

Procyon Sessions

	Ses. #	Category	Length	Name	Target Brain Wave
Beta 16 to 40	0	Random Session	varies	Pull-out-the-stops	
	1	Learning	15	Relax before Exams	5 - 8 Hz, BB 5 - 8 Hz, Beta frequencies (20 Hz) interjected at points
SMR 12 to 15	2	Learning	15	Accelerated Learning 15	4 - 7 Hz, BB 4 - 7 Hz
	3	Learning	60	Accelerated Learning 60	Mostly 4 - 7 Hz, BB 4 - 7, ramps up to 14.73 towards end of session
Alpha 8 to 11	4	Learning	35	Accelerated Learning 35	same as above (focus on Theta)
	5	Learning	10	Quick Alertness	10 Hz, BB 8, 10 to 24 Hz at start and towards end of session
Theta 4 to 7	6	Learning	15	Concentration	7 - 28 Hz, concentration of Alpha/SMR (7 to 16 Hz), BB 7-16 Hz
	7	Learning	15	Attention Booster 15	12 - 18 Hz, BB 12
Delta 0.5 to 3	8	Learning	20	Attention Booster 20	same as above (focus on SMR)
	9	Peak Performance	15	Quick Break	8 - 28 Hz, BB 4 - 8 Hz, Average 15 Hz.
	10	Peak Performance	17	Athletic Warm - up	8 - 24 Hz, BB 9, Theta undertone, 16 - 24 at beginning, mid focus 8
	11	Peak Performance	15	Power Recharge	8 - 28 Hz, BB 8, Focus Beta (20 - 28)
	12	Peak Performance	30	Peak Composure	2 - 16 Hz, BB 2 - 16 Hz, Focus on 2 - 5 Hz, Beta interjected at points
	13	Peak Performance	18	Performance Intensive	16 - 30 Hz, BB 2, Focus 16 Hz.
	14	Peak Performance	25	Mind Sauna	2 - 50 Hz, BB 4, Focus 2-4, 10, 10-18, 20-24
	15	Tranquility	15	Quick Work Break	6 - 18 Hz, BB 1 -2 Hz, Focus 9,6,12,14
	16	Tranquility	35	Regeneration 35	2 - 24 Hz, BB 2 - 5 Hz, Focus 2, 4, 8
	17	Tranquility	45	Regeneration 45	2 - 24 Hz, BB 2 - 5 Hz, Focus 2, 4, towards end of session 8 - 24 Hz.
	18	Tranquility	60	Quiet Hour	4 - 22 Hz, BB 1 - 4 Hz, Seg Ranges: 18-9, 9-6, 6-4, 4-11, 5-12, 12-8, 8-22
	19	Tranquility	60	Deep Meditation	4 - 22 Hz, BB 1 - 3 Hz, Seg Ranges: 4-8, 4-13, 8-13
	20	Tranquility	15	Meditative Mind 15	9 - 12 Hz, BB 9 - 12Hz
	21	Tranquility	60	Meditative Mind 60	same as above (focus on Alpha/SMR)
	22	Tranquility	60	Deep Tranquility	3 - 13 Hz, BB 1 - 3 Hz, Seg Ranges: 6-4, 4-3, 3-4, 3-13
	23	Night Voyage	15	Night Voyage 15	3 - 5 Hz, BB 3 - 5 (Focus on Theta)
	24	Night Voyage	25	Night Voyage 25	same as above
	25	Night Voyage	35	Night Voyage 35	same as above
	26	Night Voyage	45	Night Voyage 45	same as above
	27	Night Voyage	60	Night Voyage 60	same as above
	28	Energy	10	Quick Energy 10	7 - 18 Hz, underlying 10 Hz throughout, BB 2 - 3 Hz
	29	Energy	15	Quick Energy 15	same as above (Alpha, SMR, low Beta)

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30	Energy	25	Full Energy 25	same as above
31	Energy	35	Full Energy 35	same as above
32	Energy	45	Full Energy 45	same as above
33	Energy	60	Total Awareness	same as above
34	Rejuvenation	22	Afternoon Break	Focus 3-4 Hz, last 2 min ramp up to 20, BB 4, last two min 16
35	Rejuvenation	15	Rejuvenation 15	Mostly 6 to 10 Hz, BB = 1
36	Rejuvenation	25	Rejuvenation 25	6 - 22 Hz, BB 1 (6 last min). Segs: 22-10,10,13,8,14,6,6-10,10-22, Focus 10Hz
37	Rejuvenation	35	Lunch Break 35	3 - 22 Hz, BB 1 - 6 (last min). Segs:22-10,10,10-13,13-3,3-14,14-4,5-10,10-22
38	Rejuvenation	45	Lunch Break 45	same as above (focus on Alpha/SMR)
39	Rejuvenation	60	Middle Mind Centering	9 - 24 Hz, BB 1-2, Segs:22-14,14-9,9,10,11,12,13,13-9,9,9-14,14-24. Focus 9 Hz
40	Visualization	10	Creative Visualization 10	5 - 20 Hz, BB 1 - 4.
41	Visualization	15	Creative Visualization 15	Same as above. Focus: Alpha/Theta
42	Visualization	25	Creative Visualization 25	Same as above
43	Visualization	35	Creative Visualization 35	Same as above
44	Visualization	45	Creative Visualization 45	Same as above
45	Visualization	60	Creative Visualization 60	Same as above: Focus Alpha/SMR
46	Mind Art	10	Fast Trip	4 - 40 Hz, BB 1-2. Good mixture of all ranges of frequencies
47	Mind Art	15	Symbol Spaces	0.1 - 40 Hz, BB 1 - 4. Good mixture of everything
48	Mind Art	20	Kaleidoscopic Mind	4 - 44 Hz, BB 2 - 3, Simultaneous combo of Theta, Alpha, Beta
49	Mind Art	30	Pyromania	6 - 75 Hz, BB 2 - 3, This ought to induce an altered state of consciousness!

Note: Binaural Beats are not always on in every segment