



ENKIDU LIGHT MACHINE USER GUIDE

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enkidulight.com

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DISCLAIMER

Those who should not use Enkidu Light Machine and its application include pregnant women and those who wear a pacemaker, have had or are prone to seizures, are photosensitive, epileptic, whether knowingly or not, should not use this application.

Those who should consult a physician before the use of this product include individuals under the influence of medication or drugs.

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they be legal or illegal.

Children under the age of 18 are to be examined by a physician for of the program, as they are more susceptible to seizures.

DO not use visual brainwave entrainment while having symptoms related to cold and flu, or while having a headache.

Although Enkidu Light Machine and its applications contribute to wellness, they are *not intended as a replacement for medical or psychological treatment*. No medical claims are intended express or implied. Statements made in the application or related documentation have not been evaluated or approved by the U.S. Food and Drug Administration.

BRAINWAVE ENTRAINMENT

Your brain is made from billions of cells called neurons. Neurons communicate with each other by firing electro/chemical signals. For performing different tasks different parts of your brain become activated and a cluster of neurons start firing these signals in a synchronized fashion.

The frequency of these signals is correlated with the different state of mind and level of consciousness, while the strength of these signals is relevant to the quality and effectiveness of your brain tasks and functions.

Training the brain into certain frequency is called brainwave entrainment and is nothing new. Shamans use drum and rattle to tune into lower frequencies and access their sub consciousness, and the ancient Greeks and Romans used flickering sunlight shining through a spinning wheel to induce altered states of consciousness.

As anthropologist and shamanism authority Michael Harner, points out, "The basic tools for entering the SSC [Shamanic State of Consciousness] are the drum and rattle. With good reason, Siberian and other shamans sometimes refer to their drum as the 'horse' or 'canoe' that transports them into the Lower World or Upper World.

The steady, monotonous beat of the drum acts like a carrier wave, first to help the shaman enter the SSC, and then to sustain him on his journey." – MegaBrain

Brainwave entrainment works for almost everyone. It is a great way to lead your mind into states that you might usually have difficulty reaching, allowing you to experience what those states feel like. Any stable frequency evokes a

cortical response. The brain synchronizes its dominant brainwave frequency with that of the external stimulus.

People are very seldom deficient in a certain brainwave type in all areas of their brain. Usually, the distribution is much spottier, with an excess in one area and a deficiency in another.

The brain does not operate in just one single frequency; the full spectrum of brainwave frequencies is always running, all the time. The dominant frequency determines our mental state and entrainment temporarily shifts our mental state by boosting one frequency to be louder than the others.

Years of study has shown that anxiety, insomnia, hyperactivity and tendency towards drug and addiction are related to the excess of higher beta brainwave frequencies while depression, dissociative behaviors, and lack of motivation are related to the shortage of them.

Brainwave entrainment is a safe and effective remedy to aid in the treatment of psychological and physiological disorders. It is also a great tool for meditation and exploring different levels of consciousness without any drugs and side effect.

LIGHT MACHINE

Modern brainwave entrainment is relatively new and unknown technology. It mostly became popular around the 1970s by introducing binaural beats which is an audio entrainment method.

In the market, there are two different categories of audio-visual entrainment devices: Mind machines and Light machines.

Mind machines have a long history in this market. They mostly use goggles with small LEDs and have much less light intensity than light machines. A light machine uses much stronger LEDs to mimic the natural daylight and therefore they can affect the pineal gland and the circadian rhythm which is essential in dealing with depression and insomnia or any other light-deficiency related disorder.

The other advantage of Light machines is the stronger stroboscopic effect of light, which leads to colorful geometric patterns of light and believed to cause Hypnagogia: "Hypnagogia is the experience of the transitional state from wakefulness to sleep: the hypnagogic state of consciousness, during the onset of sleep. Mental phenomena that occur during this "threshold consciousness" phase include lucid thought, lucid dreaming, hallucinations, and sleep paralysis." -Wikipedia

These visions and hallucinations are remarkably like the effect of some hallucinogenic drugs and allow the users to experience those state without any side effect. Some people believe light machines can stimulate the pineal gland to produce DMT but till now there has been no research to back this claim.

BRAINWAVE FREQUENCIES

Alpha (8-13Hz)

The alpha band was the first common feature of the brain recognized in EEG recordings. Alpha is the human brain's natural state of awake rest. When the eyes are closed or blinked, there is an almost immediate increase in alpha activity, between 9.5Hz and 10.5Hz. Alpha is the easiest range to entrain to, in fact, 10Hz is the only frequency where large-scale entrainment is highly likely to occur. Alpha is associated with detached thought and is ideal for contemplation, mindfulness meditation, CBT-type therapy, anxiety and stress reduction and general relaxation.

Beta (13-30Hz)

Beta dominates while we are engaged in anything that holds our attention – concentrating, studying, solving problems, performing memory tasks, etc. Low beta activity, often associated with excess theta, is implicated in depression and ADD/ADHD, with the imbalance often occurring asymmetrically between the brain hemispheres. Beta sessions are ideal for any form of active thought and for increasing overall energy and motivation. Beta waves tend to be of much lower amplitude than alpha, and large-scale entrainment appears to be unusual.

Delta (0.5-4Hz)

Delta waves tend to be much larger than any of the others and arise spontaneously during deep sleep. There is some debate over whether Delta can be entrained, however, it occurs in deep meditation, and delta sessions can certainly be an aid in achieving delta states. Although most dreams occur

while theta dominates, during REM sleep, dreams can and do regularly occur during delta. It's very difficult to identify the boundaries between waking delta and sleep, leading to questions of whether a deep meditator, exhibiting high delta, is actually 'awake' at all or whether they are in a state more akin to a lucid dream.

Theta (4-8Hz)

When theta dominates, we experience the dreamy state between sleep and wakefulness. At this time we are particularly open to suggestions, thus its application in hypnosis and NLP. Unusual states of consciousness abound here, with hypnagogia, lucid dreaming, OOB, astral projection and suchlike being reported. Theta is excellent for meditation and can be valuable in accessing deep memories. Excessive theta is associated with depression and ADD/ADHD whilst deficiency is implicated in addictive behaviors.

Gamma (over 30Hz)

Gamma brainwaves are the fastest of brain waves (high frequency, like a flute), and relate to simultaneous processing of information from different brain areas. Gamma brainwaves pass information rapidly and quietly. The subtlest of the brainwave frequencies, the mind must be quiet to access gamma.

Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the 'higher virtues'. Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that gamma rhythms modulate perception and consciousness, and that a greater presence of gamma relates to expanded consciousness and spiritual emergence.

HOW TO CHOOSE A SESSION?

Working with the brain as a diligent and sensitive organ requires some precaution. First, this device is made to help your brain to maintain its natural needs and reaching to those states that we have difficulty such as a relaxed and meditative state. Feeding the brain with what it already exists in an excessive way or overdoing certain sessions will cause more problem down the road than helping yourself and your clients.

Throughout the day from deep dark hours of the night (Delta) to twilight state of dreams (Theta), and from first rays of light and wakefulness (Alpha) to active hours of bright sunlight and alertness (Beta), your brain maintains its natural rhythm in these dominant frequency ranges. While other frequency runs in the background all the time an EEG machine can pick up the loudest and therefore it's dominant frequency. With help of this kind of machines which now are much affordable, you can get a map of the brain and choose a session based on what the brain requires.

To have an effective session and reducing unwanted side effects such as a headache, feeling dazzled by light and in some cases dizziness after sessions, use these tips:

- 1- Look out for your client's mood: if they are in an alert state during the active hours of the day, while the brain is working in beta state, a session in low frequency of theta or delta, might cause discomfort and in some cases a headache. In contrary, if they are in a relaxed state of non-active hours of the day then a high beta session can be irritating.

- 2- Follow your intuition and change the sessions time to time to explore different frequencies. All the frequencies are needed for a healthy and functional brain, while as always, the key is to keep a balance between them.

- 3- For first-time users, a fifteen-minute session in Alpha (which is the easiest frequencies for the brain to tune into) is sufficient, to begin with. Before starting the session give them instruction on how to be relaxed and let go, with focusing on the breath or other technics, as in meditation.

- 4- Choose the brightness and frequency base on time of the day and outside natural light. Adjust the light for lower brightness in the early morning and evening and higher in noon and afternoon. Same as for the frequency, your brain mostly runs in higher frequency at times with higher sun light.

- 5- Try to spend some time in bright daylight before any session, especially in the morning. This way you give time to your eyes to be prepared for high brightness of the light machine. Jumping in for a light session right after the bed in morning can be harmful to your eyes. It always takes some time for your eyes to adjust itself to bright daylight. By exposing your eyes to bright daylight your eyes will be prepared to take much more light without any issue and therefore have an effective session.

6- Make sure first-timers learn how to use the knobs on the box for adjusting the brightness before the session so they can change the brightness and volume as high as it is comfortable for their eyes. The eye sensitivity varies at different times of day and between individuals.

7- Do not try to increase the effect of sessions by increasing the brightness or the volume of sound. In most cases especially entrainment for low frequency of delta and theta any irritation such as high brightness for eyes and loud volume of sound will reduce the BWE effects. The more you relaxed during the session, you will experience a more effective session.

QUICK SETUP GUIDE

SETTING UP THE PLACE AND THE MACHINE:

1. Chose a quiet place with good airflow away from the disturbance.
2. Make sure you hydrate before and after sessions.
3. You can lay under the machine or sit in front of it. Either way, make sure your body is totally comfortable. During the sessions, your eyes should be closed.
4. Connect the light machine to a tripod. The light machine should be directed from over your head towards your eyes and forehead. This way you mimic the natural light from the sky that shine slightly over the head towards the forehead and not directly towards the eyes.
-Please refer to the figure in page 14 for more detail.
5. **The minimum distance between the light machine and your face should be at least 50cm or two feet.** This is the safety distance for using the machine at highest brightness. You can decrease the distance to minimum 25cm or one foot, but for safety of your eyes you need to limit the brightness to half of the maximum brightness (%50).
6. Connect your headphones to the headphones jack of the box.
Note: With using a 3.5mm headphone splitter you can connect two headphones to the light machine and share the experience with another person.
7. Connect the 12-volt adapter to your light machine.
8. Turn on the machine by pressing the power button on the front panel.

9. Insert the memory card (sessions) into the light machine and choose a session by using forward and backward keys on front panel of the machine or by using the remote controller. To run the sessions, you can also connect your light machine to an external music player such as tablet, PC, or Mp3 player, via Bluetooth or an AUX cable.
10. **keep the volume of the (internal or external) media player always at maximum.** The light signals are encoded into the audio music file or sessions. If the volume goes below a certain level the light will not function properly. For controlling the volume of the headphones, use only the volume knob on the front panel.

Note: To make sure you can use the remote control to set the volume of the internal media player at maximum. The volume indicator number should be always at 30.

Note: You can change the volume of headphones any time during the sessions by using the knobs on the front panel of the box.
11. To put the machine on standby, keep press the M key on the panel or use the power key of the remote controller. For turning off the machine press the power button on the front panel of the machine.

Important note: *The NIR Mode switch and Lamp Mode switch should be off while running any of brainwave entrainment session.*

CONNECTING EXTERNAL PLAYER VIA AUX CABLE:

1. Copy the sessions from the USB memory card into your media player, such as iPad, iPod, Laptop, mp3Player ...
2. Connect the headphone jack of your media player to AUX input of the light machine by using an AUX cable.

3. Turn up the volume of your media player to maximum.
4. Turn off all the sound effect on your media player, such as equalizer.

CONNECTING AN EXTERNAL MEDIA PLAYER VIA BLUETOOTH CONNECTION:

1. Connect the Bluetooth antenna to the side of the machine.
2. Turn on the Bluetooth of your media player (PC, smartphone, iPad) and search for connection under the name, Listen Audio and connect.
3. Keep the volume of your media player device at maximum, and make sure to turn off all audio effect such as equalizer and Dolby.

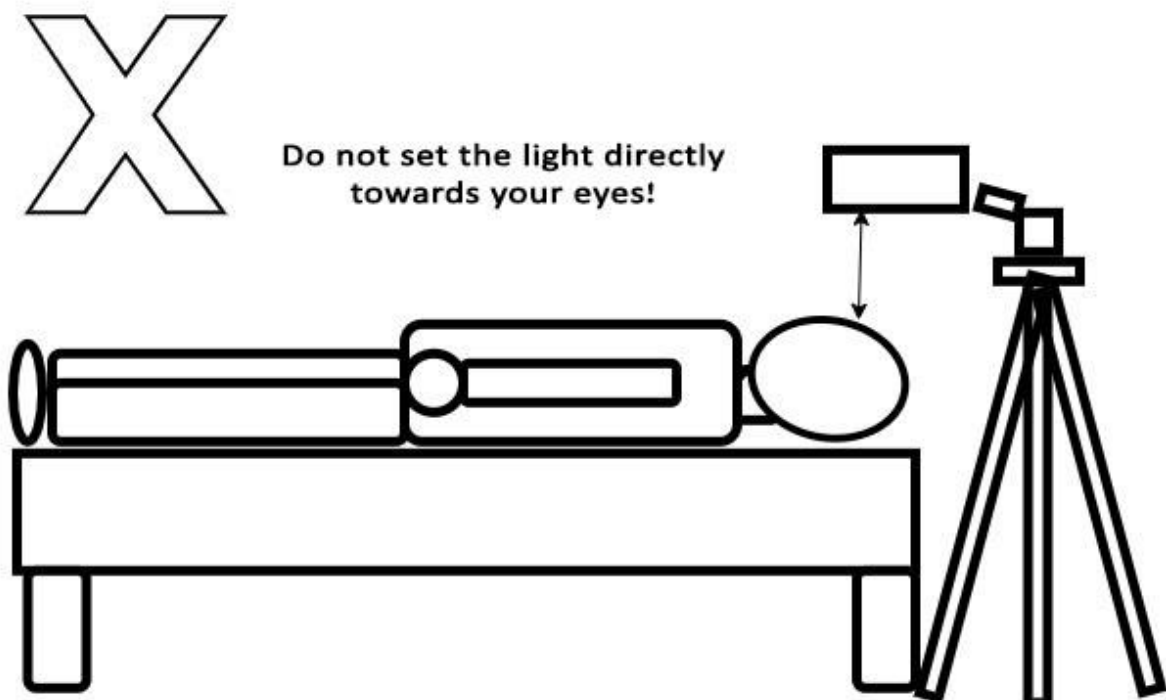
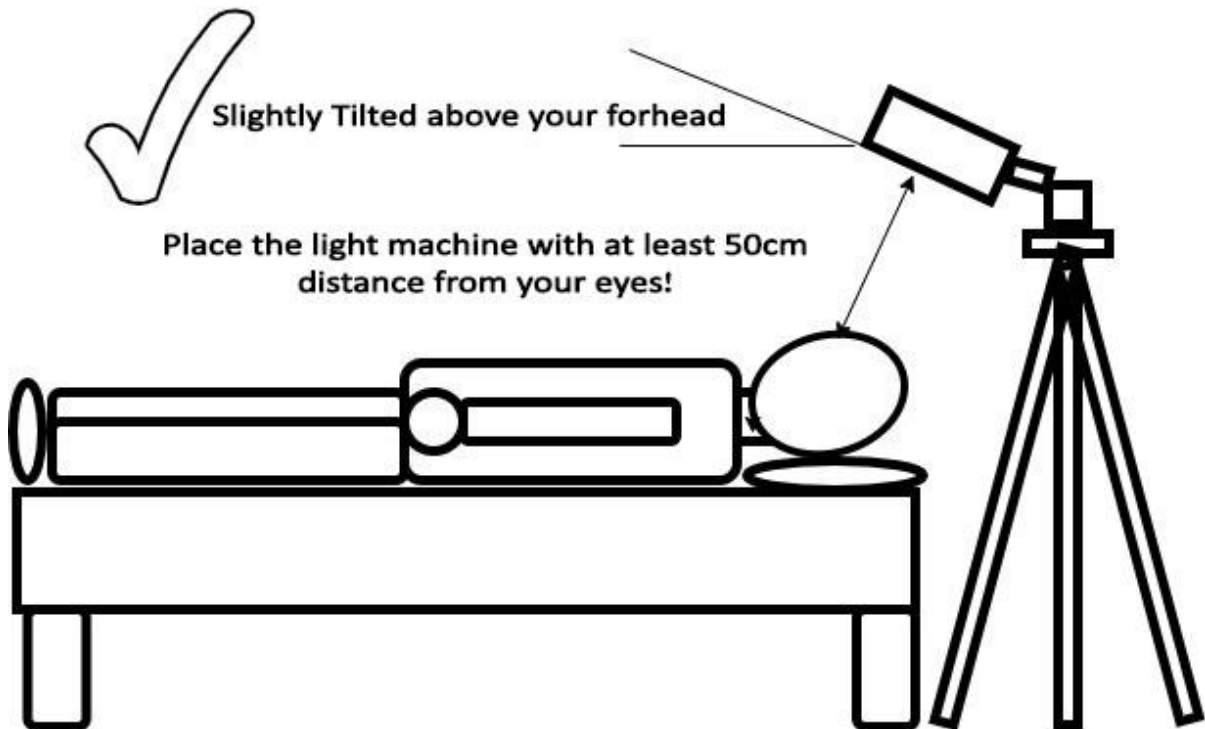
CONNECTING MULTIPLE ENKIDU LIGHTS TOGETHER:

For group sessions, you need to cover a larger area to have more people enjoy the sessions at the same time. For doing so you can connect multiple light machines together and make all the light machines work in synchronicity:

1. Pick one of the lights as master and run the session from it.
2. Put the volume knob of the master light at around %75 of maximum.
3. Connect the AUX cable to the headphone jack of master machine and to the AUX input of the slave machine.
4. Put the slave machine on AUX mode and it should work fine. You can use the slave machine for connecting headphones or speaker or more light machines.

Connecting the light machine to a sound system:

For group sessions, you can use a multi-channel headphone amplifier to connect more headphones to the light machines. The other option is to use a stereo sound system, by connecting the headphone jack of the light machine to the AUX input of the amplifier of your sound system. You might need to lower the volume knob of the light machine to %50 of maximum volume.



WARNINGS!

- Do not use brainwave entrainment if you are prone to seizures and epilepsy (or if you are pregnant in case, you are prone to seizures and unaware of it). Take extra caution if under 18 years of age, as the brain is still developing and is more sensitive.
- Do not use brainwave entrainment if you have any brainwave hyper arousal or instability symptoms, while having cold or flu symptoms or while having a headache.
- Do not use this device or any light therapy device at nighttime. Exposure to bright light at nighttime is harmful to your eyes and it can disrupt your sleeping pattern.
- Do not use the device under influence of alcohol or any mind-altering drug.
- *Although this device and its applications are designed to improve your wellness, they are NOT to be used as a replacement for medical or psychological treatment.*
- ***Your eyes should be closed throughout the session.***
- Keep the brightness of the device as high as it is comfortable for your eyes.
- ***Always keep the NIR switch in off position***, while using the brainwave entrainment sessions over your face, as it can harm your eyes.
- Always use a protective goggle to cover your eyes while using the NIR light therapy applications over your face and eyes.

ENKIDU Light SESSION LIST

Session Title	Frequency Range	Target Frequency	TIME
01. Raven medicine	Beta	14.6 Hz	10:00
02. Tranquility	Alpha & Beta	9 - 18 Hz	20:00
03. Saturns Gate	Alpha & Beta	4.6 - 18.4 Hz	31:00
04. Sipirit Guide	Alpha & Theta	7.5 - 4.5 Hz	35:00
05. Mystic Flute	Alpha	10.4 Hz	23:00
06. Shamanic Journey	Theta	5.4 Hz	30:00
07. Weightless	Beta & Gamma	16 - 25 - 32 Hz	08:00
08. Dreamer	Alpha	7.9 Hz	15:00
09. Above the Clouds	alpha, Beta	8 - 16 Hz	10:00
10. Vedic Mantra	Alpha, Theta & Delta	10 - 5 - 1.25 Hz	30:00
11. Dark Moon	Theta, Alpha & Beta	6.57 - 13 - 26 Hz	40:00
12. Chanting Monks	Alpha, Beta & Delta	9 - 18 - 1.1 Hz	22:00
13. Mahamrityumjaya Mantra	Alpha	10.88 Hz	14:12
14. Healing Earth	Alpha	7.83 Hz	25:00
15. Reiki Whale Healing	Sub Delta	1 Hz	25:00
16. DNA Upgrade	Tetha, Alpha & Beta	4.5 - 9 - 18 Hz	20:00
17. Pineal Gland Activation	Beta	16 Hz	22:00
18. Zen Breakfast	Theta & Beta	5.5 - 22 Hz	18:00
19. A Star's Dream	Beta, Theta	18 Hz - 4.5 Hz	14:00
20. Synchronic	Theta	4.8 Hz	15:00
21. Delta Waves	Delta & Alpha	1 - 7.83 Hz	30:00
22. Sleep Through the rain	Sub Delta	1.05 Hz	30:00
23. Theta Relaxation	Theta	5.43 Hz	40:00
24. Root Chakra	Theta & Alpha	6.1- 12.3 Hz	15:00
25. Sacral Chakra	Tetha & Alpha	6.5Hz & 13 Hz	15:00
26. Solar Plexus Chakra	Theta & Alpha	5 - 10 Hz	15:00
27. Heart Chakra	Theta & Alpha	5.6 - 11.3 Hz	15:00
28. Throat Chakra	Theta & Alpha	6 - 12 Hz	15:00
29. Brow Chakra	Theta & Beta	6.75 - 13.5 Hz	15:00
30. Crown Chakra	Theta & Beta	7.5 - 15 Hz	15:00
31. Sound Medicine Part I	Theta & Alpha	5 - 20 - 40 Hz	22:00
32. Sound Medicine Part II	Alpha	7 - 13 Hz	22:00
33. Sound Medicine Part III	Alpha & Beta	8 - 16 Hz	22:00
34. OBE	Delta, Theta & Gamma	3 - 7.2 - 48 Hz	20:00
35. Shamanic Healing	Alpha, Beta & High Beta	1.5 - 46 Hz	14:00
36. Garden of Delights	Beta	16 - 20 Hz	19:00
37. Gene Key	Delta, Theta	3 - 7.8 Hz	08:00
38. Light of Aluna- Part I	Theta, Beta	4 - 16Hz	20:00
39. Light of Aluna- Part II	Delta , Beta	3Hz- 18 Hz	28:00
40. Light of Aluna- Part III	Delta, Alpha, Gamma	2 - 17- 34 Hz	22:00
41. Metamorphosis	Delat, Theta, Alpha	2 - 4 - 8 Hz	20:00
42. Journey to Ixltan	Low Theta & Gamma	4.5Hz - 37 HZ	37:00
43. Journey Within	Low Theta	4.5Hz	27:00
44. 528Hz Healing & Rejuvenate	Theta	5.3Hz	07:00
45. Solar Fields	Alpha & Beta	8Hz & 16Hz	15:00
46. Surrender- Part 1	Alpha & Bete	10Hz - 20Hz	15:00
47. Surrender- Part 2	Theta & Beta	4Hz - 14Hz	20:00
48. Surrender- Part 3	Theta & Beta	4 - 16 - 32 Hz	17:00
49. Surrender- Part 4	Beta & Gamma	16Hz - 32Hz	21:00
50- Radiant Heart	Alpha & Beta	10Hz	21:00
51- I Am Loving Awareness	Gamma	40Hz	10:00

BRAINWAVE ENTRAINMENT SESSIONS

1- Raven Medicine

14.6 Hz

Duration: 10:20

Shamanic drumming, shaker, and rattle to take you into a deep trance. This track uses AudioStrobe and Isochronic beats for brainwave entrainment at the frequency range of Low beta. Good for afternoon power naps!

2- Tranquility

9 Hz & 18 Hz

Duration: 20:00

Start your day with focus and tranquility. This track uses AudioStrobe and Isochronic beats for brainwave entrainment. It starts at the frequency range of alpha and the gradually takes to higher frequency at beta range.

3- Saturn's Gate

4.6 Hz & 18.4 Hz

Duration: 31:00

This sound journey is a dynamic, experimental, atmospheric soundscape providing a backdrop for explorations beyond. Using methods from the practices of sonic mysticism, this set resonates Saturn's planetary tempo, frequency and symbol correspondences. This track uses Isochronic beats for brainwave entrainment in the frequency range of theta and beta.

4- Spirit Guide

7.5 Hz & 4.5 Hz

Duration: 35:00

This frequency is said to be perfect for awareness of self and purpose and contact with spirit guides for direction. As a great side effect, this frequency is also perfect for enhancing creativity. This track uses AudioStrobe and Isochronic beats in the frequency range of alpha and theta for brainwave entrainment.

5- Mystic Flute (432 Hz)

10.4 Hz

Duration: 23:00

Electronic ambient meditation. The 32.11 Hz tone throughout in 432 Hz tuning. 32.11 Hz is the note C1 in 432 Hz tuning. This track uses AudioStrobe and Isochronic beats for brainwave entrainment in the frequency range of low beta.

6- Shamanic Journey

5.4 Hz

Duration: 30:00

The background music is composed of shamanic drum and rattle, and the target frequency for this session is at 5.4Hz, which sits at the low-theta frequency range of the brainwave spectrum, which is related to sub-consciousness or as shamans call it the dream-world or under-world.

By becoming aware of the dream state of mind or our inner world, we can access to hidden side of our psyche and shed light to parts of ourselves which are usually ignored.

The best time for doing this session is at twilight, after sunset. Do not use this session if you feel sleepy and tired as you might fall asleep during the session instead of staying aware. Those who suffer from depression and are in low energy should not use this session, while this session can benefit those suffering from anxiety and PTSD.

7- Weightless

16 Hz- 25 Hz- 32 Hz

Duration: 08:00

This Short track starts from alpha and accelerates gradually to higher beta frequencies while keeping the base beat at low delta frequency. Ideal for a rapid boost for your brain performance and concentration.

8- Dreamer (1122Hz Solfeggio) 7.9 Hz Duration: 15:00

The entrainment program in this track decelerates to an alpha level at 7.91Hz on a 93.5Hz carrier tone, making this track ideal for active morning meditation, study, and creative visualization. 1122Hz is a synthesis or "meta" frequency derived from calculating the output function of the first 12 direct solfeggio tones. This track can be used for further actualizing the benefits of the other solfeggio frequencies, or as an entry level tool for solfeggio meditation, and is great for both beginning and advanced meditators.

9- Above the Clouds 8Hz & 16Hz Duration: 10:00

Relax and unwind your worries with this short AudioStrobe meditation session. This session uses an excitatory protocol and raises the frequency of BWE filters from 1Hz to 32Hz. Ideal for quick boost to your clarity and concentration.

10- Vedic Mantra 10 Hz- 5 Hz – 1.25 Hz Duration: 35:00

This track starts in alpha range and goes down to low delta frequency. The back-ground music features echoes and soundscapes created from astoundingly powerful Shiv Mantras which are known for their positive energy and chanting and meditating can help in changing our thought patterns, changing our attitudes from negative to positive.

11- Dark Moon 6.57 Hz- 13 Hz- 26 Hz Duration: 40:00

The fundamental frequency matching our Moon's rotation period in its 29th octave equals the root note of G# at 210.42Hz. All other time-based parameters, such as tempo (98.63BPM), binaural beats, isochronic Tones, delay and reverb computations are derived from octaves of this astronomical frequency. The binaural and isochronic pulsing equals 6.57Hz which sits in the

theta region. This is the brainwave pattern that we reach when we are in deep sleep. This track is ideal for deep meditation and relaxation.

12- Chanting Monks 9 Hz- 18 Hz- 1.1 Hz Duration: 22:00

This session features a Buddhist monk chanting mantra music to relax the mind and body. Starts from alpha to beta and then decelerates to low delta range for deep meditation.

13- Mahamrityumjaya Mantra 10.88 Hz Duration: 14:12

This frequency appears to be a natural anesthetic. It tends to reduce pain physically and energetically. The isochronic beats on a 174 Hz carrier tone frequency gives your organs a sense of security, safety, and love, encouraging them to do their best.

14- Healing Earth 7.83 Hz Duration: 25:00

This track which in high Theta is a relaxing session stimulating with earth resonance at 7.83 Hz (Schumann Resonance) with isochronic beats, audiostrobe entrainment embedded into sound files. Ideal for meditating and tuning into healing frequencies of mother earth.

15- Reiki Whale Healing 1 Hz Sub Delta Duration: 25:00

Reiki Whale Healing provides healing songs from the gentle giants of the deep echo throughout this unique collaboration of whale and man.

16- DNA Upgrade 4.5 & 9 & 18 Hz Duration: 20:00

Calming Music based on Solfeggio Frequency of 528Hz which is also known as the Love Frequency, Miracle Tone, and Frequency of Transformation.

17- Pineal Gland Activation

16 Hz

Duration: 22:00

Pineal Gland activation with 936Hz Solfeggio frequency, Brow Chakra is associated with awakening intuition and activating Pineal Gland.

18- Zen Breakfast

5.5 & 11 & 22 Hz

Duration: 18:00

This session is consisting of three pieces of music and design to gradually stimulate the brain to high frequency of 22 Hz in beta range. Use this session when you need to boost your concentration and awareness. Best time could be in early morning or any time you need to wake your brain up to feel relaxed, bright and sharp.

19- A Star's Dream

18 Hz – 4.5 Hz

Duration: 14:00

This Session starts with pulsating light and sweeping pads In order to take you to outer space. Use this session for mood uplifting, improve your concentration or as a power nap. This session can also help with SAD symptoms and brain fog in cloudy days. The tuning scale and isochronic tones are in 432Hz.

20- Synchronic

4.8 Hz

Duration: 15:00

This is around a 15-minute session based on the tones for the Third Eye or Ajna chakra. The target frequency is at 4.8Hz in theta range using Isochronic tones in AudioStrobe format.

The track contains classical guitar, Tingsha, Tibetan Singing Bowls, percussion, voice, and nature sounds.

Use this session for deep meditation, visualization, and as a remedy for anxiety and a chattering mind. Do not use this session if you are having symptoms related to depression and dissociative disorder.

21- Delta Waves

1 - 7.83 Hz

Duration: 30:00

This is a simple sleep session that guides the mind slow down to a deep Delta state, with a stop at 7.83 Hz on the way to help rid the mind of excess chatter.

22- Sleep through the rain

1.05 Hz

Duration: 30:00

Delta waves are related to the deep sleep. By entraining your brain into delta waves, you can experience a deeper and more nourishing sleep. Relax or fall asleep with this soothing instrumental session and let go of all your thoughts.

23- Theta Relaxation with singing bowl

5.43 Hz

Duration: 40:00

This track uses Tibetan singing bowl for meditation and relaxation, and it will help you reach the deep meditative mental state of Theta.

24- Root Chakra

6.1 & 12.3 Hz

Duration: 15:00

The root chakra is the first chakra. Its energy is based on the earth element. It's associated with the feeling of safety and grounding. It's at the base of the chakra system and lays the foundation for expansion in your life.

25- Sacral Chakra

6.5 & 13 Hz

Duration: 15:00

The sacral chakra is the second chakra. It is associated with the emotional body, sensuality, and creativity. Its element is water and as such, its energy is characterized by flow and flexibility. The function of the sacral chakra is directed by the principle of pleasure.

26- Solar Plexus Chakra

5 & 10 Hz

Duration: 15:00

Characterized by the expression of will, personal power, and mental abilities, the energy of the third chakra or Manipura in Sanskrit is mobilized when we assert ourselves in the world. Discover its key characteristics and how to make the most of this powerful energy center.

27- Heart Chakra

5.6 & 11.3 Hz

Duration: 15:00

The heart chakra, or Anahata in its original Sanskrit name, colors our lives with compassion, love, and beauty. Driven by the principles of transformation and integration, the fourth energy center is said to bridge earthly and spiritual aspirations. Explore what makes the essence of this chakra and how to unravel its powerful energy to enrich your life.

28- Throat Chakra

6 & 12 Hz

Duration: 15:00

Located at the center of the neck at the level of the throat, it is the passage of the energy between the lower parts of the body and the head. The function of the Throat chakra is driven by the principle of expression and communication.

29- Brow Chakra

6.75 & 13.5 Hz

Duration: 15:00

The third eye chakra is the sixth chakra. Located on the forehead, between the eyebrows, it is the center of intuition and foresight. The function of the third eye chakra is driven by the principle of openness and imagination.

30- Crown Chakra

7.5 & 15 Hz

Duration: 15:00

The crown chakra is the seventh chakra. Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations and visions. The function of the Crown chakra is driven by consciousness and gets us in touch with the universal.

31- Sound Medicine Part one

5 Hz - 20 Hz – 40 Hz

Duration: 22:00

This track uses Audiostrobe and Isochronic beats embedded into a Solfeggio healing meditation music from Anima, celestial soundscapes of transformation & peace.

The music and sound frequencies in first track are tuned in 396 Hz for release of fear and emotional Patterns. Second track tuned in 417 Hz for transmutation of negative energies.

32- Sound Medicine Part two 7 Hz & 13 Hz Duration: 22:00

This track uses Audiostrobe and Isochronic beats for brainwave entrainment with a healing music from Anima which is tuned into ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

The first track is tuned in 528 Hz: Transformation and miracles (DNA repair). The second track is tuned in 639 Hz: Re-connecting and balancing, relationships.

33- Sound Medicine Part three 8 Hz & 16 Hz Duration: 22:00

This track uses Audiostrobe and Isochronic beats for brainwave entrainment with a healing music from Anima which is tuned into ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

First track tuned in 741 Hz: Awakening Intuition. Second track is tuned in 852 Hz: Returning to Spiritual Order.

34- OBE 3 Hz- 7.2Hz- 48Hz Duration: 20:00

"Out of Body Experience" explores the realm of the subtle nonphysical dimension. Spirit walk into the planes of being between worlds with this relaxing meditation. Accompanied by a brainwave entertainment program in the delta and gamma frequency range and encoded with the Fibonacci sequence, this track provides a luscious backdrop for astral journeys. The background music for this session is a collaboration of Vibonacci and Source Vibrations, with vocals by Katherine Eid.

35- Shamanic Healing 1.5Hz – 46Hz Duration: 14:00

A flute-centered song specifically to support healing and relaxation, where native flutes, soft drums and ethnic percussion create an earthy, relaxed atmosphere. This session starts at 1.5Hz (delta) and gradually increases the frequency of BWE filters to 46Hz (gamma). This session can be good to promote relaxation and help with insomnia. Entrainment in low delta frequency can promote deeper sleep. The best time for using this session is around sunset to prepare your brain for a high-quality sleep at night. This session is not recommended during the active hours of daytime, as it might make you sleepy, but it can be great as power nap in afternoon.

36- Garden of Delights 16Hz- 20Hz Duration: 19:00

Visit the Garden of Delights in an audio-visual mood boost experience. This session uses an excitatory protocol in beta range and ramps up from 14Hz to 16Hz, and from 18Hz to 20Hz. This session can help with the seasonal affective disorder, depression and improve your mood and motivation.

37- Gene Key 3Hz- 7.8Hz Duration: 08:00

This short session features Richard Rudd and his subliminal affirmation method to give us a key to unlock the higher purpose hidden in our genetic code.

The target frequency of this brainwave entrainment session is at 7.8Hz (Schumann resonance) and 3Hz (delta range).

38- Light of Aluna- Part I Theta & beta Duration: 20:00

These unique sonic tapestries contain combinations of frequencies that are designed to re-ignite the memory of our original connection to The Great Mother. The frequency range of this track are mostly in theta and beta with tuning scale of classic 440Hz.

39- Light of Aluna- Part II

Delta & alpha

Duration: 28:00

The frequency range of this track are mostly in delta and alpha with tuning scale of classic 440Hz.

40- Light of Aluna- Part III

Delta & beta & gamma

Duration: 22:00

The frequency range of this track are mostly in delta (2Hz) and beta (17Hz) and end in gamma (34Hz). The background music is tuned in classic 440Hz.

41- Metamorphosis

Delta, theta & alpha

Duration: 20:00

This session is based on a track called Metamorphosis by Darpan, which is an inspiring track that can facilitated some incredibly huge inner transformation.

42- Journey to Ixtlan

Low Theta & Gamma

Duration: 37:00

This track is tuned to A = 432Hz, on an inhibitory protocol to gradually change the brainwave frequency from alpha to deep theta at 4.5Hz.

4.5Hz is the frequency which is often used at shamanic drumming rituals and is related to dream state of mind, which we can access to our hidden memories and emotions that are hidden or ignored.

Try to use this session while you're not feeling tired or sleepy to stay aware. The best time for using this session could be bit after sunset or before sunrise. This session can also be used as a powernap in afternoon in case you missed a good night sleep.

43- Euphoria

Low Theta

Duration: 37:00

This session is a shorter version of Journey to Ixtlan, with adding a Buddhist sutra, to the first part and overall improvement to arrangement and mixing of the music and visual effects. The target frequency of this session remains unchanged at 4.5Hz and the session ends in theta (instead of beta). Unlike the Journey to Ixtlan, this track doesn't have the last part which increases the

frequency to beta and gamma. Therefore, this session is suitable for preparation for any healing or spiritual practice that requires getting into theta, such as meditation, using a floating tank, hypnoses, affirmation...

This session is not recommended to be used in active hours of the day as it promotes deep relaxation, and can make you sluggish. The best time could be early morning or around sunset. If you don't have access to an AVS machine, you can use this session over headphones in a relaxed environment.

44- 528Hz Healing and Rejuvenating Theta Duration: 07:00

To heal or purify water and (ourselves) we can listen to 528Hz music. 528 Hz is the love frequency and has extraordinary powers. This frequency repairs, heals our DNA and is the true evolution of man and the desired entity that will bring our DNA to its origin. The gate opens with this sound. Trying is better than studying, just 7 minutes are enough to produce noticeable results.

45- Solar Fields (Poppies) Alpha & Beta Duration: 11:00

Step into Solar Fields and fill yourself with light and joy.

This short audio/visual entrainment session stimulates the brainwaves into alpha and beta frequencies. Use this session to calm your mind and get rid of anxiety. This session can be used for easing the symptoms related to depression and SAD disorder.

Note: This session is rich in visual effect and the intensity of BWE filters is set to high to achieve effective BWE in a relatively short time. Therefore, this session can be intense for some users.

46- Surrender- Part 1 Alpha & Beta Duration: 14:00

Surrender to the call of mother earth and reconnect with your true self. This relaxing session uses subtle drumming and rich visual effect encoded into a meditative music by Anima. The target frequency is at 10Hz & 20Hz. Use this session for meditation and relaxation or anti-anxiety effect. The best time for using this session is around sunset or early morning.

47- Surrender- Part 2 Theta & Beta Duration: 21:00

The target frequency for part 2 is at 4Hz & 14Hz. Use this session for meditation and relaxation or anti-anxiety effect. The best time for using this session is around sunset when you're not tired or sleepy.

48- Surrender- Part 3 Theta & Beta Duration: 17:00

Find a quiet place, get comfortable, put on the headphones, and close your eyes!

This brainwave entrainment session can guide you into a deep meditative state of mind away from any stress or worries, by shifting your awareness from the outside world towards the safe and serene place within.

This session uses BWE filters such as isochronic tones, subtle drumming, amplitude modulation, and immersive visual effects with the target frequencies at 4Hz, 16Hz & 32Hz.

49- Surrender- Part 4 Beta & Gamma Duration: 21:00

Part 4 (last part) of the Surrender package is in the beta and gamma range to help with improving brain cognitive functions such as memory and concentration. This session also can be used for helping with symptoms of depression such as low energy and motivation, and brain fog. Do not use this session if you feel stressed or anxious. Instead, would be better to try BWE in the theta range for relaxation.

50- Radiant Heart

Alpha & Beta

Duration: 20:46

We are all connected, we are all part of all that is, and we all possess the power to bring good things about for ourselves and others. This audio-visual stimulation program uses BWE filters at alpha and beta ranges with a target frequency of 10Hz.

Use this session anytime you need to relax and become centered. This session is also great for preparing yourself for meditation.

For getting the best benefit try this session after sunset or anytime you don't feel sleepy. The more you are aware during the session (while relaxed) the better the effect.

51- I AM Loving Awareness

Gamma

Duration: 10:00

Immerse yourself in this audio-visual journey of 'I Am Loving Awareness,' a transformative mantra by Ram Dass. This BWE session is a powerful tool for cultivating compassion and loving-kindness meditation, serving as a gateway to elevate the gamma frequency in your brain. By using this session, you can experience heightened consciousness, expanded awareness, and a profound sense of wholeness and gratitude. Through an excitatory protocol, the song guides your brainwave frequency to go up toward the target of 40Hz in the gamma range. Based on studies BWE at 40Hz holds healing properties for your brain, potentially slowing the aging process and enhancing memory and concentration. For optimal results, use this session during the early morning or around sunset, when the mind is receptive to its soothing influence. However, please note that if you're experiencing anxiety or currently facing a stressful situation, it's best to avoid this musical journey and try a session in the alpha or theta range.

LAMP MODE

By turning on the LAMP MODE (push button on the machine), you can use your light machine as a high-quality lamp for indoor lighting application and run the lamp in continuous mode (no flickering). The push button turns on all the LEDs on the lamp (except the NIR LEDs) to give you a full spectrum visible light. You can use the lamp over your working desk, your room, or any other places that you need an extra light during the daytime. Brighter environment in daytime can improve your mood and functionality.

In lamp mode always set the light machine above your eyesight or over your head when using over your working desk. The machine should not be face towards your eyes. You can set the light toward roof or a wall to reflect the light towards you to avoid the strong and spotted light of the lamp for safety of your eyes. This mode is also great for cloudy days and for those who suffer from SAD (seasonal affective disorder) or depression. If you spend lots of time indoor due to your work or lifestyle you can always use extra light to prevent you from SAD and depression. This mode is also a great option for photography and film making as it gives you a high CRI (Color Rendering Index) which results in a true and brilliant colors in your pictures and movies.

NIR LAMP MODE: The Lamp Mode can also be used for general NIR light therapy application. Although Eos comes with specific NIR light therapy sessions in its package, (strobe NIR light) you can also use Eos in continuous mode (no flickering) for any other parts of the body that you cannot find the program for it. By turning on both NIR Mode and Lamp Mode switches on the lamp, you can turn the machine into a Red and NIR light therapy lamp without the need for uploading any program to the machine.

NIR AND RED-LIGHT THERAPY

Near-infrared light refers to photons with a slightly longer wavelength than red, which are just outside of the human eyesight perception range. NIR light can penetrate skin layers and encourages NITRIC OXIDE PRODUCTION and MITOCHONDRIAL RESPIRATION in the cells, which increases blood flow to the nerves and other tissues. This lasts for several hours after application which can dramatically increase circulation to injury sites and areas of chronic pain.

When near-infrared light is used for therapeutic purposes, it is referred to as photo biomodulation, LLLT, or bio stimulation. This therapy is being researched for amazing things such as the reversal of traumatic brain injury, recovery from the debilitating effects of stroke and heart attack, and the regeneration of damaged nerves and severed spinal cords.

Effective wavelengths of near infrared light therapy include 700 nm to 1400 nm. The whole range of wavelengths have the same healing and therapeutic effect, the big difference is this: the longer the wavelength, the deeper it penetrates the body. So, for example, for applications effecting the surface of the skin, red light therapy (620nm-700nm) would be adequate. For the healing of deep wounds or the relief of deep muscle and joint pain, the longer wavelengths of near infrared are more beneficial.

Red and NIR light therapy is also can help you with better look. As many studies showed subjects treated with red light therapy experienced significantly improved skin complexion, improved skin tone, improved texture/feeling, reduced skin roughness, reduced signs of wrinkles and fine lines, and increased collagen density as measured through ultrasonographic tests. Patients

with rosacea and redness have also found relief using LLLT, even those who are unable to tolerate higher-heat laser therapies.

One use of red light therapy that's growing in popularity is reversing signs of aging on the skin , wrinkles and fine lines. Results from a 2014 study published in PHOTO MEDICINE demonstrated both efficacy and safety for red light therapy in promoting anti-aging skin rejuvenation and intradermal collagen increase when compared against controls. Researchers concluded that red and near-infrared light therapy provides a safe, non-ablative, non-thermal treatment of skin tissue with high patient satisfaction rates.

Read more: [The Ultimate guide to Red and Near-infrared light therapy](#)

Important note before using NIR Light sessions:

1. For doing any type of NIR light therapy, make sure to put the machine in NIR mode by turning on the NIR LAMP switch on the lamp. This switch turns off the white LEDs and turns on the NIR LEDs. **Do not use the NIR application while this switch is off.**
2. In NIR mode some of the LEDs might seem off and not turning on as the NIR light is invisible to human eyes.
3. In order to have an effective NIR and red-light therapy sessions on different parts of the body, such as joint and muscle pain place the light machine towards the surface of the body at **minimum distance of 5 cm or 2 inches** and adjust the brightness knob at maximum. This is the safety distance for using the light at maximum brightness. **Do not set the light closer to your body than recommended distance!!!**

4. For skin therapy over your face, you can cover your eyes with a pair of protective eyelid goggles to protect your eyes from high brightness of the machine. Remember the infra- red light is invisible so be careful with high intensity of near-infrared light and always keep the safety distance of 20 cm for any skin therapy such as using the machine over your face (with eyes covered).
5. Best time for using any NIR light therapy, is when your body is at rest to help maximize the healing process. For any pain relief and anti-inflammation effect a hot shower can improve the effect of the light therapy.
6. You might not notice any immediate effect after NIR sessions, as it usually takes half an hour to couple hours to see the result for pain reduction and anti-inflammation.

Warnings!

1- Do not use these applications over your eyes, such as for wrinkles, without protective goggles.

2- Always keep at least 5cm or 2 inches between the machine and surface of your body. The machine should not touch your skin!

3- Do not exceed the duration of the sessions for NIR light therapy more than recommended duration for each session.

NIR LIGHT THERAPY SESSIONS

1- Skin Care & Anti-Aging

10 Hz & 40 Hz (Red & NIR)

Duration: 15:00

This light-based solution stimulates the formation of new collagen deep below the skin's surface to tighten sagging or loose skin. It is ideal for the rejuvenation of face and neck and improving skin quality of the décolletage/chest. This Near Infrared technology (NIR) safely and painlessly tightens loose skin on areas of the body where, with age we can all see sagging skin.

Notes: Keep the light at least 15cm or half a foot away from your face to cover your whole face and neck. Make sure to cover your eyes with protective goggles. Repeat the session once a day for a period of 4 weeks.

2- Deep tissue rejuvenation

40 Hz (Red & NIR)

Duration: 12:00

The infrared light stimulates the tissue deep below the skin's surface causing collagen fibers to contract and tighten, thus stimulating the formation of new collagen, and further enhancing the tightening effect and helping to bolster the skin against future ageing. The infrared light tightens skin laxity and improves skin architecture. The presence of healthy collagen in the dermis helps maintain the skin's youthful architecture and texture. You can see immediate results after a few sessions, but a series of treatments will continue to stimulate collagen and therefore, you will experience better and longer lasting results.

Notes: Keep the light at least 15cm or half a foot away from your face to cover your whole face and neck. Make sure to cover your eyes with protective

goggles. Repeat the session once a day for at least 3 to 5 times a week for a period of 4 to 6 weeks.

3- Joint Pain Relief 40Hz & continuous (Red & NIR) Duration: 15:00

Cellular rejuvenation and increased blood flow due to near-infrared and red-light therapy are two key aspects of improving joint and tissue health.

Decreasing oxidative damage, which degenerates joints, and modulating inflammation are other ways that red and near-infrared light benefits soft/connective tissue.

Notes: Set the light at around 5cm distance from your body surface. Use the session once in the early morning and once before bed. Keep doing the session few days after the pain is gone to complete the healing process. A hot shower before the session can speed up the anti-inflammatory effect of the light therapy.

4- Wound Healing 10 Hz (Red) & 40 Hz (NIR) Duration: 5:00

Near-infra red light can stimulate the production of collagen, the key protein involved in wound closure and the forming of new connective tissue and tiny blood vessels that form on the surfaces of a wound during the healing process. It also causes the release of ATP, or raw cellular energy. This provides energy to the damaged and surrounding cells to do what they were designed to do – heal themselves.

Note: Repeat the session once or twice a day during the healing process. Keep the light away from your skin at minimum distance of 10cm.

5- Thyroid stimulation 10 Hz (Red & NIR) Duration: 5:00

Red and NIR light therapy can be a natural and effective thyroid treatment that doesn't rely on drugs or come with a host of side effects. Researchers in Brazil have been studying the effects of low-level light therapy on the thyroid

gland in Hashimoto's thyroiditis, and the results have been astonishing! Most significantly, they found that all patients who received the therapy were able to reduce their levothyroxine dose, while 47% were able to discontinue levothyroxine and have normal thyroid function during the 9-month follow-up.

Note: Set the toward your upper chest and base of your neck at least 5cm away from your body. Repeat the session once or twice a day, at least 3 to 5 days a week. You should see the result in a month.

6- Depression Symptoms Relief 40 Hz (NIR) Duration: 5:00

This session is based on studies of Massachusetts General Hospital psychiatrist Paolo Cassano, MD, PhD, and other researchers at MGH and elsewhere.

Though only a small percentage of light reaches the brain, it's enough to reach cells in the prefrontal cortex. Dr. Cassano explains that in someone with depression the prefrontal cortex can be less "connected" to parts of the brain that affect emotion, such as the amygdala. Cellular activity in these areas of someone with depression can overwhelm less-active cells in the prefrontal cortex. Normally, the prefrontal cortex helps control excessive activity in the amygdala and the brain's other emotion centers.

Infrared light can fuel the mitochondria, a cell's powerhouse. "The cells become energized and they're more likely to function properly," Dr. Cassano says. "They re-establish the connectivity. Shining the near-infrared light might 'wake them up,' to speak, and improve communication between the prefrontal cortex with the deeper areas associated with emotion."

Note: The NIR light should be shined towards the forehead at minimum

distance of 5cm. The sessions need to be repeated 2 to 3 times a week for a period of two months. Make sure to cover your eyes with protective goggles during the session.

7- Prostatic Hyperplasia Healing

40 Hz (NIR)

Duration: 5:00

Commonly used drugs are hormones that can only improve symptoms and cannot be cured. Surgery is a commonly used method, such as microwave and laser are often used for prostate surgery. Conservative treatment is a safe, effective, and less adverse treatment. The use of NIR light irradiation on the point of the perineum, can clear the meridians and qi and blood, adjust the function of organs, kidney, qi, diuresis and treat the unfavorable of urine. LED red light treatment of prostate hyperplasia is reported below.

Hebei Provincial People's Hospital reported using LED NIR light to treat 30 patients with benign prostatic hyperplasia. The patients were scored according to the international prostate symptom score, moderate in 7 cases, and the average score was (14.4±2.8) points; severe in 23 cases, the average score was (24.7±3.1) points. All 30 patients were diagnosed with BPH.

Note: The light should be shine on your perineum towards your abdomen. Set the light at least 5cm or 2 inches away from your skin. Cover the testicles from the NIR irradiation with your hand or thick cloth, while using the session. Repeat the session once or twice a day for a period of two to three weeks.

8- Menstrual Pain Relief

40 Hz (Red & NIR)

Duration: 10:00

This session is based on a study using a non-equivalent group design, evaluated the effects of near-infrared rays on dysmenorrhea among Korean women. The experimental group used near-infrared ray abdominal device for the duration

of one menstrual cycle until the end of the menstrual period, while the control group used hot packs. The level of menstrual pain, menstrual pain duration, and pain medicine use were measured. The menstrual pain, average menstrual pain duration, and use of analgesics were reduced in the near-infrared rays' group. The results of this study indicate that the near-infrared ray LED was effective in reducing menstrual pain, menstrual pain duration compared to the use of analgesics in Korean women with dysmenorrhea. Therefore, near-infrared light may be used to relieve menstrual pain and improve the quality of life of women with dysmenorrhea.

Note: The NIR light should be shine towards your abdomen at minimum distance of 1cm to cover your whole belly. Use this session once or twice a day, during your menstrual period.

9- Hair Regrowth

10 Hz (Red)

Duration: 5:00

Low-level light therapy (LLLT) using red or near infrared light is scientifically proven to treat genetic forms of hair loss (androgenetic alopecia). Red light therapy has been shown to cause hair to regrow the crown area and along the hairline, the most common places that men tend to lose their hair.

Keep the lamp about 2 inches away from the target area, while keeping your hair secure if it is long to make sure it does not get caught or tangled up with the lamp. You can do treatments up to three times per day if you leave 5 to 6 hours between each treatment.

In most cases hair regrowth is reported after 12 to 26 weeks using red light therapy, including loss of less hair each day and a noticeable improvement in the amount of hairs growing on the head.

10- Eyesight Improvement

10 Hz (Red)

Duration: 2:00

In a 2008 study, researchers from the University of Heidelberg, Germany conducted a study on 203 patients (average age 63) with age related macular degeneration (AMD). 10 patients served as controls and 193 patients with and without cataracts received treatments of near-infrared laser therapy over a period of two weeks. The treatment "significantly improved visual acuity" in 95% of eyes with cataracts and in 97% of eyes without cataracts. In addition, patients with wet AMD had reduced edema and bleeding. "The improved vision was maintained for 3-36 months after treatment (Ivancic BT, et al. 2008)." Note: Use this session, every day, for a period of 2 to 3 weeks.

Warning: Make sure to keep your eyes closed during this session. The distance between your eyes and the lamp should be at least 20cm or a foot at maximum brightness!

FREQUENTLY ASKED QUESTIONS

How can I choose a frequency or session that works for me?

One of the most important things to learn about any therapy is that nothing works for everyone, and nothing works for one person 100% of the time.

An EEG brain map can really help determine what will work best for yourself or your client. In the absence of that, start with a short session to determine a reaction. Alpha is generally a good, safe start, but people with depression or ADD problems may want to start with an SMR or short beta session instead.

When will I notice the effect?

The time it takes to see results will differ from person to person and will depend on the goals of the client. Sessions involving relaxation should relax the client gradually over 6-10 minutes. Relaxation is a very noticeable effect, whereas with a concentration session it may take a few sessions to realize what effect it is having. Also, some sessions are meant for long-term changes and for them it may take weeks or months to notice an effect. If results are not as expected, try adjusting the settings or using a different session. Different frequencies and different types of sessions will work for different people. Increasing the intensities of the entrainment filters may also be worth exploring in some cases.

Can I use Enkidu at nighttime?

We designed certain sessions to use especially at the nighttime. These Sessions only uses warm light and red light. This way it will not affect your circadian rhythm and your sleep pattern. Other sessions which use cold white or full spectrum light should not be used after sunset which can disrupt your sleeping time.

How often can I use the machine?

It depend on your goal but in any situation do not exceed the maximum time of using the machine, which is one hour a day in two session, and maximum five days a week.

Should I darken the room while having a session?

There's a term in entrainment called intensity of entrainment which deals with the contrast between the on and off levels of the light signals. Darkening the room can help you get more intensity and can have the same effect as raising the brightness. This can be helpful for those who are sensitive to high brightness. By darkening the room, you can have the same effect with less light intensity.

How can I choose the brightness of the machine?

The maximum brightness of the machine should always follow the time of the day and outdoor brightness. Meaning around the noon you can have the highest brightness that is comfortable for your eyes. Never push your eyes for having the stronger effect with higher brightness. This means darkening the room is always a better choice for having a stronger effect.

Is it possible to use Enkidu for more than one person at the same time or even for larger groups?

Yes, two people can easily share the experience. Either lying down or sitting next to each other. For a group of people, you need to put the light further away to cover a larger area which results in losing some of the light intensity and there for the effect, especially in light therapy. In this case, you need to use two or more light boxes at the same time. Enkidu is designed in a way that allows you to connect multiple devices together and run all of them at the same time with synchronicity.

Can Children use Enkidu light machine?

Although most children love the experience, you need to be sure that they are not sensitive to flickering light which might cause seizures. We recommend them to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of this device, as they are more susceptible to seizures.

What is Audiostrobe?

AudioStrobe is the standard way to communicate with mind machines in order to control the flashing of LEDs. It is an inaudible signal sent with the rest of the

sound of your session. You will probably not be able to hear it, but any AudioStrobe-decoding device will be able to interpret that signal and use it to drive the flashing of LEDs. Because AudioStrobe uses sound to drive the LEDs, it can be used from any sound device, such as an iPod, CD player, or from the speaker/headphone port of your computer.

What is the best position for using the light?

The most common position for using the light is laying under the light as it's the most comfortable position. The reason is the more you let go of the body the more effective session you can have. But the downside of laying position is that you might fall asleep during the session, especially at lower frequency BWE such as delta and theta. For those with a flexible body like meditators who can sit comfortably, the sitting position can be more effective as it helps you to be more aware during the session rather than dozing off.

In general, for lower frequency entrainment such as delta and theta, the lotus sitting position is preferred to lay down. For higher frequency of alpha and beta laying down is preferred to prevent the brain to jump rapidly to a higher frequency and cause anxiety.

Any comfortable chairs also can be quite helpful for those who can't sit easily on the ground. For practitioners and healers one good choice is a comfortable and adjustable lounge chair which you can adjust the position based on the session or your client's need.

NIR AND RED-LIGHT THERAPY FAQ

Does Infrared light therapy hurt?

No. Infrared light therapy is, painless, safe, noninvasive, and nonabrasive. There have been no reports of adverse reactions.

Can I treat my pets with Infrared Therapy?

Yes, your pets will love it. You can use your machine (on a low setting) for any painful condition your pet suffers from. You can use it for injuries, arthritis, sore hips, and post-surgical healing.

How Long Until I See Skin Results?

It depends on your specific skin and its condition. Red light therapy is not an immediate miracle maker. Changes will not occur over night, but it will give you, ongoing anti-aging benefits anywhere from 24 hours to 3 months, depending on your condition and how often the light is used.

To see a noticeable change in wrinkles and fine lines, you may need at least a 2-month home treatment, at least 2 times a week. To maintain the improvement, you should continue doing red light therapy home treatments once a week. You will see fast improvements in your skin tone, smoothness and brightening. Some people report this after only 2 weeks (that “healthy glow” we all want). We recommend treatments for at least 20 weeks, for maximum results. To keep track of the anti-aging benefits of red-light therapy, we recommend taking weekly or monthly pictures with a good quality camera, on the same lighting, at the same time of the day. Looking in the mirror randomly is not best way to see your progress over time.

Can Red Light Therapy be combined with Other Wavelengths?

Yes, it can. In fact, most anti-aging home devices combine for red light therapy and infrared light therapy (which can penetrate deeper into your skin). In acne treatment, it's highly recommended to use both red and blue light therapy (red after blue) to boost healing of acne and preventing scars.

What is LED Light Therapy?

LED therapy uses color light wavelengths to penetrate and treat the skin, via LED (light emitting diodes). LED is a light source that emits infrared light (and thereby, heat) when activated. It is most often administered via single light units that is directed at the skin from a few inches away. The anti-aging and/or pain relief effects come from exposure to the light. There is no machine-to-skin contact.

Is Laser More Effective Than LED Red Light Therapy?

While most people think that lasers work better than LED systems, this is not true. Even recent studies have found that light therapy through LED is just as effective as light therapy via laser diodes. Once a laser light penetrates the skin it is no longer a collimated beam of light, it is the same as LED.

Can I Use My Regular Skin Care Products While Using Red Light Therapy?

Generally, yes, you can still use your regular skin care products. But, before using red light therapy, make sure your skin is thoroughly cleansed off all products. After treatment you can follow-up with your typical skin care routine.

This is because most products can block the penetration and absorption of the light. Others (like benzoyl peroxide or alcohol) can cause skin irritation when used under intense light.

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enkidulight.com