

## **KASINA:**

*Pali word meaning meditation upon an object, often a colored object or bright light.*

**Congratulations! You now own one of the most advanced personal audio/visual stimulation devices available. To ensure the best experience, please take a few moments to read this Quickstart Guide.**

1. Carefully unpack your Kasina and its accessories. The package includes:

- Kasina Console

- GanzFrame™ Multi-Color eyewear

- Ear-bud Style Headphones

- USB Cable

- Power Supply

- Stereo Patch Cable

- microSD Card with SD Adapter

- Soft carry case

- This Quickstart Guide

2. Please read the product standard and safety statements on the front cover fold-out.

Note: The supplied GanzFrames are intended for use with your EYES CLOSED.

3. It is advisable to charge the system for a few hours before initial use. Plug in the USB power supply using the included USB cable into the mini-USB socket on the top of the console, then into a power outlet. A wall outlet is generally best.

4. Before turning your Kasina on, remove the microSD card from the plastic case and push it carefully into the microSD card slot at the bottom of the Kasina console. The gold contacts on the card should be facing up and forward. You will feel some slight spring pressure and then the card will lock into place. You may need to use your fingernail to push it in. To remove, ensure your Kasina is turned off, then gently press the microSD card so that it unlatches and springs out sufficiently to grasp.
5. Plug the GanzFrames into the socket to the right of the microSD socket.
6. Plug the earbuds (or your own headphones) into the socket to the left of the microSD socket.
7. Turn on your Kasina by pressing the button on the top of the console for about two seconds. The LCD will display four main icons (SESSIONS, USB, AUX AUDIO, and SETTINGS), as well as smaller icons at the top for audio volume, brightness, and battery charge level. The bar at the bottom of the screen contains directions for navigation with the Control Pad. Note that on each side of the Kasina there are buttons to increase and decrease both the audio Volume and light Brightness, respectively.
8. Have a look around the various areas of the Kasina interface by selecting the main icons and pressing the Center button on the Control Pad.

You can browse through the session category folders under SESSIONS to acquaint yourself with the contents. You probably want to jump right in and play a session!

## HOW TO...

### **Increase the maximum volume level**

Kasina ships with the maximum volume set to EU standards to avoid possible hearing damage. If you are not in Europe, want to use larger headphones, etc., you can increase this in SETTINGS - Audio - Max. Volume. Use the Up and Down buttons to increase or decrease, then press the Center button to set. Once done, the maximum volume level is indicated on the volume meter by a vertical red line. The Volume buttons on the side of the Kasina adjust loudness in relation to this setting, never exceeding the level set here.

### **Transfer files to your Kasina**

If you have an SD card slot in your computer, the fastest way to transfer files is to remove the microSD card from the console, put it into the SD card adapter, mount the card on your computer and copy directly into the folder of your choice. You can also create your own folders on the card to organize related files and create playlists.

Alternatively, you can connect via USB. To do so, select USB on the main menu and press the Center button. The Kasina will then appear on your Mac or PC as an external drive. Note that files will transfer slower using the USB connection.

### **Convert Audio Files to Play on Kasina**

Kasina currently supports only MP3 and WAV file formats. Files encoded with light signals need to have high bitrates and low compression. The settings for

encoding files should be at least 256kbps Constant Bit Rate (CBR). These settings are necessary to preserve the high frequency content in the audio which contains the light signals.

Many third party software packages are available to convert music from other formats to play on the Kasina. Visit our support site for recommendations.

## **Distinguish Between Session Types**

The Kasina supports 3 different session types. They are: AudioStrobe, SpectraStrobe and KBS.

AudioStrobe and SpectraStrobe sessions are audio files with light encoding embedded at high frequencies. These sessions could have the extensions “.mp3” or “.wav”, depending on the file type. All factory sessions are in MP3 format.

If you are adding new audio files to the card or playing from an external source, the Kasina will determine the file type automatically during playback. SpectraStrobe will display **Mode SpectraStr/AS** on the screen. AudioStrobe will display **Mode AS/SpectraStr**.

KBS files have the extension “.kbs”. These files are a special mind machine format to control the lights and sound on the Kasina. They use very little space on the microSD card. KBS sessions can only be played from the card and not from an external source.

For easy identification, we have separated the sessions on the SD card by session type into folders named: **AudioStrobe**, **SpectraStrobe** and **KBS**. However, you can create your own folders and place sessions you add to the card organized as you wish.

## **PLAYING SESSIONS**

### **From the microSD Card**

Use the Up/Down buttons to select SESSIONS from the main screen and press the Center button. Notice that there are several folders below “SD card”. Use the Up/Down buttons to select a folder and press the Center button to view the tracks within, then scroll down to find the session you wish to play.

Press the Center button to start the session. By default, a ten second countdown timer will appear. You can skip the countdown by pressing the Center button a second time.

Pressing the Right button to select the session instead of the Center button will play all songs in that folder in sequence, much like a playlist. Playback will start at the location of the file you have selected with the Right button and after that session completes, the next session in the list will play without the countdown. This process will continue until the bottom of the list is reached.

Note that you can create your own folders and copy one or more session files into it to create a custom playlist.

### **Session Playback Controls**

During the session, pressing the Center button once will pause the session, keeping your place, while pressing it again resumes the session. A long press of the Center button will stop the session.

Pressing and holding the Right button during a session will fast-forward through the session. If you continue holding the Right button the speed of the

fast-forward will increase. Note fast-forward is not available for KBS sessions.

A long press of the Left button will stop and exit the session. Once your session has ended, or while paused, use the Left button to navigate back to the previous folder (short press) or the main menu (long press).

Press or press-and-hold the buttons on the left and right sides of the Kasina to adjust volume and brightness. The bars on the top of the display indicate the current volume and brightness levels.

You can adjust the volume levels between the various sound sources as the session plays back. This function is described under the Audio settings section.

There are additional options for modulation of an AUX source when playing a KBS file. Options available are:

**Mod AUX** which modulates the incoming sound at the pulse rate specified in the playing KBS file, but has no sound from the KBS, even if sound is programmed.

**Mod KBS+AUX** which modulates both the incoming sound and uses the tones programmed in the KBS session, mixing them together.

**Mod KBS** which plays the incoming sound normally without modulation, but does use the sound and modulation programmed in the KBS session, mixing it with the audio. When playing a KBS file, there is also an option to adjust the intensity/depth of the modulation in real time. You can choose between preset levels by pressing the Right button while the KBS session plays back. These settings will augment the settings stored in the KBS file.

## **From a Computer (USB Sound Device)**

Connect the USB cable from the Kasina mini-USB port to a USB socket on your computer. Select USB from the main menu, and press the Center button. The Kasina will mount on your computer and will be available as a sound device. In the sound controls on your computer choose Kasina as your sound device. It will be named **Kasina AVS Audio** or **Kasina MMS Audio** depending on the Kasina firmware version.

You can now play tracks from iTunes, Windows Media Player etc. through the Kasina. You may need to select the Kasina as the default audio device and/or respond to a message regarding the SD card if the Kasina SD card auto-mounts.

The Kasina will automatically recognize whether the audio is encoded with AudioStrobe® or SpectraStrobe™, displaying **Mode SpectraStr/AS** with the form of encoding not being used in pale gray. If your audio is not encoded with light signals, you can trigger the lights with the ColorOrgan, described later in this guide.

## **From a PC, Smart Phone or MP3 player (Audio Device)**

Connect the stereo patch cable to the AUX socket and to the audio device headphone jack. Select AUX AUDIO and press the Center button, then 'play' on your audio device. If your music doesn't have SpectraStrobe or AudioStrobe encoding, press the Up button to select ColorOrgan. If AudioStrobe is detected, the Down button cycles through the ColorSets. Audio from the AUX source is required to use the KBS/AUX Mod features described above.

## **Manual control mode**

Use this to select a single frequency which plays continuously. To access this, select Sessions on the main menu, then press and hold the middle button for a second or two. A new screen appears with four parameters: Beat (pulse rate, in Hz), Pitch (audio frequency, in Hz), Phase (on/off or left/right) and ColorSet. Use the top and bottom of the control ring to navigate between these, and the left and right sides to change their values. Press the middle button again for a couple seconds to exit back to the main menu.

## **Battery charge monitor**

When your Kasina is turned off but plugged into a power source, pressing the middle button turns the screen on, and pressing the lower one opens a screen that shows whether your unit is charging or not, and the voltage and current at which it's being charged. This is used to diagnose issues with the USB cable, charger and internal battery. If the "Charge Curr:" vale shows less than 0.25A when the Kasina battery is low, you may have a bad USB cable or bad USB power source. Contact MindPlace for solutions in this case.

## **SD Adaptor**

Your Kasina includes both a micro-SD card, which is to be inserted into the Kasina, and a standard SD adaptor shell. You can slide the micro card into the adaptor if your computer has an SD card slot, for faster data transfers than possible just using the USB cable.

## **UPDATING YOUR KASINA FIRMWARE**

Firmware updates can be easily made using the Kasina Basic Session Editor or the MindPlace Firmware Updater. Please visit the Kasina section of [www.mindplacesupport.com](http://www.mindplacesupport.com) for more details.

## **TROUBLESHOOTING AND SUPPORT**

First, try turning the Kasina off (press the Power button for several seconds), unplug the USB cable and then turn the unit on again. Problems are often due to discharged batteries or cables connected to the wrong sockets. In the event of any problems, please check all of your connections and, if necessary, place your Kasina on charge for at least an hour and then try again.

To reset all settings to factory defaults, turn the unit on while holding the Volume (-) and Brightness (-) buttons, then press the Center button when the text appears on screen.

The MindPlace Support Site and Forum is great place for answers to questions and sharing experiences, as well as manuals, tutorials, guides, downloads and other useful material. It can be found at:

<http://mindplacesupport.com>

## **ADVANCED OPERATION**

This section describes in detail all of the Kasina settings, controls and features.

## ENCODED AUDIO

### **SpectraStrobe**

Kasina uses a new form of encoding, SpectraStrobe™ (SS) which is similar to AudioStrobe® (AS) but with six light control signals instead of just two. This allows full red, green and blue control for both the left and right sides of the glasses, synchronized with the audio content. Files created with this format offer a wide range of colors and effects fully utilizing all of the capabilities of the GanzFrame glasses.

### **AudioStrobe**

Your Kasina is also an advanced AudioStrobe decoder that can map the two AS signals onto any combination of red, green and blue via the ColorSets. Some ColorSets slowly change the color mapping during a session, creating a more dynamic and complex experience. See inside back cover fold-out for ColorSet details.

### **ColorOrgan**

By popular demand there is also a ColorOrgan (CO) option which works with any audio. It maps low frequencies in the audio source onto blue, mid frequencies onto green, and higher frequencies onto red. There are three intensity levels (50%, 100%, 200%) and response rates (fast and slow). The ColorOrgan works best with music that has a beat, but can be quite interesting with other genres – please experiment! The CO works on both internal and external sound sources. To use it, simply select and start the music you want to play, then press the Up button. You should see **Mode ColorOrgan** on the LCD. Use the Down button to cycle through the CO options.

## **DURING A SESSION**

While a session is playing you will notice that the active mode is displayed on the screen. You can toggle between **Mode SpectraStr/AS** and **Mode ColorOrgan** by pressing the Up button. If you are playing AudioStrobe or KBS content, then the ColorSets govern the colors you will see, and can be stepped through by pressing the Down button.

## **BATTERY CONDITION**

At the top right of the Kasina display you will see the battery condition indicator. When connected to a power source (AC power supply or PC USB port) the indicator will repeatedly “fill” from right to left. When the battery is completely charged, it will show 5 green bars. When using Kasina away from a power source, the indicator will show approximate remaining charge. When the Kasina battery is almost fully discharged, it will show 1 red bar. If it is not charged soon after this point, it will power itself off. Note that some USB hubs do not provide sufficient power to charge the Kasina.

The battery will slowly discharge over time if the Kasina is kept in storage. The battery may drain to a level that requires a long extended charge before the Kasina will even power up. For peak performance, it is recommended that you charge the battery at least every 6 months.

## SETTINGS

You generally won't need to visit this menu very often, but it contains options to tweak various parameters. When you select or change something, be sure to press the Center button to save the settings. The options are:

### Language

Use this menu to select which language is used for the various Kasina menus. This does not affect session names, which are in English.

### General

**Show Extensions** turns on or off the display of filename extensions.

### Loop Playback.

If the LOOP function is on, when you play a session normally (pressing the center button), it will repeat that same session over and over until you press stop or the battery runs out!

In Playlist mode:

When LOOP is on, and you are using playlist mode (pressing the right button instead of the centre button to play sessions) it will play the highlighted session, then continue to the next session in the folder, all the way to the last session in the folder. When the last session in the folder finishes, it will go back to the start of the folder and start over again, playing all sessions in the folder, until you press stop or the battery dies.

If LOOP is off, and you are using playlist mode, it will play the highlighted session, then all the rest of the sessions in the folder, until it finishes the last session

in the folder and then it will stop.

**Play Countdown** changes the default Play countdown time.

**Button Backlight** changes the brightness of the LEDs under the Control Pad.

## **Power Management**

Use this to enable power saving features. There are settings for 'Display Backlight' (1-7, 6 is the default), 'Display off timeout' (default is 'never'), and 'Device off timeout' (default is '5 min').

## **Visuals**

Adjust the color balance of each LED color, if necessary, both left and right. Default is 100% for all LEDs.

## **Audio**

You can set the volume of the "audio components" using this menu and change the relative levels that you hear.

You can also access this menu from anywhere in the interface besides the SETTINGS screen and the File Browser. This is referred to as the Audio Mixer. You can access it by pressing the Volume(+) and Volume(-) buttons together. This SETTINGS - Audio menu will appear. You can adjust the volume and other audio settings even while the session is playing. Press the Left button on the Control Pad to exit the Audio Mixer screen.

The following settings are available:

**AUX Volume** - Controls the volume of sounds sent to the Kasina via the AUX connector. Note that the

volume setting on the device connected to the AUX input will also affect the volume heard..

**KBS Volume** - Controls the volume of sounds generated by KBS sessions.

**INT Volume** - Controls the volume of any non-KBS session or audio file played from the microSD card.

**USB Volume** - Controls the volume of sounds sent to the Kasina by USB audio. Note that the volume setting on the device connected to the AUX input will also affect the volume heard.

**Balance** - Controls the Left/Right audio balance.

**Max. Volume** - Sets the maximum level that the Kasina volume control can go. This level is shown by a red line on the volume indicator.

## **Service**

This screen provides technical details about your Kasina - you may be asked to provide some of these details in the event that you require support.

### **Where to find your Kasina serial number**

In the SETTINGS section, select Service. Your serial number is located here and follows the letters SN.

## **CREATING KASINA SESSIONS**

There are various software tools available for creating your own Kasina sessions.

See [www.mindplacesupport.com](http://www.mindplacesupport.com) for further details and downloads.

### **Kasina micro-SD Card Contents**

When you turn on your Kasina and select Sessions,

you'll notice six numbered folders: SpectraStrobe, AudioStrobe, KBS, Color Organ, SUPPORT, and KASINA.

The majority of the Kasina sessions reside in the **SpectraStrobe** folder: These are all new sessions that harness the power of the Kasina.

Content in the **AudioStrobe** folder demonstrates the color expansion effects of the ColorSets.

The **KBS** folder includes sessions in the Kasina Basic Session format, as well as software for creating such sessions quickly and easily.

The files in the **Color Organ** folder are not encoded and are intended to demonstrate the capabilities of the Color Organ.

The **KASINA** folder has been prepared for use with Mind Workstation and NeuroProgrammer software from Transparent Corporation, as well as the KBS Editor. Please do not delete that folder or the KasinaSD.id file found inside.

The **SpectraStrobe** folder is divided into six categories:

**Accelerate** - energy, peak performance, focus, etc.

**Meditate** - meditation and relaxation training

**Mind Art** - experimental, visualization, and some intended purely for consciousness-altering enjoyment

**Night Voyage** - before bed, lucid dreaming

**Rejuvenate** - sports recovery, after a long day in the office, etc.

**Trance** - hypnagogia, the fascinating region between sleep and wakefulness, also used for Lozanov's 'Superlearning' and some spiritual practices.

Kasina sessions include both simple and complex designs. Simple sessions may include gentle nature sounds, binaural beats and the like as audio content, with frequencies ramping towards a specific target, much like conventional mind machines. Complex sessions may include ambient electronic backgrounds or more complex compositions, with sometimes very sophisticated control of the lights and resulting visual effects.

## **STARTING YOUR JOURNEY**

Where should you begin? If you want to quickly get a sense of what the Kasina is capable of, try 'A Starlit Night' or 'Patternity', in the Mind Art category. Biomarkers under Rejuvenate is another great place to start. The light and sounds set a pace that helps guide you towards slowing your breath and bringing your heart rate into a desirable 'coherent' range - 5 breaths per minute, and 60 bpm. Red is heart rate, blue is breath.

We hope you thoroughly enjoy these sessions, and find them beneficial.

The Kasina is a labor of love and a work in progress, and you'll find additional free content as well as innovative, inexpensive tracks for sale. Be sure to visit us online for the latest information and discussions about how to get the most out of your Kasina.

Bon voyage!

**[www.mindplace.com](http://www.mindplace.com)**  
**[www.mindplacesupport.com](http://www.mindplacesupport.com)**  
**[www.youtube.com/user/TheMindplace](http://www.youtube.com/user/TheMindplace)**  
**[www.soundcloud.com/Mindplace](http://www.soundcloud.com/Mindplace)**  
**[www.facebook.com/Mindplace](http://www.facebook.com/Mindplace)**

Name	Category	Length
Before Learning	<b>Accelerate</b>	12:00
Designed for use before class, studies, this starts at 9 Hz and targets 4.5, 7.83, 11a.25, and 18 Hz.		
Cheer Up	<b>Accelerate</b>	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	<b>Accelerate</b>	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	<b>Accelerate</b>	25:00
Stepping up from 15 Hz to 30 Hz, Energize promotes alertness and vigor. Not recommended before sleep.		
Focus	<b>Accelerate</b>	30:00
Repeatedly ramps between 12 and 16 Hz, minimizing the tendency to be distracted and promoting a flexible working state.		
Wake	<b>Accelerate</b>	20:00
18 Hz throughout, you may not need coffee or tea after this session. Not recommended before sleep.		
Gamma Rejuvenation	<b>Accelerate</b>	20:00
This session blends the clarity and focus of 40hz gamma waves with various calming, grounding frequencies in the alpha and low beta range. It makes use of binaural beats, isochronic tones, modulated noise, and off-set frequencies for maximum immersion. All of the light and the sound pulses are "double modulated" - rapidly vibrating at 40hz whilst also pulsing at rejuvenating alpha/beta frequencies.		

Name	Category	Length
Gamma with Ambience	<b>Accelerate</b>	20:00
This 20 minute Kasina SpectraStrobe track features steady 40 Hz sine flicker stimulation. The slowly changing colors are ideal for either eyes open (DeepVision) or eyes closed use.		
Forest and River	<b>Meditate</b>	16:00
Another peaceful backdrop of nature, at a new locale. Frequencies start at 14 Hz and end at 4 Hz for deeper relaxation into meditation.		
Meditate	<b>Meditate</b>	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	<b>Meditate</b>	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	<b>Meditate</b>	40:00
Similar to Relax but longer and with a target of 5 Hz, suited to deeper relaxation or contemplation.		
Relaxation by Fire	<b>Meditate</b>	23:00
Start freq. 10 Hz, target freq. 4.5 Hz. with single in-phase lights, binaural tones, and the sound of crackling fire for a soothing campside respite.		
Relaxation with Windchimes	<b>Meditate</b>	15:00
The peaceful sounds of windchimes on a pleasant summer afternoon. This session starts at 12 Hz and leaves you at a deep 2.5 Hz.		

Name	Category	Length
Everglade	<b>Meditate</b>	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 and clarity.		
Touch of Silence	<b>Meditate</b>	14:36
Shimmering sounds of Tibetan bowls and minimalist piano sets a calming ambience. Lights start at 10 Hz and descend to 6.25 Hz.		
A Starlit Night	<b>Mind Art</b>	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	<b>Mind Art</b>	10:00
Slow, shimmering washes of color accent this deeply reflective ambient soundtrack. This track would belong equally as well in the 'Meditate' category.		
Cascade	<b>Mind Art</b>	11:28
Subtle, slowly shifting and sometimes hopping light patterns are interwoven with nature sounds and underlying evocative audio tapestries.		
Dreamy Sax	<b>Mind Art</b>	17:09
This session is based on a music piece featuring 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.		

Name	Category	Length
EcoSync	<b>Mind Art</b>	20:00
A peaceful audio ecosystem, this time with light patterns synchronized with the sounds of nature.		
Patternity	<b>Mind Art</b>	20:00
Rich synthesizer textures combine with lush visual effects to create a dreamy, slightly surreal and entrancing mind-scape.		
Phobos	<b>Mind Art</b>	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	<b>Mind Art</b>	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	<b>Mind Art</b>	12:03
A gently meandering excursion towards something Deeper. Emphasis on slower frequencies and softer visuals.		
Space Trace	<b>Mind Art</b>	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	<b>Mind Art</b>	20:00
Gazing into a gently flickering campfire, you become lost in fantasy, and pass through a portal into a realm of magic.		

Name	Category	Length
Stagecraft	<b>Mind Art</b>	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	<b>Mind Art</b>	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 mindset.		
Weaver	<b>Mind Art</b>	12:00
Tribal audio art with a strong influence from ambient masters. SpectraStrobe rhythms paint a potent tapestry.		
Yonder	<b>Mind Art</b>	20:00
The depths of consciousness beacon in a floating flotsam of synth washes. Allow times and troubles to melt far, far away. Out yonder.		
Dream	<b>Night Voyage</b>	1:00:00
Dream is a sleep session with intermittent bursts of higher frequency stimulation intended to evoke REM activity and dreams.		
Night Shift	<b>Night Voyage</b>	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	<b>Night Voyage</b>	30:00
Very slow and subtle modulations of light and sound, intended to quiet your mind before sleep.		
Sleep	<b>Night Voyage</b>	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.		
Submerge-level I	<b>Night Voyage</b>	30:00
This session winds slowly down to 4 Hz, with soothing visual modulations overlaying the sounds of water in motion.		
Biomarkers	<b>Rejuvenate</b>	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	<b>Rejuvenate</b>	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.		
Clear Your Mind	<b>Rejuvenate</b>	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.		

Name	Category	Length
Deep Rejuvenation	<b>Rejuvenate</b>	24:00
<p>With a starting frequency of 8.5 Hz and a target of just 1.45 Hz, accompanied by binaural beats and modulations, Deep Rejuvenation can take you to a very peaceful, restorative mind-state.</p>		
Eddies	<b>Rejuvenate</b>	12:30
<p>Floating down a meandering stream, visuals are mostly gentle blues and greens.</p>		
Fantasy	<b>Rejuvenate</b>	5:30
<p>This brief session highlights the 7.83 Hz Schumann Resonance, with gentle sounds of frame drum and gamelan.</p>		
Overtone Universe	<b>Rejuvenate</b>	11:04
<p>Sounds of peaceful overtone singing accent and augment the flickering light, descending from 12 Hz to 7.83 Hz.</p>		
Alphabet	<b>Trance</b>	20:00
<p>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.</p>		
Bowlscapes	<b>Trance</b>	15:20
<p>Mysterious, deep resonances of large Tibetan singing bowls permeate a night-world of mainly blues and greens.</p>		

Name	Category	Length
Meditation with Shaman Drum	<b>Trance</b>	12:00
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	<b>Trance</b>	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	<b>Trance</b>	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.		

## Credits

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