

This study compares the effects of two versions of a soundscape. The goal of the soundscape is to help create and maintain an altered state of consciousness, a deep meditative state characterised by strong theta brainwaves. The brainwave entrainment in the original version of the soundscape relies on the method of sonic driving in traditional shamanic journeys and the method of rhythmic entrainment in the works of Jeff Strong. In addition to these methods, the alternative version also features binaural beats pulsating in sync with the tempo of the drumming. You will be randomly selected one version to listen to.

The estimated survey completion time is 35 minutes, including the 20-minute listening part.

What is shamanic journeying? Shamanic journeying aims to take participants on a trip to a nonordinary reality, traditionally through drumming. Participants are often encouraged to ask for clarity on a specific personal question at the start of the journey.

How is this soundscape different from the traditional form? You will hear audio of drumming largely based on the traditional form, but with additional sound textures and more diverse rhythms.

What are the binaural beats in the alternative soundscape? Listening to binaural beats is proposed to alter the state of mind by entraining selected brainwave rhythms. In principle, binaural beats and shamanic drumming are similar in how they use monotone pulses, however, as binaural beats are a perceptual phenomenon in the brain, they need to be listened to through headphones. As binaural beats is still a new technology to research, I would discourage the following risk groups to take part in the study:

- Epileptics
- Pregnant women
- Those wearing a pacemaker
- Those prone to seizures

If you fall into one of these groups or have concerns in regards to binaural beats, sonic driving or are sensitive to unknown sounds, please do not participate in the study.

Parts:

Before listening (1 min)

- tell me a bit about yourself and how you feel before the journey;

Listening (20 min)

- listen to the randomly selected soundscape with eyes closed;

Conditions:

- your environment has to be comfortable, safe and undisturbed throughout the listening;

- you have to avoid eating for at least two hours before your listening to make sure your body is not concentrating on digestion;
- you have to use headphones;

After listening (9 min)

- tell me your experience on the journey;

Your responses will be collected anonymously. However, you will be asked to give yourself a nickname so you can refer to it in an email to me if needed. If you participate in the study multiple times, please use the same nickname.

This data will be analysed for scientific research purposes, and the results may be disseminated through conference presentations, publications and public engagement events.

By submitting this survey you are providing consent to participate in this study.

The survey closes on 30 June 2020.

Before listening

- * 1. Please give yourself a random nickname:

*** 2. Which category below includes your age?**

☐ Under 18

☐ 18-24

☐ 25-34

☐ 35-44

☐ 45-54

☐ 55-64

☐ 65+

*** 3. What is your gender?**

☐ Female

☐ Male

Other (please specify)

*** 4. What is your current religion or belief, if any?**

*** 5. How often do you meditate?**

☐ Often

☐ Sometimes

☐ Rarely

☐ Never

If you meditate, please provide some details about your techniques:

*** 6. Have you used any mood altering substances including caffeine or alcohol in the last few hours?**

☐ Yes

☐ No

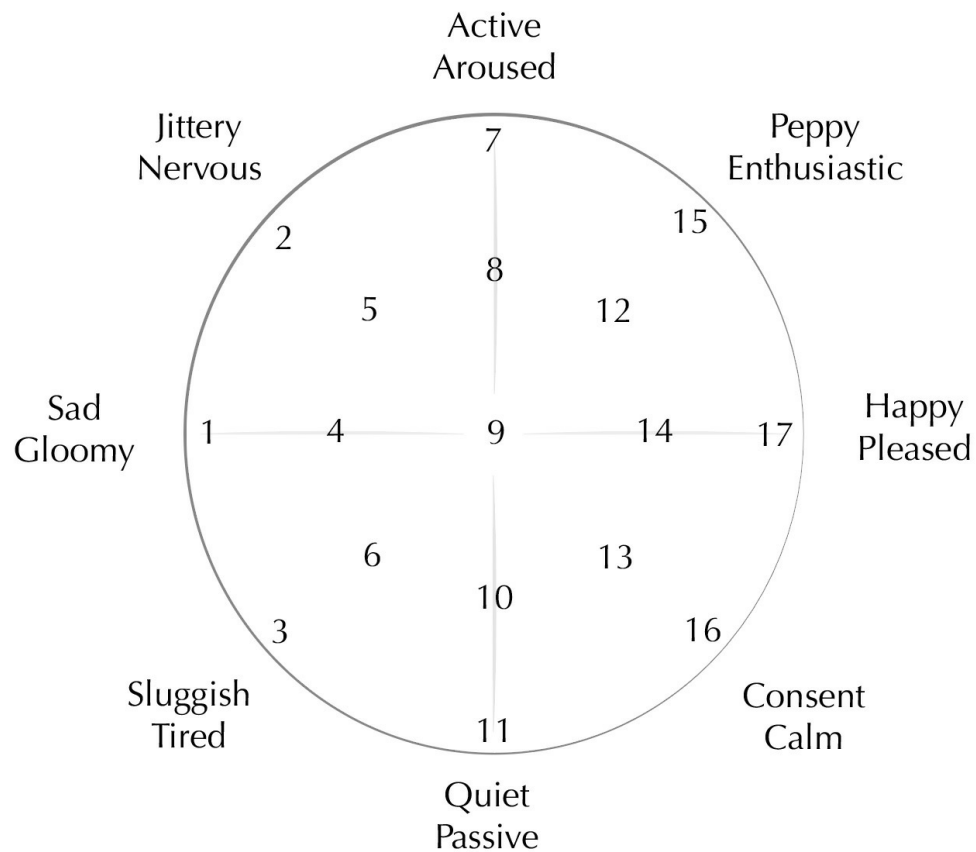
If yes, please specify (optional):

*** 7. How focused do you feel now?**

Not focused

Focused

*** 8. Choose a number from the circle below to indicate how you feel:**



*** 9. I understand that for the listening part**

- ☐ my environment needs to be comfortable, safe and undisturbed;
- ☐ my body should not concentrate on digestion;
- ☐ I need to use headphones;
- ☐ that one soundscape contains binaural beats.

Listening

Find a comfortable place where you will not be disturbed for 20 minutes.

Sit or lay down, relax all your muscles, especially in your tongue and behind your eyes and think about a personal question you would like to seek clarity on. You will not have to share this question in the survey. Examples of questions could be: "Why is my relationship with X and Y difficult?" Or, "How can I encourage myself to eat a healthy diet?"

The soundscape starts from level 16 and finishes at level 0. When you reach level 0, open your eyes and carry on with the survey.

While listening, occasionally remind yourself of the question you would like to seek clarity on.

Start the audio now by pressing the play button below.



As you can see on the waveform in the audio player, the music towards the end will slightly increase in volume. Please adjust your volume to a comfortable position.

Note 1: If for any reason you cannot see the audio player, please play the audio from this Soundcloud account: <https://soundcloud.com/user-713249126/khofstadter-shamanic-soundscape-jester>

Note 2: Make sure your device does not pause the music when it goes into sleep mode.

Ready?

Close your eyes and let the music sink inwards.

Find a comfortable place where you will not be disturbed for 20 minutes.

Sit or lay down, relax all your muscles, especially in your tongue and behind your eyes and think about a personal question you would like to seek clarity on. You will not have to share this question in the survey. Examples of questions could be: "Why is my relationship with X and Y difficult?" Or, "How can I encourage myself to eat a healthy diet?"

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Note 2: Make sure your device does not pause the music when it goes into sleep mode.

Ready?

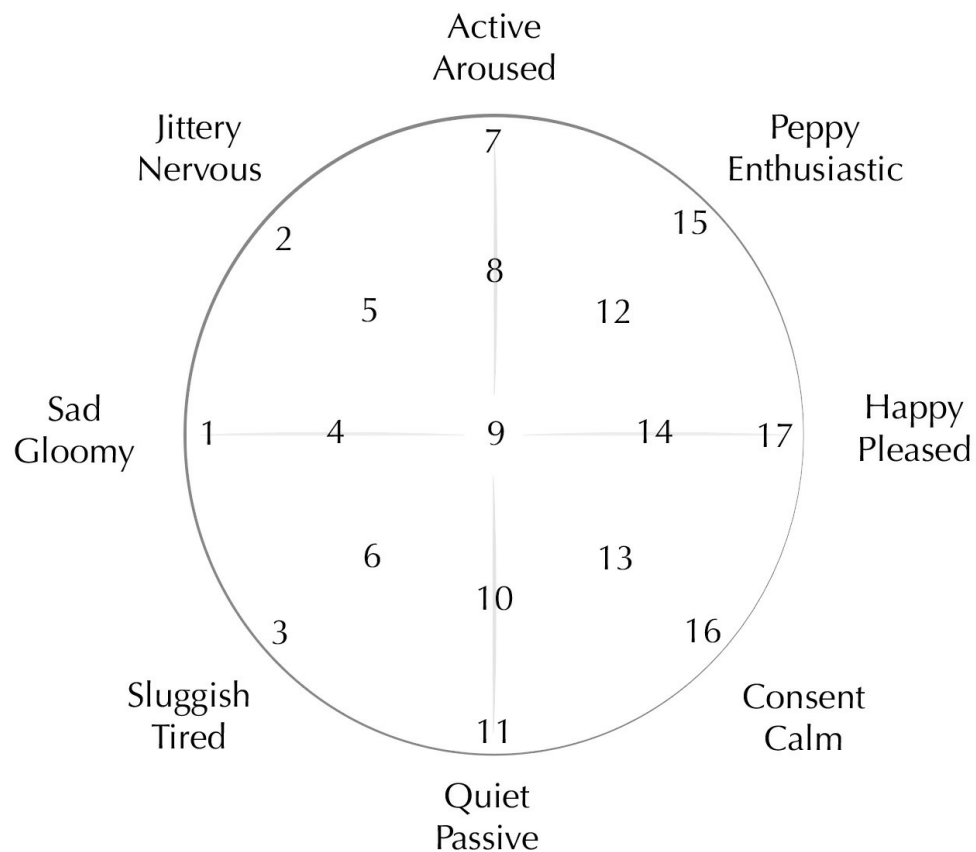
Close your eyes and let the music sink inwards.

After listening

* 10. How focused do you feel now?

Not focused Focused

* 11. Choose a number from the circle below to indicate how you feel:



* 12. In which part of the soundscape were you the most focused?

Start (level 16) End (level 0)

*** 13. Did you notice that one of the levels was missing? If yes, which one?**

*** 14. Did you have visual imagery?**

☐ Yes

☐ No

(Optional). If you experienced visual imagery while listening, interpret this by drawing on a piece of paper. You can use any paper, any number of colours, words, detailed or not detailed forms. Please draw in any style that helps you to remember your journey the most.

An excellent way to remember is to close your eyes and imagine a monotone rhythm in your head, perhaps 4 beats a second.

When your drawing is done, please take a picture of it or scan it and send this digital copy to me via email or a file sharing service like WeTransfer later - see my email address below.

*** 15. Please describe your experience in words:**

* 16. How many shamanic journeys have you had before?

☐ 0

☐ 1

☐ 2-10

☐ 10-25

☐ 25+

17. Please add your email address if you'd like to be updated on the outcomes of this survey (optional):

For any questions, please email krisztian.hofstadter@anglia.ac.uk

Your sincerely,

Krisztián Hofstädter
ARU, Cambridge

The music was recorded at [2019 Cambridge Festival of Ideas](#), mixed and mastered by khofstadter. The full album with additional surround versions can be download at <https://tedor.bandcamp.com/album/shamanic-soundscape-level-two>.