

[Miracle Tool For a Healthy Body and Genius Mind](#)

Brainwave Entrainment uses pulsed or patterned sounds to synchronize your brainwaves to optimized levels. There are a variety of entrainment methods and systems, some of them are incredible. After years of using brainwave entrainment, I've found there are many ways to use this technology. Below I've listed 7 killer ways you can apply brainwave entrainment to live a happier, healthier and more productive life, often in only minutes a day.

- For Relaxation. Obviously, being relaxed is important for your health (and can help limit high blood pressure in some people according to many studies). I've also found brain entrainment programs can help with depression.
- Easily Concentrate and Focus. Stop and take an entrainment break and get back in your groove whenever you find your day getting hectic. With just one or two entrainment sessions a day you can remove that mind noise and concentrate on exactly what you want to get accomplished. You may find your productivity going through the roof.
- Memorize, Comprehend and Learn Like a Genius. Listen to entrainment programs before and after studying and you'll be amazed how much easier it is remember, retain and most important understand what you studied. The relaxation from entrainment will also help you learn since it eliminates one of the biggest enemies of memory - stress.
- Sleep Better. Put on your favorite brainwave entrainment audio program right before you want to go to bed (especially programs designed to enhance sleep by theta wave synchronization). You'll find yourself relaxed, clear headed and the worries of the day that usually keep you awake will likely have vanished.
- Become A Master at Generating Ideas and Solving Problems. Brainwave entrainment tunes your mind for creativity. You can program your mind to work on problems and seek solutions during entrainment sessions. The relaxation from entrainment also lets your subconscious get involved and help you come up with ideas and solutions for issues you are dealing with. Listen before and after you have working sessions and before you go to bed and you should see great results.
- Program Your Mind. You can either repeat your goals and affirmations while listening to an entrainment program. I suggest you just let your mind go clear the first for 5 minutes, then repeat your goals and affirmations for 5-10 minutes and then again let your mind go clear. You can also purchase entrainment audios that already have affirmations directed at various topics already recorded on them. If you are really ambitious, you can record your goals and affirmations over a brainwave entrainment program and listen to that. When I worked as a hypnotherapist, I sometimes used entrainment programs while working with clients. If you practice self-hypnosis and guided visualization, entrainment can be an excellent background.
- Improve Your Health. Listen to brainwave entrainment programs once or twice a day and you may find the combination of relaxation, elimination of stress, and better sleep help you avoid getting sick. Beyond that, entrainment along with visualization may help you heal faster and build your immune system. If you are an athlete, you'll find entrainment programs are a great way to recover after a hard workout (and you can also use them to mentally rehearse your performance).

Give entrainment a shot and see how it works for you. If you want to learn more, there are numerous entrainment programs. Make sure you pick a good one. An excellent entrainment source is mentioned at the website below my name.

About the Author

For absolutely the best course around for a complete brain entrainment program with many high power applications check out Optimindzation to develop your [mind power](#)

Source: <http://www.onlineearnings.net>