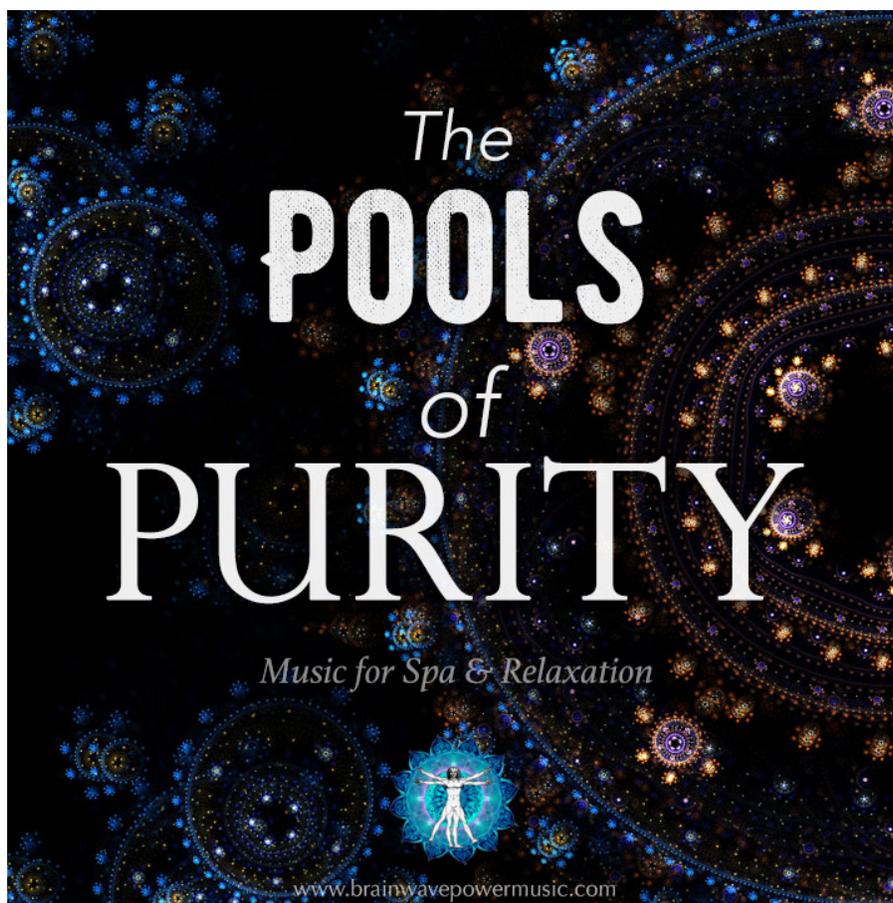


Created By:
Brainwave Power Music (2017)

The Pools of Purity

Music for Spa, Deep Relaxation & Healing

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- Contains 15 audio tracks

Recommended Listening Method:

- For tracks that contain brainwave entrainment frequencies, we also recommend using stereo headphones to get the best effects.
- Do not listen while driving or lifting heavy equipment.

Recommended Volume:

- Set audio volume at a comfortable low setting.
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PURPOSE

The Pools of Purity is our compilation album made for Deep Relaxation, and Overall Wellness. Rejuvenate yourself with soothing music to help balance the mind, body, and spirit, and enjoy the benefits of deep relaxation and mood elevation provided by the calming healing frequencies.

These 15 creations, nearly 15 hours long in total, are comprised of our original music softly embedded with brainwave entrainments that can be played through headphones or stereo speakers. These music tracks are ideal to be used for spa establishments, resorts, relaxation centers, and even for your home or office, as your ambient background.

Therapists, counselors, healers, and psychiatrists can also use this music album as part of their sessions, as the music encourages feelings of positivity, stress relief, inner reflections & universal love.

TRACK LISTING

1. **Nature's Resonance** [1 hour]

- Inspired by focus and mindfulness meditation techniques, this track uses frequencies ranging from 3.5Hz to 14.1Hz, which are associated with feelings of unity, stress improvements, accelerated healing and rejuvenating effects. The earth resonance is also ideal for grounding meditation and can be a remedy for depression and anxiety. This can also give mental stability and overall balance and centering.

2. **The Peaceful Flow** [1 hour]

- Giving an overall sense of wellness and well-being, this relaxing feel good music track uses binaural beats that range from 1Hz to 10Hz, a prominent isochronic pulse of 10Hz and a carrier frequency of 172.06Hz, which are all associated with harmony, balance, enhances good moods and relieves stress, provides effects of cheerfulness and joy, and can even be used during meditations for spiritual upliftment.

3. **A Touch of Sunlight** [1 hour]

- Gives a profound sense relaxation, calmness, feelings of tranquility and peace. It contains brainwave entrainment waves from the Delta range, specifically 1-3Hz. Useful for when you need rest and positive energies and influence. Let the nature ambient sound elements bring you closer to mother earth.

4. **Wellness With The Earth** [1 hour]

- Using a binaural beat of 7.83Hz, which is associated with the Earth's Resonance and grounding meditation purposes, this ambient yoga and relaxation background music can be enjoyed for daily use. The brainwave entrainment is also associated with improvements in stress tolerance, gives feelings of rejuvenation, and assists in accelerating self-healing.

5. **Sunrise** [1 hour & 30 minutes]

- Feel deep relaxation and good vibrations as this uses brainwave entrainment frequencies that range from 1Hz to 8Hz, which are associated with deep and profound relaxation and can give feelings of peace and stress relief, and can be used during meditation or during work or study periods, as it can also enhance memory, focus and creativity.

6. **Relaxing Music for Stress, Healing & Recovery** [1 hour]

- Using the healing frequencies of 1.05Hz, 7.83Hz, 14Hz and 31.32Hz, these brainwave entrainments promote pituitary stimulations to help muscles recover from injuries, giving a sensation of rejuvenation, which are also found in the Earth's natural resonance. Earth Harmonics helps in accelerated healing and is related to the Schumann Resonances. With a carrier frequency that can also be called the "Balance Frequency", this music track brings sensations of joy and healing, and gives an overall balance to health.

7. **A Place to Call Home** [1 hour]

- Bring in the good vibes and positive energy into your area and clear away the negativity with this ambient and atmospheric background music that contains brainwave entrainments from the alpha range associated with positivity, mood elevation, stress reduction and relief, deep relaxation and good feelings. Using a dominant 3.5Hz, this binaural beat is also associated with being a remedy for depression and anxiety.

8. **Inner Love for Self Appreciation** [1 hour]

- Feel universal love. Feel uplifted. Feel positivity, good vibrations and good moods with this music track, created with brainwave entrainments that range from 6.15Hz to 10.5Hz, which are associated with the heart and promotes love and warmth, relaxed alertness, can lower blood pressure, and is connected to the heart chakra, which promotes love of life, of self and others. Using a carrier frequency of 221.23Hz, this supports higher love energy and aspirations for harmony.

9. **Streams - Feel Good Music** [1 hour]

- Gain positive release and elevate your mood with our feel good track that has brainwave entrainments of 40Hz to 60Hz, an isochronic pulse of 38Hz and a carrier frequency of 111Hz. These brainwave entrainment frequencies are associated with the natural endorphin release that provides good feelings and positive awareness.

10. **An Ode To Love** [1 hour]

- This music was created with positivity, universal love and empathy and contains no binaural beats, just pure music to help the listener feel loved, relaxed, and have a positive outlook towards life. It can also be used for self-reflection or meditation, or to simply give an overall sense of well-being.

11. **Prism Of Light** [1 hour]

- Reduce feelings and thoughts of negativity with our music with brainwave entrainments that range from 8Hz to 12Hz, which are associated with light relaxation, positive thinking, problem solving, mood elevation, and stress reduction. This can also provide calmness and a motivational push to get things done as it also provides creative inspiration. With a dominant isochronic pulse of 1.5Hz, which is also known as the Abrahams Universal Healing rate, and with the carrier frequency of 90Hz, these provide good feelings of well-being and overall balance.

12. **Evening Bloom** [1 hour]

- Open your outer and inner self to the relaxing sounds of our music track that contains no brainwave entrainments. Ideal to be listened to while you rest, meditate, or sleep, and can also lighten up the mood. Music creates an atmosphere of life, depending on how we would currently feel or how we want to feel, and it is up to the listener to let go and become enveloped in the flow towards a more peaceful mindset.

13. **Healing Harp** [1 hour]

- This track uses delta brainwave entrainments that range from 0.5Hz to 4Hz, which are associated with stress relief, provides intuition and insight, meditative state of being for inner and personal growth, feeling one with the universe, and provides a blissful mindset. Ideal to be listened to during relaxation, meditation sessions, self-healing and even for prayer. We advise to the listener to focus their attention to a specific part of the self that needs healing, and imagine a gracious light embracing the self all around.

14. **In The Stillness** [1 hour]

- A stress relief and deep relaxation music track that contains binaural beats ranging from 5Hz to 20Hz and an isochronic pulse of 0.5Hz which are associated to provide headache relief, lower back pain relief, whole brain toner, relaxation, and provides a calming, soothing and centering state of mind. Using a carrier frequency of 136.1, this relates to the heart chakra and provides warmth and feelings of joy.

15. **Reiki Resonance - Overall Healing Meditation Music** [1 hour]

- Using the *Balance Frequency* as the carrier tone, this track was created to provide an overall sense of well-being using Healing Frequencies for the binaural beats and isochronic tones from the Alpha range. The Earth Resonance of 7.83Hz is associated with grounding, improvements in stress tolerance, pituitary stimulation that assists in developing muscle, recovery from injuries and gives rejuvenating effects. As the frequencies flow up and down at a steady pace, this music is for healing purposes for the mind, body and spirit, treatment for addictions, and is also associated with the heart chakra, thymus, blood, circulatory system, and promotes love of life, self & others.