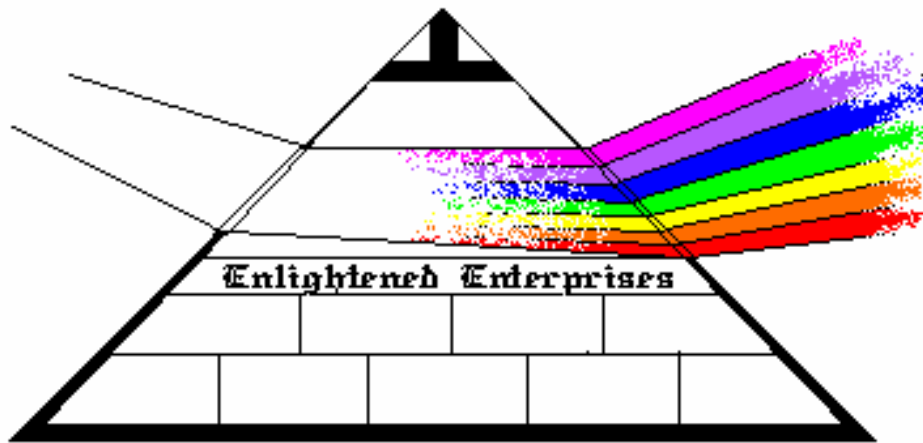


# AWAKENING MIND I

Creating Sound and Light Sessions

on Advanced Programmable

Mind Machines



from

Enlightened Enterprises

# AWAKENING MIND I:

Creating Sound and Light Sessions on  
Advanced Programmable Mind Machines

by

James Mann

of

Enlightened Enterprises

2005

## Copyright

Copyright 1989 through 2005 by Enlightened Enterprises. All rights reserved. Printed in the United States of America. No part of this manual (written text, drawings, tables, or figures) may be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, in full or in part, without express written permission from the author, except in critical articles and reviews. Sessions may be reproduced by individuals and organizations providing they reference the source, provide current information for contacting Enlightened Enterprises and assume responsibility for the sessions use. For further information address:

Enlightened Enterprises  
1916 Virginia Ave.  
Davenport, Iowa 52803

**CAUTION:**

The use of sound and light machines for brain wave entrainment, spiritual development, or other uses may not be advisable for people with hidden or known emotional, mental, or physical disorders, especially epilepsy and seizure disorders. You may wish to consult your physician before use. No medical claims are made regarding the use of tapes or sessions described here. Please read the cautions and release from liability at the end of this manual. Commercial sessions are prohibited.

## FOREWORD

On behalf of Enlightened Enterprises, I would like to thank you for purchasing Awakening Mind I. You have just taken a very important step in the exploration the farthest reaches of your mind.

I would like to encourage you to take the time now to check out the excellent advantages of becoming a registered owner. Awakening Mind 1 has been and is a work in progress and is updated periodically to include new information, or revise old information. Registered owners receive information updates, special offers on future manuals, and exclusive access to tape sessions and advanced technological understanding. Please take the time to register your manual. The registration forms are contained in the back of your manual.

At Enlightened Enterprises, we are committed to bringing you quality products and information to aid your inner explorations. We have included some of the best products available in the back of this manual. In the future, we hope to have special offers on supplements to Awakening Mind I.

I think you will be pleased at the information contained within this manual. There is a lot of information here, go slowly, and take the time to understand it fully. It is our pleasure to bring this information to you. Again, we send you our thanks and best wishes for success in your inner journeys.

Sincerely

James Mann

## TABLE OF CONTENTS

CAUTION: .....	ii
FOREWORD.....	iii
LIST OF FIGURES .....	ix
LIST OF TABLES.....	ix
LIST OF APPENDICES .....	ix
INTRODUCTION .....	1
MIND MACHINES.....	4
ARE LIGHT AND SOUND MACHINES SAFE? .....	6
SESSION THEORIES.....	8
Brain wave Theory.....	8
The Beta State .....	8
The Alpha State .....	9
The Theta State .....	10
The Delta State .....	10
Combined Mind States.....	10
Activation Theory .....	10
Periodic Cycle theory.....	11
Spectrum Theory.....	12
Window Theory .....	13
Harmonic Theory .....	15
Chakra Theory .....	17

Schumann Resonance Theory .....	20
Out Of The Body Experience Theory .....	20
The Fear Barrier .....	21
Integration Theory .....	22
Suggestive States Theory .....	23
The Brain's Hemispheres .....	23
Euphoria Theory .....	24
 USING THE THEORIES.....	 24
 OPTIMIZING YOUR EXPERIENCE .....	 25
 SESSION CONSTRUCTION .....	 25
Elements of Sessions.....	26
Voice (tone) Frequency .....	26
Offset Frequency .....	27
Pulse Rate .....	28
Waveforms .....	29
Filters.....	31
Volume .....	32
Light Intensity .....	33
Ramping .....	33
Noise.....	33
Session Timing .....	34
The "Simple Entrainment" Method .....	34
The "Straight Offset" Method .....	36
"Multiple Straight Offset" Method.....	37
"Inverse Multiple Straight Offset" Method.....	37
"Collapsing/Expanding Straight Offset" Method .....	38
"Sliding straight offset" Method .....	39
"Harmonic" Methods .....	39

"Half Harmonic" Method.....	40
"High harmonic" Method.....	40
"Full harmonic" Method .....	41
"Inverse harmonic" Method.....	42
The "Box X" Method .....	42
"Half Harmonic Box X" Method.....	44
"Harmonic Box X" Method .....	44
"Collapsing/expanding Box X" Method.....	44
"Sliding Box X" Method .....	45
SESSION BEGINNINGS .....	46
SESSION CORES .....	47
SESSION ENDINGS.....	48
RELATIVE STRENGTHS OF EFFECTS.....	50
SUMMARY OF POSSIBLE IMPEDIMENTS .....	52
The fear barrier .....	52
Natural States.....	52
Mental resistance .....	52
Time of day.....	52
Setting.....	53
Distractions .....	53
HELP WHEN YOU ARE STUCK .....	54
INSTRUCTIONS FOR DETERMINING YOUR PERSONAL WINDOW	
RESONANCE FREQUENCIES .....	56

<b>MORE WAYS TO USE THE SCHUMANN RESONANCE FREQUENCY .....</b>	<b>58</b>
<b>PERSONAL SESSION NOTES .....</b>	<b>61</b>
Personal Session Form for 1 Stage Sessions .....	62
Personal Session Form for Multiple Stage Sessions.....	63
<b>SESSIONS.....</b>	<b>64</b>
Subjectivity and Session Analysis .....	64
Adapting Sessions To Other Machines.....	64
Alpha Offset Sessions .....	66
Theta Offset Sessions.....	67
Delta Offset Session.....	68
Increased Metabolic Rate Session .....	69
OOBE Session #1 .....	70
OOBE Session #2 .....	71
OOBE Session #3 .....	72
Suggestive States Session .....	73
Morning Fresh Theta Session .....	74
Dreamy Twilight Session.....	75
Dreamy Evening Session .....	76
Chakra Balancing Session .....	77
Awakening Session.....	78
Enlightenment Sessions .....	79
Power Session .....	83
Modified Euphoria Session.....	84
Remedy Sessions .....	85
<b>SOME COMMON DEFINITIONS.....</b>	<b>86</b>
Frequency (Cycles/Second, Hertz) .....	86
FFR .....	86



Synchronized .....	86
Offset Frequency .....	86
Harmonic Frequencies .....	87
The Harmonic Multiple .....	87
Window Frequency .....	87
Resonance Frequency .....	87
 CAUTIONS AND RELEASE FROM LIABILITY: .....	 92

## **LIST OF FIGURES**

FIGURE	PAGE
1. BRAIN WAVE ENTRAINMENT .....	5
2. BRAIN WAVE STATES .....	9
3. VOICE FREQUENCIES, OFFSET FREQUENCIES, AND PULSE RATES .....	27
4. WAVEFORMS, FREQUENCY ANALYSIS, AND FILTERS.....	30
5. SIMPLE ENTRAINMENT METHODS .....	36
6. STRAIGHT OFFSET METHODS.....	38
7. HARMONIC METHODS.....	41
8. BOX "X" METHOD .....	43
9. COLLAPSING/EXPANDING AND SLIDING BOX "X" METHODS.....	45

## **LIST OF TABLES**

TABLE	PAGE
1. HARMONIC MULTIPLES OF ALPHA, BETA, THETA, AND DELTA OFFSET FREQUENCIES.....	16
2. CHAKRA VOICE FREQUENCIES .....	18
3. SCHUMANN RESONANCE FREQUENCIES.....	59
4. HALF SCHUMANN RESONANCE FREQUENCIES.....	60

## **LIST OF APPENDICES**

A. CURRENTLY KNOWN WINDOWS .....	88
B. WINDOW COMBINATIONS.....	90

## INTRODUCTION

Technology has finally given you the unprecedented ability to easily control your mental states. Now with many popular machines, anyone can have greater control over his or her own state of mind. The technology is so new however, that many people don't know how to use it. Those people who most know how to use it, are using it for commercial tapes, seminars, and sessions. This manual is about bringing you the knowledge of what this new technology does, and how to use it for yourself.

This manual was originally specifically written for the PC-Synergizer board from Synetic Systems. The sessions are fully adaptable to that machine. Many of the sessions are also adaptable to the stand alone Photosonix Nova Pro by Microfirm, Inc. If you don't mind spending lots of time programming to work out bugs, most of the sound portions of these sessions are compatible with the shareware program "Cool Edit." Although a very complex program, these sessions are also compatible with the Brain Wave generator by Noromaa Solutions. There are a lot of other light and sound machines available on the market. Almost all of them have one limitation or another. Due to the inherent limitations of those machines, we cannot guarantee that these sessions will fully adapt to those machines. If you own one of those machines, contact your manufacturer for information on adapting these sessions. Also see the sessions section later in this manual for tips on adapting these sessions to other light and sound machines.

In these pages, we will give you various theories for writing effective light and sound sessions. We also go into the various elements of sessions. We discuss session construction techniques. Here, you will find descriptions of natural and altered states of awareness. Finally, we show you sessions that tie these ideas together and recreate the various states.

Much is said about this technology producing out of the body experiences (OOBE's), mystical insight, meditative states, and enlightenment experiences. You must remember that while this technology can help greatly with these types of experiences, each person is different psychologically. No one can honestly claim that any machine

will produce **instant** enlightenment, or OOBES in **everyone**. Experience has shown that your regular use of these sessions, will likely produce these experiences over time. This manual will show you how to write sessions that users have reported to produce euphoria experiences, enhanced mental performance, Kundalini and OOBES experiences, and other states.

Because each person has their own psychological makeup of suppressed material, old hidden feelings and memories, and possibly even dissociations from previous self concepts, no one can guarantee that you will experience feelings of being comfortable and warm in every session.

The decision to use mind machines to alter brainwave frequencies and produce altered states of awareness is a personal decision that you must make an informed decision, for or against, on your own. That is not to say that you shouldn't seek the advice and counseling of professionals as well as friends. You should! However, because each individual is different, NO ONE can guarantee you a pleasant experience all the time. Consequently, when you use any brain wave altering device, you do so at your own risk. I have identified many areas in this booklet of which you need to be aware. They are placed there to increase your understanding and personal safety.

I have been using these devices for many years. I have seldom had an experience that I would consider dangerous. However, I doubt that anyone could guarantee you a pleasant experience even a hundred years from now. These machines are not toys. They are effective brain wave altering devices. Please, treat them and your brain with respect.

It is everyone's right to experience the fullness of their spirituality. These sessions can help you bypass the barriers to that experience. However, greater power can be used to hurt as well as help. Many years of experimentation have gone into gaining an understanding of the best way to use these devices, as well as the pitfalls. At Enlightened Enterprises, we want you to have as pleasant and insightful experience as possible.

If you are going to transcend, then transcend with a friend. This should preferably be someone you can talk to and confide in. I've used this technology now for several years.

I have reexperienced events that I haven't remembered in decades. That hasn't hurt, in fact it has helped. It can be uncomfortable, if you are new to this type of experience. For that reason, I recommend strongly that you take along a friend when you take the road of inner discovery.

I also recommend the following books as excellent guides to help you over the low spots and to guide your way to the inner and outer realms of the mind and spirit:

1. "Vivation: the science of enjoying all of your life.", by Jim Leonard and Phil Laut, published by Trinity Publications of Cincinnati, Ohio (Presently out of print.).
2. "Focusing", by Eugene T. Gendlin, published by Bantam Books of New York, New York.
3. "Far Journeys", by Robert A. Monroe, published by Double Day of New York, New York.
4. "Kundalini, the evolutionary energy in man", by Gopi Krishna, published by Shambala of Berkeley, California.
5. "Autobiography of a Yogi", by Paramahansa Yogananda, published by Self-Realization Fellowship of Los Angeles, California.

## MIND MACHINES

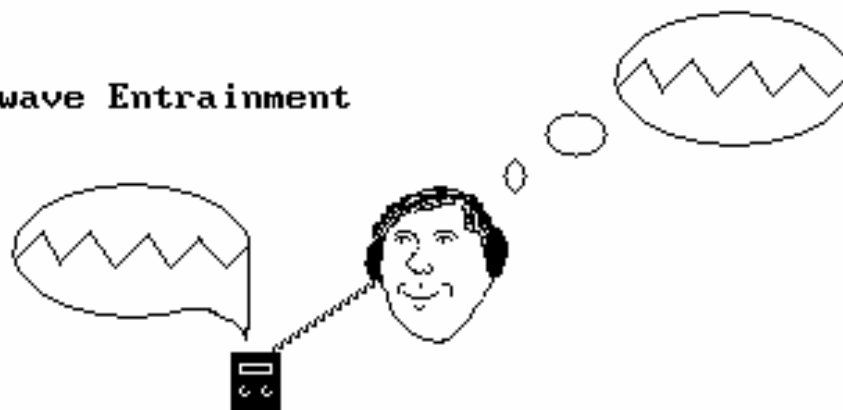
The technology of sound and light synthesizers (mind machines) is commonly available today. Mind machines allow their users to set up sound and light patterns which brain waves will assume (entrain) (see figure 1). The method by which this entrainment happens is the Frequency Following Response (FFR).

The frequency following response means that the brain waves naturally entrain or follow the rhythmic pattern of signals entering from the senses. Light and sound patterns are interpreted into electric signals by the senses. These electrical signals are then passed to the brain and set up corresponding patterns in the brain waves. In short, what these machines do is to create snapshots of simple patterns of energy in the brain.

Most methods this book deals with use **offset** frequencies. Offset frequencies are mentally produced frequencies. When a frequency is placed in one ear and a slightly different frequency is placed in the other ear, the brain subtracts the two frequencies and produces a third (an offset frequency). With offset frequencies, the mental signals to which the brain entrains can often be heard within the mind.



**Without Brainwave Entrainment**



**With Brainwave Entrainment**

## ARE LIGHT AND SOUND MACHINES SAFE?

I have made a point of stressing caution about the use of light and sound machines, but are they really safe? The answer is yes . . . when used properly and with understanding.

There are several main ways that you could have trouble with any session and I will discuss them here. I have also included a number of specific cautions throughout this text. If precautions are taken, you should have no worries about these problems.

First, these sessions and some of their after effects are distracting and will alter your state of mind. That said, it should be obvious that no session should be used when operating heavy machinery, driving a car, or performing activities where you need concentration. It should be emphasized that you shouldn't use any session before engaging in such activity. At least, you shouldn't use them without a session ending that brings your awareness back to a fully awake low beta state.

Second, anyone suffering from a physical debilitating condition like epilepsy, or heart trouble, should strongly consider not using these machines. I have heard there have been relatively few situations where anyone has had a preexisting physical condition aggravated. Most people, who have had adverse reactions, had undiagnosed physical conditions. If you suspect a health problem, you would be wise not to risk your health.

Third, these sessions can easily promote the emergence of suppressed subconscious material during and after the session. In psychotherapy, this is exactly what a therapist will try to do. However, If you have had any traumatic experiences in the past, have never had therapy, and do not know how to handle troubling memories and feelings, then you should consider very carefully your decision to use sound and light sessions.

Suppressed material is suppressed for a reason. You didn't know how to handle a painful situation when it occurred. That is perfectly understandable. When using these machines, suppressed material will come up. If you don't know how to integrate it, you will resist it, and it will be uncomfortable. Several of the books I recommended earlier can help you to learn practices of good mental health. I highly recommend them.



Fourth, these machines should never be used with any substance, legal or otherwise, that affects your awareness. Practically nothing is known at this time about the effects of combinations of drugs and the use of brain wave entrainment machines. You can bet that there is a strong chance of synergetic effects. Those effects could be dangerous. When you are using these machines leave other substances alone.

Fifth, high voice (tone) frequencies and high offset frequencies can be very stimulating and should be used with a lot of caution. Generally, high stimulation serves little purpose unless you enjoy feeling like you have just had seven or eight cups of coffee, or high anxiety, and staying up for nights on end. Frankly, there is little point to it and unless you have something specific in mind, I encourage you to not use them. If you do use them, please start with lower frequencies and lower volumes and work higher.

Sixth, I am always cautious about putting A Box X "no time" sessions around heart chakras, especially 330 - 349 Hz. I have never had any negative results that I know about. However, I have tried to stay away from sessions and frequencies that might cause trouble. A Box X no time sessions are excellent at relaxation and energy release. Please note that the possibility exists that at the right frequencies, they could temporarily affect other organs. Please use caution around these areas, especially with this session type.

Seventh, there is an area around 165 Hz. that can cause what I call a spiritual fall or a consciousness collapse. I don't think this is an effect that only I can feel, it is too strong, but I have not used it with others and don't recommend its use at this time. In Awakening Mind 2, I will go into specific ways to use it safely. Right now, if you use this frequency and have problems, immediately use a frequency that is higher and alleviates the symptoms.

With a little caution almost anyone can use, enjoy, and benefit from the use of sound and light machines. This book is about using them safely, more effectively, and joyfully.

## SESSION THEORIES

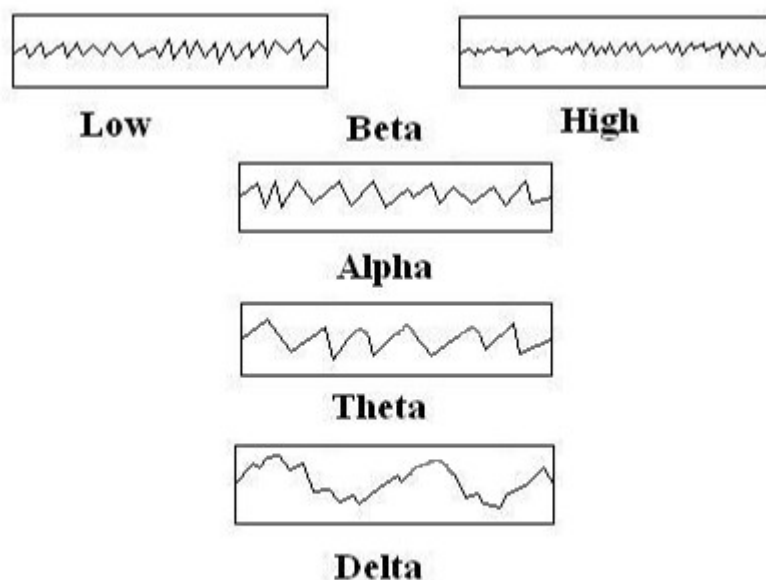
The following theories are important to understanding the processes of writing light and sound sessions. Many of the following theories are accepted scientifically. However, scientific work into this field is young and scientists may not fully understand these effects for decades. With that in mind, I have here proposed several "new" theories that have proven useful when writing sessions. Like all scientific thought, time will modify these ideas in numerous and hopefully wondrous ways.

### Brain wave Theory

Electrical instruments are commonly used by medical people to evaluate mental states. These instruments measure the neuron firing rates of groups of brain cells. These firing rates are commonly thought to control mental states. Beta, alpha, theta, and delta are terms that medicine uses to indicate the rates of brain cell firing and the corresponding mental states associated with them.

### The Beta State

The beta state is that state of mind that you experience when awake and active during the day. Normally, it includes any brain wave with a greater frequency than 13 Hz (faster repetition than 13 times per second). I have for our purposes divided the beta state into a higher beta and a lower beta because anxiety is often experienced with the higher beta states.



The higher beta state, like the lower beta state, is experienced while awake and busy during the day. The higher beta state is very stimulating and often associated with anxiety. This anxiety is related to subconscious resistance to these very stimulating states. This state ranges from 21 hertz and higher (See Figure 2). The natural brain wave amplitudes are very small.

The lower beta state is that state of mind commonly experienced while awake and busy during the day. This is the state of mind in which you commonly deal with your daily routines. You can experience anxiety with some of the lower beta frequencies when used around octave 2 or 3. The low beta state involves frequencies from 13 Hz. to 21 Hz. The natural amplitudes are small (see fig. 2).

### The Alpha State

The alpha mind state is that state commonly experienced while the body is resting and the mind is calm. The alpha state is the one you experience in the late afternoon or evening with nothing particular on your mind. The alpha state of mind involves frequencies from 8 to 13 Hz. The natural amplitudes are small to medium (see fig. 2).

### The Theta State

The theta mind state is commonly experienced at night while the mind is dreaming or in periods of day dreaming and mental reverie. The Theta state of mind involves frequencies from 4 to 8 Hz. The natural amplitudes are medium in size (see fig. 2).

### The Delta State

The Delta mind state is commonly experienced at night during deep sleep or possibly during the day by people experiencing depression or mental fatigue. The Delta state of mind involves frequencies from approximately 0 to 4 Hz. The natural amplitudes are large in size (see fig. 2).

### Combined Mind States

The mind often experiences a combination of theta, delta, alpha, and beta states. Combinations of theta and alpha sometimes produce enhanced creativity. Combinations of beta and alpha sometimes produce a calm dynamic state of mind. Combinations of delta, and alpha or beta often produce a mind awake-body asleep state that leads to OOB states.

### Activation Theory

This theory proposes that the delta, theta, alpha and beta states are only degrees of stimulation of the conscious and subconscious mental processes. In this theory, the delta state represents a shut down of conscious and/or high subconscious mental processes (unconsciousness). Theta would be an opening to the subconscious because the conscious mind's defenses are shut down. Alpha would be a relatively defense free, calm state of mind. Low beta would be a state of consciously dealing with the outside world while keeping mental defenses ready. High beta would be a state of quick mental activity where the mental defenses are on guard and you can easily experience anxiety.

Note: there is a difference between unconsciousness and subconsciousness. Even in deep sleep, deep subconscious parts of the mind are working to regulate heart beat,

temperature, etc. While subconscious parts of your mind are functioning, the conscious mind is asleep and consequently unconscious. Rem. sleep is therefore that state of mind where the conscious mind becomes unconscious, but the higher subconscious is dreaming. Death is that state of mind where the deep subconscious becomes permanently unconscious on a physical level.

You must also keep in mind, that though you may have many parts that don't depend upon conscious thought to operate, you are an integral whole. It is very difficult to design sessions that will affect one part of you and not another. So while certain sessions will facilitate the rapid emergence of suppressed material, almost any session will bring up some also.

Finally, there are many ways to create the same broad mental states. With body asleep-mind awake states, you can do it with two offset frequencies, or with one offset frequency and one window frequency. The differences between the two states are negligible but distinct.

### Periodic Cycle theory

When you rise in the morning, you come up from delta, to theta, then alpha, and finally to beta. Usually, beta states last all day long. Finally, in the evening, you may go into alpha. At bed time, you go deeper into theta and delta. This is the main daily cycle in its simplest form.

Every so often during the night, you ascend from delta into theta and start dreaming. Every so often during the day you partially descend from beta into alpha (relaxation), and into theta (day dreaming). These are subrhythms imposed upon the daily cycle. In these subrhythms, the minor active state is imposed upon the main active state. Thus, when you are daydreaming, a minor active state of theta is imposed upon the main beta state or alpha state. When you are dreaming at night, a minor active state of theta is imposed upon the main delta state. Which state is a main state or primary, and which state is a minor or secondary determines the state of mind you perceive (see the section

on combined mental states). Also, a minor state may dominate for short periods of time.

It is possible to write sessions that capture the mood of those cycles. The dreamy evening session, the dreamy twilight session, and the morning theta session in the rear of this manual recapture three of those natural states.

### Spectrum Theory

This theory is a way to design sessions that will affect one part of your awareness and not another. It is commonly known that lower frequency sounds stimulate passion (drums, bass guitars, etc.), while higher frequency sounds evoke inspiration and spirituality (flutes, harps, etc.). In other words, different sounds focus your consciousness at different levels. Along these lines, this theory gives the following meanings to each octave. More experimentation needs to be done in the years ahead to further define these states, but you needn't wait years to begin your own interpretations.

Octave 1 Low Subconscious realm - Gross Physical Consciousness

Octave 2 High Subconscious realm - Semiconsciousness (Moods)

Octave 3 Conscious realm - Low (calm) Mental Consciousness

Octave 4 Conscious realm - High (excited) Mental Consciousness

Octave 5+ High Conscious realm - Spiritual Consciousness

Please note, this does not mean that you will only find physical (body) effects in octave 1. I have personally experienced physical (body) effects (mostly internal) at various frequencies above octave 1. This theory is referring to conscious states only and best refers to the "being" centers (see Chakra Theory) on the various octaves. Also note that you will also find things you are only semiconscious of on various octaves around frequencies associated with the "heart", "solar plexus", "genital", and "base" centers.

The daily cycle is expressed to an extent within this spectrum. During the day, your awareness is expressed more within octaves 3 and 4. In the evening, your awareness is

expressed more in octaves 2 and 3. Deep sleep at night is expressed more in octaves 1, 2 and 3. This is not something science has picked up on yet; however, it is at the heart of programming a sleep session.

Sleep is not just your conscious mind becoming unconscious. It is that, but it is also more than that. Deep sleep is a state where the conscious mind, the subconscious mind, your moods, and your body rest. To design a session that produces deep sleep, you can put delta offset frequencies at almost any point along the spectrum. It will not always be effective.

If your subconscious mind, your mood, or your body is restless, then putting a delta offset frequency in the higher mental octave may not cause sleep. Sleep is a state that is broad across the spectrum. To best produce sleep, a session might have to encompass the entire lower spectrum. For most machines this isn't feasible. The next best thing is to put delta offset frequencies at or near the lower mental octave. Putting a 3 Hz delta offset frequency near the voice frequencies of 196, 220, or 247 seems to do the best job of producing sleep. Unless you are going to sleep, always end this type of session with a return to alpha or beta. Otherwise, you may feel mentally sluggish afterwards.

Notice that this theory combined with the activation theory indicates that delta offset frequencies in octave 1 may suppress your metabolism. Delta offset frequencies in octave 3 and 4 may lead to a depression of mental functions. Notice also that beta offset frequencies in octave 1 may increase your physical metabolism. Beta offset frequencies in octaves 3 and 4 can increase conscious mental activity.

### Window Theory

In the previous theory, I defined a broad spectrum of what to expect from different voice frequencies. Windows define ways that narrow bands of voice frequencies affect mental states. For example, voice frequencies around 60 Hz. are very powerful on a physical level. Voice frequencies around 330 Hz. are personally inspiring.

When you listen enough to the same offset frequencies created from different voices, you will realize that they sound differently (A ten Hz. offset frequency created in the 400

Hz. voice frequency range sounds different from a ten Hz. offset frequency in the 200 Hz. voice frequency range). This may be due to various harmonics passed along to the brain. Whatever causes it, the change is useful in triggering different effects.

A word about semantics is in order here. When a session is said to be peaceful, or powerful, or something else, this is a subjective description. As an orange must be tasted for the experience to be understood, these sessions have to be experienced for understanding to develop. Sessions centered around 247 Hz. can be said to be peaceful. Sessions with alpha offset frequencies can also be said to be peaceful. You can get into endless qualifying of the types of "peace" experienced, but the differences have to be experienced to be understood.

The effects of window frequencies are often not stronger than offset frequencies and sometimes even natural states. We are to some large extent creatures of habit. We have been experiencing sleep for all of our lives. Natural states triggered by offset frequencies can override the window's effects. You could, for example, use an OOB session with a lower mind window delta offset and a spiritual beta offset and simply fall asleep. The sleep habit of the mind is sometimes stronger than the window and even at times the beta offset frequency. It takes time for the full effects to manifest.

The full effects of window frequencies may take some time after experiencing them to become obvious. This may mean that they are turning on certain glandular systems in the body which would take time to be noticed. You should exercise great caution when using high tone frequencies. They can be extremely stimulating. A "no time" session is good for overcoming high stimulation.

Often, but not always, the first effects of a window are subtle. Also, different people are more sensitive to certain windows and less sensitive to others.

Research is currently continuing into the meanings of various frequency ranges. Preliminary experimentation indicates that there is a correlation between the meanings of window frequencies and the traditional meanings of chakra frequencies. Currently known window frequencies are listed later in this manual.



### Harmonic Theory

The basic idea behind the harmonic theory is that brain waves that are multiples of each other act more in unison and in harmony. Many meditators seek to reach states of active peace with no internal strain or tension. This kind of state would enable the free flow of brain wave functioning throughout the conscious and unconscious minds. My own research with light and sound sessions indicates this is possible using harmonic sessions. To a degree, it is possible with most sessions; but it is more pronounced with harmonic sessions.

You must be aware that after these sessions are over, the mind is "greased" and can allow subconscious material to emerge and hopefully integrate more easily. This is also the case with meditation methods such as Transcendental Meditation (TM) and other meditation methods. The TM method and many psychological methods sanction or encourage this process. They think of it as being a natural process of releasing residual stressful impressions and gaining more access to deeper and powerful parts of the mind.

The following table shows offset frequencies and their natural harmonics. Note that the harmonic frequencies are simple integer or fractional multiples of the original offset frequency. Also, be aware that the strength of harmonic sessions decrease as the harmonic multiple increases.

Offset Frequency	Harmonic Offset Frequencies	Half Harmonic Offset Frequencies*
1 Hz.	2, 3, 4, 5, 6, 7	1.5, 2.5, 3.5, 4.5, 5.5
2 Hz.	4, 6, 8, 10, 12, 14	3, 5, 7, 9, 11
3 Hz.	6, 9, 12, 15, 18, 21	4.5, 7.5, 10.5, 13.5, 16.5
4 Hz.	8, 12, 16, 20, 24, 28	6, 10, 14, 18, 22
5 Hz.	10, 15, 20, 25, 30, 35	7.5, 12.5, 17.5, 22.5, 27.5
6 Hz.	12, 18, 24, 30, 36, 42	9, 15, 21, 27, 33
7 Hz.	14, 21, 28, 35, 42, 49	10.5, 17.5, 24.5, 31.5, 38.5
8 Hz.	16, 24, 32, 40, 48, 56	12, 20, 28, 36, 44
9 Hz.	18, 27, 36, 45, 54, 63	13.5, 22.5, 31.5, 40.5, 49.5
10 Hz.	20, 30, 40, 50, 60, 70	15, 25, 35, 45, 55
11 Hz.	22, 33, 44, 55, 66, 77	16.5, 27.5, 38.5, 49.5, 60.5
12 Hz.	24, 36, 48, 60, 72, 84	18, 30, 42, 54, 66
13 Hz.	26, 39, 52, 65, 78, 91	19.5, 32.5, 45.5, 58.5, 71.5
14 Hz.	28, 42, 56, 70, 84, 98	21, 35, 49, 63, 77
Harmonic Multiple	2, 3, 4, 5, 6, 7	1.5, 2.5, 3.5, 4.5, 5.5

**Table 1:** Harmonic Multiples of Alpha, Beta, Delta, and Theta offset frequencies.

\* Unfortunately, many machines won't allow inputs of fractional frequencies and the only way around this is computer programs or relatively expensive synthesizers.

Caution: Offset frequencies above 16 Hz. become increasingly more stimulating and can lead to anxiety. If used at all, they should be used at progressively lower volumes. You can use delta, theta, or alpha frequencies, or especially "no time" sessions to overcome excess stimulation.

## Chakra Theory

When I was 16, I had a very profound series of spiritual experiences. They were associated with an inherent power described in eastern religions as the Kundalini. Those experiences literally changed my whole life.

The Kundalini is a very powerful force. It resides at the base of the spine in humans. If it is allowed to progress from the base of the spine to the brain, this power causes spiritual evolution in humans. Provided there is no conscious or subconscious resistance, the experiences it produces are more beautiful than can be described in mere words.

During the summer of 1990, while experimenting with light and sound sessions, I noticed that they were affecting me in ways that were awakening my Kundalini. My early experiments involved the theta state set at 7 Hz. and its multiples of 14, and 21 Hz. I succeeded in raising the Kundalini once again.

Recent experiments have convinced me that a slightly higher frequency of 7.8 Hz. produces a better meditative state. This frequency is the Schumann resonance frequency. Unfortunately, as I have already mentioned, many machines cannot duplicate a fractional offset frequency. So I have included several sessions on Kundalini and chakras that use integer frequencies.

When the Kundalini rises, it activates certain centers of awareness along the spine. Some writers in describing the Kundalini, have mentioned that the chakras (energy centers) resonate with certain notes on the musical scale. You must understand that musical notes are not their natural sounds. However, the notes do a reasonably good job of activating these centers of consciousness. The following table shows the notes associated with the various chakras. Most of these notes have fractional components. However, the fractional components are seldom used in programming most machines.

## Chakra Frequencies

CHAKRA:	NOTE:	FREQUENCY (HERTZ)					TRADITIONAL MEANING
BASE	C	32.7	65.4	130.8	261.6	523.2	SURVIVAL
GENITAL	D	36.7	73.4	146.8	293.6	587.2	REPRODUCTION
SOLAR PLEXUS	E	41.2	82.4	164.8	329.6	659.2	AGGRESSION
HEART	F	43.65	87.3	174.6	349.2	698.4	LOVE
THROAT	G	49.0	98.0	196.0	392.0	784.0	WILL
3RD. EYE	A	55.0	110.0	220.0	440.0	880.0	PERCEPTION
CROWN	B	61.74	123.48	246.95	493.9	987.8	BEING
		^	^	^	^	^	
OCTAVE		1	2	3	4	5	

**Table 2:** Chakra Voice Frequencies.

There are many books available on the chakras, the Kundalini, and its activation. First, a word of caution is advisable. The Kundalini is more powerful than your ego could ever be. To awaken it is the awakening of true spirituality in humans. It is a journey that transcends the ego. However, to awaken it and then resist it by not following through or not be able to follow through can be very traumatic. To awaken this power and then shut it down accidentally or on purpose can lead to severe depression or serious disassociative disorders. Here again, your spiritual development is in your own hands. If you use it wisely, then it is so much the better. If you awaken it and then resist it consciously or subconsciously, it can literally take you apart psychologically.

The key to awakening the Kundalini is to awaken the third eye chakra or the crown chakra. Once one of these chakras is awakened and there is no other resistance, the Kundalini flows freely.

The key to awakening that chakra is to relax very deeply into these sessions. If you relax so deeply that you lose your "self" in them ("a deep no time" state), then if stimulated, that chakra will open wide. If you didn't lose yourself in a "no time" state, you will probably experience a fair amount of stimulation or anxiety. The anxiety is caused by one of the enlightenment session's offsets being high beta. If that didn't happen, then you may wish to consider using an alpha session to cancel the high beta effects. A delta or a no time session works also, but may cause a mild collapse of consciousness.

If during the session, you lost yourself in a "no time" state, there is a good chance the Kundalini will rise. If you lost yourself in a "no time" state during the session, I suggest that you do something that will absorb your attention for several hours after the session end or if you experience bliss, then lose yourself in that.

Again, I remind you that the effects of shutting down the Kundalini after it is awakened can be very traumatic, mentally and emotionally. **If you use any other session (especially a no-time session) after awakening the Kundalini, you will probably stop its rising and shut it down.**

I definitely do not recommend that you do this, but you can simulate what a "spiritual fall" feels like by listening to a pure window frequency of 494 Hz. or higher (Definitely! Do not do this if you don't have a source of noise and ready access to an advanced light and sound machine). Get very stimulated with it for one, two, or three days (This may cause insomnia and/or anxiety). Then listen to a window frequency of 131, 147, or especially 165-170 Hz. If you feel the collapse sensation, stop listening to it, and start listening to a higher frequency (247, 330, or above). If you feel any trauma, listen to some low frequency noise. The noise and the listening to higher window frequencies is the key to overcoming a "spiritual fall"

### Schumann Resonance Theory

The Schumann resonance frequency is the frequency at which the earth's energy resonates with the upper atmosphere. It is numerically about 7.83 Hz. Why this particular frequency is so powerful when used by itself and with its harmonics is unknown. Perhaps it sets up a resonance between the mind and the earth's energy. Perhaps it is powerful because it is a state that lies on the boundary between theta and alpha. I have tried many frequencies and to date this is the best single frequency meditation I have found.

### Out Of The Body Experience Theory

People have claimed for many years to have left their bodies and traveled to visit a friend or to some distant land. Perhaps the best known person in recent years to publicize these experiences is Robert Monroe. Bob is certainly the first person to use offset frequencies to recreate the out of the body state. The Monroe Institute of Applied Sciences leads gateway programs in Faber, Virginia to let people experience for themselves the OOB state. I would highly recommend a visit to anyone interested in going OOB.

His basis for one of his out of the body sessions is a state of mind where one's body is asleep and one's mind is awake. Thus, it is a state where you are able to perceive that part of you that is not just physical.

Another session he uses produces a state of "no time." It is a state where your mind experiences a skip in time. You get into the session and literally the next thing you perceive consciously is that the session is over. This state can lead to OOB's.

It is not the purpose of this manual to reveal what the Monroe Institute uses on their tapes. It is our purpose to show you how to create sessions that lead to the mind awake-body asleep state, and the "no time" state that gives rise to OOB experiences. For actual mental techniques for going OOB, order the gateway program from the Monroe institute in Faber, Virginia.

The basis of the mind awake-body asleep state is to combine alpha or beta offset frequencies with delta offset frequencies. You can add to your session certain window frequencies that bring your attention to the desired realm. For instance, put a delta offset frequency at a lower conscious frequency and you often get sleep. If you put in alpha or beta offset frequencies at the mental conscious level or above, you have a very good OOB session.

The first "no time" session uses a 7 Hz. offset frequency and a 14 Hz. offset frequency. In that session, if the voices creating the 7 Hz. frequency are significantly louder than the voices creating 14 Hz. one, then the "no time" state results.

In the second "no time" session and in the Enlightenment sessions, the construction method is "Box X" and the volume of the voices needs to be nearly equal. These sessions can create one of the most profound "no time" states I have ever felt.

### The Fear Barrier

Robert Monroe described in some of his works a part of the mind that is intensely fearful and acts as a barrier to the experience of OOB states. This part of the mind has been described in eastern religious literature as "The Veil", or "The Veil of Fear".

To understand this part of the mind, you have to understand that from the time of your birth and possibly before, your mind has been receiving sensory impressions. As an infant and child, you did not have the ability to understand correctly the meaning of these impressions. Nevertheless, so that it can react in a meaningful way, the mind is constantly trying to understand.

Some of these impressions were interpreted as being intensely fearful. Your natural reaction was to either fight or to flee. Since as a child, fighting back wasn't particularly productive, many people finally adapted by fleeing.

Mental impressions of past events, old decisions, and previous view points are still present within the mind. They will stay present within the mind until they are integrated. Integration is the act of making residual impressions ok enough to reexperience them.

To the subconscious mind, there is no difference between mental impressions of past events and what is actually taking place now. This may seem odd, but when you think about it, there isn't much difference between impressions of the past and impressions of the present. As long as the subconscious mind remains subconscious, it can't easily tell the difference.

Therefore, when the subconscious mind encounters a negative impression of a past event, it tries to do the same thing it did to the original event . . . it resists and flees (suppresses and disassociates) from the experience. This is the fear barrier (the veil of fear) because it resists knowledge of painful past events and consequently blocks the knowledge of the underlying totality of your being. It does that by suppressing and dissociating from the parts of your mind containing these old negative impressions.

Normally, mental resistance to healing (mental healing = integration) always causes tension, and feelings of mental and emotional numbness and suffering. This tension, and the numbness associated with it, degrades your experience of your sessions. You can use the peaceful alpha to overcome the tension, and noise to overcome any mental and emotional suffering.

### Integration Theory

There are many ways around the fear barrier. One way is to simply persevere with your sessions. Another way is through hypnosis and self-hypnosis. Sooner or later, through one process or another, the suppressed subconscious material must be dealt with.

Integration is the opposite of suppression and dissociation. Suppression and dissociation say: "I don't like this stuff. I don't want to experience it. I don't want it to be a part of me, so I will shove it aside".

Integration is the process of saying: "Maybe this stuff is not so bad. Maybe it is ok to experience it. Perhaps it is a part of me. I will let myself reexperience it".

There are many integration attitudes that accomplish just that. Forced surrender is perhaps the lowest one. If you enjoy all the experiences you have during a session,



everything that comes up will integrate. Caring about, and loving yourself and your experiences is another integration attitude.

I strongly recommend the vivation book that I talked about earlier. Although out of print, you may find it through the publisher. Its discussion of integration is one of the best available. You must remember though, that these sessions or any book can't take the place of therapy. In *Awakening Mind 2*, I will delve into sessions that easily produce integration.

### **Suggestive States Theory**

While the mind is awake in beta or alpha states, the mind has shallow barriers that won't allow the access of suggestions directly into the subconscious. In the theta state, these barriers have been dropped to a great degree. Work on hypnotic states also suggests that combining a deep theta state with a low beta or high alpha state will produce a very receptive frame of mind. The Suggestive States session in the back works very well to produce these suggestive states of mind.

### **The Brain's Hemispheres**

The brain is divided into two hemispheres down the middle from front to back. The left side of the brain controls the movement of the right side of the body. The left side of the brain also controls your speech, and thought processes of logic and reasoning.

The right side of the brain controls the movement of the left side of the body. The right side of the brain also controls creativity, visualization (general nonverbal thought processes), and intuitive understanding.

### Euphoria Theory

Some scientific literature suggests lately that depression is the result of a brain imbalance between the right and left hemispheres. Science believes that the left brain hemisphere, which controls conscious understanding is turned down (delta, low theta) and the right brain hemisphere which controls nonverbal thought processes is active (theta, alpha, beta).

The researchers also note that people experienced the opposite situation when the left brain was active and the right brain inactive. Euphoria sessions take advantage of this to put larger pulse rates, frequencies, and/or volumes into the left brain and lower pulse rates, frequencies, and/or volumes into the right. This produces a state of mild feelings of well being. An euphoria session is contained in the back of this booklet (Try it with other sessions also).

### USING THE THEORIES

Basically, the best way to write your own sessions is to use the above theories in combinations. In almost any session you write, you will use the "brain wave states" theory and the "activation" theory. When used with the "combined mind states" theory, you can accomplish deep sleep, creative thought, and many other states. When these three theories are combined with windows, or spectrum theory, you can create varied and subtle natural states. When you combine the other theories with the "OOBE" or the "chakra" theory you can create specific altered states of consciousness.

With a little experience, experimentation, and creativity you can write a session for just about any mental state. The more you work with sessions, the better you will get at knowing which frequencies to use.

These theories are here to point you in the right direction. Don't underestimate the role of your own intuition in creating sessions. If you try a session out and feel that some voices should be higher, then try a higher arrangement. If you have a lovely feeling you want to recreate, then immerse yourself into that feeling and try to feel the best way to recreate it.

## OPTIMIZING YOUR EXPERIENCE

Light and sound sessions have the potential of taking you on the journey of learning about yourself and into realms not generally experienced. Many millions of sessions have been run with very few reported negative experiences. In any light and sound session, it is possible to resist the effects. You can do this either consciously or subconsciously. Your will is supreme.

Just as the fear barrier can subconsciously block the effects of your session. Any mental or emotional resistance to your session creates tension, which blocks the effects. If you are nervous before a session, then use the peaceful alpha session in the back of this manual. It simulates a mood similar to transcendental meditation, and is very good at soothing the conscious and subconscious minds.

In any state other than "no time", if you don't like what you are feeling consciously, you can always decide to end the session and remove the ear phones and goggles. However, the best way to get the most out of your session is simply to realize:

1. You are in control.
2. Outside of the "no time" or sleep states, you can stop at any time you wish.

Therefore, you can be assured enough to relax and passively listen to the offset frequencies and watch the blinking lights. When you relax, enjoy your session, and allow your mind to passively concentrate on the light and sounds, you are increasing the effects of your session.

Eventually, after using sessions for a long time, you will feel comfortable enough to allow your mind to become one with the voice and offset frequencies. At that point, you will achieve maximum results from each session. Over time, you will easily be able to tell what the windows do and how to write better sessions.

## SESSION CONSTRUCTION

Since this manual is about writing effective light and sound sessions, session construction methods are of paramount importance. There are many construction methods used to create sessions. However, they often contain certain elements in common. So, to gain an understanding of session construction, we will begin with the most common elements of a light and sound session.

### Elements of Sessions

Probably the most confusing aspect of dealing with session elements is learning the differences between the various frequency terms. The concepts are not that hard, but it can be confusing, so we will begin by examining each kind.

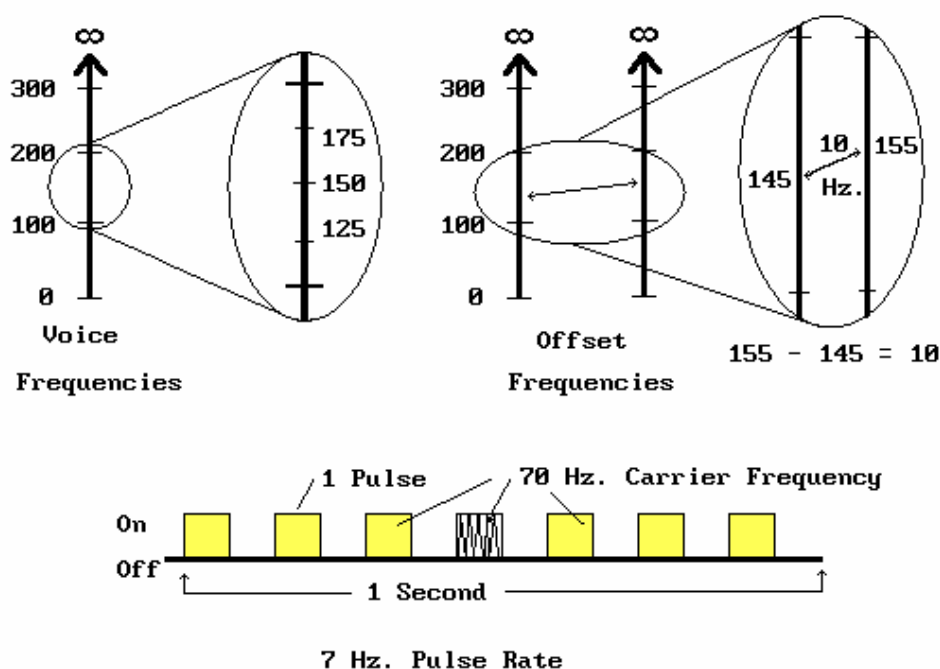
#### Voice (tone) Frequency

A voice frequency is the actual frequency number of one of the signals you tell your machine to send to either the left or right ear. This kind of frequency is what you hear when you play notes on any musical instrument (see fig. 3).

Window frequencies differ from voice frequencies only because window frequencies have a specific purpose. The specific purpose depends upon what the window's meaning is.

All machines will allow at least 2 voices (left and right channels) sent to the ears. Better machines will allow more. Some computer programs will allow essentially an unlimited number of voices

The PC-Synergizer machine allowed voices up to about 4,000 Hz. However, many machines will only allow less. The human ear can hear voice frequencies from 20 Hz. to 20,000 Hz. Obviously, the wider the range of frequencies available, the better. However, higher voice frequencies can cause extreme stimulation and should be used at extremely low volumes if used at all.



The light equivalent of tone is color. Red is the lowest frequency of visible color. Violet is the highest frequency of visible color. Pinkish red has been used in the past to reduce violent passions, Deep red has been used to stimulate passion. For me, violet is a dreamy color. There are a number of good books on the market dealing with color therapy.

### Offset Frequency

Offset frequency (also known as binaural beat frequency) is the mentally produced frequency determined by the subtraction of two voice frequencies. For example: if you wanted a ten Hz. (mid alpha) offset frequency at an average voice frequency of 150 Hz., then you may count down 5 Hz. ( $2 \times 10$ ) from 150 for the left ear (145 Hz.). You would then count up 5 Hz. for the right ear (155 Hz.). The offset frequency will be  $155 - 145$  or 10 Hz. (see fig. 3). This frequency controls how awake or asleep you feel. Slower

frequencies entrain the mind into deep sleep and dreaming mind states (delta and theta). Faster frequencies entrain the mind into passive and active awake states of awareness (alpha and beta).

Offset frequencies can be effectively produced from voice frequencies in the range of 30 to about 4000+ Hz. You won't get good lower offset frequencies at the higher voice ranges, or good higher offset frequencies in the lower voice ranges. The usual range of offset frequencies to use is from about 2 to 40 Hz. Some people have reported psychic phenomena at offset frequencies above 40 HZ. Offset frequencies that high should probably be used with voice frequencies above 750 Hz. (This figure depends upon your personal psychological makeup). Be very careful when using high beta frequencies and high voice tones. They can be very stimulating!

### Pulse Rate

As an alternative to sending a certain frequency signal to each ear, some machines will allow you to send a pulsed tone to the ear phones (see fig. 3). This can have several good points:

First, your machine may be able to entrain to fractional pulse rates. Often you can't do this when using machines that require integer numbers for voice frequencies.

Second, you can program the entrainment frequency (pulse rate) directly instead of having to go through constant subtractions to calculate offset frequencies. There is always the chance the calculations may be in error when one is experimenting and rearranging the sessions.

Third, often you can use a window voice frequency to change the "color" of the pulses in each ear. Essentially, you are using window frequencies as carriers for the pulses (see fig. 3).

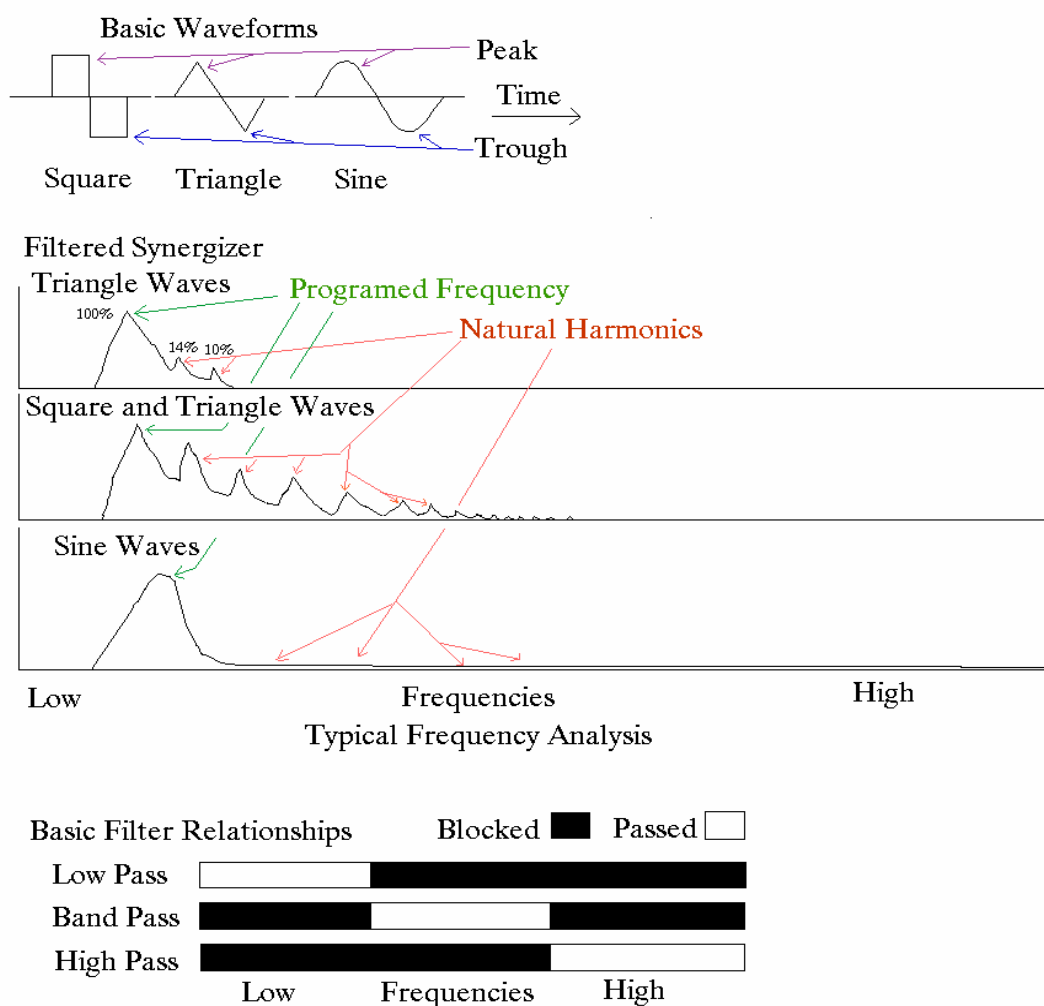
The trade off is that you may be limited to one pulse rate per ear. This limits the number of different sessions that can be created using pulse rates. The solution to this problem is to use separate pulse rates sequentially (one at a time), instead of simultaneously (several at the once).

On some machines, you can control the percentage of time the pulse is on. This is referred to as the duty cycle. In the illustration included, a 50% duty cycle is shown (on 1/2 of the time, off 1/2 of the time). It seems that a duty cycle of 10% to 25% works best.

## Waveforms

Every tone frequency is made up of waves. Electrically, one complete wave starts out at zero, climbs to a peak (maximum intensity), descends through zero to a trough (minimum intensity), and reascends to zero. Every wave can be said to have those characteristics (See Figure 4).

The differences between different waves is determined by their waveform. A wave's form is quite literally defined by the form of the path the wave takes in climbing to its peak and descending to its trough. There are many types of waveforms. Figure 4 shows three major waveforms: square, triangle, and sinusoidal. Square waves look like little squares. Triangle waves look like little triangles. Sinusoidal (sine) waves look like gently rolling hills and valleys.



All kinds of waves will produce effects similar to those described within this book; however, you should expect some differences. Square waves will sound quite harsh. Triangle waves will sound less harsh than square waves. Sine waves sound the most pleasant of all kinds. Though unpleasant, I have used square waves to achieve a "no time" state. Although I have done little with them, sine waves don't seem to produce a really good "no time" state. This may be due to the lack of strong natural harmonics. However, sine waves do seem to be more conducive to the OOB experience.



There was a flap some years ago about the possibility of sine waves being the cause of some of the cancer effects seen around high power lines. While cancer is at best tenuously related to high power lines, you must understand that apparently sine waves are not the natural wave form of brain waves. Brain waves most often resemble triangular waves. If I were you, I wouldn't let this stop me from experimenting with sine waves, every time you listen to music you are mostly listening to sinusoidal waveforms.

The sessions in this book were originally produced and tested on the Synergizer board. That board was not capable of producing sine waves. The session effects described herein are based on filtered triangular waves.

## Filters

Wave forms also have other effects. A Frequency Analysis will reveal that each wave form has natural harmonics. In other words, if you program a 100 Hz. tone frequency; other frequencies (natural harmonic frequencies) will also show up at higher tone frequencies. These natural harmonic frequencies are shown in figure 4. For convenience, the placement of harmonic frequencies for square and triangular waves are shown in the same place. You will find this is not the situation when actual analysis takes place.

These natural harmonic frequencies are not a tremendous problem with sine waves, but can be a problem at times with triangular and square waves. The higher frequencies can leave you feeling stimulated (wired). To minimize any problems, wave forms are often filtered to reduce unwanted natural harmonic frequencies.

There are many types of filters, but the three basic types of filters are: low pass, band pass, and high pass (See Figure 4). A high pass filter passes high frequencies and rejects or lessens lower frequencies. A band pass filter passes a certain range of frequencies and rejects or lessens higher and lower frequencies. A low pass filter passes low frequencies and rejects or lessens higher frequencies. The sessions contained within this book were written on the Synergizer machine, using triangular waves, and a low pass filter (See Figure 4).

## Volume

The role of volume in brainwave entrainment is:

The greater the volume:

1. The more the brain wave entrainment.
2. The greater the amplitude of your brain waves.
3. The longer that entrainment lasts outside of the session.

Sometimes entrainment can be felt two or three weeks after a session. Sometimes this can disrupt sleep cycles, cause vivid dreaming, and be uncomfortable. Different machines have different volume calibrations, so you can't be given a universal volume level number here. However, where critical, volume numbers for the PC-Synergizer board are included. Also, you might simply ask yourself "Would I be comfortably with this volume if I were half asleep." If the answer is "no", then turn the volume down to where you would feel comfortable.

The slower brain waves (delta and theta) naturally have a higher amplitude. The relationship seems to be progressively smaller brain waves from delta (the largest), to theta, then alpha, and finally beta (the smallest) (see fig. 2). This is useful in session construction, because you may want to turn down the volume on voice frequencies that are entraining the mind to the higher alpha and beta states. This is also the case with higher voice frequencies (i.e. greater than 396 Hz.)

The sessions you create are meant to be as comfortable as possible. These sessions aren't the place to manifest an attitude of: "I can take it!" If you notice feelings of being uncomfortable after a session, next time cut the volume down a notch (also see the section on session endings). If you relax into a session of lower volume, it can have more profound temporary effects than a high volume restless session, and it probably won't leave you feeling wired for several days.

You should also be aware that small changes in volume can at times mean the difference between entering an altered state or not. In the first "no time" session, the

"no time" state requires a beta state combined with a theta state about 4 to 5 times louder. In the second "no time" session, the volumes should be equal.

### Light Intensity

Generally, what has been said for sound volume would also apply to light intensity in the goggles. That is the brighter the light, the more the entrainment, and the longer the effects last. Use a level that is comfortable.

### Ramping

Ramping is the act of starting at one frequency or pulse rate and gradually shifting to another. Many sessions can be written simply as the core state you want to achieve. However, if ramping is added, entrainment will be better.

This is because the mind entrains better to states closer to those it is in at the start of the session. The mind also seems to stay entrained better if the change is gradual towards the end state. Hence, a ramp from high alpha consciousness is a very effective means to achieve a deeper and more profound core state. At this time, the PC-Synergizer software, for which these sessions were written, will ramp pulse rates. In the future, machines may allow the automatic ramping of voice frequencies, and volumes.

### Noise

Noise is a combination of many different random frequencies. It is best used to produce a relaxed state of mind. When you listen to waterfalls, rain, etc., you are listening to relaxing forms of noise. Many people now buy noise machines to aid in a restful sleep. Pink and brown noise are especially useful in preventing emergence of suppressed mental trauma or the mind's resistance when it does emerge.

Noise usually comes in several different general forms. White noise is a combination of many different random frequencies. Pink and brown noise is white noise that has been filtered to make it more pleasant. Technically, my sources say that white noise is

completely random. Pink noise is unbalanced towards the middle octaves. Blue noise is unbalanced towards the higher octaves. Brown noise is unbalanced towards the lowest octaves.

### Session Timing

Session timing is rather arbitrary. However, you must keep in mind that the optimum session would be between 30 and 50 minutes in length. Shorter sessions than this would accomplish little. Longer sessions would take so much time that it would discourage experimentation. If you have a session near its final form, feel free to extend it to whatever length you wish.

### The "Simple Entrainment" Method

The simplest way to evoke brain wave entrainment is to put a certain pulse rate in the ears or eyes and allow the brain waves to entrain to that frequency (see fig. 5). This method emphasizes the mental states of beta, alpha, theta, or delta. Because low voice frequencies below 20 cycles/second are very hard for humans to hear, this technique is best used with sound pulses rather than voice frequencies (see fig. 5). However, you can try voice frequencies set to between 0 and 20 Hz. with the volume turned up high (see fig. 5).

It may be that a form of this method has been used for many decades by hypnotists. One common way to induce hypnosis was simply to flash across the subject's eyes a reflected light from a shiny object at a slow rate. The slowness and the monotony of the reflected light induced hypnosis quite easily. Obviously, this would indicate that mind machines could be used to induce hypnosis and gain more control of unconscious habits.

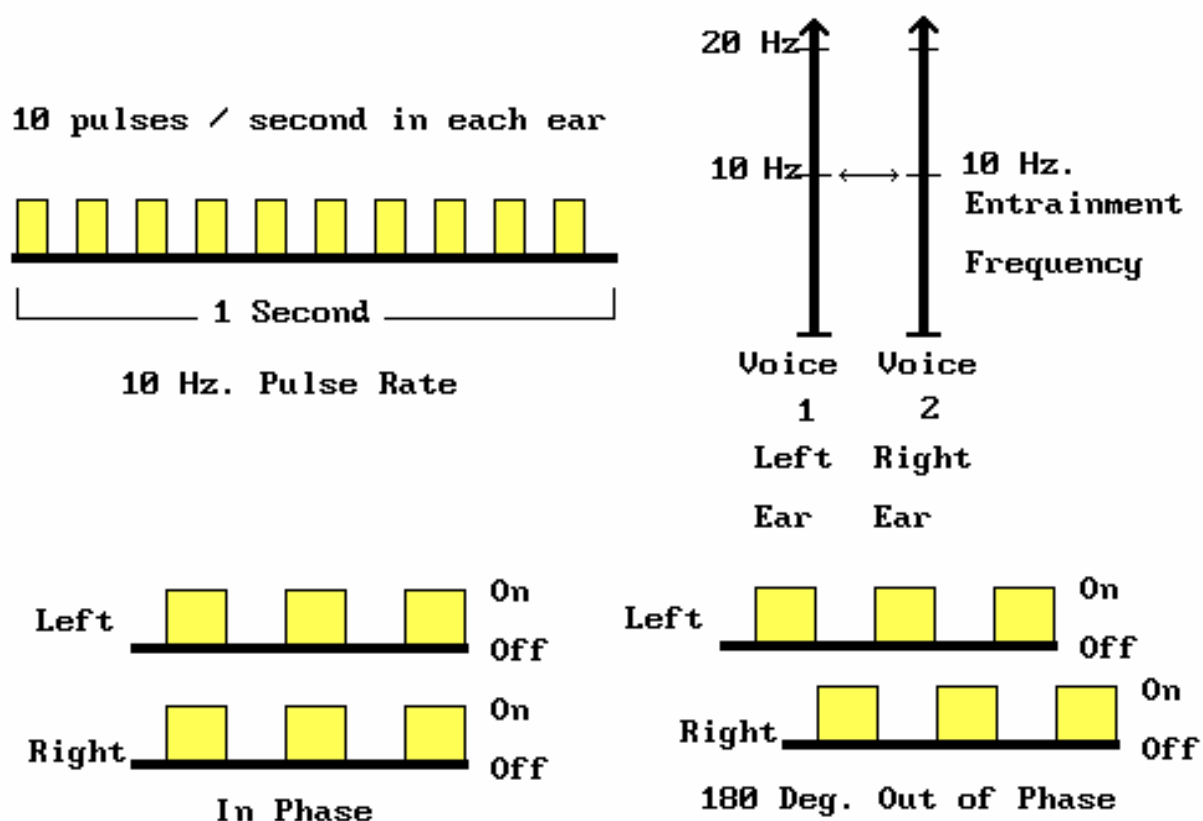
If one wanted to entrain the brain waves at a mid alpha level, you would set the pulse rate for 10 Hz. (mid alpha). For example, a pulsed session for 10 Hz. with a carrier voice frequency of 60 Hz. is shown below.

	Channel:			
	Left	Right	Volume	Notes
Voices 1 & 2:	60	60	Medium	Carrier Frequency
<u>Ear</u> Pulse:	10	10		Pulse Rate

Many machines use light pulses that can be set in phase or 180 degrees out of phase between the eye pieces (see fig. 5). Two signals are in phase when one light signal is on in one eye piece and the other signal is also on in the other eye piece. When one of these signals is off in one eye, the other signal is also off in the other eye (see fig. 5).

Two signals are 180 degrees out of phase when one signal is on in one eye piece and the other signal is off in the other eye piece. In this pattern, the signal alternates between being on and off between the two eyes (see fig. 5).

Pulse rates in the earphones follow the same patterns as above. They may also be either in phase or 180 degrees out of phase. In the PC-Synergizer, you can vary the phase angle from 0 (in phase) through 180 (completely alternating) and back to 360 (in phase again). In a circle, 0 and 360 are the same point.



### The "Straight Offset" Method

The straight offset method is the simplest method for creating an offset frequency. This method involves putting one voice frequency in the left ear and a different one in the right ear. This creates an offset frequency because of the difference between the two frequencies.

For example, a voice frequency of 200 Hz. in the left ear combined with a voice frequency of 210 Hz. in the right ear, results in an offset frequency of 10 hertz (see fig. 6). The offset frequency is a tone created in the brain because it hears in stereo and tries

to blend the two frequencies. Because this frequency is one that is created by the brain, the brain is creating its own signals in phase with the offset frequency.

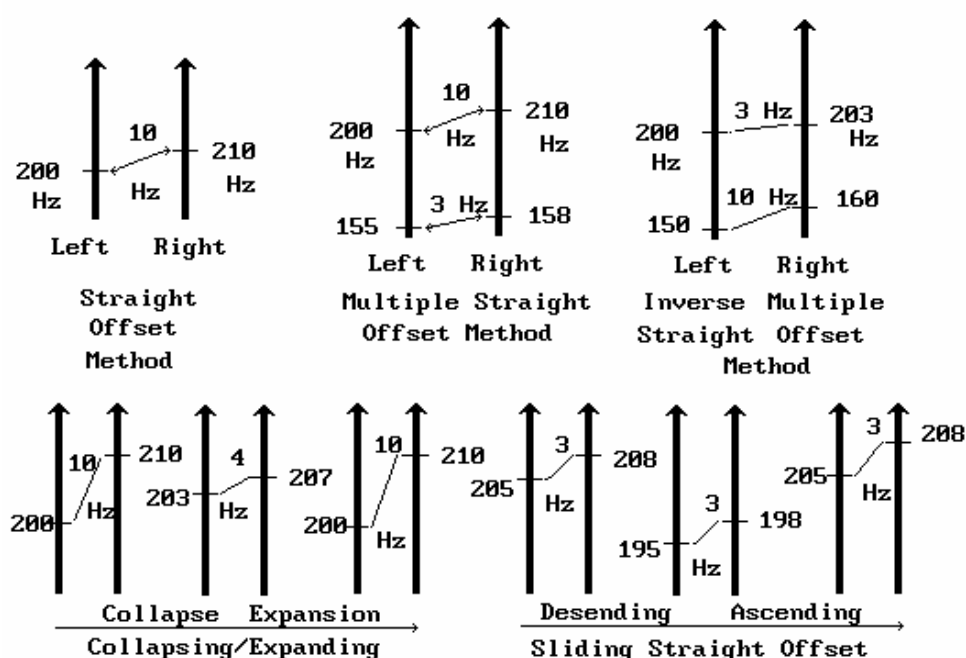
Straight offset frequencies emphasize a certain brain state at an average voice frequency. The above example emphasized an alpha brain state at an average frequency of 205 hertz (alpha brain waves at a lower mental frequency)  $((210+200)/2 = 205 \text{ Hz.})$ . Since it is a combination of voice frequency and brain state, it allows you to achieve effects that can be unique to each session.

#### "Multiple Straight Offset" Method

Additionally, you can combine several voices to produce a "multiple straight offset" session (see fig. 6). This is the procedure commonly used to blend two brain wave states at different voice frequencies.

#### "Inverse Multiple Straight Offset" Method

Normally, "multiple straight offset" sessions use lower voice frequencies for lower brain wave states. You can however, use the lower voice frequencies for higher brain wave states. In this arrangement, you would use higher voice frequencies for lower brain wave states. When you do this, you have an "inverse multiple straight offset" session (see fig. 6). This session type tends to bring out lower states of consciousness.



### "Collapsing/Expanding Straight Offset" Method

A collapsing straight offset session is one that starts producing a high offset frequency. It then progressively ramps to lower offset frequencies (see fig. 6). The following session illustrates this.

	Channel:		Offset	Average
	Left Ear	Right Ear	Frequency	Frequency
Time 1 Voice 1 & 2	210	200	10	205
Time 2 Voice 1 & 2	209	201	8	205
Time 3 Voice 1 & 2	208	202	6	205
Time 4 Voice 1 & 2	207	203	4	205



Notice that the Average frequency remains the same, while the offset frequency goes from alpha to the delta boundary. Sessions of this kind simulate going to sleep and may be useful to people who are having difficulty getting to sleep.

Expanding straight offset sessions are just the reverse of the collapsing offset sessions. If the above session started at time 4 and went to time 1, then the offset frequency would go from near delta to mid alpha. This kind of session simulates awakening and may be used to aid in that purpose.

### "Sliding straight offset" Method

A sliding straight offset frequency maintains a certain offset frequency while it "slides" (descending ramp) from a higher voice frequency to a lower voice frequency (see fig. 6). Also, it may "slide" (ascending ramp) from a lower voice frequency to a higher voice frequency. The descending session simulates going from an inspirational state (spiritual octave) to a down-to-earth state (physical octave), and can be useful in simulating physical, mental, or spiritual sleep. The ascending session ascends from a down-to-earth state to an inspirational state, and simulates physical, mental, or spiritual awakening.

Because of the wide range of voice frequencies between octaves, this type of session would almost have to jump across a range of voice frequencies. A possible solution to this problem is to write the session over a smaller range of frequencies. It could perhaps be done over just 2 to 1/4 of an octave. The technology of some machines in the future may enable an automatic ramping of voice frequencies which would simplify writing these sessions.

### "Harmonic" Methods

Harmonic methods create sessions using pulse or offset frequencies that are even, odd, or fractional multiples of each other. This creates mind states that are very powerful and highly coherent.

### "Half Harmonic" Method

Half harmonic sessions set up an offset frequency and one or more half harmonic offset frequencies around it (see fig. 7). For example, if you are using a theta offset frequency of 6 Hz., the half harmonics of 3, 9, 15, or 21 Hz. ( $6 \div 2 = 3$ ,  $6 \times 1.5 = 9$ ,  $6 \times 2.5 = 15$ ,  $6 \times 3.5 = 21$ ) would be powerful offset frequencies to include with it.

For example, the following voice frequencies make up a half harmonic session.

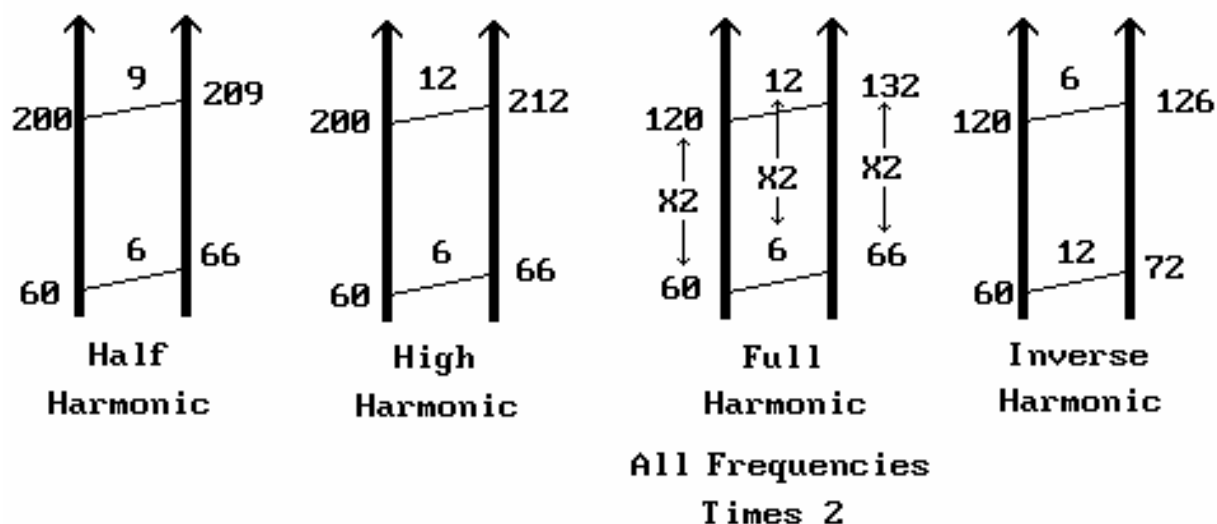
	Left	Right	Offset
voices 1 & 2	60 Hz.	66 Hz.	6 Hz.
voices 3 & 4	200 Hz.	209 Hz.	9 Hz.

### "High harmonic" Method

High Harmonic sessions set up an offset frequency and one or more higher harmonic offset frequencies (see fig. 7). As an example, if you are again using a theta offset frequency of 6 Hz. the full harmonics of 12, 18, or 24 Hz. ( $6 \times 2 = 12$ ,  $6 \times 3 = 18$ ,  $6 \times 4 = 24$ ) would be very powerful to use along with it.

For example, the following voice frequencies are the core of a high harmonic session.

	Left	Right	Offset
voices 1 & 2	60 Hz.	66 Hz.	6 Hz.
voices 3 & 4	200 Hz.	212 Hz.	12 Hz.



### "Full harmonic" Method

Full harmonic sessions set up one lower offset frequency and one or more offset frequencies at multiple voice frequencies above it (see fig. 7). These sessions differ from high harmonic sessions. The voice frequencies of the higher offset frequency are multiplied by the same harmonic multiple as the offset frequency.

For example, the high harmonic session created before may use the following voice frequencies to be full harmonic:

	Left	Right	Offset
voices 1 & 2	60 Hz.	66 Hz. --	6 Hz.
		\	
			----> times 2
		/	
voices 3 & 4	120 Hz.	132 Hz. -	12 Hz.

Full Harmonic sessions may be useful to produce psychic experiences. I have used a number of these sessions and have usually experienced psychic phenomena afterwards.

### "Inverse harmonic" Method

In an inverse harmonic session, the offset frequency of the lower voices is larger than the offset of the higher voices (see fig. 7). This type of session cannot be made fully harmonic. This type of session may be useful in stimulating lower states of mind while dampening higher states of mind.

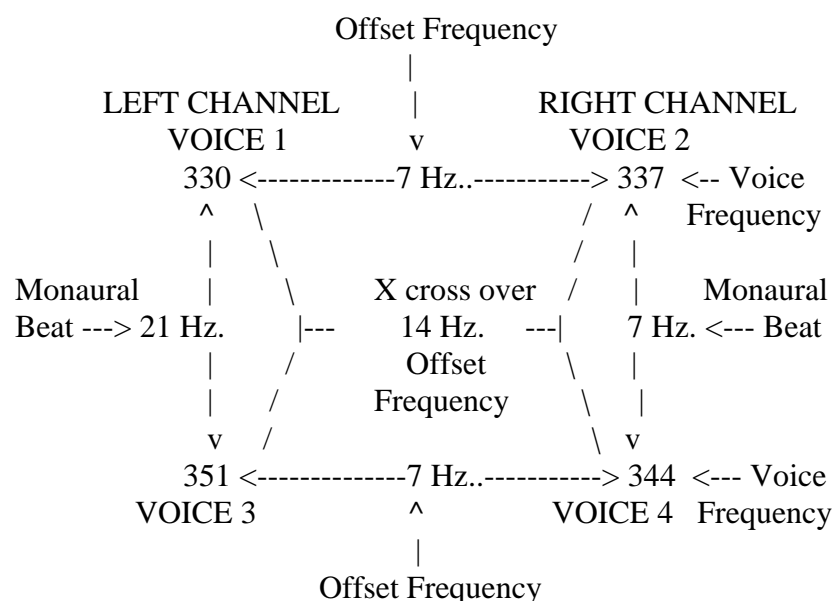
The following session is an example of an inverse harmonic session:

	Left	Right	Average	Offset
voices 1 & 2	60 Hz.	66 Hz. -	----- 66 Hz.	6 Hz.
			\	----
			123 Hz.	/
voices 3 & 4	126 Hz.	123 Hz.-	-----	12 Hz.

----> times 2

### The "Box X" Method

The "box x" method is essentially four voices (left and right channels) used to produce 4 offset frequencies. This method emphasizes two combined mental states (alpha + delta, theta + beta, etc.) at one average frequency. This method makes the best use of offset frequencies by using only 4 voices to create 4 offset frequencies. Figure 8 illustrates this.



This produces offset frequencies of 7 Hz. between the left and right ears with voice 1 and 2, and voice 3 and 4 (337 to 330, and 351 to 344). It also produces offset frequencies of 14 Hz. in the cross over between the left and right channels (344 to 330, and 351 to 337). Monaural beats are produced within each ear by the interference of the two frequencies in each separate ear (351 to 330 = 21, 344 to 337 = 7).

This is the most efficient method for producing four offset frequencies and the mind awake-body asleep and "no time" states. To produce that OOB session you would make the straight offsets 3 Hz. (a delta or asleep state) and the "X" crossover offset frequencies 10 Hz., 12 Hz., or higher (mid alpha to high beta).

Note that the volume of voices 3 and 4 (or 1 and 2) also controls the volume of the "X" cross over frequencies. This means that the higher offset frequencies in this method will never exceed the strength of the lower offset frequencies if all volumes are the same. Also, you can decrease the volume of the higher offset frequencies by decreasing the volume on voices 3 and 4 (or 1 and 2).

### "Half Harmonic Box X" Method

This session type is similar to the "half harmonic" method already mentioned. In this method, the "X" cross over offsets are half fractional multiples of the straight offsets.

### "Harmonic Box X" Method

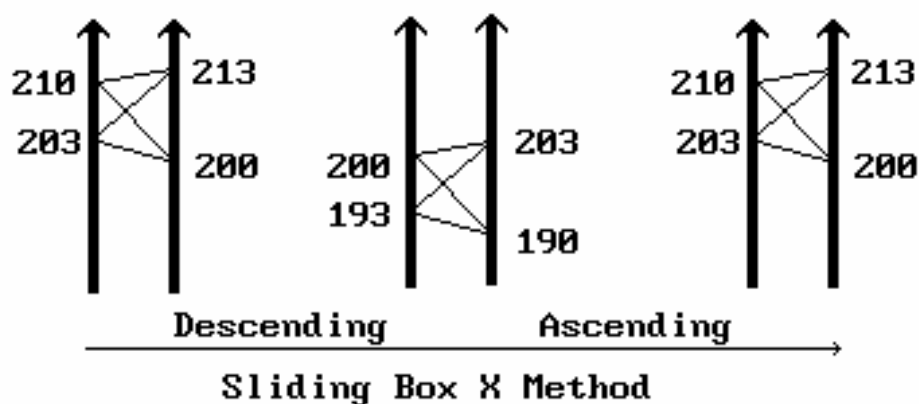
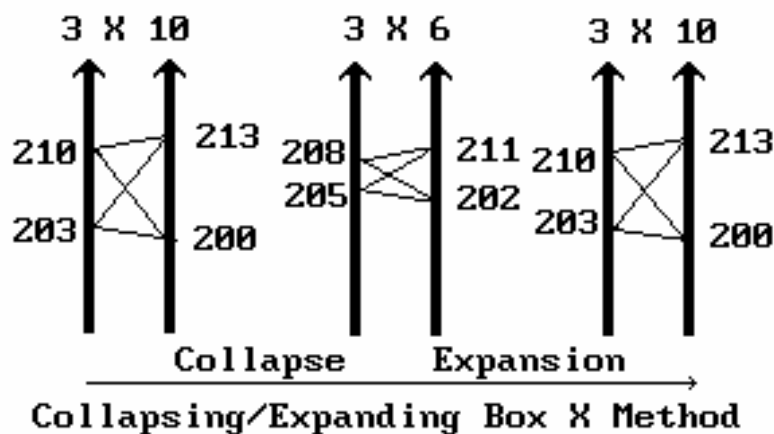
In these sessions, the straight offsets are multiplied by any integer to produce the value of the "X" cross over offset frequency. The "OOBE #2" session and the "Enlightenment sessions in the back of the book use this method to produce one of the most profound "no time" states I have ever felt.

### "Collapsing/expanding Box X" Method

Similarly to "collapsing straight offset" sessions, "collapsing box x" sessions start at an average frequency and stay at or near that frequency while collapsing into it (see fig. 9). This can simulate a powerful going to sleep condition (physical, mental, or spiritual).

"Expanding box x" sessions start out at an average frequency. They stay near it during the session, but expand the voice and offset frequencies away from it (see fig. 9). If all offset frequencies expand from a delta state into an alpha or beta state, this simulates waking up (physical, mental, or spiritual)

Many variations can be made of this type of session. For example, you can leave the straight offset frequencies at delta and expand the "X" cross over frequencies to beta. You could expand all the frequencies to theta, and then only the "X" cross over frequencies to alpha or beta.



### "Sliding Box X" Method

"Sliding box x" frequencies start at one average voice frequency. They then slide up or down to other average voice frequencies during the session (see fig. 9). These are very similar to sliding straight offset sessions, and all the comments given for them would apply here also.

## SESSION BEGINNINGS

Session beginnings are useful to allow your mind time to entrain to or lead you into the core of the session. They do this by introducing you to the session or by ramping from a "normal" state of consciousness (mid to high alpha or low beta) to whatever state you wish to use. A ten or twelve hertz offset frequency is a good beginning to ramp from.

When experimenting with different sessions, it is faster if you skip any kind of session beginning and go straight to the core of the session. However, if you do, resistance may be higher and your experience less relaxed and profound. But, you must remember that using a session beginning can take away from time spent with the session core.



## SESSION CORES

Sessions can be thought of as being composed of an optional beginning and ending, and the most important part which is the session core. The core of the session is that part which produces the desired effects.

Depending upon the session, the session core may be made up of one or more stages. Each stage has its own purpose and may be taken from the core of other sessions. Some stages of the core may act as transitions to or from other parts. Some stages of the core may set up effects that are preliminary to other core effects.

## SESSION ENDINGS

The purpose for writing a session ending is to return your awareness to a calm, natural state of mind. You wouldn't use a session ending if you were looking for effects that become apparent at some time after the session. If you do wish to use a session ending, I recommend that you set an offset frequency of 10 Hz. at the average frequency of every voice that you used during the session.

For example, if you used a session of:

	Left Ear	Offset Freq	Right Ear	Average Frequency
Voices 1 & 2	208<-----	4 Hz. ----->	212	210 Hz.
Voices 3 & 4	452<-----	16 Hz. ----->	468	460 Hz.

Then the average frequency for voices 1 & 2 is 210 Hz., and for voices 3 & 4 is 460 Hz. Calculate this by adding voice frequencies 1 & 2, and then dividing by two; the same is done separately for voices 3 & 4. A good ending for this session would be:

	Left Ear	Offset Freq	Right Ear	Average Frequency
Voices 1 & 2	205<-----	10 Hz. ----->	215	210 Hz.
Voices 3 & 4	455<-----	10 Hz. ----->	465	460 Hz.

The ten hertz figure should be used if you don't plan in engaging in any activity requiring concentration. If you do plan to drive or perform some other activity, then you should substitute a beta signal; around 14 Hz. would be sufficient. Set the voice frequencies in the same way you would for the 10 Hz. alpha signal, only substitute an offset of 14 Hz. The same session ending as above would look like this:

	Left Ear	Offset Freq	Right Ear	Average Frequency
Voices 1 & 2	203<-----	14 Hz. ----->	217	210 Hz.
Voices 3 & 4	453<-----	14 Hz. ----->	467	460 Hz.

Fourteen hertz can sometimes induce anxiety in octaves 2 and 3. In the session above you may want to minimize anxiety by combining the 14 Hz. signal with a 10 Hz. signal. That session ending would look like this.

	Left Ear	Offset Freq	Right Ear	Average Frequency
Voices 1 & 2	205<-----	10 Hz. ----->	215	210 Hz.
Voices 3 & 4	453<-----	14 Hz. ----->	467	460 Hz.

The length of time to leave for a session ending is between 3 and 10 minutes. The best length of time would be between 5 and 7 minutes. Make the session ending longer for a full return to awareness. Make the session ending shorter to keep more of the effects of the session.

## RELATIVE STRENGTHS OF EFFECTS

We have talked about three main elements that effect mental states. Those were offset frequencies, pulse rates, and window frequencies. The use of each of these has their pros, cons, and differences. You need to be aware of these factors when you program sessions. You also need to be aware that some are stronger than others in what they do.

In the following discussion, when we talk about strength, we are referring to the element=s ability to accomplish what it is meant to do. It is assumed that you are not going into a session with the idea of resisting that session's effects. However, it is also assumed that at some time, you will encounter mental resistance.

**Offset Frequencies:** The approximate strength is: 20 to 80%

Primary use: entrainment from delta to beta

Effective offset range: 1 to 40+ Hz.

Pros:

1. You can effectively use windows.
2. Entrainment feels soft (pleasant).
3. You can often work with 4 or 6 voices.

Cons:

1. The offset tones come and go.
2. A lot of math is involved.

**Pulse Rate:** The approximate strength is 30 to 80%;

Primary use: entrainment from delta to beta

Effective Range: 1 to 40+ Hz.

Pros:

1. You can use window frequencies as carriers
2. You can often use decimal frequencies.

**Cons:**

1. Pulses often eclipse the full effects of the windows.
2. Entrainment sometimes feels harsh.
3. Often, you must work with only 2 voices.

**Window Frequencies:** The approximate strength is 20 to 100%

**Primary use:** To add a secondary color to other elements.

**Effective Range:** about 30 to about 4000 Hz. with the PC-Synergizer

**Pros:**

1. You can use them effectively to color sessions.

**Cons:**

1. Little is currently known or verified of their effects.
2. Natural cycles can override their effects.
3. Higher frequencies are very stimulating.

## SUMMARY OF POSSIBLE IMPEDIMENTS

Here I have summarized a list of possible impediments or interference factors. If you are having trouble with experiencing the full effects of a session, look these over to see if they might apply.

### The fear barrier

This can be the main impediment to reaching the full effects of some sessions. The best way around it seems to be counseling, therapy, or persistence. Don't underestimate this one.

### Natural states

It is the natural habit of the mind to experience sleep and wakefulness, but not at the same time. Also, the theta state, as a primary state, is usually only transitory to and from sleep and perhaps in dreaming. These things are natural to the mind. It takes time, usually one to three weeks to get past this effect.

### Mental resistance

Mental resistance, unless habitual, is limited to only one or two days. This can be related to stressful events in daily life. Either run an alpha session to calm your mind, or wait for events to cool down.

### Time of day

If you try to run some sessions outside of natural rhythms you will have less success. For example, if you try to run a delta session when you are energetic during the day and you will have less success than if you run it during the evening.

## Setting

Setting can be an effective means of producing success. It can also hinder your success. For instance, try to run any session in the middle of a shopping mall with everyone looking at you. Even in your front yard or in an inappropriate room like your kitchen will probably not feel very comfortable. The best setting would be in your own home, in a room, and on a recliner that is dedicated to running sessions.

## Distractions

If you have kids, like many of us do, you know what a distraction they can at times be. That doesn't matter a lot with some of the alpha sessions. If you want to run one of the other sessions make sure you won't be disturbed.

## HELP WHEN YOU ARE STUCK

There are times when you set down and listen to a session over and over and nothing happens! At these times, YOU ARE STUCK! It happens to everyone, sometimes quite often and especially with "Box X" "no time" sessions! There are basically four things that can happen when you listen to a L/S session.

1. You start a session, hear the offset frequencies, entrain completely to them, and the session works. Everything is fine.
2. You start a session, don't consciously hear the offset frequencies, entrain completely to them, and the session works. Everything is fine.
3. You start a session, you are tense or distracted, but can hear the offset frequencies and will eventually entrain, although possibly the session ends before you entrain. Extend the session or play it again.
4. You start a session, you are relaxed, but cannot hear the offset frequencies either consciously or unconsciously, cannot entrain even though you play the session over and over. This one is really frustrating! This is where you are really stuck! You have got several choices at this point. People, myself included, quite often experience this with "Box X" sessions.

Try flipping your earphones from left to right. There is some evidence that the "box x" session will produce a deep "no time" state one way and a shallow "no time state" the other way. For "box x" sessions to work best for me, the highest monaural beat has to be in my left ear. This is how the enlightenment sessions in this book are written.

Make sure that any noise reduction measures are turned off (Dolby). Noise reduction can interfere with natural harmonics and alter the intended effects of sessions.

Try to listen for the offset frequencies; they will come and go. They are not the same as monaural beat frequencies which are heard in one ear or the other. If you can hear the offset frequencies, you will eventually entrain completely although possibly the session will end first (see #3).

It is not the tone frequencies that entrain the mind to alpha, beta, theta, and delta states; it is the offset frequencies. It is the offset frequencies or possibly the natural



harmonics that create states like "mind awake - body asleep", and "no time". You must hear those frequencies either consciously or unconsciously to entrain to them. To that purpose, it is best not to pay attention to the voice (tone) frequencies.

If you listen carefully and still cannot hear the offset frequencies, then try another session, preferably a simple one with only one frequency in each ear. Make sure the frequency is slightly different in each ear. Then turn the sound up slightly and listen for the offset frequencies. Once you can hear offset frequencies easily, then go back to more complex sessions.

When I first wrote "Box X" "no time" sessions, I had been listening to sessions for over a year. I had little problem hearing the offset frequencies and entrained fairly easily. To this day though, in certain tone areas, I have some trouble entraining and have to specifically listen for the offset frequencies. However, if you take the time to learn what offset frequencies sound like, and then listen to them, you are entraining to them and that entrainment will become complete eventually, provided the monaural beats are in the correct ear.

If you go back and try the more complex sessions and still have trouble, try adding a simple ramp from beta to whatever you are using as a beginning stage.

I have heard from many people who have gone "no time" with these sessions. Please persevere. It takes different people different amounts of time to first experience that state.

## INSTRUCTIONS FOR DETERMINING YOUR PERSONAL WINDOW RESONANCE FREQUENCIES

On the page after the next is a form for noting a window frequency's effects at various offset frequencies. Please feel free to photocopy it.

To determine the effect of a window frequency, program an offset of 14 Hz. around that frequency. Enjoy listening to it for about 30 minutes. Then note what that frequency is doing for you. Wait about 30 minutes to 1 hour and note any delayed effects.

Wait several hours and then do the same thing again with offsets of 10, and 6 Hz. in successive sessions. You should always wait at least several hours between sessions. Finally, put the same signal in both ears with no offset signal. Note the effects during and after each session. The same effects that are produced by all these sessions is what that window does.

When you understand what this window is for, you can start making small adjustments plus and minus to the voices for each offset. Try to determine which adjustment is best for that quality at that particular offset frequency. Resonant frequencies are window frequencies that feel the best to you for that window's quality. Power windows feel more powerful. Peaceful windows feel more peaceful. Inspirational windows feel more inspirational. When you reach a voice frequency that "resonates" or gives you a more pronounced effect, make a note of it in the space provided.

This method works best with windows in octaves 3, 4, 5. In octave 1 you may get odd warbling effects with higher offsets. The voice frequencies rapidly get too low to produce good higher offsets.

Also be aware that in octave 2 and 3, you can easily get "bleed over" effects. This is where you stimulate one chakra and it also stimulates the ones next to it.

Too, be aware that if the wave form that you are using has any significant natural harmonics, you will be picking up effects from higher octaves. This situation is only as big a problem as the volume of (amplitude) the natural harmonics.

Determination of these windows and personal resonance frequencies requires a great deal of patience and may take a good amount of time. Don't rush or you may waste the time you spend. Once finished you can design sessions around them that will be custom made for you!

Window frequencies are constantly being defined. This process will go on for many years to come.

### MORE WAYS TO USE THE SCHUMANN RESONANCE FREQUENCY

The Schumann resonance frequency of 7.83 Hz. has shown itself in my experience to be a very powerful frequency. Therefore, I have listed the following multiples of 7.83 Hz. to provide another basis for building sessions. The following frequencies are useful in four ways.

First, you can use them to program voice frequencies at or near multiples of the Schumann resonance frequency.

Second, you can program offset frequencies of the Schumann resonance frequency by using two adjacent HALF Schumann resonance frequencies (If your machine can handle decimal offsets).

Third, you can program harmonic offsets ( $1/2$ , 1,  $1\frac{1}{2}$ , 2,  $2\frac{1}{2}$ , etc.) of the Schumann resonance frequency (If the machine you are using can handle decimal offset frequencies).

Forth, they can be used as powerful carrier frequencies for a 7.83 pulse rate.

### 7.83 SCHUMANN RESONANCE FREQUENCIES 7.83

TIMES:	EQUALS:	TIMES:	EQUALS:	TIMES:	EQUALS:
1	7.83	31	242.73	61	477.63
2	15.66	32	250.56	62	485.46
3	23.49	33	258.39	63	493.29
4	31.32	34	266.22	64	501.12
5	39.15	35	274.05	65	508.95
6	46.98	36	281.88	66	516.78
7	54.81	37	289.71	67	524.61
8	62.64	38	297.54	68	532.44
9	70.47	39	305.37	69	540.27
10	78.30	40	313.20	70	548.10
11	86.13	41	321.03	71	555.93
12	93.96	42	328.86	72	563.76
13	101.79	43	336.69	73	571.59
14	109.62	44	344.52	74	579.42
15	117.45	45	352.35	75	587.25
16	125.28	46	360.18	76	595.08
17	133.11	47	368.01	77	602.91
18	140.94	48	375.84	78	610.74
19	148.77	49	383.67	79	618.57
20	156.60	50	391.50	80	626.40
21	164.43	51	399.33	81	634.23
22	172.26	52	407.16	82	642.06
23	180.09	53	414.99	83	649.89
24	187.92	54	422.82	84	657.72
25	195.75	55	430.65	85	665.55
26	203.58	56	438.48	86	673.38
27	211.41	57	446.31	87	681.21
28	219.24	58	454.14	88	689.04
29	227.07	59	461.97	89	696.87
30	234.90	60	469.80	90	704.70

Table 3: Schumann Resonance Frequencies.

### 7.83 HALF SCHUMANN RESONANCE FREQUENCIES 7.83

TIMES:	EQUALS:	TIMES:	EQUALS:	TIMES:	EQUALS:
0.5	3.92	30.5	238.82	60.5	473.72
1.5	11.75	31.5	246.65	61.5	481.55
2.5	19.58	32.5	254.48	62.5	489.38
3.5	27.41	33.5	262.31	63.5	497.21
4.5	35.24	34.5	270.14	64.5	505.04
5.5	43.07	35.5	277.97	65.5	512.87
6.5	50.90	36.5	285.80	66.5	520.70
7.5	58.73	37.5	293.63	67.5	528.53
8.5	66.56	38.5	301.46	68.5	536.36
9.5	74.39	39.5	309.29	69.5	544.19
10.5	82.22	40.5	317.12	70.5	552.02
11.5	90.05	41.5	324.95	71.5	559.85
12.5	97.88	42.5	332.78	72.5	567.68
13.5	105.71	43.5	340.61	73.5	575.51
14.5	113.54	44.5	348.44	74.5	583.34
15.5	121.37	45.5	356.27	75.5	591.17
16.5	129.20	46.5	364.10	76.5	599.00
17.5	137.03	47.5	371.93	77.5	606.83
18.5	144.86	48.5	379.76	78.5	614.66
19.5	152.69	49.5	387.59	79.5	622.49
20.5	160.52	50.5	395.42	80.5	630.32
21.5	168.35	51.5	403.25	81.5	638.15
22.5	176.18	52.5	411.08	82.5	645.98
23.5	184.01	53.5	418.91	83.5	653.81
24.5	191.84	54.5	426.74	84.5	661.64
25.5	199.67	55.5	434.57	85.5	669.47
26.5	207.50	56.5	442.40	86.5	677.30
27.5	215.33	57.5	450.23	87.5	685.13
28.5	223.16	58.5	458.06	88.5	692.96
29.5	230.99	59.5	465.89	89.5	700.79

Table 4: Half Schumann Resonance Frequencies

### PERSONAL SESSION NOTES

The following lists are for keeping track of your personal sessions and their effects. The forms are also another way of determining the meanings for various window frequencies. When you program your own sessions, the following forms will help you to determine the effects. When you use your session with a window frequency and have insight into what that window frequency means, these forms can help you to keep track of that insight. Please feel free to photocopy it.

## Personal Session Form for 1 Stage Sessions

Date: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Session purpose: \_\_\_\_\_

Offset Frequencies: \_\_\_\_\_ Hz., \_\_\_\_\_ Hz., \_\_\_\_\_ Hz.. Waveform: \_\_\_\_\_

Window Frequency: \_\_\_\_\_ Hz. Meaning: \_\_\_\_\_ Filter: \_\_\_\_\_

Natural Harmonics: Total #\_\_\_\_\_, 1 \_\_\_\_\_ Hz @\_\_\_\_\_, 2 \_\_\_\_\_ Hz @\_\_\_\_\_, 3 \_\_\_\_\_ Hz@\_\_\_\_\_,  
4 \_\_\_\_\_ Hz @\_\_\_\_\_, 5 \_\_\_\_\_ Hz @\_\_\_\_\_, 6 \_\_\_\_\_ Hz @\_\_\_\_\_, 7 \_\_\_\_\_ Hz @\_\_\_\_\_, 8 \_\_\_\_\_ Hz@\_\_\_\_\_

Feelings before session: \_\_\_\_\_

Session Core:

Left: Right: Volume: Notes:

C1: \_\_\_\_\_

C2: \_\_\_\_\_

C3: \_\_\_\_\_

EYES: \_\_\_\_\_

In Phase Pulses: \_\_\_\_\_

Out of Phase Pulses: \_\_\_\_\_

Changes, ramps, session beginnings and endings:

Results during session: \_\_\_\_\_

Results after Session: (time lapse of insight after session, feeling quality (clear, vague, etc.).



## Personal Session Form for Multiple Stage Sessions

Date: \_\_\_\_ - \_\_\_\_ - \_\_\_\_ Session purpose: \_\_\_\_\_

Feelings before session: \_\_\_\_\_

**Stage** \_\_\_\_ Left: Right: Volume: Notes:

Channel: \_\_\_\_\_

Channel: \_\_\_\_\_

Channel: \_\_\_\_\_

EYES: \_\_\_\_\_

Pulses: In / Out of Phase Pulses: \_\_\_\_\_

Offset Frequencies: \_\_\_\_\_ Hz., \_\_\_\_\_ Hz., \_\_\_\_\_ Hz.. Waveform: \_\_\_\_\_

Window Frequency: \_\_\_\_\_ Hz. Meaning: \_\_\_\_\_ Filter: \_\_\_\_\_

Natural Harmonics: Total #\_\_\_\_, 1 \_\_\_\_ Hz @\_\_\_\_, 2 \_\_\_\_ Hz @\_\_\_\_, 3 \_\_\_\_ Hz@\_\_\_\_,

4 \_\_\_\_ Hz @\_\_\_\_, 5 \_\_\_\_ Hz @\_\_\_\_, 6 \_\_\_\_ Hz @\_\_\_\_, 7 \_\_\_\_ Hz @\_\_\_\_, 8 \_\_\_\_ Hz@\_\_\_\_

**Stage** \_\_\_\_ Left: Right: Volume: Notes:

Channel: \_\_\_\_\_

Channel: \_\_\_\_\_

Channel: \_\_\_\_\_

EYES: \_\_\_\_\_

Pulses: In / Out of Phase Pulses: \_\_\_\_\_

Offset Frequencies: \_\_\_\_\_ Hz., \_\_\_\_\_ Hz., \_\_\_\_\_ Hz.. Waveform: \_\_\_\_\_

Window Frequency: \_\_\_\_\_ Hz. Meaning: \_\_\_\_\_ Filter: \_\_\_\_\_

Natural Harmonics: Total #\_\_\_\_, 1 \_\_\_\_ Hz @\_\_\_\_, 2 \_\_\_\_ Hz @\_\_\_\_, 3 \_\_\_\_ Hz@\_\_\_\_,

4 \_\_\_\_ Hz @\_\_\_\_, 5 \_\_\_\_ Hz @\_\_\_\_, 6 \_\_\_\_ Hz @\_\_\_\_, 7 \_\_\_\_ Hz @\_\_\_\_, 8 \_\_\_\_ Hz@\_\_\_\_

Changes, ramps, session beginnings and endings: \_\_\_\_\_

Session results (time lapse of insight after session, feeling quality (clear, vague, etc.).

During: \_\_\_\_\_

After: \_\_\_\_\_

## SESSIONS

### Subjectivity and Session Analysis

Science prides itself on objective thought and analytical procedures. However, whenever anyone is describing states of mind, pure objectivity is lost. The next best thing is to conduct double blind questionnaire studies. This is possible for institutions with lots of dollars and plenty of time. I don't believe our society and world have either.

The effects described in this manual are effects that many others have described in association with everyday life over the course of ages. These sessions produce results if they are not hindered by the obstacles previously described.

In your own evaluation of these sessions be aware that the sounds will not tell you much on a logical level. It is the energy patterns they produce in the body and mind that are important. The more you are able to completely feel these subjective effects, the more you will understand the sounds.

### Adapting Sessions To Other Machines

The following sessions were originally written for use with the PC-Synergizer board by Syntetic Systems, which has 6 voices. Most sound and light machines are so limited and diverse that we can not guarantee you can adapt these sessions to any particular machine other than the PC-Synergizer. However, the Photosonix Nova Pro is very good at accepting most of these sessions.

When adapting these sessions to other machines, your machine **MUST** be user programmable or you can only use preset sessions or tapes put out by your manufacturer. You also need to be able to know a numerical value of the voices you are programming or your programming will be guess work. You need a wide range of voice frequencies with which to program with or you are limited. However, you can try moving the sessions into voice ranges that your machine can handle. Contact your manufacturer for details.

The next biggest problem adapting to other machines occurs when transferring to a machine that has only two voices. If your machine won't handle more than two voices,

then break down the voices in the core of the session and use them sequentially (voices 1 & 2, then voices 3 & 4). It is usually best to start with the smallest offset frequency and allow enough time for full entrainment (about 20 minutes). Then fade that signal out and come in at a lower volume with any higher offsets or window frequencies. I've seen at least one major manufacturer do this effectively.

Finally, in this manual, ramped sessions are shown with only the different distinct stages and a notation to ramp from one to the other. If your machine is incapable of ramping, then break the intervening ramp (volume, voice frequencies, offset frequencies, and ramp timing) down into sub stages to gain a soft ramp.

## Alpha Offset Sessions

The alpha state is a calm state of awareness useful in calming jangled nerves. If you have had a hectic day at work and want to relax and recharge, or if you just want a calm state of mind to perform activities, these sessions are good.

These sessions entrain the mind to an alpha state at different window frequencies. Session #1 one uses a physical power window and is useful for relaxing and recharging physically. Session #2 uses a peaceful window which is useful to calm your nerves. Session #2 creates a mood very similar to that experienced with Transcendental Meditation.

If your machine can handle low frequency noise, these sessions would be a perfect place to use some. Otherwise, it isn't absolutely necessary.

### Session 1 Relaxation and Recharge Alpha

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	65	55	med	10 Hz	30 min.
Voices 3 & 4	Noise	Noise	low		

### Session 2 Peaceful Alpha

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	252	242	med	10 Hz	30 min.

## Theta Offset Sessions

Theta is a dreamy state of mind. The theta state is useful for deep relaxation and enhanced creativity.

The first theta session is set at a personal inspiration window frequency. I think you'll get some good inspirational feelings by using this session.

The second session is a straight offset session that is set around the awakening center of 494 Hz. This session can produce some great ideas. Be aware that this frequency can be stimulating.

### **Session 1 Inspirational Theta #1**

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	334	327	med	7 Hz	30 min.

### **Session 2 Inspirational Theta #2**

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	498	491	<u>very low</u>	7 Hz	40 min.

### Delta Offset Session

The following straight offset delta session ramps (collapses) from alpha to delta. It then ramps (expands) back again to alpha. This session is particularly useful for taking you to a sleep state and back to peaceful awareness. If you have trouble getting to sleep at night, use this session without the ramp back to alpha in stage 3. Parts of this session will be used later to make up parts of one of the OOB sessions.

#### Session 1 Delta Sleep #1

Construction: Collapsing/Expanding Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	191	201	low.	10 Hz	5 min.
<b>Ramp to:</b>	<b>Ramp Time: 15 min.</b>				
Stage 2	Left	Right	Volume	Offset	Timing
Voices 1 & 2	195	198	low.	3 Hz.	20 min.
<b>Ramp to:</b>	<b>Ramp Time: 10 min.</b>				
Stage 3	Left	Right	Volume	Offset	Timing
Voices 1 & 2	191	201	low.	10 Hz.	5 min.
Total session time: 30 min.					

### Increased Metabolic Rate Session

The following session is set around the voice frequency for your physical solar plexus chakra. This gives you a feeling like you just had a workout at the gym (post exercise pattern) using window frequencies and eye pulses.

#### **Session 1 Increased Metabolic Rate Session #1**

Construction: Simple Entrainment

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	41	41	med.-high	0 Hz	20 min.
<u>Ear Pulse</u>	14	14			

**Ramp to: Ramp Time: 15 min.**

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	41	41	med.-high	0 Hz	20 min.

No ear Pulse

Total session time: 40 min.

### OOBE Session #1

This session produces the "mind awake-body asleep" state often mentioned to produce out of the body experiences. Relaxation is essential to producing this state. If you have a problem relaxing, add a session beginning ramp into stage 1.

#### **Session 1 Mind Awake-Body Asleep #1**

Construction: Straight Offset, Multiple Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	195	198	low. -med	3 Hz	10 min.
<b>switch to:</b>					
Stage 2	Left	Right	Volume	Offset	Timing
Voices 1 & 2	195	198	low.	3 Hz.	30 min.
Voices 3 & 4	395	405	very low	10 Hz.	
<b>switch to:</b>					
Ending	Left	Right	Volume	Offset	Timing
Voices 1 & 2	191	201	low. -med	10 Hz.	5-8 min.
Voices 3 & 4	395	405	very low	10 Hz.	

Total session time: 45-48 min.

Note: Use a 14 Hz. offset frequency in the ending if you feel mentally sluggish afterwards.



## OOBE Session #2

This session is useful in creating the "no time" state. The "no time" state is thought to be slightly better at producing the out of body experience than the "mind awake-body asleep" state. In this session, the volume of voices 3 & 4 in stage 2 is critical.

Experiment to find a volume level that works for you (volume level for the PC Synergizer is included in parenthesis).

### **Session 1 No Time #1**

Construction: Straight Offset, Multiple Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	64	57	low-med.	7 Hz	10 min.
<b>switch to:</b>					
Stage 2	Left	Right	Volume	Offset	Time
Voices 1 & 2	64	57	low-med	7 Hz	30 min.
Voices 3 & 4	254	240	very low	14 Hz.	

Total session time: 40 min.

### OOBE Session #3

The frequencies for the "no time" segment of this session are centered around 220 Hz. In the first "no time" (OOBE #2) session, the lower voices had to be boosted in volume to produce the "no time" state. In this session, all voices need to be set at the same volume.

When you first start using this "no time" session, that state is complete. Over many uses, you will probably become aware of that part of your self to which time does not exist. That particular part of you exists in a state of simple being . . . pure existing awareness. Full awareness of that state leads to a freedom or detachment from physical identification, and consequently leads to the OOBE state. It may be that the "no time" state is the auditory or mind state equivalent of the visual ganzfeld effect (see "Mega Brain" by Michael Hutchison). However, it is most likely that the "no time" state is a very deep hypnotic state. It is also quite similar to what UFO abductees report as "missing time", to what Buddhists call the "void" state, and to what Hindu's refer to as a deep yoga trance.

#### **Session 1 No Time # 2**

Construction: Straight Offset, Harmonic Box X

Beginning	Left	Right	Volume	Offset	Time
Voices 1 & 2	216	209	low	7 Hz	10 min.

#### **switch to:**

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	216	209	low	7X14 Hz.	30 min.
Voices 3 & 4	223	230	low		

Total session time: 40 min.

### Suggestive States Session

This session is useful when you want to create your own self-hypnosis or auto-suggestion sessions. Many machines allow their users to input musical audio tapes or suggestions into the machine. Although input suggestions are most successful during stage 2, they can be started at any time during the session. The session beginning is important for full effect later on in the session. Noise is optional.

#### **Session 1 Auto Suggestion Session #1**

Construction: Straight Offset and Harmonic Box X

Beginning	Left	Right	Volume	Offset	Time
Voices 1 & 2	266	254	med.	12 Hz	hold
Voices 3 & 4	Noise	Noise	low		5 min.

#### **Ramp to: Ramp Timing: 10 min.**

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	262	256	low	6 Hz	hold
Voices 3 & 4	Noise	Noise	very low		5 min.

#### **Start suggestions and switch to:**

Stage 2	Left	Right	Volume	Offset	Time
Voices 1 & 2	244	250	low	6X12 Hz.	hold
Voices 3 & 4	262	256	very low		30 min.
Voices 5 & 6	Noise	Noise	low		

#### **Switch to:**

Stage 3	Left	Right	Volume	Offset	Time
Voices 1 & 2	262	256	low	6 Hz.	hold
Voices 3 & 4	Noise	Noise	low		5 min.

#### **ramp to: Ramp Timing: 5 min.**

End	Left	Right	Volume	Offset	Time
Voices 1 & 2	265	253	med.	12 Hz.	hold
Voices 3 & 4	Noise	Noise	low		5-10 min.

Total session time: 50-60 min.

### Morning Fresh Theta Session

The following session recreates the mood of a childhood awakening during the early morning. It is a good example of a natural states session and of a full coherence session.

#### Session 1 Morning Theta #1 Construction: Full Coherence

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	66	59	low	7 Hz.	30 min.
Voices 3 & 4	132	118	low	14 Hz.	

Total session time: 30 min.

### Dreamy Twilight Session

The following session creates the mood of the magical period just before sunset. This is another natural states session, however this one uses the inverse multiple straight offset construction method.

#### **Session 1 Dreamy Twilight #**

Construction: Inverse Multiple Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	498	490	low	8 Hz	30 min.
Voices 3 & 4	252	242	low	10 Hz.	

Total session time: 30 min.

### Dreamy Evening Session

This session is also a natural states session. Dreamy evening recreates the mood just before bedtime. Here again, this session uses the inverse straight offset method. However, notice the lower frequencies on voices 3 & 4. These lower voice frequencies simulate a mood closer to sleep. Other than that one change, this session is identical to the previous one.

#### **Session 1 Dreamy Evening #1**

Construction: Inverse Multiple Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	498	490	low	8 Hz	30 min.
Voices 3 & 4	129	119	low	10 Hz.	

Total session time: 30 min.

### Chakra Balancing Session

The following session uses the values given for the chakras earlier. This session centers a 10 Hz. offset signal around each of the chakras notes for octave 3. Similar sessions can easily be written for the other octaves.

#### Session 1 Chakra Balancing #3

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	136	126	low	10 Hz.	5 min.

**switch to:**

Stage 2	Left	Right	Volume	Offset	Time
Voices 1 & 2	152	142	low	10 Hz.	5 min.

**switch to:**

Stage 3	Left	Right	Volume	Offset	Time
Voices 1 & 2	170	160	low	10 Hz.	5 min.

**switch to:**

Stage 4	Left	Right	Volume	Offset	Time
Voices 1 & 2	180	170	low	10 Hz	5 min.

**switch to:**

Stage 5	Left	Right	Volume	Offset	Time
Voices 1 & 2	201	191	low	10 Hz	5 min.

**switch to:**

Stage 6	Left	Right	Volume	Offset	Time
Voices 1 & 2	225	215	low	10 Hz.	5 min.

**switch to:**

Stage 7	Left	Right	Volume	Offset	Time
Voices 1 & 2	252	242	low	10 Hz.	5 min.

Total session time: 35 min.

## Awakening Session

The following session recreates a pattern encountered during an awakening of awareness into higher consciousness. Occasionally, you can awaken the Kundalini using a session like this. However, to do that will require a considerably longer use (a matter of months or years). You do run less of a risk of shutting the Kundalini down than by just using the enlightenment session.

The configuration of this session is very similar to the "no time #1" session. To use this session properly for awakening, you need to boost the volume on voices 3 & 4. While using this session, you don't want to go into a "no time" state.

Use of any Awakening/Enlightenment session with eye pulses of 14 Hz., will occasionally create a "breathless" state for a few seconds. Normally, you will come out of that state naturally. This state is quite common in eastern mysticism. If you find that state troubling or uncomfortable then discontinue use of the eye pulses. If you have weak lungs, don't use the eye pulses.

### **Session 1 Awakening #1** Construction: Full Coherence

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	250	243	low-med.	7 Hz	40 min.
Voices 3 & 4	500	486	low-med.	14 Hz.	
<u>Eye Pulse:</u>	14	14	low-med. brightness		

Total session time: 40 min.



## Enlightenment Sessions

The enlightenment #1a & 1b sessions produce the deepest "no time" states I have ever experienced. A deep "no time" state is essential for success when using enlightenment sessions. You should use stage 1 by itself until you can easily enter a "no time" state. If you are successful in entering that state, then run the whole session. Providing that you are within and stay within a "no time" state, you will experience at least some of the following signs of a Kundalini awakening:

1. A deep sense of joy (Bliss).
2. Visions (of anything or everything).
3. A warm magnetic feeling gradually rising and slowly subsiding up and down the spine (the Kundalini).
4. Periodic realizations of who you are, what you really want, etc.
5. Periodic Internal guidance about how to act in various situations.

The Kundalini is awakened when a stimulative force is applied without the ego's barriers present (no time state). Kundalini sessions act as a doorway. The "no time" state unlocks the doorway. The stimulation opens the door. The final "no time" state cuts the remaining stimulation and will reduce the initial bliss state to a later occurring Kundalini state. If each stage is used separately, the aftereffects last only a couple of days at most. Used together the effects can last indefinitely. That is because the opening of that door enables your own energy to take over and continue. In order to maintain the awakening, you should simply **lose yourself in those feelings and visions once or more per day**; much like you might lose your self in a good movie. A Kundalini session that is successful shouldn't be played again.

Because of the consequences of a "spiritual fall", the secrets of the Kundalini were kept and maintained by many adept masters for a select few committed disciples. I have closed down the Kundalini on several occasions without harm using a "no time" state. However, I can't guarantee that would be the case for you, especially if you let the Kundalini run for a long period of time. If you use this session you really should be

ready to make a commitment to that process. Also, any session run after a Kundalini awakening may stop that awakening.

I have been asked if you can have sex after awakening the Kundalini. Please understand, the Kundalini is about energy patterns in the body, mind, and spirit. Those patterns do not necessarily say anything about morality. The sexual experience consists of at least two separate stages: 1. excitement & 2. climax. The excitement part of the sexual experience is often not very deleterious to the enlightenment process, depending upon how you use it and what you concentrate on. However, if you lose yourself in the climax stage of the sexual experience, you may shut the Kundalini down. If you don't lose yourself in that stage, you might just slow the enlightenment process rather than stopping it. I suggest that you follow any internal guidance you receive about this matter. Again, this is just the dynamics of energy management and has nothing to do with morality, or parental or religious injunctions, beliefs, and thoughts.

If you accidentally or on purpose close down the Kundalini and have feelings of "collapse, confusion, or pain." Frequencies higher than 167 Hz. should bring you out of it. I suggest 247 Hz. or 330 Hz.

The Enlightenment #1a session is best at creating Bliss, if you want more of the spine sensation, add 5 - 10 more minutes at the end (enlightenment 1b).

### **Stage 1 of Enlightenment #1a & 1b**

#### **Session 1: No Time Session for Enlightenment Sessions**

Construction: Harmonic Box X

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	257	250	low	7X14 Hz.	35 min.
Voices 3 & 4	236	243	low		
Total session time: 35 min.					

## **Session 2: Enlightenment #1a Bliss**

Construction: Harmonic Box X

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	257	250	low	7X14 Hz.	35 min.
Voices 3 & 4	236	243	low		

### **switch to:**

Stage 2	Left	Right	Volume	Offset	Time
Voices 1 & 2	261	254	low	7X21 Hz.	5-10 min.
Voices 3 & 4	233	240	low		

### **Switch to:**

Stage 3	Left	Right	Volume	Offset	Time
Voices 1 & 2	257	250	low	7X14 Hz	0-5 min.
Voices 3 & 4	236	243	low		

Total session time: 40-50 min.

If you don't experience a "no time" state, you will probably feel anxiety after a few hours. In that case, use a "no time" state such as the stage 1 of this session to calm your mind. It is a very good idea to use the "no time" segment of this session (Stage 1, Session 1) until you have no trouble entering that state. The "no time" state must be deep enough so that you have no awareness of the intervening time for this or any enlightenment session to stimulate the Kundalini reliably. That kind of depth usually takes several sessions.

### **Session 3 Enlightenment #1b Kundalini**

Construction: Harmonic Box X

Stage 1	Left	Right	Volume	Offset	Time
Voices 1 & 2	257	250	low	7X14 Hz.	30 min.
Voices 3 & 4	236	243	low		

**switch to:**

Stage 2	Left	Right	Volume	Offset	Time
Voices 1 & 2	261	254	low	7X21 Hz.	10-15 min.
Voices 3 & 4	233	240	low		

Total session time: 40-45 min.

There are other combinations of frequencies that work also. If you go into a deep enough "no time" state, the following frequencies can work also. Personally, I consider the sessions presented to be the best for this purpose. Myself and a number of other people have been able to go into the deepest "no time" state using that session. If you have trouble, you may wish to try these other frequencies

1. 7 Hz. at 128 Hz. with 14 and 21 Hz. at 247 Hz...
2. 7X14 Hz. and 7X21 Hz. at 220 Hz.
3. 7 Hz. at 247 Hz. and 14 and 21 Hz. at 494 Hz.

If you are serious about experiencing a Kundalini rise, I strongly encourage you to consider some of the products listed on our website. The Kundalini monograph goes into this subject deeper than I have space to do so here.

### Power Session

The following session uses a 12 Hz. pulse rate with a 60 Hz. carrier frequency. The 12 Hz. pulse rate will entrain your mind to a high alpha. The 60 Hz. carrier voice frequency colors the session to a physical power window. Both eye pieces should be set to pulse in unison (synchronized at 0 deg. phase angle).

#### **Session 1 Power #1**

Construction: Simple entrainment

Stage 1	Left	Right	Volume	Offset	Timing
Voices 1 & 2	60	60	med.-high	0 Hz	30 min.
<u>Eye</u> pulse	12	12	brightness low-med		

Total session time: 30 min.

### Modified Euphoria Session

This session uses a heart chakra frequency and ramping on the eye pieces. The inclining ramp of the left eye piece is crucial. You can also boost the volume a little on the left ear to enhance the euphoria effects. The 175 Hz. offset frequency cannot be heard at this level of tone frequency. The highest offset frequency I have heard at this level is in the neighborhood of 60 Hz.

#### Session 1 Euphoria #1

Construction: Simple Entrainment

Beginning	Left	Right	Volume	Offset	Timing
Voices 1 & 2	350	175	low-med	175 Hz	hold 5 min.
<u>eye</u> pulse	12	12	low-med brightness		

**Ramp to:**      **ramp timing: 10 min.**

Stage 1	Left	Right	Volume	Offset	Timing
Voices 1 & 2	350	175	low-med.	175 Hz	hold 5 min
<u>eye</u> pulse	3	3	low brightness		

**Ramp to:**      **ramp timing: 10 min**

Stage 2	Left	Right	Volume	Offset	Timing
Voices 1 & 2	350	175	low-med.	175 Hz	hold 5 min
<u>eye</u> pulse	6	6	low brightness		

**Ramp to:**      **ramp timing: 10 min**

Stage 3	Left	Right	Volume	Offset	Timing
Voices 1 & 2	350	175	low-med	175 Hz	hold 5 min.
<u>eye</u> pulse	12	6	med. low brightness		

Total session time: 20 min.

\*\*\* CAUTION \*\*\*

Reversing the eye or ear order of high and low pulse rates or frequencies may result in low grade depression.

## Remedy Sessions

The first session (1a) is to be used as a remedy for anxiety in sessions that use high Beta or high tone frequencies. This session was written for the high beta signal used in the enlightenment #1 session. This session is a "no time" session. That state is the best anti-stimulation, anti-anxiety state I have ever seen. Use of this session can stop the rising of the Kundalini; so please refer to the Chakra Theory section of the text for cautions. Noise is optional. You can also use session 1b as a remedy for anxiety. Repeat either session as needed.

The second session is to be used as a remedy to a spiritual fall. Use of this session should alleviate the collapse sensation. However, you may need to repeat or use higher voice frequencies if that sensation isn't alleviated after 30 min. Try 349, or higher.). Low frequency noise is necessary.

### Session 1a Remedy #1a

Construction: Box X

Stage 1	Left	Right	Volume	Offset	Timing
Voices 1 & 2	257	250	med	7X14 Hz	45 min.
Voices 3 & 4	236	243	med		

### Session 1b Remedy #1b

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Timing
Voices 1 & 2	248	245	med	3 Hz	45 min.

### Session 2 Remedy #2

Construction: Straight Offset

Stage 1	Left	Right	Volume	Offset	Timing
Voices 1 & 2	242	252	low-med	10 Hz	15 min.
Voices 3 & 4	Noise	Noise	low		

**Switch to:**

Stage 2	Left	Right	Volume	Offset	Timing
Voices 1 & 2	335	325	low-med.	10 Hz.	15 min
Voices 3 & 4	Noise	Noise	low		

**Switch to:**

Stage 3	Left	Right	Volume	Offset	Timing
Voices 1 & 2	Noise	Noise	low-med	10 Hz	15 min

Total session time: 45 min.

## SOME COMMON DEFINITIONS

### Frequency (Cycles/Second, Hertz)

Technically, a frequency is the number of cycles of waves that pass a given point during one second. If ten complete waves (cycles) pass a point in one second, they are said to be passing at a frequency of ten cycles per second.

Frequency is measured in hertz (Hrtz. or Hz.). A frequency of one cycle per second equals one hertz. A frequency of 15 cycles per second equals 15 Hertz. Cycles per second and Hertz are the same and are used interchangeably.

### FFR

The frequency following response simply refers to the brain's natural response to entrain with or "follow" the frequency of an incoming sensual signal or an offset frequency. The frequency following response (FFR) is what enables light and sound mind machines to entrain brain waves.

### Synchronized

Two signals are synchronized when they change from being off to on or on to off at the same time. This is also said of signals that are in phase with each other.

### Offset Frequency

This is the internal frequency created within the brain. If one voice frequency is passed to the left ear, and a slightly different one is passed to the right ear, the brain subtracts the two and creates a third. The third frequency is the offset frequency which is also referred to as a binaural beat frequency.



## Harmonic Frequencies

If two offset frequencies are used in a session, the session is harmonic if the higher offset frequency used is a direct multiple of the lower frequency used. For example, if a session uses the offset frequencies of 7 Hz. and 14 Hz., the session is harmonic since 7 times 2 = 14. Two is said to be the harmonic multiple.

## The Harmonic Multiple

This is the number which when multiplied by the lower offset frequency produces the higher offset frequency.

For example:

The harmonic multiple is 3 for the following session (4 times 3 = 12).

Stage 1	Left	Right	Offset
Voices 1 & 2	100 Hz	104 Hz	4 Hz.
Voices 3 & 4	209 Hz	221 Hz.	12 Hz

## Window Frequency

A window frequency is a voice frequency that is used for a specific purpose. That purpose depends upon the frequency's effects.

## Resonance Frequency

A resonance frequency is a window frequency that may have been slightly modified. The modifications are done to enhance the effects of that window for personal use.

APPENDIX A  
CURRENTLY KNOWN WINDOWS

The following window effects are currently known.

Frequency: Produces:

**33** Shivers (as from cold or intense fear)

**37** post orgasmic patterns

**41** Increased Metabolic Rate (feels like a work out)

**62** Physical Power

**132** Kundalini Reset (sine waves)

**\*165 - 169** dark portal, reservoir frequencies, can cause "collapse, spiritual fall" **USE EXTREME CAUTION** when using these frequencies.

**165** may also control sense of fullness (stomach movements)

**167** may control muscle between esophagus and stomach

**170 - 185** (approximately) I found a very strong block at this point

May also control esophagus

**196** Comfort (very comforting)

may also control throat area??

**247** Peace seems to also control sinus areas and cognitive processes?

**330** may control stomach acid production or release?

**333** Personal Inspiration (feelings of awe)

No time state 7x14 reveals heart pulse signals, probably between 330 and 349. Use caution at these frequencies, especially with "high beta, delta, and no time" state.

**349** Love

\*\*\*Excessive stimulation starts at frequencies above 349 Hz. Use with caution.\*\*\*

**440** Imagery (sometimes lots of imagery)

Thought: "I see"

**494** Mental Awakening?? (this window evokes feelings similar to the beginning of Kundalini experiences. It can cause insomnia if used late at night. It can cause anxiety if you have lots of material stored in lower frequencies, especially around 165-169 Hz..)

Thought "I am"

**523** Fear Barrier??? (Feelings of panic)

**698** Strong Love?

**784** Your will????

**880** More Imagery (High beta signal here creates flashing imagery)

**988** Higher Consciousness???

**1925** Illuminator Frequency Use with EXTREME CAUTION It is like turning a light on in the mind. If you are not prepared for this frequency, it can create bliss or joy, but can also make your mind and body feel like they are on fire. Use the enlightenment "no time" session repeatedly to counteract. Use at very low volumes. I recommend not using frequencies this high.

APPENDIX B  
WINDOW COMBINATIONS

880 & 988 Beautiful Visions

988 & 784 "Divine Will"

880 & 784 "Inspirational thought feelings without the thought"

988 & 698 "Divine Love"?

### **CAUTIONS AND RELEASE FROM LIABILITY:**

**1. DISCLAIMER.** THE BUYER ACCEPTS THAT HE OR SHE IS BUYING AWAKENING MIND I "AS IS." ENLIGHTENED ENTERPRISES AND RETAILER SPECIFICALLY DISCLAIM ALL EXPRESS OR IMPLIED WARRANTIES, INCLUDING FITNESS FOR A PARTICULAR USE OR PURPOSE, AND EXPRESS OR IMPLIED WARRANTIES OF MERCHANTABILITY. FURTHERMORE, NO MEDICAL CLAIMS EITHER EXPRESS OR IMPLIED ARE MADE. ENLIGHTENED ENTERPRISES AND SELLER ACCEPT NO LIABILITY FOR DAMAGE OR LOSS ORIGINATING FROM THEORIES OF TORTIOUS CONDUCT, INCLUDING STRICT CONDUCT AND NEGLIGENCE.

**2. CAUTIONS AND RELEASE FROM LIABILITY.** THE USE OF ANY SOUND AND LIGHT MACHINE FOR THE PURPOSES OF BRAIN WAVE ENTRAINMENT AND/OR ALTERATION MAY NOT BE SUITABLE FOR SOME INDIVIDUALS. INDIVIDUALS SUFFERING FROM KNOWN OR UNKNOWN PHYSICAL, EMOTIONAL, AND MENTAL DISORDERS INCLUDING, BUT NOT LIMITED TO, EPILEPSY, SCHIZOPHRENIA, DEPRESSION, OR HEART AILMENTS, SHOULD SEEK COMPETENT MEDICAL ADVICE BEFORE USING ANY LIGHT AND SOUND DEVICE.

BECAUSE LIGHT AND SOUND MACHINES, AND AWAKENING MIND I ARE EXPERIMENTAL, THE BUYER UNDERSTANDS THAT ENLIGHTENED ENTERPRISES IS NOT CONVINCED THAT LIGHT AND SOUND SESSIONS AND TAPES ARE APPROPRIATE FOR ALL USERS OR APPLICATIONS, EACH OF WHOM, BECAUSE OF HIS OR HER OWN DISTINCTIVE PHYSICAL, MENTAL, OR EMOTIONAL MAKEUP, MAY BE DIFFERENTLY AFFECTED BY THESE SESSIONS OR TAPES. INDIVIDUALS WHO HAVE HAD IN THE PAST, PHYSICAL, MENTAL, OR EMOTIONAL DIFFICULTIES OR PROBLEMS, ESPECIALLY EPILEPSY, SEIZURES, AND HALLUCINATIONS SHOULD SEEK MEDICAL SUPERVISION BEFORE, DURING, AND AFTER USE OF THESE SESSIONS OR TAPES.

IN PURCHASING THIS MANUAL, YOUR DEVICE, ANY PRODUCT DESCRIBED HEREIN, OR IN USING ANY SESSIONS OR TAPE DESCRIBED HEREIN, THE BUYER IS AWARE THAT ENLIGHTENED ENTERPRISES, ITS AGENTS AND EMPLOYEES, WILL NOT BE HELD LIABLE IN ANY WAY FOR ANY EXPERIENCE OR OCCURRENCE OF ANY NATURE WHATSOEVER IN CONNECTION WITH HIS OR HER USE, OR ANOTHER'S USE, OF AWAKENING MIND I OR ANY BRAINWAVE ENTRAINMENT DEVICE, THAT MAY RESULT OR APPARENTLY RESULT IN PHYSICAL, MENTAL, OR EMOTIONAL DAMAGE TO THE BUYER OR OTHERS. ADDITIONALLY, AS PART OF THE PAYMENT FOR AND IN CONSIDERATION OF AWAKENING MIND I, THE BUYER PERSONALLY ACCEPTS ALL RISKS IN ASSOCIATION WITH HIS OR HER USE OF AWAKENING MIND I, AND SHALL INFORM OTHER USERS OF AWAKENING MIND I'S SESSIONS AND TAPES THAT THE SESSIONS AND TAPES ARE EXPERIMENTAL, ESPECIALLY CONCERNING USE BY THOSE WHO HAVE HAD EPILEPSY OR SEIZURES IN THE PAST. ADDITIONALLY, THE BUYER ACCEPTS ALL RISKS IN ASSOCIATION WITH THE USE OF THEIR AWAKENING MIND I'S SESSIONS AND TAPES BY OTHER INDIVIDUALS.

**3. LIMITATION OF DAMAGES.** NOTWITHSTANDING THE FOREGOING, IF ANY QUESTION OF LIABILITY ON THE PART OF THE SELLER OR AUTHOR SHOULD ARISE, THE BUYER ACKNOWLEDGES THAT ANY SUCH LIABILITY SHOULD BE LIMITED TO THE PRICE OF REPLACEMENT OF AWAKENING MIND I.

**4. BUYER REPRESENTATIONS.** THE BUYER DEPICTS AND REPRESENTS THAT HE OR SHE IS LEGALLY COMPETENT AND OF LEGAL AGE. THE BUYER ALSO REPRESENTS THAT HE OR SHE IS AWARE THAT THE TERMS HEREIN ARE CONTRACTUAL AND NOT MERE RECITAL. THE BUYER HAS READ OR WILL READ AWAKENING MIND I BEFORE USING ANY SESSION OR TAPE DESCRIBED HEREIN.

10:18 PM June 18, 2005

