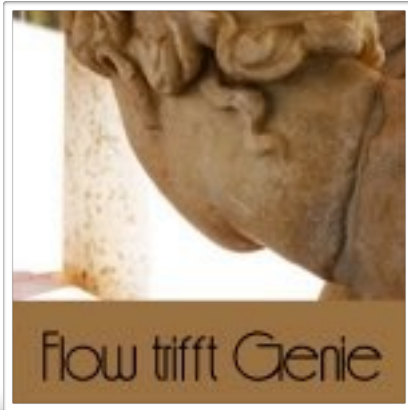


Flow meets genius

[Link to the web store](#)



What is so special about this program? It is a real all-rounder program: it can do almost anything and is suitable for practically everyone. It stimulates the sensory-motor rhythm (SMR), which results in various optimizations in the neuronal process. The effect is subtle and not as clearly perceptible as with other frequencies, but should nevertheless not be underestimated.

Who is it best suited for? For people who want to sustainably improve their ability to concentrate, lighten their mood, get rid of anxiety or avoid stress - or who want to get into the flow. Flow is just the pleasant side effect of this versatile top title.

What does this program consist of? Isochronous beats and atmospheric music accompany this session. The session starts at an alpha value of 10 Hertz and then climbs up to 15 Hertz in the SMR range, where it then remains until the end.

When to listen? 3 times a week would be a good measure.

How to listen? The best way to listen to this program is on a walk, for example. You can listen to this program effectively with your eyes open and without headphones!

All kinds of activities are therefore conceivable: Reading, working, walking, pursuing a hobby, or letting the program run as background music.

What to pay attention to when listening? When listening to "Flow meets genius", pay attention to what you are doing - and not to what you are listening to.

When does an effect occur? How can I recognize it?

If your night's sleep improves and the world seems friendlier, it has long since begun...

What can I do wrong? Just because you can have your eyes open doesn't mean you should let yourself be disturbed! Disturbances throw you off your rhythm and dilute the result.

Duration: 30 minutes

Eyes: Open (!) or closed.
One of the few tracks that you can listen to *on the side*.

Headphones: Not mandatory in this case but recommended as always. You could also use loudspeakers instead.

[\[Link\]](#) to the info page with the possibility to listen in