

[Link to the web store](#)



**Duration:** 30 minutes

**Eyes:** preferably open

**Headphones:** essential and pay attention to the correct use of right and left!

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

**Incidentally,** the right ear is connected to the left ("male") hemisphere of the brain, and the left ear is connected to the right ("female") hemisphere.

**Who is it best for?** For people who have more potential than they can currently access.

**What is special about this program?**

The ears are offered different frequencies in the beta, SMR and alpha ranges, which change dynamically over time. We achieve an alternation between relaxation (both hemispheres alpha) and (increasing) tension (left half: beta, right half: SMR).

The brain is gently accelerated at IQ 7000, with the higher acceleration taking place in the *left hemisphere*: This is because there are plateaus of 17 Hertz to 20 Hertz there. These increase attention and concentration and reduce emotional distraction and hyperactivity - because we know that IQ potential lies fallow if there is too little beta on the left side. Meanwhile, the *right side of the brain* is raised from 13 to 14 Hz, into the SMR range. In small "breaks", an identical 10 Hz value is played in both ears for recovery.

**What does this program consist of?** Isochronous beats and instrumental background music.

**When to listen?** Preferably at work! While reading, studying, typing, doing manual work...

**How to listen?** Not too loud, rather listen inconspicuously, otherwise some beats might seem a bit harsh.

**What do you pay attention to when listening?** What you are doing at the moment, what you are working on.

**When does an effect occur? How do I recognize it?** After initial astonishment at the wandering beats, you will get used to them after listening to them several times, which will lead to a more efficient mental state. Initially, this is usually associated with some head pressure: Quite normal, and good!

**How often should I listen to it?** Up to 4 times in a row is no problem, but take breaks in between.

**What can I do wrong?** Nothing! This session is very user-friendly.