

NOT FOR PUBLIC CONSUMPTION

IN SUPPORT OF MENTAL HEALTH

As Necessary / Best User Judgment / **AT YOUR OWN RISK**

NOT recommended for anyone with a history of epileptic seizures or chronic headaches.

TO BE USED WITH HEADPHONES / READ ALL WARNINGS & RECOMMENDATIONS THAT FOLLOW

https://en.wikipedia.org/wiki/Brainwave_entrainment

PURE BINAURAL BEATS / TONES (select a file to mix underneath music... should be barely audible underneath the music):

DELTA (detached awareness, healing, sleep, euphoria) (**recommended for anxiety** based on at least one person's experience)

<https://mindfirewall.com/wp-content/uploads/2021/05/Delta-Binaural-Beat-09hz-Pure-Euphoric.mp3>

THETA (meditation, intuition, memory)

<https://mindfirewall.com/wp-content/uploads/2021/05/Theta-Binaural-Beat-7hz-Pure.mp3>

ALPHA (relaxation, visualization, creativity)

<https://mindfirewall.com/wp-content/uploads/2021/05/Alpha-Binaural-Beat-12hz-Pure.mp3>

BETA (alertness, concentration)

<https://mindfirewall.com/wp-content/uploads/2021/05/Beta-Binaural-Beat-20hz-Pure.mp3>

GAMMA 40hz/60hz (insight, peak focus, expanded consciousness)

<https://mindfirewall.com/wp-content/uploads/2021/05/GAMMA-FREQUENCIES-40Hz-.mp3>

https://mindfirewall.com/wp-content/uploads/2021/05/BB_pure_60Hz_gamma_cognitive_genius.wav

MUSIC / MIX (of note but not necessarily recommended; based on a personal preference)

(select a file to play over a pure tone at a comfortable level):

“Who Can You Trust?” (Morcheeba) <**EUPHORIC/LETHARGIC**><**DELTA**>

<https://mindfirewall.com/wp-content/uploads/2021/05/Morcheeba-Who-Can-You-Trust.mp3>

“Npokmop” (Eric Serra) (edited) <**MEDITATIVE/MEMORY**><**THETA**>

<https://mindfirewall.com/wp-content/uploads/2021/05/npokmop-90perx90per.mp3>

“Ritual/Sexual” (deaMorgana) <**CALMING/CREATIVE**><**ALPHA**>

https://mindfirewall.com/wp-content/uploads/2021/05/Rituale_Sexual.mp3

“Euphoria/Afloat” (MJ Mopera) <**ALERT/FOCUSED**><**BETA**>

https://mindfirewall.com/wp-content/uploads/2021/05/HH_Euphoria_Afloat.mp3

“Conga Jog” (Al Gromer) (edited) <**INSIGHTFUL/EXPANDED CONSCIOUSNESS**><**GAMMA 60hz**>

https://mindfirewall.com/wp-content/uploads/2021/05/CONGA_JOG_edit.mp3

SUPPORT THESE ARTISTS BY SUPPORTING THEIR YOUTUBE SITES:

Morcheeba

<https://www.youtube.com/user/realmorcheeba/featured>

Eric Serra

<https://www.youtube.com/user/ericerraofficiel/featured>

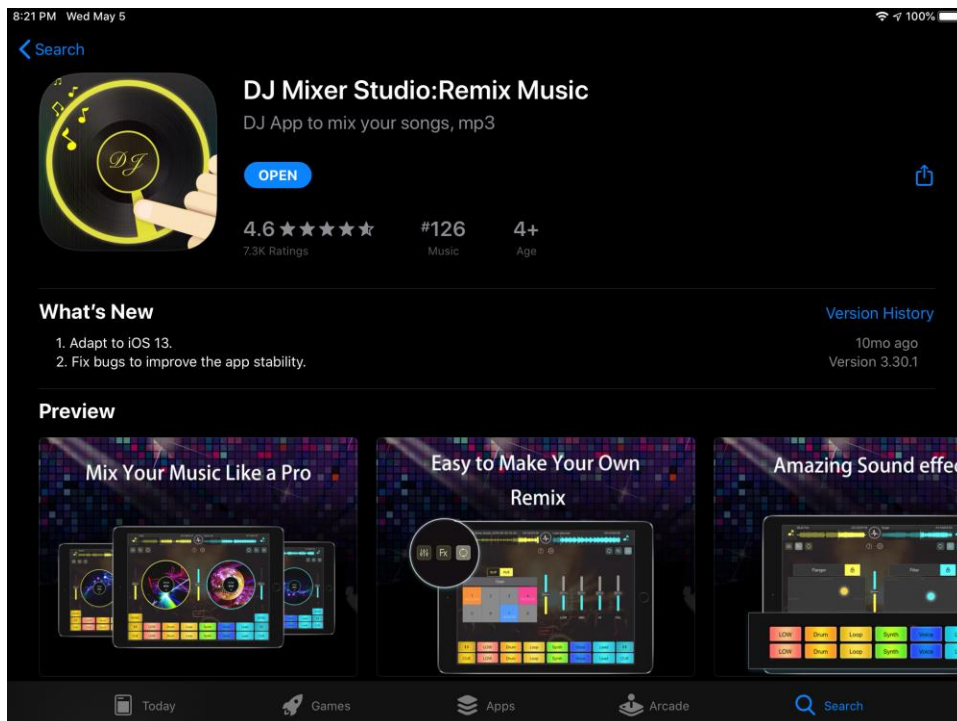
MJ Mopera

<https://www.youtube.com/firstbuzz>

Al Gromer

<https://www.youtube.com/channel/UCZO9diKI2c-S3QqGmcMluow/featured>

IPHONE APP recommendation



Music files can be mixed in the DJ MIXER app from iTunes by opening DJ MIXER

WARNINGS / RECOMMENDATIONS:

DO NOT PLAY PURE TONES FOR PROLONGED PERIODS OF TIME

Suggest/Recommend playing "Euphoria/Afloat" WITHOUT the pure tones if dizziness/headaches occur in order to REBALANCE.

DIZZINESS / HEADACHES MAY OCCUR OR BECOME MORE PRONOUNCED IF TAKING ANY MEDICATION SUCH AS AN ANTI-ANXIETY, ANTI-DEPRESSANT OR ANTI-PSYCHOTIC... OR IF TAKING ANY STIMULANTS SUCH AS COFFEE OR ENERGY DRINKS... OR IF WEARING A HEADBAND

PURE TONE SHOULD BE BARELY AUDIBLE UNDERNEATH THE MUSIC FOR MAXIMUM COMFORT

Recommended is a headphones splitter so a technician can monitor and adjust the mix with a pair of headphones as well.

Sitting up straight with eyes closed and head not tilted decreases likelihood of dizziness/headaches. Slowly fading out without pure tones and listening to <afloat> also decreases likelihood of dizziness/headaches.

Get up slowly and move slowly after completing a session to decrease likelihood of dizziness/headache.

If laying down during a session, get up slowly, move slowly and do not tilt head.

Do not tilt head or bend over right after completing a session. Lay down slowly if laying down after a session.

Avoid looking at fast moving objects (i.e. scrolling computer)

Avoid doing anything that can cause motion sickness.

Switching back and forth between pure tones increases likelihood of dizziness/headache.

If dizziness/headache occurs after a while, try switching headphone pieces... left headphone piece to right ear / right headphone piece to left ear... in order to rebalance.

FULL LIST OF WARNINGS & RECOMMENDATIONS:

<https://mindfirewall.com/wp-content/uploads/2021/05/BB-warnings-recommendations.pdf>

FEEDBACK (to add to list of warnings & recommendations, etc.)

SUBJECT: Brainwave Entrainment Study

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<https://www.facebook.com/MFWBBFORUM>

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