

Using this top of the line Light&Sound relaxation device is very easy. It really is. We do however, strongly suggest the following preparation before you get to the “easy” part:

1. Do, get acquainted with Light&Sound relaxation and all it’s about. You can do this via information on the internet thru our or other web sites, or via books available on the subject.

2. Do, please take extra care to read about the warnings inside the front cover, the warnings are there as important information, seriously aimed at informing and protecting you and your loved ones.

## To set up

**Step 1.** Choose a comfortable sitting area.

**Step 2.** Connect the glasses into the LIGHT jack and the headphones into the SOUND jack.

## To play a session

**Step 1.** Turn the Nova Pro 100 unit on: press the ON switch on the left side of the unit.

**Step 2.** Press the SELECT switch to cycle thru the session categories.

Stop at the category you want.

**Step 3.** Press the UP and DOWN switches to cycle thru the sessions in the selected category. Stop at the session you want.

**Step 4.** Press PLAY.

The Nova Pro will start a 10 second countdown before starting to play the session.

Connect yourself to the Nova Pro 100 by putting the glasses and headphones on and explore the light intensity level (with your eyes closed) and volume control level until you find your personal comfort level (brighter and louder is not better).

**Step 5.** Close your eyes and get comfortable. Sit back and enjoy.

## To pause or stop a session

To **pause** a session, press PLAY. The right hand decimal point appears on the display. The session will now **pause** and play only the segment parameters that were playing when you paused it. To continue a session after pausing, press PLAY again.

To **stop** a session double click on PLAY.



## NOVA Pro 100 Owners Manual



# Setting Ramps

Ramps (smooth changes of pitch and frequency) can be set in the manual mode on the Nova Pro 100. This feature is in the manual mode OPTIONS function. Press DOWN from P01 to oPc, press ENTER. At the end of the countdown the Nova Pro is in the manual mode. Press the SELECT switch to OPTIONS. The ramp time display comes on displaying “rno” (no for no ramp) mode. Use the up key to reach the desired ramp time. The r00 display is an immediate response ramp at zero time, r30 is 30 seconds, r02. is two minutes. Frequency and pitch changes are not executed immediately, instead a ramp of the specified time is started when ENTER is pressed. The display shows the commanded ramp target, with a blinking select LED while you are adjusting the parameters. After 15 seconds it reverts to the current value.

## To enter a ramp:

**Step 1.** Select a ramp time.

**Step 2.** Enter the commanded ramp target frequencies and pitches.

**Step 3.** Press ENTER to execute the ramp.

Note: Ramps can also be commanded via the COM port.

# General notes about the displays

There are 10 LEDs and a 3 digit display to give you information about what the Nova Pro 100 is doing.

The two LEDs at the bottom, FUNCTIONS and SESSIONS tell whether you are viewing a session function or session selection.

The 8 top LEDs tell which session category (in SESSIONS select) or which session function (in FUNCTIONS) is being displayed.

The LEDs blink for special modes of operation:

- When parameters are being selected for PPP.
- When commanded parameters are displayed instead of current parameters (for ramps).

# Table of contents

## Quick start

Read this first	Inside Front Cover
Battery information, Warranty	Inside Back Cover
Quick start	Outside Back Cover
Components, Features drawing	Page 2
About the sessions	Page 3
How to play a session	Page 3
Session library guide, short overview	Page 4,5,6
Relaxation Session Category	Page 7,8
Meditation Session Category	Page 9,10
Sleep Session Category	Page 11,
Learn Session Category	Page 12,13
Energize Session Category	Page 14,15
Visualize/Create Session Category	Page 16,17
Entertain/Fun Session Category	Page 18
Special Session Category	Page 19,20

## Advanced functions

Adjusting session time	Page 21
Manual mode “oPc” session	Page 21
Personal preference program setting	Page 22
Tone choices, Pitch choices	Page 23
Frequency choices, Phase choices	Page 24
About binaural beats, Dual binaural beats	Page 25
About downloading sessions	Page 26
About Light/Sound Designer	Page 26
Real time control via COM port	Page 27
Microphone input	Page 27
AudioStrobe	Page 27
Setting up ramps	Page 28
General notes about the displays	Page 28

# About “dl” (downloading) sessions

The Nova pro 100 has room for up to 100 downloaded sessions, or a total of 1000 segments of storage space, that can be added via the cable from your computer. The download choices are controlled from the PC with either Light/Sound Designer or Light/Sound Librarian. With the Nova Pro 100 you received the free L/S Designer software. The L/S Librarian and the additional session libraries we offer are free to download from our web site <www.photosonix.com>. Both L/S Designer and L/S Librarian give you the choice of which category you want to download the sessions into. The downloaded sessions are displayed in each category above the built in sessions (like the relaxation category built in sessions are displayed as r01-r15). When you download sessions they will be displayed with a period after the category designation. Example: sessions downloaded in the relaxation category will be displayed as r.01, r.02 etc through the number of relaxation sessions downloaded.

**User tip:** Use L/S Librarian to print a list of the sessions you are downloading. Keep the list as a reference of the current dL sessions in your system. Make a separate library file for each download category.

## Light Sound Designer™

Light/Sound Designer 100 is a program for the PC with Windows, that allows you to design sessions in a spreadsheet format on the PC, save them to disk, display them graphically, and download them to the Nova Pro 100 via a COM port of the PC. Mac users need to purchase an adapter, please visit the downloading page on our web site for more information.

The L/S Designer for the Nova Pro 100 has 100 sessions with it. The sessions are included as a variety of examples for you to look at in detail (LS Designer displays every session's segment and the corresponding segment parameter). These sessions can be altered to your personal preference, saved and downloaded into the NP 100 as a download session. You can also use LS Designer to design new sessions.

Light/Sound Designer is available for download from our web site. Please contact us for the current downloading URL as it changes as we upload new pages to our web site.

You also received a COM port cable. The cable is a 9 pin serial (female) port. Information on current adapters to USB port is available on the downloading page on our web site. One we have tested is made by Keyspan, the part number is 19HS

Computer manufacturers do not label the ports but LS Designer (and Librarian) will tell you if a port is found when attempting to download. More documentation is on line and in the HELP files.

# About the sessions

The 100 sessions in the Nova Pro 100 combine the rhythm, pitch and musical effect of sound with kaleidoscopic effects from light stimulation to encourage relaxation and mood changes. The effects can vary from energizing thru meditative to sleep-inducing depending on the type of stimulation, just as music can produce any of those effects.

The session names and descriptions relate the effect that was intended for the session — different persons will experience different actual effects, and the effect may vary from day to day.

The titles give a general guide to the type of effect that can be expected. Some of the sessions use fast-changing microloop sequences to give special effects.

The sessions are grouped by different general objectives, and the running time and primary tone selection are given for each session.

In the study of mental states through the electroencephalogram, four different states or types of waveforms have been characterized by neurologists:

Beta	13-30+Hertz	Awake and alert
Alpha	8-12 Hertz	Relaxed
Theta	3-7 Hertz	Reverie, Imagery, near sleep
Delta	0.5-2 Hertz	Sleep

A session's general aim is to help you reach one of those states. Although different frequency combinations in any one session will work differently for many individuals the above are the four general categories and the frequency range which they fall into.

## To play a session:

To play a session all you need to do is turn the NP100 on, plug the light frames and the headphones, select a session and press PLAY. The system will count down for 10 seconds and start to play the session. **Close** your eyes, put on the light frames and the headphones, sit back and enjoy. It really is that simple.

**USER TIP:** We strongly suggest that you adjust the light intensity and the sound volume to your personal comfort level **before** playing a session. Brighter and louder is **not better**.

**Always** keep your eyes **closed** during a session. If this is your first experience with photosonic (Light/Sound) stimulation, start with the short or half hour sessions once a day or several times a week. Don't overdo it — an hour a day is tops. Experiment and find the sessions that work best for you.

**OPTIONAL:** Via the enclosed patch cord, you can connect your NP 100 EXT jack to a music source (tape, CD player) and listen to your favorite music while enjoying the session.

# Frequency choices

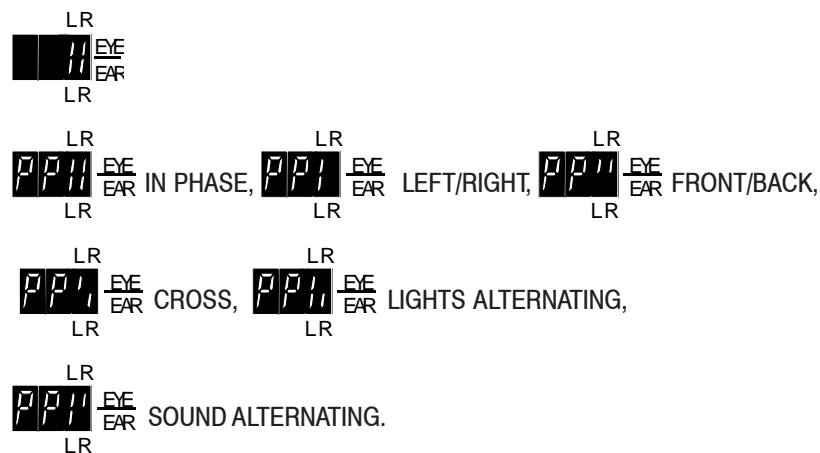
Stimulation frequency is also extended downward by two octaves, from one hertz to 1/4 hertz. Three new frequencies, 3/4, 1/2 and 1/4 hertz (only three frequencies, but it is two octaves). Frequencies go in steps of 1/4 hertz through 2 hertz, 1/2 hertz through 10 hertz,

1 hertz through 20 hertz and 2 hertz through 42 hertz.

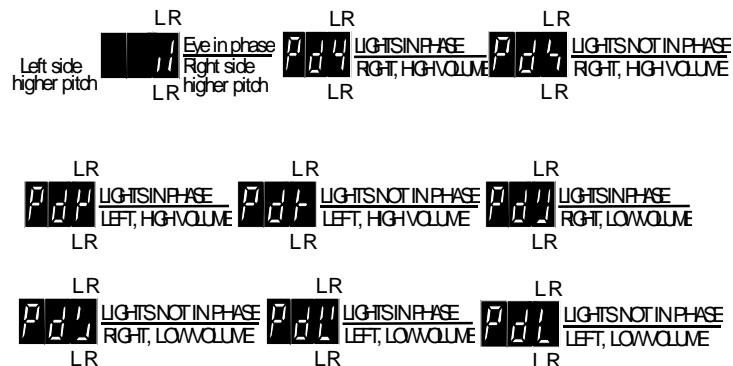
The Schumann resonance at 7.83 hertz is also included.

# Phase choices

In PF, PS, PC and bb tone PHASE controls which eyes and ears are on at the same time.



In dbb and dSb tone PHASE controls which eyes are on at the same time, and also the sound generator #2 controls.



# Session library guide

## Sleep

Session	Time	Frequency Range	Tone
1. Relax into Sleep	43 min	1-12Hz	tone
2. Pleasant Dreams, Sleepy Head	37 min	2.5-10Hz	dbb
3. Knockout!	42 min	1-14Hz	dbb
4. Catnap	34 min	3-16Hz	dbb
5. Mr. Sandman	37 min	3-16z	dbb
6. Deepsleep	42 min	.50-8.50Hz	dsb
7. Zonko	45 min	1-10Hz	tone
8. Taps	23 min	1-15 Hz	tone
9. Quick Nap	44 min	2-15Hz	dsb
10. TKO	45 min	1-10Hz	mixed

## Learning

Session	Time	Frequency Range	Tone
1. Quick Pre-Study	15 min	4-12Hz	dbb surf
2. Quick Post-Study	16 min	1-12Hz	dbb surf
3. Assisted Suggestion Assimilation	51 min	6-12Hz	bb surf
4. Learning Preparation	28 min	4-20Hz	tone
5. Logical Learning	40 min	4-24Hz	dbb
6. Language Learning	44 min	5-12Hz	dbb
7. Memory/Recall	30 min	4.5-14Hz	bb surf
8. Focus	5 min	10-24 Hz	dbb
9. Unstick	10 min	1.5-24Hz	dbb
10. Theta Conditioning	22 min	1-20Hz	tone
11. Total Recall	43 min	1-20Hz	dbb
12. Baroque Beat	43 min	1-24Hz	dsb
13. Accelerated Learning	44 min	5-16hz	tone

## Energize

Session	Time	Frequency Range	Tone
1. Pre-Workout	18 min	1-21Hz	dbb
2. AM Pumper	17 min	1-14Hz	dbb
3. Afternoon Power Booster	24 min	2-24Hz	tone surf
4. Revup	5 min	7-42Hz	dbb
5. Varoom	10 min	1-42Hz	dbb
6. Wired	5 min	21-42Hz	dbb
7. Napznap	30 min	2.5-28Hz	dbb
8. Turbo	15 min	10-34Hz	dsb
9. Sportswave	30 min	16-30Hz	tone
10. Alpha Beta Corridor	43 min	1-36Hz	dbb
11. Beta2	43 min	1-40Hz	dbb
12. Hi N-R-G	18 min	1-30Hz	dbb
13. UMPH	23 min	14-42Hz	dbb

# Personal preference setting:

All parameters in the NP 100 have built-in default values that are in effect until you change them. Some selections, can be distinctly personal and you may prefer some value other than the built-in value. The **PERSONAL PREFERENCE PROGRAM** setting is where the system remembers your choices.

You can select a session you like the best and enter it in the PPP setting and the Nova Pro 100 will remember the setting and always come up with that session when turned on. For example, if you want to select Relaxation session 3, just manipulate **SELECT**, **UP** and **DOWN** in the PPP setting until those parameters display the values you want. To reach the PPP setting press **DOWN** from P01 until **PPP** (Personal Preference Program) is displayed. Then press **PLAY** - the session category **LED** will blink. Use the **SELECT** key to choose a session category and the **UP** and **DOWN** keys to scroll and choose a session. Press **PLAY** when you have chosen the session you want as a default session.

Two other important parameter choices in the personal preference setting are in the options selection. In this selection you can disable the gentle on-off option. This also is where you chose between the automatic power shut off being computer controlled or manually controlled. The following are the 4 choices:



Gentle on-off is ON, computer controlled power shut off.



Gentle on-off is ON, operator controlled power shut off.



Gentle on-off is OFF, computer controlled power shut off.



Gentle on-off is OFF, operator controlled power shut off.

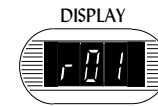
After session select, PPP allows you to also select parameters that take effect in the manual mode "oPc" if you wish for these parameters to be remembered. When you press enter after selecting a personal preference session the display will display the first parameter you can change (FREQ 1). Use the **UP** and **DOWN** keys to cycle thru the choices, press **SELECT** when the display has the choice you want. The display moves to the next function that can be changed (the NP 100 will skip parameters that can't be changed). Press **SELECT** when you have made a choice and so on.

Select each parameter in turn that you want to control, and use **UP**, **DOWN** to get the value that you want. These values take effect in the manual mode. You can cycle thru all the parameters again with **SELECT** to be sure everything is the way you want it. Don't worry about mistakes, they are easy to correct. Double click **PLAY** when done. Your personal preferences will be recorded, and will come up whenever the system is turned on.

**User tip:** We often receive calls from customers asking if the built in sessions can be changed via the PPP setting. The answer to that is no, this is what Light & Sound Designer and the downloading capability are for. Rest assured, you can not change or damage the built in sessions.

# Session Choices, Relax:

- TIME  RELAX
- TONER  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
- FUNCTIONS



- 1. Relax Break** **15 min, pulsed surf, 5-21 Hz**  
Beginning at 21 Hertz and ramping to Theta over 3 minutes, remaining in Theta for 9 minutes, then returning to refreshed and energized awareness. Use instead of a coffee break. (Sorry, Juan Valdez.)
- 2. Relax and Back** **46 min, dual binaural beats 3-14 Hz**  
This session begins at 16 Hertz and ramps into the Alpha/Theta range for light to medium relaxation, then on down to Delta for deep relaxation. It ends with a return to relaxed alertness.
- 3. Power Relaxation** **15 min, dual binaural beats 10-11 Hz**  
This is relaxation for the physical body. Use after a workout or strenuous physical activity.
- 4. Stress Killer** **36 min, dual binaural beats/surf 2-11 Hz**  
A combination of pleasing tones and alpha/theta relaxation for relief from the feeling of being stressed out or emotionally upset.
- 5. Gates of Calmness** **27 min, mixed, 3.5-12 Hz**  
Classic Alpha/Theta relaxation in alternating modes. A "general purpose" relaxation session.
- 6. Calmdown** **5 min, dual binaural beats, 2.5-18 Hz**  
Calm your jangled nerves and reduce emotional strain with this rolling alpha/theta wave soak. Use after a stressful and upsetting event as a quick balancer.
- 7. Daily Escape** **10 min, dual binaural beats, 7-12 Hz**  
Take a break, relax, and escape from a stressful day. Great for a quick breaktime.
- 8. Timeout** **5 min, dual binaural beats, 4-15 Hz**  
Take "Timeout" and experience a relaxed mood in just five minutes with calming rhythms and soothing tones that ebb and flow.
- 9. Waves of Calm** **10 min, dual binaural beats, 7.83-12 Hz**  
Experience waves of calmness with this peaceful, smooth and relaxing session. Use it whenever you need to relax quickly.

# Session Choices, Special:

## 9. Left Hemisphere

**20 min, dual monaural beats, 7-42 Hz**

This session stimulates the left hemisphere and subdues the right. For linear/logical thinking.

## 10. Right Hemisphere

**18 min, dual monaural beats, 7-42 Hz**

This session excites the right hemisphere while calming the left. Great for creative thinking.

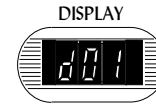
## 11. Increase Personal Magnetism

**43 min, dual binaural beats, 3-42 Hz**

Personal magnetism is increased by feeling better about oneself and by increasing personal energy. This program is designed to assist with this, use before public appearances, speeches and gatherings.

# Session Choices, Meditate:

- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
- FUNCTIONS



## 1. Meditation of Earth

**32 min, pulsed tone, 4-24 Hz**

Multi-mode meditation featuring the Schumann resonance frequency of 7.83 Hertz and its harmonics.

## 2. Earth Grounding

**33 min, dual binaural beats, 4-24 Hz**

Uses the Schumann resonance and its harmonics with dual binaural beat tones set at chord intervals of fifths (frequency ratio 3 to 2) on the Just scale. The chord interval of a fifth is known in Eastern cultures as the "Heaven and Earth Interval". A powerful earth meditation.

## 3. "om" Meditation

**33 min, binaural beats/surf, 4-24 Hz**

Meditate with the soothing cosmic sound of surf combined with the Schumann resonance and its multiples as offset frequencies.

## 4. Mind Awake, Body Asleep

**43 min, dual binaural beats, 2.5 - 15 Hz**

This program creates a dynamic state in which the body is resting and the higher mind is awake. It is similar to sessions that have been used to promote oobe (out of body experience) states. See "Awakening mind" by James Mann.

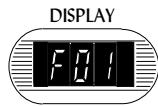
## 5. Chakra Balancing Meditation

**38 min, dual binaural beats/surf, 7,14 Hz**

The first two minutes are spent in frequency ramps to aid in focussing. Then after a short blackout the tone changes to binaural beats with surf, and the exercise begins. The Chakras are meditated upon one at a time, beginning with the base, then the genital, solar plexus, heart, throat, third eye, and finally the crown. A four octave microloop introduces each meditation period, which moves through four octaves at one minute intervals. The octave sequence used for each chakra is based on the traditional note for that chakra, and the binaural beat offset frequency is set to 7 Hertz for theta meditation. Instruction in chakra meditation is beyond the scope of this manual — the meditation should be learned first, and this program used as an accompaniment.

# Session Choices, Entertain/Fun:

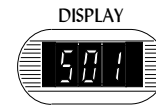
- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



- 1. Black Hole** **19 min, dual binaural beats, 1-42 Hz**  
 Take a wild voyage deep into your mind amid swirling dual binaural beats. Great with or without your favorite “outer space” music.
- 2. Primal 3’s and 1’s** **27 min, dual binaural beats, 3-36 Hz**  
 Experience the mystic powers of 3 and 1 — all offset frequencies are 1 Hertz, 3 Hertz or a multiple of 3. Use for the “primitive spiritual” feeling. This program is very musical and is best used without additional music.
- 3. Nirvanaphoria** **35 min, binaural beats/surf, 1-24 Hz**  
 Microloops of binaural beats with surf and octave pitch progressions lead to the final 9 minutes of blissful energy-giving relaxation.
- 4. Orbital Motion & Spin** **25 min, dual binaural beats, 3.5-12 Hz**  
 A microloop adventure of movement and rhythm. While binaural generator 1 provides alpha/theta relaxation, generator 2 orbits at 7.83 hertz into the headphones. The binaural beats are built on 960 Hertz, the crown chakra frequency in the spiritual octave.
- 5. Photo Coaster** **16 min, dual binaural beats, 1-42 Hz**  
 All aboard for the Photosonix photocoaster — Hand over an “E” ticket and fasten your seat belt.
- 6. Mr. O’s Wild Ride** **28 min, surf, 1-42 Hz**  
 A wild journey with motorcycle sounds. Hold on and have fun!
- 7. Sensual Magic** **15 min, dual binaural beats, 7-42 Hz**  
 This program uses beta range stimulation in the four octave pitch tones of the chakra associated with sexuality. Be sure the right person is the first one you see when the session ends.
- 8. Kaleidoscope** **40 min, pulsed tone, 1-40 Hz**  
 An exciting session offering experience with kaleidoscopic color patterns.
- 9. A Muse Ment Park** **27 min, mixed, 1.5-40 Hz**  
 Unexpected twists and turns give a lively feel to this fun and games session.
- 10. Salt ‘N’ Pepper** **10 min, dual binaural beats, 1-42 Hz**  
 Remember the Salt ‘N’ Pepper shaker carnival ride? Get wild with this light/sound adaptation.

# Session Choices, Sleep:

- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



- 1. Relax into Sleep** **43 min, pulsed tone, 1-12 Hz**  
 A classic sleep program — starts at 12 Hertz and ramps to delta frequencies, while reducing stimulation levels. Use as a sleep trainer.
- 2. Pleasant Dreams, Sleepy Head** **37 min, dual binaural beats, 2.5-10 Hz**  
 Experience how quickly and easily you can drift off to sleep with the power of dual binaural beats. Feel free to remove the headphones and goggles when you become very drowsy.
- 3. Knockout!** **42 min, dual binaural beats, 1-14 Hertz**  
 A powerful sleep trainer. Use when an effect stronger than S02 is needed.
- 4. Catnap** **42 min, dual binaural beats, 3-16 Hz**  
 Ramps deep into delta and stays for 18 minutes, followed by a return to refreshed awareness.
- 5. Mr. Sandman** **34 min, dual binaural beats, 3-11 Hz**  
 Dual binaural beats make this sleep trainer powerful and effective. Begins in alpha and ramps to delta. You can remove the glasses and headphones when you become very sleepy.
- 6. Deepsleep** **37 min, dual monaural beats, .50-8.50 Hz**  
 A sleep session using dual monaural beats. Good night.
- 7. Zonko** **45 min, pulsed tone, 1-10 Hz**  
 A starlight special sleep session.
- 8. Taps** **44 min, pulsed tone, 1-15 Hz**  
 A traditional light/sound sleep assist, ending with stimulation fading out at 1Hz.
- 9. Quick Nap** **23 min, dual monaural beats, 2-15 Hz**  
 A 5 minute descent into a 16 minute nap, with a quick return to energized wakefulness.
- 10. TKO** **45 min, mixed dbb/bbs, 1-10 Hz**  
 This is "Technological Knock Out", a high tech sleep aid. Who needs those sleeping pills

# Session Choices, Visualize/Create:

- TIME  RELAX
- TO NE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
  
- FUNCTIONS



## 1. Music Creativity

**23 min, pulsed chord, 3-24 Hz**

Pulsed chord progressions create a musical effect while providing creative microloop stimulation in the alternating mode. The latter part of the program uses ramped tones with phase changes for inspiring effects. Use before playing your favorite musical instrument, or just for general inspiration.

## 2. Hyper Alert Creativity

**28 min dual binaural beats 20-40 Hz**

Beginning in mid-Beta and moving to high Beta, this program promotes a hyper-alert state of awareness. It is energizing while sharpening perception and stimulating creative thinking.

## 3. Problem Solving

**28 min pulsed surf, 7.8-30 Hz**

Stimulation in the Alpha and Beta range, in alternating modes. Let the problem fall away during the session, and return to it at the end to see if a solution was inspired.

## 4. Imagination Stimulation

**52 min dual binaural beats, 5-42 Hz**

Begins with a sequence of five second changes in pitch and moves into ramps and steps. Make an effort to stretch your imagination during this session.

## 5. Quick Inspiration

**16 min, pulsed chord, 4.5-12 Hz**

A microloop with 4 second stepped changes moves thru the alpha and theta ranges to encourage a mood of relaxed creativity.

## 6. Active Visualization

**31 min, dual binaural beats, 4-12 Hz**

Dual binaural beat sounds with offset frequency and pitch ramps in a constant alpha/theta stimulation range. Use with or without goggles.

## 7. Mental Image Development

**22 min, pulsed tone, 4.5-42 Hz**

A pulsed tone variation of session C06, for variety and different tastes.

## 8. Dreamy Visuals

**47 min, dual binaural beats/surf, 4.5-11 Hz**

Stepwise progressions (no ramps) dominated by soothing theta relaxation and its dream-like images.

# Session Choices, Learn:

## 8. Focus

**5 min, dual binaural beats, 10-24 Hz**

Prepare yourself for tasks that involve focused attention and concentration.

## 9. Unstick

**10 min, dual binaural beats, 1.5-24 Hz**

Get unstuck from mental loops, emotional loops and circular thoughts. Dual binaural beats, ramping pitches and smooth changes help to get you focused, calm and ready to create. A "feel good" session.

## 10. Theta Conditioning

**22 min, pulsed tone, 1-20 Hz**

A deep relaxation/learning session targeting the theta range. Good for use with personal improvement tapes or CDs.

## 11. Total Recall

**43 min, dual binaural beats, 1-20 Hz**

Pick out something you are trying to recall, a forgotten event, the name of someone, the circumstances regarding an event. Start by going back in time, to the time which you have forgotten and wish to remember. Play music from the era which you wish to recall.

## 12. Baroque Beat

**43 min, dual binaural beats, 1-24 Hz**

Some say baroque music is the ideal background for advanced learning. This session uses dual binaural beats in counterpoint, the main features of baroque music. Try using it with Baroque music, you may be amazed by this dynamic duo!

## 13. Accelerated Learning

**44 min, pulsed tone, 5-16 Hz**

Classical light/sound accelerated learning, for relaxation and retention.