

# Meeting place Garden of Eden

[Link to the web store](#)



**Duration:** 30 minutes

**Eyes:** closed

**Headphones:** obligatory!

**What is special about this program?** *At the beginning*, this session stimulates both ears alternately, and then each ear with its own changing frequencies! Sometimes, for example, there are exactly 12 pulses per second for the left ear and only 9 pulses for the right ear, and a few minutes later it's the other way round... That sounds challenging, and it is: because with this acoustic "double tactic" you catch all the restless spirits that don't want to be brought down to a meditative 8.5 Hertz without further ado.

**Who is it best suited for?** For people who have difficulty relaxing but really want to experience a real alpha state. "**Calm for restless spirits**".

**What does this program consist of?** Quiet spherical sounds and asymmetrical isochronous beats at the beginning of the show, which then pulsate symmetrically from 10 minutes onwards, characterize this session. At the beginning it goes differently "uphill and downhill" for both ears, through lower beta or through the alpha zone, to then come together at 8.5 Hertz...

**When to listen?** Whenever you feel like it...

**How do you listen?** While sitting or lying comfortably.

**What should you pay attention to when listening?** At the beginning, you will follow the "wandering" sound effects with great interest, but then at some point you will start to detach yourself from them and ignore the beats more and more. And as always: start at the beginning and only stop at the end!

**When does an effect occur? How do I recognize it?** After 10 minutes the relaxation is there. You can recognize it by your calm breathing and the thoughts you will have.

**How often should I listen?** Once a day at most. If you've been to the Garden of Eden 10 times, you can take on one of our indescribable Zen sessions...

**What can I do wrong?** Leaving out the headphones would be extremely unfavorable.