



**Duration:** 30 minutes  
(standard) or 20 minutes  
(short version)

**Eyes:** closed

**Headphones:** An absolute  
must!

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

**By the way:** I spent the days  
after my wedding in Japan.  
Many older Neurostreams™  
photos also come from there.

## What is special about this program?

This program takes you down to a spectacular 5.5 Hertz, an extremely low theta level that few meditators can ever reach.

The trick not to fall asleep but to remain conscious.

**Who is it best for?** For advanced

meditators. **What does this**

**program consist of?**

Just like the entire ZenBox of binaural beats and atmospheric sounds.

**When to listen?**

I leave that entirely up to you. Be aware that you'll be pretty "slow" afterwards. So it's better not to listen to it before a sports competition.

**How to listen?**

Just like the other ZenBox programs: undisturbed, paying attention to your breath.