

# Frequency Following Response Technology

Understanding how our mind functions gives us the tools we need to create the results we desire. Accept when we are sleeping we spend most of our time in the brainwave state of Beta. Beta is our conscious wide-awake state. Beta is the only brainwave state where you can feel pain, fear, anxiety, and stress. When we shift to doing something we enjoy or slip off into a daydream we move into the Alpha brainwave state. Humans actually spent about 25% of their awake time in Alpha. Have you ever looked out a window or driven down the road and then wondered what happened to the time or wondered how you got there. You were in Alpha.

The great thinkers of the world like Einstein and Tesla used the brainwave state Theta to find solutions to their problems. Theta is the brainwave state we all go to just before sleep. Theta is our creative state, when we are in Theta our mind is free to explore, invent and create the solutions we are seeking. For some of us however, as we get older it is harder and harder to go to the Theta state.

Reaching the Theta brainwave state when not intending to go to sleep is referred to as meditation. We all know the benefits of meditation. The relaxation and stress reduction acquired from clearing the mind and letting go of the tension in the world around us is physically and mentally beneficial to the body.

NewReality allows the user to go to Theta in seven minutes. It would take a Monk 30 years to reach the same relaxed Theta brainwave state the equipment takes you to in seven minutes. Listening only **20 minutes per day** reduces stress, which is according to the National Institute of Health, is the cause of 90% of all illness, and **increases serotonin 21% and endorphins by 25%**. Additionally because the process duplicates sleep the user also experiences the equivalent of **2 to 4 hours worth of sleep**.

The results are significant:

1. **Increased focus and clarity**
2. **Stress reduction – excess adrenaline is flushed**
3. **Increased serotonin level- happier more cooperative employees**
4. **Equivalent of two to four hours of sleep**
5. **Increased creativity and insight**

In addition to the impact of the frequency following response there are over **200 sessions** available with over **20 different topics** that can also address important self-improvement issues such as:

1. Weight Loss
2. Stop Smoking
3. Stress Reduction
4. Accelerated Learning
5. Managing Menopause
6. Coping with Cancer
7. Freedom from Addiction