

BRAINWAVE ENTRAINMENT JOURNAL

2021-05-06

9:30am Was playing **delta** BB (binaural beats) throughout the day yesterday. Everything seemed okay until I took buspirone at 9:00pm. Soon after I began having dizziness/headaches. The dizziness and headaches are a normal occurrence of taking buspirone but I think headaches and dizziness were more pronounced following the BB. Dizziness/headaches also occurred when SCROLLING on the computer.

9:45am (approx) <**Delta**><music range: WCYT (Who Can You Trust)---> afloat (loops)---> conga---> npokmop>

10:30am The soothing effects of **delta** BB seem more pronounced under lower light conditions (i.e, not looking at a bright monitor) (mood lighting) (dilated/non constricted pupils).

My bandana pressing against my forehead seemed like a bit of an irritant.

10:45am Took off my bandana... seem less irritated.

10:50am <**delta**><npokmop> Starting to sit up straight naturally in my chair in a meditative position.

11:10am <**delta**><WCYT> sitting back in chair. Euphoric effect re-enhanced.

11:20am <**delta**><afloat> Calming/lethargic effect

11:30am <**delta**><conga> calming/lethargic/meditative/euphoric effect.

11:42am BB Break <BBB><conga> Headphones are becoming irritating.

11:45am BREAK

5:00pm Sitting up straight with eyes closed and head not tilted decreases likelihood of dizziness/headaches. Slowly fading out <BBB><afloat> also decreases likelihood of dizziness/headaches.

9:00pm Did NOT take buspirone for first time in many months.

9:26pm <**delta**><WCYT>

9:40pm Switched headphone earpieces around (right earpiece to left ear / left earpiece to right ear) to try and rebalance and lessen dizziness/headache.

10:00pm took risperdal, requip, norvasc, allopurinol

10:05pm--->10:20pm 😊 (no dizziness or headache or much lessened to negligible... perhaps some slight effects from meds)

2021-05-07

7:10am Woke up around 6:30am feeling ridged from not taking buspirone last night and 50degree weather outside. Did not go to sleep last night as quickly or as deeply without the buspirone but still got some deep sleep and don't feel too tired.

<delta><WCYT> loosening me up (less ridged)... 😊 (even without turning on space heater)

7:20am Turned on space heater / <delta><WCYT> 😊 😊

7:24am Ready to go back to sleep. Lying down.

7:44am <delta><afloat> Lying down/eyes closed.

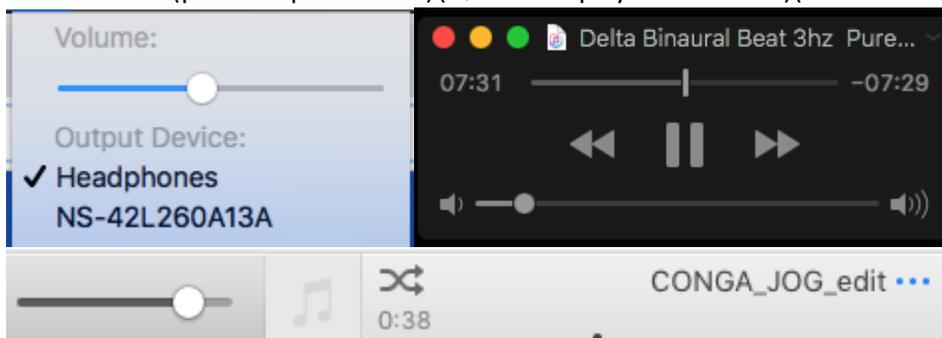
8:25am Was unable to fall back asleep from a lying down position but still able to zone out comfortably without the rigidity. BB less intense without the buspirone trail and BB feeling takes a little longer to work its way completely in, but probably more manageable with less dizziness/headache/irritation probability without buspirone trail.

9:05am <delta><conga> Sitting/eyes closed.

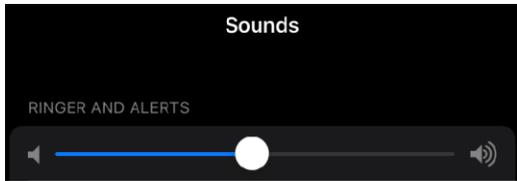
9:18am Feel like sleeping/much sleepier than yesterday. Probably because of less sleep without the buspirone.

9:27am Feeling a little ridged. Increasing delta a little.

MacOS levels (personal preference)(QuickTime player for "delta")(itunes for "conga")



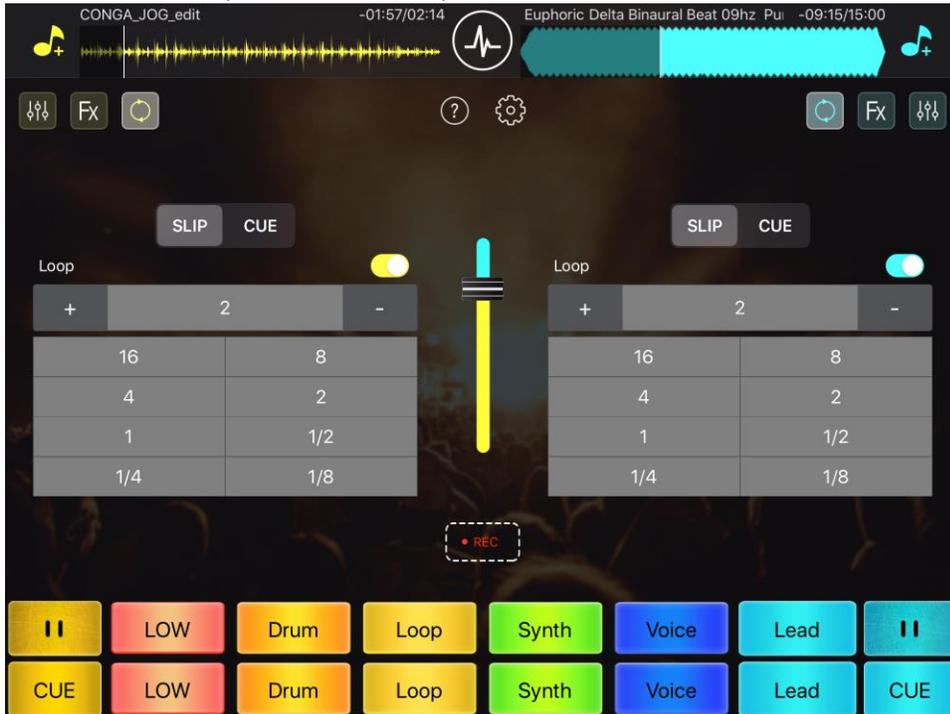
Similar Tablet levels



SIMILAR LEVELS on DJ MIXER STUDIO app (personal preference) (illustration below)

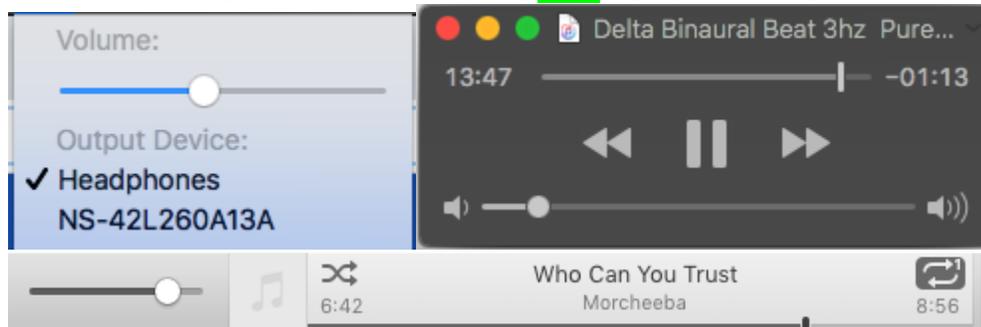


LOOP set to "ON" (illustration below)



9:35am Feeling a little less ridged now.

10:30am Event triggered anxiety. Increasing **delta** slightly. Switching to <WCYT>



10:35am Anxiety lessened/subsided.

10:45am THINKING that... perhaps due to brainwave entrainment... if another event triggers anxiety and I only have my phone with me which has <WCYT>... if I play <WCYT> on my phone and I don't have headphones... perhaps my anxiety will lessen still.

12:40pm Was driving @ 11:40am when <WCYT> started playing from my phone on van speaker. "Delta tingling"/euphoric/non-stressful feeling seemed to trigger in my head and stayed for duration of song and into other songs on playlist (morcheeba: trigger hippie, tape loop) that I had also previously played pure delta to. This was in spite of/in the midst of being in a stressful situation.

12:40pm--->2:30pm delta><morcheeba playlist>

2:30pm---> 2:55pm Sleepy <BB/MIX BREAK> Laid down. Caught myself snoozing/dozing off a couple times. Felt comfortable.

3:00pm Head feels somewhat numb (negligible) after I have stood up... now sitting down from after having laid down. Have not played any other pure tones but delta all day... not really dizziness (or maybe slight/negligible); not a headache. Almost the same feeling as switching headphone pieces with ears. But I haven't really switched since last night. Have been using headphone pieces in normal mode all day. Don't really feel like using headphones right now.

3:18pm Playing <a float> at low level from tv speaker.

3:22pm Playing <WCYT> little higher level from tv speaker. Not the same quality as the van speakers... but still somewhat triggering "delta tingling".

3:26pm Feeling less numb.

3:28 Turned off music... squelching from tv speaker not good.

4:00pm Playing <WCYT> from stereo speakers to my left and right. Numbness seems to have subsided somewhat (from either naturally fading away or from the speaker music)... giving way to “delta tingling”.

9:00pm Did NOT take buspirone for second time in a row.

2021-05-08

1:00am Tried more <delta> with various music on the tablet/app to try and help me sleep. Started dozing off to a slower tempo of <npokmop> but started getting major foot cramps, which is a common side effect of transitioning on/off of buspirone. Took half a dose (7.5mg) of buspirone to get rid of the cramps and to try and help me sleep. Cramping soon subsided and I fell asleep soon after that and stayed asleep the whole night.

Will probably continue to take half a dose (7.5mg) at night to help me sleep.
(body weight: 180 lbs... age: 50)

7:30am Awake. It would be important to note that I had started using <gamma> BB mixing for over a year prior to now to help me with my writing. I believe this made the difference in helping me complete a novel and 5 screenplays in a relatively short period of time.

I also believe that prolonged <gamma> BB exposure may have contributed to my anxiety. I was started on buspirone at some point (15mg twice a day) for my anxiety. When taken at night, buspirone helped me sleep, but when taken in the morning I ended up lying awake or sleeping all day and was unable to get any writing done.

When I completed my last screenplay, I stopped <gamma> BB. However, my anxiety persisted and got worse. Constant, difficult to control nose bleeds from a scab that never properly healed also contributed to my anxiety. Also, having to pick my wife up in the middle of the night every night also contributed to my anxiety... which, when taking her to work, also triggered anxiety. Several weeks of NOT taking her to work and picking her up reduced my anxiety, but I was still getting difficult to control nose bleeds constantly, which helped maintain my anxiety. Many other things would also trigger my anxiety. Perhaps lingering <gamma> waves contributed most to my anxiety because my anxiety became constant. The constant anxiety, coupled with taking buspirone and risperdal, may have contributed to depression as well... all this leading to suicidal ideation. I have also had a history of depression going back to childhood that should be taken into account.

Self <delta> BB/music treatment has made a world of difference in controlling the anxiety and any events that may trigger a panic attack.

Of special note is the possibility that there may be others who may be suffering from anxiety due to possibly unknown prolonged <gamma> or <beta> brainwave inducement since, from having done some research as a writer, it is possible that radio waves and other sources (i.e. constant noises like a running fan or other electrical appliances or other external noises, etc.) can impact brainwaves, especially when someone may have an acute neural and/or acoustic sensitivity.

10:10am It would seem at this point that the higher the level/balance of BB/pure tone... the greater/more intense the effect.

10:00pm Been playing only <delta> with various music throughout the day with no dizziness/headache.

Took buspirone (7.5mg), risperdal, requip, norvasc, allopurinol. Still no dizziness/headache.

1:00am Feel asleep soon after having finished watching tv.

2021-05-09

8:50am Woke up feeling ridged/anxious. Fan in room was “humming/oscillating” to my left and blowing cold air. Air purifier was “humming/oscillating” at a much lower level to my right. Turned the fan off and started playing <WCYT> (no delta) from my phone speaker. Felt “delta tingling”. Rigidity/anxiety subsided. I usually turn the fan on before going to bed to help me sleep since buspirone tends to make me feel very hot.

1:40pm Drank a strong cup of coffee. Have not had any coffee the last three or four days. Usually drink a strong cup of coffee in the morning on a daily basis to help me with my writing.

1:49pm The coffee is starting to make me feel slightly rigid. Not listening to anything.

1:53pm <delta><WCYT> Feeling less rigid.

1:57pm The <delta> seems LESS TOLERABLE/SOMEWHAT IRRITABLE. Just playing <WCYT> with headphones. Still seems somewhat irritable.

2:00pm Just playing <WCYT> through stereo speakers at very low level. BETTER... “delta tingle”... rigidity subsiding.

2:05pm Slightly increasing volume of <WCYT> through stereo speaker... “delta tingle” maintaining. Actually, it’s more of a “delta numbing”.

2:10pm “delta numbing” subsiding slightly... just feel relaxed.

2:15pm Squelching from <WCYT> through stereo speakers is somewhat irritating. Playing <afloat> only through headphones at low/mid-level. BETTER.

2:19pm Got irritated by phone alert going off. It would seem that coffee makes me irritated even though coffee makes me motivated to do certain things like write or do other tasks. <afloat> through headphones keeping me in check at the moment.

2:25pm The headphones seem irritating. Playing <afloat> through stereo speakers. BETTER.

2:27pm Getting sleepy/relaxed

2:38pm BP 147/93 (third reading) (currently taking norvasc <5mg> at 10:00pm nightly)

2:50pm BP 140/86 (third reading)

2:56pm Just playing <afloat> through headphones

3:05pm BP 150/89 (third reading)

3:08pm Playing <delta> <afloat> through headphones

3:15pm BP 143/90 (third reading) (switched computer screen to dark mode)

3:23pm BP 138/89 (third reading) (computer screen dark mode)

3:33pm BP 140/87 (third reading)

3:36pm slightly increasing <delta>/maintaining <afloat> maintaining (dark mode)

3:48 pm BP 148/88 (third reading) Was slightly irritated by my nose

3:52pm Taking BB/music break

3:57pm---> 4:17pm Lying in bed

4:20pm BP 149/90 (third reading)

4:26pm Playing only <WCYT> through stereo speakers

4:36pm BP 144/86 (third reading)

4:40pm Playing only <WCYT> through headphones mid-level volume

4:47pm decreased volume to low/mid

4:52pm BP 141/95 (third reading)

4:53pm Slightly playing <delta> / maintaining <WCYT>

4:57pm Warmer in the room than it was an hour ago (window faces west in Virginia).

5:09pm BP 144/87

5:11pm Slightly increasing <delta> volume / maintaining <WCYT>

5:23pm BP 134/91 (second reading <lower than third>)

5:24pm Switching to <conga> / maintaining <delta>/music levels

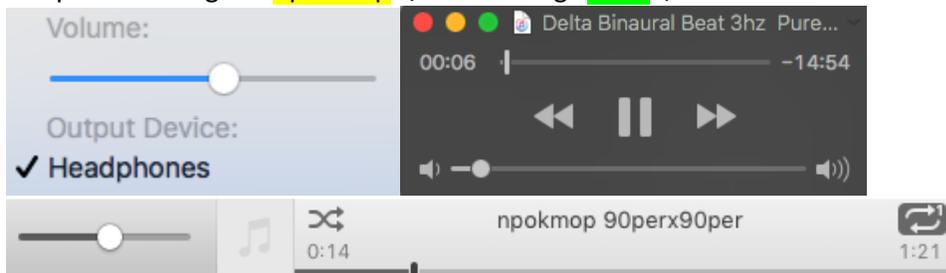
5:33pm BP 141/93 (third reading)

5:34pm Slightly increasing all levels

5:42pm BP 141/89 (third reading)

5:52pm BP 139/94 (second reading <lower than first and second)

5:53pm Switching to <npokmop> / maintaining <delta>/music levels



6:02pm BP 137/86 (third reading)

6:04pm Switching to <afloat> / maintaining <delta>/music levels

6:14pm BP 139/87 (third reading)

6:37pm Playing only <heartbeat> on headphones

6:45pm BP 139/93 (third reading)

6:47pm Playing <delta> at very low level / maintaining <heartbeat> level

6:55pm BP 142/87 pulse75 (third reading) increasing all levels

7:04pm BP 144/91 pulse77 (third reading)

7:10pm BP 147/92 pulse77 (third reading)

7:29pm <delta>/<afloat-heartbeat-half tempo>

7:41pm BP 137/96 (first reading)

10:00pm. Took buspirone (7.5mg), risperdal, requip, norvasc, allopurinol. No dizziness or headache.

2021-05-10

9:55am BP 135/91 (third reading)

10:06am <theta><nokmop>

10:15am BP 140/92

Increasing <theta>/lowering <npokmop>

10:24am BP 136/91 (first reading)

Only play <theta>

10:36am BP 132/94 (second reading)

10:38am <delta> only

10:45am BP 140/93 (second reading)

10:46am <alpha> only. Volume minimum

10:55am BP 139/91 (third reading)

11:00am <beta> only. Volume minimum

11:08am BP 132/92 (third reading)

11:12am Only <gamma 40hz> Volume minimum

11:22am BP 136/94 (first reading)

11:27am Only <gamma 60hz> Volume minimum

11:39am BP 138/93 (first reading)

No dizziness/headache

11:42am BB/musicbreak

11:53am BP 133/93 (third reading)

11:55am Playing only <WCYT> on stereo speaker. Slight “delta numbing” at first.

11:57am No noticeable “BB effect”. Seem to have lost <WCYT> “delta trigger”. Probably due to most recently “introducing” other BB frequencies... with the last one being <gamma>

Without knowing it, I may (or may not) be experiencing <gamma> frequencies while just playing <WCYT> on stereo speaker, but I am definitely not experiencing <delta> frequencies right now.

1:55pm Feels sleepy (but not <delta> sleepy) after having played <WCYT> for an hour and a half.

Also, have NOT had any coffee today.

1:57 <beta> only through headphones at minimum volume. Getting irritating quickly.

2:00pm <beta><a float> at low volume... little BETTER.

2:00pm upping <a float> a little more. Still feel like I need coffee.

2:04pm maintaining <beta> / switching to <prodigy: mindfields>... little more awake, but the lyrics are distracting my concentration.

2:18pm maintaining <beta> / switching to <bongo 100>

(https://mindfirewall.com/wp-content/uploads/2021/05/HH_bongo_room_beat_100.mp3)

WAKING ME UP

2:30pm just playing <bongo 100>. Feels less intense / less alert / less awake without <beta>

2:35pm <beta>/<bongo 100>

2:37pm turning down all levels. Feel less alert

2:39pm BB/music BREAK.

Feel like going to sleep or laying down

3:30pm Waiting in car for my wife who has an appointment.

Playing <morcheeba playlist> over van speakers

Usually get restless waiting for her but NOT feeling restless right now.

10:00pm. Took buspirone (7.5mg), risperdal, requip, norvasc, allopurinol.

11:30pm Been playing <delta>/<BuzzFx Lounge playlist> (<https://mindfirewall.com>) through headphones for about the past two hours... maybe more.

Going to bed... (fell asleep almost immediately)

2021-05-11

9:45am Feel somewhat on edge/tense (had some anxiety triggers earlier).

<npokmop> through stereo speakers.

9:50am Feel a little more relaxed but still somewhat tense.

9:55am <delta><WCYT> through headphones low volume

10:00am Little more relaxed but the squelching from <WCYT> through headphones seems a bit irritating

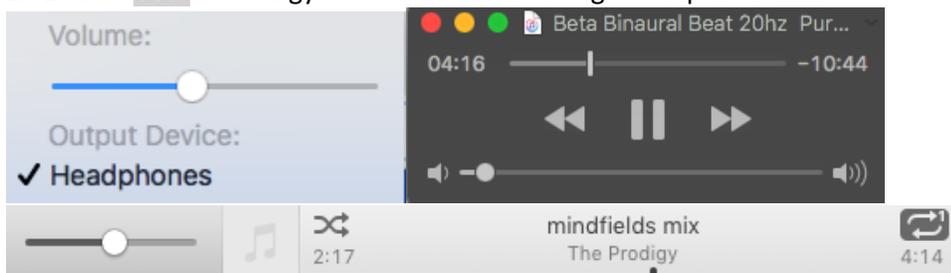
Listening to just <WCYT> on stereo speakers.... BETTER

10:10pm Feeling sleepy... feel like need coffee to be productive.

10:14pm Just <[Prodigy - mindfields mix](#)> through stereo speakers

Little more awake... still feel like I need coffee to be productive/alert/concentrated

10:17am <beta> <Prodigy: mindfields mix> through headphones



10:25am Feel like I can hold off on the coffee for now.

11:10am Feel awake but NOT anxious or irritated.

BB/music BREAK

11:20am Feel a little lethargic when I move around but NOT sleepy like at 10:10am.
Not dizzy/no headache.

11:28am Starting to feel sleepy as I review my notes... not sleepy when I don't. LOL

11:33am Going through a FB notification and I feel like I need to kick it up a notch on the cognition/insight.

11:37am Only playing <conga> through stereo speakers.
Had previously (with a cup of strong coffee) been mixing <gamma 60hz>/<conga> through headphones for extended periods to boost cognition/insight.

11:53am Cognition/insight seems to have improved after going back over the FB notification.

1:19pm Feeling sleepy

Playing only <mindfields mix> on stereo speakers... not enough

1:35pm <beta><afloat> through headphones

1:44pm Feel awake WITHOUT feeling the edge of <mindfields mix>

1:49pm Rotating between feeling awake and sleepy.

1:56pm Feel awake as long as my mind is actively doing something.

3:45pm Was listening to <delta>/<WCYT> for about 15 minutes on headphones

Faded out all audio

Faded in <gamma 60hz>/<conga>

Felt one quick "CLICK" in the middle of my head... happened very quickly... lasted about as long as a snap of the fingers... no dizziness/no headache...

Probably best to transition to at least <alpha> first if going immediately from <delta> to <gamma>

5:40pm Was listening to <gamma 60hz>/<conga> through headphones for over 15 minutes and started getting sleepy.

Switched to <beta>/<float>

Felt another quick "CLICK" in my head as I then felt wide awake.

5:57pm only <WCYT> on stereo speakers

Lying down

6:10pm Caught myself snoozing

6:15pm Sitting in chair

<conga> on speakers

6:20pm More cognitive insight

10:30pm Got home from picking wife up at work.

Took buspirone (7.5mg), risperdal, requip, norvasc, allopurinol.

11:00pm Playing <delta><morcheeba playlist> to help me sleep.

12:15am Going to bed

(fell asleep right away while also listening to <WCYT> on phone speaker)

(slept all night... deep sleep)

2021-05-20

10:00pm

Took buspirone (7.5mg), risperdal (2mg... was taking 1mg), requip, norvasc, allopurinol.

2021-05-21

9:15am Woke up feeling less anxiety than usual. Maybe it's due to the extra milligram of risperdal... maybe it was because I was listening to just <delta> with a variety of music throughout the day yesterday, including just before going to bed... maybe it's a combination of both. I do notice that I sleep more deeply and wake up less anxious when I listen to <delta> to the point of getting dizzy. But I still think that the extra mg of risperdal contributed to waking up this morning feeling less anxious than usual.

2021-08-20

10:40am Took Zoloft for the first time last night, current meds taking are:

—risperidone—2mg

—ropinirole/requip—2mg

--allopurinol-----100mg

--norvasc----5mg

—buspirone— 15mg

—zoloft—50mg

Woke up this morning and it was like night and day compared to not having taken Zoloft.

Had a cup of coffee this morning and am feeling very awake.

10:40am --> 11:40am Listening to <gamma/conga> and <delta/various>. Listening to binaural beats had gotten very irritating lately, but I think the Zoloft is starting to make just about everything seem less irritating and depressing. With all my psych meds... being treated... I think... for bipolar. All the symptoms have always been there.

2021-09-03

1:15pm Played <936 hz> aka the "God frequency" with and without music.... I'll call it the "Pineal" frequency since it's supposed to activate the pineal gland... It quickly made me tense/put me on edge so I quickly countered with alpha and delta... Maybe I'll call it the "Reboot" frequency because it kind of reboots your whole brainwave system... making the other frequencies more intense when you return to them after playing 936hz... probably because it's a much higher frequency than the rest, making the other frequencies more noticeable by comparison.

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