

Created By:
Brainwave Power Music (2017)

The Mirror

Music Aid for Counselors, Therapists, & Healers.

Contact Us:
E-Mail: contact@brainwavepowermusic.com
Website: www.brainwavepowermusic.com
YouTube Channel:
www.youtube.com/BrainwavePowerMusic



- Contains 25 audio tracks

Recommended Listening Method:

- For tracks that contain brainwave entrainment frequencies, we strongly 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

This compilation music album consists of 25 different audio tracks infused with brainwave entrainments which we created specifically for counselors, therapists, psychologists, healers, group therapies and concerned friends and family who would like to use music as part of their self-improvement and healing sessions.

TRACK LISTING

1. **A Walk Under the Sun** [1 hour]

- To help feel good vibrations and relief from stress and anxiety. This contains subtle binaural beats that range from 8hz to 12Hz, which induces positive thinking, mood elevation, inspiration, motivation, daydreams and calmness. Like taking a walk outdoors, allow your imagination to conjure good, uplifting images in your mind as you settle down and relax. Like a movie setting that will surely give you a good dose of happy sun rays, allow your conscious and subconscious mind to be filled with loving, healing vibrations for an overall balanced mindset.

2. **Upliftment - Feel Good** [1 hour]

- Feel good with this binaural beat track that uses Theta waves ranging from 4-7Hz, which triggers creativity, dreaming and physical and emotional healing, and an isochronic pulse of 6.15Hz, which connects to the heart and gives love, warmth and comfort. For meditation practitioners, these frequencies will guide you to access the subconscious, inner peace, mystical truths and inner wisdom. It also reduces blood pressure and cuts down on mental fatigue. Mixed with the carrier frequency of Jupiter's orbit of 183.58Hz, which symbolizes spirituality, this supports creative power and success.

3. **Keep Calm** [1 hour]

- Be in a state of calmness with our brainwave entrainment track that contain binaural beats ranging from 8Hz to 13Hz good for relaxation, positive thinking, mood elevation and stress reduction. It can boost inspirational creative ideas and motivation to accomplish important tasks. The isochronic pulse of 4.9Hz relates to induced relaxation and is good for meditation sessions, while the carrier of 136.1Hz gives the effects of centering and balance, as this is also known as the frequency of the soul.

4. **Self Healing Love with Static** [30 mins.]

- A pure tone binaural beat with static noise track has frequencies that range from 7Hz to 12Hz, and a carrier frequency of 197Hz, which are associated with healing purposes for the body and mind, can lower blood pressure, and is ideal to listen to while meditating, contemplating, or during self-reflections. The binaural beats also relate to the Heart chakra, which gives the effects of love, warmth, love of Life and love towards self and others.

5. **Binaural Comfort - Feel Protected and Safe** [30 mins.]

- Feel safe. Feel protected. Find inner peace and let go of the fears. Using carefully formulated binaural beats and isochronic tones, this brainwave entrainment track uses 3.9Hz to 7Hz, which are associated with enhanced inner awareness, creates space for inner peace and self-renewal, and is a good gateway for meditation. It will also help in physical and emotional healing, purpose of life, inner wisdom, inspiration, deep relaxation and high awareness.

6. **Physical and Emotional Healing Meditation** [45 mins.]

- With a mix of binaural beats of 4Hz to 7Hz and a carrier frequency of 136.1Hz, let the music resonate with you as you quiet down your thoughts. Let yourself give in to relaxation, with bursts of inspiration and the intention of healing physical or emotional ailments that have created blockages in your mind and emotions. With the Theta range, the subconscious reveals a deeper sense of connection to Life's purpose. It also reduces stress and blood pressure. Let the doorways to your subconsciousness open and lead you the way to a profound path to inner peace.

7. **Change Begins In Me** [1 hour]

- This music track contains no binaural beats and was created as an ambient background music companion during self-reflection, meditation, self-improvement and overall balance of the mind, body and spirit. Ideal to be listened to while you meditate, pray, or simply enjoying it as your relaxation instrumental music.

8. **Attitude and Behavior Change - Pure Tone Binaural Beats** [30 mins.]

- Is it time for Change? Is it time for Self-Improvement? This pure tone track uses binaural beats and isochronic tones that range from 3.9Hz to 10Hz, which are associated with brainwave entrainment remedies for unsociable behavior, enhanced inner awareness, creates space for inner peace and self-renewal, attitude and behavior change, realization of self & purpose, and also embedded is the Solfeggio Frequency of 417Hz which is connected to Undoing Situations and Facilitating Change. This track will also provide mood elevation, feelings of peace and calmness, and for meditation sessions, this can provide you with spiritual wisdom. Start the Change. Be a better you.

9. **Guidance and Self Growth** [30 mins.]

- Using frequencies found in the Theta and Alpha range, these are associated with inner guidance, intuition, inter-awareness of self and purpose, and spiritual and emotional self-growth. Using the frequency of Jupiter as the carrier frequency, it promotes spirituality, joviality and creative power. An ideal track to listen to as you meditate, or in prayer, or self-reflection. We hope this will aid you in finding the wisdom, guidance and courage to face whatever challenges life gives.

10. **Inner Awareness** [30 mins.]

- Using 80Hz as our primary binaural beat, this represents and triggers subliminal and subconscious access towards self-reflection and providing clearer self-awareness. This particular frequency appears to be involved in stimulating the serotonin production. Effects towards the physical aspects of an individual, this can also provide pain relief and relaxation, as this track is embedded with a 2.5Hz isochronic tone and a carrier frequency of 160Hz.

11. **The Emotional Tide** [1 hour]

- Bring yourself out of the darkness and into the light with our music track created to help ease and relieve one's self from depression. Using brainwave entrainments that range from 8 Hz to 12Hz, and an isochronic tone of 3.5Hz, these are associated with feeling of unity with everything, light relaxation, positive thinking, mood elevation, stress reduction, inspiration and motivation, pleasant feelings and emotions, security, well-being and overall balance.

12. **Battle Your Demons** [1 hour]

- Change for the Better! With our pure tone binaural beat track, “Battle Your Demons”, this was created for self-development, self-improvement, behavioral and attitude change that you want for your life. Using brainwave entrainments that range from 4Hz to 8Hz, these are associated with the helping in treating of addictions, provides inner peace, gives physical and emotional healing, purpose of life explorations, inner wisdom and inner self awareness. Use while relaxing or meditating, and it is always best to set a positive change type of phrase that you can repeat in your mind as you listen to the track.

13. **Calm Down - Remedy For Anger** [30 mins]

- Using brainwave frequencies ranging from 3.6Hz to 6.3Hz, these are associated with reducing irritability and anger, and using a carrier of 136.1Hz, this resonates with light, warmth, joy and can give the effects of calming, relaxation, centering while meditating, feeling of balance and self-awareness.

14. **Remedy for Anger or Irritability - Pure Tone Binaural Beats** [14 mins]

- A great pure-tone frequency for reducing anger and irritability, we've created this no-music track consisting of the 3.6Hz frequency which is known to be a remedy for negative emotions that affect our psych. Sit back, relax, listen to the tones and feel good about yourself.

15. **A Touch of Calm - Anger Remedy** [1 hour]

- A Touch Of Calm is a music track aimed to reduce feelings of anger or irritability. Using brainwave frequencies ranging from 3.6Hz to 6.3Hz and a carrier of 136.1Hz, this resonates with light, warmth, joy and can give the effects of calmness, relaxation, centering while meditating, feeling of balance and peace and self-awareness.

16. **Anti-Depressant Delta Wave Binaural Beat Session** [30 mins]

- We've chosen the frequency of 172.06Hz as it is associated with the Platonic year and with the Crown chakra (or Sahasrara) which have the effects of being joyful, giving you a sense of clarity of spirit and of a cosmic unity. Combining this with 3.5Hz to 6Hz, it resonates with the Earth and promotes attitude and behavior change, as well as a remedy for depression and anxiety. An ideal music accompaniment during your meditation sessions, or during prayer and self-reflection.

17. **Vital Energy: Meditation Music for Depression, Anxiety and Chakra**

Balancing [15 mins]

- Using the feel-good frequencies of 3.5Hz and 90Hz, this audio track was specifically composed to help you feel good, feel better, and to initiate a sense of security and well being, balancing your emotional and spiritual persona. The frequencies used are associated with the Earth's Resonance, which is said to be a remedy for depression and anxiety. Connect with the Earth and start feeling good today!

18. **Audio Rehab - Drug and Alcohol Binaural Beats Music** [1 hour]

- Using binaural beats as an aid in alcohol and drug addiction, this music therapy track consists of 4Hz-8Hz in the Theta wave range that are associated with curing addictions. The binaural frequency of Mars supports strength of will, focused energy and the ability for achievement, sort of like a subliminal motivational push. This track can also be used to relieve mental fatigue, can aid in physical and emotional healing, deep relaxation and are conducive to inner peace.

19. **For Ultimate Core Confidence** [20 mins]

- Using alpha waves from 8-14Hz, this binaural beat and isochronic tone music track was created to assist you in getting into a confident state of mind. It relieves you of fear and anxiety, and is ideal to be used when you are feeling nervous, or lacks the confidence and courage. This also contains the Earth's Resonance frequency, which gives you a calm, composed feeling, and positive stimulations.

20. **Let Go Of Fear** [32 mins]

- Give your inner self a chance to open up and feel love, acceptance, forgiveness, peace & happiness with our music track, which contains brainwave entrainments that range from 8Hz to 12Hz, and are associated with light relaxation, positive thinking, problem solving, mood elevation, stress reduction, creative inspiration, motivation, calmness, feelings of being at ease, and can help in accelerated learning and accomplish tasks at hand when the strength and courage to do what is needed becomes abundant.

21. **Light From Darkness** [1 hour]

- Lift up your emotional well being and step into the light with our anti-depression meditation music track, which closely connected to the Heart chakra, that uses binaural beat frequencies ranging from 6.15Hz to 10.5Hz and an isochronic tone of 3.9Hz. These are associated with crystal clear meditation, enhanced inner awareness, finding inner peace and self-renewal, able to help open up the mind and find solutions to problems, is ideal for healing of the mind and body, provides overall balance, can lower blood pressure and supports strength of will and focused energy and the ability for achievement.

22. **Into The Candle Light** [1 hour]

- Feel relaxed while you stay attentive and focused with our mindfulness meditation music. This contains brainwave entrainment frequencies used here range from the Theta to the low Beta waves, specifically 3Hz to 15Hz, which are associated with deep relaxation, meditation, increased memory, focus, creativity boosters, and can help in treating mild autism. The carrier frequency of 144.72Hz relates to the orbit of Mars, which symbolizes energy, and supports the strength of will and ability for achievement.

23. **The Ponds of Tranquility** [1 hour]

- Bring good vibration energy into your home every day with this music therapy embedded with binaural beat and isochronic tone track created with Alpha binaural frequency waves that are associated with positivity, mood elevation, stress reduction, relaxation, and uses 3.5Hz as its prominent binaural beat which is related to the Earth Resonance and a great remedy for depression and anxiety.

24. **The Hope** [30 mins]

- This music track was created to help fight depression. Using multiple binaural beats that range from 4Hz to 13Hz, these are associated with easing and relieving anxiety, sadness and different levels of stress. It also provide enlightenment on certain heavy situations or issues, and can give you feelings of serenity and contentment. Use meditation to gain a peaceful mind, clarity, and to focus on your next goals in order to step out of the darkness and into the Light, which will bring you a renewed sense of Hope and Love.

25. **The Heart Space** [1 hour]

- Open yourself to love with binaural beats ranging from 6Hz to 10.5Hz. Associated with the heart chakra, this gives the effects of Love of Life, of Self and of others and is ideal for mind and body healing. Open yourself to forgiveness, empathy and universal love.