
Subject: Binaural Beats

Posted by [Zart](#) on Fri, 18 Mar 2022 16:14:37 GMT

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Have you tried listening to this for relaxation? I've read about it and thought it could be a great alternative to classical music and mellow songs. It also seems to have a lot of benefits for your mood and focus.

Subject: Re: Binaural Beats

Posted by [Azuri](#) on Tue, 22 Mar 2022 01:46:44 GMT

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I'll be sure to look into it. My current playlists need some time off. I'm all for listening to relaxing music, so I'll give it a shot. Thanks.

Subject: Re: Binaural Beats

Posted by [Leot55](#) on Thu, 24 Mar 2022 11:37:36 GMT

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Huh, this is the first I've run across the idea. I suffer from insomnia. Maybe it'll help. I'll see if I can scrounge up something on YouTube. Do you have a favorite?

Subject: Re: Binaural Beats

Posted by [Spotifier](#) on Thu, 31 Mar 2022 12:50:31 GMT

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That might do me good. I like playing something in the background, but I don't want it to distract me. I'll have to see if it will also improve my mood. It could be a placebo, though it's still worth the shot.

Subject: Re: Binaural Beats

Posted by [The Noise](#) on Sun, 03 Apr 2022 23:10:56 GMT

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I've been hearing a lot about this lately. People want to alter their consciousness through Binaural Beats. That sounds fairly hardcore and a step up from the meditation aspect of it, but I think I'll try listening to some. I have a decent pair of headphones.

Subject: Re: Binaural Beats

Posted by [Csharp](#) on Tue, 05 Apr 2022 03:06:26 GMT

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This is getting so much positive internet press, I have to try it out. It's different but it's relaxing so that's a great sell right there.

Subject: Re: Binaural Beats

Posted by [Rusty](#) on Tue, 05 Apr 2022 14:49:04 GMT

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This binaural beats seems to be another name for space music. Which has been around for awhile. There was a composer of electronic music in the 70's, Isao Tomita that pioneered somewhat electronic compositions. He did some interpretations of classical music. I have his Snowflakes are Dancing album showcasing the music of Claude Debussy. Electronic music evolved into the realm of space music compositions that like the binaural beats are relaxing tones extending into infinity seemingly.

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Subject: Re: Binaural Beats

Posted by [Phonetic Ear](#) on Mon, 18 Apr 2022 02:54:06 GMT

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Rusty wrote on Tue, 05 April 2022 09:49 This binaural beats seems to be another name for space music.

Electronic music evolved into the realm of space music compositions that like the binaural beats are relaxing tones extending into infinity seemingly.

That makes sense. I don't know where I've seen it, but there was music from space that NASA recorded. Although that was more similar to classical music, listening to binaural beats reminds me of outer space.
