



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

**Eyes:** closed

**Headphones:** mandatory!

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

**What is so special about Zen Quasar?** It is one of the few Neurostreams™ with binaural beats. It has such a powerful effect that even experienced meditators can reach new realms.

Another advantage of this binaural transmission is that the virtual generation of the binaural "third tone" often produces a synchronization of the brain hemispheres. This is a rather incidental side effect, but it does produce some interesting effects!

6.5 Hertz is a relatively demanding (low) theta value that will force many listeners to sleep. But if you manage to stay awake despite having your eyes closed and a comfortable meditation posture, you are sure to have a wonderful Zen experience.

**Who is it best suited for?** For meditators and followers of Zen...

**What does this show consist of?** Binaural beats and spherical music! It starts at 12 hertz at the upper alpha limit, and then moves leisurely to the 10 hertz alpha plateau, and then to the 7 hertz theta plateau, and finally to the low 6.5 hertz plateau, which corresponds to a relatively low theta level. You stay there for 16 minutes in "zen limbo"... before finally going to 15 Hertz within four minutes. *[In the short version, everything happens in half the time].*

**When to listen?** In the morning would be a good time.

**How to hear?** Make sure you're not disturbed, although it doesn't hurt to hear birds chirping or traffic humming or even human voices in the distance. Fill your otherwise empty belly with some fresh water and put on your headphones...

**What to look out for when listening?** Breathe consciously through your nose. Special breathing techniques are not necessary! The breath should be as natural and relaxed as possible, as shallow or as deep as it is at that moment. Avoid forcing the breath. It should be soft and, if possible, inaudible. So just pay attention to your breath without trying to think or conjure up images. If the thoughts do not fall silent: They will in a moment!