

# The Meditation Sound: Accelerate Your Journey to Freedom

Improve your thinking patterns and magnify your manifesting power with subliminal audios.

by Natalie Ledwell

I am so grateful to be living my dream life right now but it wasn't always the case...

Just a few short years ago, I was struggling... mentally, physically, and financially. In fact, I felt like I was continually hitting my head against a brick wall, I needed to lose about 20 pounds, and in business I was working more and more hours each week for what felt like little reward.

I didn't think there was any way to escape the situation I was in. Honestly I didn't even know exactly *what* I wanted, I just knew I didn't want this. I definitely didn't know how to create my dream life, whatever that was.

Maybe you understand how I felt.

It's funny how the road to happiness often finds us in such unexpected places. I never would have expected to find the missing piece of my puzzle watching a DVD!

But that's exactly what happened. In fact, I almost missed the message that was right in front of me!

You see, in 2006, when I first learned about the Law of Attraction through the film *The Secret*, my first thought was, "Well, that stuff works for other people, but will it work for me?"

Boy was I in for a surprise!

Once I learned about the principles of the Law of Attraction and started applying them to my life, things start changing... fast!

I knew I needed to share this way of living. I set out to educate the world on how to use the power of attraction, but I saw that people were still struggling, and especially needed a tool to accelerate their results with visualization.

I responded to this need by co-creating Mind Movies, an easy-to-use software that allows *anyone* to easily create an emotionally-impactful, moving digital vision board and

dramatically magnify their manifesting power with the Law of Attraction. So far, since the launch of Mind Movies in 2008, we have already helped over 80,000 people worldwide manifest their dream lives, and that number is growing each day.

For a few short months after the launch of Mind Movies, I thought my journey was over...

But soon I realized I had to do even more. Among the hundreds of incredibly inspirational emails I received each month about the phenomenal results people continue to get with Mind Movies, there were a few emails that made me realize there was still a *need* out there.

Occasionally someone would write me and say that, though they loved Mind Movies, they just wanted a complete "done-for-you" program that they could watch each day to achieve their goals. You see, Mind Movies give you an incredibly powerful way to visualize, but you *do* need to create your own to get the most spectacular results, and some people just don't have the extra 20 minutes it takes to sit down and make their first Mind Movie.

I set out in search for something that I could combine with Mind Movies that could be used by *anyone* to get a competitive advantage.

And then it happened... I found *another* tool to put in my personal development toolbox. This one also came from a totally unexpected place.

Now it all started several years ago. I kept hearing the name of a specific brain specialist over and over. The name was Morry Zelcovitch, and Morry was engineering this special type of sound that works with the mechanics your brain to energize you and allow you to absorb new information like a sponge, which dramatically **magnifies** the results you get in any endeavor. In fact, his services were even being used by the Brazilian military to improve their training of new troops!

But no one had ever combined his compelling research with the power of the Law of Attraction.... I knew I had to do it!

After a long search, I was able to get in contact with Morry and listen to his specially made audios, some of which has been enlaced with positive subliminal messages while others use a special technology known as "brainwave entrainment."

Once I tried them out for myself, I knew I needed to share this tool with as many people as possible. You see, with the power of subliminal and brainwave entrainment audio, I was able to dramatically amplify my manifestation power, all while actually rewiring my brain for healthy thought patterns and long-term success.

When we combined these special audios with the power of Mind Movies, the results were absolutely *incredible*. Though we had high expectations, Morry and I were both actually blown away by the results people were getting.

Some of the early testers were manifesting huge pay raises, unexpected checks in the mail, and new dream jobs. Others lost pounds of fat and finally felt motivated and energized enough to exercise. Still others were getting the best sleep of their life while they improved their personal relationships or even manifested their perfect partner.

With the help of these early adopters, we were able to continually improve the system until we created what we believe to be the perfect combination of special audios and "Matrix" Mind Movies.

Why am I telling you all this?

I've learned that much of what is written on the internet about subliminal techniques and brainwave entrainment is misguided or just plain wrong. So today, I would like to reveal the *truth* behind how brainwave entrainment **really** works.

I would also like to let you download a free hour-long subliminal audio file so that you can try this technology out and see the incredible results for yourself.

### **What IS Subliminal Audio and Brainwave Entrainment Technology?**

Well, the word "Entrainment" originally comes from Physics, and describes when happens when two vibrating bodies start vibrating together at the same rate.

This is similar to the phenomenon with tuning forks. If two tuning forks are kept close to each other, when one is struck and starts vibrating, the other will start vibrating at the exact same frequency. They basically "lock into phase" together.

But what does that have to do with your brain? Well, the ideas of frequency is great for Physics and tuning forks, but about thirty years ago, some scientists started wondering if you could you apply a similar concept to your *brain*.

Could you get the brain to "think" a certain way by exposing it to a particular audio frequency, for example one that matched a natural brain pattern?

Well, since then, many studies with sounds have shown you actually can!

This is actually not that surprising if you think about it. For thousands of years humans have been using rhythm and sound to affect our brains and how we feel, in the form of music. Whether it's been drumbeats, singing, musical instruments, or even just tapping your feet, humans are greatly affected at hearing sounds that follow a certain pattern or

beat.

Music has proven to be a cornerstone of almost all societies. Even among the deaf and hard of hearing, rhythmic dance, rhythmic signing and even visually-stimulating "signed songs" have been developed to satisfy this need to incorporate rhythm in our everyday lives.

You see, the power of rhythm is ingrained deep, deep in our consciousness.

But music is just the tip of the iceberg. The potential for utilizing the power of sound to help us lead a better life is probably greater than we can currently imagine. With the rise of the global communication age, and with the ability for scientists to easily share their findings with each other, the body of knowledge surrounding the use of therapeutic sounds is growing exponentially every day.

Over two decades ago, a major break-through was discovered when we realized that our brains could be positively affected with specially created pulsed sounds.

Now, this isn't mind control or anything. There's no way that someone can use sounds to brainwash you or trick you into doing things you would never normally do. Instead, what we've learned is we can affect the brainwave **state** that you're experiencing.

Ok Natalie, but what are brainwave states?

Well, when you look at a living brain with a special piece of equipment known as an electroencephalograph (EEG), you can see that our brains always displays *some* level of electrical activity, whether we are deep in thought, mentally blank, or even asleep.

The electrical activity we observe creates rhythms which we call brainwave patterns. There are four common frequencies of brainwaves that we observe among humans, which we've named **alpha**, **beta**, **delta**, and **theta**.

Observations have shown that each of these brainwave patterns are associated with various states of mind.

**Alpha** waves exist between 8 and 12 Hz and usually occur during rest but not sleep (such as when the eyes are closed). Examples of when your brain might be creating alpha waves include intellectual relaxation, deep relaxation, or meditation. Alpha waves are the desired results of experienced meditators.

**Beta** waves occur when the brain is working on goal-oriented tasks, such as planning a date or actively reflecting on a particular event or issue.

**Theta** waves exist between 4 and 7 Hz and tend to occur when we are giving something

our relaxed attention. This is commonly referred to as the dream or “twilight” state. Theta waves are associated with learning, during short term memory tasks, and in brief bursts during REM sleep (dreaming). Memory development is enhanced while in this state (especially long term memory), and you may enjoy increased access to unconscious material, new insights and creative ideas.

**Delta** waves are the slowest waves and exist between 0.5 to 3 Hz. Delta waves are not observed we're awake. As we fall asleep the dominant natural brainwave becomes delta.

As a real-life example, when someone meditates regularly, they are able to easily switch their brain into a wakeful, relaxed state. In meditation, the front and middle part of the brain displays a unique pattern of mostly theta brainwaves, which are associated with relaxed attention. This usually only occurs in people with a lot of practice meditating. The back of the brain displays alpha brainwaves during meditation, a sign of wakeful rest.

Now meditation is a proven way to alleviate stress and promote good mental and even physical health. There are so many benefits in getting your brain to achieve these types of mental states, but a lot of people just don't have the time to practice meditation each day.

The amazing thing we've learned is that we can produce sounds at these same healthy frequencies, and just by being exposed to the sounds, your brain will start "locking into phase" with that frequency. The longer and more often this happens, the more of an effect you will achieve.

It's almost like getting the benefits of meditation without having to put in so much work!

If you want to know about the science, it starts with the neuro-electrical activity from the nerves in your ears. Your brain responds by aligning itself with the frequency of the sounds that you're hearing. You can actually see this happening with an EEG.

Now, this same idea is used in in brainwave entrainment, where pulsed sounds are engineered by brain specialists to match with the frequency of your brain in specific brainwave states.

This is one of the best-kept secrets of current science. You see, these principles have been studied since at least the early 90s, and in a comprehensive scientific review, Dr Tina L. Huang said that, "Findings to date suggest that Brainwave entrainment is an effective therapeutic tool. People suffering from cognitive functioning deficits, stress, pain, headache/migraines, PMS, and behavioral problems benefited from BWE [Brainwave Entrainment]."

In another study, Dr. John Carter said, "This preliminary data suggests that use of AS entrainment to challenge and stimulate the brain appears to result in improved functioning on intelligence tests, achievement tests, and behavior."

Here are some of the major findings so far:

- When your brain is exposed to sounds in the Theta brainwave, it appears to give you the ability to learn at an accelerated rate.
- Being exposed to sounds in the alpha brainwave range may give you benefits similar to what's you'll get from meditation, such as improved breathing patterns, higher levels of energy, improved outlook, better performance (in all areas of your life, from sports to your career), improved relationships, even increased satisfaction in the workplace.
- Deep relaxation can be naturally induced by listening to alpha or theta pulsed tones.
- When your brain is exposed to pulsed tones, it produces an electrical response that quiets the extra 'noise' in your brain, so your thought processes become clear and efficient.
- When these special audios are combined with guided imagery (like with our Matrix Mind Movies), you can achieve altered states of consciousness that act as an effective stimulant to many physical processes that are under the control of your brain. That means you can receive benefits in many areas of your life, from improvements to your immune system all the way to an increased ability to effectively handle stress and problem-solving.

According to Morry Zelcovitch, the brainwave entrainment engineer who helped us develop our Mind Movies Matrix program, some of the biggest benefits of brainwave entrainment include improvements to your:

- Concentration
- Creativity
- Memory
- Relaxation
- Motivation
- Deeper self awareness
- Promoting long-term mental and emotional growth
- Clarity
- Stress
- Pain
- ADD/ADHD

- Learning
- Energy and vitality
- Inspiration
- Intuition and personal insight
- Focus and attention
- Problem-solving ability
- And, much more ...

Anyone can use these special types of audio sounds, and if you're struggling with stress, sleep problems, a lack of long-term memory, or just can't think as clearly as you used to, you will find this type of audio especially beneficial.

## Try it Out for Yourself!

If you want to try out a tiny piece of this incredible technology for yourself, right now, click here to download a specially made subliminal audio that sounds like soothing nature sounds, but was actually engineered to positively affect how you think.

[http://bonusaudio.s3.amazonaws.com/MM\\_Programmed\\_For\\_Success\\_In\\_All\\_I\\_Do\\_Sub.mp3](http://bonusaudio.s3.amazonaws.com/MM_Programmed_For_Success_In_All_I_Do_Sub.mp3)

You'll be amazed at the power of subliminal audios like this to get energized and motivated. You don't even have to pay attention to the recording. Just go about your life while it's playing in the background. It will continue to work while you're cooking, watching TV, sitting at your computer, or doing literally anything else! You can even play it at a barely audible volume and get the same positive affect.

Play this audio file as much as you like to increase the benefits you get. **Just don't listen to it while driving or operating heavy machinery!**

This subliminal audio file was created by Morry Zelcovitch, the world's only certified brain entrainment engineer.

Enjoy!  
Natalie Ledwell

Mind Movies

## Wanna learn more?

To learn about the (more intense) brainwave entrainment Matrix Mind Movies and get access to them for yourself, click here: <http://mindmoviesmatrix.com/>

## References:

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