



Chakra Balancing

Each Chakra has an associated vibration. These vibrations correspond to specific frequencies produced by the brain. Using brainwave entrainment you can actually retune your chakra's to the correct frequencies when they go out of balance.

Using the special Trypnaural system of entrainment the expertly crafted isochronic tones embedded into the hypnotic music provides an almost instant re-balancing and energizing of your chakras. This unique combination of techniques combined into one powerful session guarantees that your brainwave and the chakra energy matrix of your body is tuned to precisely the right frequencies.

Furthermore every time you relax, meditate and listen to this session you will strengthen every chakra and result in feeling refreshed, energized and more in balance. *Any blockages that you may have had will be removed each time.*

This session is 1 hour in length. The beginning of the session for about 7 minutes is designed to take you down to your root chakra which is first nourished then each of the seven chakras are in turn harmonized with the Trypnaural brainwave entrainment. The music does not change, as this must remain constant to not interfere with the deep chakra cleansing, but the frequency of the entrainment does change in harmony with each chakra.

How To Use This Session

You should try to listen to this session at least once or twice a week for a minimum of 6 weeks to get the maximum effect. However you should start experiences feelings of improved mood, energy and even strange synchronicities in your life events.

This method is best used with the guide included written by Swami Ambikananda a world renowned expert on yoga, meditation and breathing, on how to meditate and correct your breathing at the same time. This is essential for restoring the proper homeostatic function of your body.

To gain the full benefit of the Alpha Mind System Meditation Program it is recommend that you listen to it through stereo head phones, making sure that you are lying or sitting comfortably in a safe environment.

Please DO NOT listen to this session while you are driving your car or operating machinery. Please consult your doctor before using this program if you are have epilepsy or any other neurological conditions

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