

Name	Category	Length
Before Learning	Accelerate	12:00
Designed for use before class, studies, this starts at 9 Hz and targets 4.5, 7.83, 11.25, and 18 Hz.		
Cheer Up	Accelerate	35:00
Starting at an alert 12 Hz, Cheer Up steps up to a vigorous 35 Hz before making its way back to a calm 10 Hz.		
Create	Accelerate	25:00
This session moves between 7, 14 and 10 Hz, and is intended to encourage novel thoughts from the subconscious to emerge for conscious consideration.		
Energize	Accelerate	20:00
Stepping up from 15 Hz to 30 Hz, Energize promotes alertness and vigor. Not recommended before sleep.		
Focus	Accelerate	30:00
Repeatedly ramps between 12 and 16 Hz, minimizing tendency to be distracted and promoting a flexible working state.		
Wake	Accelerate	20:00
18 Hz throughout, you may not need coffee or tea after this session. Not recommended before sleep.		

Name	Category	Length
Everglade	Meditate	20:00
A spring morning with gentle rain... time is suspended in this peaceful, calming session. Mostly low to mid range light frequencies to promote calm clarity.		
Forest and River	Meditate	16:00
Another peaceful backdrop of nature, in another locale. Frequencies start at 14 Hz and end at 4 Hz for deeper relaxation. Into meditation.		
Meditate	Meditate	50:00
Starting at a relaxed 10 Hz, Meditate reaches the target of 2 Hz after 15 minutes. A few minutes at 6 Hz on the way down provides a useful intermediate step on the path to a deeply meditative state.		
Relax	Meditate	25:00
From an alert 13 Hz this session steps down to a calm 10 Hz. Left and right sides are stimulated at slightly different frequencies to help the mind let go of nuisance thoughts.		
Relax More	Meditate	40:00
Similar to Relax but longer and with a target of 5 Hz, suited to deeper relaxation or contemplation.		
Relaxation with Wind-chimes	Meditate	15:00
The peaceful sounds of wind-chimes on a peaceful Summer afternoon. This session starts at 12 Hz and leaves you at a deep 2.5 Hz.		

Name	Category	Length
Touch of Silence	Meditate	14:36
Peaceful sounds of Tibetan bowls and minimalist piano sets a calming ambience; lights start at 10 Hz and descent to 6.25 Hz.		
A Starlit Night	Mind Art	15:00
This entrancing, ambient soundtrack and complex visual encoding evokes a clear, Moonless Summer's night, with shooting stars tracing patterns in the sky.		
Astroturf	Mind Art	10:00
Slow, shimmering washes of color accent this deeply reflective ambient soundtrack. This track would live equally well in the 'meditate' category.		
Cascade	Mind Art	11:28
Subtle, slowly shifting and sometimes hopping light patterns are interwoven with nature sounds and underlying evocative audio tapestries.		
Dreamy Sax	Mind Art	17:09
This session is based on a music piece of soothing synth chords with a bluesy and dreamy saxophone solo. Light patterns are synchronized with the change of the synth chords. The frequencies range between 10 Hz and 3 Hz while the light colors shift between a pastel orange and green.		
EcoSync	Mind Art	20:00
Another peaceful audio ecosystem, this time with light patterns synchronized with the sounds of nature.		

Name	Category	Length
Patternity	Mind Art	20:00
Rich synthesizer textures combine with lush visual effects to create a dreamy, slightly surreal and entrancing mind-scape.		
Phobos	Mind Art	6:00
Your spacecraft has just arrived in orbit around Mars, and the creatures living inside Phobos have started communicating with you using sound and light...		
Sanguine	Mind Art	10:00
A mysterious journey into a subterranean realm, lit only by shifting, multi-colored strobe candles... what is that sound coming from the next cavern?		
Soliton	Mind Art	12:03
A gently meandering excursion towards something Deeper. Emphasis on slower frequencies, softer visuals.		
Space Trace	Mind Art	15:00
You are exploring a methane ocean on a distant planet, and marveling at the life-forms you are finding and hearing there...		
Spectra	Mind Art	20:00
Gazing into a gently flickering camp-fire, you become lost in fantasy, and pass through a portal into a realm of magic.		

Name	Category	Length
Stagecraft	Mind Art	20:00
Gazing out across a land never before seen, you feel yourself lifting off the ground, gently riding the currents, always safe and amazed.		
Trainspot	Mind Art	7:02
Variation on a simple EcoSync system. The sound of low rumbling subway train or trip on a space probe lulls you into meditative mind-set.		
Weaver	Mind Art	12:00
Tribal audio art with a strong influence from ambient masters. SpectraStrobe rhythms paint a potent tapestry.		
Yonder	Mind Art	20:00
The depths of consciousness beacon in a floating flotsam of synth washes. Allow the times and troubles to melt far, far away. Out yonder.		
Dream	Night Voyage	1:00:00
Dream is a sleep session with intermittent bursts of higher frequency stimulation intended to evoke REM activity and ddreams.		
Night Shift	Night Voyage	45:00
This incorporates an evolving nature-soundscape (from day to night) and the light colors change from yellow over green and blue to violet over time. Starting at 12 Hz, this ramps to 3.5 Hz with plateaus at 10 Hz, 7.83 Hz and finally 3.5 Hz.		

Name	Category	Length
Rest	Night Voyage	30:00
Very slow and subtle modulations of light and sound, intended to quiet your mind before sleep.		
Sleep	Night Voyage	1:00:00
A gradual descent from 10 Hz, pausing at 6 Hz before continuing to very slow modulations. Low key audio modulations over a pleasant pink noise background.		
Soliton	Night Voyage	12:03
Lush, slow filter sweeps and modulations prepare you for some interesting dreams...		
Submerge-level I	Night Voyage	30:00
This session winds slowly down to 4 Hz, with soothing visual modulations overlaying the sounds of water in motion.		
Biomarkers	Rejuvenate	10:00
The frequencies encoded in Biomarkers are designed to help guide you towards slowing your breath and heart rates into desirable 'coherent' ranges - 5 breaths per minute, and 60 bpm heart rate. Red is heart rate, blue is breath; practice breathing with the blue.		
Center	Rejuvenate	30:00
Working down from an alert 13 Hz to the Schumann frequency of 7.83 Hz, Center helps you put aside your immediate concerns and enter a period of quiet contemplation and rejuvenation.		

Name	Category	Length
Clear Your Mind	Rejuvenate	16:00
Frequent hops between slower and higher frequencies, together with the relaxing sounds of Tibetan bowls to help restore your mental energy. Starts at 12.8 Hz and ends at 13.5 Hz.		
Deep Rejuvenation	Rejuvenate	24:00
With a starting frequency of 8.5 Hz and a target of just 1.45 Hz, and accompanied by binaural beats and modulations, Deep Rejuvenation can take you to a very peaceful, restorative mind-state.		
Eddies	Rejuvenate	12:30
Floating down a meandering stream, visuals are mostly gentle blues and greens.		
Fantasy	Rejuvenate	5:30
This brief session highlights the 7.83 Hz Schumann Resonance, with gentle sounds of frame drum and gamelan.		
Overtone Universe	Rejuvenate	11:04
Sounds of peaceful overtone singing accent and augment the flickering light, descending from 12 Hz to 7.83 Hz.		
Alphabet	Trance	20:00
This session was designed to gently guide you towards hypnagogia, that magical half-dream, half-awake state sought after by many explorers of deep states of consciousness.		

Name	Category	Length
BowlScape	Trance	15:20
Mysterious, deep resonances of large Tibetan singing bowls permeate a night-world of mainly blues and greens.		
Meditation with Shaman Drum	Trance	19:55
Hypnotic sounds of a Shaman's drum and binaural beats augment both synchronous and left-right stimulation, starting at 22 Hz and taking you all the way down to 2.2 Hz.		
Vapor-Chill	Trance	20:00
Is this the sound of a November wind that never stops, or a 20 minute long out-breath? You decide. Lights start at 10 Hz and gradually, gently leave you at 7 Hz.		
Zodiac	Trance	20:06
This will take you even deeper than Vapor-Chill, as the slowly shifting drone-structures and beat frequencies lead to towards the edge of sleep.		