

## Changing brain waves with Silent Subliminals- these help to overcome stress in neuropsychology

There is growing evidence that the use of Silent Subliminals in neuropsychology can help with stress management. EARNETIC provides a deeper insight here.



**Munchen, Bayern May 10, 2022 ([Issuewire.com](https://www.issuewire.com))** - *The combination of music and so-called NeuroBeats by EARNETIC changes the world of brain training and mental training for therapeutic purposes.*

Modern technologies have shown us completely new ways of controlling our needs. Although in principle this sounds like manipulation and is of course used as such by advertising psychology, there is a large number of uses that can be made to optimize one's own potential. Anyone who wants to know exactly how their own buying behavior is influenced by others is cordially invited to take a closer look at subliminal messages. The better we know, the clearer we can decide for ourselves what is a real need and what is a suggested need. With this knowledge, the path to self-optimization is open. Because now we can take the helm ourselves and determine the direction to be taken. After all, one's brain is best washed by oneself.

Therapeutic purposes of the soul whispering by means of NeuroBeats of EARNETIC

In the beginning, was the word. Thoughts are made of words and as we speak, so we think. Already here the chaff begins to separate from the wheat. For example, if you have negative thoughts in your head, you will also use negative terms. However, those who take care to formulate positively already create a completely different basic attitude, which is clearly reflected in their own state of mind. Of course, it is not easy to change long-practiced habits, so it often makes sense to resort to professional

support. Neuropsychological studies have shown that the use of various tools can have a resounding effect on the user's behavior. The areas of application are accordingly extensive and range from weight reduction and combating addiction to strengthened self-esteem and improved athletic performance.

### **All roads lead to the subconscious**

The human subconscious is a broad field. Unlike the state we call waking consciousness, which is determined by specific thoughts and actions, the subconscious takes in everything unfiltered. It thus serves survival, because humans learn certain reactions only through experiences, which give them the opportunity to act as quickly and effectively as possible without having to think about it for a long time. But of course, negative experiences also settle in the subconscious, which eventually manifests themselves in trauma, self-doubt, or lack of confidence. The fact is: that the subconscious is like a sponge that absorbs everything. Much is worked up in dreams, and much remains as mysterious automatisms in our personality. If thoughts and feelings do not coincide and lead to an inner conflict, it means nothing else than that our subconscious does not coincide with the thoughts of our conscious.

### **The brain is always looking for solutions**

The human brain is a marvel in which billions of nerve cells function and control everything that makes us up. Most of this control is carried out without our conscious intervention. The autonomic nervous system not only enables our survival but also signals the brain when something is wrong and thus sets various repair measures in motion. The brain is always looking for truth and simple solutions. It can do little or nothing with negative connotations such as "no", "none" or "not" because it simply does not understand them. For example, if you say to yourself, "I don't want to smoke today," you are reminding yourself to smoke, whereupon the responsible receptors reliably react and evoke the need for a cigarette. Therefore, it would make more sense to say to oneself "Today I just want to breathe pure air". This sets the direction and the solution.

### **Affirmation and affirmation**

To transport subliminal messages directly into the subconscious, they must therefore be recognized by the brain as true. Thus, anyone who wants to suggest to himself or herself that he or she is beautiful, rich, and popular will encounter resistance if he or she perceives himself or herself as the exact opposite. If someone sees his or her overweight reflection in the mirror, his or her subconscious will not buy the story about the slim body. Detours must therefore be found to carry out the self-determined reprogramming. For this purpose, two forms of positive beliefs, in particular, have become established in psychology and coaching. Affirmations are short, precise formulations with a positive tenor. Everything negative is dispensed with. Affirmations are questions that the subconscious should answer itself. Thus, the formulation of the question must be chosen carefully to obtain the desired answer. Ideally, affirmations and affirmations are used in combination. To achieve even better results, additional tools of neuropsychology are used.

### **Silent Subliminals - not heard and yet understood**

Subliminal messages that our hearing can no longer perceive are nevertheless understood. The hearing spectrum of an adult human being ranges from 20 to about 15,000 Hz. Children even hear up to the range around 20,000 Hz, but with increasing age, the acoustic spectrum decreases. However, subconscious perception is still tuned to the original frequency band, so the brain understands even when the ear can no longer hear. The sublime messages we are talking about are played in a frequency range of more than 16,000 Hz, so they are inaudible to adults. Children or dogs, however, are very well aware that sounds are also being played in the ultrasonic range. It is even easier to recognize [Silent Subliminals](#) on the Equilizer or in a music editing program. Here you can see waves and peaks of frequency bands that cannot be heard through the loudspeaker.

## **Binaural Beats support**

Binaural Beats are mainly used in Brainwave Entrainment. Although there are numerous sideshows here, ranging from peak athletic performance to maximum concentration enhancement, Binaural Beats are primarily used for stress reduction, resilience, and relaxation training. Here, the technology draws on the natural mechanism of FFR (Frequency Following Response). The FFR already starts when we listen to music and feet, fingers or heads begin to bob along. The spreading frequency is immediately understood and implemented by the healthy brain. Binaural beats make use of two slightly diverging frequencies that are played into the right and left ear simultaneously. From this unequal stereo effect, the FFR makes a third frequency, which is exactly the intermediate range. Thus, the brain produces its own ideal response. This makes it easy to put listeners into a state of deep relaxation.

## **Silent Subliminals - Brainwaves Control States of Consciousness**

Since imaging techniques such as EEG (electroencephalography) or MRI (magnetic resonance imaging) have made it possible to watch the brain think, it has been recognized how states of consciousness differ. The brain generates frequency patterns in each state. In deep sleep, they range from about 0.3 - 3 Hz and are called delta waves. Only in this spectrum does the body secrete growth hormones that set self-healing forces in motion. Between 3 and 8 Hz is our dream frequency (REM, Rapid Eye Movement), which is between deep sleep and wakefulness and has been recognized as the creative theta state. From 8 - 13 Hz we produce alpha waves of relaxation. Already when we lean back and close our eyes, alpha sets in. For attentive wakefulness state is called a beta wave, it encloses a frequency band between about 13 and 30 Hz and expresses itself in the high range as stress. Above this are the gamma waves, which signal ingenious peak performance and optimal information processing. In the human brain, a mixture of different frequencies is mostly used. The goal of these NeuroMentalPrograms is to teach the brain how to change frequencies without outside help. Much like shifting gears while driving a car or riding a bicycle, over time, it becomes possible to consciously shift back and forth between relaxation and concentration.

## **The combination brings success**

So, for therapeutic purposes, it makes the most sense to combine these neurotechnologies of EARNETIC. Subliminal messages, which are perceived by the subconscious despite the ultrasound range, should be absorbed in a state of deep relaxation, as this is when processing works best. For example, a session can be started with autogenic training or meditative relaxation exercises. As soon as deep relaxation sets in, affirmations and affirmations are played audibly or inaudibly. Usually, these combination products are accompanied by pleasant music or nature sounds. In order to hide the pulsating noise of the <https://earnetic.de>, the so-called "white noise" is often superimposed. This noise, in turn, is surrounded by music.

## **Create routines**

If you want to integrate these mental training sessions into your daily routine, you should create rituals for yourself. Of course, the effectiveness of Silent Subliminals and Binaural Beats is significantly higher if they are listened to more often. However, more than three sessions a day are not necessary. It is advisable, for example, to listen to the soundtracks with headphones after waking up and before going to sleep. They are also well suited as a "midday nap". Under no circumstances should these products be listened to while working, driving, or operating machinery. People who are prone to mental impairment or suffer from epilepsy should only use the technology after consulting their doctor or refrain from doing so.

## **Conclusion**

To optimize oneself, respectively to get rid of annoying habits, sublime silent messages, so-called Silent Subliminals by EARNETIC are very suitable. They are dressed in affirmations and affirmations and thus

ask questions to the subconscious or formulate positive beliefs. Messages played in the ultrasonic range are no longer heard consciously and thus reach the subconscious unfiltered. In connection with binaural beats, a relaxed or meditative state is evoked. Consciously perceived is mostly only the music, which lies above the technology and influences the perception pleasantly. In order to manifest a lasting effect in one's own psyche, it makes sense to use the application regularly for a period of about six weeks.



## Media Contact

Deutsche Heilerschule - Akademie für Energiemedizin

[info@staland.de](mailto:info@staland.de)

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