



**Duration:** only 15 minutes

**Eyes:** can stay open

**Headphones:**  
recommended, but not  
necessary

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

**What is special about this program?** You can listen to this program with your eyes open, and without headphones. So it's ideal after lunch, or even after breakfast. It only lasts 15 minutes and therefore reaches its goal very quickly.

**Who is it best suited for?** For people who suffer from acute listlessness, listlessness, depression, tiredness, apathy or fatigue.

**What does this program consist of?** Isochronous beats and music. The session picks you up at 15 hertz, and after six minutes you reach the 18 hertz plateau in the beta range.

**When to listen?** Ideally after lunch or breakfast. Or in the evening, when you want to go out but actually feel too tired to do so. Then this session helps a lot.

**How to listen?** Not too quietly. And please listen actively.

**What to look out for when listening?** It helps to imagine that you are really being pumped full of motivation. Invisible power is flowing out of that socket over there, and it's going straight into your batteries...

**When does an effect occur? How can I recognize it?** After 15 minutes you should be clapping your hands in motivation all by yourself. When this happens, the effect has long since set in.

**How often should I listen?** A maximum of twice a day.

**What can I do wrong?** Listening too often in succession is not good. Talking on the phone on the side or concentrating on other important things is also not ideal. You have to listen actively.