

The Place of No Mind and Higher Mind

I had been looking for background music for my meditations. Something with a slow hypnotic beat and a dreamy quality. And of course, royalty-free. Meaning I could use it in any public format without violating copyrights.

I finally found what I was looking for. www.RoyaltyFreeMeditationMusic.com

Noticing the varieties of samples, I was impressed to see selections of music in a Theta Brain State. I knew that was more of a meditative state, and it seemed perfect for what I was looking for.

It was easy to download, and I began listening continually to a certain track. I wanted to get familiar enough with the nuances, subtle sounds, overtones and timing to enhance my meditation. And since we have a healing center, I placed several tracks in the treatment rooms and played them continuously.

Within two days, I began noticing my intuition seemed more refined, accurate, and heightened.

Clients appeared to have deeper, richer healing sessions in the rooms that played the Theta music.

I began to wonder if there were subliminals in the music, but when I went back to the website, there was no mention of that.

I continued to listen to the tracks, and observe sessions in the healing rooms. I asked other practitioners if they were noticing the same things. They confirmed what I had noticed: heightened intuition, faster and more profound healing.

I went back to the website again, and began to study more about the differences in Theta Brain States and Delta Brain States.

According to Christopher Lloyd Clarke B.Sc, Msc.D., meditation music composer and founder of Royalty Free Meditation Music.com, the difference between Delta and Theta Brain waves is a matter of cycles per second. Delta brain waves are the slowest brainwave with up to four cycles per second or two hundred forty per minute. Theta brain waves are the next slowest brainwave at four to eight cycles per second. Delta brain waves occur in a deep dreamless sleep and facilitate cellular healing. Theta brain waves are associated with creativity, dreams and ESP. There is a disengagement of the conscious mind that allows for the free-flow of thoughts and ideas without judgment.

Because of the DNA restructuring that happens in the Delta State, I downloaded some Delta music and began playing that in the treatment rooms. It was a perfect match for our healing work as we facilitate self-healing on the DNA level.

I noticed more clients instantly falling asleep, with less processing. They would awaken refreshed and revitalized, sometimes even unaware of the obvious effects of healing.

My personal experience with Delta music was different from my experience with the Theta music. At first, listening with headphones, I almost felt like a ping-pong ball was bouncing between my ears. I felt distracted by slightly different beats in each ear until suddenly they smoothed out. According to Christopher Lloyd Clarke, this is what binaural beats are all about. Using a tone of, for instance, 500 Hz in the left ear and a tone of 510 Hz in the right ear, the brain discerns the difference of 10 Hz. This difference is formed by the brain and does not allow the two tones to mix. Known as the binaural beat, it is used to entrain the brain to different states. States such as meditation, learning, relaxation, and healing.

I immediately understood the power of intention with Delta music.

My mind was very free flowing until I choose to direct my intention for self-healing, adding that it was for my highest good and healing.

Immediately my body became still and my mind focused on an old pattern within me needing to be healed.

I felt myself going to a state of consciousness that was both No Mind and Higher Mind.

No Mind because I didn't need to direct it or do anything. I was just there.

No Mind because it was a place of non-judgment. Everything just was what it was. I saw everything from a place of neutrality and no charge.

Higher Mind because I felt I had a deeper more profound relationship with my higher self.

Receiving guidance for my highest good and healing, as that was my intention.

And at some point, I went out into a kind of twilight zone---like sleep, but not. Deeply refreshing.

When I came out of this, I felt renewed and restored.

I felt like I'd had a great nap on the beach in warm sun with the sound of waves lulling me.

My eyes looked bright. My skin glowed. I felt energized and alert.

I had to find out more about this music.

So I contacted Christopher Lloyd Clarke, B.Sc, Msc.D., composer and founder of RoyaltyFreeMeditationMusic.com.

Christopher is very passionate about his work and delighted to answer questions about it.

“I’ve always loved music,” he explained. “Even to the point where at the age of four, I stole my sister’s stereo and took it to the garage to play it.”

Music is clearly his life. He even had dreams of whole scores of music, being played by an entire orchestra. Not only would he hear the melody, but he would hear all instruments and understand their scores as they blended together. This became so consuming, he finally had to begin creating what he was dreaming.

Creating his music coincided with his initial practice of meditation fifteen years ago. He began meditating because he didn’t feel he was very clear within himself. He was unhappy in his job and wanting something more.

Three weeks after he began meditating, he knew what he wanted to do. And he did it.

“I quit my job and began creating music for people. I had learned so much from modalities like hypnotherapy, meditation, alternative healing and such, I felt I could utilize that information and create healing music for people.”

Not only was Christopher able to create inspirational, meditative music for people, but he found a marketing niche that few others were even aware of.

Royalty-free. Meaning that once you buy the music, it’s yours to do with what you will.

You can record your own meditations over this music.

You can add intentions or affirmations.

You can sell your meditations or guided imagery with his background music.

Just please, please, please read the licensing agreement so you can give him credit.

Sure, you pay more initially for this music than you would a regular CD. But you have permission to use this. Without paying Christopher every time you sell a download or CD.

For me, not only is it important to have royalty-free meditation music, but this is superb quality. I’ve scoured the web, and Christopher Lloyd Clarke’s has clearly the best meditation music out there. The results we’re seeing in our healing center tell the story. My personal changes are dynamic.

Not only does Christopher create royalty-free music, but he helps people use it. Christopher offers a Free Promotional Service for Guided Meditations. When you create a meditation and use his background music, you can promote it for free on his website: www.The Guided Meditation Site.com.

As if that weren't enough encouragement to try out his music, Christopher also offers discounts for multiple track purchases. Check it out here: <http://www.royaltyfreemeditationmusic.com/Special Offer.html#multipletracks>

And yes, I know this is starting to sound like a Christopher Lloyd Clarke commercial, but for me, there is also one more reason to visit his website and experience his work.

This guy is so totally from his heart.
He understands the consciousness of music.
He connects with the higher mind and the no mind.
He loves what he's doing, and he does it well because he allows it to come from the divine.

He's doing what everyone wants to do.
He's living his dream.

Dr. Christopher Lloyd Clarke, B. Sc, Msc.D
<http://www.royaltyfreemeditationmusic.com>

In loving service,
Phoenix Rising Star