

## A GUIDE TO MIND CLEAR MEDITATION

This is an introductory guide to the Mind Clear approach to meditation, which combines the use of sound frequency and breathwork with the practice of meditation.

### **Sound**

Using brainwave entrainment technology, such as binural beats, can be highly beneficial for achieving a meditative state of mind, quickly and easily.

What are binural beats? When your left ear and right ear are exposed to two different frequency tones, your brain will interpret the tone as the difference between the two frequencies. By setting that interpreted tone to a certain frequency, the brainwaves will start syncing with the frequency being received. Because of the need for different frequencies in each ear, you will need to wear headphones to listen to them.

Where do you find them? There are a wide range of apps available, which offer binural beats. My personal favourite is brainfm but do a search in the app store for binural beats and try a few out to see what works best for you.

### **Breath**

The breathing technique I recommend for this meditation is a very deep, active breath. Breathing through your mouth, inhale into your belly, then chest, then exhale. You want to put real effort into the inhale, filling your belly and chest as much as possible.

Aim to do the breathing continuously for 7 minutes. You can either have a timer next to you or if you are counting your rounds of breathing you should aim for 200 (or 4 rounds of 50 with a 20 second breath hold on the exhale at the end of each 50)

### **Meditation**

After 7 minutes of active breathing allow the breath to settle into a natural rhythm, breathing in and out through the nose.

Now transition into 7 minutes of awareness or mindfulness meditation where you should maintain your focus on your breath, but every time your mind wanders (which it will), just acknowledge the thought you are having by saying to yourself "I am aware that I am having xyz thought", do not hold onto or get caught up in it and return to your breath.

After 7 minutes of awareness meditation (14 in total), gently open your eyes and bring your awareness back to you surroundings.