

# **Limina Sessions**

The sessions pre-installed in your Limina include all the sessions from our best selling Sirius and Procyon AVS models. The Sirius sessions are based on the KBS (Kasina Basic Session) format developed for the Kasina. The Procyon sessions were recreated using a more advanced, recently developed version of the KBS format that allows embedded color ramping just like the Procyon.

## **Sirius Sessions**

These sessions utilize The ColorSets, which allow you to select your favorite color during the session; just press the bottom of the wheel one or more times to cycle through the various combinations.

## **Procyon Sessions**

The Procyon sessions were recreated using a more advanced, recently developed version of the KBS format that allows embedded color ramping just like the Procyon. This version also expanded the choice of audio waveforms to include triangle, pulse, sawtooth and pink noise. We now refer to these two KBS formats as KMMS, for Kasina Mind Machine Session.

## **Gamma Sessions**

We've included a number of gamma (40 Hz) sessions due to popular demand. These are sorted into four folders by length: 20, 30, 45 and 60 minutes. Within each folder are several variants with Isochronic tones of different audio pitch. Just find the one that sounds best to you, and enjoy!

## **Edit Your Sessions**

You can also load any of these sessions into the Kasina Basic Session Editor to see the session parameters and customize them to your taste. The Editor and tutorials can be found in the Limina or Kasina sections on our support site:

**[www.mindplacesupport.com](http://www.mindplacesupport.com)**

# Sirius Session Categories

## Peak Performance

These sessions will help you maintain clear and focused states throughout the day. Try using these when you feel your energy level waning.

## Tranquility Induction

These sessions are designed to induce a state of peace and calm. Try using them on a regular basis for best results. It is useful to read books on meditation and tranquility techniques and to incorporate these techniques into a daily practice.

## Learning

Learning is enhanced when you are in a tranquil, alert state. When you are in that state, absorbing new information, understanding concepts and the memorization of material may become easier.

Many people also find personal growth tracks are more effective when used along with a light and sound system. Try sessions 13, 16, or 17 for this purpose, but make sure the session you choose is long enough to last the length of the tape.

## Well Being

These sessions are especially useful when you are looking for a release from the tensions that build up during the day.

Number & Name	Category	Length
<b>1.</b> Power Regeneration	<b>Peak Performance</b>	20:00
Studies of peak performance suggest that you perform better with a "power nap" as part of a daily routine; in other words, a break completely away from your duties and responsibilities. You will be able to perform more efficiently and accomplish more. With regular use, you might find that your desire for stimulants like coffee, tea or sweetened soft drinks will decrease. Use this session, or sessions 03, 04, 07, 09, or 12 for feelings of mental and physical regeneration.		
<b>2.</b> Performance Intensive	<b>Peak Performance</b>	18:00
This fast-paced session is great if you feel the need for a "mood boost". This is a session you can use several times in a row if you choose.		
<b>3.</b> Quick Break	<b>Peak Performance</b>	15:30
Use this session during your day to quickly feel refreshed and regenerated. It is a very useful session to use when you know you have a very long and busy schedule ahead of you. Take this break a few times a day as an investment in focus, clarity, and decision making.		
<b>4.</b> Power Pause	<b>Peak Performance</b>	15:00
This is a slightly more stimulating version of session 03. It will help clear your mind of all thoughts for a few minutes and increase your mental clarity. You can choose to use fast-paced music instead of the internal sounds.		
<b>5.</b> Athletic Warm-Up	<b>Peak Performance</b>	17:00
This session is intended to enhance feelings of tranquil concentration prior to exercise or physical competition. Several athletes do exceptionally well in practice only to falter in competition. Top performers can maintain consistent performance under all circumstances. The key is a tranquil yet focused state allowing your mind and body to work in harmony.		
Physical training is only half the battle towards success in competition. Sit quietly and visualize yourself (and your team) attaining the goals you set for yourself. You may also use this session with any number of peak performance or positive affirmation tapes. You or your coach may even record your own positive affirmations and play them back while using this session.		

Number & Name	Category	Length
<b>6.</b> Maintaining Peak Competitive Posture	<b>Peak Performance</b>	21:00
Use this session between athletic competitions for visualization, success, and peak performance. It is best to use it with either positive affirmation or guided visualization scripts written and spoken by yourself, your coach or trainer, or with any of the fine recorded products available on the market. You do not have to be involved in sports competition to enjoy the positive effects of this session.		
<b>Peak Performance Notes</b>		
You can use this area to note or journal your own goals and thoughts or what you experienced during these Peak Performance Sessions:		

Number & Name	Category	Length
<b>7.</b> Quick Work Break	<b>Tranquility</b>	15:30
The common wisdom says you should take breaks at regular intervals if, for example, you work on a computer for extended periods of time. Combine this session with a good regimen of stretching exercise to avoid many of the chronic physical maladies that affect more and more people who sit in one place too long. In addition, we suggest that you use this session during your break times. It is also great after lunch and before you go back to work.		
<b>8.</b> Mind Sauna	<b>Tranquility</b>	24:00
Use this with deep breathing and muscle awareness exercises. Start by breathing from your diaphragm. You will know you are doing this correctly when you feel your stomach, not your chest, moving up and down with every deep breath. As you allow your muscles to relax, tension will disappear. You may try lying down while using this session with relaxing music. There is a quick two-minute boost at the end of the session to bring you “back up” again.		
<b>9.</b> Quick Refresher	<b>Tranquility</b>	16:00
Here is help for you to refocus your energies. Use it if you are feeling you need to be able to revitalize yourself during a particularly difficult day. As you become more familiar with the subtleties of the various sessions you will find you will tend to develop favorites you use several times a week. Because they are convenient to use, some of the 15–20 minute sessions like this one will get a lot of use.		
<b>10.</b> Regeneration	<b>Tranquility</b>	25:00
This session is long enough to allow you to reach a state of deep tranquility and focused concentration. Some people feel this session seems much shorter than 35 minutes. A session like this should be used on a regular basis over a period of several weeks to help you learn to properly let go and allow yourself to become deeply tranquil. This is also a good session to use with tranquility or self-help audio tracks		

Number & Name	Category	Length
<b>11.</b> Deep Meditation	<b>Tranquility</b>	45:00
<p>Make time for yourself!</p> <p>Use this session when you know you will remain undisturbed. This is the longest session offered and for beginning users it may seem too long. It is excellent as a training session if you are trying to learn how to meditate for extended periods. You may find your meditation practice will go more smoothly even without the help of this machine.</p>		
<b>Tranquility Induction Notes</b>		
<p>You can use this area to note or journal your own goals and thoughts or what you experienced during these Tranquility Sessions:</p>		

Number & Name	Category	Length
<b>12.</b> Quick Alertness Break	<b>Learning</b>	10:00
This is a perfect session to help you remain focused on your studies. It is designed to be used once every 40 to 60 minutes. This session will help you to better integrate material during your study period.		
<b>13.</b> Learning Language	<b>Learning</b>	35:00
This session is specifically designed for use with audio language tutorials. It uses the techniques pioneered by the Bulgarian researcher Lozanov, called superlearning. It involves developing a state of tranquil and focused concentration.		
<b>14.</b> Relax Before Exams	<b>Learning</b>	15:00
Relax Before Exams or Pressure Situations. This session will leave you with a sense of calm, focus and confidence. Everyone has had the experience of taking an exam, feeling pressured and forgetting material they easily remember when the pressure is taken off.		
<b>15.</b> Concentration	<b>Learning</b>	12:00
This session is designed to quickly bring you into a calm, focused state. A tranquil body allows the mind more ability to be alert and attentive. Your main focus when using this session should be to allow your body to become as tranquil as possible while maintaining your alertness.		
<b>16.</b> Enhance Creativity	<b>Learning</b>	20:00
This session sweeps through a series of frequencies to help stimulate your thought processes. Use it frequently for maximum benefit. Try this one for several days in a row for help with problem solving.		
<b>17.</b> Visualization	<b>Learning</b>	20:00
Use when you feel tired and want a session that moves through a series of frequencies for stimulation and visualization. If you are a visual person, you will see all kinds of kaleidoscopic imagery.		
<b>Learning Session Notes</b>		

Number & Name	Category	Length
<b>18.</b> Body/Mind Awareness	<b>Well-Being</b>	25:00
There is a direct connection between the mind and the body. It is difficult to have a tranquil mind while your body feels tense. Alternatively, it is difficult to allow your body to relax if your mind is overactive or you are filled with emotional anxiety. Work to release and relax your entire body over this 25 minute session.		
<b>19.</b> Afternoon Break	<b>Well-Being</b>	21:40
Mix this session if you'd like with some gentle, soothing music or nature sounds to reduce the tensions caused by your daily life. The session is long enough to help you to become deeply refreshed, but not so long as to cut too heavily into your other daily responsibilities.		
<b>20.</b> Deep Tranquility	<b>Well-Being</b>	25:00
Try this session first if you are really sensitive or just starting out with this system. This is one of the most gentle sessions in the unit. Just sit back and allow yourself to gently flow.		
<b>21.</b> Good Night	<b>Well-Being</b>	18:00
This is a great session to use at the end of your day. Lie down and perhaps set the lights at a low level. After session remove GanzFrames and headphones before falling asleep.		
<b>22.</b> Release the Day	<b>Well-Being</b>	21:00
Use this with the lights set to a low to moderate setting. This is an end of the day session for calming and internal balance. It is best used when you have planned no more social interaction for the remainder of the evening, including TV. Perhaps after using it you will want to read a book for a while or just go directly to sleep.		
<b>Well-Being Session Notes</b>		



# Procyon Session Categories

## Learning

Learning is enhanced when you are in a tranquil, alert state. When you are in that state, absorbing new information, concepts, and the memorization of material may become easier.

## Peak Performance

These sessions will help you maintain clear and focused states throughout the day. Try using these when you feel your energy level waning.

## Tranquility Induction

These sessions are designed to induce a state of peace and calm. Try using them on a regular basis for best results.

## Night Voyage

These sessions are designed to induce restful sleep. Try these after your day is over and you are ready for sleep.

## Energy

These sessions are designed to boost energy levels.

## Rejuvenation

These sessions are designed to induce the restorative state of vitality and feeling anew.

## Visualization

These sessions are designed for facilitating the visualization of goals and work great with external audio sources. Frequency range for this set is primarily in the 4 -14 Hz range. We suggest starting with the shortest and gradually working your way towards the longest session that you have time for.

## Mind Art

These sessions are designed to be an interpretive visual experience. Some would describe as sacred geometry or visually psychedelic in nature.

Number & Name	Category	Length
<b>1.</b> Relax Before Exams	<b>Learning</b>	15:00
A meditative period to help clear your mind in a short time, with frequencies mainly in the 9-13 Hz range.		
<b>2.</b> Accelerated Learning	<b>Learning</b>	15:00
Accelerated 15: This uses the traditional “superlearning” approach, intended to help achieve a hypnagogic state, with frequencies ramping mainly in the 4 to 8 Hz range.		
<b>3.</b> Accelerated Learning	<b>Learning</b>	60:00
Accelerated 60: Similar to 02, but longer and slower. Useful also for accessing deep states; also used by some for the induction of light trance states.		
<b>4.</b> Accelerated Learning	<b>Learning</b>	35:00
Accelerated 35: The third member of this series, intended to be used with external audio such as language learning of a length of about 30 minutes.		
<b>5.</b> Quick Alertness	<b>Learning</b>	10:00
Intended to bring your mind into sharper focus in a short period of time, especially for use prior to study.		
<b>6.</b> Concentration	<b>Learning</b>	15:00
A good session for helping focus the mind before study, with primarily 13 and 14 Hz “performance peaking” frequencies.		
<b>7.</b> Attention Booster 15	<b>Learning</b>	15:00
Alternates between 12 and 18 Hz, with pauses between each. Can help improve ability to pay attention.		
<b>8.</b> Attention Booster 20	<b>Learning</b>	20:00
A longer version of #7.		

Number & Name	Category	Length
<b>9.</b> Quick Break	<b>Peak Performance</b>	15:00
Includes both quick relaxation and activation sequences, for study and athletic preparation.		
<b>10.</b> Athletic Warm-Up	<b>Peak Performance</b>	17:00
A more complex series of frequencies, intended for use before sports and to concentrate mind and body.		
<b>11.</b> Power Recharge	<b>Peak Performance</b>	15:00
A more stimulating session, to help clear your mind of thoughts.		
<b>12.</b> Peak Composure	<b>Peak Performance</b>	30:00
Ideal for use with positive affirmations and guided visualizations.		
<b>13.</b> Performance Intensive	<b>Peak Performance</b>	18:00
Fast-paced mood-boosting session.		
<b>14.</b> Mind Sauna	<b>Peak Performance</b>	25:00
Ideal for use with deep breathing and muscle awareness exercises.		
<b>15.</b> Quick Work Break	<b>Peak Performance</b>	15:00
Grewat daily relaxation session, which can be used before stretching, yoga, etc.		
<b>Peak Performance Notes</b>		

Number & Name	Category	Length
<b>16.</b> Regeneration 35	<b>Tranquility</b>	35:00
A medium-length relaxation session; good choice after returning home from work.		
<b>17.</b> Regeneration 45	<b>Tranquility</b>	45:00
A longer version of #16.		
<b>18.</b> Quiet Hour	<b>Tranquility</b>	60:00
A long, gentle session, with much time spent in the 8 to 12 Hz range.		
<b>19.</b> Deep Meditation	<b>Tranquility</b>	60:00
A deeply refreshing session, with frequencies in the range 4 to 13 Hz.		
<b>20.</b> Meditative Mind 15	<b>Tranquility</b>	15:00
A brief and refreshing stroll through the 9 to 13 Hz range, with medium-paced color sweeps.		
<b>21.</b> Meditative Mind 60	<b>Tranquility</b>	60:00
<b>22.</b> Deep Tranquility	<b>Tranquility</b>	60:00
An hour's visit to the land of Hypnagogia—mostly slow, deeply peaceful frequencies interspersed with non- flickering baths of color.		
<b>Tranquility Induction Notes</b>		

Number & Name	Category	Length
<b>23.</b> Night Voyage 15	<b>Night Voyage</b>	15:00
A short descent into slow washes of color.		
<b>24.</b> Night Voyage 25	<b>Night Voyage</b>	25:00
A slightly longer version of #23, with slower transitions.		
<b>25.</b> Night Voyage 35	<b>Night Voyage</b>	35:00
Deeper still into the dream-realms inhabiting the edges of sleep.		
<b>26.</b> Night Voyage 45	<b>Night Voyage</b>	45:00
Especially useful for shifting your consciousness to very deep levels.		
<b>27.</b> Night Voyage 60	<b>Night Voyage</b>	60:00
Our deepest and most trance-like session.		
<b>Night Voyage Notes</b>		



Number & Name	Category	Length
<b>28.</b> Quick Energy 10	<b>Energy</b>	10:00
A short, intense burst of rapid energy, with frequencies in the 13 to 22 Hz range, and an emphasis on reds, yellows and purples.		
<b>29.</b> Quick Energy 15	<b>Energy</b>	15:00
Same as #28, but a bit longer. You may not need that second cup of coffee after this one!		
<b>30.</b> Full Energy 25	<b>Energy</b>	25:00
Same as #29 but longer and with a bit larger frequency range.		
<b>31.</b> Full Energy 35	<b>Energy</b>	35:00
Good one to use if you haven't had enough sleep last night but to stay focused during the day.		
<b>32.</b> Full Energy 45	<b>Energy</b>	45:00
This one is pretty intense—best to start with shorter energy sessions and work up to this one.		
<b>33</b> Total Alertness	<b>Energy</b>	60:00
A broad range of shifting frequencies curving up and down the frequency ladder but leaving you in an energized, refreshed state.		
<b>Energy Session Notes</b>		

Number & Name	Category	Length
<b>34.</b> Afternoon Break	<b>Rejuvenation</b>	22:00
Try using this session twice a week for one month instead of browsing social media! Join us on Facebook and post that you took the Afternoon Break, No Screen Time Challenge and let your friends know how rejuvenating it was!		
<b>35.</b> Rejuvenation 15	<b>Rejuvenation</b>	15:00
A gentle "mind massage" with a range of both relaxing and energizing frequencies and colors.		
<b>36.</b> Rejuvenation 25	<b>Rejuvenation</b>	25:00
A gentle "mind massage" with a range of both relaxing and energizing frequencies and colors. (longer version)		
<b>37.</b> Lunch Break 35	<b>Rejuvenation</b>	35:00
The perfect "dessert" following your lunch, leaving you refreshed for the rest of the afternoon!		
<b>38.</b> Lunch Break 45	<b>Rejuvenation</b>	45:00
The perfect "dessert" following your lunch, leaving you refreshed for the rest of the afternoon! (longer version)		
<b>39.</b> Middle Mind Centering	<b>Rejuvenation</b>	60:00
Light meditation with focused awareness, with frequencies primarily in the 9 to 18 Hz range.		
<b>Rejuvenation Session Notes</b>		

Number & Name	Category	Length
<b>40.</b> Creative Visualization 10	<b>Visualization</b>	10:00
<b>41.</b> Creative Visualization 15	<b>Visualization</b>	15:00
<b>42.</b> Creative Visualization 25	<b>Visualization</b>	25:00
<b>43.</b> Creative Visualization 35	<b>Visualization</b>	35:00
<b>44.</b> Creative Visualization 45	<b>Visualization</b>	45:00
<b>45.</b> Creative Visualization 60	<b>Visualization</b>	60:00
<b>46.</b> Fast Trip	<b>Mind Art</b>	10:00
A rollicking mind ride segment system, with much color and variety and visual imagery.		
<b>47.</b> Symbol Spaces	<b>Mind Art</b>	15:00
A more surreal set of color changes and multicolored lightscapes.		
<b>48.</b> Kaleidoscopic Mind	<b>Mind Art</b>	20:00
Complex imagery, with an emphasis on mandalas, vortices, and spin-spaces.		
<b>49.</b> Pyromania	<b>Mind Art</b>	30:00
A pull-out-the-stops romp into full-blown mind art. Bon voyagez!		

Number & Name	Category	Length
<b>00.</b> Create Your Own		
Using the Session Editor - Design your own sessions and list them here:		



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