

Meditation CDs - How To Use Them

Contributed by Steve Gillman
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How do you use meditation CDs? Here are a few ways you might try.
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Before we get into how to use meditation CDs, we have to start with which kind to use. Some products are nothing more than relaxing music, or perhaps a guided meditation with a musical background. There is nothing wrong with these, but if you want a more powerful tool, you need to get CDs that use brainwave entrainment. With this technology, the recording has embedded beats or sounds (sometimes called binaural beats) that your brain follows, so it can be lead to deeper states of consciousness.

{bot_wrgoogle}Yes, this really works. With good meditation CDs all you'll have to do to prove it to yourself is to put on the headphones and pop in the CD. The headphones are an important part, by the way, because the beats typically go from one side to the other in order to entrain your brainwaves and bring them down to the alpha range (8 to 14 hertz - cycles per second) or lower. Just listen. That's how simple it is. But there is more than one way to use this technology. Here are four examples.

1. Regular Sitting Meditation

This is the method recommended by most makers of brainwave entrainment products. Sit with your legs crossed, or as you normally sit to meditate, or in any comfortable position. Put on the headphones, start the CD, close your eyes, and listen. Meditation doesn't get any easier than this.

2. Laying Down

Laying down is often discouraged because you will fall asleep - these CDs can be very powerful. But this isn't necessarily a bad thing. I like to use mine to relax and to take a "power nap." Most of them even bring you back to waking consciousness (brainwaves in the beta range - 14 hertz and above) when done.

3. For A Creativity Boost

The recordings designed to bring your brainwaves to the alpha range (8 to 14 hertz), can be used to boost your creativity. In this relaxed state you'll generally have more ideas and think in new ways. Just listen as you take notes for a project or write a story or work at your desk.

4. Walking

It's a very pleasant experience to walk while listening to meditation CDs. If you can, put the recordings on your MP3 player for easier use. Walk in a nice setting where the route is fairly level, so you can relax and not be too distracted by the physical effort.

This can be a great way to clear your mind, to prepare for more effective thinking. You may also notice that this kind of meditation brings more self awareness. You can observe not only the workings of your body, but the train of thoughts that is commonly just below the surface of consciousness. You may also start seeing the things around you in a different way. The usual mental chatter that tells you what you are looking at and so affects how you see it, is calmed, so you see with "beginner's eyes." This can be a beautiful experience.

There are undoubtedly other ways to use this technology. For example, the "beginner's eyes" experiences I've had suggests that using meditation CDs might help with artistic projects. Just put on the headphones and start painting. Apart from listening to these recordings when drowsiness could be dangerous, like while driving, it is safe to experiment.

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