

Bilateral Stimulation Audio Track

This provides the instructions for access to an audio track that plays alternating music between left and right channels so that when listened to with headphones it can stimulate your brain bilaterally.

Here is the link to the downloadable .wav file:

<https://drive.google.com/open?id=1vKXo8wfIAkTWMLtp30rDx7E25NNT2zwp>

Audio credit: Bensound – A New Beginning from www.bensound.com.

I've found that it's best to download it and play it directly in a music player as opposed to playing it in the browser. The browser player seems to mix the channels and the left and right distinctions aren't as pronounced.

So if you download it and play from your computer this is what it should sound like: When the left channel is playing the right channel should be completely silent and vice versa, alternating through the song. Hopefully that's your experience too!

If you click on the above link, then click on the download button and save it to your computer or device and have it ready to play during the Trauma Therapy session. Thanks!