



1. HEART CHAKRA

🕒 18 MINS

Green is intended to open your heart through the relaxation of the mind. “Quiet the mind, open the heart.” The program flows from **beta** frequencies to **alpha** frequencies, and eventually into **gamma** frequencies – allowing you to let go of the need to control and gain trust in those around you.



2. UNIVERSAL TRAVEL

🕒 27 MINS

Similar to Green, Universal Travel seeks to extend the heart-opened state with a similar sequence of movement from **beta** frequencies to **alpha** frequencies to **gamma** frequencies. As the mind becomes more silent and the heart opens further, you will go deeper into a state of trust in all that is happening in your life.



3. HIGHER SELF

🕒 36 MINS

Higher Self is based on the idea that to know your true self, you must first let go of the body. For this reason, the program moves from **alpha** frequencies to **theta** frequencies, and into **delta** frequencies. And once you arrive there, it “raises you up” with a gradual movement back to where you started and beyond. It rises from **alpha** frequencies into **beta** frequencies, and eventually, into **gamma** where the knowing is available to you.



4. PEACE

🕒 45 MINS

Peace is all about finding peace. Whether you are seeking peace in that moment or you wish to embody peace in order to serve those around you. This program is focused on **delta** frequencies and bringing you into a deep state of relaxation and rest. And as you root into the **delta** state, it carries you across with **gamma** frequencies so you can channel the wisdom driving the very desire you have to find peace.



5. CROWN CHAKRA

🕒 23 MINS

Crown Chakra is designed to open your crown chakra and connect you to higher consciousness. By aligning with the energy of the crown chakra, you can transcend the physical, integrate spiritual knowledge, and experience unity with the universe. Release attachments to the material and expand your consciousness. First slowing down the mind with **delta** frequencies and then pushing into a higher **gamma** frequencies to dissolve the boundaries between you and the universe around you.



6. COGNITIVE CLEANSE

🕒 30 MINS

Cognitive Cleanse is just that – a track designed for high performance individuals, those experiencing brain fog, or just individuals appreciating the need to maintain optimal cognitive function. This track moves through **delta, theta, alpha, beta,** and **gamma** frequencies serving to “reset” the brain through a thorough detoxification process.



7. LEVEL UP

🕒 40 MINS

An extended version of Cognitive Cleanse, Level up follows the same path with an extension to each frequency range.



8. TRANSCENDENCE

🕒 35 MINS

Transcendence is both a cognition program and a consciousness exploration program at the same time. Moving from the low, **sub-delta frequency of 0.4 Hz** to the **gamma frequency of 40 Hz**, and on to the **hypergamma frequency of 160 Hz**, this program serves body, mind, and spirit.



9. LET IT OUT

🕒 30 MINS

Let it out is for emotional processing. Focused primarily on alpha frequencies to slow down thinking and **gamma** frequencies to process information openly, this program is great for those looking to process trauma or allow history to surface so it can be processed and cleared.



10. ELEMENTAL

🕒 25 MINS

Elemental is intended to allow you to ground yourself. Focused on the **Solfeggio Frequency of 174 Hz**, this program is intended to allow for deep physical healing, physical recovery and stabilizing the mind to manage the day-to-day requirements of being a human walking on the earth.



11. EMOTION

🕒 20 MINS

Like “Let it Out,” Emotion is intended for those in need of emotional processing. Focused on **Beta, Alpha, and Gamma** frequencies, this program is intended to identify emotions that are “stuck”, allow them to surface, and then reprocess them so they may be resolved. Through repeating this process, a lot of emotional healing is possible.



12. CLEAR MINDED

🕒 30 MINS

Clear minded is intended to connect you with the empty space that makes up most of your body and allow you to experience that expansive state within. The emphasis of this program is the frequency of **144Hz**. 144 Hz is considered a frequency that promotes harmony and balance. It's believed to resonate with the energy centers of the body, helping to align and stabilize them.



13. 40 HZ 1

🕒 15 MINS

40 Hz 1 is centered around the most heavily researched gamma frequency to date. **40 Hz** has been used in research on numerous conditions and holds great promise as a powerful gamma frequency for supporting the body and brain. The shortened 40 Hz 1 program is intended for beginners.



14. 40 HZ 2

🕒 30 MINS

40 Hz 2 is a longer version of 40 Hz 1. It is intended for experienced users.



15. THROAT CHAKRA

🕒 20 MINS

Throat Chakra is designed to open your throat chakra and enhance your ability to communicate clearly and authentically. It relies primarily on **beta** and **gamma** frequencies to help you understand what you need and how those needs can serve those around you. By aligning your throat energy center, you can express your truth with confidence and clarity.



16. ENERGIZED

🕒 29 MINS

Energized is designed to awaken your senses and invigorate both body and mind. It fosters a sense of revitalization, helping you shake off fatigue and step into a state of heightened energy and focus. This track builds on the Throat Chakra track with **beta** and **gamma** frequencies to capture the renewed energy that comes from speaking your truth. Ideal for moments when you need a boost of motivation and vitality to power through your day.



17. BRAIN WAVE FLOW

🕒 40 MINS

Brain Wave Flow is designed to guide you through a gentle flow of mental clarity and relaxation. It helps create a seamless balance between active thought and calm focus, promoting an easy and natural state of mental flow. This track moves through **sub-delta, delta, theta, alpha, beta, gamma, and hypergamma** frequencies to allow yourself to move effortlessly between moments of insight and relaxation, fostering creativity and a harmonious mind.



18. SOLAR PLEXUS CHAKRA

🕒 20 MINS

Solar Plexus Chakra is designed to empower your will and self-confidence. By strengthening your solar plexus chakra, it enhances your ability to act, assert yourself, and trust in your personal power. This program moves from **alpha frequencies to beta frequencies to gamma 40 Hz**. Release doubt and step into your personal power with clarity and courage.



19. DEEP RELAXATION

🕒 22 MINS

Deep Relaxation is crafted to induce a deep state of relaxation, easing both the mind and body into a calm, restful space. It helps release tension, quiet mental chatter, and create a profound sense of peace. This track moves from **beta frequencies to alpha frequencies, and on to delta frequencies**. Perfect for winding down after a long day or for whenever you need to deeply relax.



20. CONTEMPLATION

🕒 60 MINS

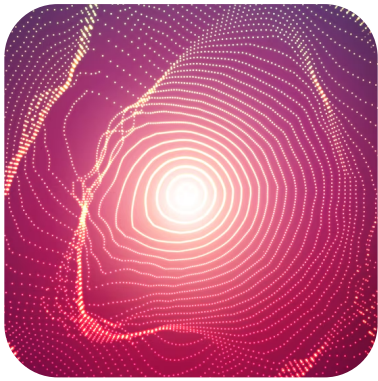
Contemplation is designed for moments of introspection and reflection. It encourages a meditative state, allowing you to delve deeper into your thoughts, emotions, and inner wisdom. This track relies on **beta and gamma frequencies** to allow the integration of new information with the old. It is ideal for personal reflection, journaling, psychedelic integration, or simply sitting in peaceful contemplation.



21. 3RD EYE CHAKRA

🕒 19 MINS

3rd Eye Chakra is designed to enhance your intuition, inner vision, and clarity of thought. By opening your third eye chakra, you strengthen your ability to see beyond the physical, connect with your intuition, and gain insight into your life's direction. This track focuses on the **Schumann resonance frequencies** of **1.45 Hz, 7.83 Hz, and 33 Hz**. Let go of overthinking and trust your inner guidance.



22. HEALING FREQUENCIES

🕒 30 MINS

Healing Frequencies builds on 3rd Eye Chakra to allow enhanced intuition to support the body's natural healing processes by fostering a calm and restorative environment. The soothing sounds work to ease stress and tension, promoting physical, emotional, and spiritual healing. Ideal for moments of self-care, recovery, or gentle restoration.



23. STAR NAVIGATION

🕒 16 MINS

Star Navigation takes you on a cosmic journey, guiding you through vast mental landscapes and starry expanses. It helps foster a sense of wonder, expansion, and connection to the greater universe. This is one, moving through all 5 frequencies (**delta, theta, alpha, beta and gamma frequencies**) in a unique way, providing the user the ability to touch the DMT realm without the DMT.



24. SLEEP

🕒 35 MINS

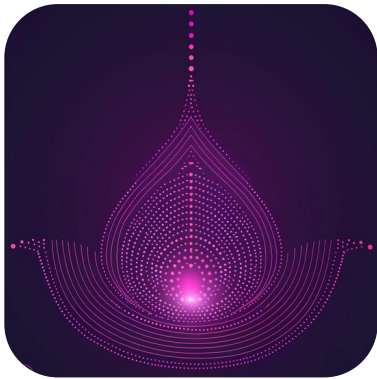
Sleep is designed to guide you gently into a peaceful and restful sleep. It promotes deep relaxation, helping to quiet the mind and ease the body into a state of calm that prepares you for a restorative night's rest. The track focuses on **theta and delta frequencies**. It is ideal for use before bed or whenever you need to drift off into sleep.



25. LUCIDITY

🕒 26 MINS

Lucidity is crafted to enhance mental clarity and conscious awareness, promoting moments of lucidity whether you're meditating, reflecting, or exploring your dreams. This track moves from **alpha frequencies to theta frequencies**, and on to delta frequencies. It supports heightened mental focus while helping you stay present and aware of your thoughts and surroundings.



26. DROP IN

🕒 33.3 MINS

Drop In is designed to help you quickly settle into a deeper state of presence and awareness. In this state, you can see what's amplified for you – what you need. This track moves from **theta frequencies to delta frequencies**.



27. ROOT CHAKRA

🕒 20 MINS

Root Chakra is designed to ground you and establish a sense of security and stability while also creating a colorful experience. It crosses all 5 frequencies (**delta, theta, alpha, beta and gamma frequencies**). Release fear and anxiety, embracing the stability and security of the present moment – then, let yourself go.



28. SACRAL CHAKRA

🕒 20 MINS

Sacral Chakra is designed to awaken your creativity, pleasure, and emotional well-being. Like Root Chakra, it crosses all 5 frequencies (**delta, theta, alpha, beta and gamma frequencies**) to open your sacral energy center, so you can reconnect with your passion, enhance your relationships, and cultivate a flow of inspiration.



29. ANCIENT WISDOM

🕒 25 MINS

Ancient Wisdom taps into the timeless wisdom of the ancients, invoking a sense of connection to the knowledge of the past. This track is primarily **gamma** frequencies to encourage openness and encourage a deeper understanding of life's mysteries. Perfect for meditative practices or moments of quiet wisdom.



30. FLOW STATE

🕒 10 MINS

Flow State helps you achieve and sustain a state of flow, where action and awareness merge effortlessly. It is short and intense, covering all 5 frequencies (**delta, theta, alpha, beta and gamma frequencies**) to test your ability to let go. Look for no meaning or benefit in this one. Just try to experience it with equanimity so you can understand the secret to being in a flow state.



31. LIFE FLOW

🕒 30 MINS

Life Flow is inspired by other programs in the light and sound healing space designed as a tribute to Nikola Tesla and his never-before-seen understanding of the energy field which drives the function of the human body – our vessel for experience. All brain wave frequencies are covered here (**delta, theta, alpha, beta and gamma frequencies**), based on the numbers 3, 6, and 9. Through this, the program intends to align you with the natural rhythms of the body.



32. QUICK RESET

🕒 10 MINS

Quick Reset is crafted to provide a rapid reset for both body and mind. It is an **alpha** frequency dominant track. It helps you release tension, clear mental fatigue, and restore energy in a short period of time, making it perfect for a midday break or a quick recharge.



33. ALPHA BRAIN

🕒 30 MINS

Alpha Brain expands on Quick Reset's **alpha** frequencies. This track is crafted to build on the Quick Reset's intent by also further enhancing relaxed alertness.