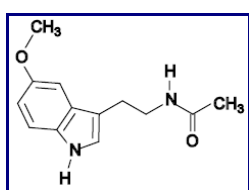


[Trypnaural Brainwave Entrainment Meditation Guide](#)

By Niraj Naik (amAya) Mpharm

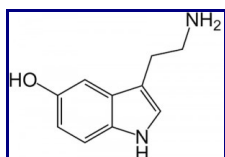
*[Trypnaural meditation](#) is a breakthrough meditation technology designed to **stimulate your natural production of tryptamines; serotonin, melatonin and D.M.T** so you can benefit from deeper sleep, improved mood, increased mind power, better health, creativity and intuition.



Melatonin

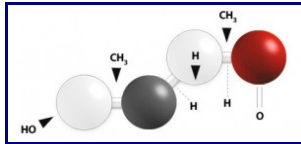
Melatonin is a hormone secreted by the pineal gland in the brain. It anti-aging hormone with many functions including helping you sleep.

Researchers believe our melatonin levels drop as we age. Some people think lower levels of melatonin may explain why some older adults have sleep problems and tend to go to bed and wake up earlier than when they were younger. Doctors prescribe expensive melatonin supplements for sleep disorders. With meditation you can make them naturally and for free.



Serotonin

Serotonin is a hormone that helps maintain a “happy feeling” and seems to help keep our moods under control by helping with sleep, calming anxiety, and relieving depression. According to researchers like Schildkraut and later Coppen, depression is caused by a deficiency in serotonin, which impairs neuronal communication. Drugs like Prozac (fluoxetine) are widely prescribed to treat depression with a whole list of harmful side effects. With meditation you get a drug and side effect free, natural way to keep your serotonin levels in balance.



DHEA

DHEA gives you protection against stress-related hormones such as cortisol.

A study published in the New England Journal of Medicine 11/12/1986 found that a 100 microgram per deciliter increase in DHEA blood levels corresponded with a 48% reduction in mortality due to cardiovascular disease—and a 36% reduction in mortality for any reason!

[Trypnaural meditation](#) is widely enjoyed by **users all around the world**, from yoga teachers, reiki masters, corporate executives, actors, musicians and even employed by USA Army officers as a way for them to combat stress.

People who meditate live longer and happier lives because mediation produces ***amazing feel good hormones that boosts the immune system and enhances your cells.***

These hormones are what we should make all the time, but under long term stress our brain stop produces these beneficial hormones and starts to **produce harmful stress hormones instead.**

Meditation also enhances your brain function so you can think with more clarity, think faster and sharper and tackle more complex tasks. ***This is how many corporate exec, business people, even politicians and lawyers are getting the edge over their colleagues in the harsh cut throat competitive world we live in...***

A Brief History Of Brainwave Entrainment

Enthusiasts of brainwave entrainment claim that it has been noted or used in one form or another for centuries (long before the invention of EEG equipment), from shamanistic societies' use of drum beats to Ptolemy noting in 200 AD the effects of flickering sunlight generated by a spinning wheel. In the 1930s and '40s, with then-new EEG equipment and strobe lights, William Grey Walter performed some of the first scientific research on the subject. Later, in the 1960s and '70s, interest in altered states led some artists to become interested in the subject, most notably Brion Gysin who, along with a Cambridge math student, invented the Dreamachine. From the 1970s to date there have been numerous studies and various machines built that combine light and sound. These efforts were aided by continued development of micro circuitry and other electronic breakthroughs which allowed for ever more sophisticated equipment. One of the more frequently noted scientific results

claimed for brainwave entrainment was the discovery of binaural beats, published in Scientific American in 1973 by Gerald Oster. However, Oster's research actually makes no mention of brainwaves. With the development of isochronic tones by Arturo Manns, combined with more sophisticated equipment, these discoveries led to many attempts to use claimed brainwave entrainment techniques in the treatment of numerous psychological and physiological conditions.

What Is Brainwave Entrainment?

“Entrainment is the process whereby two interacting oscillating systems, which have different periods when they function independently, assume the same period. The two oscillators may fall into synchrony, but other phase relationships are also possible.”

One of the best ways to demonstrate this in action is to hold a tuning fork tuned to a particular sound frequency such as the note C. Hit the tuning fork and hold it close to the strings of a guitar. You will notice that the C string on the guitar starts to vibrate because it has entrained on to the same frequency of the tuning fork.

Like the pulses of vibration that produces sound on a guitar string, your brain also creates pulses of vibrations. These vibrations are electrical impulses. Their activity can be measured by using an EEG (electroencephalogram) that measures the frequency of these pulses.

You measure the frequency of these pulses in Hertz (Hz). Your brain actually has a predominant frequency that it operates in any given moment, and this can be associated with your state of mind.

So the emotional state of your mind in any moment such as feeling happy, sad, frightened, sleepy or excited can be measured as a frequency.

There are 5 broad categories of brainwave frequencies that are associated with the different states of mind.

Frequency Range	Name	Brain State
40 Hz	Gamma Waves	Inspiration, Higher Learning, Focus
13 – 40 Hz	Beta Waves	Alertness, Cognition, Concentration
7 – 13 Hz	Alpha Waves	Relaxation, Visualisation, Creativity
4 – 7 Hz	Theta Waves	Dreams, Deep Meditation, Hypnosis,

< 4 Hz	Delta Waves	Intuition, Lucid Dreaming Healing, Deep Sleep, Detached Awareness, Out Of Body Experience
--------	-------------	--

Beta Waves are associated with normal waking consciousness. When you are focused on activities such as working that requires a lot of thinking, doing calculations, and reading complex non fiction books for example, for prolonged lengths of time you can start to feel stressed out.



Alpha Waves are associated with light meditation. Your brain goes into this state when you are day dreaming. They also become more predominant when you close your eyes and relax your mind. This is a perfect state to be in for subliminal mind programming.



Theta Waves are associated with deep meditation. They occur during heightened states of creativity and inspiration as you begin to process unconscious material



Delta Waves are associated with a deep sleep state or unconsciousness. Experts of deep meditation can consciously move into this state of mind and access the higher brain centres. After much practice out of body

experiences and astral projection is possible during these meditative states.



How Can You Control Your Brainwave State?

For many thousands of years spiritual sages, rishis, yogis, shamans, monks, whatever you would like to call them, have been perfecting the process of meditation to induce deep meditative states. They would have to spend many hours a day of quieting the mind and controlling their brainwave states.

This is just not practical for most people to do in their hectic modern lifestyles. Fortunately with the advances of modern technology we can all using specially designed audio technology train our minds to achieve whatever states we want just after a few short sessions.

The rest of this guide will show you how you can use the Trypnaural Meditation Technology to enjoy the full benefits of deep meditation.

The Benefits Of Brainwave Entrainment Meditation

1. Reduced stress, stabilisation of the HPA Axis (see below)
2. Deeper sleep / reduced insomnia
3. Improved concentration, focus and memory
4. Ability to overcome bad habits
5. Improved health and wellbeing
6. Increased creativity, inspiration and problem solving
7. Help with the symptoms of attention deficit hyperactivity disorder (ADHD)
8. Greater intuition
9. Deeper spiritual connection

In the busy modern day world, most people tend to neglect the importance of unwinding and letting go of stress every now and then. But relaxing the mind and body can bring you many benefits, which you can discover yourself once you try out the Trypnaural brainwave entrainment meditations.

It is much easier to understand the true benefits of meditation when you first understand what happens during stress in your mind and body.

What Happens During Stress?

First it is important to understand the difference between the two different types of stress:

Healthy Stress also known as Eustress:

This is beneficial stress inside the body that leads to positive outcomes when done in moderation.

- Enjoyable exercise
- Massage
- Sauna
- Roller coaster rides

Unhealthy Stress:

- Job dissatisfaction
- Financial Worries
- Lack of sleep
- Steroid use
- Diseases such as Diabetes
- Smoking
- Bullying
- Social dislocation / separation from normal communities such as in Emigrant Asians, Native Americans and Aborigines in Australia who together have the highest rates of heart disease in the world.

What Happens During Unhealthy Stress?

Your body produces special hormones that serve important functions during a response. The release of stress hormones is controlled by the hypothalamus and your pituitary gland together in unison.

Under stress: The hypothalamus signals your pituitary gland to release hormonal messengers to your adrenal glands to release adrenaline and cortisol.

This is known as the HPA axis.

You have two different divisions to your nervous system – sympathetic and parasympathetic neither of which is under your conscious control.

Sympathetic deals with “Flight or Fight”

- Speeds up your heart rate
- Redirects blood flow away from your gut and to your muscles
- Stimulates your liver to release glucose so higher blood glucose levels
- Triggers the release of various blood clotting factors

Parasympathetic however does the opposite and relaxes you. Helps you to get ready to eat, digest and store energy.

These two nervous pathways govern homeostasis – your bodies natural balance mechanism. When you are under prolonged stress this function goes out of sync resulting on all the major problems caused by long term stress and a dysfunctional HPA axis.

Consequences of a dysfunctional HPA axis:

Cushing syndrome is one extreme example of a body under extreme stress causing the HPA axis to go completely out of sync and produces excess cortisol.

Result is:

- Increased visceral fat
- Diabetes
- Heart disease

This is a common character trait of people under stress these days with the visible potbelly, type 2 diabetes and other chronic diseases.

Depression is another example of an initiator of HPA axis dysfunction:

“There is compelling evidence for the involvement of the HPA axis abnormalities in depression.”

Kunugi H et al Neuropsychopharmacology January 2006

Copyright 2011 Niraj Naik - [Click Here To Download Your FREE Audio Sample](#) -

Smoking is also proven to disrupt the HPA axis, although not as chronic in its effect as depression.

My Professional Experience With Stress and Disease:

I would like to go back to my own experiences as a pharmacist when performing medicine use reviews on my patients.

What was interesting is that with the patients who had one or more risk factors such as high blood pressure or existing disease, nearly every single one of these patients complained of feeling under stress, either from an emotional trauma previously in their life such as divorce, or working long hours, not sleeping properly and eating the wrong foods

What I did that I believe was different from what they were normally used to, was that I actually took a little bit of time to listen to their problems. Then I offered solutions, usually in the form of a little shopping list of things to buy that would help them that they could easily find from their local supermarket, such as healthier food and drinks. Many consumed large quantities of fizzy drinks so I suggested a few healthier swaps they could make. I would also direct them to website with more information that could help them fit exercise into their lives more easily, be able to cook healthier meals and this is the biggy, I would recommend they take up Yoga, Meditation and listen to music that would help them to relax more.

Those who followed through on my advice reported feeling much better and some even came off their medications completely as a result.

A study, published in Journal of The Association of Physicians of India (JAPI), establishes the reversibility of heart disease through yoga. Study was on angiographically proven CAD patients, of whom 71 formed the study group and 42 the control group. And the results proved that the serum total cholesterol levels had reduced by 23.3%, disease had regressed in 43.7% and progression was arrested in another 46.5% of the patients. Some marked improvements were noticed in anxiety levels of patients. Controlled yoga combining calming and stimulating measures resulted in reduced serum cholesterol, LDL and triglyceride levels.

Other ways to reduce stress and relax:

Music and sound therapy

Listening to music may benefit patients who suffer severe stress and anxiety associated with having and undergoing treatment for coronary heart disease.

A Cochrane Systematic Review found that listening to music could decrease blood pressure, heart rate, and levels of anxiety in heart patients. The researchers reviewed data from 23 studies, which together included 1,461 patients. Two studies focused on patients treated by trained music therapists, but most did not, using instead interventions where patients listened to pre-recorded music on CDs offered by healthcare professionals.

So in my opinion a more holistic approach is required when treating and preventing chronic diseases such as heart disease. Medication merely acts like applying ice on the bruise. It never treats the cause or source of the problem. If you keep banging your head on the wall, it doesn't matter how much ice you apply, your bruise will just get bigger and bigger.

How Brainwave Entrainment Meditation Reduces Stress and Improves Well Being

Around 80% of all illnesses are due to prolonged stress and a dysfunctional HPA axis. When we are in beta or gamma state for too long a period, we experience stress and brainwave entrainment meditation can help to bring you into states where your bodies balance is restored.

Just like exercise the beneficial effects of restoring your balance through meditation and using brainwave entrainment lasts even when you have stopped doing it. With continuous use of the therapy you actually become better able to cope with stress when it is thrown at you in your daily life. Your stress "threshold" raises as your body become more in control of its HPA axis.

Recent studies have looked at the neurochemistry of meditation. Meditation has been shown to increase serotonin production. Serotonin is an important neurotransmitter and neuropeptide that influences mood and behaviour in many ways. Drugs such as Prozac chemically increase levels of serotonin in your brain to treat depression. Low levels of serotonin have been linked to a variety of disorders. For example, conditions associated with low serotonin levels include: depression, obesity, insomnia, narcolepsy, sleep apnea, migraine headaches, premenstrual syndrome, and fibromyalgia.

Meditation has also been associated with increased melatonin availability. Melatonin is also an important neurotransmitter and neuropeptide that influences mood and behaviour. It is derived from serotonin. Melatonin has been linked to regulation of sleep, and early research indicates it may have anti-carcinogen and immune system enhancing effects.

[Trypnaural brainwave entrainment meditation](#) is designed to take you into the stress relieving brainwave states of alpha, theta and delta. It is also designed to stimulate your natural production of the tryptamines, serotonin, melatonin and DMT (dimethyltryptamine).

How Does Brainwave Entrainment Technology Work?

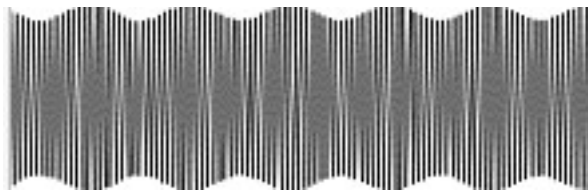
There are several methods used to entrain the brain. The idea is to get your brain to resonate or vibrate at a specific frequency.

The most popular methods used today are:

- Binaural Beats
- Monaural Beats
- Isochronic Tones

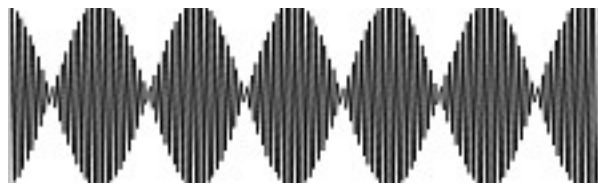
How Do Binaural Beats Work?

When you play two separate frequencies in each ear, say 140 Hz and 149 Hz, the difference in frequency is 9 Hz. Your brain compensates for this difference and a third tone of 9 Hz is experienced. This will result in your brain being raised or lowered and tuned into the desired frequency. This is how binaural beats are produced. Headphones are essential for this to work. This is the least effective of all brainwave technologies.



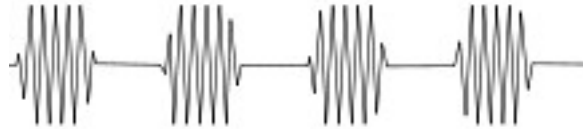
How Do Monaural Beats Work?

Instead of passing two tones of differing frequencies, another way to entrain your brain is to pass one signal to your brain that pulses on and off with a specific pattern. This can be designed to leave your brain in the desired frequency state. This is a far superior method than binaural beats. You do not need headphones, but they are recommended.



How Do Isochronic Tones Work?

These are by far the most powerful and effective brain trainers. They work by utilising equal intensity tones and increasing the pulse speed to synchronise your brain with the rhythm. The more distinct and clear wave from harmonises your brain much faster. The effects can be felt without headphones, but using them will greatly enhance the effects.



Trypnaural brainwave technology uses the most advanced of these methods – isochronic tones. The combination of this with specially designed sounds and music is what creates the full tryptamic effect of state change, stress reduction, serotonin, melatonin and DMT production.

DMT, The Pineal Gland and Our Dreams

DMT (dimethyltryptamine) is a naturally occurring hallucinogenic compound of the tryptamine family. So it is closely related to both serotonin and melatonin.

Dr. Rick Strassman, while conducting DMT research in the 1990s at the University of New Mexico, advanced the hypothesis that a massive release of DMT from the pineal gland prior to death or near death was the cause of the near death experience (NDE) phenomenon. Several of his test subjects reported NDE-like audio or visual hallucinations. He has extensively studied the pineal gland and writes that it has all the enzymatic material needed to produce DMT.

In many ancient cultures the pineal gland is considered to be “the seat of the soul”, or more commonly known as the third eye and special meditation can be used to enhance the activity of the pineal gland. This allows the mediators to connect with the divine and the universal consciousness. Deep meditation in this state enables the meditator to receive divine inspiration, heightened creativity and the divine knowledge. It is thought that DMT is the molecule responsible for giving us dreams when we sleep and also the visions experienced by people like the shamans, psychics and prophets.

Using [trypnaural meditation](#) you will be able to learn how to focus on your pineal gland and potentially experience a deeper connection with your spiritual center, incredible visions, heightened creativity and lucid dreams.

Here are the benefits of the combination of sounds, music and isochronic tones found in [Trypnaural Meditations](#):

- **Results in a faster time** - *so you can fit it into your busy daily schedule, 15 minutes a day does the trick*
- **Completely side effect free** - *meditation is proven to help with depression, ADHD, high blood pressure, but medication used to treat them are full of side effects whereas meditation has none.*
- **Effects last even when you are not listening to the meditation** - *a new field of science known as brain plasticity shows that like a sportsman can practice and improve their technique, your brain being like a muscle can be trained to go into any state you desire just by your intention, once you have trained it.*

The Magic Power Of Subliminal Mind Programming Combined With [Trypnaural Meditations](#)



Who many consider “The Father Of Personal Development), DR. Joseph Murphy wrote, taught, counseled, and lectured to thousands all over the world for nearly fifty years. Born in 1898, he was educated in Ireland and England. Years of research studying the world’s major religions convinced him that some great Power lay behind them all: ***The Power is within you!***

Dr. Murphy was Minister-Director of the Church of Divine Science in Los Angeles for 28 years, where his lectures were attended by 1300 to 1500 people every Sunday. His daily radio program during all that time was immensely popular. He moved to Laguna Hills, California in 1976, where he continued to speak every Sunday until he made his transition in 1981.

Murphy refused requests for profiles and biographies, saying that his life was to be found in his books. He wrote over 30, including *The Amazing Laws of Cosmic Mind*, *Secrets of the I-Ching*, *The Miracle of Mind Dynamics*, *Your Infinite Power to Be Rich* and *The Cosmic Power Within You*. There is a new edition of *The Power of Your Subconscious Mind*, revised and expanded by Ian McMahan.

Murphy was influenced by Ernest Holmes and Emmet Fox, both well known writers on New Thought principles, but his academic background was in Eastern

religion. He spent many years in India, and was an Andhra Research Fellow at the University of India.

Dr Murphy spent a good part of his life studying Eastern religions, and was a scholar of the I-Ching, the Chinese book of divination whose origins are lost in history. Joseph Murphy, Ph.D., D.D., was a world-renowned authority on mysticism and mind dynamics. He remains a beacon of enlightenment and inspiration for legions of loyal followers.

"You were born to be rich. You grow rich by the use of your God-given faculties, by tuning in with the Infinite, and as your mind becomes productive and full of good ideas, your labor will become more productive and will bring you all kinds of material riches."

"There is no virtue whatsoever in poverty, which in actual fact is a mental disease, and it should be abolished from the face of the earth. You are here to find your true place in life, and to give of your talents to the world. You are here to expand and unfold in a wonderful way, according to a God-given potential, and to bring forth spiritual, mental, and material riches, which will bless humanity in countless ways. Learn how to surround yourself always with beauty, and luxury, and realize your inalienable right to live, liberty, freedom and peace of mind."

"It is your Divine right to dramatize, reveal, portray and express the power, elegance, and riches of the Infinite One."

"I have seen miracles happen to men and women in all walks of life all over the world." -- Dr. Joseph Murphy.

Dr. Murphy teaches the simple, scientifically proven techniques and the astonishing facts about how your subconscious powers can perform miracles of healing. How lung cancer has been cured and optic nerves made whole again. How you can use the newly discovered Law of Attraction to increase your money-getting powers. How your subconscious mind can win you friends, peace of mind, and even help you to attract the ideal mate. How your dreams can help you solve problems and make difficult decisions -- or warn you of potential disaster. Prosperity, happiness and perfect health are yours when you use The Power Of Your Subconscious Mind.

Murphy saw the subconscious mind as a darkroom within which we develop the images that are to be lived out in real life. While the conscious mind sees an event, takes a picture of it and remembers it, the subconscious mind works backwards, 'seeing' something before it happens (why intuition is infallible).

The subconscious responds to habit and habitual thinking. Being totally neutral in a moral sense, it is happy to adopt any habit as 'normal' - good or bad. We blithely let negative thoughts drop into the subconscious every minute of our lives, then are surprised when they find expression in day to day experiences

and relationships. While there are some things that will happen to us that we had no role in creating, these are in fact rare. Mostly, the bad that happens is in us already, waiting for the light of day.

Understanding your subconscious mind as a photographic mechanism removes the emotion and struggle from changing your life, because if it is simply a matter of replacing existing mental images with new ones, you begin to see the ease with which you may change.

'The law of your mind is the law of belief itself,' Murphy says. What we believe makes us who we are. William James observed that whatever people expect to be true, will be so, irrespective of whether the object of their belief exists in fact. In the West we have made 'the truth' our highest value; this motivation, while important, is weak next to the actual power of belief in shaping our lives. Whatever you give your subconscious – false or true, good or evil – it will register as fact. Be careful not to joke about misfortune, as the subconscious has no sense of humour.

'If thou canst believe, all things are possible to him that believeth' (Mark 9:23). In all the old rituals of ancient times, with their weird mixtures and incantations, it was the power of suggestion and acceptance in the subconscious mind that healed. Even today, doctors report the power of placebos to produce miraculous recoveries if accompanied by doubt-free instructions that 'this will do the trick'. Miracles of healing, Murphy says, are simply the body's obeying of the subconscious mind's knowledge of 'perfect health' when the questioning nature of the normal conscious mind is silenced.

I have personally studied and used the techniques explained by Joseph Murphy in his famous and bestselling book, "The Power Of Your Subconscious Mind" with some miraculous results. In it he explains how you can repeat affirmations just prior to sleeping because this is when your brainwaves are at the most susceptible and relaxed state for hypnotic suggestions to work their magic. This being the Alpha and Theta brainwave states which is what Trypnaural meditations are designed to produce.

After using these techniques I went from a serious "I can't person" pretty much broke, frustrated and deeply unhappy with my depressing career as a pharmacist dishing out pills all day long to people who really didn't want to take them, to becoming the health and wellness expert to one of the largest supermarket chains in the world, ASDA Walmart. Then co-owning my own health spa and research center on the paradise island of Langkawi, Malaysia – The amAya Spa.



I put a lot of this down to the powers of manifestation that lie within deep meditation combined with subliminal mind re-programming.

As a member of TrypnauralMeditation.com you will have access to all the tools and information that you need to maximise the full potential everyone has within their mind!

What Do You Get As A Member Of TrypnauralMeditation.com?



Inside the members area you will be able to instantly access all the content to download. **All sound files are the highest quality 320 mp3.** There are also **bonus meditation videos in mp4 format** to download or stream from the members area with hypnotic imagery for and even greater tryptamic effect.

There are **accompanying guides on meditation, relaxation and how to use the content to its fullest potential** so you will never feel like you don't understand anything.

Even if you do feel confused and need some extra guidance, I am usually always accessible via skype or email, the details of which you will get once you join.

Here is a list of the special continuously updated members only content:

- **Trypnaural Ultra** – *this is the trademark hi-end Trypnaural meditations specially produced with tryptamine releasing sounds, music and vocals. You will not find anything like this anywhere else online. These tracks range from 10 – 20 minutes in length. Value \$97*
- **Trypnaural B.E** – *these are deep meditation tracks embedded with isochronic tone sessions. These are still extremely powerful and include some long sessions from 30 minutes to 60 minutes. Value \$47*
- **Nature Sounds** – *also included are some pro quality sounds of nature, from the sounds of tropical waves, to tranquil streams lasting for 1 hour each. You can also use these to produce your custom own meditation programs using the guide and tools provided in the members area. Value \$27*
- **Trypnaural Isochronic Tones Sessions** – *here are a selection of raw extremely potent isochronic tones sessions designed for different purposes such as increasing energy, healing, and deep sleep induction. These range from 15 minutes to 1 hour. You can also use these to produce your custom*

Copyright 2011 Niraj Naik - [Click Here To Download Your FREE Audio Sample](#) -

own meditation programs using the guide and tools provided in the members area. Value \$97

- **Scientific Prayers + How To Re-Program Your Own Subconscious To Manifest Any Result You Desire** - *I have gone 1 step further to make my service the best out there. Using my special guide, hypnotic scripts, subliminal mind programs and affirmations, you will be able to reprogram your consciousness to manifest any result you desire with the art of scientific praying. This is based on the techniques of Joseph Murphy "The Father Of Personal Development"* Value \$47
- **How To Create Your Own Custom Meditation Tracks** - *there are lots of meditation websites out there, but how many of them actually teach you how to create your own meditation programs? Very few, until now. Inside the members area you will be able to create your own meditation programs, mixes and subliminal mind programs out of the sounds, meditations and music files provided. Value \$47*
- **How To Meditate, Relax and Breathe** - I have been asked many times, how do I actually meditate? So I have provided a guide showing you the best method of relaxing, with the correct breathing techniques for reducing stress provided by the world renowned Swami Ambikanda Saraswati. Her rare and much sought after books on breathing have been auctioned for over \$200 a copy.
- **Longevity and Life Transformation Guide** - I am a leading health and wellness consultant to several large organisations in the UK, so I have provided all my content to you that will get you fit and healthy - I normally give talks for no less than \$500 an hour.
- **Lifetime Membership To amAyaSounds.com** - this is my exceptionally popular sound therapy site filled with relaxing music, guided video meditations and lots more.

**YOU now have the chance to take control of your life
and use
REAL meditation technology and information that
1000's of users have transformed their lives with.**



Only a one off payment of \$97 for full membership and free updates for life

Meet The Trypnaural Meditation Team:



Niraj Naik is the founder of TrypnauralMeditation.com, one-half of amAya and has worked as a pharmacist and health and wellness consultant to several organizations in the UK. He has co-produced the Trypnaural meditation music and brainwave entrainment sessions that have helped 1000's of users. He has also authored the special guides within the member's area that show you how to make the best use of the material provided. These are based on his own self-healing "miracle" of recovering from a chronic disease after using the same techniques.



Dr. Mrigank Mishra, is a Consultant Psychiatrist with a specialist interest in the holistic treatment of mental illness. He also trained as a CBT therapist (cognitive behavioral therapy) from the University Of Oxford and is also a certified life coach with a passion for peak performance and personal development. He is the other half of the band amAya with Niraj and has co-produced the intricate trypnaural brainwave music .

Research, Publications, Articles

<http://www.ncbi.nlm.nih.gov> - Great place to search for studies and obtain summary information. Just type in brainwave entrainment to find 100s of research papers.

<http://www.stormingmedia.com/> - Great place to search for government funded studies that have been released or de-classified

<http://www.isnr.org/Vol1-3JNT.cfm>

<http://www.eegresearch.com>

<http://www.lifetools.com/newpages/ReportPages/researchonlightandsound.pdf>

<http://www.stanford.edu/group/brainwaves/2006/research.html>

<http://mindplacesupport.com/Reference.htm>

<http://www.expertsinmind.com/links/>

http://www.mindalive.ca/3_0.htm

The AVS Journal

<http://www.neuromedicstechnology.com/Research.htm>

<http://www.monroeinstitute.org/research/>

<http://www.neuropathways.com/publication.list.html>

<http://www.eegspectrum.com/SiteMap/> - look under the "Applications" heading, lots of studies.

<http://www.mindmodulations.com/resources.html#science>

<http://brain.web-us.com/binaural.htm>

<http://www.biocybernaut.com/documentation/publications/nxPublications.htm>

Copyright 2011 Niraj Naik - [Click Here To Download Your FREE Audio Sample](#) -

<http://www.avstim.com/research/dr-olmstead.html>

<http://www.avstim.com/research/china-study.html>

<http://www.avstim.com/research/additional-resources.html>

Studies that compared different experimental conditions against each other:

Howard, C. E., Graham, L. E., 2nd and Wycoff, S. J., 1986. "A comparison of methods for reducing stress among dental students." J Dent Educ. 50, 542-544.

Lane, J. D., Kasian, S. J., Owens, J. E. and Marsh, G. R., 1998. "Binaural auditory beats affect vigilance performance and mood." Physiol Behav. 63, 249-252.

Leonard, K. N., Telch, M. J. and Harrington, P. J., 1999. "Dissociation in the laboratory: a comparison of strategies." Behav Res Ther. 37, 49-61.

Morse, D. R. and Chow, E., 1993. "The effect of the Relaxodont brain wave synchronizer on endodontic anxiety: evaluation by galvanic skin resistance, pulse rate, physical reactions, and questionnaire responses." Int J Psychosom. 40, 68-76.

Ossebaard, H. C., 2000. "Stress reduction by technology? An experimental study into the effects of brainmachines on burnout and state anxiety." Appl Psychophysiol Biofeedback. 25, 93-101.

Rosenfeld, J. P., Reinhart, A. M. and Srivastava, S., 1997. "The effects of alpha (10-Hz) and beta (22-Hz) "entrainment" stimulation on the alpha and beta EEG bands: individual differences are critical to prediction of effects." Appl Psychophysiol Biofeedback. 22, 3-20.

San Martini, P., Venturini, R., Zapponi, G. A. and Loizzo, A., 1979. "Interaction between intermittent photic stimulation and auditory stimulation on the human EEG. Preliminary investigation through power spectral analysis." Neuropsychobiology. 5, 201-206.

Williams, J., Ramaswamy, D. and Oulhaj, A., 2006. "10 Hz flicker improves recognition memory in older people." BMC Neurosci. 7, 21.

Williams, J. H., 2001. "Frequency-specific effects of flicker on recognition memory." Neuroscience. 104, 283-286.

Studies with music as controls:

Joyce, M. and Siever, D., 2000. "Audio-Visual Entrainment (AVE) Program as a Treatment for Behavior Disorders in a School Setting." Journal of Neurotherapy. 4, 9-25.

Kliempt, P., Ruta, D., Ogston, S., Landeck, A. and Martay, K., 1999. "Hemispheric-synchronisation during anaesthesia: a double-blind randomised trial using audiotapes for intra-operative nociception control." Anaesthesia. 54, 769-773.

Padmanabhan, R., Hildreth, A. J. and Laws, D., 2005. "A prospective, randomised, controlled study examining binaural beat audio and pre-operative anxiety in

patients undergoing general anaesthesia for day case surgery." *Anaesthesia*. 60, 874-877.

Wahbeh, H., Calabrese, C. and Zwickey, H., 2007a. "Binaural beat technology in humans: a pilot study to assess psychologic and physiologic effects." *J Altern Complement Med*. 13, 25-32.

Wahbeh, H., Calabrese, C., Zwickey, H. and Zajdel, D., 2007b. "Binaural beat technology in humans: a pilot study to assess neuropsychologic, physiologic, and electroencephalographic effects." *J Altern Complement Med*. 13, 199-206.

Studies with glasses, no photic stim as controls:

Kumano, H., Horie, H., Kuboki, T., Suematsu, H., Sato, H., Yasushi, M., Kamei, T. and Masumura, S., 1997. "EEG-driven photic stimulation effect on plasma cortisol and beta-endorphin." *Appl Psychophysiol Biofeedback*. 22, 193-208.

Nomura, T., Higuchi, K., Yu, H., Sasaki, S., Kimura, S., Itoh, H., Taniguchi, M., Arakawa, T. and Kawai, K., 2006. "Slow-wave photic stimulation relieves patient discomfort during esophagogastroduodenoscopy." *J Gastroenterol Hepatol*. 21, 54-58.

Solomon, G. D., 1985. "Slow wave photic stimulation in the treatment of headache--a preliminary report." *Headache*. 25, 444-446.

Other studies with controls (with no exposure):

Budzynski, T., Jordy, J., Budzynski, H., Tang, H. and Claypoole, K., 1999. "Academic Performance Enhancement with Photic Stimulation and EDR Feedback. *Journal of Neurotherapy*." 3, 11-21.

Patrick, G. J., 1996. "Improved neuronal regulation in ADHD: An application of fifteen sessions of photic-driven EEG neurotherapy." *Journal of Neurotherapy*. 1, 27-36.

Further Reading

Below are additional reading recommendations.

NOTE: This list recommends studies on entrainment as well as books and additional research into biofeedback and other important aspects this field.

Anoukhin, A. "EEG Alpha Rhythm Frequency and Intelligence in Normal Individuals." *Intelligence*, 23: 1-14

Baehr, E., PhD, Rosenfeld, J. Peter, PhD, & Baehr, R., PhD "Frontal Asymmetry Changes Reflect Brief Mood Shifts in both Normal and Depressed Subjects." Annual Conference, Society of Neuronal Regulation

Baum, Kenneth "The Mental Edge"

Benson, H., M.D. "The Relaxation Response"

Copyright 2011 Niraj Naik - [Click Here To Download Your FREE Audio Sample](#) -

- Benson H., Wallace, R.K. "Decreased Blood Pressure in Hypertensive Subjects Who Practiced Meditation." *Circulation Supplement II to Vols. 45 and 46*
- Berg, K, Siever, D (1999). "Audio-Visual Entrainment as a Treatment Modality for Seasonal Affective Disorder." Presented at the Society for Neuronal Regulation.
- Berg, K, Mueller, H., Siebael, D., Siever, D. (1999). "Outcome of Medical Methods, Audio-Visual Entrainment, and Nutritional Supplementation for the Treatment of Fibromyalgia Syndrome." Presented at the Society for Neuronal Regulation.
- Bermer, F. (1958). "Cerebral and cerebellar potentials." *Physiological Review*, 38, 357-388.
- Boersma, F., Gagnon, C. (1992). "The Use of Repetitive Audiovisual Entrainment in the Management of Chronic Pain." *Medical Hypnosis Journal*, Vol 7, No3: 80-97
- Boynton, T. (2001). "Applied research using alpha/theta training for enhancing creativity and well-being." *Journal of Neurotherapy*, 5(1-2), 5-18.
- Brucato, D., Abascal, J. (1990) "Pilot Study - Effects of Synchro Energizer Mediated Stress Management With the Metro-Date Police Department"
- Brackopp, G. W. (1984). Review of research on Multi-Modal sensory stimulation with clinical implications and research proposals. Unpublished manuscript--see Hutchison (1986).
- Budzynski, T., Ph.D. (1977). "Tuning in on the twilight zone." *Psychology Today*, August.
- Budzynski, T., Ph.D. "Brain Lateralization and Rescripting"
- Budzynski, T., Ph.D. "The Case for Alpha-Theta: A Dynamic Hemispheric Asymmetry Model"
- Budzynski, T., Ph.D. "Clinical Guide to Light and Sound"
- Budzynski, T., Ph.D. (1995) "Barebones 14 Hz EEG training for migraine." Presented at the FUTUREHEALTH EEG conference
- Cade, C. M. & Coxhead, N. (1979) "The Awakened Mind: Biofeedback and the Development of Higher States of Consciousness." New York: Delacorte Press.
- Chatrian, G., Petersen, M., Lazarte, J. (1960). "Responses to Clicks from the Human Brain: Some Depth Electrographic Observation." *Electroencephalography and Clinical Neurophysiology*, 12: 479-487
- Cramond, Bonnie. "Attention-Deficit Hyperactivity Disorder and Creativity - What's the Connection?" *The Journal of Creative Behaviour*, Vol 28, Number 3, Third Quarter 1994
- Deikman, A. (1969). "De-automatization and the mystic experience." In C. T. Tart (Ed.), *Altered States of Consciousness*. New York: John Wiley & Sons.
- Dempsey, E., Morison, R. (1942). "The Interaction of Certain Spontaneous and Induce Cortical Potentials." *American Journal of Physiology*, 135: 301-307

Donaldson, S., PhD and Donaldson, M., MEd. "QEEG, Psychological Status and EMG Activity in Fibromyalgia." SNR 2002, International Society for Neuronal Regulation

Egner, T., & Gruzelier, J. H. (2003, in press) Ecological validity of neurofeedback: Modulation of slow wave EEG enhances musical performance. *NeuroReport*, 14(1)

Eppley, K.R., Abrams, A. (1989). "Differential Effects Of Relaxation Techniques on Trait Anxiety: A Meta-Analysis." *Journal of Clinical Psychology*, Vol 45, 6: 957-973

Evans, R J., Gustafson, L. A., O'Connell, D. N., Orne, M. T. & Shor, R. E. "Verbally induced behavioral response during sleep." *Journal of Nervous and Mental Disease*, 1, 1-26.

Felipe, A. "Attitude change during interrupted sleep." Yale University Doctoral dissertation

Fox, P., Raichle, M. (1985). "Stimulus Rate Determines Regional Blood Flow in Striate Cortex." *Annals of Neurology*, Vol 17, No 3: 303-305.

Fredrick, J., Lubar, J., Rasey, H., Blackburn, J. (1999). "Effects of 18.5 Hz Audiovisual Stimulation On EEG Amplitude at the Vertex." *Proceedings AAPB Thirteenth Anniversary Annual Meeting*, 42-45.

Foster, D. S. (1990) "EEG and subjective correlates of alpha frequency binaural beats stimulation combined with alpha biofeedback." Ann Arbor, MI: UMI, Order No. 9025506.

Foulkes, D. & Vogel, G. (1964). "Mental activity at sleep-onset." *Journal of Abnormal Psychology*, 70, 231-243.

Garfield, C. and Bennett, H. "Peak Performance: Mental Training Technique of the World's Greatest Athlete"

Giannitrapani, D. (1969). "EEG Average Frequency and Intelligence." *Electroencephalography & Clinical Neurophysiology*, 27, 480-486.

Goleman, D. "The Relaxed Body"

Gontgovsky, S., Montgomery, D. (1999). "The Physiological Response to "Beta Sweep" Entrainment." *Proceedings AAPB Thirteenth Anniversary Annual Meeting*, 62-65.

Gurnee, R. "Major Depressive Disorder: QEEG Subtypes and Treatment Implications." Annual Conference, Society of Neuronal Regulation

Hammond, D. Corydon, Ph.D. (1999). "Treatment of chronic fatigue syndrome with neurofeedback and self-hypnosis: A case report." *Journal of Neurotherapy*, 3 (3 & 4) 63-64.

Hammond, D. Corydon, Ph.D. "EEG Patterns Associated with High Hypnotizability: Practical Clinical Implications"

Hammond, D. Corydon, Ph.D. "Roshi Compared with the Rosenfeld Depression Protocol:A Case Report." Annual Conference, Society of Neuronal Regulation

Hardt, J. V, & Kamiya, J. (1978). "Anxiety change through electroencephalographic alpha feedback seen only in high anxiety subjects." Science, 201, 79-81.

Hawes, T., M.ED., ED.S. "Using Light And Sound Technology To Access "The Zone" In Sports And Beyond"

Hermens DF, Soei EX, Clarke SD, Kohn MR, Gordon E, Williams LM. (2005). "Resting EEG theta activity predicts cognitive performance in attention-deficit hyperactivity disorder."

Hoovey, Z. B., Heinemann, U. & Creutzfeldt, O. D. (1972). "Inter-hemispheric 'synchrony' of alpha waves." Electroencephalography and Clinical Neurophysiology, 32, 337-347.

Hurley, J.D., & Meminger, S. R. (1992). "A relapse-prevention program: Effects of electromyographic training on high and low levels of state and trait anxiety." Perceptual and Motor Skills. 74, 699705.

Ibric, Victoria L. , MD, PhD. "Neurofeedback in major depression associated to addictions - a case study." Journal Of NeuroTherapy

James H. Satterfield, M.D., Dennis P. Cantwell, M.D., Ronald E. Saul, M.D., Alvin Yusin, M.D. (1974). "Intelligence, Academic Achievement, and EEG Abnormalities in Hyperactive Children." Am J Psychiatry 131:4

Jausovec, N. (1996). "Differences in EEG Alpha Activity Related to Giftedness." Intelligence, 23, 159-173.

Kooi, K. A. (1971). Fundamentals of Electroencephalography. New York: Harper & Row.

Lawson, R. and Rogers, R. "Relationship between depression severity and overall EEG abnormality." Annual Conference, Society of Neuronal Regulation

Lawson, R., M.S., QEEGT and Barnes, T., M.A. "EEG Asymmetry and Depression Severity: A Comparison of Various Asymmetry Measures." QEEGT. University of North Texas, Neurotherapy Lab, Annual Conference, Society of Neuronal Regulation

Lawson, R., M.S., and Bodenhamer-Davis, E. "Anterior Alpha Asymmetry in Anxiety and Depression." Annual Conference, Society of Neuronal Regulation

Lubar, J. O., and J.F. Lubar. (1984). "Electroencephalographic Biofeedback of SMR and Beta for Treatment of Attention Deficit Disorders in a Clinical Setting." Biofeedback and Self Regulation 9, no. 1, 1-23

Lubar, J.F., Shabsin, H.S., Natelson, S.E., Holder, G.S., Whitsett, S.F., Pamplin, W.E., and Krulikowski, D.I. (1981). "EEG and behavioral changes in a hyperactive child concurrent training of the sensorimotor rhythm (SMR). A preliminary report." Biofeedback and Self-Regulation, 1, 293-306.

Lubar, J. F. (1991). "Discourse on the development of EEG diagnostics and biofeedback for attention-deficit/hyperactivity disorder." *Biofeedback and Self-Regulation*, 16, 201-225.

Lubar, J. F., Swartwood, M. O., Swartwood, J. N., & O'Donnell, P. FL (1995). "Evaluation of the effectiveness of EEG neurofeedback training for ADHD in a clinical setting as measured by changes in T.O.V.A. scores, behavioral ratings, and WISC-R performance." *Biofeedback and Self-Regulation*, 20, 83-99.

Lynda Thompson, Ph.D. and Michael Thompson, M.D. "Exceptional Results with 'Exceptional Children'." 1995 International Society for Neuronal Regulation Conference

Mann, C. A., Lubar, J. E, Zimmerman, A. W., Miller, C. A., & Muenchen, R. A. (1992). "Quantitative analysis of EEG in boys with attention-deficit-hyperactivity disorder: Controlled study with clinical implications." *Pediatric Neurology*, 8,30-36.

Manns, A., Mirralles, R., Adrian, H. (1981). "The Application of Audio Stimulation and Electromyographic Biofeedback to Bruxism and Myofascial Pain-Dysfunction Syndrome." *Oral Surgery*, Vol 52, No 3, 247-252.

Margolis, B. (1966) "A Technique For Rapidly Inducing Hypnosis"

Markland, O.N. (1990). "Alpha Rythms." *Journal of Clinical Neurophysiology*, 7, 163-189.

Mullen, W., Berg, K., C.E.T., & Siever, D.,CET. "The Effect of Audio-Visual Entrainment (AVE) on Hypertension"

Oster, G. (1973). "Auditory beats in the brain." *Scientific American*, 229, 94-102.

Othmer, S & Othmer, S.F. (1989). "EEG Training for ADHD and Learning Disorders."

Rosenzweig, M. R. "Auditory Localization." *Perception: Mechanisms and Models*, Readings from *Scientific American*, W. H. Freeman and Company, San Fransisco.

Russell, I. Jon, MD, PhD "The Neurochemical Basis of Fibromyalgia." SNR 2002, International Society for Neuronal Regulation

Schacter, D. L. (1977). "EEG theta waves and psychological phenomena: A review and analysis." *Psychology*, 5, 47-82.

Siever, D. "Isochronic Tones and Brainwave Entrainment." Unpublished.

Siever, D. (2002) "The Rediscovery of Audio-Visual Entrainment Technology." Self-published by mindalive.ca.

Siever, D., Twittey, M. "Light and Sound Stimulation as a Treatment for Chronic Pain." Unpublished.

Thomas, Joseph E., Ph.D. and Sattlberger, Elizabeth, B.A. "Treatment of Chronic Anxiety Disorder with Neurotherapy: A Case Study."

Thomas, N., Siever, D. (1976). "The Effect of Repetitive Audio/Visual Stimulation on Skeletomotor and Vascular Activity." Hypnosis - The Fourth European Congress at Oxford.

Timmerman, D. L., Lubar, J. F., Rasey, H. W., Frederick, J. A. (1999). "Effects of 20-Min Audio-Visual Stimulation (AVS) at Dominant Alpha Frequency and Twice Dominant Alpha Frequency on the Cortical EEG." International Journal of Psychophysiology.

Toman, J (1941). "Flicker Potentials and the Alpha Rhythm in Man." Journal of Neurophysiology, Vol 4, 51-61.

Trudeau, D., Moore, J., Stockley, H., & Rubin, Y. (1999). "A pilot study of the effect of 18 Hz audio visual stimulation (AVS) on attention and concentration symptoms and on quantitative EEG (QEEG) in long-term chronic fatigue (CFS)." Journal of Neurotherapy 3~4), 76

Trudeau, D. (1999). "A Trial of 18 Hz Audio-Visual Stimulation (AVS) on Attention and Concentration in Chronic Fatigue Syndrome (CFS)." Presented at the Society for Neuronal Regulation.

Utter, C. P. (1996). A controlled study of the effects of neurofeedback training on IQ and EEG patterns for ADD subjects. Unpublished manuscript. College of Wooster.

Vogt, F., Klimesh, W., Dopelmayr, M. (1998). "High Frequency Components in the Alpha Band and Memory Performance." Journal of Clinical Neurophysiology, 15, 167-172.

Walter, V. J. & Walter, W. G. (1949). "The central effects of rhythmic sensory stimulation." Electroencephalography and Clinical Neurophysiology, 1, 57-86.

Walton, K.G., Pugh, N. (1995) "Stress Reduction and Preventing Hypertension: Preliminary Support for Psychoneuroendocrine Mechanism." The Journal of Alternative and Complimentary Medicine, Vol 1

Wong, M.R., Brochin, N.E., & Genfron, K.L. (1981). "Effects of meditation on anxiety and chemical dependency." Journal of Drug Education, 11, 91-105.

Zametkin, A. I., Liebenauer, L. L., King, A. C., Minunkas, D. V., Herscovitch, P., Yamada, E. M., & Cohen, R. M. (1993). "Brain metabolism in teenagers with attention-deficit hyperactivity disorder." Archives of General Psychiatry, 50, 333-340.

Source: Transparentcorp.com

Disclaimer

* These statements have not be verified by the FDA or any medical authority. These claims are based on thorough research of the existing data relating to the role of meditation, isochronic tones and brainwave entrainment on their effects on stress and the production of beneficial hormones.

THIS DOCUMENT IS FOR INFORMATIONAL AND ENTERTAINMENT PURPOSES ONLY AND IS NOT A SUBSTITUTE FOR MEDICAL ADVICE, DIAGNOSIS OR TREATMENT.

THE RESULTS MENTIONED IN THE TESTIMONIALS ARE NOT TYPICAL, BUT THE SERVICE WORKED GREAT FOR THOSE WHO WROTE THEM.

I CANNOT GUARANTEE THAT YOU WILL ACHIEVE THE SAME RESULTS FINANCIALLY, WITH YOUR HEALTH OR SPIRITUALLY. THE POTENTIAL OF RESULTS IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES. WE DO NOT PURPORT THIS AS A GET RICH SCHEME OR "MIRACLE HEALTH CURE"

Royalty Free License

The relaxing music, sounds, meditations and brainwave entrainment sessions is royalty free music, great for CD audio backgrounds, video music production, websites, music on hold, background music in spas, retail hotels, restaurants.

You do not need to have a performance license to play this music, so this is perfect for yoga teachers and others who do not want to spend an extortionate amount on license fees.

However this does not apply to those who are wishing to use this music for commercial purposes such as advertising and reselling of the original material.

Please contact me if you wish to use this music for those purposes.

You do however have 100% resell rights to sell the customized meditations that you produce with the material provided.