



**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:** If you are in  
lucid dreams, we  
recommend the book  
["The man with two lives"](#)  
[is](#) recommended.

**What is special about this program?** This program takes you down to 4 Hz, to the border between theta and delta. Normally you can no longer be conscious in this phase.

But the same is also said of people who have "out-of-body experiences". Coincidence?

Each of these experimental meditations lasts 30 minutes, and you certainly need this time at the beginning to get down to binaural 4 Hertz.

"Silberfaden" is the only Neurostreams™ program that tries its hand at the 4 Hz frequency - the threshold from theta to delta, i.e. from dream to dreamless sleep.

Speaking of silver threads: Decades ago, the Monroe Institute, which dealt with "out-of-body experiences", lucid dreams and "astral projections", considered 4 Hertz to be the best value for triggering such experiences.

There is no guarantee that the listener will have such an experience. But anyone who has such an experience will understand why these 3 sessions are called "Silver Thread" of all things...

**Who it best for?** For those who like to experiment.

**What does this program consist of?** Just like the entire ZenBox, it consists of binaural beats and "Music".