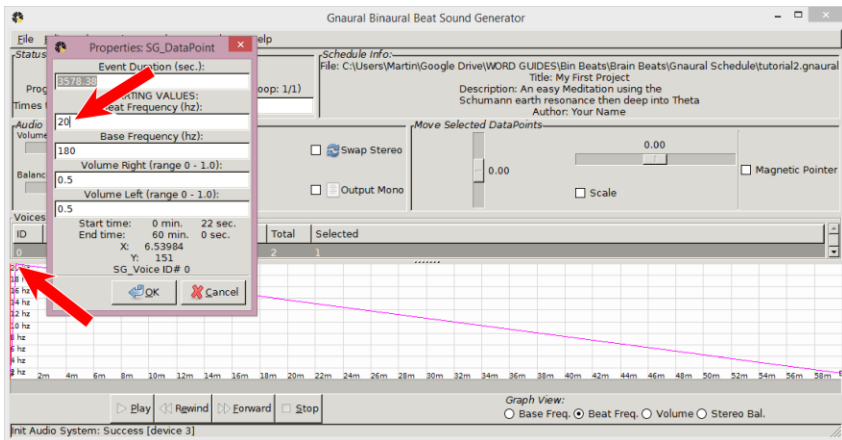
Anyway, the next thing we need to do is to extend the length of the program to 60 minutes (or whatever length you decide). There are actually a few ways of doing this, but the easiest is to use the 'Truncate' function as shown below. Go to 'Tools', then 'Truncate Schedule' and choose 3600 seconds which is 60 minutes - trust me it is, I've got a calculator!



Then you'll notice that the time line will increase along with the 'Projected Run Time' to 60 minutes.

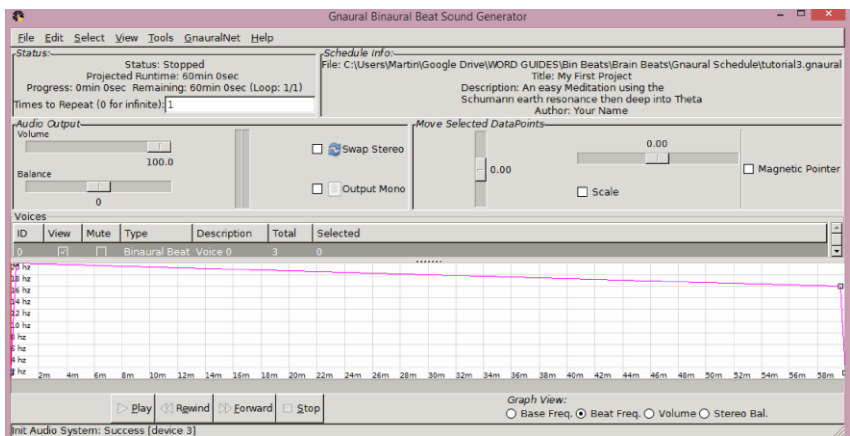
Ok, although we're going to leave the start and finish nodes at 1Hz we're going to effectively change the starting frequency to 20Hz and finish at 16Hz (both in Beta). So we're going to need to create some more nodes. Make sure that nothing is selected and double click anywhere in the graph area which will create a new node. Then drag the node (holding the left mouse button) up to approximately 20Hz as far to the left in the time line that you can manage (so that it's just a few seconds in). As you drag up the frequency graph axis will increase automatically to the highest node.

The chances are that you won't be able to judge exactly 20Hz so to fine tune it, select the node, right click on it to reveal the pop up then change the frequency to 20Hz as shown below.

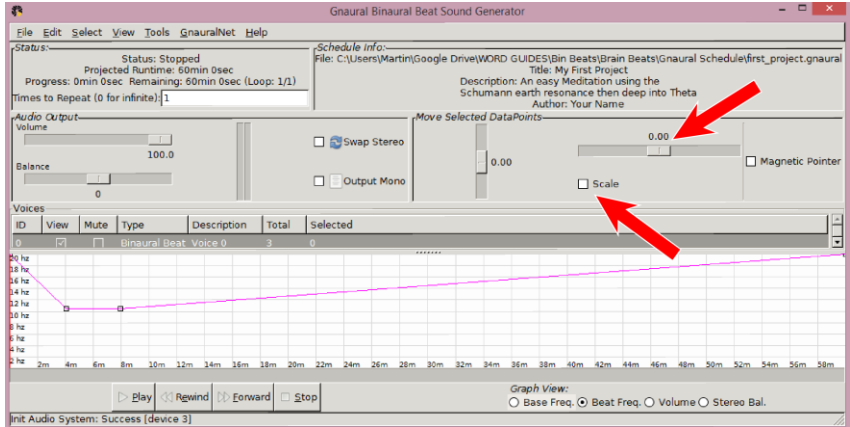


Now repeat this process at the other end of the time line at 16Hz for the end frequency. If you drag this node too far to the right you will increase the run time. If this happens simply use the 'Truncate' function as explained previously to return to 3600 seconds (or your chosen time).

Your graph should then look like the next image although you may have to look carefully to see all the nodes as they are all close to the edges of the time line - see tutorial_3.



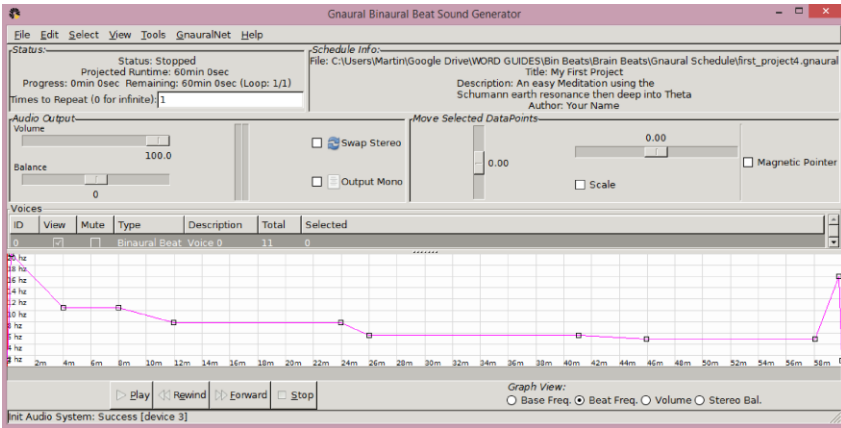
To continue, create another node by double clicking anywhere in the graph area and drag it to more or less to 4 minutes along the time axis at about 10.5Hz. Fine tune as before to create *exactly* 10.5Hz. Repeat this at 8 minutes. Then your graph will look like the image below.



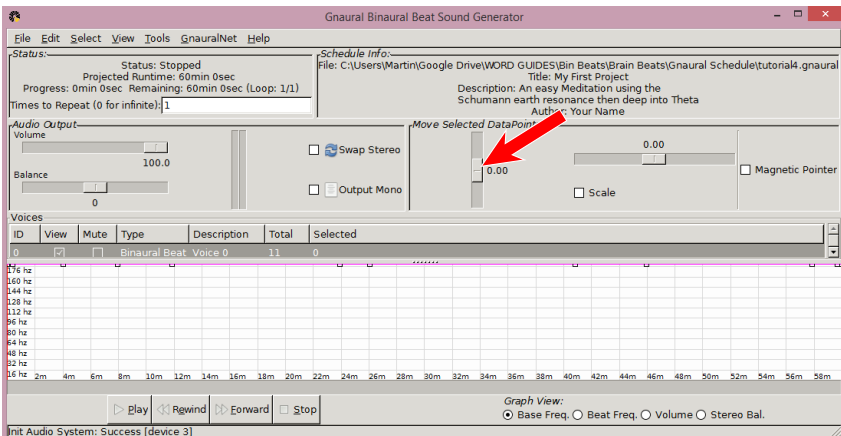
If you wanted to move both or either of these nodes horizontally along the time line without altering the pitch this can be achieved by selecting the required node or nodes and dragging the slider (indicated by the top arrow above) to the right or left. But before doing so make sure that the 'scale' box is *unchecked*. If it's not you will also alter the time length of the program, which can be a useful if this is what you want to do.

Similarly using the vertical slider will keep the selected nodes in the same horizontal position but alter the pitch.

Right, now we're making progress. So the next thing is to create a few more nodes (in exactly the same way) at different frequencies further along the time line to complete this part of the project. I suggest the following to start with: 7.83 (the Earth resonance), 5.5, and 4.9. To keep the pitch constant at these frequencies you will need two of each as in the first example above. Space these frequencies along the time line as you see fit.



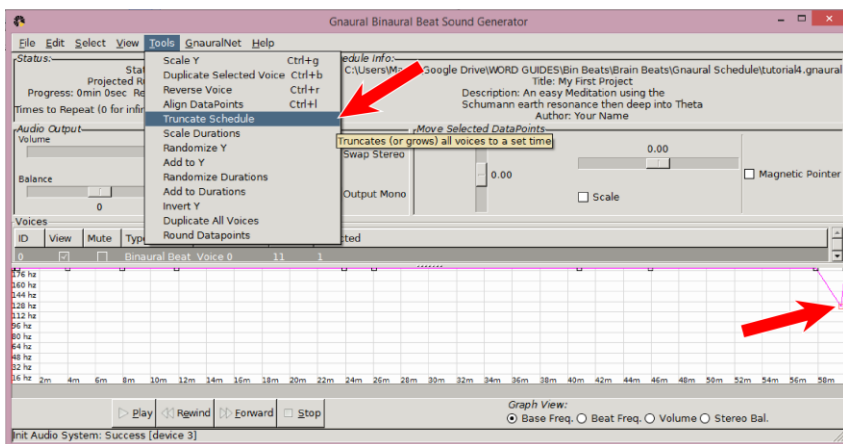
Ok, now toggle to the Base Frequency and you should see the image below - see tutorial_4.



You should notice that the base frequency is a constant 180Hz. This frequency can be altered by selecting all the nodes and using the vertical slider as indicated by the arrow. Alternatively for a more exact value, select all the nodes, right click and enter the exact figure (in the Base Frequency box).

Now you may remember that in Bret Logan's default example the base frequency descends as the program progresses. Whether you will want to do this or not is entirely personal choice, I usually keep mine constant.

To achieve a gradual descent, firstly you'll need to select the second node and take this to the starting frequency if you don't want 180Hz, then select the second to last node and take that to the end frequency, then select all the nodes Ctrl+a go to 'Tools' and click on 'Align DataPoints' as shown below.



Your graph should then change to the next image (tutorial_5).

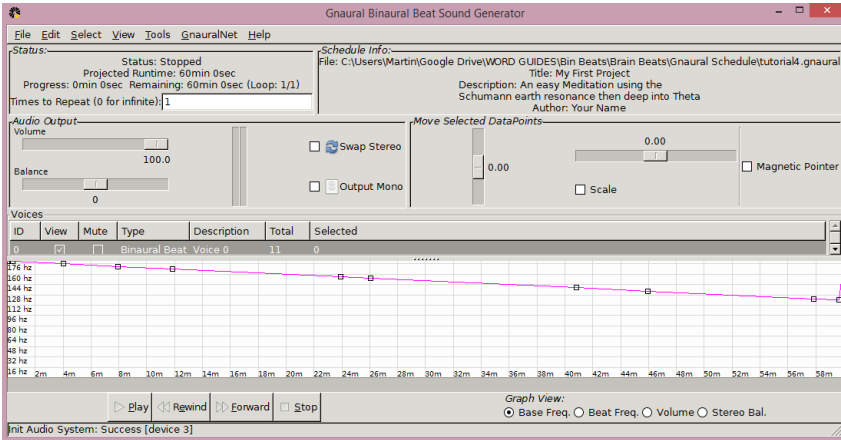
Note that you can then select all and raise or lower them (all) in ratio using the vertical slider tool.

If you change your mind and want to go back to a constant base frequency, simply take the second to last node back to its original frequency, select all and align the data points again.

As I've said, the base frequency is very much a matter of personal choice, so a certain amount of experimentation may be

necessary, but I advise against going too high or too low - it's the middle way!

Note that if you move any of the nodes horizontally when in the Base Frequency Mode, this will also affect the Binaural Beat section (and balls it up), but moving them vertically (as in fact we've just done) will only affect the Base Frequencies.

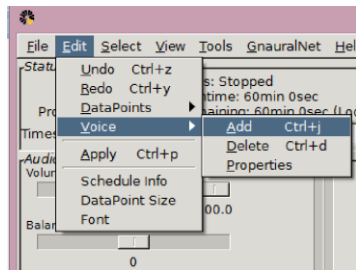


Now listen to the result by using the play and forward buttons at the bottom of the graph. If you move the balance slider all the way to the right or left you will notice that the sound goes flat and the binaural beat disappears which is why stereo headphones are essential for binaural beats.

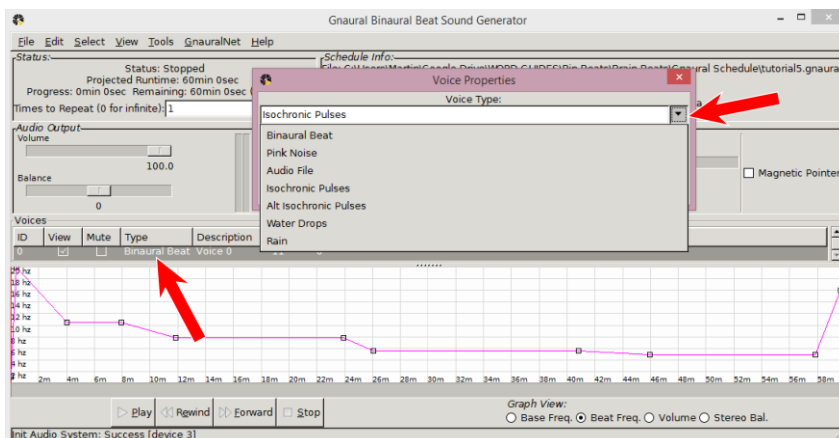
Creating Isochronic Tones

So far we've just dealt with Binaural Beats, but Isochronic Tones and Alternating Isochronic Tones are created exactly the same way. All you have to do is select a new voice (edit, voice, add) from the drop down menu and proceed exactly as previously.

Alternatively, you can change the existing Binaural Beat voice to an Isochronic Tone by right clicking on the existing voice

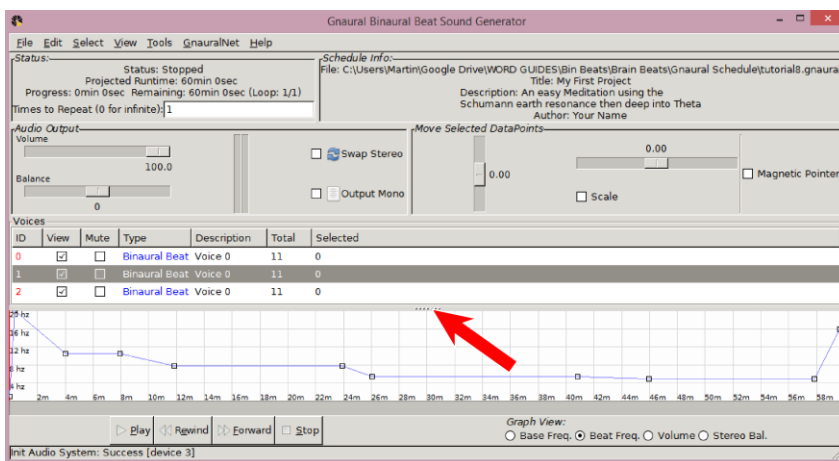


(shown by the left arrow below) and select the alternative voice using the drop down menu.



But what if you want Binaural Beats AND Isochronic Tones to run in unison with the program created?

To do this save your project to a different name then click on 'File', 'Open merge' and select the original file. Do this a second time and you will have three Binaural Beat voices as shown below - see tutorial_7. You will have to widen the voice display area by dragging the bar as shown by the arrow below.



Then all you have to do is change two of the voices to Isochronic Pulses and Alt Isochronic Pulses, as shown in tutorial_8. If all are selected they will play in unison. Or you could select them one at a time to hear which you prefer. Or maybe have two running together with one perhaps at a lower volume - experiment!

Now you have enough information to create multiple voices using multiple frequencies, but my advice is KEEP IT SIMPLE. Even if you went totally wild, I doubt that you'd screw your brain up, but you probably wouldn't get any benefit either.

I've been using this stuff for several decades and in my opinion the early *simple* recordings are the best. My two favourites are 'High Coherence' (later renamed Deep Meditation) by Kelly Howell and 'Brian's Brain Buster' by Brian Paulson. Other than these I only like the ones that I've produced myself such as Om Comfort / Om Alone, 'Tibetan Bells' (my version), Conscious Connected Breathing and others. Please see my website at <http://deep-relaxation.co.uk> for the full list. I've spent a fortune over the years buying recordings that simply don't deliver and this is the main reason that I started doing them myself. But of course what might work for one person won't necessarily work for another which is another great reason for creating your own.

Exporting to WAV

Anyway back to business, so far we've created the bones of the project. If you wanted to you could add a few embellishments such as pink noise, water drops, rain etc. which are included 'voices' within Gnaural, do a basic mix, create the final WAV file and leave it there. But we're going to create the WAV file as it stands and add all the 'bells and whistles' using our next program which will give us much more control.

If you've decided that you just want Binaural Beats, mute the other two voices, save, click 'File', 'Export Audio to File', name it 'first_project.wav' (the .wav suffix will come automatically) and choose to save it in the **Gnaural WAV** sub folder to 'Brain

Beats' which is empty to start with. Having done this you could burn a CD or listen to it on an mp3 player.

Note that I haven't done this for you due to the size of the file which will be about 60MB so please do this now as we will be needing this file in the next part of the project.

And take note that if you create a lot of WAV files (as I do) they will use an enormous amount of space on your hard drive, so a regular clean up of unwanted files is essential, or perhaps use an external hard drive.

Remember that mp3 files take up considerably less memory space.

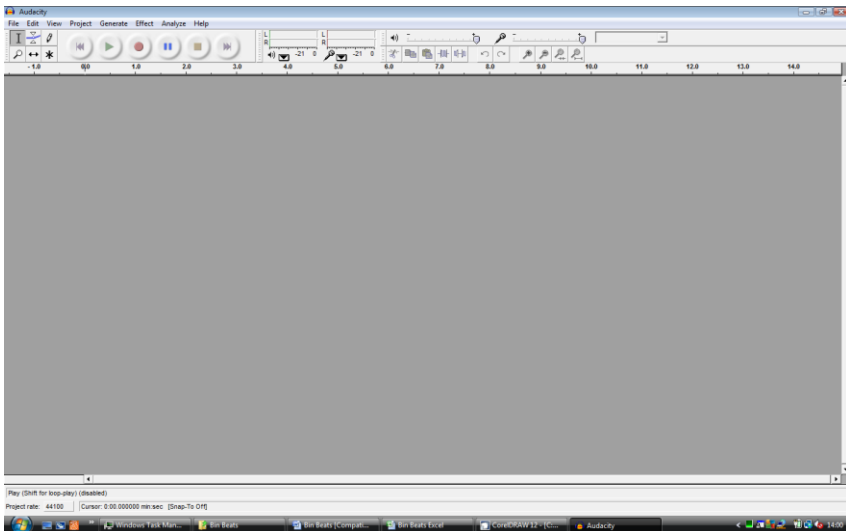
Audacity

Now we're ready to download our main recording programme: 'Audacity'. This programme will enable you to import the WAV file which we've just created and add more sounds, music and voice tracks etc. as required.

The programme file is included in the AUDACITY folder and can also be downloaded on <http://audacity.sourceforge.net>. It's also essential to keep the 'lame_enc.dll' file (included), which will be necessary when exporting recordings in mp3 format. The first time you do this audacity may ask you for the location of this file.

Click on the Audacity-win-123 icon to install the programme. After installation you will have an Audacity icon on your desktop to start the programme.

Having successfully installed the programme, click on the icon to open it and you will see the main screen as follows:



Before progressing further we must check that we have the same sample rate as Gnaural which is 44100 Hz. To do this, click as follows:

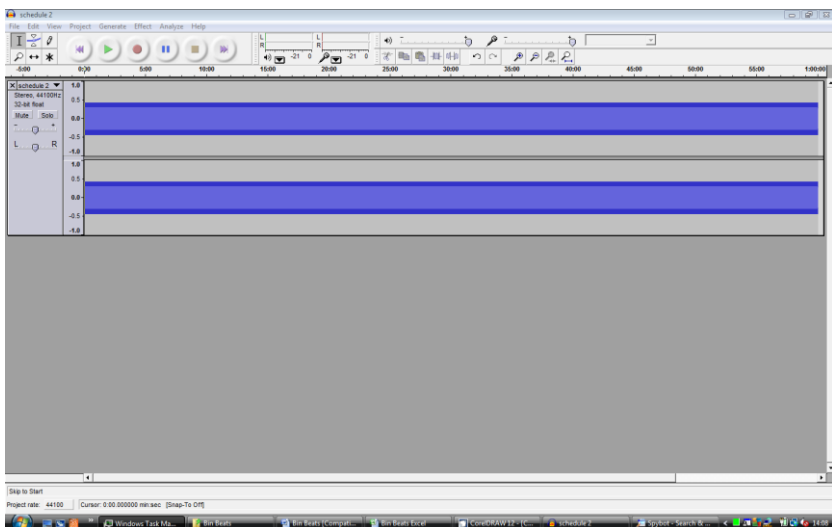
- File;
- Preferences;
- Quality;
- Make sure the default sample rate is 44100 Hz;
- Make sure the default sample format is 16 bit;
- OK.

We are now ready to import the Wav file which we've just created.

To do this click as follows:

- Project (button at the top of the screen);
- Import audio;
- Navigate to the Gnaural WAV folder and choose the first_project.wav file - which I've put there even if you haven't.

Don't expect everything to happen instantly, but after it's had time to gather its thoughts the file will be imported and the screen image will change as follows:



Notice that you can use the slide bar at the bottom of the screen to view different positions and also the zoom switch towards the top left. And while you're at it, have a look at some of the other controls. Don't be afraid to have a little play - you won't break it! I will go through the main functions as we progress but if you hover your pointer over each button, it will tell you what they do. Find the undo button first as you'll probably need that a lot!

At this point, it would be a good idea to plug in your headphones and listen to make sure that everything is as it should be (using the green start button). If it's totally wrong check the sample rate as mentioned earlier.

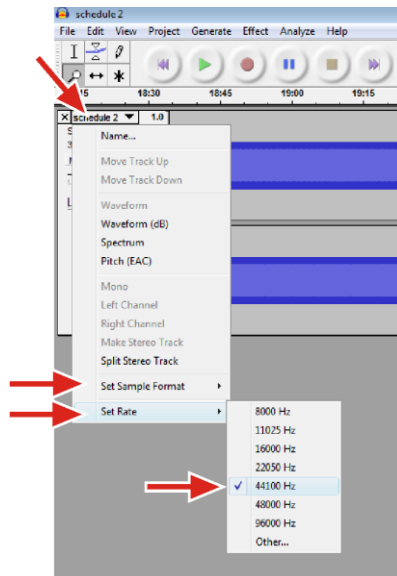
Assuming that everything is OK it would be a good idea to save what you've done so far into the AUDACITY folder (again named as 'first_project'). IMPORTANT - Note that audacity will also save a DATA file of the same name. Make sure that this ends up in the same folder otherwise when you come to re-open your file, it won't work! And if you save your work to an external media, make sure you save BOTH files. But when opening, you simply click on the 'normal' file not the data one.

You will then have four files all with the same name (first_project), but they will all have different suffixes - gnaural, .wav, .aup and _data.

There is also a way of altering / checking the sample rate and format for each individual imported or created track as indicated to the right. So just check them BOTH again this way to make sure they are 44100Hz and 16 bit.

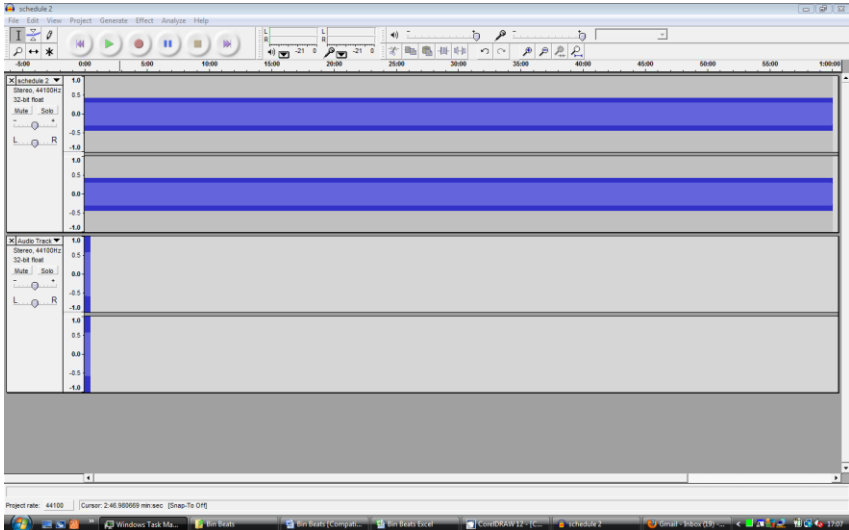
Now the next thing I want you to do it create a new stereo audio track and fill it with white noise by clicking as follows:

- Project;



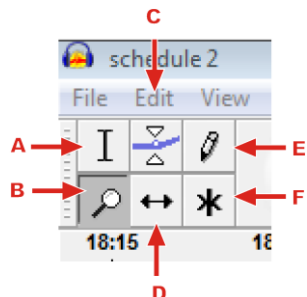
- New stereo track;
- Generate;
- White noise.

Now you should have two stereo tracks - the beat track (60 minutes) and the noise track (30 seconds). The screen should now look like this:



Before we go further you will need a brief overview of the main function box (top left corner) as shown next.

- A. = Main Selection Tool
- B. = Zoom in and out
- C. = Envelope Tool
- D. = Time Shift Tool
- E. = Draw Tool
- F. = Multi Tool



Firstly we'll need the zoom tool to enlarge the view of the noise track. I'm sure you've used these before, so this should be no problem. Simply click on the tool (B), take it to the track and

right / left click to enlarge/reduce as necessary. Note that there is also another zoom tool further along the function bar.

The next tool we're going to use is the selection tool (A). Click on this and then proceed as follows:

- Move the pointer to the beginning of the noise sound track click to bring up the 'hand pointer';
- Click and drag to the end of the noise track;
- Copy selected area (Ctrl C);
- Paste selected the area (Ctrl V) to the end of existing track.

This will then double the length of the noise track to 60 seconds. You can then repeat this process to make the noise track as long as you want; the full 60 minutes if you like, but for the time being make it about 15 - 20 minutes. Obviously you'll need to zoom back out as you progress.

Don't forget to **SAVE your work every few minutes!**

Note that making joins in the track as we have done sometimes creates 'blips' that need to be edited out. But when joining the noise tracks, these are usually totally imperceptible.

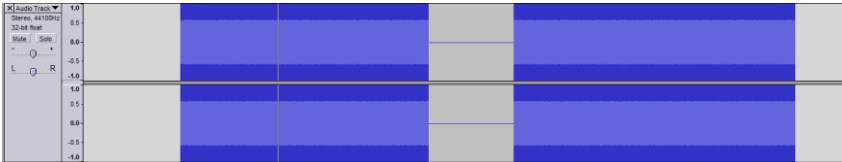
Having completed this, click on the time shift tool (D) and notice that this will enable you to slide the noise track along to begin where you want it to.

Now we're going to put some silence in the middle of the noise track as follows:

- Select the selection tool (A);
- Position this more or less in the middle of the noise track;
- Click to reveal the hand pointer;
- Click and drag the pointer along the track for the length required;

- Click ‘Generate’;
- Click ‘Silence’.

Your screen should then show the silence portion as selected:



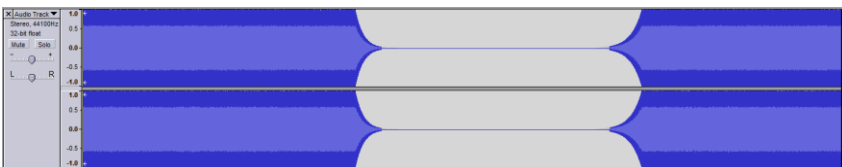
Note that we could have created the noise track this way and avoided all the copying and pasting! Sorry about that!

Now we're going to fade out the noise track into the silence and fade it back in again when the silence ends.

As follows:

- Select the envelope tool (C);
- Zoom in as required;
- Position the tool where you want the fade out to begin and click;
- Position and click where you want the fade to end;
- Repeat same procedure to fade the noise track back in.

The noise track should then look something like this:



Note that you could use the above technique to fade in / out all of your tracks at the beginning and end or use it to reduce the volume of specified sections should you so wish.

There is also a fade in / out function in the ‘effects’ section which you could use as an alternative - by dragging the selection tool to highlight the required area and then selecting fade in / out.

Now we're going to add three voice tracks:

- Track 1. Hypnotic Induction;
- Track 2. Middle section - suggestions etc.;
- Track 3. Reawakening to normal consciousness.

If you wish to you can later reduce these to one track, by adding silence and cutting / pasting where necessary.

And of course tracks 1 & 3 can be re-used for other recordings, so when complete you may want to save these to a separate file for this purpose.

If you're lucky when you plug your microphone into the correct socket, it will work without further messing. But if this socket is set to 'line in' as mine was, make the necessary changes as follows:

- Go to control Panel;
- Hardware and sound;
- Sound;
- Manage Audio Devices;
- Recording;
- Select Microphone;

Click 'Set as Default' and green tick will move from 'line in' to 'microphone'; Click OK.

Don't forget to SAVE your work every few minutes!

If you need to use 'line in' obviously do the same in reverse!

To make a voice recording proceed as follows:

- Find a quite room to work in and close the windows;
- Have your pre written script in front of you, preferably on a suitably placed stand to avoid 'crinkling' noises;
- Click on 'record';

- Begin speaking your script into the microphone;
- Stop the recording to check the sound levels which should be in the middle of the range;
- Repeat test as necessary;
- Having achieved the correct sound level, delete the track and start again for real;
- If you make any mistakes - pause and repeat without stopping the recording;
- Any mistakes can be easily cut out later.

Then of course repeat the process for each voice track section (induction, middle and end sections).

It's likely that you will have a few 'blips' that you will need to get rid of. To do this you will need to zoom in close, highlight the offending area and cut it out.

For real precision stuff you can use the draw tool (E) which will enable you to alter each individual 'sound node', but you will have to zoom in very close to do this. You can of course use the redo button if you get it wrong.

Having completed your voice recordings, you can then add further tracks of ambient music, and / or natural sounds or noise etc. Then you will need to adjust the volumes of the various tracks to achieve a comfortable balance.

That done you can then save your final work and create an mp3 file for convenient listening on an mp3 player or burn onto an audio CD (using a wav file). To create an mp3 file or wav file etc. - go to 'file' and 'export as mp3 or wav' easy! Then save this to your Final WAV folder.

Now one final word of warning, if you save your final file using the same name as before (first_project) you will have two different files with the same name *and* same suffix (.wav), so make sure you put them in the correct folder (Final WAV). Alternatively and probably preferable save to a different name.

So which is best wav or mp3?

Unless you have exceptionally astute hearing it's doubtful that you would be able to tell the difference - I certainly can't. But wav files are much higher quality than mp3's but take up considerably more storage space.

I save all my recordings to wav and use this format for my CD's, but also convert them to top quality mp3's for my instant downloads.

It's been suggested that using mp3 files for binaural beats makes them ineffective. This may possibly be the case if you use the lowest quality mp3, but I can guarantee that they work fine as long as you convert to the best quality - dBpoweramp gives you lots of choices - details shortly.

Subliminal Recordings

It's been suggested by various sources that subliminal recordings are far more effective if recorded in your own voice. So having all the information and recording tools herein puts you in an enviable position.

To make a subliminal recording simply reduce the volume of your middle 'suggestion' track so that it is just audible. You may also want to use the 'low pass filter' in the effects section so that the cut off is around 1500Hz for this section. (Highlight the section, and then click effects etc.).

Bilateral Recordings

This is a technique whereby two separate recordings are played into each ear simultaneously.

I have to admit that I am not 100% convinced of the effectiveness of this method but nevertheless I do use it in conjunction with other proven techniques which I know for a fact DO work (i.e. binaural beats / hypnosis etc.).

If you want to experiment with this, you have the tools within audacity to do so.

Other Software

In the ‘Other Software’ file I have included some additional software which you may find useful:

Saccara

This is a noise generating programme giving a wide choice of background noises. Have a play around with it. If nothing happens when you hit the ‘play’ button, go to ‘sounds’ and click ‘loop’.

Domino

No doubt you have ‘Windows audio player’ which is fine. But Domino has a few additional features which you might find useful, such as the ability to play continuous loops. This can be used if you want to listen to stuff while working at your PC etc.

dbPoweramp

This programme enables you to change the compatibility (sample rate and format) of various sound files that you may want to import into Audacity.

If you save your finished files in wav format (highest quality), this is an ideal tool to convert them into mp3 format, which is how I do it all the time. These can be identified as being different files only by the suffixes (.mp3 or .wav).

Sounds

Also included in the download files is a selection of ‘sounds’ which you can import (and extend) into your project as required. After downloading these, keep them in the ‘Sounds’ folder for convenience. You will no doubt find other sounds that you may wish to use as you progress.

But remember what I said earlier - Keep it Simple!

I have also included some finished projects of my own which should give you a fair idea.

The Vast Power of Your Mind

You have the power to turn the sea into custard if you really want to, just by stating that it is. But please think carefully of the consequences before trying it. If, however you firmly believe that this is nonsense - you right it is! - But what if it's not?

An Experiment

Obtain a large variety of different seeds - some flowers - some vegetables, put them all into a large bowl and mix them all up. Then add some dandelion and some other 'weedy' seeds and for good measure chuck in some ivy. Next, plant them all together anywhere. Don't worry about the soil - just chuck them in. If you want to you can water them a bit to get them going or just neglect them and let nature take its course - it makes no difference.

What do you think you would end up with? Well you would most certainly get a result - a chaotic mess - 100% of what you asked for! Amazingly some of the good stuff would survive, but of course much of it would be killed off by the weeds.

Now think of how things would have been different if you had not mixed up all the seeds, but had chosen which to plant and had taken just a little care about the soil quality, watered them when necessary and removed any weeds as they emerged.



I don't think that you really need to try this experiment to prove the results. It's obvious that 'you reap what you sow' - it's a Universal law - it must happen. But if you feel the need to prove it - do so - the choice is yours.

Now, in case you've not already figured it out, your thoughts can be compared to the seeds, your mind the flower bed, repetition the water and the result is your conscious experience.

We're all 'guilty' of jumbled uncontrolled thoughts (at least to a degree), the result of which is governed by the same Universal law. In fact it's amazing that our lives are not more chaotic than they are given the amount of 'propaganda' that's banged into us from all angles. Unless you live in a cave you can't get away from it. We are constantly told: what to eat; what to wear; how we should look; how we should act etc., etc. via billboards; TV; newspapers; friends and family etc. And 99% of it is total garbage.

We're told that it's right and normal to do well at school, get a good job, get married, have kids, buy a house and car, get into mountains of debt, have a few nice holidays, get old, get sick and die (preferably in credit) - WHY??? Who makes the rules? Have you ever really thought about it? Very few of the 'choices' we make are in fact really ours.

Although you can't get away from the perpetual advertising and environmental influences etc. you can take steps to neutralize it. Firstly by becoming aware of it, secondly by deciding how YOU want to live and finally by 'reprogramming' yourself accordingly.

Every action is preceded by a thought (FACT). If the thought is 'right' (whatever 'right' may happen to be) then 'right' action will follow. But if you are not in control of your thoughts (which most of us aren't), you are certainly not in control of your actions. Multiply this by a few billion and the result is the chaotic, insane world that we are witnessing, which is in serious danger of self destruction.

You might think that this is all complete nonsense, but the multi million pound marketing companies know it's not and dearly hope that you never discover the truth. Just as an example, do you know the telephone number of UK insurance company 'hastingsdirect.com'? - 0800-00-1066 - very clever! There are literally thousands of companies like this constantly trying to manipulate YOU. And have you noticed that ALL of the insurance companies are 30% cheaper than the rest! Clearly someone's telling 'porkies'!

Either you take conscious control of your thoughts (and actions) or someone else will. Do you want to remain a puppet or a master of your own destiny?

The Universal Subjective/Subconscious Mind

You are in direct and constant communication with every body and every thing in existence (whether you like it or not). As well as having an individual subconscious mind, we are all connected to the same Universal Subjective mind which is why and how we (mainly unconsciously through our personal subconscious) ‘influence’ (but not ‘control’) other people / animals / elements etc. to create situations that we want (or don’t want depending on how we influence them).



All your thoughts, wishes, fears and especially your 'spoken word' are reflected into the Universal Subconscious and then channelled out in different directions to bring about your conscious experience. And this is all achieved without any conscious effort of any kind.

Even every material 'thing' is a thought materialised. You can bring into being any 'thing' or 'situation' that you really want.

The Law of Reversed Effort

The more you consciously try to resist anything - the more it will persist.

Could you walk along a plank 20' (6m) long by 3' (1m) wide if it was suspended approximately 6'' (15 cm) off the ground? Of course you could - anyone could - eazzie peazzie! Now what if it was suspended across a 200' (60m) deep ravine full of hungry crocodiles? Now you probably couldn't - I know I couldn't, but why? Because in the first example you'd see no problem and just do it, whereas in the second you and me both would be 'focussed' on falling off and being eaten by crocodiles.



This is often the case with the driving test (or other exams) and why you can drive perfectly OK with your instructor, but go to pieces when the examiner gets in. If you're 'focussed' on failing - that's exactly what YOU will bring about. If you focus on your driving (the present moment) instead of passing or failing, you will increase your chances of bringing about the favoured result.

Your Word is Power

Every word that we hear, speak or think has some power. Listening to, speaking or even thinking apparently innocent statements such as the following over a period of time could affect you accordingly (for 'good' or for 'bad'):

- My feet are ‘killing’ me;
- I’m starving / freezing to death etc.;
- It ‘always rains’ when I have a day off;
- I’ll never win the lottery / be rich / pass the driving test etc.;
- However much I diet I still can’t lose weight;
- As soon as one bill is paid I get another;
- I never have enough money;
- I’m always broke;
- My boss always picks on me;
- However much I try, I can never get straight;
- I can eat what I want and never put on an ounce;
- I always get nervous at interviews;
- Whatever I try, I can’t give up smoking;
- I’m too old to: learn to drive / learn music etc., etc.;
- This country is getting worse each year;
- Everything is always going up in price;
- I’m sick with worry;
- Nothing is as good as it used to be etc., etc.

**YOUR WORD
IS POWER
USE IT WISELY!**

Be extremely careful about what you say and think, as ultimately you will get 100% of what you ask for! - Remember the ‘Three Wise Monkeys’!

**IF YOU DON'T WANT 'IT' - DON'T SAY 'IT',
DON'T SEE 'IT', DON'T HEAR 'IT'
AND DON'T EVEN THINK 'IT'!**



Spend a little while noticing how much of this rot you hear from friends / family etc. and also how much ‘garbage’ you tell yourself through your ‘inner chatter’. The first step is being aware of it. You will eventually learn how to control it.

Not happy with what you’ve got? Learn to ask for something different!

You want immediate proof? Try this!

Next time you are out looking for a parking space (this works just as well for passengers as for drivers) say to yourself that there is (not there will be) a space exactly where you want it. If you can, try and visualize it. Don’t worry if it doesn’t work first time, keep doing it - you’ll soon be amazed!

This works for me 99% of the time (even before I bought a Smart car). At first I thought it was spooky, but now I know that it’s nothing more than a natural ‘law’. Of course if you’re convinced that it won’t work - you’re right - it won’t - but it will be the same law giving you exactly ‘what you ask for’).

You use this same method to ‘cause’ every event in your life but mainly unconsciously. Looking back at my own life I now realise how I’ve caused many events which I’ve both wanted and not wanted to occur. Now that I know how it works I am more able to control it much better.

My Personal experiences

Back in the 60’s when I was a teenager; the only thing that I wanted to do was be a professional ‘pop’ musician. The only exams I passed at school were music. Nothing else mattered to me.

After leaving school, I worked in a music publishers for a while, playing gigs in the evenings. But it wasn’t long before I was a professional musician as I wanted so much.

But then I wanted / needed a Hammond organ. At the time these cost about £2,000. To put this in perspective a house in South London cost about £5,000. So clearly relatively speaking

they were incredibly expensive and my chance of affording one was about nil.

Nevertheless I was in all of the London music shops virtually on a daily basis 'trying them out'. I never actually got slung out, but they must have been sick to death of me! My bedside cupboard was full of Hammond organ colour brochures which I used to study in detail before falling asleep to dream about them.

In my mind I could feel my fingers on the keys, smell the veneer, hear the various tones and picture the various models in extreme detail. I used to imagine playing one on stage in front of huge screaming audiences. However I must state that I was never very good at 'visualising', but I did 'imagine' it clearly.

Actually without knowing it I was using a very powerful technique very effectively (albeit in a slightly unrefined way) and I was doing it 'passionately' - with much emotion. And guess what happened - I ended up owning the Hammond of my dreams!

Of course the multinational advertising giants are well aware of all this which is why they spend a small fortune producing the glossy brochures and why they encourage you to test drive that new car, or organ, or whatever.

Anyway, over the next few years I also ended playing keyboards with some of my favourite bands - The Fantastic; Emile Ford and the Checkmates; The Tommy Hunt Band and my own band 'Aquila'. If you've never heard of any of these - sadly I have to say 'Ask your grandmother' - who probably has! Had I been aware of the information I now have, I could have achieved even better results.

Anyway, after achieving my dreams and spending a few years 'on the road' touring everywhere and playing to 'huge screaming audiences', doing TV and recording work (including supporting Elton John, David Bowie, Buddy Rich and many others), I then realised that although I loved the music I didn't really like the lifestyle very much. I've never been much of a 'party goer' but I was living in a party 24/7. So partly very reluctantly I gave up touring, which actually was almost as difficult as getting into it in

the first place. Finding conventional employment when all I knew was music was not easy.

Anyway driving tuition became my game and it wasn't long before I was the proprietor of one of Sheffield's largest and most successful schools. However by this time I was far more aware of the techniques outlined here and used them to build my business.

Using these same techniques I also started a successful mail order sign business (as well as running the driving school) and got into buy to let properties. I used the same techniques to sell all of these businesses and retire to Cyprus aged 54, where we had a lovely villa with a pool overlooking the sea.



This sounds idyllic doesn't it? But it's not exactly what it seems. In fact there's many ex pats out there literally drinking themselves to death through boredom. And the heat in July / August is unbelievable - what you save in heating bills you spend on air-conditioning. And having a swimming pool I found more of a burden and no big deal. But having said all this I'm very glad that I did it, so that at least I can move on.

More recently using this method we managed to sell our villa in Cyprus (without paying agents fees at a time when selling was very difficult) and the small business that I started out there and our car to three different individuals ALL to coincide EXACTLY with the flights which we'd booked back to the UK 6 months previously. Coincidence? No way! - I planned it and worked on it for at least 30 minutes a day during that 6 month period.

I can also tell you that achieving material success does not necessarily bring happiness. Maybe this is for me to know and you to find out - but more about this in my other book - 'The Golden Sphere - An Introduction to Rebirthing and A Course in Miracles'.

On the negative side - I always had a fear that the taxman would come after me - and guess what - he did!

Just before we went to Cyprus I had a tax ‘enquiry’ which lasted eight terrifying months and was one of the worst experiences of my life. During this period I was constantly walking around with a calculator, imagining all different ways that he was going to ‘screw’ me.

However, fortunately the final result was nowhere near as bad as I’d imagined. I ended up having to pay tax on ‘points’ that I’d earned on a credit card and not declared (about £200) and our pet Poodle was disallowed as a guard dog (even though he was more vicious than the average neurotic Rottweiler). On the same basis this would certainly make the total population of the UK ‘tax criminals’. Do you declare supermarket or credit card points or cash-back? Apparently it’s income which should be declared - so I was told!

But anyway of course this experience was brought about directly as a result of my ‘fear’ that it would - the law of reversed effort! I accept 100% responsibility for this occurrence. There is no such thing as ‘bad luck’!

How conscious are you?

Probably 90% - 95% of the time you are unconscious of what you are doing. This is not meant to be an insult - it’s a fact!

Most of us can only consciously think of one thing at once, but almost constantly we need to perform numerous tasks simultaneously, most of which are done ‘unconsciously’, i.e. breathing, walking, digesting, swimming, driving etc.

Ask any experienced driver EXACTLY what he / she does during the last 3 seconds of the approach to a difficult uphill left hand junction. Unless they’re a driving instructor they’ll tell you incorrectly (even though they’ll probably actually do it correctly).

Most will say that they look both ways, assess the situation and proceed if safe. This of course is what they are ‘conscious’ of, but they will also:

- Regulate the last part of the approach speed;
- Depress the clutch pedal;

- Probably turn half a turn to the left (to follow the kerb);
- Select first gear;
- Partially engage the clutch at the same time as setting the engine revs at the correct level to gain clutch control;
- Continue turning at the same time as making observations and using clutch control as necessary.

Obviously, they will also be digesting their last meal, breathing, taking care of all the other internal bodily requirements and probably having a conversation and figuring out how they're going to pay next month's mortgage all at the same time!

One of the reasons that learning anything is difficult at first is because it has to be learnt 'consciously' before it can become 'unconscious' and consequently automatic. In the case of driving, trying to be conscious of all of the above as well as making the correct assessment / observations etc. is 'mind bogglingly' difficult. But once the 'controlling' part has been thoroughly learnt (through repetitive practice) and has become automatic, the conscious mind only has to deal with the apparently more important 'road procedure' - assessing the situation etc.

So clearly the unconscious mind has its uses. In fact we couldn't function without it. But if we become 'conscious' of what we are allowing in there, we end up in control!

Belief

Whatever you firmly believe - IS!

Just before we left Cyprus, a good friend of mine was talking to me about 'Crystals'. She was / is convinced of their beneficial properties.

Although I am certainly into most things 'mystical' I am also aware that there is a lot of nonsense out there that unscrupulous individuals are making a fortune out of. I'm certainly not necessarily saying that 'Crystals' is one of

**ANYTHING IS
POSSIBLE
IF YOU
BELIEVE!**

them. I really don't know, and would have to study the subject carefully before reaching a proper conclusion.

But anyway off the top of my head I said to my friend that I thought it was all a load of cobblers! But her reply to me hit me like a sledge hammer. She said: 'Yes but if you BELIEVE in them they really work!'

This is so true. And true of anything. The power is not necessarily in the things in which you believe in but in the BELIEF itself! This is why lucky charms work for some people and not for others, why some people are always winning competitions and why others are accident prone! Whatever you firmly believe - positive or negative, good or bad - IS! My friend later gave me some crystals to keep me safe, which I shall cherish as I believe that SHE has put power into them through her belief!

Personally I have a great belief in pyramids and tetrahedrons. I really don't know whether it's these shapes which help me or simply my belief in them. But they work for me!

Decide What You Want

One of the main reasons that most people live in chaos, is because they've never clearly defined exactly what they want. So now I want you to make three lists as follows:

- Material desires;
- Situations that you'd like to change;
- Personal qualities that you'd like to alter.

The first two lists I want you to split into short and long term goals, but the third needs only one.

Material Examples	
Short Term	Long Term
New car New kitchen Holiday New camera / laptop New keyboard / guitar	Sports car - Rolls Royce Luxury home in the sun Luxury motorhome / yacht World cruise Total financial independence
Situation Examples	
Short Term	Long Term
New Job Promotion Pass driving test Learn to fly plane Cope with illness	Business of your own Be world class footballer Be world class musician Find ideal partner Cure illness
Personal Qualities Examples	
Happiness Self confidence Ideal weight Cure addiction Soul travel	Creativity Increased energy Increased feelings of prosperity Intuition Wisdom
Self Realisation	

I've given a brief example here. But your list can be as long or short as you like. You can of course change your mind as you progress, but try and at least get your short term lists right and also your personal qualities.

Try and make your short term lists at least believable. For instance if you are unemployed, broke and homeless (I've been there!), you would probably find it hard to believe that you could be a millionaire within a few months, and if you attempted this, you would probably get disillusioned and give up.

**CHANGE YOUR
MIND
TO CHANGE
YOUR WORLD!**

In this case your short term list should be getting somewhere to live and getting an income. Put being a millionaire and an airline pilot in your long term list (if this is what you want).

Remember also that every material 'thing' comes with a burden i.e.:

- Cleaning it;
- Worrying about someone stealing it;
- Insuring it;
- Repairing / servicing it;
- Replacing it when it inevitably falls apart etc.

And don't get 'needs' mixed up with 'wants'. Don't misunderstand me, I'm not saying that you shouldn't want things, or it's wrong to be rich - just make sure that you understand the difference. You 'need' warmth, food and shelter, everything else is 'wants'.

And be sure that you do actually 'own' the things that you own and not that they 'own' you! Think carefully about this!

Forming effective Suggestions / Affirmations

Having completed your lists, at least you should have a clear idea of where you would like to end up and for many people this is a big step forward.

Now we're going to convert these lists into powerful suggestions / affirmations.

To do this, you must follow these guidelines:

1. They must be short, clear and unambiguous. 'I earn more money' is incorrect as 'more' is relative and basically means nothing - how much more? A penny more? 'I have all the money that I need or want' is better. 'I have a better job' again is incorrect as 'better' is a matter of opinion - better than what? Who determines what is better? 'I am a police Chief Inspector' could perhaps be a good short term affirmation if you are already a police constable or sergeant, but would only be good as a long term one if you are currently unemployed and aspire to this.
2. They must be 100% positive. Not absolutely necessary for technique 1. 'I am not afraid of heights' is a negative statement and must be avoided at all costs in technique 2. The subconscious will pick up on 'afraid' and ignore the 'not', which could of course make the problem worse. 'I can see myself climbing ladders confidently and safely' is better. As the first technique is carried out in a state of complete waking consciousness this is then not so important.
3. They must be clearly in the present time only. 'I will be healthy, wealthy and wise' is incorrect as the subconscious will pick up on the 'will be' and conclude that you don't actually want this to occur now and as everything can only occur in the present moment - your goal will never be achieved. 'I WILL BE' is like an unplanted seed which cannot materialise - nothing more than a 'wish'! 'I AM' is like a seed correctly planted which MUST materialise. It's a Universal Law! 'I am healthy wealthy and wise' is better.
4. Avoid time or monetary limits. 'My weight is reduced to 10 stone by December 31st 2015' could prove to be very dangerous. In an extreme case you could 'lose a

leg' in order for this to be achieved. And anyway why should you be so obsessed with losing weight? Who makes the rules as to how much you should weigh? We are constantly misinformed as to what is 'right' and what is 'wrong' - so what / who should we believe? I wouldn't necessarily say that the doctors etc. are always 'wrong' - but they're certainly not always 'right' either! 'I eat a healthy diet and exercise regularly in order to reach and maintain my ideal body weight' is better. 'I love and accept myself unconditionally exactly as I am in this moment here and now' is a very important and powerful statement which you'd be wise to use regularly.

Personally I couldn't give two hoots what anyone thinks about me - I'm OK with me and that's all that concerns me!



A tortoise witnessed an armed robbery committed by 2 snails. When asked if he would recognise the snails if he saw them again he said: 'No it all happened so fast!'

One faulty affirmation I used a few years ago was: 'I have a successful mail order business earning £250 per week.' At the time £250 per week was quite an acceptable amount, but the

fact that I'd 'asked' for this amount resulted in the business getting 'stuck' at that level until I realised what had happened and corrected the fault. So don't make limits, or if you do make them very high. It's only a matter of time before a loaf of bread will cost £1000 or more!

Emile Coué

Probably the most well known affirmation of all time is the one popularised by Emile Coué - the father of auto suggestion: 'Day by day in every way I am getting better and better'.

Although this suggestion achieved some apparently remarkable results in sick individuals it is nevertheless flawed in the fact that it uses the word 'getting' (future). The fact that it is non-specific 'in every way' was deliberate in order to deal with numerous complaints.

‘Here and now in every way I AM perfect as God created me’ is better.

Having correctly worded your suggestions into the three categories as indicated, we are now ready to move onto the two very powerful techniques for achieving your goals.

Technique 1

This simple powerful technique can be used for any of the suggestion / affirmations in any of the three lists whereas the second technique should be used for those in the third list only.

Firstly I assure you that it will work. Of this I am 100% sure. But you must take the small amount of effort to do it.

How quickly it will work will depend on your present level of negativity. 20 years of wrong thinking is probably not going to be neutralized in one or two sessions - having said that - who knows? But generally, the more often you do it the quicker it will work.

Just before falling asleep and just as you wake, you are in a natural state of hypnosis. These states are called 'hypnogogic' and 'hypnopompic' and are particularly good times to use this technique, but any other time will work also.

Step by step

Make some time for yourself when you will not be disturbed for about half an hour. Turn your mobile phone off and shut yourself in a quiet room.

Choose a up to 5 of the declarations that you want to work on.

Sit or lie down in a comfortable position and relax as best you can. Taking a few deep breaths will help you do this.

To get yourself in the right frame of mind, think of the happiest event in your life so far. Really try and feel it as best you can. Bringing EMOTION into the equation helps tremendously.

Read the chosen declarations EXACTLY as they are written, preferably out loud (but at least verbalised) with conviction. Repeat each one a few times. If you can, try and visualise the reality of what you are saying. Using a mirror and looking into your eyes will enhance the process.

In between each declaration, just sit and relax for a short while.

Finish the session with a feeling that what you have stated is true and is a reality now - even though it isn't!

Choose one of the declarations (that you consider most important), write it on a card, keep it with you at all times and read it (out loud or verbalised) as often as you can think of it in between sessions (preferably every hour).

That's it - simple! So simple that you probably don't believe a word of it!

Don't confuse this with 'Will Power' or 'Positive Thinking' etc.; this is far more powerful and incredibly easy. And don't think you can't do this - you've been doing it all your life. This is just a refined version - a way of planting the seeds correctly! If you think about it carefully, it's even logical! **AND IT WORKS!**

Note that you **DO NOT NEED** to be in a hypnotic state to do this - just comfortably relaxed - but conscious. Do not fall asleep. But to fall asleep just after is perfect!

The more you repeat these statements / declarations to yourself the sooner they will be accepted by your subconscious mind and the sooner they will become a reality for you. Once the subconscious accepts a statement it will act on it whether you like it or not! Don't worry if you feel like you are lying to yourself - just do it!

The more you do it, the more you'll believe it - the stronger the belief - the sooner it will happen. Real strong 'Belief' produces miracles.

Another good thing to do is to make a scrap book containing everything on your lists. If you can get photos of any material things or even miniature copies, these will be most useful. Remember how I (accidentally) got my Hammond organ:

- I had every coloured brochure available;
- I studied them consciously before falling asleep;
- I wanted it desperately;
- I played them virtually on a daily basis at all the London music shops (in rotation);

- I could feel them, hear them, see them and smell them in my mind clearly.

In-between sessions also try and become aware of your ‘inner chatter’ and exactly what YOU are saying to YOU! As soon as you notice any negative nonsense, put a stop to it immediately. It’s very likely that your subconscious will fight back in the initial stages by telling you that this is complete nonsense. And of course if you think it’s nonsense - you’re right - it is! - But you could change your mind!

Ironically, if you did think that this was a load of cobblers and chucked it in the bin - you’d then carry on doing it for the rest of your life. You couldn’t NOT do it! - It’s how you formed (and are continually re-forming) your world.

Let’s analyse it a bit more and give different thoughts / statements points according to their power.

We’ll assume that you’ve got yourself into the situation where you’re earning £X per month and paying out £X+.

There’s 86,400 seconds per day - I’ve been at it with my calculator again! Assuming you sleep one third of the time, that leaves about 60,000. If you worry constantly, you’re probably thinking: ‘I don’t have enough money’ thoughts 5,000 time a day to which we’ll give 1 minus point each. That’s minus 5,000 points in one day.

Now your wife comes in and says: ‘Have you seen the offer on Plasma T.V.’s down at the emporium?’ To which you emphatically state out loud ‘Forget it, we can’t afford it!’ Real powerful stuff said with belief and conviction. This one declaration alone must be worth about minus 5,000 points. Then she says: ‘Yes but the offer is: buy now, don’t pay a penny for a year and then have 4 years interest free credit!’ You immediately repeat your first statement and produce a further minus 5,000 points.



**THERE'S NO
SUCH THING AS
AN IDLE THOUGHT!**

But after an afternoon of grief and many more negative statements and minus points - you finally agree and go and buy it. Then you also get talked into buying an expensive extended warranty as it's programmed to self destruct after just 2 years - 3 years before you've even paid for it. Then you find out that you need a stand for it - costing another £250 that you didn't have (and more minus points). Then you get it home and it won't work on your existing aerial. Then you find out that you need additional contents insurance and accidental cover as more of these get stolen or broken than anything else. Then some bastard notifies the TV licensing authority just when you thought you'd got away with it!

Then when you turn it on, some snotty nosed 30 year old git is buying his '£1m luxury house in the country!' 'How the hell can he afford that at his age?' you think as you switch channels to find Amanda Lamb helping another young couple buy their 'dream home in the sun!' You switch channels again to get the News telling you that oil prices have gone through the roof, property prices are going down (leaving you in negative equity) and unemployment is going up!

Then you switch off and pick up the newspaper. You'd actually do yourself less harm reading the 'Beano', but 'A Course in Miracles' would be better!

Now don't misunderstand me. I'm not suggesting that you dismiss the fact that you can't afford things when you clearly can't. Quite the contrary - getting into debt is dumb, big time, with the exception of a sensibly priced mortgage on your home. I'm just trying to help you understand the mechanics of your mental process and use it correctly so that you can afford the things that you want without the pain.

Even if you're broke right now, let your mind dwell on what's good in your life. Count your blessings continually and be thankful for what you have. If you have a roof over your head with mains electricity and running water and enough food in your belly, you're not doing that bad - more so if you are in good health - be thankful! - And let this take over your 'inner chatter' as much as you can. Then use positive declarations as directed

but with as much emotion, determination AND BELIEF as possible in order to create positive ‘points’ in abundance. And most importantly - KEEP DOING IT! Everything is governed by ‘cause and effect’. Your thoughts the cause - your world the effects! Let me remind you again of the ‘Three Wise Monkeys’.

**IF YOU DON'T WANT 'IT' - DON'T SAY 'IT',
DON'T SEE 'IT', DON'T HEAR 'IT'
AND DON'T EVEN THINK 'IT'!**



Stop Press

I only read two books now but I read them extensively: ‘A Course in Miracles’ and ‘The Science of Mind’. While writing this my wife was moaning about the state of my desk and when I went to tidy it (as best as possible) ‘The Science of Mind’ dropped off a shelf and fell open at a page where I’d previously underlined the following affirmation:

‘Everything necessary to the full and complete expression of the most boundless experience of joy is mine now’. Know this, feel it and BE it. Do this every day for a few minutes. We should all do this until the time comes when it is no longer necessary. - (Science of Mind page 290).

This was no coincidence - YOU are meant to have this information - USE IT!

You’ve probably wondered why I haven’t mentioned binaural beats etc. in relation to this technique. Well basically you don’t need them for this. The technique is far more powerful than you could possibly imagine on its own. But if you particularly wanted to use brainwave entrainment with maybe ambient music or natural sounds etc. you could do, but no lower than alpha. Remember this technique is to be carried out with FULL CONSCIOUS AWARENESS - DO NOT FALL ASLEEP!

The main use of the binaural beats / isochronic tones is for the next two techniques.

Technique 2

It's ironic that people tend to believe that what is more complicated or costs more - is better and more effective than what is simple or costs less. Having said this, the fact that hypnosis and self hypnosis works is scientifically proven beyond doubt - it works 100% if administered correctly. But please don't discount the power of the first technique just because it's so simple - it's certainly AS powerful IF NOT MORE SO THAN THIS ONE.

However this technique although more complicated than the first is certainly very interesting and I'm sure you'll want to use it even if only to experiment with the binaural beats that you've been learning to create.

As mentioned previously, this technique should only be used for making internal mental attitude changes (the items on your third list).

This can be achieved three ways:

- Conventional hypnotic induction and suggestions;
- Subliminal suggestions;
- Bilateral suggestions.

All of these can be easily achieved with the recording techniques described previously and can be used with or without binaural beats.

This technique utilises the recording techniques which we were working on earlier. To recap you need:

1. An induction voice recording (an example induction is listed further on).
2. A middle section featuring a single item only from your third list. This section can be recorded at:
 - a) the same volume as the induction resulting in standard hypnosis;
 - b) a barely audible volume to create a 'subliminal' or

- c) split across the right / left channels to create a 'bilateral' effect.
3. A re-awakening section to return to normal waking consciousness unless you intend falling into normal sleep at the end of the session (in which case you'd awaken normally). A 're-awakening' example is listed further on.
 4. A stereo binaural beat or isochronic tone track (assuming you decide to use one) to enhance the hypnotic process. This should start in beta, progress gradually to alpha / high theta, then returning to beta to re-awaken unless you intend falling asleep at the end of the programme.
 5. A suitable sound mask. This can be a mix of pink / white noise and or natural sounds; ambient music or other sounds / music that you may wish to include. But I wouldn't recommend Led Zeppelin on this occasion! - ambient music and / or natural sounds are best!

All of the above should be mixed so that the end result is comfortable to listen to, (which may take some practice) and then transferred to mp3, or audio CD (via wav).

Having completed your recording proceed as follows:

Step by Step

Make some time for yourself when you will not be disturbed. Turn all your phones off and shut yourself in a quiet room. Ideally this should not be within an hour or two after eating (as your digestive system will make it difficult for you to relax).

Sit or lie down in a comfortable position and relax as best you can. Taking a few deep breaths will help you do this. As with the first technique to get into a good frame of mind - think of the happiest event in your life.

Using stereo ear / headphones, listen to the recording at a comfortable volume. If you don't have any ear / headphones - buy some - even cheap ones will do, but if using binaural beats remember these are reliant on the stereo effect.

At the end of the session, give yourself some time to ‘come round’. As a precaution I suggest that you leave at least 30 minutes before doing anything potentially dangerous (climbing a ladder, feeding your pet crocodile or defusing any unexploded bombs that you might find lying around etc.).

Repeat the procedure on a daily basis and results WILL follow!

Hypnotic Induction (example)

If the recording you are making is for your own use only, you can use the ‘first person’ - ‘I am’ etc. or the ‘second person’ - ‘You are’ etc. But if it is to be used by others, it should of course always be the ‘second person’ only.

I’ve listed this induction example in the first person, but remember it’s just an example:

Breathe slowly and deeply.

As I listen to this recording I am sinking into a deep relaxed state.

All my muscles are relaxing as I breathe deeply.

All tension is flowing out of my body.

I can feel the relaxation spreading all over my body.

I can feel my body slowly relaxing.

My muscles are becoming more and more soft and relaxed.

My body feels more relaxed.

With each breath that I take, my relaxation becomes deeper.

Deeper and deeper - Calm and relaxed - Deeply relaxed.

I feel comfortable and serene as I sink deeper and deeper into the most wonderful relaxed state.

I am in a state of complete relaxation.

I am totally relaxed in both body and mind.

My mind is peaceful, relaxed and serene.

I feel peaceful and quiet and within myself.

REPEAT AS NECESSARY

Re-awakening (example)

Similarly to the above, change to the ‘second person’ if using this for others.

I will remember every experience that I had during this session. And will awake feeling calm, relaxed, invigorated and alert.

Each time that I use this method for (whatever reason), I relax more easily, more quickly, and more deeply.

Now, I'm going to count from one to five, and then I'll say, “Fully aware”. At the count of five, my eyes are open, and I am then fully aware, feeling calm, rested, refreshed, and relaxed.

All right. One: slowly, calmly, easily I'm returning to my full awareness once again.

Two: each muscle and nerve in my body is loose and limp and relaxed, and I feel wonderfully good.

Three: from head to toe, I am feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene.

On the number four, my eyes begin to feel sparkling clear.

On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, and full of energy.

Number five: I'm **fully aware** now. Eyelids open.

Take a good, deep breath and stretch.

Technique 3

Simply use binaural beats or isochronic tones with suitable sound masks (ambient music, natural sounds etc.) at various frequency levels without any voice tracks. This is mainly what I do for meditation and lucid dreaming etc.

Which frequency you should use is very much a matter of opinion and down to experimentation as everyone is at different levels of development. The same goes for the base (carrier) frequency. As mentioned earlier, I prefer around the 170 mark, but I don't actually know why - but clearly the permutations are infinite.

But as a rough guide only I can share the following information with you. No doubt you will find more by searching online!

- 33Hz - Pyramid Frequency
- 30Hz - Used for safe marijuana effects (allegedly)
- 20.215Hz - Brings about safe LSD effect (allegedly)
- 16Hz - Releases oxygen into cells
- 14Hz - Awake and alert
- 11Hz - Relaxed yet awake state
- 10Hz - Clarity, Releases serotonin
- 7.83Hz - Schumann Earth resonance. Meditation etc.
- 7.5Hz - Creativity for Music/Art/Problems etc.
- 6.5Hz - Centre of Theta, Astral travel
- 5.5Hz - Inner guidance
- 4.9Hz - Meditation
- 4.5Hz - Meditation
- 3.9Hz - Inner awareness - Meditation
- 3.5Hz - Feeling of unity with everything
- 2.5Hz - Pain relief

1 - 3Hz - Deep relaxation. Tranquillity and peace

0.9Hz - Euphoria

0.5 - 1.5Hz - Endorphin release

Finally

This guide has been written with the utmost care and sincerity, but of course what you do with it is your own responsibility and as such I cannot accept any responsibility for any misuse of the information or programmes included.

Please note also that the binaural beat examples and the hypnotic induction examples given here are JUST examples, if you feel at all unsure of any of these please seek professional advice before using them.

WARNING: DO NOT USE BINAURAL BEATS, ISOCHRONIC TONES OR HYPNOTIC RECORDINGS WHEN DRIVING, CYCLING, OPERATING MACHINERY OR ANY OTHER ACTIVITY THAT MAY PUT YOU IN DANGER.

Also, check with your doctor before using these techniques if you have epilepsy or some other kind of neural or mental condition. I've used these techniques for many years with only beneficial results and I've never heard of the procedure inducing epilepsy or any other problems in anyone. But to be completely safe, if you have ANY negative reactions - stop using them!

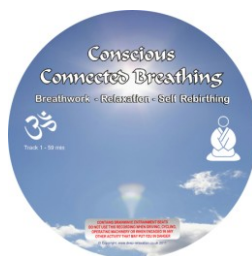
Having said all this, it's my belief that the very worst thing that you're likely to do to yourself is give yourself a mild headache.

Download Link

If you purchased this guide as an eBook or paperback, you will need the following link: http://www.deep-relaxation.co.uk/brain_dl.html to obtain all the software and sound files. Please note that there is an underscore (_) between 'brain' and 'dl'.

The software (Audacity and Gnaural) downloads are free to everyone and these were not produced by me. Credit and thanks for these should go to their originators. The sound files and other free items are my copyright and given freely with this book for your own use only, but not for re-sale.

You may also be interested to see details of readymade binaural beat recordings in my site at <http://www.deep-relaxation.co.uk>. I can also make sensibly priced CD's to order covering a range of topics.



Thank You

Finally, thank you sincerely for trusting me enough to buy this book. My aim is always to provide far more in use value than the cost of the item which is why there are so many freebies. If you have any problems with any of the downloads or anything else, please contact me via the contacts page of my website and I'll get back to you - unless I've died or gone Gaga - although I'm planning on living forever and have to say that so far it's not going too badly! If I thought that this book was going to sell millions, I obviously couldn't offer this service - but it's clearly been written for a select few only.

If you've enjoyed my work, your positive feedback on amazon.com or google etc., would very much be appreciated and would help me very much - thanks!

Further Reading

Regarding binaural beats, my recommendation for further reading is to gather info from the net in particularly <http://www.monroeinstitute.org/research> for the most up to date data.

With regards to ‘mind control / spirituality’ etc., having read hundreds of books on the subject I can particularly recommend the following:

- A Course in Miracles - The Foundation for Inner Peace
- The Science of Mind - Ernest Holmes
- The Power of Now & other titles - Eckhart Tolle
- The Thunder of Silence - Joel Goldsmith
- Autobiography of a Yogi - Paramahansa Yogananda
- The Secret - Rhonda Byrne
- The Golden Sphere - Yours Truly

