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BINAURAL BEATS

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How specific sound frequencies can influence your mood

What are binaural beats – and how do they work?

Binaural beats occur when you hear a slightly different tone in each ear – for example, 300 Hz in the left ear and 310 Hz in the right. Your brain 'mixes' these two tones internally and generates a third frequency from them – in this case, 10 Hz. This frequency is not generated externally, but within your mind – and that is precisely where it exerts its effect.

This effect, known as the frequency-following response, can influence your brainwaves – and thus your mental state.

Brainwaves and states of consciousness

Our brainwaves oscillate within different frequency ranges – depending on whether we are awake, tired, stressed or deeply relaxed. Binaural beats can help you specifically enter a desired state.

- Delta waves (0.5–4 Hz): Deep, restorative sleep, physical regeneration
- Theta waves (4–8 Hz): Inner calm, creativity, meditative state
- Alpha waves (8–14 Hz): Relaxation with an alert mind, light concentration
- Beta waves (14–30 Hz): Alertness, focus, productive thinking
- Gamma waves (30–100 Hz): Clarity, inspiration, complex thinking

How binaural beats can help in everyday life

Whether you want to switch off, need to concentrate on work or want to sleep better – binaural beats can be used specifically to influence mental processes

support. They are easy to use, require no prior knowledge and often take effect within just a few minutes.

Typical areas of application:

- Stress relief & relaxation: Wind down quickly with gentle alpha or theta frequencies
- Meditation & mindfulness: Delve deeper – even for people who find it difficult to 'switch off'
- Learning & work: Boost focus with stimulating beta waves
- Improved sleep: Let go more easily in the evening with soothing delta waves
- Creative processes: Foster inspiration by accessing inner images and thoughts

It is particularly important to note:

Never listen to binaural beats whilst in traffic, operating machinery or similar activities, as they alter your state of consciousness.

Furthermore, as an independent individual, the listener should pay attention to their own perceptions; if a headache sets in, the beats are most likely set too loud – you should be able to hear them comfortably and consciously, but no more than that.

Should tension or any kind of discomfort arise (more likely at frequencies other than 10.5 or 12 Hz), the session must be stopped immediately. (And, if necessary, a calming track such as this one should be used, depending on your needs)

As already indicated, the beta range corresponds to our general daytime consciousness, thinking and problem-solving.

In my experience, however, the beta state is highly susceptible to distraction, tending to be more stressed than relaxed, always on the lookout for something new (dopamine?), and therefore not conducive to deep concentration over several hours, or to attuning one's consciousness to the state of a fulfilled desire.

In my experience, spending time in the alpha state (and later in meditative, lower-frequency ranges) is very conducive to this.

Detailed information on 7 Hz

on 7 Hz

7.5–8 for the treatment of alcohol and drug addiction – This frequency range conveys a sense of contentment to the individual, which is 'lacking' in those suffering from addiction.

7.0–8.0 for healing purposes, such as the laying on of hands by a healer, or self-visualisation in a healing situation [RA]; treatment of addictions [DW]

7.0 – Mental & astral projection, bending objects, psychic surgery; increased reaction time [SS]; Mass aggregate frequency (can split matter), allegedly

causing organs to resonate and tear at excessive intensity [TB]; treatment of sleep disorders [PGS via DW]; bone growth [NOR]

I wish you much relaxation, joy and success!

Katrin