



# Center for Neuroacoustic Research

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## Welcome to Center for Neuroacoustic articles

### Acoustic Brainwave Entrainment Experimental Group Mind-Linking

Numerous research projects have shown an effective biological response to various sounds and sonic vibration frequencies. Certain uses of sound have shown a direct effect on body function : heart rate, pulse rate, respiration, galvanic skin response (GSR), electro-myograph (EMG), brainwaves (EEG) and general stress reduction responses. Recent advances in technology and research have yielded a wealth of information concerning sonic wave forms and their effect on the body and the brain. A new science of psychoacoustics has arisen pioneered by a handful of researchers. Front runners in this new field have shown positive responses using specific sound frequencies for stimulating both physical and brainwave response.

Various research efforts by private, university and government agencies have shown conclusive evidence that specific states of consciousness are associated with specific brainwave patterns on EEG. Other research dating back to the 1940's has shown the ability to influence brainwave activity and therefore states of consciousness using highly specific pulsed sound frequencies through speakers and headphones. Using these sophisticated tools for measuring what happens in thier brain during different states of consciousness combined with high-tech tools for influencing brainwave function using sound, we now have the ability to use our technological "know-how" to accelerate our own biological abilities and perhaps our own evolution.

Since ancient times, human beings have been using sound to catalyze altered states of consciousness for deeper meditation, healing, enhanced mental abilities, etc. In China with meditation gongs, in Tibet with metal "singing" bowls, cymbals and chanting, in India with tamboura, sitar, drums and a whole wealth of musical traditions based on the "tonic" note, and in virtually every culture on Earth.

By using a sophisticated intuitive knowledge of how the tuning of bowls, bells, voice and other instruments could create vibration patterns whose pulse rates influenced brainwave patterns and states of consciousness, the ancients were using the "low-tech" approach of , what is today a rapidly expanding science of high-tech applications of the use of sound to expand the mind.

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The widespread acceptance of a biochemical basis for expanding higher brain function, including memory, attention, concentration, problem solving, insight and extra-sensory perception has been increasing in scientific circles since the discovery of neurochemical transmitters in the 1960's . Sonic brainwave entrainment has been shown to cause a remarkable shift in neuropeptides, forming a link between the biochemistry of higher brain function and the ability of sound to enhance this function. A key factor in this link is the ability to measure with brainwave monitoring equipment (EEG) the brain's response to sonic brainwave entrainment frequencies. Some of the first experiments in this area were carried out by the US Navy in the 1950's. These experiments gave the first indications that brainwave function could be controlled by external stimuli - called "Brainwave Entrainment".

Early experiments carried out by Mark Rosenzweg and his colleagues with rats in "enriched" and "impoverished" environments clearly demonstrated that there was a correlation between learning and brain chemistry. They were also able to show conclusively that specific stimulation of the brain could lead to increased brain function.

Since that time a host of research projects carried out by such teams as the National Institute for Mental Health, The Veteran's Administration Hospital in Palo Alto, M.I.T, Caltech (Takiji Kasamatsu). Cornell University, U.C. Irvine (Gary Lynch), Northwestern University (Aryeh Routtenberg), Johns Hopkins (Dr. Solomon Snyder) and The University of Virginia Medical School (CSCAT Program) with The California Institute for Human Science(Dr Jeffrey Thompson).

The concept of Amplification of Intention and the "Hundredth Monkey" effect whereby a minimum number of minds focused on the same thing tend to bring that thought into reality. This concept was the basis for many esoteric mystery school of the past both in the far east and europe. In 12th century France the Lindesfarne Monastery devoted itself to the linking of the minds of the praying monks for focus on changing the course of Christianity of the time - which coincided with the transformation of the dark ages and inquisition period to the age of the reformation. The Maharishi Mahesh Yogi University in Iowa City attempted a similar feat in the late 1970's with 7,000 meditators descending on the college to meditate for a week on global peace with resultant drops in national car accidents, murders and other crimes and a rise in the stock market which all lasted for the exact period of this meditation "mind-link".

With the new sophisticated high-tech tools for acoustic brainwave entrainment, the possibilities for highly precise group brainwave entrainment "Mind-Link" exercises to boost the process of aligning thought processes with catalyzing the probability of one reality to take place over another. As far fetched as this may sound, it has been both predicted by quantum physics and proven in the laboratory. From the standpoint of quantum physics, reality exists as an un-manifest potential of become one of an infinite number of possibilities. No possibility becomes manifest until a conscious observer arrives on the scene to witness which possibility becomes manifest. It is the mixture of probability with the conscious observer which form the necessary "ingredients" to produce a manifestation of reality out of a possibility. What chooses which one of the infinite number of possibilities actually gets to manifest as reality is determined by the expectation which consciousness brings with it. This expectation forms a "path of least resistance" in the quantum field and lends special significance to the expected outcome over all the rest. It is this concept of the more conscious "witnesses" assembled together aligning their expectations to manifesting the same picture of reality, that has a possibility of making that reality manifest over other reality possibilities. A scientific possibility of "creating our own reality" becomes more likely when using acoustic brainwave entrainment to orchestrate a precise group mind-link of brainwave activity in a group of the minimum number of minds necessary to tip the quantum scales in favor of the groups expectation.

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