

[Link to the web store](#)



Duration: 30 minutes

Eyes: open or closed

Headphones:

recommended

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

What is special about this program? This experimental program is the only "gamma session" on Neurostreams™. The gamma range is a special range above the beta range. Gamma starts at 38 Hertz and goes up to about 100 Hertz.

Gamma waves were only discovered at a late stage. They are associated with mental and meditative peak performances, but also with the formation of subjective reality, sometimes even with transcendental merging experiences. Research is still in its infancy. Particularly characteristic of this program are the beats, which become faster and faster and end up racing.

Who is it best for? For people who want to experiment with gamma and accept a noticeable increase in good mood. The brain is accelerated to such an extent that gloom no longer stands a chance.

What does this program consist of? Also isochronic beats and spherical music. It starts at 11 Hertz in the alpha range, and then rises continuously, crosses the entire beta range upwards, and then ends up on a 45 Hertz plateau, where it remains for four minutes at the end.

When to listen? Any time, except before going to bed (and the hours before). As often as you feel like it.

When does an effect occur? How can I recognize it? As the session is constantly changing, the effect changes accordingly. At the end of the session, you are properly "accelerated".

What can I do wrong? Stopping in the middle would be half-hearted. Driving a car would be pretty idiotic (as always in connection with Neurostreams™).