



Duration: 30 minutes **Eyes:** closed **Headphones:** mandatory!

What is so special about this program? *At the beginning*, this session alternately stimulates both ears, and then each ear with its own changing frequencies! For example, sometimes there are exactly 12 impulses per second for the left ear and only 9 impulses for the right ear, and a few minutes later it is exactly the other way around... It sounds challenging, and it is: this acoustic "double tactic" captures all those restless spirits that don't easily settle down to a meditative 8.5 hertz.

Who is it best suited for? For people who suffer from restlessness and have difficulty switching off properly: "**Peace for restless minds.**"

What does this program consist of? Calm spherical sounds and asymmetrical isochronic beats at the beginning of the program, which then pulsate symmetrically after 10 minutes, characterize this session. At the beginning, both ears go "up and down" differently, through deeper beta or through the alpha zone, and then come together at 8.5 hertz...

When to listen? Whenever you feel like it...

How **to listen?** While sitting or lying comfortably.

What to pay attention to while listening? At the beginning, you will be very interested in following the "wandering" sound effects, but then at some point you will start to detach yourself from them and ignore the beats more and more. And as always, start at the beginning and only stop at the end!

When will I feel the effects? How will I recognize them? After 10 minutes, you will feel relaxed. You will recognize this by your calm breathing and the thoughts you will have.

How often should I listen to it? Once a day at most. Anyone who has been to the Garden of Eden 10 times can then try one of our indescribable Zen sessions...

What could I do wrong? Not using headphones would be extremely disadvantageous.

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