Quantum Leap Audios
User Guide

About Brainwave Training

INTRODUCTION
The Quantum Leap Audio brainwave training audios and guided visualization MP3s have been specially engineered by pioneer brain trainer Dr Jill Ammon-Wexler, who was among the first to introduce brain training to the corporate world.

Each training audio has been engineered to produce specific mental results based on Dr. Ammon-Wexler’s over 45 years of experience, plus the latest state-of-the-art clinical and research findings.

The basic science behind brainwave training can be simply stated: The brain is designed to function as a learning “machine.” The most basic method it uses to learn is focused repetition. The brainwave audio stimulation is designed to teach your brain to reproduce a desired mental (brainwave) state on its own. This is a totally educational, non-medical, approach.

ABOUT THE BRAIN TRAINING AUDIOS
The Quantum Leap Audio brainwave audios are NOT intended to replace medical, psychological, psychiatric or other treatments. They are provided as a non-medical educational method of mental training.
Selecting Your Headphones
Many of the brainwave training audios require the use of headphones. The recommendation is to use stereo headphones that “cup” over your ears. These do not have to be expensive gear, and the headphones sold at many stores for about $30 work fine.

Expected Results
Brain training success comes with repetition. The effect of this type of self mastery training varies from person to person. Some people will see and feel results right away, while others may need ten or more sessions with a particular training.

Session Lengths
Many of the brainwave training MP3 audios are short for a very important reason. Most of us today have busy lives. The training sessions are short and to the point because they are intended to be used over and over again until you have trained your brain to produce the desired state on its own.

CHOOSING A TRAINING
Brainwave training is, at its core, build upon mental focus and relaxation training. This is essential because your brain cells (neurons) will produce meaningful brainwave configurations only when acting in unison – and to do this they must relax and allow a “postsynaptic potential” to build up. By first allowing your brain to relax, it is then possible to train it to create the desired brain states.

The audio trainings do not force anything to happen in your brain. The training simply encourages your brain to begin to follow along with the training stimulation.

If you feel extremely uncomfortable with any session, this is often an indication you could benefit from additional relaxation training sessions ... OR that particular session is simply not quite right for YOU at this point.

SPECIAL TYPES OF TRAININGS
Behavior Modification Sessions
One brain training approach that is gaining popularity today is especially effective for those who have more difficulty relaxing. This technique overlays behavior modification suggestions behind brainwave-engineered sounds.

The result is that your conscious mind cannot understand the messages, and therefore has to stop trying to “analyze” them. The combined spoken suggestions often seem to rotate and float around your hearing spectrum.
Subliminal Messaging Sessions
One training approach takes traditional clinical hypnosis to an entirely different level, and involves the use of “subliminal” messages. Subliminal messages are barely audible on a conscious level.

Subliminal messages are messages that are encoded into the background of the engineered recording. Subliminals cannot (or can barely) be heard on a conscious level, but the evidence is that they are picked up by the subconscious mind. In fact visual subliminal are often used quite extensively in TV advertising.

On a conscious level you may be aware of a muffled sound behind the music or binaural beat sound, or very softly spoken words. We have found that subliminal messaging works best when embedded with music and/or nature sounds that engage the conscious mind – while the subliminal messages are presented to the subconscious mind.

Binaural Beat Method
The "binaural beat" process was one of the first brainwave training techniques developed. The procedure presents slightly different tones to your left and right ears. This sounds like a pulsing distortion of any underlying music or sounds. The “beats” are simply different tones played in stereo channels.

The tones are set for different frequencies, and your brain generates a new tone equaling the difference between the two frequencies – coaxing the brain into a slower, more relaxed brainwave frequency.

Your brainwave activity tends to mimic the tone frequency that is being heard at the time. Binaural beats guide your brain into specific brainwave frequencies. At the end of each session, the binaural beats bring you back into to a wide awake mental state.

Because of the nature of the binaural beat technique, you are required to use headphones.

Music and Nature Sounds
Music played at engineered speeds has been scientifically proven to increase the Alpha and Theta brainwaves associated with physical and mental relaxation.

When a hypnotic or subliminal session includes such music, your mind responds naturally and produces more Alpha brainwaves. The same has been demonstrated to be true of such natural sounds such as rain, water,
gentle wind and birds when presented at this frequency.

**Progressive Relaxation**
Some of the training audios are built around a long-proven technique called “progressive relaxation.” This is a 20-30 minute process of tensing and relaxing all the muscles in your body to create a state of deep physical and mental relaxation.

This approach to relaxation is often preferred by athletes, and also those who spend quite a bit of time at a desk. This method is very valuable stress reducer all by itself, even without the addition of subliminal suggestions or brainwave sounds.

**COMMON QUESTIONS AND ANSWERS**

**Are there any precautions?**
*Never* listen to an audio that contains embedded brainwave sounds while driving an automobile or operating machinery or electric tools.

**How frequently can I use the audios?**
Brainwave training audios can be used as often as desired.

**How can I tell if a training is right for me?**
Pay attention to how a brainwave audio feels to you. If it feels uncomfortable, this may not be the best training for you. Or, you may not be ready for the intensity of that training yet. Remember, this is a brain education method, and each person’s brain IS unique.

**What is this doing in my brain?**
The brain learns *naturally* through repetition. Brainwave training is basically education. Listening repeatedly to a particular brainwave training causes the brain to remember the mental state it is being trained to create.

This involves the creation of new neural tracks corresponding to the mental state that is being trained. This is just like building a path through a meadow by walking on the same trail time after time. So if you want to learn to handle stress better, for example, you would want to listen often to relaxation and stress-reduction brainwave trainings.

**How much time should I leave between sessions?**
You CAN in certain instances listen to brainwave trainings one-after-the-other, such as first listening to a relaxation training followed by a learning training. Pay attention to how you feel when you “gang up” sessions -- there are no set rules for timing between sessions. Your own personal responses
are unique to you. But of course it would not make sense to open with a relaxation session and then go immediately to a stimulating “wake up” session.

**Can brainwave audios be used one-after-another?**
In certain cases this makes total sense. You may find opening a session with either a relaxation OR a stimulating session gives you better results with an immediately following session dedicated to a personal need. You will not hurt yourself by experimenting. Just pay attention and see how you feel.

**Can I listen to several brainwave audios in a day?**
Yes, you can listen to several in a day, and many people do. You might start the morning with a wake up session, play a creativity session during a work period, use a de-stress session before a meeting, and end the day with a pre-sleep training. Your brain will “get the picture” and fall more easily into each of the corresponding mental states over repeated trainings.

**When is my brain "trained" and ready for more advanced audio?**
Pay attention to how you feel. If you tend to be a “high-amp” person with a lot of stress, for example, the effect of repeated stress-reduction trainings WILL become obvious in your normal everyday life. You will find you are becoming less reactive in stressful situations, and tend to manage your stress better. You can always move onto more advanced trainings and see how you feel. Just pay attention to your own responses.
MORE RESOURCES

A Great Next Step... Are you SERIOUS about getting your Law of Attraction goals moving FAST? The author is a world renowned psychologist and 45-year pioneer in brain/mind research, and has helped people from around the world achieve higher states of awareness and consciousness. She was among the first to discover exactly how the brains of experienced meditators are different, and has consulted with major corporations and organizations.

This unique "LAW OF ATTRACTION SUCCESS: Create Future Memories" collection of downloadable MP3 special brainwave trainings has been designed to help reset your beliefs and intentions as fast as possible. This special collection of stereo-quality MP3s is valued at $69.75, but is only $19.95 for you as a book buyer.

http://quantumleapaudios.com/future-memories/

Ready to Go Deeper?

Are YOU one of those special people with a passionate desire to accomplish more in your life? If so ... Dr. Ammon-Wexler would like to personally invite you to come participate in her unique QUANTUM MIND TRAINING PROGRAM.

Come develop and refine your brain/mind power at your convenience and in the comfort of your own home. This exciting 3-month online program is packed with unique training audios, videos, and specially engineered brainwave training.

The end results include greatly increased creativity, focus, intelligence, total stress management, mental clarity, and remarkably superior levels of brain/mind performance. Open up your natural genius and tap into higher, more valuable states of awareness and consciousness. Go learn more and take advantage of a temporary book buyer's discount:

http://www.hotbrainz.com
Looking for New Insights?
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