

This APP is for personal and private meditation. It is designed as a personal lab for your own experimentation and relaxation.

This APP digitally generates two pure sinusoidal tones of a fixed frequency and presents one to each ear.

The frequency difference between these two tones is precisely controlled in the frequency range of 1 to 100 Hz.

This covers the Delta (1-3 Hz), Theta (4-7 Hz), Alpha (8-12 Hz), Beta (13-30 Hz) and Gamma (31-100 Hz) brain wave ranges. The upper frequency difference limit is 100 Hz which is the top of the Gamma range. The Delta range represents a deep stage of slow wave (NREM) sleep. The Theta range represents hippocampal or cortical brain oscillations which are common in rapid eye movement (REM) sleep. The Alpha range represents an occipital brain oscillation which is common during wakeful relaxation with the eyes closed. Alpha and Theta ranges are both useful in pain management and for boosting creativity. With some practice and persistence you will develop a spontaneous ability to enter these states.

The Beta range represents the normal awake state. The Gamma range represents extremely high levels of cognitive functioning and concentration, especially around 40 Hz.

The Solfeggio button will open a separate page for you to access and experiment with various Solfeggio frequencies and Solfeggio scales. These are ancient frequencies which were used for meditation long ago and for the original Gregorian Chants in medieval times. There are a lot of mystical claims with these scales and frequencies which you can read all about on the internet. I offer these features to you in this APP for your own use and experimentation.

A Phase mode feature is also available in this APP but is totally experimental. This feature activates automatically when you reduce the difference frequency to zero. This mode places the same frequency in each ear but allows you to adjust the phase between the two signals from 0 to 359 degrees. This may effect the way the left and right brain transfer information and could perhaps lead to interesting discoveries.

We recommend the use of headphones or earbuds to ensure that each ear only hears the single pure tone for that ear.

Although these tones are unique to each ear, your brain will detect the difference and you will sense a beat frequency in the appropriate range. Your brain will respond to this selected beat frequency and will start to generate a matching signal.

Learning to achieve the appropriate state of consciousness will relax you and help to put you in a more creative state of mind. This is a deep level of mind which is normally reached during prolonged meditation. Relax, be patient and experiment to find the right tones that relax you. The Alpha range is great for getting into a creative state whereas the Theta range is best for deep relaxation. The Delta range will help you to achieve deep sleep. Read about these states on the internet and experiment with them using this App. You can fully customize the frequencies to match your needs. This you will learn through experimentation.

Press the "Back" button to return to the Alpha Pro control page.

Use this APP responsibly and find a safe place to be in a comfortable sitting position where you will not be disturbed.

Do not operate machinery or drive a vehicle while listening to these tones.

If you find this app useful, please rate it with Apple.