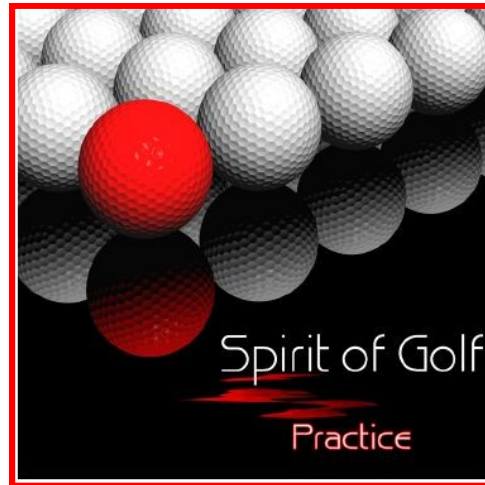
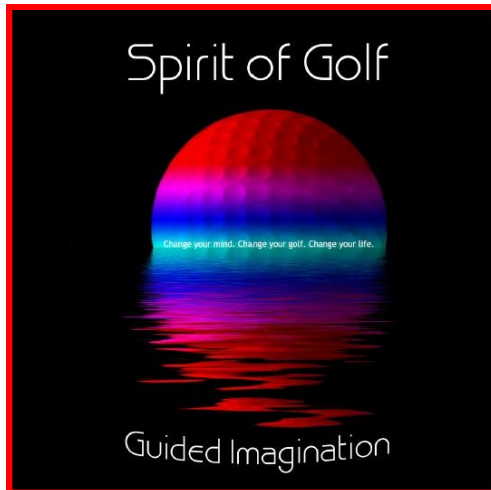


# Brainwave Technology from Spirit of Golf



Every state of mind has a unique electrical signature that can be detected in the brain. These signatures, or signals, are known as “brainwaves.” Brainwaves can be measured and recorded using specialized equipment such as an EEG machine. This equipment allows us to map what brainwaves are present during certain key states of mind. For example, we know the exact brainwave patterns that exist when we’re relaxed, focused, sleeping, angry, anxious or virtually any mental or emotional state.

By using a process known as “brainwave entrainment” – which involves playing specially-created audio sounds into each ear – we can actually influence these brainwaves. This means we can help bring about key states of mind, such as relaxation or focus, at will just by listening to these special “brainwave entrainment” recordings. With that being said, we should never underestimate the power of music and sound. Some music entrains the “brain/body” into very desired, empowering, and feel-good states, while other music entrains the body into sad, angry, or reactive states. The key is to consciously and deliberately observe how we are feeling when we listen to a song (and to stay away from music that doesn’t make us feel good!)

Our music CDs – **Guided Imagination, Practice and Thoughts of the Day** – were specifically produced utilizing leading-edge technology in order to help calm and gently refocus the self-critical parts of the brain. The alpha and theta frequency stimulation of the soundtracks help to redirect limited and critical thinking into brainwave patterns that are much more creative and focused. With repeated listening to the audio tracks on our CDs, the mind effortlessly shifts into greater balance and harmony with the body. The re-aligned energies of thought, emotion, and belief are then in greater synchronization with the movements of the body (including the golf swing) and everything else that we do.