



Session List
Updated 8.16.23

Table of Contents

Welcome to roXiva Test Sessions.....	page 1
Psychedelic/Visual Sessions.....	pages 3-10
Meditation Sessions.....	page 11
Hypnosis Sessions.....	pages 12-15
Breathwork Sessions.....	page 16
Healing Sessions.....	page 17
Mood Enhancement/Well-being Sessions.....	pages 18-22
Recharge/Power Nap/Sleep Sessions.....	pages 23 -26
Productivity/Focus/Creativity Sessions.....	pages 27-32
Higher Awareness Sessions.....	page 33
5 Brainwaves & Frequencies.....	pages 34-35

Note – Some sessions apply to several categories but have been placed in user-friendly manner. Read each session description for full use and benefits.

Welcome to roXiva Introductory Sessions

#Welcome to roXiva – test session 5/2/23

|| Length: 6 minutes

|| Purpose: Introduction to roXiva and flickering light

Welcome to roXiva is a guided introduction session to give first-time users and owners a taste of what can be experienced. It covers light intensity, what to do to stop an experience if it becomes uncomfortable, and a few of the many types of experiences that can be had.

We highly recommend this is used by first-time users and as an introduction for new clients if you give sessions to others.

Roxi and Roxi 2 12/18/20

|| Roxi – Length: 4 minutes (intro), 10 minutes or 30 minutes (Ext) – Light 30, Audio 80

|| Roxi 2 – Length: 5 minutes – Light 40, Audio 80

|| Purpose: Rhythmic psychedelic session

|| Frequencies: Mixed

Welcome to Roxi.

This is a smooth rhythmic visual session to give people a taste of colors and patterns. Great for a short demonstration session.

The effect is hypnotic due to its repetition which some people prefer to a rapidly changing session.

Roxi 2 has a softer start and the addition of some extra visual effects. This softer start can be more comfortable for first-time users.

Psychedelic/Visual Sessions

Ayahuasca Journey 10/5/20

|| Length: 40 Minutes – Music – Light 30, Audio 80

|| Purpose: Hybrid session: Trance Entrainment plus mild to medium Psychedelic audio-visual journey of self-discovery (synchronized to music) || Frequencies: Mixed

Welcome to your inner journey of discovery, psychedelic experience, and deep insight. This roXiva session combines shamanic drumming, moving visual kaleidoscopes of color and pattern, EEG-recorded frequencies from actual DMT and ayahuasca trips, and the Ganzfeld effect for a journey that takes you through different stages of trance states associated with enhanced perception and a loosening of the barriers between conscious and unconscious communication.

Calm Before the Storm 7/2/21

|| Length: 40 or 50 minutes – Music – Light 30, Audio 80

|| Purpose: Hybrid – relaxation and psychedelic

|| Frequencies: 7.83Hz plus mixed

[The 50-minute version has an extra 10 minutes at the end so you can relax and enjoy the unique state the session has put you in for longer] Your visit to the beach just got interesting.

Welcome to a unique experience of light and sound that turns your relaxing day in the sun on the beach into an adventure exploring different dimensions.

This session is a hybrid of relaxation and psychedelic effects. The first half is predominantly the Schumann resonance to relax you, ground you, and connect you with the Earth's pulse in much the same way as lying on the beach would.

The second half is quite a trip. The rain, thunder, and waves act as a distraction from consciousness, causing dissociation and trance. And the psychedelic effects combine with this to create a unique journey.

Conscious Living – Flow 10/21/22

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Medium psychedelic with 45% SMR

|| Frequencies: Mixed Beta and Alpha with 45% SMR (12-15Hz) and a 14.4Hz matched audio tone in the Music. [NOTE: There is a complimentary session called 'conscious living – SMR' to this one that uses the same music but is 100% pure SMR frequencies.]

Welcome to conscious living – Flow, a flowing psychedelic collaboration of music and sound between myself and Matias Lujan (details below).

This session has about 45% frequencies in the SMR range, and the rest is mixed Beta and Alpha. See the description of the full SMR session for what SMR is. This session is more psychedelic than entrainment whereas the SMR session is more entrainment.

Psychedelic/Visual Sessions

Creatively Inspired K(etamine) 4/13/22

|| Length: 21 minutes – Music – Light 42, Audio 80

|| Purpose: MEDIUM STRONG Ketamine effect psychedelic – Inspiration, creativity, Euphoria, neural reset, brain plasticity, relaxant.

|| Frequencies: Mixed, embedded in light and sound.

‘Creativity inspired K’..., is a Ketamine-inspired journey based on a modified softer but still quite strong version of RoXiva K. Still with Ketamine and psychedelic frequencies mixed in both the session and music. This session has added creativity frequencies.

There are multiple ways to use this session. Use your imagination and intuition to take advantage of the unique state produced which will be of benefit in several situations.

Start by going on the journey with no intention other than to totally let go into the light. And this will likely be the best way to experience the session.

The light session has a mix of frequencies and their sub-harmonics for neural plasticity effects and creativity.

Crystal LSD 10/5/20

|| Length: 10 and 15 minutes – Music – Light 30, Audio 80

|| Purpose: Medium/strong Psychedelic (synchronized to music)

|| Frequencies: Mixed

Take a drug-free trip into the world of LSD’s colorful fractals and form. There are some intense pieces to this trip with smooth transitions. Set to catchy music this is a deep dive into light and color fractals. This session is a mix of kaleidoscopic patterns to give a smooth yet impressive display of psychedelic imagery with dance/psychedelic music. The light transitions match the music transitions, and the fractals interact with the beat and tone to create more than the sum of its parts.

Dark Matter 12/17/21

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Psychedelic for dark environments (Med/strong)

|| Frequencies: Mixed Fancy a midnight trip?

Dark matter is a journey through both light and darkness. This session uses carefully timed pauses in the psychedelic light experience to take advantage of how the cells in our eyes work. The effect will be felt in any lighting condition but is far more impactful in total darkness.

Psychedelic/Visual Sessions

DMT – Jammin 5/23/23

|| Length: 4 minutes 38s – Music – Light 30, Audio 80 (designed to be used with the repeat function)

|| Purpose: Very strong psychedelic with music by Talamasca

|| Frequencies: Mixed

DMT Jammin is a unique session that is designed to be used with the repetition function on the lamp and has a slight reggae vibe. Don't be fooled into thinking that this is mild though. This is definitely not for beginners.

The session can be used as normal or as a short intense session, but it becomes an extendable trip when used on repeat. And the results of this are different levels of experience even though the session is the same for each repetition. Simply choose how many repetitions you would like in the menu of the session itself. **Because this is made to be used as a repeating session, it starts and ends abruptly.** So be prepared for it to be full on quite quickly with no slow ramp-up or down.

DMT Proggy Rocky 5/20/22

|| Length: 8 minutes – Music – Light 30, Audio 80

|| Purpose: Strong DMT-inspired psychedelic visuals.

Welcome to an intense psychedelic trip. This is a fast-paced session designed to immerse you in DMT-type visuals and leave you feeling like you've been on a real trip.

DMT Talamasca Trip 5/17/22

|| Length: 16.20 minutes – Music – Light 30, Audio 80

|| Purpose: Strong DMT-inspired psychedelic visuals.

Welcome to an intense psychedelic trip. In the right frame of mind, you will be fine with this session. But be warned that it is not intended to be used by people who have anxiety around the unknown or who have had a bad trip experience with ingested psychedelics. There are milder sessions for those types of people. This is a fast-paced session designed to immerse you in DMT-type visuals and leave you feeling like you've been on a real trip.

Dolphin Chakra 12/17/21

|| Length: 19 minutes – Music – Light 30, Audio 80

|| Purpose: Psychedelic (Med/strong) with added isochronic tones

|| Frequencies: Mixed light, Tones: 7.97Hz Mereon Matrix (Frequency emitted by dolphins), 98.4Hz Bass for isochronic Tone G (associated with Hara, meaning – a sea of energy)

Dolphin chakra is a psychedelic light interpretation of three of Gavin's audio tracks mixed. The isochronic tones embedded in the music correspond with Hara – the sea of energy..., and the Mereon matrix – the frequency emitted by dolphins. Interestingly, the dolphin frequency is very close to the Schumann resonance (the Earth's pulse).

This session is a unique powerful music blend of energy and vibration tones of our ocean brothers and sisters the dolphins.

Psychedelic/Visual Sessions

Eye of the Pyramid 8/18/22

|| Length: 22 minutes – Music - Light Level 40, Audio 80

|| Purpose: Medium psychedelic, deep trance

|| Frequencies: Mixed with stable isochronic 9.41Hz 'pyramid tone'.

As you relax into a world of color and movement, don't be surprised if you are visited by morphing pyramids and the 'All seeing eye' (AKA The eye of Horus). The result of this protocol is an altered state of consciousness where what you see may also be seeing you. The music stops before the light does so keep your eyes closed a little longer and enjoy the effect 9.41Hz Isochronic Tone (Pyramid Frequency Inside). Sine & Square waves. A feeling of exploration.

Note Isochronic tones with AVE are being studied as a potential therapy for pain, ADHD, and anxiety.

Flying 10/21/22

|| Length: 15.45 minutes

|| Purpose: Medium/strong Psychedelic

|| Frequencies: Mixed Beta plus Mid Gamma

This session follows on from the session called taking flight. The effects are a little stronger, with added sections, and are modified to use Mid instead of Low Gamma frequencies combined with the visual effects. These differences create a different level of dissociation and feel, especially in the body. The music for this session is specially created by Gavin Lawson to complement the effects of the mixed frequencies.

Gone in 60 Seconds 5/30/23

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Hybrid – Medium/strong psychedelic combined with Gamma entrainment, heightened states of awareness, spontaneous exotic dream states, trance, and enhanced cognition.

|| Frequencies: 40Hz Gamma (with constant 40Hz audio tone) alternating with mixed Alpha and Beta.

Not for users who might be shocked by sudden changes.

'Gone in 60 seconds' started as a joke I made at a recent sales conference when marketing was being discussed. The idea is that the comment was referring to the movie of the same name years ago where speed of action was the theme in an elaborate car heist movie. I thought the tagline would be a cool reference to certain roXiva sessions. And then it got me thinking, ha-ha.

And so welcome to 'Gone in 60 seconds' the session. This is a unique session in that it alternates between psychedelic imagery and stable Gamma entrainment. The idea is that the combination creates an opportunity to enter a unique altered state where the benefits of Gamma mix with the mind-altering effect of psychedelic light. And the result is access to exotic states where spontaneous dreaming occurs, and non-ordinary states of consciousness, and cognitive benefits.

This alternating pattern is 60 seconds of Gamma followed by 60 seconds of psychedelic imagery repeated for the first 12 minutes. And then the 60 seconds of psychedelics continues but the periods of Gamma slowly get longer to allow you to drift off a bit more. Because of this sudden drop into psychedelic effects every 60 seconds, the session may be too much for new users., but the session leaves you feeling quite different.

Psychedelic/Visual Sessions

Halo - Gamma 8/4/23

|| Length: 11 minutes – Music – Light 30, Audio 80

|| Purpose: Relaxing cognitive and mood boost / Lucid trance state

|| Frequencies: 40Hz Gamma, Medium Beta

Halo is a short session combining the beneficial cognitive effects of Gamma waves with the alertness and mood-enhancing effects of Beta waves. The two types of frequency ebb and flow together to produce a unique effect of light producing halo effects and relaxing states of consciousness. The result is quite different from any other session. And although the frequencies used are on the high end, the result is often similar to low-frequency relaxation.

You may experience spontaneous effects of lucid awareness or out-of-body sensations in this state.

IDA – Phi 5/16/22

|| Length: 7 minutes – Music – Light 30, Audio 80

|| Purpose: Psychedelic blend of Pi (universal constant) and Phi (golden ratio) ||

Frequencies: Mixed

This session is entirely made up of derivatives of Pi and Phi. IE: The mathematical constant is 3.141, and the golden ratio 1.618. The golden ratio is closely associated with the Fibonacci sequence. The result is an interesting and enjoyable short psychedelic trip.

If Found, Return to Earth 3/11/21

|| Length: 30 minutes – No Music - or 15 minutes – Music - Light 30, Audio 80

|| Purpose: Strong psychedelic

|| Frequencies: Mixed

Designed to go with any music you choose.

This is a deep dive into the psychedelic experience for those who want to go deep and explore other worlds of vision and brain activity.

This 'trip' may produce trance states like no other you have experienced and the music you choose will affect that experience.

Khufu - Egyptian Pharaoh 5/19/21

|| Length: 18 or 36 minutes – Music – Light 30, Audio 80

|| Purpose: Psychedelic trance, mood enhancement, ancestral/unconscious connection

|| Frequencies: Mixed plus isochronic audio tones

Welcome to Egypt..., a land of ancient history, Gods, ceremonies, golden sands, and colorful drawings..., and a celebration of life past, present, and future. Behind the psychedelic light colors and patterns is an embedded Isochronic tone of 40Hz. The carrier wave of the tone is 108Hz which is also considered a significant number spiritually and gives a deep rhythmic pulse creating its own shift in consciousness. Truth, forgiveness, wholeness, and the universe are all attributed to the number 108 by almost every religion including Hinduism, Buddhism, and Christianity. Combined, all this makes for a profound experience and a journey that goes beyond the psychedelic effects.

Psychedelic/Visual Sessions

LSD Party 7/16/21

|| Length: 27 minutes – Music – Light 30, Audio 80

|| Purpose: Strong psychedelic

|| Frequencies: Mixed

Time for a drug-free trip into the land of an LSD dance party.

There's not much more to say about this one. Put on some headphones, hit play, and relax into the light as it builds into a journey of color, fractal geometry, and movement.

Keep your eyes closed after the session stops for a minute or two and enjoy the after-visuals and trance state for a while.

Molly (MDMA) 10/5/20

|| Length: 14 minutes – Music – Light 40, Audio 80

|| Purpose: Medium Psychedelic (synchronized to music)

|| Frequencies: Mixed

Put on headphones, relax, and have a short drug-free feel-good trip with a background of happiness-producing frequencies.

What else is there to say?

Molly is a slang term for MDMA or ecstasy. Take a quick trip into the land of visual colors and patterns with joy mixed in. The session starts slowly and builds in intensity before then tapering off again.

Smooth and rhythmic.

Mycelium 3/23/23

|| Length: 6 minutes – Music – Light 30, Audio 80

|| Purpose: Medium – medium/strong psychedelic

|| Frequencies: Mixed light with a 4.5hz isochronic tone in audio

Mycelium is the name used to describe the network of mushroom roots underground. This session is a smooth transitional psychedelic session. And is potentially another choice for demonstrations as a more vibrant and varied experience than some of the other short sessions. Use your judgment here, however. With the awesome piece of music created by Gavin, the effect is both enjoyable and deeply meaningful considering the short nature of the session. The 4.5Hz tone in the music is leveraged to amplify some of the light effects and gives a unique experience.

Northern Lights 9/16/20

|| Length: 27 minutes – Music – Light 30, Audio 80

|| Purpose: Mild psychedelic/trance state

|| Frequencies: Mixed, 9.9Hz, 6.3Hz, 42.3Hz

The northern lights are a world-famous display of movement and color that appear almost randomly in a celestial ballet of light.

This session, set to music, is equally relaxing and mildly stimulating to create a unique state of mind. The result is a trance-like mild visual journey of repeating color and pattern without being overwhelming and a state of de-stressing and meditation.

Psychedelic/Visual Sessions

Ocean Angels 9/16/21

|| Length: 30 or 20 minutes – Music – Light 30, Audio 80

|| Purpose: Relaxed emotionally charged psychedelic trance.

|| Frequencies: Mixed plus slow wave Epsilon

Bathe in a magic mushroom-inspired emotional journey of light and sound with humpback whales and angelic chanting. By combining some slow wave Epsilon entrainment frequencies with other psychedelic frequencies, the result is both visually unique and very relaxing.

You may find yourself getting emotional during this session. And you will likely drift in and out of consciousness as well. In fact, the audio track is made to have your focus shift between the whales and the choir and back again adding to the dreamy effect.

Return of the Squirrel 9/9/20

|| Length: 19 minutes – Music – Light 40, Audio 80

|| Purpose: Strong psychedelic (synchronized to music)

[Not for the faint-hearted. This session has some intense psychedelic effects] This is an intense visual experience that is not for nervous types.

This is a very powerful and intense drug-free trip into the land of psychedelic imagery. Compared by many as being like a real LSD or DMT trip.

Synchronized to music so that as the music changes, the light experience does also. This experience will leave you wanting more.

roXiva K(etamine) 4/7/22

|| Length: 43 minutes – Music – Light 30, Audio 80

|| Purpose: STRONG Ketamine effect psychedelic – Euphoria, creativity, neural reset, brain plasticity, strong relaxant, the feeling of drug ‘high’.

|| Frequencies: Mixed, embedded in light and sound.

I recommend not using this immediately before needing to be fully active. Allow a period afterward to integrate the experience. The feeling after can be a mixture of being ‘stoned’, very relaxed, and euphoric. However, this is a strong session so should be used with caution if new to RoXiva sessions.

‘roXiva K’..., is a Ketamine-inspired journey that will blow your mind and body out of this world. Don’t worry, you’ll come back..., feeling very different.

Ketamine has been called by some psychedelic therapists as chemical mindfulness. And mindfulness is..., present-moment awareness without judgment. Approach this session with that mindset and you will get the most from it.

The light session has a mix of frequencies and their sub-harmonics for neural reset and brain plasticity effects combined with psychedelic DMT-style frequencies. The combination improves the kinesthetic effect along with the visuals.

Psychedelic/Visual Sessions

Solar Tsunami 8/4/23

|| Length: 14 minutes – Music – Light 30, Audio 80

|| Purpose: Medium-strong psychedelic

|| Frequencies: Mixed

Solar Tsunami uses a surf-inspired waveform Alpha soundscape with a similarly modulated light-scape. There is a slightly randomized but rhythmic set of tones in the music that synergizes with the light in a way that mimics ocean waves. The result is an ambient but impactful light and sound journey.

Spaceship Dream 10/5/20

|| Length: 19 minutes – Music - Light 30, Audio 80

|| Purpose: Medium-strong Psychedelic, immersive journey (synchronized to music and sound effects)

|| Frequencies: Mixed

Become part of a metaphoric short story told in light and sound. This session is unlike anything you will have ever experienced before with a stroboscopic light machine.

Stellar Gateway – Gamma 6/28/22

|| Length: 32 or 60 minutes – Music – Light 30, Audio 80

|| Purpose: Dissociative (mild psychedelic) / Relaxed body, alert mind state / spontaneous lucid and out-of-body experiences

|| Frequencies: Primary – 40Hz light with 40Hz isochronic tone throughout, Secondary – Theta activity enhanced by mixed mild psychedelic frequencies at the beginning.

The main purpose of this session is to promote the internal state that is present during OBE (out of body), Astral travel, and Lucid dreaming experiences. This is a very nice and different type of trance state that will often result in new levels of mental clarity. The effect of this session for most people is one of a relaxed body but an alert mind. It's a different type of Alertness, however.

Suspended Moments 11/3/21

|| Length: 20 minutes – Music – Light 40, Audio 80

|| Purpose: Psychedelic synchronized to music

|| Frequencies: Mixed (matched audio of the same name)

Welcome to Suspended Moments.

This started as an idea to make an in-house music track that is completely unique and never heard before to combine with light for the ultimate light and sound meditation experience. And the music track that resulted is just what I needed to make some unique and interesting transitions of light. This is a journey of contrasts and unique moments in light and sound.

Meditation Sessions

Meditate Away - Levels 1, 2, 3

|| Length: 24, 27 & 30 Minutes, - No Music – Light 30, Audio 80

|| Purpose: Meditation, relaxation, and trance

|| Frequencies: 40Hz, 9.9Hz, 8.82Hz, 7.83Hz, 6.66Hz, 5.49Hz (level dependent)

A three-level training series to take your practice to a new depth.

There are three sessions in the Meditate Away series:

Level 1: Beginner – 24 minutes

Level 2: Intermediate – 27 minutes

Level 3: Advanced – 30 minutes

The aim of having three levels of meditation sessions in this series is to help you get into lower brainwave states while ideally remaining awake and alert.

Each level will take you deeper into Theta waves with Gamma in the background to create a powerful meditative trance state that you can either use as your daily practice or to access the deeper parts of your mind and memories for self-development work.

The Wave

|| Length: 10 minutes – Music – Light 30, Audio 80

|| Purpose: Deep meditation and relaxation

|| Frequencies: (Dominant) 9Hz, 6.3Hz

Want to go deep fast, don't have much time, but don't mind if you end up losing track of time anyway?

This session uses a gentle ramp down in frequency in a wave of slowing pulses that complement each other and create a fast and unique relaxation state.

Perfect for a quick mini trance.

Hypnosis – Trance Sessions

Energy Double Helix 9/26/20

|| Length: 30 Minutes – No Music – Light 30

|| Purpose: Heightened awareness, Trance

|| Frequencies: 0.56Hz, 1.12Hz, 2.25Hz, 4.5Hz, 9Hz, 18Hz, 36Hz, 72Hz, 144Hz, 288Hz

This session uses resonant frequencies at multiples of each other that create this double loop. As one range of frequencies goes up, the other goes down and then repeats. Within this progressive slower loop there are added faster spikes of transition that create a torus vortex within a torus vortex. Quite a unique session with some interesting effects.

Feel & Share Happiness Process (Guided Hypnosis) 8/6/21

|| Length: 32 or 42 minutes (-EX) – Music – Light 30, Audio 80

|| Purpose: Guided hypnosis for feeling happy, grateful, and positive.

|| Frequencies: Variable Theta, SMR, and Gamma with matched audio tones

Use it anytime but preferably in the morning.

'Feeling and sharing happiness' will have an accumulative effect over time and builds on itself while you sleep. Often this results in feeling the effects the next morning.

This session uses direct hypnosis with embedded indirect 'Ericksonian' style suggestions with multiple layers of sentences within sentences etc. The word structure will not always make sense, but everything is done on purpose.

It doesn't matter what you focus on during this session. You can focus on my voice, or focus on the words, or focus on the music, or focus on your breathing..., or focus on nothing and drift off. Just let go and enjoy the trance to make some changes. Relax and enjoy. 😊

The longer of the two sessions has no wakeup script but instead takes you into the frequencies of happiness like in the 'Don't worry, be happy' session for 10 minutes. During this time, you can keep relaxing, integrating, and entraining to feel good frequencies. There are perfectly matched audio tones in the background to enhance all sections and a subtle slow heartbeat at points during the session. **I have added a slight holographic effect to my voice in this session which gives an interesting result.**

Getting Things Done (Guided Hypnosis) 5/19/21

|| Length: 31 or 42 minutes – Music – Light 30, Audio 80

|| Purpose: Guided hypnosis for Productivity, making progress, action, motivation, self-esteem, life balance, gratitude, and feeling good.

|| Frequencies: Variable Theta with matched audio tones

'Getting things done' will have an accumulative effect over time and builds on itself while you sleep. Often this results in feeling the effects the next morning. The hypnotic suggestions start about 6 minutes into the session. It doesn't matter what you focus on during this session. You can focus on my voice, or focus on the words, or focus on the music, or focus on your breathing..., or focus on nothing and drift off. Just let go and enjoy the trance to make some changes.

Hypnosis – Trance Sessions

Hypnagogic Vision 7/2/21

|| Length: 30 minutes -No Music – Light 40, Audio 80

|| Purpose: Hypnagogia, visions, creative inspiration and eureka moments, problem-solving.

|| Frequencies: Mixed Theta and Alpha

Hypnagogia is the term used for the effect of being in the transition state of sleep and awake. It is that state you are naturally in just before you fall asleep and just before you wake up. Not quite asleep or awake. Because of this in-between state..., hallucinations and visions are common. This is also a great place to be for creative inspiration, idea generation, and problem-solving.

These transitions shift slowly to produce dissociation and lead you into the hypnagogic trance state.

Integration – Guided) 5/20/23

|| Length: 26 minutes – Music – Light 30, Audio 80 (French version available also)

|| Purpose: Guided meditation/hypnosis to process and integrate life experience on an unconscious/subconscious level.

|| Frequencies: Neural reset Gamma, SMR, and Alpha (Matching audio tones in music)

“Welcome., to integration...

Take a few moments to settle into relaxing with the sound of my voice. And allow the light that bathes you to soften your body and mind. Like rays of sunlight warming, you and filtering through your eyelids.

As you listen and imagine the journey you are about to take, the light will become part of that journey. Slowly changing and revealing parts of yourself ready to be integrated.”

That is the first few sentences of the roXiva session ‘Integration’. Welcome to the guided meditation to help you process life events and become more of a whole integrated person. Set in a forest where you become a part of the forest, this journey starts by priming your brain for change using Gamma as a neural reset frequency. And then combines various Alpha and SMR frequencies in subtle visual displays to allow you to sink into the meditation.

You will be guided to walk into a forest and become part of it and it’s a vast store of wisdom and expansion. Let your imagination run away with you and come back a different person.

There are certain hypnotic language patterns used in this session to enhance the purpose of the journey. So, this may well feel like a deeper meditation than you’re used to.

Hypnosis – Trance Sessions

Khufu - The Kings of Trance 5/19/21

|| Length: 18 or 36 minutes – Music – Light 18 (40), 36 (40), Audio 80

|| Purpose: Vision quest, trance, collective unconscious connection, mood enhancement, rejuvenation.

|| Frequencies: Variable Theta, Variable Gamma including 40.05Hz and 33.03Hz with matched isochronic audio tones.

Behind the light, experiences are embedded in Isochronic tones.

For the first third of the session, these are perfectly matched to the slow rhythmic variable Theta frequencies with a background of Gamma to enhance the trance effect.

Included in this Theta is the Earth's own pulse..., the Schumann resonance.

Combined, all this makes for a trance state that is in between worlds. Not too deep (although you may still go deep), but rather that in between the conscious and unconscious state where waking dreams take place. A twilight zone of images and messages from the past.

The Lake - Deep Theta 5/16/22

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Deep relaxation, self-programming, de-stressing, whole brain synchronization

|| Frequencies: 5.25Hz Theta, 57.75Hz Gamma – with matched isochronic tone

This protocol introduces us to the 5.25Hz frequency which is the level of Theta most conducive to reprogramming your mind and entering deep hypnosis states. In that state, you will be more highly suggestible and able to recode memories.

Theta works in combination with Gamma to regulate memory, flow states, and significant emotional and spiritual experiences. This is a very calming & enjoyable session.

There and Back 10/5/20

|| Length: 45 minutes – No Music – Light 30, Audio 80

|| Purpose: A deeply personal journey of connection and discovery

|| Frequencies: 200Hz, 111Hz, 80Hz, 40Hz, 15.66Hz, 7.83Hz, 2.5Hz, 1.05Hz, 0.2Hz

A very deep exploration session for those who want to go inside and see what is there in the ultimate search for what consciousness is.

Every range of brain rhythm is covered in this session but not in order, and each frequency band has its own benefits in the exploration of the mind. Each stage of the session has a blend of brain waves that experience has shown to create some very powerful and unique trance states. This session has it all.

Hypnosis – Trance Sessions

Tibetan Monk 9/7/20

- || Length: 32 Minutes – Music – Light 30, Audio 80**
- || Purpose: Deep relaxation and feelings of vibrational energy**
- || Frequencies: 222Hz, 2.2Hz, 0.22Hz**

This session combines the very high with the very low and incorporates a hypnotic technique called fractionation. Starting with a gentle ramp downwards you will pause at key points before arriving at the target of a blend of Epsilon and Lambda frequencies.

The result is sublime and sometimes leaves you feeling like you are floating outside of your body. Deeply relaxing.

Trance- Formation 9/30/20

- || Length: 30 minutes – No Music – Light 30**
- || Purpose: Self-hypnosis, trance, meditation, conscious/unconscious connection**
- || Frequencies: (Dominant) 7.83Hz, 5.5Hz, 40Hz**

This session starts by using the Schumann resonance to get cerebral/brain blood flow moving before descending to 5.5Hz. This frequency has been shown to be particularly good for unconscious reprogramming, accepting suggestions, and accessing lost memories.

At specific points in this session, a hypnotic technique called fractionation is used to deepen the trance state and add to the dissociation from the outside world.

Use this session to go into deep hypnotic trance states for enjoyment alone, or to get insight from your unconscious mind, or with recorded affirmations and hypnosis sessions. Sometimes spontaneous lucid dream-type experiences can occur in this state also.

Rebirth 12/17/21

- || Length: 45 minutes – Music – Light 30, Audio 80**
- || Purpose: Mental and physical release/reset, deep relaxation, and stress relief**
- || Frequencies: Mixed Beta, <1.0Hz super slow wave Delta, 60Hz**

Rebirth is designed to put you back in the womb for a transformational relaxation session. It uses EEG to measure brain activity from an unborn baby's brain with the sounds of a mother's heartbeat heard from the inside. The sounds of this heartbeat are embedded in subtle chanting music. Starting with a slow descent from conscious Alpha brain activity, the endpoint is deep Delta slow wave frequencies less than 1.0Hz. This is the brain activity of a second and third-trimester pregnancy baby, still in its mother's womb.

Hypnosis – Trance Sessions

Super Schumann – general well-being 5/11/21

|| Length 25 minutes – Music – Light 30, Audio 80

|| Purpose: Grounding/integration/memory access and consolidation / high-level trance state /

|| Frequencies: 7.83Hz, 86.13Hz (light plus isochronic tones)

The Schumann resonances are a set of frequency peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field. They are global electromagnetic resonances, generated and excited by lightning discharges in the space between the Earth's surface and the ionosphere. If we are out of sync with the Earth's frequency, we can begin to exhibit signs of discomfort that can range from anxiety, insomnia, illness, and suppressed immunity.

The overall effect of this protocol is one of feeling rejuvenated, peaceful, and calm afterward. There are too many uses for this session to list them all, but one potential use is in helping to integrate spiritual experiences.

Breathwork Sessions

Breathe With Me 10/5/20

|| Length: 22 & 30 minutes – Music – Light 30, Audio 80 (med & high versions available in both lengths)

|| Purpose: Guided breathwork, energy charging, heightened awareness, energized trance

|| Frequencies: Gamma, Theta, plus mixed Beta (strong version)

|| Instructions in both English and French

|| Instructions en anglais et en français

A guided breathwork session to leave you fully charged and ready for anything.

Available in Medium and High versions.

Embark on a guided breathwork session (with instructions in both English and French) using drumming as a backdrop and either subtle or strong visual psychedelic imagery at key points that combined with a specific breathing style will take you on a journey like nothing you have had before. Combining light, sound, and breath..., with me breathing with you the whole way..., come out of this session buzzing with an electric vibrancy in your body and mind that will have you wanting to do this every day. The frequencies used mimic those found in hallucinogenic and higher mind experiences.

I Love You, I'm Sorry 9/16/21

|| Length: 27 or 36 minutes – Music – Light 30, Audio 80

|| Purpose: Emotional healing, forgiveness, Ho'oponopono process, breathwork

|| Frequencies: 60Hz 40Hz, SMR plus mixed Beta

[French version available in the 'extra sessions' folder in the drop box. Thank you to Sandrine Biras for the verbal translation 😊]

This session uses the Ho'oponopono process repeated to you with relaxing music in the background while you do 4 rounds of 35 deep full breaths to charge the system.

The first 5 minutes is a psychedelic display of color and pattern to start the trance process. These will be enhanced by your breathing pattern also. The next 5 minutes is the 60Hz neural reset frequency with a background Theta pulse to further induce a learning trance state.

From there the session is pure 60Hz with matched isochronic audio tones until the last 5 minutes.

Yin Yang 5/20/22

|| Length: 35 minutes – Music – Light 30, Audio 80

|| Purpose: Balance and integration of opposites, empathy, flow, happiness, memory access, and release.

|| Frequencies: 4.45Hz Theta/Delta border, 13.35Hz SMR low Beta, 40.05Hz Gamma, 120.15Hz Hyper-Gamma.

This session alternates back and forward between light and dark, warm, and cool, masculine, and feminine, and active and passive frequencies. The Theta/Delta border is where memory retrieval, coding, and re-coding are encouraged. Also, it is a very deep state of meditative relaxation and emotional/physical release. This protocol is a good mid-point for reducing overthinking caused by either anxiety or depressive feelings. It is also useful for waking up a foggy brain. No visuals in this session. Just relax and go with it or practice conscious breathing.

Healing Sessions

Aphrodisiac 7/2/21

| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Arousal, Kundalini and tantric meditation, mood enhancement, energy work

|| Frequencies: 33Hz, mixed Alpha and Beta plus matched double isochronic tones (twin carrier waves in both audible and sub-audible frequencies), plus a more subtle 432Hz background tone.

The state produced is great for improving your mood, working on kundalini or tantra practices..., or doing energy circulation work. An example of which would be the micro-cosmic orbit.

Micro-cosmic orbit is a translation of the Daoist term for orbiting energy throughout the body.

Typically, from the sexual center at the base of the spine in the front, up the back, over the head, and down the front to start again in a continuous circular motion building on itself.

Matched tones are in place to magnify the effect of the light.

Brain Bath 11/5/20

|| Length: 40 or 60 minutes – Music – Light 30, Audio 80

|| Purpose: Cognitive enhancement and maintenance / Increased cerebral blood flow / Neural cleansing and brain immunity stimulation/pain reduction / Deep trance state.

|| Frequencies: 40 Hz, 7.83 Hz, 2 Hz with 40Hz audio tones

The intention of this session is to relax the brain to flush out toxins..., stimulate the brain's immune system..., and increase blood flow (oxygen/nutrient supply) to the brain. Some of the research is very promising and as users of audio-visual brainwave entrainment, we can take advantage of some of the findings with almost no risk to us. This session starts with a hybrid of Delta 2Hz and Gamma 40Hz and progresses with a fade out of the Delta and introduction of Theta 7.83Hz (Schumann resonance – frequency of earth) combined with the Gamma. Due to the hybrid of frequencies used this session will also produce a deep trance state and likely leave you feeling creative. The audio track has a 40Hz tone quite prominent within it to enhance its effectiveness.

Pain Relief 9/5/20

|| Length: 25 minutes – No Music – Light 30, Audio 80

|| Purpose: Headache and pain relief, relaxation (you can stop the session anytime)

|| Frequencies: 0.25Hz, 2.5Hz, 80Hz

Physical pain is one thing we could do without it. Short term it is a signal that something is wrong and that we should be careful and get treatment when needed. Though pain can often become almost habitual or limiting due to its intensity. And this is where audio-visual entrainment technology has not only been shown in studies to be effective, but I have many first-hand testimonials from users of significant relief in as little as one session.

Migraine headaches and some tension headaches work slightly differently neurologically. For those I suggest the following: Alternate stimulating one eye at a time. IE: With both eyes closed as normal, cover one eye with something to stop the light from getting through while under the lamp for 5-10 minutes, and then swap to the other eye. Do this back and forward until complete.

Mood Enhancing & Well-being Sessions

Active Reset – Beta 5/23/23

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Mood enhancement, active aroused state of mind, motivation, and productivity aided by neural reset.

|| Frequencies: 16.2Hz Beta with high Gamma (and a synchronized audio tone)

Active reset combines a soft opening up of the brain to change, arousing active entrainment. The first 10 minutes of this session use high Gamma frequencies associated with the neural reset state. Meaning that the brain is more 'plastic' and malleable. This primes the brain to be more receptive to new patterns. And it also creates a very soft relaxing start with no visible flicker. The remainder of the session uses a mid-Beta frequency to encourage an aroused state of mind. The audio has matching isochronic tones in the background to add to the effect. Use this session as a way to balance a brain that has too much low-frequency activity. Examples of this are challenges like feeling low, unmotivated, sedentary, and lacking attention.

Calm reset – Theta/Alpha 5/23/23

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Relaxation and stress/overwhelm relief aided by neural reset.

|| Frequencies: 8.1Hz Theta/Alpha border with high Gamma (and a synchronized audio tone)

Calm reset combines a soft opening up of the brain to change, with calming entrainment. The first 10 minutes of this session use high Gamma frequencies associated with the neural reset state. Meaning that the brain is more 'plastic' and malleable. This primes the brain to be more receptive to new patterns. And it also creates a very soft relaxing start with no visible flicker. The remainder of the session uses a border frequency between Alpha and Theta. The audio has matching isochronic tones in the background to add to the effect. Use this session as a way to balance a brain that has too much high-frequency activity. Examples of this are challenges like overwhelm, stress, anxiety, inability to switch off, etc. The resulting state is also useful for hypnagogic effects and spontaneous inspiration.

Mood Enhancing & Well-being Sessions

Don't Worry, Be Happy 9/16/20

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Well-being/mood enhancer

|| Frequencies: 9Hz, 14Hz, 42Hz

Why do we want anything, be that an object, person, or achievement of a goal?

Because of how we believe we will feel in the having it!

So why not feel that feeling now instead of waiting for the outside world to give us an excuse to feel good?

Based on research showing that Beta frequencies including the 14Hz one used in this session can significantly ease the feelings of depression by way of audio-visual entrainment at these frequencies..., this session starts at a relaxing 9Hz and then gently builds to the SMR/Beta frequency of 14Hz. As the session progresses, the third harmonic of 14Hz (IE: 42Hz) in the Gamma range blends in to create a new brain state of positive emotion and brain alertness where not only will you just feel better..., but you will likely be inspired to DO better.

And doing better is the key to long-term feelings of positivity and well-being.

Good morning, World! 9/5/20

|| Length: 15 minutes – No Audio – Light 30

|| Purpose: Morning routine, motivating, mood enhancing, cognitive boost.

|| Frequencies: 7Hz, 14Hz, 40Hz

This session is designed to be part of a morning routine as a meditative brain-boosting start to your day.

It can of course be used at any time but try this or meditation practice every morning for a few weeks and see what difference it makes.

Frequencies conducive to cerebral/brain blood flow, motivation, increased brain processing speed, and a happy mood are used to give you a quick purposeful start to your day.

Hypnagogic Surfing – 5/23/23

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Transition trance state, hypnagogia effects, deeply relaxing, inspirational, and problem-solving state

|| Frequencies: Starting average 8Hz – finishing average 6Hz (6.5Hz isochronic tone in audio)

Welcome to hypnagogic surfing. This is a floating frequency session that slowly descends into a hypnagogic state in waves of subtle visuals. The result is a floating relaxation trance state. The hypnagogic state is a point between sleep and awake where visions and dream-like hallucinations occur. And can be used on purpose to inspire creative ideas, enter in and out of dream states, and even be a transition into lucid dreaming. The session starts off on the Alpha/Theta border and slowly drops to a lower Theta frequency associated with deeper trance states.

Mood Enhancing & Well-being Sessions

No More Anxiety 5/11/21

|| Length: 30, 18, or 6 minutes – Music – Light 30, Audio 80

|| Purpose: Anxiety, tension, fear, and stress relief / calm awareness and focus/feelings of wellbeing

|| Frequencies: 0.1Hz, SMR variable (13-14Hz), [with synchronized isochronic tones]

Each of these three sessions has perfectly matched isochronic tones just on the edge of being able to hear them. They are perfectly synchronized to the pulses of light to make the effect more powerful with light and sound all entraining you to the same beneficial SMR frequency state.

Added to this is a background slow wave pulse in time with a very simple breathing technique called the coherence breath. A variable frequency rate has been used specifically to increase the effect of hypnotic dissociation in six-minute steps. The tones match this variation also.

The background music has also been enhanced with a subtle holographic effect to add to the dissociation.

The overall effect of this is a very immersive experience.

Enjoy the unique state 'No more anxiety' produces and stay committed to the practice and you will be pleasantly surprised by the results.

Return to Happiness 11/3/21

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Mood enhancing, anti-depression.

|| Frequencies: Mixed SMR, Theta, and Medium Beta (plus matched isochronic tones)

We all need to pick me up from time to time. Feeling low can be all-consuming and hard to break out of. This session is designed to help you break out of the habitual mindset of feeling low or depressed. It's great to use a session to get you feeling better temporarily. Better still though is to start to train your brain to be in the frequencies of mind that encourage happy moods. This session has a stable core of SMR with some moving Theta and Beta to further enhance the effects. Combine the session with purposeful breathing if you like or just relax and let it do its work. This session is designed to build mental resilience over time that lasts.

Splash of Joy 9/30/20

|| Length: 10 minutes – Music – Light 30, Audio 80

|| Purpose: Mood enhancement, a quick boost in mental clarity

|| Frequencies: Theta and SMR (12-15Hz)

We all can make time for a 10-minute pick-me-up.

Using frequencies shown to help people feel better even in those who are considered depressed, this session is for when you don't have time for a longer session or as a demonstration to those new to light technology. Just enough time to let go of the world outside and stimulate your brain into SMR frequencies that are your brain's idle point where positivity, productivity, and calmness reside. For a longer session that has similar effects use 'Happy Daze'. SMR is an EEG frequency band from 12-15Hz that is associated with an alert, attentive state coupled with calm or silent motor activities.

Mood Enhancing & Well-being Sessions

Splash of Joy 2 12/16/22

|| Length: 20 minutes – Music – Light 30, Audio 80

|| Purpose: Mood enhancement, mental clarity

|| Frequencies: SMR (12-15Hz) and Theta – with matched audio tone

The first 10m splash of joy session has become a favorite for many. This longer version starts similarly and then moves into slightly modified effects and has a special music track composed by Gavin Lawson with a matched audio tone embedded.

Using frequencies shown to help people feel better (and get a better night's sleep), this session is an ideal boost for positivity, productivity, focus, and attention.

Super Schumann

|| Length 25 minutes – Music – Light 30, Audio 80

|| Purpose: Grounding/integration / memory access & consolidation / high-level trance state / well-being

|| Frequencies: 7.83Hz, 86.13Hz (light plus isochronic tones)

The Schumann resonances are a set of frequency peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field. They are global electromagnetic resonances, generated and excited by lightning discharges in the space between the Earth's surface and the ionosphere. If we are out of sync with the Earth's frequency, we can begin to exhibit signs of discomfort that can range from anxiety, insomnia, illness, and suppressed immunity. The overall effect of this protocol is one of feeling rejuvenated, peaceful, and calm afterward. There are too many uses for this session to list them all, but one potential use is in helping to integrate spiritual experiences.

Third Eye Awakening 2/18/22

|| Length: 35 minutes – Music – Light 30, Audio 80

|| Purpose: Stimulation of altered levels of awareness/relaxation

|| Frequencies: 1.45Hz, 33Hz + mixed Beta (with matched isochronic tones)

With a music soundtrack composed by Michel Pepino, third eye awakening is a session to take you deep into altered states of consciousness.

This session uses a blend of 1.45Hz and 33Hz which work well together. At regular points for the first two-thirds of the session, there are periods of psychedelic effects to enhance the dissociation and deepen the change in awareness.

There are matched isochronic audio tones in the background of the music.

Mood Enhancing & Well-being Sessions

Time to Pause 9/30/20

|| Length: 10 minutes – Music – Light 30, Audio 60

|| Purpose: Relax and bathe in light with mild visual effects, mood enhancement

|| Frequencies: Mixed Alpha, Theta, and Gamma.

No time for a longer session but need a break?

Then it's time to hit pause.

This session is designed using frequencies that maximize dissociation to give you just enough chill-out time to let go of the outside world for 10 minutes while also giving you a boost in brainwaves and some mild visual effects. Perfect for a morning routine or a demonstration of light sessions for someone new.

Recharge – Power Nap & Sleep Sessions

Conscious Living – SMR 10/21/22

|| Length: 30 minutes (15min version also available)

|| Purpose: Emotional balance, focus & attention, elevated mood, improved sleep.

|| Frequencies: 100% SMR (12-15Hz) with 85% at 14.4Hz (Matched audio tone in music)

[NOTE: There is a complimentary session called ‘conscious living – Flow’ to this one that uses the same music but is more psychedelic in nature. That session is about 45% SMR and still has the 14.4Hz audio tone in the background.]

Welcome to conscious living, a collaboration of music and sound between myself and Matias Lujan (details below).

This session uses solely frequencies in the SMR range. SMR stands for Sensory Motor Rhythm and is considered a fundamental balance frequency. Practice within this frequency range leads to a heightened ability to respond appropriately in changing situations. Almost like heart rate variability (HRV) for the brain. The result is improved concentration, focus, brain clarity, elevated mood, improved sleep patterns, and reduced stress. If there was such a thing as a magic bullet frequency., SMR would be in the running. The session starts with a random mix of SMR followed by a floating 14.4Hz before then settling into a steady 14.4Hz for most of the session. 14.4 is chosen for its mathematical and spiritual significance.

A 15-minute booster version of this session is available also for when you're short of time.

Enter the Dream 9/25/20

|| Length: 30 minutes – No Music – Light 30

|| Purpose: Dream-inducing meditation, dissociation, relaxation

|| Frequencies: 1.5Hz, 3Hz, 6Hz, 12Hz

Designed to mimic REM Rapid Eye Movement and using frequencies shown to encourage a type of hypnotic dissociation, this session is equally useful for deep relaxation and helping with promoting sleep. The interplay of the frequencies creates an effect like what happens during the dream phases of our sleep cycle. Starting with a blend of Theta and Alpha, the session progresses as dissociation starts to take effect to a lower blend of Theta and Delta.

Recharge – Power Nap & Sleep Sessions

Going, Going, Gong 9/5/20

|| Length: 40 minutes– Music – Light 30, Audio 80 (two versions available)

|| Purpose: Gong bath sound and light healing, meditation and trance, mild Psychedelic

|| Frequencies: Mainly Theta, with some Gamma

Combine the healing sounds of gong vibrations with light waves.

There are two versions of this session. The version with the + sign has a slightly enhanced psychedelic effect, and the original has a slightly enhanced trance effect by adding Gamma waves to the first 15 minutes. This session will take you through altered states and send healing waves through your mind and body. This is a hybrid session with the first 15 minutes as psychedelic and the rest more subtle. The visual effects and self-generated hallucinated imagery and otherworldly sounds are profound and will leave you wondering where the time went.

Using research results for treating insomnia and slow rhythmic waves of light and sound, Silent Night may just be your holy night. This session is designed to be used anytime you want to get ready for a good night's sleep and before the session called 'No more insomnia' in the following way.

Midday Powernap 9/30/20

|| Length: 15 minutes – No Audio – Light 40

|| Purpose: Release stress and revitalize back ready for activity.

|| Frequencies: Theta, mid Beta, mid-Gamma

Sometimes the best thing you can do during the day to increase productivity and relieve some tiredness is to stop what you are doing and relax. Naps of less than 20 minutes allow you to let go of built-up stress and re-focus without going too deep into sleep.

This session helps you accelerate to the right level of sleep and recovery, stimulates increased blood flow to the brain, and then activates a brain state of action and positive emotion so that you are ready to get back to whatever you plan to do next.

Typical at this level of brain activity also are hypnagogic effects where inspiration and ideas spring to mind.

Recharge – Power Nap & Sleep Sessions

No more insomnia 9/16/20

|| Length: 30 minutes – No Music – Light 30

|| Purpose: Improved sleep/Calmness/Stress relief

|| Frequencies: Theta and low Beta/SMR frequencies

Designed to be used after the 'silent night' session as per the better sleep protocol described with that session.

Insomnia or trouble with sleeping is a growing problem in the world. Please read the better sleep series (four volumes) on the main website to get a comprehensive range of ideas to help with your sleep. This session is best used during the day rather than at night as the purpose of it is to increase your SMR frequencies (12-15Hz). SMR stands for Sensory Motor Rhythm and is effectively the brain's idling state where you are ready for either action or relaxation.

SMR frequencies have been shown to have some significant beneficial effects on calmness and quality of rest.

These frequencies are also responsible for movement, both while awake and nonmovement while asleep. As such they are found to be predominant in people like dancers who have dexterity of movement and are stimulated by exercise also.

This session uses a moving target of SMR to help with the flexibility of thought and emotional state as well as train you to more easily relax when you need to relax or be active when you need to be active.

As per the better sleep protocol, 3 times a week or more is recommended. Read the protocol and follow the advice to get maximum benefit.

Recharge My Day - 1,2 9/5/20

|| Length: 20 minutes (1) and 30 minutes (2) – No Music – Light 30, Audio 80

|| Purpose: Midday meditation

|| Frequencies: 7.83Hz, 12.24Hz, 14Hz, 40Hz

Relax and get away from it all before then being stimulated back to a solution-focused mind, rejuvenated and ready to get back to it.

Perfect for Busy People and with a 20-minute length as well in case you don't have 30 minutes to spare. If you're even shorter on time, then use 'Midday powernap' which is only 10 minutes long.

The frequencies used to promote increased blood flow in the brain, a higher level of thinking and inspiration, and an elevated mood with reduced stress and anxiety.

Recharge – Power Nap & Sleep Sessions

Silent night 9/5/20

|| Length: 25 minutes – Music – Light 30, Audio 80

|| Purpose: Sleep onset and improvement

|| Frequencies: Theta, Delta, and SW (slow wave)

Struggling to get to sleep at night..., relax before bed with this session designed to break the pattern of active thought and promote the brainwaves conducive to getting into the deepest levels of sleep where recovery, growth, and rejuvenation occur. This is one of an expanding range of sessions to help with sleep.

You may fall asleep while the session is going. But of course, that would be a good thing.

Using research results for treating insomnia and slow rhythmic waves of light and sound, Silent Night may just be your holy night. The music attached to this session has gentle isochronic tones to add to the sleepy effect.

This session is designed to be used anytime you want to get ready for a good night's sleep and before the session called 'No more insomnia' in the following way.

Use this session at least 4 nights a week for four weeks within about 1 hour before bed. Either go directly to bed afterward or only do relaxing activities between using it and going to bed.

After four weeks, switch to the session called 'No more insomnia' and use this for about four weeks also but use this session during the day rather than at night. The no more insomnia session is designed to help you improve your daytime brain states that will in turn help you sleep.

If you have no choice but to do sessions during the day (or you are using this with a client) then have them adopt a slow controlled breathing pattern during the session that can be repeated before bed.

This is a form of conditioning or anchoring that links the new brain state with a specific routine or activity.

And one last thing...

PLEASE READ or have your client read the articles on the website called 'The better sleep series'.

There is invaluable information in them that WILL help you or them sleep better if you use it.

Productivity Focus & Creativity Sessions

Active reset – Beta 5/23/23

|| Length: 30 minutes – Music – Light 30, Audio 80

|| Purpose: Mood enhancement, active aroused state of mind, motivation, and productivity aided by neural reset.

|| Frequencies: 16.2Hz Beta with high Gamma (and a synchronized audio tone)

Active reset combines a soft opening up of the brain to change, arousing active entrainment. The first 10 minutes of this session use high Gamma frequencies associated with the neural reset state. Meaning that the brain is more 'plastic' and malleable. This primes the brain to be more receptive to new patterns. And it also creates a very soft relaxing start with no visible flicker. The remainder of the session uses a mid-Beta frequency to encourage an aroused state of mind. The audio has matching isochronic tones in the background to add to the effect. Use this session as a way to balance a brain that has too much low-frequency activity. Examples of this are challenges like feeling low, unmotivated, sedentary, and lacking attention.

Attention Booster 5/19/21

|| Length: 20 and 30 minutes – Music – Light 30, Audio 80

|| Purpose: Focus, mental clarity, increase attention, motivation, and well-being.

|| Frequencies: SMR and Beta plus matched audio tones

The Attention booster session is, as the name suggests, to help with brain fog, daydreaming, and a lack of focus and attention to the outside world. It is a mix of SMR and Beta frequencies. As a side effect, it will help with mood and motivation. This session has a music track and there are perfectly matched pulsed isochronic tones in the background to enhance the effect. Especially good used in the morning to start the day.

Creative Solutions 8/6/21

|| Length: 30 minutes – No Music – Light 30, Audio 80

|| Purpose: (Mild-medium psychedelic) Creative inspiration, problem-solving, (meditative thinking)

|| Frequencies: 40Hz, 7.83 Hz Gamma plus mixed Alpha, SMR, and Creative Solutions

Creative solutions are designed to take advantage of three factors of creativity.

- 1) The brainwaves of creative thinking and problem-solving (mainly Alpha and SMR with Gamma spikes)
- 2) Psychedelic & trance states and creativity (Beta waves, hypnagogia, and the suspension of the default mode network)
- 3) Cognitive enhancement brainwaves (Gamma waves interacting with the others)

Creativity isn't just reserved for scientists and artists. The ability to be creative in thought and expression is considered a fundamental part of evolving as a person. Some people consider themselves to not be creative at all and I would say that this is nothing more than a limiting belief worth letting go of.

Productivity Focus & Creativity Sessions

Gamma Flow 9/30/20

|| Length: 35 minutes – Music – Light 30, Audio 80

|| Purpose: Cognitive boost, flow state

|| Frequencies: 40Hz, 80Hz

Much could be said about Gamma waves. They are in the scientific news as being an exciting prospect to study further, more than any other band of brainwaves.

From potential help with age-related mental decline and increased cognitive performance to increased memory ability and spiritual awakenings. Something unique and exciting happens when you get used to spending time in Gamma brainwave states. This session uses both low and high Gamma waves plus some added visual effects to spark a unique brain state that could just well take you out of this world.

Motivation Creation 9/5/20

|| Length: 25 minutes – No Music – Light 30, Audio 80

|| Purpose: Inspiration, motivation, extroversion

|| Frequencies: (Mixed) and 40 Hz Gamma

Feeling sluggish or uninspired? Let roXiva give you that kick in the... Based on the neurological frequencies of peak performance and an active creative mind, this is a chance to give yourself a mental boost and disconnect from the world to re-energize your thinking and therefore your action. Beta frequencies are commonly associated with an active alert mind and combined with Gamma create an inspired type of motivation rather than an overactive type. Sometimes we need a mental boost to get going and once going the momentum takes over. If you're prone to getting stressed, it probably would be better to use a session like 'No more insomnia' or 'Happy daze' instead to get you into an alert but relaxed state. If you feel inactive, tired, bored, or sometimes get times of mild depression, then you will gain more from this session.

Nikola Tesla 9/16/20

|| Length: 33 minutes – Music – Light 30, Audio 80

|| Purpose: Genius/flow state/mental balance

|| Frequencies: Blend of Delta, Theta, Alpha/SMR, Beta, and Gamma (music track has 639Hz background tone also)

In honor of one of the geniuses of all time, Nikola Tesla who said, "If you want to understand the universe, you need to think in terms of energy, frequency, and vibration." The man responsible for many of the things we take for granted who like others in the same league as Einstein, used thought experiments and altered states to be creative.

Productivity Focus & Creativity Sessions

Nikola Tesla continued

Nikola Tesla was a very clever man and had a particular interest in numbers that reduce to or are mathematically a 3, 6, or 9. He believed they had a type of power all to themselves and considered the number 9 especially to be a number of the universe and was fascinated enough by it to even book hotel rooms that were a 9.

This session has almost all numerical numbers of frequency, duty, intensity, and time as multiples of 9. Gamma brainwaves known to be like a catalyst for other frequencies and usually always present during enhanced cognitive ability are present throughout. The music track attached to this session contains a background tone of 639Hz. Known as the love tone, this sound frequency is one of the solfeggio tones that is reported to harmonize relationships and feelings of well-being. Something I think Nikola would have appreciated not just for the intention..., but for the fact that it contains all his favorite universe numbers.

Peak performance (Three sessions) 5/19/21

|| Length: 20-30 minutes – No Music – Light 30

|| Purpose: Sports and academic performance, Brain workout and training

|| Frequencies: Delta, Theta, Alpha, and Beta (depending on session)

- 1) Peak performance-training
- 2) Peak performance-boost
- 3) Peak performance-recover

Peak performance has three stages to it.

Preparation and training, performing, and recovery.

Whether you are talking about sports or academic performance the stages are the same. The only difference is a bias one way or the other toward mental agility or physical agility.

Technology to measure brain activity while engaged in movement in sports is only just beginning to be perfected and is still not accurate enough. Therefore, most testing has been done just before or just after physical activity. However, educated guesses can be made and tested. Peak performance academically is easier to measure. As is measuring a person's brain activity while they mentally rehearse doing well at their sport or profession. From this a hypothesis can be made, protocol adopted, and tested for effectiveness.

Findings point to three main brain frequency ranges being involved during peak performance. Theta, Alpha (including the border between the two), and Beta. Gamma is also present in spikes and bursts especially during 'in the Zone' and flow state moments of Theta and Alpha dominance. There may be one or more of these presents at any one time, but all are needed for peak performance.

Even when in a flow state which has a dominance of Alpha and Theta..., Beta frequencies are present. And without Beta during or in between training, motivation will be a challenge.

And motivation to train and get better at anything is a HUGE part of being a peak performer.

The ability to switch between states of mental arousal or relaxation even during sports performance is crucial. Too much arousal and you will burn out and tire quickly..., and too much relaxation and your reaction times will be too long. With enough practice and expertise, however, people can get into a flow state where movement becomes almost intuitive. In this state the balance tips toward Theta and Alpha rhythms even more.

Productivity Focus & Creativity Sessions

Peak performance (Three sessions) 5/19/21 continued

These three sessions are designed to be used as part of an overall training routine.

Learning to get from brain states of excitement, anticipation, and performance anxiety to a state of calm focus at the right time and place is the goal of any peak performer.

And this requires practice both mentally and physically. It also requires you to get good at the sport or academic practice you want to be a peak performer in. Without that, movement and thought cannot become intuitive and flowing.

Each of the three sessions starts with the Schumann resonance on the Theta/Alpha border. This is grounding, relaxing and increases blood flow to the brain.

How to use the sessions:

Peak performance-training:

This is the most practical session to use. It contains phases to help you with motivation, mental clarity and focus, calm alertness, and the ability to react quickly. The session has three phases. The session alone will be of benefit, but I would suggest for maximum benefit that you relax and engage in mental rehearsal/creative visualization for the first 10 minutes approximately. Then let the session continue by helping you with motivation to train/practice before then putting you into a relaxed focus state. The session can be used before or after the activity, study, etc., and in between. There are some subtle visuals at points during this session also.

Peak performance-boost:

This is a shorter session for use before the activity and when you don't have as much time to spare. Again, ideally, rehearse being at your best for the first 5-10 minutes. This session starts and ends in the Alpha/Theta border area with a middle phase of mid-Alpha known as the in-between or brain idling state.

Peak performance-recover:

This session, as the name suggests, is for use after mental or physical exertion. It is designed to help you minimize fatigue, aid in the recovery of muscle energy and strength, assist in mental processing and memory formation, and deactivate the sympathetic nervous system (Fight or flee) while activating the parasympathetic nervous system (rest and recover).

You can choose to replay the activity consciously by seeing it better than it was for improvement purposes. Or you can just relax and go on the journey.

This session starts with increasing brain blood flow, grounding, and relaxation before then taking you down into mid-Delta where detoxing, long-term memory formation, recovery, and growth take place.

You may fall asleep during this but that is fine.

The use of LEDs in this session mimics a type of sunset experience to further add to the relaxation.

NOTE: Only the warm white LEDs are used in the second half.

Productivity Focus & Creativity Sessions

Shake the snow globe 2/18/22

|| Length: 30 minutes – No Music – Light 30 [Longer versions available in extra's folder]

|| Purpose: Neural reset / Personal development / Therapeutic enhancement

|| Frequencies: 60Hz, 10.5Hz + mixed Beta

Use with guided meditations or therapeutic work. Or just enjoy your favorite music that makes you feel better. When you shake a glass snow globe, the particles of white 'snow' swirl around and slowly settle in a new pattern. People often use this opportunity to make a wish for the future. To say 'Shake the snow globe' in conversation, is a reference to chaos and/or change. It means creating a type of purposeful chaos before letting that chaos turn into a new normal. In essence, it's a type of reset that allows for changes to take place. The idea is, that you shake the snow globe in the mind and let the neurons resettle like the falling snow in a new pattern.

Done purposely, this can be hugely beneficial and powerful. It's what most psychedelics do in a therapy context. They put the brain into a state of plasticity or malleability. IE: Open to change, new learnings, and new habits.

This session is designed to give you a base to work with on yourself or with clients. It takes advantage of a few of the effects of photic entrainment.

This session has a 10-minute psychedelic portion, a 10-minute neural reset portion, and a 10-minute guided or self-imposed meditation portion that has both the neural reset frequency and a simple Alpha pulse behind it.

Psychedelic imagery is great for entering an altered state of consciousness and dissociation.

60Hz gamma has been shown to promote a type of neuroplasticity similar to the drug ketamine.

Alpha is an ideal frequency for guided meditation, and cognitive enhancement, and combined with Gamma (which 60Hz is) is great for memory accessing and recording.

So, this may be useful as a 'therapy' background to be used with complimentary practices like guided meditation, hypnosis or breathwork for example. Either for self-use or use with clients.

There is no audio for it so choose a pre-recorded meditation or use it live. Or simply go into the session with an intention and use a piece of music that allows you to drift off. Ideally, any guided verbal audio or live work would be better suited after the first 10 minutes of visual effects. The longer versions have extra time added in the second and third phases of the session. IE: The visual 10 minutes phase stays the same.

Productivity Focus & Creativity Sessions

Sudden Insight 9/5/20

|| Length: 30 minutes – No Music – Light 30, Audio 80

|| Purpose: Idea creation/problem solving/inspiration & Ah-ha moments.

|| Frequencies: Theta (7.83Hz), Alpha (10.20-11.20Hz), Gamma (40Hz)

Based on research around ah-ha moments and insight..., welcome to 'Sudden insight'. Not only does this session follow the EEG-driven research around brain activity during insight and eureka moments of inspiration and solution finding., but the effect is a powerful trip into building a bridge between your conscious and unconscious mind. Sometimes seen as divine inspiration or intervention, sudden bursts of insight often come when you least expect it. This session is designed to accelerate that process and give you a break from the outside world while you drift off into the depths of your own mind and perhaps even the universal mind of all that is. The structure of the session creates a unique experience that can only be described as mind-expanding.

Time to Focus 9/24/20

|| Length: 30 minutes – No Audio – Light 30

|| Purpose: Productivity, attention, active memory, and decision-making.

|| Frequencies: 9.25Hz, 18.5Hz, 37Hz

This is a session about being in the now. There are times when we need to focus and there are times when we need to relax and drift off into random thoughts and feelings. And sometimes the two try to inhabit the same space and time which, as I'm sure you will agree, is not overly useful. Alpha, Beta, and Gamma waves all have a part to play in focus as this state of mind needs to not only be an active aware state but also a relaxed one with access to creativity.

Stress and tension are not good additions to effective focus long-term.

Based on research into brain states and attention, this session is designed to take advantage of the characteristics of what shows up on EEG tests when someone is engaged in focused activity that is sustainable.

There is more than one frequency going at once in this session, but they are matched harmonically to create a smooth experience and blended brain state.

Time To Learn 9/30/20

|| Length: 30 Minutes – No Audio – Light 30

|| Purpose: Learning skills and knowledge/creative expression/memory

|| Frequencies: Theta 5-6.5Hz and Gamma 44-111Hz

The ability to learn, improve and grow is fundamental to being happy and successful. Memory and learning are of course inseparable and there are primarily three parts to the successful acquisition of knowledge and skills.

Research shows low Gamma being dominant during memory recall and retrieval..., and high Gamma being dominant during memory coding and storage.

Naturally, there are more frequencies than just Theta and Gamma going on with memory and learning but these are the two that make the biggest difference.

All levels of learning and the respective frequencies (in resonance) are contained in this session.

Higher Awareness Sessions

Deep Delta Dive 10/5/20

|| Length: 30 minutes – No Music – Light 30, Audio 80

|| Purpose: Deep relaxation, rejuvenation (Cerebral blood flow and HGH release)

|| Frequencies: 80Hz, 7.83Hz, 2.5Hz, 1Hz

Delta waves are some of the slowest brain waves we experience and are present in the deepest stages of our sleep where recovery, rejuvenation, and detoxing of the brain take place. Whether you relax deeply or fall asleep does not matter..., the benefit of getting more of this level of brain activity will show up in other ways like improved sleep and better recovery of both body and mind. Profoundly relaxing.

Golden Ratio Universe 9/24/20

|| Length: 35 minutes – No Music – Light 30

|| Purpose: Deep trance state, higher awareness.

|| Frequencies: 2.5Hz, 0.5Hz, 1.618Hz, 250Hz plus mathematical multiples of the golden ratio 1.618 (1,2,3,5,8,13,21,34,55,89,144).

The golden number or golden ratio is considered the perfect number in mathematics. One result of applying the golden ratio (squared and square root) to mathematics results in the Fibonacci sequence. These numbers represent nature itself and explain everything from plants to tornados. This session creates a meeting of the nature of Earth with the energy of an advanced being and other worlds. Scientifically these frequencies have their own attributes not unlike what would be expected from being in a state of higher consciousness. A very different trance state inspired by a very different and loving being.

The Spirit of Light 9/30/20

|| Length: 35 minutes – No Music – Light 30

|| Purpose: Connection to higher consciousness, deep relaxation (some visual mild psychedelic components included after relaxation has occurred) || Frequencies: (dominant) 0.22Hz, 42Hz, 222Hz.

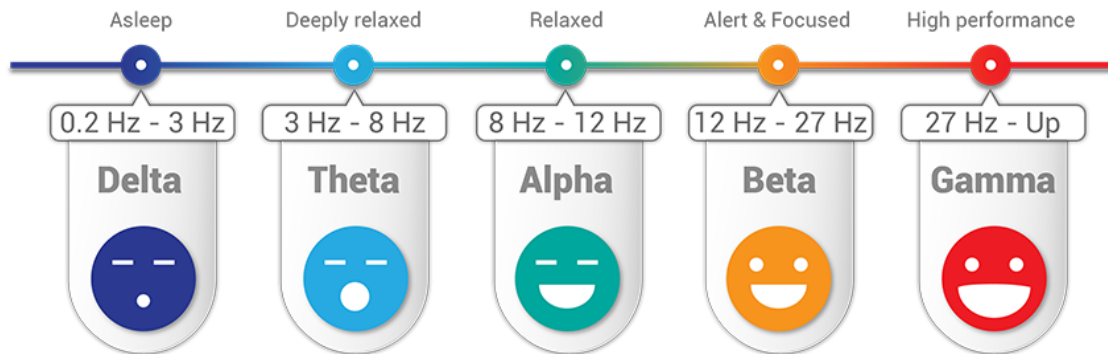
This session takes you deep into relaxation before then raising your brain's operating speed past what is considered normal or easy to achieve.

The entertainment stages move and gently pulse in rhythm to both super high and super low frequencies creating separation from the outside world and heightened awareness of internal images, sounds, and feelings. This then moves into a more psychedelic stage of self-generated imagery to add to the heightened brain state.

Very deep relaxation is likely as well as hypnotic dissociation.

5 Brainwaves & Frequencies

Getting to Know the 5 Frequencies



Throughout the day your brain will utilize certain waves to process certain situations. For example, if you're in a meeting with a business partner, chances are you're exhibiting higher levels of Beta and Gamma waves. If you're fast asleep and mid-REM cycle, you'll be exhibiting higher levels of Delta and Theta waves. It's important to know that your brain never ceases to use a certain brain wave, in fact, research shows that even during the deepest of memory-storing REM sleep, the brain demonstrates Gamma wave use. This is a particularly interesting field of neuro-research at present.

Delta Waves

Delta waves are associated with deep levels of relaxation and restorative sleep, to remember this simply think of 'Delta' for 'Deep'. They are the slowest recorded brain waves in humans and higher levels are more commonly found in young children. During the aging process, lower Delta waves are produced. Research tells us that Delta waves are attributed to many of our unconscious bodily functions such as regulating the cardiovascular and the digestive systems. Healthy levels of Delta waves can contribute to a more restful sleep, allowing us to wake up refreshed, however irregular delta wave activity has been linked to learning difficulties or issues maintaining awareness.

Frequency range: 0 Hz to 4 Hz

High levels: Brain injuries, learning problems, inability to think, severe ADHD

Low levels: Inability to rejuvenate the body, inability to revitalize the brain, poor sleep

Optimal range: Healthy immune system, restorative REM sleep.

Theta Waves

Theta waves are known as the 'suggestible waves', because of their prevalence when one is in a trance or hypnotic state. In this state, the brain's Theta waves are optimal, and the patient is more susceptible to hypnosis and associated therapy. The reasoning for this is that Theta waves are commonly found when you daydream or are asleep, thus exhibiting a more relaxed, open-minded state. Theta waves are also linked to us experiencing and feeling deep and raw emotions, therefore too much theta activity may make people prone to bouts of depression. Theta does, however, have its benefits of helping improve our creativity, wholeness, and intuition, making us feel more natural. It is also involved in restorative sleep and as long as theta isn't produced in excess during our waking hours, it is a very helpful brainwave range.

Frequency range: 4 Hz to 8 Hz

High levels: ADHD or hyperactivity, depressive states, impulsive activity, or inattentiveness

Low levels: Anxiety symptoms, poor emotional awareness, higher stress levels

Optimal range: Maximum creativity, deep emotional connection with oneself and others, greater intuition, relaxation.

5 Brainwaves & Frequencies

Alpha Waves

Alpha waves are the 'frequency bridge' between our conscious thinking (Beta) and subconscious (Theta) mind. They are known to help calm you down and promote feelings of deeper relaxation and contentment. Beta waves play an active role in network coordination and communication and do not occur until three years of age in humans. In a state of stress, a phenomenon called 'Alpha blocking' can occur which involves excessive Beta activity and little Alpha activity. In this scenario, the Beta waves restrict the production of alpha because our body is reacting positively to the increased Beta activity, usually in a state of heightened cognitive arousal.

Frequency range: 8 Hz to 12 Hz

High levels: Too much daydreaming, an over-relaxed state, or an inability to focus

Low levels: OCD, anxiety symptoms, higher stress levels

Optimal range: Ideal relaxation.

Beta Waves

Beta waves are the high-frequency waves most found in awake humans. They are channeled during conscious states such as cognitive reasoning, calculation, reading, speaking, or thinking. Higher levels of Beta waves are found to channel a stimulating, arousing effect, which explains how the brain will limit the amount of Alpha waves if heightened Beta activity occurs. However, if you experience too much Beta activity, this may lead to stress and anxiety. This leads you to feel overwhelmed and stressed during strenuous periods of work or school. Beta waves increased by drinking common stimulants such as caffeine or L-Theanine, or by consuming Nootropics or [cognitive enhancers](#) such as [Lucid](#). Think of Beta as the 'get shit done' state of mind.

Frequency range: 12 Hz to 40 Hz

High levels: Anxiety, inability to feel relaxed, high adrenaline levels, stress

Low levels: Depression, poor cognitive ability, lack of attention

Optimal range: Consistent focus, strong memory recall, high problem-solving ability.

Gamma Waves

Gamma waves are a more recent discovery in the field of neuroscience, thus the understanding of how they function is constantly evolving. To date, it's known that Gamma waves are involved in processing more complex tasks in addition to healthy cognitive function. Gamma waves are found to be important for learning, memory and processing and they are used as a binding tool for our senses to process new information. In people with mental disabilities, much lower levels of Gamma activity are recorded. More recently, people have found a strong link between meditation and Gamma waves, a link attributed to the heightened state of being or 'completeness' experienced when in a meditative state.

Frequency range: 40 Hz to 100 Hz

High levels: Anxiety, stress

Low levels: Depression, ADHD, learning issues

Optimal range: Information processing, cognition, learning, binding of senses.