

**The following is a chapter from the book entitled:
"The Rediscovery of Audio-Visual Entrainment" by Dave Siever, C.E.T.
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What is Brainwave Entrainment?

With the use of flashing lights and pulsing tones, we can safely and gently guide ourselves into any brainwave pattern including those body/mind states associated with deep relaxation, meditation, hypnosis, creativity and for reducing stress and anxiety. This alpha/theta wave stimulation significantly helps calm people down and has been used to improve sports performance.

We can also increase the stimulation frequency to help increase cognitive function in the elderly and to treat slow brainwave disorders such as with PMS, chronic fatigue, fibromyalgia, closed-head injury and ADD.

Brainwaves change frequencies based on neural activity within the brain (vision, touch, smell, taste and hearing). Each of our senses responds to activity from the environment and transmits that information to the brain. The senses of sight and hearing, by their very nature, provide a favorable environment for affecting brainwaves. By presenting pulsed audio and visual stimulation to the brain, after a short period of time, the brain begins to resonate or entrain at the same frequency as the stimulus. This effect is commonly referred to as brainwave entrainment (BWE). In addition to entrainment, the imagery created by the visual and auditory stimulation provides a focus for the mind and quietens internal dialogue or chatter. Those who want to recreate relaxation and meditation like the "masters", may experience that same peace and tranquility with only a half hour of use with any of the DAVIDs (Digital Audio/Visual Integration Devices). Figure 1 shows the "brainwave signature" of an experienced meditator, while Figure 2 shows the brainwave signature of a person using AVE at 10 Hz.

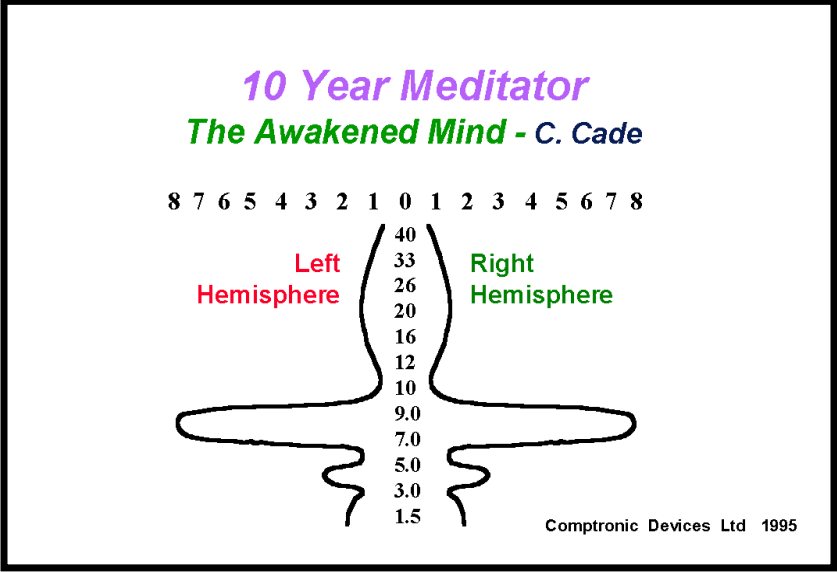


Figure 1

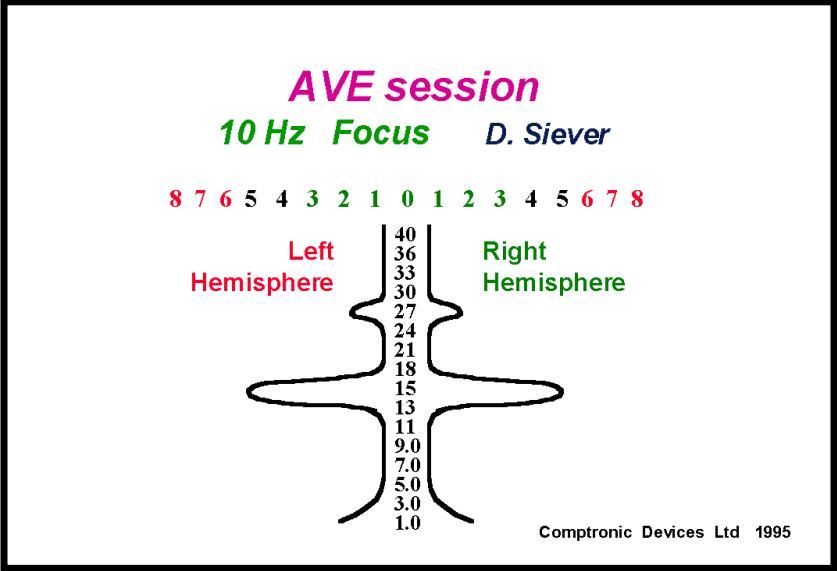


Figure 2

The neurological functions that AVE affects is shown in Figure 3.

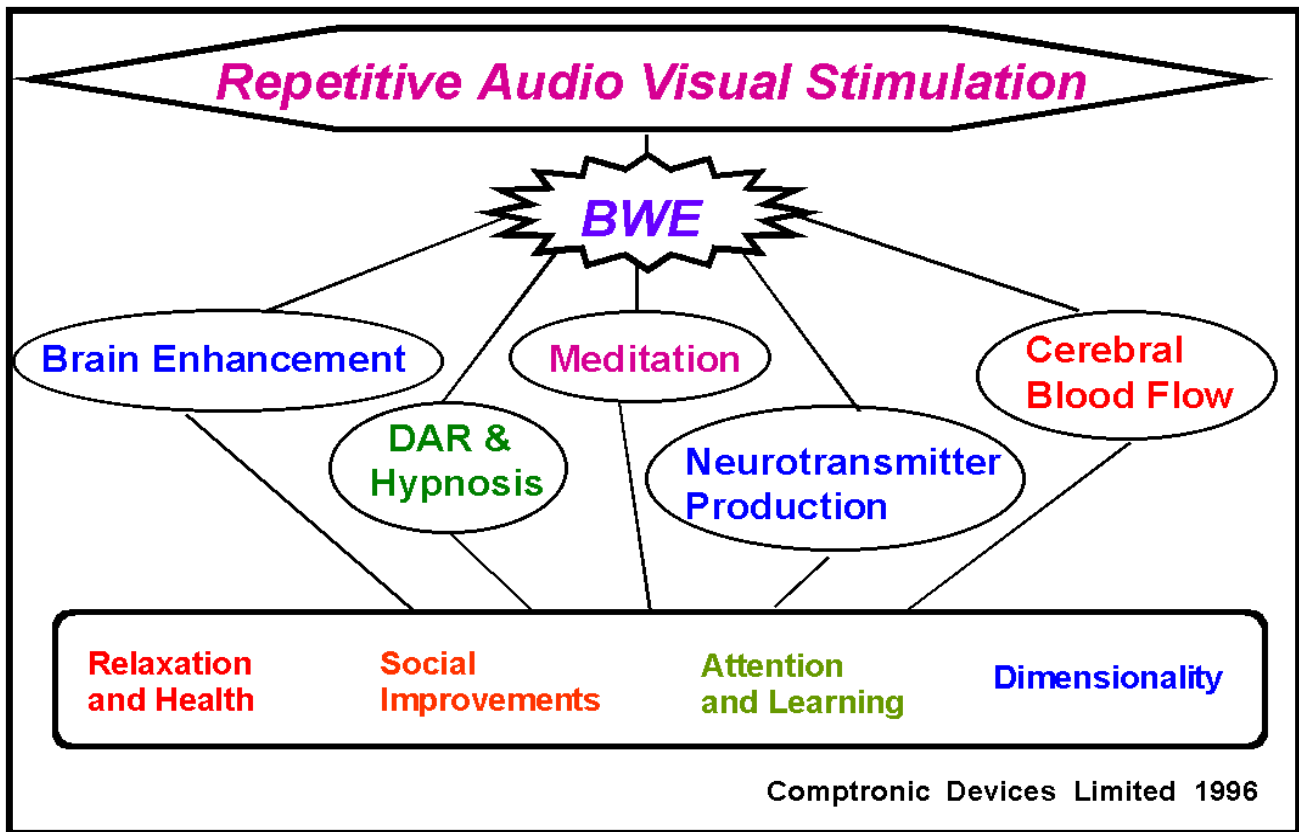


Figure 3

Complete information is in our book.