



User Manual & Instruction Guide



Visit: www.angelicdreamer.in

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Brainwave Therapy or rather brainwave meditation is the simplest, most affordable way to directly tap into your higher potential and unleash your power to think, create, and heal and to change. There's no training necessary, no need to travel anywhere, or spend **Thousands of Rupees** on complicated home training programs that take up a lot of your valuable time. Just **30 minutes** a day will bring outstanding results.

When your brain is in balance your ability to think, learn, create and recall is remarkably enhanced. Perception expands, memory improves and you can concentrate more easily. You sleep better and are more resilient to stress. A

balanced brain brings freedom from fear, worry and even addictions that have stood in the way of you experiencing more fulfillment and joy.

Brainwave:

When the Brain is presented with a rhythmic stimulus, such as a flute beat, the rhythm is reproduced in the brain in the form of these electrical impulses. If the rhythm becomes fast and consistent enough, it can start to resemble the natural internal rhythm of the brain, called brainwaves.

Entrainment:

Entrainment is a principle of physics. It is defined as the synchronization of two or more rhythmic cycles. The principles of entrainment are universal, appearing in chemistry, neurology, biology, pharmacology, medicine, astronomy and more

What is Hemispheric Synchronization?

Hemispheric synchronization refers to a state when the brainwave pattern of the left and right brain hemispheres become similar.

There are 2 brain hemispheres, a left and a right, connected via a neural structure called the corpus callosum. The right hemisphere is associated more with emotions and creativity while the left is associated more with logic and speech. Despite popular misconception, most people have plenty of right brain activity, and may even have a lack of activity in the left.

Someone with similar activity in both brain hemispheres is usually healthier, happier, more optimistic, more emotionally stable and less prone to mental disorders. Increased levels of synchronization are found naturally with experienced meditators and people who have found ways of becoming highly content with their lives.

Since the discovery of hemispheric synchronization and its associated effects, it has become a highly sought after effect, even prompting companies to market products based solely on this effect. However, you should keep in mind that while synchronization of the hemispheres and a well balanced brainwave pattern are good, they should not be goals in themselves. Instead, synchronization should happen naturally as you pursue your goals with entrainment and self-programming, because while synchronization is associated with health, it is not a miracle cure and nor is cerebral asymmetry the cause of every mental disorder (as many companies would have you believe). Additionally, the techniques used to fully restore a healthy brainwave pattern in cases of extreme cerebral asymmetry (such as in major depression) are often not as easy as using simple entrainment methods such

as binaural beats.

Hemispheric synchronization has also been called hemispheric symmetry, coherence and cerebral synchronization.

How Advance brainwave therapy works

Angelic Dreamer audio programs deliver pure and precisely tuned sound frequencies to the brain to drive brain activity into high level states of mind. These are brain states known as: Alpha for heightened creativity and deep relaxation; Beta for high focus and concentration; Theta for meditation, insight and memory; Delta for deep sleep and healing; and Gamma to increase cognition and improve IQ.

Here is where we begin to get a glimpse of the benefits of brainwave entrainment technology.

Research indicates that brainwave entrainment stimulation in the theta range appears to be beneficial approach accelerated learning.

Applying brainwave entrainment in the alpha range may result in benefits similarly found with Zen or Transcendental Meditation. These benefits extend throughout the body and include improved breathing patterns, higher physical energy levels, an improved outlook, increased sports performance, improved relationships, and increased workplace satisfaction and performance ... just to name a few.

Brainwave Entrainment is not a new technology. It has been studied extensively for an over 70 years. For more information on the science behind brainwave entrainment

visit: <http://www.angelicdreamer.in>

How to Enhance your Memory with Advance Brainwave Technology ?

Brainwaves are an effective and known way to enhance ones memory. I have met a few people throughout my life that seemed to have superhuman memory capabilities. It always made me vaguely jealous as I can only imagine that a phenomenal memory would help with literally every aspect of life. I know from experience that my memory is affected if I am stressed or exhausted. It makes sense to me that memory is totally dependent on the state of the human mind. In order to have great memory powers, the mind and body both need to be clear and relaxed.... [Sunil Bhoi]

Reasons to Improve Memory

There are all sorts of reasons why someone might desire to improve their memory with Advance Brainwave Technology:

- You may want to improve it for business purpose.
- You may have noticed a decrease in memory as you have gotten older.
- You may having trouble recalling people's name.
- You may be having trouble in school.
- You may simple be feeling foggy and not as you once did.

A More Natural and Effective Alternative

Whether you have a known memory problem or if you are simply looking to improve upon your memory capabilities, Advance brainwave entrainment have been shown to make a major, long-lasting difference.

Something that is often not talked about with memory is that in order for the memory to increase there has to be a focus on teaching the brain to have deeper concentration. As humans our mind tends to jump from one thought to another very quickly.

If we are to improve our memory we must work directly with the brain to first improve concentration.

Using Advanced Brainwave Technology

When we use Advance brainwave entrainment, certain frequencies are presented to the ears which send a signal to the brain to help to bring us into a subconscious state.

It is very important to bring the brain to this subconscious state because this is where the brain is at its maximum potential. In this state we can tap directly into the brain and clear any blockages that are there.

What happens when we clear the blockages?

ü Concentration automatically increases

- Ü Storage capacity within the brain increases
- Ü Memory improves dramatically

Scientific studies have proven that using Advance brainwave entrainment has helped to improve memory as well as been very successful in helping people suffering from dyslexia.

By using a specific binaural beats frequency it is very possible to not only improve memory and concentration but to achieve very long-lasting results.

Research & Experience shows that Using Brainwave with positive affirmation can more beneficial than simply using brainwave, it is advisable to use brainwave with **Positive Affirmation & Visualization.**

I have an excellent memory
I effortlessly recall information I have learned
Concentration and focus comes naturally to me
I stay focused and concentrate for long periods of time
My powers of concentration are constantly growing stronger
My anxiety is slipping away
I am outgoing and confident in Exam situations
I grow stronger and more confident every day
I am in control of my physical actions and patterns of behavior
I am growing more and more confident every day
I am confident in all situations
I have a strong, positive self image

What is Mind Programming ?

Mind Programming incorporates a number of techniques, schools of thought, disciplines, theories, and practices. Its basic goal is to change one's reaction to internal and external stimuli or to help the mind create a physical or emotional effect on its own (e.g.: happiness, confidence). It harnesses the brain's built-in programming mechanisms to help enhance intelligence, end bad habits, stop negative mental patterns and much more. It allows you to focus more of your subconscious resources on tasks you wish to accomplish. In other words, Mind Programming can help achieve whatever you desire.

Intentional Mind Programming has existed for thousands of years. Yogis and Buddhists have been using deep meditation for mind programming, among many other things. Hypnotists have been programming the minds of people for over a century. Psychotherapists have been helping people install new and healthier programs. In fact, until just recently, programming the mind in this deeper sense

has been an expensive, lengthy process. It has required extreme practice, patience, and dedication. And while it still requires (and will always require) these three things, mind programming has advanced far past older methods. It is now faster, inexpensive and easier to learn; actually this application does most of the work for you!

Your subconscious is constantly working, constantly responding to situations, and constantly acting on your fears and desires (although not always in the way you would like). After reprogramming your mind, your subconscious will work for you and you alone. If you want something of yourself, let your subconscious be your ally, program it in !

Your brain is a computer. The brain consists of all of your emotions, all your pain, all your thoughts, memories, beliefs, judgments and personality quirks. You, the user and the observer of this computer, can control all of it via Mind Programming.

Instructions for Listening

Listen at a time when you will not be disturbed. Sit or lie comfortably with your spine straight. This allows your natural channels of energy to open and flow freely. Close your eyes and breathe slowly and deeply. For maximum long term benefits, listen daily for a period of six to eight weeks - or after as needed. Use positive affirmation.

To experience the brain optimizing effects of this program, listen with headphones.

Warning: Powerful Technology. NOT FOR MINOR

Those who should not use this application include: pregnant women and those who are wear a pacemaker, or are have had or are prone to seizures, are photosensitive, epileptic, whether knowingly or not, should not use this application.

Disclaimer

Those who should consult a physician before the use of this product include: individuals under the influence of medication or drugs. This application is not to be used while under the influence of alcohol or other mood altering substances, whether they are legal or illegal. Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of Brainwave Entrainment, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY BRAINWAVE ENTRAINMENT AUDIO WHILE DRIVING OR OPERATING MACHINERY.

The user of the Brainwave Entrainment application assumes all risks in using the Binaural beat, waving any claims against Angelic Dreamer. and its affiliates for any and all mental or physical injuries. This includes all self-created affirmations for mood altering, brain wave states altering, and for self-improvement or motivation. The user also

agrees to assume liabilities when allowing other persons access to the Brainwave Entrainment application. In no case will Angelic Dreamer & trade. Or other distributors of the Brainwave Entrainment application are liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its audio mp3, instructions or documentation.

Although Angelic Dreamer and its affiliated products contribute to wellness, they are not intended as a replacement for medical or psychological treatment. No medical claims are intended express or implied. Statements made in the application or related documentation have not been evaluated or approved by the U.S. Food and Drug Administration.

Entrainment technology is protected under U.S. Patent 7,674,224.
Angelic Dreamer uses Commercial License .

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Up Coming Attraction:

Paraleanear Recordings:

Confidence Booster
End of Depression
Unlimited Motivation
Increase Self Esteem
Fear of Success
Fear of Failure
Eliminate Procrastination
Weight loss
Develop a Positive Attitude
Anger Release
Stress Relief
Mind Relaxation
Body Relaxation
Arthritis Natural Remedy
Get Clear Skin
Successful Relationship

Paraleanear:

"Para" is the Latin prefix meaning "beyond". "Lean on" refers to the: to put pressure on each brain hemisphere to act in a certain way. The term literally means, "beyond the threshold of conscious awareness".

With the Paraleanear learning sessions, the listener can hear separate messages coming into each ear, but it is beyond the conscious mind's ability to process both messages simultaneously for more than a few moments. The result is an interesting multi-level communication to different hemispheres of the brain. The listener can choose which ear's information to attend to, and one's attention tends to switch from time to time. Consequently, the conscious mind's experience of the CD is different with each listening session. Yet, the other-than-conscious [referred to as "para-conscious" by Lozanov (1978)] receives the entire message each time.



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