

BOWS

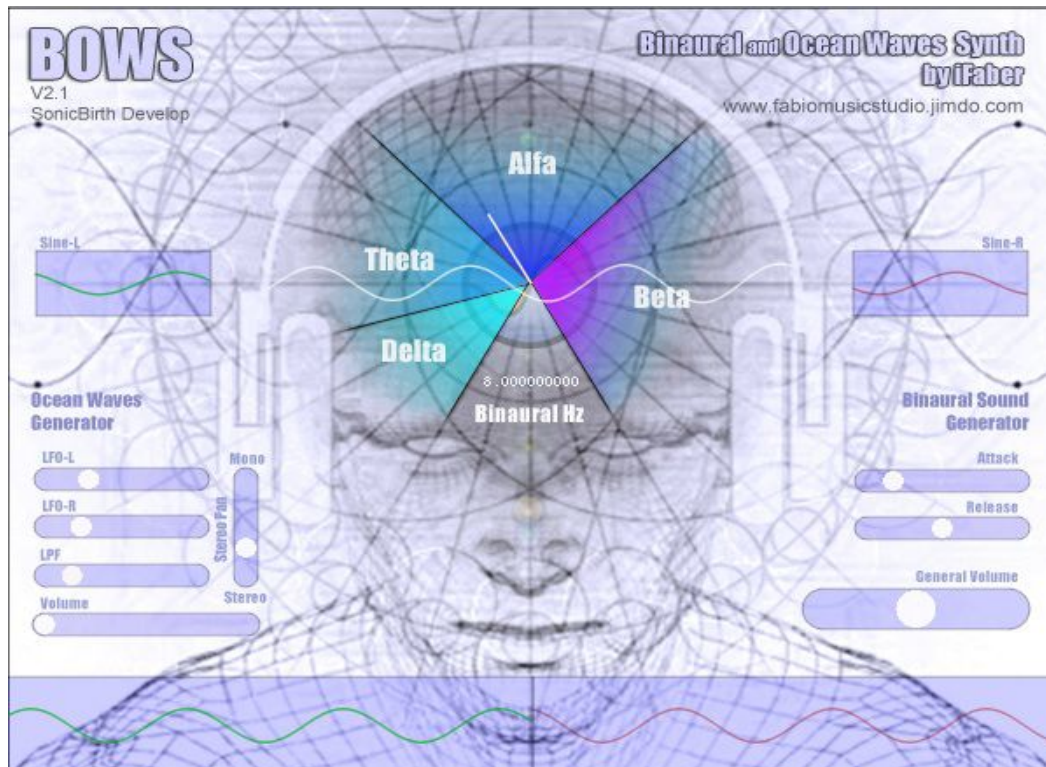
Binaural and Ocean Waves Synth v2.1 (AU - VST) OSX

Develop with [SonicBirth](#)



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BOWS is a synthesizer designed for Sound therapy or Music therapy.
It generates **Binaural Beats** (with midi notes).
Generates the sound of **ocean waves** in stereo.

To generate **Binaural Beats BOWS** using the pitch of the notes send Midi in, doing so gives you the ability to create melodies while **fixing the Binaural frequency** sets.

Binaural Beats are used to synchronize our brainwaves to certain ranges of frequencies for **wellbeing**:

Delta waves (0.1-3 Hz) for deep psycho-physical relaxation, deep meditation.

Theta waves (3-7 Hz) for relaxation, sleep, dreams.

Alpha waves (7-13 Hz) for normal relaxation, yoga practices, eliminate anxiety and stress.

Beta waves (13-20 and beyond Hz) for the concentration, creativity, studio, right mental balance.

The noise **ocean waves** helps a lot during relaxation, sleep, meditation, calming anxiety stress and help sleep, mixed with **Binaural Beats** are of **extreme effectiveness**.

IMPORTANT

These frequencies are very low (0-20 Hz) audible from our ears, but with the **Binaural Beats** our brains not only perceives these low frequencies but manages to synchronize with them, **this is scientifically proven!** For the effectiveness of therapy is **required listening with headphones**.

HOW TO USE

BOWS gives you the ability to measure and adjust to your taste the following functions:

In the central part "**Binaural Hz**", you can set the exact **Binaural frequency** to synchronize your brain by choosing the desired ranges:

- **Delta** (0.1-3 Hz)
- **Tetha** (3-7 Hz)
- **Alpha** (7-13 Hz)
- **Beta** (13-20 and beyond Hz)

In the "**Ocean Waves Generator**" (left are):

- **LFO-L** (Low Frequency Oscillator-Left) modules the frequency (speed) of the left channel wave.
- **LFO-R** (Low Frequency Oscillator-Right) modules the frequency (speed) of the right channel wave.
- **Stereo Pan** (Stereo to Mono) adjust the stereo panorama of waves generated.
- **Volume**, set the total width of the "**Ocean Waves Generator**".

In part "**Binaural Sound Generator**" (right are):

- **Attack** set the sound attack Binaural beats.
- **Release** set the release of Binaural beats sound.
- **General Volume** set the total width of the out the synthesizer.

SPECIFICATIONS

- 2 Sinusoidal Oscillators
- 2 White Noise Generators
- 2 Low Frequency Sine Wave Oscillators
- 1 Low pass filter
- 5 viewers of various waveforms
- 1 Midi input
- 1 Output (stereo)

INSTALLATION

First:

Copy "**SonicBirth.frameworks**" to

"Macintosh HD/Library/Frameworks"

(This is important because BOWS created with SonicBirth and needs his frameworks).

To used AU (Audio Unit)

Copy the file "**BOWS.component**" to:

"Macintosh HD/Library/Audio/Plug-Ins/Components"

To used VST (Virtual Studio Technology)

Copy the file "**BOWS.vst**" to:

"Macintosh HD/Library/Audio/Plug-Ins/VST"

After:

Insert the plugin into a virtual instrument track (on a Stereo track).

ps. If you liked bows make a small donation to my site, thanks...

Further reading:

http://en.wikipedia.org/wiki/Binaural_beats

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