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# Back Pain Relief With Three Brainwave Music Recordings: Alpha, Theta, Delta For Three Different Sessions



## Synopsis

Back Pain Relief -with Three Brainwave Music Recordings -Alpha, Theta, Delta -for Three Different Sessions. New brain scan technology shows that hypnotic suggestion can cause the pleasure centres of our brains to light up. In a 2005 hypnosis and brain-imaging study conducted at the University of Iowa, Doctors found that hypnosis actually blocks pain signals from getting to the part of the brain responsible for discomfort. Hypnotherapy can provide the same joy, reinforce the goals we really want, re-juice our tired engines without the side effects. 1) One recording for Alpha (7-13Hz) - The Deep Relaxation and Light Meditation Wave. Alpha brain waves are present in deep relaxation; usually when the eyes are closed, when slipping into a daydream or during light meditation. It is an optimal time to program the mind for success and it also heightens your imagination, visualization, memory, learning and concentration. 2) One recording for Theta (4-7Hz) - The Deep Meditation and Light Sleep Wave. Theta brain waves are present during deep meditation and light sleep. It is the realm of your sub-consciousness and experienced as you drift off to sleep from Alpha or wake from deep sleep (from Delta). It is the brain wave where our minds can connect to the Divine and manifest changes in the material world. Your mind's most deep-seated programs are at Theta and it is where you experience vivid visualizations, great inspiration, profound creativity and exceptional insight. 3) One recording for Delta (0.5-4Hz) - The Deep Sleep Wave. The Delta frequency is experienced in deep sleep, transcendental meditation where awareness is fully detached. Delta is the realm of your unconscious mind, and the gateway to the universal mind and the collective unconscious, where information received is otherwise unavailable at the conscious level. Among many things, deep sleep is important for the healing process - as it's linked with deep healing and regeneration. Randy Charach is a US based Canadian Celebrity Hypnotherapist, Public Speaker, with over 25 years of experience. His clients include John Travolta, Tony Curtis, Sean Penn, as well as hundreds of others. As a public speaker, he had addressed audiences at companies like Microsoft, Coca Cola, Disney, IBM and Xerox and many other satisfied clients all over the world. Simply the best!

## Book Information

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Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)  
Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ...  
Back Pain, Pain Relief, Pain Management,) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain  
Alpha Male: Stop Being a Wuss - Let Your Inner Alpha Loose! How to Be a Chick Magnet, Boost Your Confidence to the Roof, Develop a Charismatic Personality ... Dominate Your Life Like a True Alpha Male  
Led Zeppelin -- Electric Sessions: Guitar TAB, Book & DVD (Guitar Sessions)  
Beginner's Guide to Sciatica Pain Relief: A Concise Guide to Pain Relief & Spinal Cord Anatomy  
Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)  
TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ)  
Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1)  
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Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief  
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Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain  
Back Pain: How to Relieve Low Back Pain and Sciatica  
Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series)  
3 Minutes to a Pain-Free Life: The Groundbreaking Program for Total Body Pain Prevention and Rapid Relief  
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