

ROCKY MOUNTAIN BINAURAL MEDITATIONS



BI N A T U R A L
B E A T S

Rocky Mountain Binaural Meditations





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**Dedicated
"To all of our Animal Friends"**





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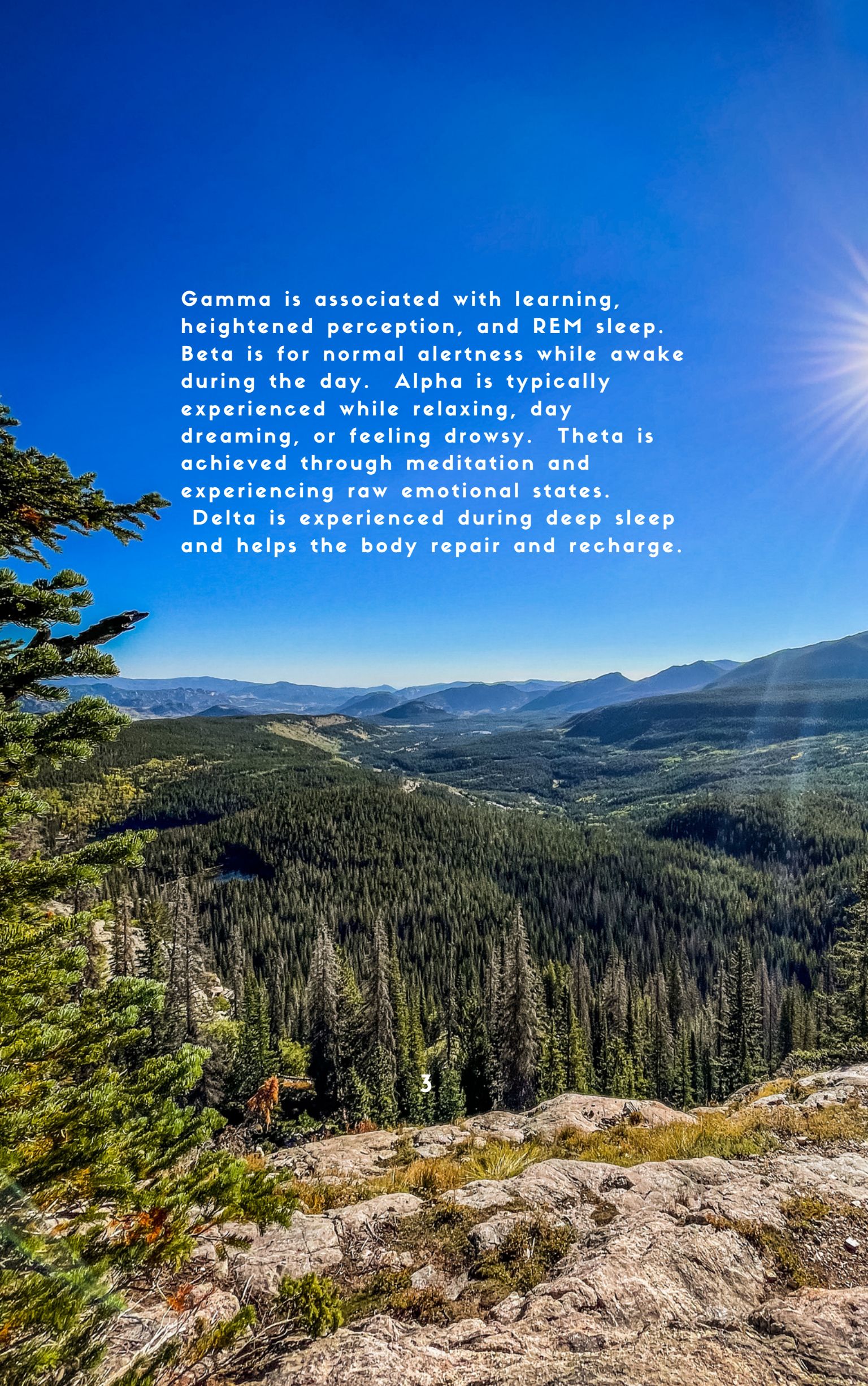


Introduction

Bi Natural Beats brings you real-life nature recordings out of the Rocky Mountains balanced with binaural beats that are tuned to specific brain waves. Each track in this album has been created with different tones to achieve the desired state of consciousness.

CHAPTER 1

A binaural beat is generated by playing a specific frequency in each ear and the difference between the two frequencies creates the binaural effect that entrains your brain to the targeted brain waves. There are five common frequencies that our brain cycles through on a typical day.



Gamma is associated with learning, heightened perception, and REM sleep. Beta is for normal alertness while awake during the day. Alpha is typically experienced while relaxing, day dreaming, or feeling drowsy. Theta is achieved through meditation and experiencing raw emotional states.

Delta is experienced during deep sleep and helps the body repair and recharge.



CHAPTER 2

"Rockin Robin", Track 1 starts the album off with a morning wake-up zen-focused binaural beat to get your day going. Industrial birds keep you alert and relaxed bringing you a positive mood to start your day off right. The binaural beats in this track are recorded to induce a state of alert focus and problem-solving associated with Beta brain waves.

CHAPTER 3

"Awakened", Track 2 brings a spiritual awakening to your day with the Rocky Mountain Elks. This track will be great for an afternoon meditation to get you back into balance within yourself so you can be the most productive you can be. This track starts off tuning your brain to Theta waves and works its way down to Delta before returning you back to Theta to promote balance and spiritual order within your state of consciousness.



CHAPTER 4

“Rainy Daze”, Track 3 was recorded on a rainy evening in the mountains which is intended to relieve anxiety and stress that can build up through the day. This track is great for reducing stress and anxiety as it goes from Alpha to Theta and finishes back in Alpha to promote a fully relaxed mindset.

CHAPTER 5

"Sleepy Elks", Track 4 was recorded next to a brook with the Elks getting ready for a long cold night in the Rockies. The binaural beats start off in Alpha and works their way down through Theta and finish off in Delta to promote a deep state of relaxation. This track was intended to be played to help you have a relaxing peaceful night of sleep.



About the producers:

I'm Jackie and my partner Renn and I Co-created Bi Natural Beats. I have a background working as a behavioral health specialist in mental health and have been interested in the brain and how different frequencies can actually alter the state of your brain. Renn has a background in technology and has been utilizing different binaural beats within his every day for years. We both have a love for nature and the outdoors and one day while we were paddle boarding Renn came up with the idea to make our very own binaural beats tracks utilizing the natural Colorado sounds all around us.



Technical Details:

For full effect of the binaural beats this track is best utalized through headphones. You can listen though speakers but the binaural effects are less noticable.

Credits:

This album was created in and around Rocky National Park with special thanks to The Elk, The Birds, The Rain, The Creek, the drive by Moose, and all our friends and family for the support.

Bi Natural Beats is a small recording studio based in Boulder, Colorado focused on combining natural sounds with Binaural Beats to achieve altered states of consciousness.

Creating high levels of concentration, focused activity, meditation, relaxation, and lucid dream states.

**Designed and Produced by:
Bi Natural Beats LLC.**



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