

## [Brainwave Entrainment Strategies for Improved Mind and Bod](#)

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.

- Get Yourself Relaxed. I've also found brain entrainment programs can help with depression, stress, and anxiety if used daily. Several sessions a day of Brainwave Entrainment can leave you feeling calm and at peace with the world. Clearly relaxation has other benefits such as reducing high blood pressure for some individuals.

- Create Laser Focus & Total Concentration. Find it difficult to follow through? Hard to finish what you start? Get distracted easily? Try relaxing to a good brainwave entrainment program several times a day and you will eliminate a lot of the "noise," tune in to what you are working on and develop the ability to focus and concentrate at will. As things get hectic, keep your entrainment program handy, plug in for a few minutes and get your head clear.

- Become a Master Learner. Eliminate stress (a leading cause of declining memory) and turn your mind in to a memory machine by listening to your entrainment programs. I suggest listening to them before and after you study and before you go to bed. Soon you'll find you retain information much longer and learn faster.

- Easily Get a Full Night of Sleep. Just before you go to bed, listen to a relaxing entrainment audio. You'll find any lingering problems just melting away, you'll relax and before you know it you'll be on your way to a deep, restful sleep.

- Supercharge Your Creativity. Before and after any brainstorming or creative sessions or prior to dealing with a challenging problem, spend 15-30 minutes with one of your brainwave entrainment audios. You can also think about your problem a bit at night and then listen for awhile before you drop off to sleep. You'll be amazed at how ideas, answers, and solutions come to you quickly and easily.

- Reprogram for Goals or to Change Unwanted Behaviors. Identify what you want to work on with a focus on positive outcomes (on what you want, not what you don't want). Consider creating affirmations, goals, and supporting visualizations. Listen to your entrainment audios two to three times a day and repeat your affirmations, goals also using visualization. Do this every day for 21 days (or longer if necessary) and you may see some incredible results.

- 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).

What are your next steps? How about trying an entrainment program to see what it can do for you. Check out the web link under my name below for a great entrainment program.

### About the Author

For absolutely the best course around for a comprehensive brain entrainment program with multiple high power applications check out Optimindzation to massively grow your [mind power](#)

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