

THE BRAIN ENTRAINMENT MIRACLE

**Change Your Brain
to
Change Your Life**



DR. JOE RUBINO

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The Power of Brain Entrainment

- John R. was addicted to junk foods and his excess 70 pounds of weight and lack of energy reflected it! At age 46, he was resigned to being “a fat guy” for the rest of his life.

With the help of brain wave therapy, he has kicked the junk food habit and now finds it easy to make healthy food choices.

- Berta P. was always stressed out. She would overreact to the least little provocation, yell at her kids and swear at her husband without thinking.

After brain wave treatment, she finds herself calmer and more at peace and her relationships with her family and others have dramatically improved.

- Lisa H. was known by all to be a nervous wreck. She bit her nails constantly, worried about every little thing and avoided people for fear of embarrassing herself.

After brain entrainment, she stopped biting her nails, is much more easy-going and has actually learned to enjoy socializing.

- Frank T. came from a poor family. His grandparents were homeless for a time. His parents were on public welfare their entire lives. Almost all of Frank’s friends were struggling financially. Frank was taught that “money is the root of all evil” and he believed it while secretly wishing he could exit the cycle of struggle and poverty.

In time thanks to a brain wave program, Frank began to see the value in escaping poverty and doing good things with his money. His mindset became open to prosperity. He purchased a program that showed him exactly how to build wealth. Two years later, Frank is on his way to earning a solid 6-figure income yearly and EXPECTS to be successful for the rest of his life. He now sees the great things he can contribute to his family and others because of his new mindset.

- Susanna B. hated her job in the clothing factory. She felt trapped and incapable of finding a better one.

After experiencing brain wave entrainment sessions for 3 weeks, she changed how she held herself and her ability to attract fulfilling work. She took a course at her local community college and now is employed with a company that values her and has promised growth opportunities.

- Nancy L. had given up on finding her soulmate. She had already been through three failed marriages and believed some things about men that did not support her relationships and happiness. She became resigned to the idea that she was destined to be alone for the rest of her life.

After daily brain empowerment sessions for about 2 months, she changed her attitude toward men. She studied [Dr. Rubino's Relationship Course](#) and identified several assumptions and behaviors that sabotaged her relationships in the past. She is now in development about who she is being that sabotages relationships. She has new hope that her current relationship will be very different and last forever.

- Steve O. was the ultimate pessimist. The glass was not only half full but leaking! Steve expected the worst in all areas of his life – and seemed to always get what he expected.

Brain entrainment supported Steve to change his outlook to be more optimistic. He started to ask himself, “What is good about this problem?” “Who am I being that these same sorts of results happen in my life?” “What’s missing that if put into place would generate a better outcome for me?” He now catches his negative thoughts and sees that as a red flag that he is not looking at things from a perspective that supports him. His new commitment to looking for the good is serving him well.

- Linda T. was addicted to anger. She got mad so easily that being around her was like walking on eggshells. People didn't know when she would explode and over what issue. It was no wonder that Linda had few friends.

Brain wave technology supported Linda to manage her anger and the interpretations that triggered her raging episodes. She now is happier and has accepted responsibility for her relationships to work.

- Michael L. was plagued by insomnia. He would fall asleep only to wake up each night after 3 hours and toss and turn in bed for the next 4 to 6 hours. His mind was unable to shut off, jumping from negative thought to negative thought. No wonder why he was exhausted and short-tempered most days at work and when at home with his family.

Brain entrainment work helped Michael to calm his mind, meditate more profoundly and finally get the sleep he needed to be at his daily best.

- Johnny H. smoked 2 packs a day, drank a 6-pack nightly and did occasional recreational drugs on the weekend. He was winded whenever he tried to walk more than a few steps and was on a collision course for a stroke or heart attack at a young age.

Brain wave work supported Johnny to kick his addictions, feel more relaxed and at peace. He took up playing golf and hiking to better enjoy life and improve his health.

If you are ready to craft an improved mindset to:

- Be happier
- Have greater energy
- Improve your relationships
- Achieve better physical and mental health
- Become 10 feet tall and bulletproof when dealing with adversity
- Become more centered and at peace
- Improve your self-esteem and self-confidence levels
- Achieve more success and wealth
- Manage your reactive emotional moods
- Enhance your level of motivation
- Improve your ability to focus and accomplish your goals
- Enhance every aspect of your life

... then The Brain Entrainment Miracle may be just what you have been looking for!

Brain enhancement is the process of developing innate abilities that allow you to retain memory, develop new skills, reduce stress, expand upon current capabilities, and ultimately live your best life.

When you have a positive outlook for all areas of your life, you function better in society, work, home, and so on.

With today's advanced technology, it is now possible to enhance the brain while improving your overall health, outlook for success in all areas of your life and skyrocket the quality of all life areas. To do this you would need to guide yourself into relaxation and an altered state of mind, so that the brain, body, and spirit eliminates stress and supports all areas of human potentiality.

How to reduce stress through brain wave technology:

Brain wave science has proven to help people relax and develop a more productive state of mind. For this reason, many experts resort to brainwave technology to relax the mind and body and focus the mind.

Backed by Solid Science

Scientific studies have demonstrated the effectiveness of brain entrainment technology with regard to many key areas. See the Appendix at the end of this book for information on several pertinent scientific studies.

Breakthrough Brain Enhancement Solutions

Thanks to extensive research, modern brain entrainment technology now exists with the capacity to transform every aspect of your life – from your health and appearance to your wealth and finances to the quality of your relationships and the quality of your life experience itself. But beware: all brain entrainment programs are NOT created alike!

[Cutting edge programs](#) such as those created by Dr. Patrick Porter, acknowledged worldwide as one of the leading experts proven to enhance brainpower, are leading the way for people to use cutting-edge technology to create the life of their dreams.

The most effective programs contain three core components.

- Binaural beats
- Isochronic tones
- Powerful mind suggestion

Such programs often utilize music or soothing sound technology while including accelerated learning, biofeedback, and other techniques that guide people to relaxation.

The world is full of stressors that put pressure on us all. We have to battle employment, family, self, and other responsibilities each day, which are all components that decrease quality of life. Also, a top priority for enhancing life quality is to improve memory as we age.

Memory is all about our ability to retain knowledge and learned information that we gain from experiences and teachers. Our brains allow us to retain years of content, including impressions embedded in our memories of events, people and recollections of past experiences.

The memory often becomes restricted, since the subconscious mind will often suppress people, events, and experiences. We may recall bits and pieces of information, yet it does not allow us to put a whole picture together by using the conscious mind. Thus, we have to learn how to enhance our memory skills, and pull from resources within the subconscious mind.

Our memory's ability to retain knowledge gives us the chance to retrieve experiences, persons, events, periods and more. We have preserved knowledge from celebrations, past events and the many situations we have encountered in our lives. Our memory bank computes, stores information and gives us the ability to return to past learning. We have the ability to use materials or triggers to spark emotions that allow us to extract information from the subconscious mind. Supporting life long memory health is one of the foremost priorities of new brainwave science.

Binaural Beats Technology to Enhance Quality of Life

Binaural beats have been found to be an effective and safe technology used for the reduction of stress, anxiety and emotional disorders.

A frequency lower than 100 hertz is delivered typically via headphones in both the right and left ears with different frequencies delivered to each ear. This difference is perceived by the brain as a binaural beat. The tone that is perceived can alter brain waves through a process called entrainment in which brain waves align themselves to the frequency delivered. When delivered by a program created by a competent brain wave practitioner, binaural beats encourage the brain to transition from a higher frequency state to a slower, more relaxed one. This technology has been shown to enhance behavior and support healthy sleep cycles while often benefitting those suffering from insomnia.

Studies show that with use, increased levels of melatonin and DHEA are released by the body along with decreased cortisol levels. The result is that people report feeling better, with elevated moods, less anxiety, improved outlook and quality of life.

Binaural beats are typically delivered in a combination of five varying patterns and frequency ranges.

- Alpha (7-13 hertz) resulting in profound relaxation.
- Beta (13 – 30 hertz) supporting focus, alertness and concentration.
- Delta (.5 – 4 hertz) supporting deeper sleep states and decreased anxiety.
- Gamma (30-50 hertz) helps maintain arousal.
- Theta (4-7 hertz) resulting in deeper meditation, enhanced creativity and deeper REM (rapid eye movement) sleep stages.

Binaural beats users report being able to sleep better as the technology creates a shift toward delta and theta type brain waves.

When combined properly by a binaural beats expert, benefits that can result include:

- Decreased anxiety
- Stress reduction
- Enhanced focus and concentration
- Greater self-motivation
- Improved confidence
- Deeper ability to meditate
- Improved long-term memory
- Improved moods
- Better outlook on life
- Greater resistance to stressors and challenges
- Relief from depression (best when used in combination with other therapies)

Use of binaural beat therapy requires a calm, peaceful environment. All tasks that require attention such as operating machinery or driving should be avoided when binaural beats are practiced.

Binaural beat therapy can be practiced in the comfort of one's home while reclining in a comfortable chair or bed and has been found to be most effective when headphones are used. Frequent use has shown significant

reductions in stress and anxiety in addition to the realization of the many other benefits cited above.

The Enhanced Effect of Isochronic Tones (when used in combination with Binaural Beats)

Isochronic tones are single, noncontinuous tones that go on and off at regular intervals. When used along with binaural beats, isochronic tones offer another tool in support of brain wave entrainment health. Like binaural beats, isochronic tones work to alter brain wave function to produce:

- decreased stress and anxiety
- increased memory
- better attention
- healthy sleep
- deeper meditation
- altered perception of pain
- mood enhancement
- improved quality of life

While both isochronic tones and binaural beats are effective when used alone, their ability to generate enhanced results skyrockets when skillfully combined together.

In addition to the use of binaural beats and isochronic tones, the most effective brain entrainment programs combine the power of suggestion to empower the user to change their lives for the better.

Dr. Patrick Porter's trademarked "[Strategic Mind Messaging](#)" takes advantage of the brain's ability to take powerful suggestions and manifest these suggestions into reality.

The mind cannot physiologically tell the difference between reality and something that is vividly imagined. That's why people cry while watching sad movies and become afraid while watching scary ones!

Viewers intellectually *know* that the movies are manufactured and not true representations of actual events that are currently transpiring... but still react emotionally.

Likewise, take a moment, close your eyes and vividly envision a person with long nails running these nails down a chalkboard. Did you feel a tingle down your spine? If you were able to clearly visualize this happening, you most likely did!

Now, envision the process of biting into a juicy lemon, taste the tart juice as it hits your tongue and lips. Did you experience your mouth water as a result?

The exciting news is...

We can use these powers of the mind to change the way we see ourselves, others, and the world in general.

While placing the mind in a receptive state using the technologies previously mentioned, by introducing the power of suggestion during a receptive session, one can create a new mental image of oneself as happy, healthy, productive, at peace, optimistic, etc.

This powerful technology can both support a person to step into the qualities that will enhance their quality of life while casting aside those limitations, negative interpretations, phobias, fears and frustrations that do not serve them.

By focusing on what you want, such as:

- vibrant health
- healing
- prosperity and abundance
- rich, loving relationships
- fulfilling work
- greater achievement
- ease of learning
- an inspiring purpose
- fun
- a rewarding spiritual life
- a positive empowering outlook

- and whatever missing elements that would support your life quality if put into place...

[this powerful technology](#) has the ability to implant empowering concepts and ideas while your brain is in a more receptive state.

The Secret to Success in any area of life is Self-motivation

(and brainwave technology can help with that too!)

So, the next obvious question is “How do we create self-motivation?”

Self-motivation is created when we EXPECT to succeed in any area of our lives.

The Three States of Expectation

- **If we possess a positive expectation**, that is if we see our future as *brighter than* our present state, we will produce the self-motivation to take the actions that are essential in bringing about that bright future deliberately.

Here are some examples:

- If *expect* to win a marathon race, we will eat the foods that support our health, work out so that we are in prime shape to compete, practice and record our time records, and do whatever it takes so that our future results align with our expectations.

- If we *expect* to be wealthy, we will possess a mindset that supports the actions that are consistent with the generation of that wealth. We will avoid unwise risk that can result in squandering our savings. We will choose one or more vehicles that have proven track records of generating wealth. We will enlist the support of consultants and coaches to assist us in accessing *what we don't know that we don't know* – that is, the areas that we are blind to, so that we are best able to overcome any obstacles that may appear to impede our progress. We will act in alignment with our commitment to succeed rather than opt for what is simply convenient at the time. If we suffer a set-back, we will be undeterred but instead look at what may be missing, that if put into place, will support our intentions.

- If we expect to attract and marry the spouse of our dreams, we will be aware of the need to possess an energy that is conducive to attracting a person who possesses the qualities that we value. We will refuse to settle for less rejecting the thought that we may be unworthy of attracting and retaining a dream mate.

In short, our actions will be consistent with our expectations.

- **If we possess a neutral expectation**, if we envision our future as *the same (more or less) as* our present lives in terms of any area – our health, wealth, career, relationships, level of prosperity, fun, etc... then we will generate the sort of *apathy* that results in this belief of getting more of what we have previously experienced. This sort of

expectation creates a self-fulfilling prophesy. So, things stay more or less the same with such a belief level in place.

Here are some examples:

- If we are accustomed to earning \$50,000 a year and expect about that level of income in our future, we may become motivated to up our game if we lose our job and fear that our income may decrease. If we are offered an opportunity to double our income to \$100,000 yearly, but do not think we are deserving of such a raise, we will find excuses to turn down or ruin opportunities that conflict with our expectations.
- If we expect to weigh approximately 150 pounds, we may go on a cruise and over-indulge so that we add an extra 10 pounds of weight in a week's time. But if we expect to weigh about 150 pounds, we will alter our diet, or exercise more to bring that expectation into alignment. If we are ill and lose an extra 10 pounds, once we recover, we will indulge in rich foods that support us to bring our weight back in line with our expectations.

Like a thermostat, our expectations bring into alignment how we see ourselves in the future.

- Lastly, **if we have a negative expectation**, that is, *if we expect to fail*, if we see our future life as manifesting in a manner that is *worse* than our current situation, we will *self-sabotage* and thereby bring about the very situations we fear or dread the most. We will then get to be

right about expecting the worst and can tell everyone “I told you so!”

Here are some examples:

- If we bought into an indoctrination by our parents regarding a belief that money is the source of all evil and rich people have little chance of going to heaven, we may find a way to squander opportunities to become wealthy.
- If we play in a golf tournament and find ourselves in the lead midway through, but expect to fail, we will choke, or somehow find a way to manifest our fear that we are not worthy of winning.
- If we have a history of being abused and somehow feel responsible for attracting the abuser, we will likely manifest the very thing we fear the most because that thing aligns with our expectation.

In short, we will get what we expect!

The Value of Brain Entrainment Technology in Supporting a Positive Mindset and Generating Self-Motivation

When we see ourselves and our futures as positive and hopeful, we will thus do the things that align with such bright outcomes.

The most effective brain wave programs use what leading brainwave expert, Dr. Patrick Porter has trademarked as “[Strategic Mind Messaging](#)™.” This

technology supports the person to see themselves as winning - whether it be losing weight and becoming fit and healthy, building warm, loving, lasting relationships, achieving fulfilling work, having a great life marked by fun and passion... or achieving success in any other area of life.

By developing a positive mindset and expectation for the future, a person becomes empowered to transform their life for the better. That's why it's been said...

“Change your mind *to* change your life!”

By transporting oneself into a calm and centered state with the help of this life-impacting brain technology, healing, great achievement, success, and empowerment become the new path of choice.

And that is why this technology has been called

“[**The Brain Entrainment Miracle.**](#)”

Countless Lives Impacted for the Better

The following people report experiencing tremendous benefits from using Dr. Patrick Porter's Brain Entrainment Program,

[**Read Their Actual Testimonials Here.**](#)

(Here are just a few)

- Randy Clusiau of Toronto Ontario reports dropping 170 pounds
- Fred Watson of Pleasanton, CA reports benefitting from the creative visualization and relaxation techniques

- Beth Zwecher of Natick, MA reports deeper relaxation and support in achieving life goals
- Dianne Fanti of Baltimore, MD reports significant stress reduction
- Carla Heiser of Chicago, IL reports better sleep and a greater sense of calm.
- Cynthia Fertal of Bethlehem, PA reports soaring confidence and increased motivation and drive
- Annette Fritz of Danville, CA reports instant relaxation and the ability to reach deep meditative states
- And there are so many more people whose lives have been forever changed for the better using this technology.

Applications for Brain Entrainment Technology

There are numerous applications for using the latest in brainwave technology to improve the quality of one's life.

Some of these areas include:

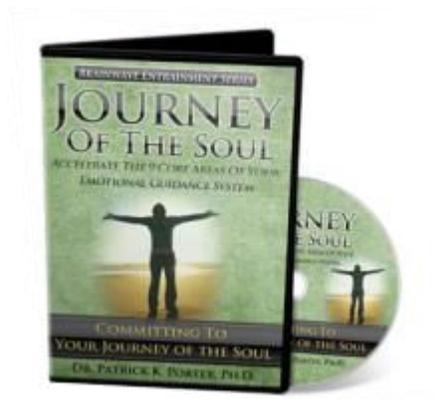
- Overcoming addictions
- Achieving business success
- Enhancing charisma
- Generating inspiration
- Creating life success
- Building winning attitudes
- Taking charge of your life

- Enhancing creativity
- Deepening focus and concentration
- Developing alertness
- Goal setting
- Increasing motivation
- Contributing to happiness
- Creating greater health
- Healing the past
- Building self-esteem
- Having more energy
- Releasing anger
- Overcoming depression
- Conquering fears and phobias
- Fostering positive thinking
- Releasing negative emotions
- Strengthening relationships
- Building self-confidence
- Achieving progressive relaxation
- Enhancing sociability
- Stop smoking
- Losing weight permanently
- Creating controlled slower breathing
- Slowing of the heart rate
- Decreasing blood pressure
- Biofeedback
- Breaking bad habits

- Chronic pain relief
- Enhanced learning ability
- And so many more!

To learn more about harnessing the power of what many experts consider to be the most effective brain entrainment program created to date, visit

[Journey of the Soul.](#)



Experience THE Most Powerful Brainwave Technology Ever Developed

Whether you wish to:

- Attract wealth and abundance
- Create greater health, well-being and increased vitality
- Improve your relationships
- Transform your lifestyle and emotional energy
- Increase your spiritual connection
- Accelerate your personal development

- Take your life, business and relationships to a whole new level

...you are going to LOVE this amazing, life-changing technology...

[Click Here](#)

To Your Best Life,
Joe Rubino



As CEO of CenterForPersonalReinvention.com my vision to impact the lives of 20 million adults and 20 million children to live fulfilling, high self-esteem lives with a commitment to respect and contribution to others.

Please check out the following courses and programs designed to champion people to live their best lives.



Become a Certified Coach in Self-Esteem Elevation for Adults

Heal and complete your past, properly assess your present state, and design your future in choice and learn the Life-Impacting Secrets to sky-rocket your own Self-Esteem and champion people to elevate their self-esteem & live their best lives.

[Click Here](#)



Become a Certified Coach in Self-Esteem Elevation for Children

Learn the 31 Life-Impacting Secrets to champion kids to elevate their self-esteem & live their best lives.

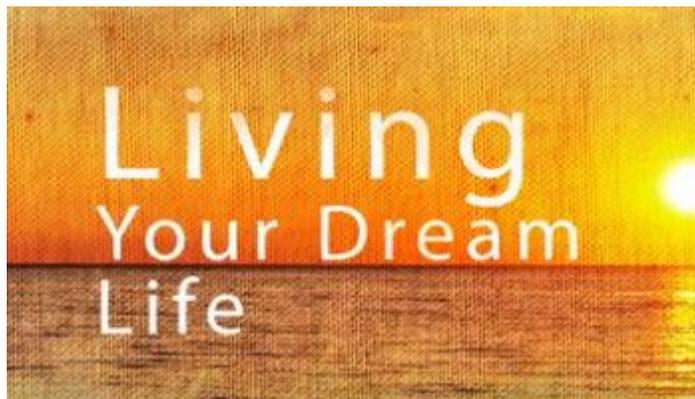
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Become a Certified Life-Optimization Coach

Success leaves clues. Learn the life-transforming principles that create happiness, fulfillment, abundance, success, health and rich relationships.

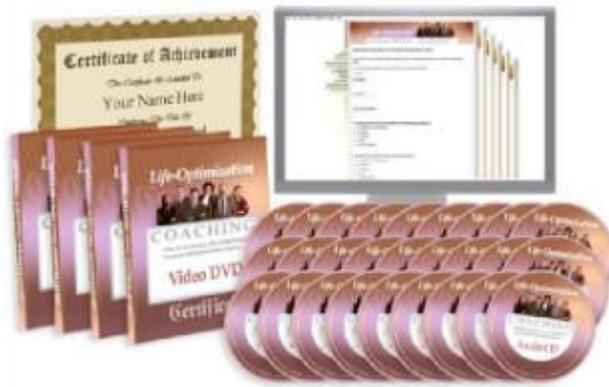
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Video Course with Written Transcripts and Action Steps by Dr.
Joe Rubino

The course consists of 19 video modules with 19 accompanying written PDF transcripts PLUS 19 life-changing exercises so that you'll be able to map each transformational principle you'll learn onto your life - and experience profound, lasting change.

[Click Here](#)



Become a Certified Master Life-Optimization Coach

If you have ever wanted to take your mastery of life principles to the top, this program is for you! It was designed for those who have taken the Standard Life-Coaching Program and loved the exponential increase in wisdom and knowledge they acquired... and want even more! If you are ready to learn more of the life-transforming principles that create happiness, fulfillment, abundance, success, health and rich relationships, this one is for you. This program contains 100% different material from the Standard Program and is perfect for those seeking to maximize their personal power and effectiveness.

[Click Here](#)

Relationship COACHING

Become a Certified Relationship Coach

Success and happiness in life is directly proportional to the quality of our relationships. These relationships include those with our significant other as well as with extended family, friends, acquaintances and even strangers. If you are ready to learn the Secrets to Master ALL Your Own Relationships and/or Teach Others to achieve break-through principles that lead to loving and rewarding relationships, this program is for you. This course should be required for every married couple! Whether you wish to enhance your own personal relationships or teach others (optionally) how to take theirs to a whole new level, this program will champion your life, happiness and ability to be more persuasive and connected.

[Click Here](#)



Become a Certified Business Coach

Become a Certified Business Coach. Whether you have an abundance of business knowledge and are just looking for a way to monetize it or you have no business knowledge whatsoever, this course WILL help you

because it was designed to teach you the same principles that both Dr. Steve Jones and Dr. Joe Rubino have used to create and successfully run high six to seven figure businesses from the ground up. For a limited time, this extraordinary program that combines cutting edge personal development principles with business-expanding productivity skyrocketing tools... is a whopping 94% off!

[Click Here](#)

Appendix

Brain Entrainment Backed by Solid Science

Scientific studies have demonstrated the effectiveness of brain entrainment technology with regard to many key areas.

Here are just a few of the studies' findings...

Memory

The application of 5 Hz binaural-beat stimulation for 15 min, twice per day for 15 days, resulted in a significant increase in the number of words recalled post-stimulation, as measured using the Wechsler III Memory Scale, when compared to the other stimulation conditions (13 Hz binaural beats and a white noise control condition.) 1

Creativity

A recent study reported positive effects of binaural beats applied at the alpha (10 Hz) and gamma (40 Hz) ranges on creativity. Creativity was assessed using the divergent thinking [Alternate Uses Task (AUT)] and convergent thinking [Remote Associations Task (RAT)] tasks, which were correlated with the spontaneous Eye Blink Rate (EBR), a marker of dopamine levels in the brain. The divergent thinking task (AUT) involved participants being asked to name as many uses for certain household objects as they possibly could. The task assesses four components: originality, fluency, flexibility, and elaboration. In the convergent thinking task (RAT), participants were required to name a single compound word which matched three seemingly unrelated words. In addition to these tasks, participants were also required to fill out a Positive and Negative Affect Scale questionnaire. Beat stimuli were applied for 3 min prior to the tasks. The results of this study indicated that binaural beats at both frequencies affected performance in the divergent, but not convergent thinking tasks. Authors noted that participants with a low EBR benefited from alpha binaural-beat stimulation.²

Attention

In a pilot study, Kennel et al. investigated the potential use of binaural-beat stimulation to reduce the symptom of inattention in children and adolescents with attention-deficit/hyperactivity disorder (ADHD). ADHD is a developmental neuropsychiatric disorder diagnosed in children and adolescents. Individuals affected by ADHD exhibit the core symptoms of inattention, hyperactivity, and impulsivity in varying degrees of severity.

Participants were either required to listen to commercial recordings of binaural beats embedded in natural sounds or a sham recording containing pink noise for 20 min, three times a week for 3 week duration. The Test of Variables of Attention (TOVA) and the Children's Color Trails Test 1 and 2 (CCTT1 and 2) were performed to measure changes in attention over time and course of treatment. Participants reported subjectively experiencing less problems associated with inattention during the study period.³

Anxiety

Two types of anxiety can be differentiated. State anxiety is a temporary increase in anxiety levels related to an event or situation. Trait anxiety, however, is a continually heightened level of anxiety which is a personal characteristic. In an interesting study, Padmanabhan and colleagues applied binaural-beat stimulation to patients suffering from pre-operative anxiety. Patients were assessed using the State-Trait Anxiety Inventory (STA-I) questionnaire, and beat stimuli were administered via a compact disk player with either binaural beats or a sham-like audio recording. The recordings contained binaural beat recordings within a delta frequency range. The authors reported a 26.3% decline in anxiety scores in the post-stimulation STA-I assessment for the binaural beat audio group when compared to a 11.1% decline in the placebo audio group.⁴

In another study, Weiland et al. used sound compositions of either natural settings, or with an embedded binaural-beat frequency of 10 Hz. The intervention was applied for 20 min and patients were requested to complete the STA-I in order to assess anxiety scores. They reported significant

decreases in anxiety scores post-intervention in those patients who received the binaural-beat stimulation compared to the patient group who did not.⁵

In yet another study, Le Scouarnec et al. used a commercial binaural-beat recording for a pilot study examining levels of anxiety. Participants with mild anxiety disorders were asked to listen to a recording of binaural beat stimuli in the delta/theta range, daily for 30 min for a total of 1 month while detailing their anxiety ratings before and post-treatment using STAI-I scores. The authors reported that patients recorded a reduction in anxiety ratings and an increase in the number of times the patients chose to listen to the recordings.⁶

In a later study, it was also reported that patients who received binaural-beat stimulation in the delta frequency for 30 min daily over 60 days showed a significant decrease in trait anxiety scores assessed with the STA-I.⁷

Mood States

Two studies by Wahbeh and colleagues looked at the effect of binaural beats at theta (7 Hz) and delta (0–4 Hz) frequencies on mood states. Binaural beats were presented either daily over 60 days (at delta frequency) or once for 30 min (at theta frequency). Changes in mood states were assessed using the Profile of Mood States (POMS) questionnaire, given before and after stimulation. The POMS is a 65-item self-report questionnaire that contains total mood score and six subscales: Tension–Anxiety, Depression–Dejection, Fatigue–Inertia, Anger–Hostility, Vigor–Activity, and Confusion–Bewilderment. They reported a decrease in total mood

disturbance, as well as a decrease in tension, anxiety, confusion, and fatigue subscales after delta beat stimulation compared the control condition.⁸

In a similar study, Lane et al. reported decreases in POMS depression subscales after binaural-beat stimulation in the beta range (16 and 24 Hz), compared to presentation of beats in the theta/delta range (1.5 and 4 Hz). The authors suggested that perception of beta frequency beats is associated with less negative mood.⁹

Vigilance

Lane et al. applied binaural beats at beta (16 and 24 Hz) and theta/delta (1.5 and 4 Hz) ranges for 30 min throughout a psychomotor vigilance task. The authors reported that beats in the beta range were associated with a less negative mood and improved performance in a vigilance task.¹⁰

Footnotes

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