

Music Therapy - Binaural Beats

Thursday, 29 November 2018

SUBCONSCIOUSNESS		CONSCIOUSNESS			
Delta	Theta	Alpha	Beeta-1	Beeta-2	Gamma
<u>0,5 Hz - 4 Hz</u>	<u>4 Hz - 8 Hz</u>	<u>8 Hz - 13 Hz</u>	<u>13 Hz - 20 Hz</u>	<u>20 Hz- 36 Hz</u>	<u>38 Hz - 42 Hz</u>
Survival	Emotions	Consciousness	Concentration	Tension	Extension of Consciousness
<u>sleeping,</u> <u>regenerative</u> <u>healing,</u> <u>coma</u>	<u>trans,</u> <u>dreams,</u> <u>feelings</u>	<u>awareness,</u> <u>creativity,</u> <u>integration/</u> <u>updating</u>	<u>thinking,</u> <u>perception,</u> <u>cognition</u>	<u>stress,</u> <u>anxiety,</u> <u>ecstasy</u>	<u>harmony,</u> <u>universal love,</u> <u>awakening</u>

Source: Ph. Alar Tamming and Youtube



- Delta

- Theta

https://www.youtube.com/watch?v=1Ee_6PKg-1I

<https://www.youtube.com/watch?v=CreU9g302yU&t=2934s>

- Alpha

<https://www.youtube.com/watch?v=rEEHdaRo5mE&t=4s>

<https://www.youtube.com/watch?v=4hg4lfOKM5w>

- Beeta-1

https://www.youtube.com/watch?v=vqPm_jdHUic

<https://www.youtube.com/watch?v=dr870J26J3w>

<https://www.youtube.com/watch?v=BZyGxL2FnVU>

<https://www.youtube.com/watch?v=aOUx2N6VsOU>

- Beeta-2

<https://www.youtube.com/watch?v=s4v7WxTFW3w>

<https://www.youtube.com/watch?v=toLAMo2xIwU>

- Gamma

<https://www.youtube.com/watch?v=TpDU2MFFRLo&t=73s>

https://www.youtube.com/watch?v=vLEek3I3wac&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=46&t=8s

https://www.youtube.com/watch?v=vLEek3I3wac&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=46&t=8s

https://www.youtube.com/watch?v=vLEek3I3wac&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=46&t=8s

- Healing

https://www.youtube.com/watch?v=2pB1y zdU8JU&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=11&t=0s

https://www.youtube.com/watch?v=2pB1y zdU8JU&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=11&t=0s

https://www.youtube.com/watch?v=2pB1y zdU8JU&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=11&t=0s

- Cleaning

https://www.youtube.com/watch?v=wxOggqOw9n4M&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=9&t=3670s

https://www.youtube.com/watch?v=wxOggqOw9n4M&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=9&t=3670s

https://www.youtube.com/watch?v=wxOggqOw9n4M&list=PL3fqU79J8g27t7bBtQM_qPWVgkINZLDsX&index=9&t=3670s

- Creativity and Focus

<https://www.youtube.com/watch?v=SAyA7rfyF38&t=4042s>

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