

MEDITATION

USER GUIDE

Thank you for your support! 😊

Many studies were read (and many finer points debated) by an international team before a single tone was produced for this “ultimate” meditation package.

Here are some tips to help you get the most from your purchase.

Listening Tips

1. **You must wear headphones!** Binaural beats do NOT WORK without them. Listening with phone or tablet speakers will not produce the desired results.
2. **Disable any audio filters** on your devices (effect modes, surround enhancers like Dolby and DTS, bass boost, etc.) as they will interfere with proper audio playback.
3. **Keep the volume low.** It should be juuust loud enough to hear the pulsating or “wobbling” sound. Cranking the volume up won’t change your state any faster.
4. **Meditation tracks** are best used in an upright (seated) position. Also, pay attention to how your head is tilted: if it’s too far backwards, it may activate your problem-solving brain and cause spinning thoughts. Too far forward, and you may fall asleep! So, reset the angle of your head to neutral, then tilt it forward just a couple degrees, slightly tucking in your chin, to help bring your focus inwards.

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Track List

1. **Light Meditation (8.8 Hz) – 60 minutes**
2. **Deep Meditation (7.54 to 5.65 Hz) – 60 minutes**
3. **Extra Deep Meditation (3 to 1.5 Hz) – 60 minutes**

References

Light Meditation (8.8 Hz)

"A Forty-Five Year Follow-Up EEG Study of Qigong Practice"

<https://doi.org/10.1080/00207450802325520>

"Human anterior and frontal midline theta and lower alpha reflect emotionally positive state and internalized attention: high-resolution EEG investigation of meditation"

[https://doi.org/10.1016/s0304-3940\(01\)02094-8](https://doi.org/10.1016/s0304-3940(01)02094-8)

"Clinical utility of paced breathing as a concentration meditation practice"

<https://doi.org/10.1016/j.ctim.2012.07.008>

Deep Meditation (7.54 to 5.65 Hz)

"Theta activity and meditative states: spectral changes during concentrative meditation"

<https://doi.org/10.1007/s10339-009-0272-0>

"Increased Theta and Alpha EEG Activity During Nondirective Meditation"

<https://doi.org/10.1089/acm.2009.0113>

"Changes in Cortical Activity in Altered States of Consciousness: The Study of Meditation by High-Resolution EEG"

<https://doi.org/10.1023/A:1022986308931>

"Changes in EEG and autonomic nervous activity during meditation and their association with personality traits"

<https://doi.org/10.1016/j.ijpsycho.2004.07.004>

"Human anterior and frontal midline theta and lower alpha reflect emotionally positive state and internalized attention: high-resolution EEG investigation of meditation"

[https://doi.org/10.1016/S0304-3940\(01\)02094-8](https://doi.org/10.1016/S0304-3940(01)02094-8)

Extra Deep Meditation (3 to 1.5 Hz):

"Mental Training Enhances Attentional Stability: Neural and Behavioral Evidence"

<https://doi.org/10.1523/JNEUROSCI.1614-09.2009>

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Questions, Concerns or Requests

I'm here for you any time! jody@jodyhatton.com

Disclaimer

I'm not a doctor, just a nerd who loves meditation and experimenting with new things. I test every binaural beat track on myself and make sure I'm happy with the result before I make it public. Ultimately, every person is going to have their own unique experience. Using these tracks is done at your own risk -- if you start to experience any negative effects, STOP using them!

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