

VibroAcoustic Music

Choices:

1. **Two-song combo: Loving Yourself/Enlightenment (28 minutes)**

- a. Loving Yourself (20 minutes) activates frequencies that get the metabolism humming; bringing you into a peaceful state. The binaural beat frequencies used with the headphones trigger the release of serotonin in the hypothalamus gland. **This one has a strong vibration through the table. Enlightenment: This is a short version (8 minutes) of the full length Enlightenment This song is tuned to 432 hz and combines the sound of monks peacefully meditating with the sound of heartfelt strings & vocal toning. It has a sweet, beautiful flow that takes you from the heart into deep meditation. Binaural beats are used in this song, starting in alpha, transitioning to theta, delta, then deep sub-delta.
- b. Descriptions are from [Sound Of Love](#), the sound and metaphysical store connected to Globe Institute in California ... ***Loving Yourself is called Weighloss/loving yourself at this store. I prefer not to use titles that may deter people from enjoying beautiful music, so I shortened the name for my office and music entertainment purposes. This song is one of my favorites & gives a fabulous vibration***

2. **Two-song combo: Awakening/Enlightenment (30 minutes)**

- a. Awakening (21:17 minutes): This song is tuned to 432 hz and is effective for connecting to spirit and creating a sense of peace within. Tunes to the tempo of a meditative breath. This is a little higher pitched in tone than Loving yourself & Enlightenment. See above for the description for Enlightenment (8 minutes)
- b. Descriptions are from [Sound Of Love](#), the sound and metaphysical store connected to Globe Institute in California

3. **Two-song combo: Water of Life/Enlightenment (29 minutes)**

- a. Water Of Life (20:23 minutes): Tuned to 432 hz. The intention of this song is to bring unconditional love to your heart. It taps into the core aspects of beauty & soaring power within us. Water Of Life is Divine Love. Expand your creativity, expand your consciousness. Binaural beats of theta transitioning to delta are utilized in this music. With full attention it is an epic journey through love, power, grace. Please see #1 for description of Enlightenment
- b. Descriptions are from [Sound Of Love](#), the sound and metaphysical store connected to Globe Institute in California

4. **Two-song combo: Water of Life x 2 (20 minute & 11 minute versions = 31 minutes)**
 - a. Please see #3 for description of Water Of Life
5. **Two-song combo: Chakra Guided Meditation / Water Of Life (27 minutes)**
 - a. Chakra Guided Meditation (16 minutes). You will be guided through the chakras by David Gibson of the Globe Institute. The goal of this track is to get you to a place where you are feeling and hearing all of the 7 chakras simultaneously. This is the ideal state.
 - b. Descriptions are from Sound Of Love, the sound and metaphysical store connected to Globe Institute in California
6. **Chakra Journey For The Sound Table (30 minutes)**
 - a. This is not a guided meditation, but instead a journey through the energy of each chakra. Energy of each chakra is invoked, then sounds & melodies that resonate harmoniously with each one are added. A full range of frequencies are covered using 7 octaves of the same note (I believe it is C, but not sure from the description by David Gibson). The same note is used in 7 octaves so that when they are all played together, it is beautiful and harmonious. Binaural beats are used that move from Theta to Delta to bring you to a deep state of peace.
 - b. Descriptions are from Sound Of Love, the sound and metaphysical store connected to Globe Institute in California
7. **Enlightenment (30:35 minutes)**
 - a. This song is tuned to 432 hz and combines the sound of monks peacefully meditating with the sound of heartfelt strings & vocal toning. It has a sweet, beautiful flow that takes you from the heart into deep meditation. Binaural beats are used in this song, starting in alpha, transitioning to theta, delta, then deep sub-delta.
 - b. Descriptions are from Sound Of Love, the sound and metaphysical store connected to Globe Institute in California
8. **Unconditional Love (30:32 minutes)**
 - a. This song is tuned to 432 hz and incorporates binaural beats in Delta and Deep Delta for the deepest relaxation and for sleep. It's meditative, relaxing, and instills a deep sense of peace. Very VERY relaxing.
 - b. Descriptions are from Sound Of Love, the sound and metaphysical store connected to Globe Institute in California

The following songs are from [Binaural Beats Meditation](#). They are *not* made for sound tables, but these few songs, I have found, have a good base vibration that comes through extremely well. Descriptions below are taken directly from their store. Click on the store name above if you'd like to see all they have to offer

1. Power Nap (30 minutes)

- a. Power Nap is specifically designed to revitalize and reenergize your mind and body, ensuring a productive second half of the day while avoiding any grogginess. The program incorporates Delta waves to guide you into the initial stages of sleep, facilitating a restful, refreshing nap. During the final 10 minutes of the program, the frequency gradually transitions from the Theta state to the Alpha state, gently awakening you to a state of refreshed consciousness. Say goodbye to your afternoon slump and hello to a more energetic, productive you!

2. Delta Bliss (30 minutes)

- a. Delta Bliss creates a harmonious shift in mind, body, and spirit. From your cells to your thoughts to your feelings, its transcendental soundscape takes you into an altered state of consciousness that promotes emotional balance and inner-healing. Akin to the feeling of staring out to sea on an isolated beach at sunset, Delta Bliss is a peaceful journey into the core of your being.

3. Wellness Meditation: (30 minutes)

- a. The Wellness Meditation is based on the popular 20 Hz rife frequency. Considered a “cure-all frequency”, this holistic program promotes improved physical and mental wellbeing. You can listen at any time, whether relaxing or working. Simply slip on your headphones, relax, press play and effortlessly elevate your wellbeing.