



## **Frequency is Everything: A Special Report on Brainwave Entrainment**

Some time ago we came across what appeared to be a magical tool that could raise your consciousness, cause you to perform and focus better than ever before, and have you meditating deeper than you ever thought possible... all while relaxing and not really "doing" anything at all.

Like all such claims, we figured it was probably too good to be true. The "magic bullet" with the promise of results without effort. After all, we'd been studying personal achievement techniques and theories for years; if there was indeed such a technology that would allow people to accomplish such feats, wouldn't everyone be using it?

The hype was that you could put on a pair of headphones, lie down passively, and within a matter of moments be transformed in a cumulative manner... meaning that the more you used the technology, the more lasting effect it would have on you, bringing you to the magical state easier and quicker every time.

Yeah... let us tell you right now we've never been a fan of mind-altering drugs, and this was sounding too much like something that could mess a brain up forever.

But we're journalists at heart, so we felt it was our duty to investigate. After all, if the promises were false, everyone had a right to be warned about them. And if they were true, everyone had a right to discover them.

So we started our journey with what we already knew, and expanded from there.

And what we discovered appealed to our logical, analytical minds, and our spiritual hearts at the same time. It took us through science and art, and allowed us to see how the two could mesh up in one fascinating process.

And finally, we're able to finish what we started out to do... be the journalists, researchers and metaphysical investigators, and let the world at large know exactly



what the truth is about this technology called Brainwave Entrainment (BWE), and how it can affect all of our self development quests.

## **The Secret to Conscious Creation**

What's the secret to manifesting what you truly want?

If you've been kicking around the personal development field for awhile, you've likely tried goal-setting, and then moved on to affirmations and visualization; you've seen some popular movies that tell you "the secret" is to believe, and you've read books that talked about how you "think".

And while all of these techniques can certainly be helpful in consciously creating the life of your dreams, none of them alone are ever truly responsible for manifesting it.

That's because all of the above – the goal-setting, the affirmations, the book reading, the movie watching, and even sometimes the visualization – happen in a waking brainwave state called Beta.

Umm... okay, before we get too deeply into the advanced science here, let's go back to the basics, kind of like **Body-Mind Science 101**:

## **The Simple Anatomy of Manifestation**

1. Conscious creation is not just about thoughts or beliefs; it's about how *Thoughts, Emotions* and *Actions* come together to create *Results*, or what we call the **TEAR Formula** (T+E+A=R).
2. Affirmations and goals fall under the *Thoughts* category, so you need to couple them with the corresponding *Emotions* (and yes, beliefs) to make them work.
3. If *Thoughts* are the vehicle, then *Emotions* provide the fuel for manifestation and *Actions* provide the acceleration.



4. Everything in the world – including *Thoughts* and *Emotions* – are made of energy, and energy is measured in frequency.
5. When you hear things like “Raise your vibration to attract what you want,” that frequency is what they’re talking about... and that leads us into why “Frequency Is Everything”.

Jody Sachse, the creator of [Harmonic Ascension](#) Brainwave Entrainment audio meditations, described it this way in an interview:

“Everything around us is a certain frequency; scientists, quantum physicists have all told us for some time now... everything's made up of energy. And we measure every form of energy as a frequency. Light has its frequency, smells would have a frequency, thoughts even have a frequency. You have thought patterns in different brainwave states that are all measured with frequency. So from that I came to the conclusion that frequency is everything; it makes up everything we see and everything we don't see. And if you can change that frequency, you can change everything.”

Okay, so now it’s time to dive deeper in the advanced science that provides us with the true secret to manifesting what you want.

If thoughts and emotions are energy, and therefore vibrate at a certain frequency, they must be originating from somewhere.

Our brains are made up of billions of brain cells, or neurons, which use a sort of electricity to communicate with each other. All these neurons sending their signals at the same time produce enough electrical activity that they can actually be measured using equipment like an EEG, or Electro Encephalo Graph.

And since it looks like a wave when it’s recorded, this electrical activity in the brain is called a brainwave; that’s the medium that carries those thought vibrations we were just talking about.



To go back to elementary science for a moment, you probably remember doing a science experiment in school where two matching tuning forks were held side by side. When one of the forks was struck, the other one would start to vibrate at the same frequency.

This phenomenon was first observed in 1665 by Dutch scientist Christian Huygens, who was working on designing the pendulum clock. He noticed that if he put two clocks side by side on the wall, and swung the pendulums at different rates, eventually they would sync up and swing in tandem, at the same rate.

This phenomenon is known as “entrainment”, defined by physicists as “the tendency for two vibrating bodies to lock into phase so that they vibrate in harmony.”

So Brainwave Entrainment, then, is the way the brain’s electrical pulses respond to rhythmic sensory stimulation, like pulsating sounds or flashes of light.

And the brain responds with a Cortical Evoked Response, which is an electrical charge that travels through the brain to become what you see and hear.

To take this a step further, brain activity changes based on what someone is doing – or not doing. So the brainwaves of someone who’s asleep, or someone who’s been hypnotized, or someone who is in a coma, or someone who is awake and alert, are all completely different.

**And while our mental state affects our brainwaves, the opposite is also true... our brainwaves affect our mental state.**

Read that above sentence again, because it truly tells the power of this technology called Brainwave Entrainment... *we can actually control our mental state by controlling our brainwaves!*



## The Power of Frequency

The brainwave patterns we've been talking about are usually referred to according to the frequency range they're in, and that is directly related to the person's state of mind.

We already mentioned that the waking brainwave state is called Beta... but let's take a look at some of the frequencies that are most likely to affect you.

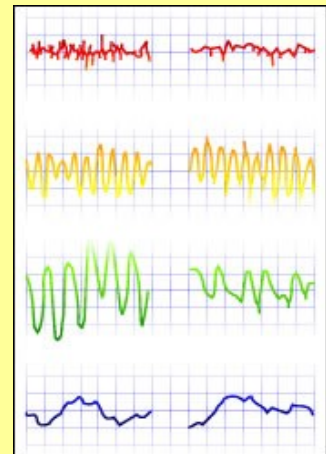
**Gamma** (30 Hz - 60 Hz) is a heightened and perceptive state. This frequency is associated with intense mental activity, concentration, memory, problem solving and higher learning.

**Beta** (13 Hz - 38 Hz) is the state of normal, wakeful consciousness that you spend most of your day in. As you are working, driving, talking, multi-tasking, etc., you are usually in Beta. High Beta activity is sometimes associated with anxiety, panic and stress. Low Beta is called SMR, or Sensorimotor Rhythm.

**Alpha** (8 Hz - 12 Hz) is a state of light relaxation, typified by a calm, focused mind. You are in Alpha state just before falling asleep, just after waking up, and during the average meditation session. Alpha is sometimes called the "super learning state" because the brain seems to be more receptive and open to new information.

**Theta** (4 Hz - 7 Hz) is a state of deep relaxation or light sleep. Dreams, hypnosis, accelerated learning, spiritual experiences and deep meditation are often associated with Theta.

**Delta** (0.5 Hz - 3 Hz) is the slowest of the brainwave patterns, and can be a state of deep, dreamless sleep, or trance-like consciousness. The body heals itself most effectively in this state, and it's associated with coma states or near-death experience. Maintaining awareness in Delta is very difficult, but has been known to open a path to the unconscious.





So by using brainwave entrainment at a certain frequency, we can make the brain respond in the above states as desired – without training it, without forcing it, and without taking years to learn to do it on our own.

**Gamma state** is you at your most heightened level of being awake, perceptive and observing, with intense mental activity. Using a Gamma entrainment tool, while very new, will increase your ability to solve problems and handle your fears, ability to learn, and emotions.

**Beta state** is what we need to perform to the best of our ability while we're awake. So brainwave entrainment that takes us into Beta state will improve our mental abilities, focus, concentration, attentiveness, reasoning, critical thinking, and even our IQ. It's also beneficial to people with ADD, ADHD, depression or insomnia. If you're looking to increase your ability to memorize, plan, schedule, organize, or think critically, then Beta brainwave entrainment will help you out.

However, if you're spending too much time in Beta, you'll probably be anxious, stressed or tense. That's when it's time to slow things down into Alpha state.

**Alpha state** is where you're relaxed, open to self-suggestion, and able to move into a highly creative state, but you're not processing much information (such as when you're daydreaming). However, this is one of the best states to learn or memorize in, since the information you do take in goes straight into the subconscious mind. So slowing the brain down from Beta into Alpha may help you prepare for a test, while getting back into Beta will help you to actually write the test. So if you're trying to meditate or teach yourself something on the subconscious level, Alpha brainwave entrainment will take you there.

Ready to take meditation and relaxation to the next level? Okay, we're actually going *down* to the next level, in terms of frequency, but *up* to the next level in terms of results.

When your brainwaves slow down, both sides of your brain communicate with each other better, and you'll find yourself calmer, more relaxed, and more creative, with greater peace of mind.



**Theta state** is where deep relaxation, deep meditation, hypnosis and accelerated learning occur. 30 minutes of Theta brainwave activity is the equivalent of four hours of sleep, and you can experience dreaming – even lucid dreaming – in this state.

Great ideas – the light bulb going off in your head, or that “a-ha moment” – are accompanied by bursts of Theta waves, which makes it a very effective brainwave state to be in. If you want to experience deeper meditations, more creativity, and more ability to take in hypnotic or subliminal programming than you do in Alpha state, Theta brainwave entrainments are excellent for that.

**Delta state** is deep, dreamless sleep, and the same state people are in when unconscious, in a coma, or having a near-death experience. It may seem like somewhere you don't want to go, but that level of consciousness (or unconsciousness) can be a very rewarding trance-like state that brings you closer to the higher superconscious (and spiritual experiences) than you'll ever otherwise experience. It also stimulates the natural production of certain hormones that keep you healthy and youthful.

So... what are the best ways to get to these states of mind?

### **Binaural Beats vs. Isochronic Tones**

Brainwave entrainment comes in two forms: the older **Binaural Beats** (like the equivalent of analog technology, or Brainwave Entrainment 1.0), and the new **Isochronic Tones** (like digital technology, or Brainwave Entrainment 2.0).

Brainwave Entrainment was first discovered in 1934, and first experiments used “Photic Driving”, or entrainment using stimulation from lights. By the 1960s auditory entrainment involving clicks was being used, and Photic Driving was being used in medical procedures to lessen the amount of anesthesia needed for surgeries and dental work.

In 1973, Binaural Beats were invented by Dr. Gerald Oster, whereby two pure sound tones were combined that created a rhythmic beat.



The way it works is that two separate but similar tones are played, one into each ear using headphones. The brain syncs up the difference between the two tones, or carrier frequencies; so if one ear is hearing 400 Hz and the other is hearing 410 Hz, the listener's brainwave patterns move towards 10 Hz (the difference between 400 and 410 Hz is 10 Hz). This would conceivably move the brain into Alpha state.

At the same time, Monaural Beats were also discovered, and Oster noticed that they produced extremely strong cortical responses, resulting in very effective entrainment, while Binaural Beats produced very little response. However, most brainwave entrainment programs to this day continue to use Binaural Beats.

In 1981, an initial study by Arturo Manns showed the effectiveness of Isochronic Tones, which was later confirmed by further tests and studies. As opposed to Binaural Beats, this method of entrainment involves a single tone, which turns off and on in a specific and precise pattern. This is more effective, because the brain does not have to take the extra step of "filling in the blank" between the two frequencies.

Binaural Beats also have a shallower waveform than Isochronic Tones, so they are weaker and don't have as deep an effect. Remember the Cortical Evoked Response we talked about earlier? That response is much less when using Binaural Beats as opposed to Isochronic Tones.

Another benefit to Isochronic Tones is that Binaural Beats require headphones, and only work when both ears are used. Somebody deaf in one ear could not use it, or someone who had a faulty set (or no set) of headphones. And while both ears are required, Binaural Beats only work on one hemisphere of the brain at a time.

Studies have shown that you can get just as much benefit from listening to the sound of surf as you can from listening to Binaural Beats.

Isochronic Tones, by contrast, can be effectively used with or without headphones, and effect the whole brain at once. Studies with students have proven this technology's ability to not only improve their grade point averages while using it, but to keep their GPA rising even after discontinuing treatment.



Monaural Beats can also be used without headphones for a different and versatile entrainment experience.

And finally, Isochronic Tones work better with complementary products like MindSpa and other Mind Machines, which sync up your audio brainwave entrainment with light entrainment for an even more well-rounded approach to higher consciousness.

### **Holosync, Hemi-Sync and Holothink vs. Harmonic Ascension**

Chances are you've heard of Centerpointe Research's **Holosync**, which is a set of brainwave entrainment meditation audios you get on a subscription basis. The director of the company and developer of the audios is Bill Harris, one of the teachers featured in the movie *The Secret*.

Holosync has brilliant marketing in place, and the product has been used by thousands – maybe even millions – of people who are striving to “meditate deeper than a Zen monk at the push of a button,” as the promise goes. Many swear it works like a charm... and many more feel it's an overpriced scam.

So why the differences in opinion? What's the truth about Holosync?

And can you really “meditate deeper than a Zen monk at the push of a button?”

Well, yes and no... “deeper than a Zen monk” is a tough promise to deliver, and it's debatable whether anyone has ever achieved that using Holosync. But yes, your enhanced meditation happens after pushing a button (on your CD or MP3 player); however, it's not instantaneous as that statement implies, because the brain needs at least a few minutes for entrainment to take effect to that level.

Also, remember that surf sounds (and other relaxing nature sounds) can give us as much benefit as Binaural Beats; so the “peaceful music and environmental sounds” that Centerpointe layers over the Binaural Beats may be just as responsible (or more so) for your ability to relax as the brainwave entrainment part of the equation.



Yes, Holosync uses the old-fashioned Binaural Beats technology, which makes it not nearly as effective as other brainwave entrainment methods. But not only that, it may actually be harmful.

Binaural Beats are very difficult to listen to for new users. The beats put out a lot of energy, and the brain often can't handle it. The result is an unpleasant feeling, jarringness, and even headaches – not the results we're looking for out of meditation.

Centerpointe is well aware of these effects, and tell customers to keep using the product if this happens. Certainly some people overcome the unpleasantness and pain within one or two sessions, but here's a typical example from an online forum where it went on too long, and with too many negative results:

"My experience with the tapes, CDs in my case, wasn't very good. I've only been using the tapes for about 4 months but I've experienced major upheaval and discomfort. I'm told by the tele-counselor at Centerpointe that this reaction is normal and I should continue the program and I'll begin to reap the benefits. At this point I'm very skeptical and quite frankly, reluctant to continue. I have to function in daily life and I've had days when I couldn't. I purchased the program for many of the same reasons that most do, looking for peace of mind, spiritual growth, healing of old wounds but I've found none of the above. Maybe Holosync is the right path for some but I'm finding that it isn't for me."

People continue to purchase Holosync audios, despite the inferior technology and potentially painful side effects, because of the marketing, the promises, and the fact that nearly everyone has heard of them by now... so they must be the best, right?

No, absolutely not.

Hemi-Sync and Holothink are two more entrainment products you may have heard of, with confusingly similar names to Holosync... and the products are very similar too. Yes, they're all Binaural Beats mixed with either music, soundscapes or white noise, depending on the track and the manufacturer.



And they're all about equal in quality – both the benefits some users get out of them, and the unpleasant side effects.

### **So what's *better* than these top-rated entrainment programs?**

And can we actually have quality benefits from a program – even more benefits than these Binaural Beats recordings – *without* the nasty drawbacks?

The answer is *YES!*

**Harmonic Ascension** may be a new kid on the block, but the brainwave entrainment meditations made with Harmonic Ascension's Advanced Frequency Technology 2.0 (AFT2) are far superior, far more effective, and far more pleasant to listen to.

It actually may have you living the Holosync promise... meditating deeper than a Zen monk at the touch of a button.

Harmonic Ascension uses Isochronic Tones for the latest in cutting edge brainwave technology, combined with Monaural Beats in some meditations for the original in effective headphone-free entrainment. It also disguises the typical bleeps, pulses and white noise that you hear in other entrainment products with pleasing music, soundscapes and chants.

But the music isn't just a looping set of notes like most entrainment programs; you'll hear complete inspiring songs that could just as easily be on an instrumental album, dreamy chants and earth-inspired music like you'd hear while being massaged in a spa, or energetic techno and trance-like songs that could be dance club hits, all of which make you forget you're using entrainment at all.

Does it give you pain... headaches, discomfort, unpleasantness or the like?

No, it has none of those side effects associated with Binaural Beats, and in fact it has an immediate effect that's completely pleasant. When asked about this in his interview, Harmonic Ascension creator Jody Sachse said:



“99% of people who've tried it, within 10 minutes, they can feel a difference. And usually you'll notice right away by the change in your thoughts; they become clearer... and your breathing changes. And then there's an added depth to your mind. It's an expansion.”

Certainly these effects are a lot more pleasing than what people have reported feeling after trying Holosync.

But what about the benefits we can get from using them?

Here's what Jody said about that:

“There's many different benefits; for each person it's a different experience. Most people report peacefulness, bliss, joy, greater understanding and clarity in their lives, a lot of people are experiencing more gratitude. It makes it easier to see problems from the outside rather than the inside. I think the number one improvement, almost immediate, is clarity. You begin to see things more clearly, feel things more clearly.”

Jody developed Harmonic Ascension because he had heard all about the benefits of meditation: the ability to center and quiet the mind, and therefore have faster and more powerful results with manifestation.

After all, how can you manifest what you want when your mind is scattered, focused on all kinds of things that are unimportant in the big picture of our lives, but extremely important to the awake mind trying to get things accomplished? We go through our to-do lists, think about our finances, try to stay on schedule, and multi-task all the time... but we need to turn that all off when it comes to meditating (get out of the Beta mind state and into a slower frequency).

Visualization doesn't work well in Beta state, affirmations don't work well in Beta state, and meditation is absolutely impossible in Beta state. As a result, our most powerful manifestations are created when we're in anything but Beta state.

So how do you turn it off when your mind keeps racing faster than a thoroughbred, even as you try to go deep? How do you turn it off when you hear kids screaming, phones ringing, and televisions blaring?



That was the problem Jody had. With four boys and a wife in the house, where he both lived and worked, it was hard to concentrate, let alone focus on quieting the mind for meditation. Most of the meditation tools he used – other brainwave entrainment products like Holosync – didn't mask out the outside noises, and didn't take him into Alpha or Theta state fast enough.

When he discovered Isochronic Tones, and how he could combine them with music to both enhance the meditation and mask out the outside noise, he knew he had his solution. Harmonic Ascension was born out of a personal need, and then grew from a desire to help others who were in the same predicament into a collection of mind-blowing and breathtaking audios that users can't get enough of.

Of course, the users' words best speak for themselves. Here's what just a few of them had to say:

"Can't possibly say which is the best Harmonic Ascension BWE, as they are all so good!

**Jody and all those who are a part of Harmonic Ascension are truly talented, truly gifted**, and I for one am so, so glad to be a part of this team – the listening kind!

I am very fussy about what I listen to. Can't say there is a single piece, created by HarmonicAscension.com, that's not worth listening to, and the good it does! Thank you for all the beautiful BWE music, just keep churning them out, a new one every month?

Hope Harmonic Ascension goes from strength to strength."

— Lubna



"Harmonic Ascension is an awesome meditation – My husband and I use it every day. It has helped us **connect with our higher selves, relaxes us and clears our minds.**

We were using another type of meditation that we always seemed to feel really yuck after using. Harmonic Ascension leaves us both feeling connected, light, grounded and just so lovely."

— Danielle

"Harmonic Ascension Brainwaves are **quite unique** and **different from binaural beats.** The powerful wave sounds are mixed with beautiful music. I meditate regularly with the tracks, and I use one track for massaging my girlfriend every weekend. She asks for that special one!"

— Hugo

"I truly believe that my peaceful thoughts and increased well-being can be attributed to the music of Harmonic Ascension.

Throughout the workday, I will tap into the site and allow the music to play in the background.

With the frustrations of a fast paced office, **I find everything so much clearer after using your meditations or the quick relaxation music on a break.** I feel honestly blessed for your gift of harmony. Many thanks!!!"

— Christina



"Hi Jody, your Meditation Music is **the best Brainwave Entrainment Meditations I have ever listened to**. They are very powerful and helpful. The effect is amazing. It makes me feel good and takes me into a trance, and uplifts my senses and transforms my moods. I don't know how to thank you for these beautiful and helpful meditations."

— Mary

Why do these people have such beneficial and enjoyable effects from using Harmonic Ascension meditation audios?

Well, it's for all the reasons we discussed before and more... Harmonic Ascension audios are unique because rather than having each meditation focus on just one brainwave frequency, many of them take you through a complete range of frequencies for a very powerful experience.

For example, the **Harmonic Healing** meditation works to guide your mind down to Delta and Sub-Delta frequencies, a brainwave state where HGH, or Human Growth Hormone, is usually released in adults. HGH is associated with anti-aging properties, accelerated growth and rapid healing.

Delta stimulation can be very hypnotic, and Sub-Delta (0-1 Hz) in particular has a soothing effect on the limbic system. This often results in amazing success helping conditions such as chronic pain and high blood pressure.

This session also uses other frequencies as carrier frequencies, such as the Schumann Resonance at 7.83 Hz (the same frequency as the Earth's vibrations), which lies in the Alpha brainwave range and aids the body's natural healing abilities.



So it's clear by now that brainwave entrainment technology – particularly the new Isochronic Tones entrainment used by Harmonic Ascension – can be a huge benefit to you, and your ability to create and achieve what you want in this life.

In fact, it's so effective that it keeps working after you shut the audio off... producing a cumulative effect that will keep you growing and strengthening your mental powers for years to come. And it's not something you get "hooked" on using forever, because this cumulative effect actually means the more you use it, the more overall benefit you achieve, but the less you need it to get to the states of awareness that used to be a challenge.

If you're still not clear on how changing your frequency – the frequency of your brainwaves, and the frequency of your manifesting vibration – can be a benefit, not only to your mind but to your overall health, wealth, happiness and wellbeing, this is how Jody Sachse explained it in his interview:

"Well, there are certain frequencies that would make you unhealthy, certain thought patterns that make you unhealthy, that keep you from getting what you want. You'll notice how you feel when there's something you really want, and you just know you're not going to get it. That frequency right there keeps generating itself, and gets louder and louder. So if you can have a frequency that would cancel out that frequency, you no longer have that feeling; which would in turn change your thoughts."

Mystics throughout the ages have realized it, but scientists have just now confirmed it... and refined to be even more powerful! The truth is that now you can, at will, tune your mind to the frequencies that are known to produce healing, happiness, success, prosperity, and deep relaxation, as easily as tuning a radio to the station you desire.

And you do this with the help of brainwave entrainment based on Isochronic Tones... like the pleasant and effective meditation audios created by Harmonic Ascension, all of which support the official AudioStrobe standard for use with any leading Mind Machines.



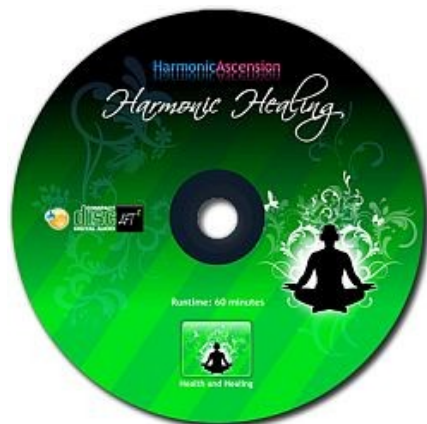
Harmonic Healing  
Advanced Brainwave Entrainment

The Hidden Key to Achieving Unlimited Health!

## Control Your Brainwaves... Change Your Reality!

👉 Here's your chance to get your hands on the latest advanced, music-based brainwave meditation CD created specifically to heal your body, mind and soul... **Harmonic Healing.**

Use it any time you like to feel better, relieve your aches and pains, improve the quality of your life, increase your natural energy levels & create the healthy body you desire... beginning right now!



**[CLICK HERE TO PURCHASE TODAY](http://www.HarmonicHealingCD.com/order.html)**

If you have this printed out, type in this URL:

**<http://www.HarmonicHealingCD.com/order.html>**

This report was compiled with extensive and thorough investigation and cross-referencing of facts by the LWL Worldwide Inc. research team.

© 2008 All Rights Reserved