## Introduction and Book Club Reminder

Hi, everybody. It's Tuesday. I'm back. There's that lovely echo that we get every once in a while again. So today, before we had started, we're going to be talking about brain tapping today.

So I thought I'd share with you one of the tools that I love to use. But before we get into that, this Thursday night we have week two of our book club.

You are badass, so it's not too late to join. It's a really, really easy read. So just because we're in week 2, you're not to far behind, it is not late too join, that's something you might want to consider.

## What BrainTap Is and How It Works

And so we talk a lot about meditation in our programs and mindfulness and mindset when it comes to reprogramming some of those pathways that create the cycles that we find ourselves in.

So something that I found super helpful is Brain Tap. And this is the headset. that I have here, hold on, there's a glare. So I their headset and it has a wired connection that you can plug in there.

But you could also use it without the headset. It's free app and then you download, or not download but you subscribe to different programs. What they do is they have some guided meditations on there.

You use them with headphones first. Okay, so it doesn't have to be these headphones. If you're using these head phones, that's great. And I'll show you why in a second.

But it Doesn't Have to Be Those Headphones. So if it's not those headphones and something wired, not wireless, preferably for the least amount of EMFs.

So you can plot, you know, put your headset in and it uses things like tapping. It uses different tone frequencies. There's guided meditations in there.

If you want to do those for you know, whether it just be for meditation purposes or whether its for visualization purposes, whatever the need is. And there's different categories of meditations, different themes, I guess is the best way to put it, that come with it too.

So I'm just gonna share my screen because I think that would be easiest for you guys to see. all the great stuff it has.

## App Features, Bundles, and Pricing

So there's a sleep bundle, SleepRx. There's weight wellness, there is optimal health. If there are different areas in your subconscious that you're hoping to reprogram and retrain.

Stress-free me, so understanding your triggers and regaining your ability to relax. Worry- free me. Let go of past mistakes and future worries. Live in the precious present moment.

Children and learning, there's even a section for that. And you can have two users on your account. So if you wanted all of them, it's $29.99 a month and you cancel at any time.

If you want just the individual bundle, then you could do, for example, the sleep bundle. I do this one all the time, and you can do that for just $9.99 a month.

This is what the app looks like and then you just choose your category. But it's very, very helpful. The reason why we want to be able to relax fully is that's what switches you into that parasympathetic state when your body senses or when it realizes that there's a whole lot of cortisol in the system, a lot stress in this system.

It makes it very difficult and sometimes even impossible To digest to even put you in a mode where your body can heal. Okay. So this is really, really important to be able to do things like this.

They have the wake up ones. It doesn't list that specifically here. But the wake up ones, you can do like a 10 minute wake-up, let's say, sometimes, because I'll use it to go to sleep.

So I use one of the sleep ones. I fall asleep with it. And then it's sitting right there. Sometimes before I get up, I do a ten minute, wakeup one. That's really awesome too.

Then they have the headset, which is what I have here. What I will show you there, and let me take it off screen share real quick. So when you put it on, you see these lights.

So there's color therapy there. And then if I were to connect it to a meditation, You would see that here in this little visor and see this sensors here, lights will come out of there too, for more light therapy.

So it really amplifies the process and makes it a lot more impactful. They have quick 10 minute ones they have 20 minute sessions they all kinds of different ones.

## Headset Demo and Session Types

The ones that I was doing the one I did today was 174 hertz. You know, because each Each sound there's different frequencies right and they all resonate in different ways in the body, so they have 432 hertz 741 396 so there is all different you can do that.

Or you could do guided meditation there are even ones for like if you're training for a marathon Okay, I just saw the iron man. One if there's a health condition that you're struggling with that, you would like help processing through one's coping with cancer say no to cancer diabetes active lifestyle freedom from IBS.

So these are very helpful things, natural Lyme relief. These are helpful, things that will help shift you from a mindset space, okay, to where maybe we're feeding the condition through some of our trauma responses.

I mean, diagnoses like this in and of itself create um trauma right so it can be really helpful fasting for metabolism uh anxiety neuropathy um heart healthy there they have them in different languages now this is if you have the headset you you're you a lot more categories available um so the ones that i'm reading off now are in the head set categories um They have, if you're, you know, menopause is one.

They've just musical journeys. So if want just a musical plays, nutrition, there's one called going gluten free. There's what called ketogenic lifestyle.

there is a pain relief, professional performance. If you are looking to enhance something professionally, there's sports, equestrian, tennis, football, stress relief.

There's even a stress-free childbirth category, which has, let's see, what is it here?

## Specialized Programs and Use Cases

26 different meditations for pregnancy, weight loss after, giving birth preparing for motherhood, reducing stress, transforming contractions into pressure.

So that's pretty cool. There's also, if you want to use it in a little bit more of a specific spiritual way, there's a whole category for Christian meditations.

So Christ-centeredness, Christian weight loss, gospel meditation, balancing your life in Christ. so there is a category there. So you can do a theme like that there's chiropractic themed ones if that's an area where you're struggling.

So it can be really really super helpful the possibilities. or endless there. So it's something that I wanted to share with you. Like I said, I used to fall asleep.

I use it when I'm sitting in my sauna. Then I'll use if I feel really stressed out, you know, in the earlier part of my day and then I am going to eat lunch.

And I don't want to be stressed so I might do a quick 10 minutes on the headset and pick something there to help me relax and switch back into that parasympathetic state so that get myself into any complications when it comes to digesting my food and being able to, you know, be mindful while I'm eating too.

So it can be a really helpful tool depending, in all different ways, depending on where you are in life. what you might be working through at the time.

So it's something that you may want to look into. I'm going to put the link in the chat, or not in chat but in comments. If you want get to that website and you wanna look a little bit deeper into it, it has lots of really helpful information in there.

## Brain Waves, Benefits, and Closing

helps with stress reduction and helps think more clearly, you know, because there's all our brain functions in Britain in all these different wavelengths, right?

So like our beta waves are helping us to wake up and be active. Our gamma waves, are hoping us the concentrate, okay, and to think clearly. Our theta waves are a little bit more of a healing wavelength.

Delta waves or something that we access when we're in a deep sleep and recovery state. And then our alpha waves, are relaxed, but intuitive and creative cycle.

So depending on, you know, if you're sitting down to tackle a project where you need a little bit more creativity than doing something like that, a 10 or 15 minutes, something beforehand could really help to make that time much, much more productive.

So it's just a great tool. You know we have all these tools at our fingertips, but sometimes we don't know about them or know how to use them. how they could be helpful.

So I just wanted to share that with you in case that would be a support for you. We'll be back on again live tomorrow. And we then we have don't forget our book club again Thursday night, you can always message me and I'll post the link to BrainTap in the comments.

If you're interested in learning more, You'll have it right at your fingertips. I will see you all tomorrow