Gamma Healing

Belief Brain Training ©

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Belief Brain Training Guidelines.

Belief Brain Training uses a unique binaural beats sound technology combined with the Gamma Healing techniques to maximise the integration of new empowering belief systems deep into your subconscious mind creating higher levels of thinking, feeling, action, performance and success.

Each Belief Brain Training Programme has two audio tracks that create brain wave entrainment at each end of the waking spectrum from the ‘Peak Performance 40 Hz Gamma State’ to the ‘Deep Relaxation and Healing Low Theta State’. This maximises the neural connections (new brain circuits) relating to the empowering beliefs you are integrating.
**Important:** You need to use headphones to listen to the Belief Brain Training Programmes.

Each track starts with a guided Emotional Balance Technique and Gamma Brain Technique. You can see these demonstrated by signing up to the free video training; *The New Science of Personal Change*, on the homepage [www.Gamma-Healing.com](http://www.Gamma-Healing.com). These are also described below.

The Gamma training is designed for daytime use and the low theta training for late afternoon / evening training when the natural rhythms of the body are slowing down. However this is not set in stone. A mid-afternoon low theta training allowing the mind and body to relax is a very effective training session.

In each training you will hear sounds of sea waves lightly crashing on the sand with specific sounds frequency entraining your brain underneath these sea sounds. You then hear an empowering belief statement every 10 seconds, which you repeat *silently and slowly* whilst in the Gamma Brain Technique sending the new belief to every cell of your body. You still perform the Gamma Brain Technique when doing the low theta training because the technique creates high levels of theta brain waves as well as gamma brain waves. Combining the Gamma Techniques with the scientifically advanced sound technology is a very powerful process to create new brain circuits or neural nets as they are more accurately called.

Set yourself a goal of listening to the both the Gamma and Low Theta trainings every day for 30 days. You do not have to listen to the whole training in one go, small sections here and there are just as effective. Listen on the way to work, in the loo at work before a meeting to get you in the zone, at home lying on your bed, anywhere you like.

If you are in a public place and performing the Emotional Balance Technique© and the Gamma Brain Technique© is not appropriate then you can simply imagine doing it in your mind. The Gamma Brain Technique can be done with arms in the lap or folded around as in the diagrams below.

The main goal is consistency and to enjoy the process!
The Emotional Balance Technique©

Tap each set of points around 10 times.

1. Outside of the hands.

2. Top of the head, one straight line down the middle of the head.
3. Eyebrows.

4. Temples
5. Back of the head at the top of the neck.

6. Outside of the lips, under the eyes and the index finger on the outside of the eyes.
7. Under the nose.

8. Under the lower lip.

9. 6 inches down from the armpit on the side of the back muscles with your fingers tips. Both hands at once or one at a time.
10. Thymus point.

The Gamma Brain Technique©

1. Sit in the whole brain posture (see diagram below) and close your eyes. Take 3 deep belly breaths and relax all your muscles, especially the face and jaw, let the whole body relax.
2. Think of a situation that evokes strong feelings of a heart based emotion like love, gratitude, appreciation, happiness etc. Really connect to the emotional aspects of the experience and amplify these feelings throughout your body.
3. It's as simple as that. Now all you have to do is enjoy the training.
Make sure you have signed up for the free training; The New Science of Personal Change, on the homepage www.Gamma-Healing.com where you can see a demonstration of the Emotional Balance Technique© and the Gamma Brain Technique© brain activity measurement in real time.

Remember, questioning and updating your belief systems is the most powerful thing you can ever do.

Enjoy.