

<b>Session Number</b>	<b>Length (Min.)</b>	<b>Name</b>	<b>Category</b>
0	varies	Random	Random
This session is different every time you run it, with frequencies ranging from			
1	15	Relax before Exams	Learning
A meditative mind-clearing period to clear your mind; concentrates mainly on 9 to 13 Hz frequencies.			
2	15	Accelerated Learning 15	Learning
Traditional “superlearning” approach, intended to help achieve hypnogogic state. Frequencies ramp mainly in the 4 to 8 Hz range.			
3	60	Accelerated Learning 60	Learning
Similar to above, but longer and slower. Good for accessing deep states; also used by some for light trance induction.			
4	35	Accelerated Learning 35	Learning
Similar to above; designed to be used with 30 minute tape, CD or other audio sources, especially for language study.			
5	10	Quick Alertness	Learning
Intended to bring your mind into sharper focus in a short period of time, especially for use prior to study.			
6	15	Concentration	Learning
A good means for helping focus the mind for study, with primarily 13 to 14 Hz “performance peaking” frequencies.			
7	15	Attention Booster 15	Learning
Alternates between 12 and 18 Hz, with pauses between each. Good for mental activation applications.			
8	20	Attention Booster 20	Learning
Alternates between 12 and 18 Hz, with pauses between each. Good for mental activation applications. Longer version of above.			
9	15	Quick Break	Peak Performance
Includes both quick relaxation and re-activation sequences, for study and athletic preparation.			

<b>Session Number</b>	<b>Length (Min.)</b>	<b>Name</b>	<b>Category</b>
10	17	<b>Athletic Warm-Up</b>	Peak Performance
A more complex sequence of frequencies, intended for use before sports, to concentrate mind and body.			
11	15	<b>Power Recharge</b>	Peak Performance
A more stimulating session, to help clear your mind of thoughts.			
12	30	<b>Peak Composure</b>	Peak Performance
Ideal for use with positive affirmations or guided visualizations, recorded by yourself or others, for boosting athletic performance.			
13	18	<b>Performance Intensive</b>	Peak Performance
Fast-paced, mood-boosting session, which can be used with fast music as well.			
14	25	<b>Mind Sauna</b>	Peak Performance
Ideal for use with deep breathing and muscle awareness exercises.			
15	15	<b>Quick Work Break</b>	Tranquility
Great daily relaxation session, which can be used before stretching, yoga, etc.			
16	35	<b>Regeneration 35</b>	Tranquility
A medium-length relaxation session; good choice for after returning home after a day's work.			
17	45	<b>Regeneration 45</b>	Tranquility
A somewhat longer version of the above session.			
18	60	<b>Quiet Hour</b>	Tranquility
A long, gentle session, with much time spent in the 8 to 12 Hz range.			
19	60	<b>Deep Meditation</b>	Tranquility
A deeply refreshing session, with much time spent in the 4 Hz to 13 Hz range			

<b>Session Number</b>	<b>Length (Min.)</b>	<b>Name</b>	<b>Category</b>
20	15	<b>Meditative Mind 15</b>	Tranquility
A brief, refreshing stroll through the 9 to 13 Hz range, with medium-paced color sweeps. Good range of colors.			
21	60	<b>Meditative Mind 60</b>	Tranquility
A long, leisurely voyage through the 9 to 13 Hz range, with gradually shifting colors.			
22	60	<b>Deep Tranquility</b>	Tranquility
An hour's visit to the land of Hyponoggia—mostly slow, deeply peaceful frequencies interspersed with unflickering baths of color.			
23	15	<b>Night Voyage 15</b>	Night Voyage
A short descent into slow washes of color, with emphasis on blues and greens.			
24	25	<b>Night Voyage 25</b>	Night Voyage
A somewhat longer version of the above session, with slower changes.			
25	35	<b>Night Voyage 35</b>	Night Voyage
Deeper still into the dream-realms inhabiting the edges of sleep.			
26	45	<b>Night Voyage 45</b>	Night Voyage
Especially useful for shifting your consciousness to very deep levels.			
27	60	<b>Night Voyage 60</b>	Night Voyage
Our deepest and most trance-like session.			
28	10	<b>Quick Energy 10</b>	Energy
A short, intense burst of rapid energy, with frequencies in the 13 to 21 Hz range, emphasis on reds, yellows. Purples.			
29	15	<b>Quick Energy 15</b>	Energy
Same as above, but a bit longer. You may not need that second cup of coffee after this one!			

<b>Session Number</b>	<b>Length (Min.)</b>	<b>Name</b>	<b>Category</b>
30	25	<b>Full Energy 25</b>	Energy
Same as above, but 25 minutes long, and a bit larger frequency range.			
31	35	<b>Full Energy 35</b>	Energy
Good one to use if you haven't been getting enough sleep but need energy for the day.			
32	45	<b>Full Energy 45</b>	Energy
This one is pretty intense, best to work up to it if you think you need it at all!			
33	60	<b>Total Alertness</b>	Energy
A broad range of shifting states, curving up and down the energy ladder but leaving you in an energized, refreshed state.			
34	22	<b>Afternoon Break</b>	Rejuvenation
35	15	<b>Rejuvenation 15</b>	Rejuvenation
This pair of sessions provide a gentle "mind massage," with a range of both relaxing and energizing frequencies and colors.			
36	25	<b>Rejuvenation 25</b>	Rejuvenation
37	35	<b>Lunch Break 35</b>	Rejuvenation
This set of two sessions are the perfect "dessert" following your lunch, leaving you refreshed for the rest of the afternoon!			
38	45	<b>Lunch Break 45</b>	Rejuvenation
39	60	<b>Middle Mind Centering</b>	Rejuvenation
Accenting light meditation to focused awareness, with frequencies primarily within the 9 to 18 Hz range.			

Session Number	Length (Min.)	Name	Category
40	10	<b>Creative Visualization 10</b>	Visualization
These sessions are designed for the visualization of goals of various sorts. Use the longer ones with external audio if you have any.			
41	15	<b>Creative Visualization 15</b>	Visualization
Frequency range for these sessions is primarily in the 4 to 14 Hz range.			
42	25	<b>Creative Visualization 25</b>	Visualization
We suggest that you start with the 10 minute session, working your way gradually towards the longest you have time for.			
43	35	<b>Creative Visualization 35</b>	Visualization
44	45	<b>Creative Visualization 45</b>	Visualization
45	60	<b>Creative Visualization 60</b>	Visualization
46	10	<b>Fast Trip</b>	<b>Mind-Art</b>
A rollicking, inventive segment-system, with much color and variety			
47	15	<b>Symbol Spaces</b>	<b>Mind-Art</b>
A more surreal set of color changes and multicolored lightscapes			
48	20	<b>Kaleidoscopic Mind</b>	<b>Mind-Art</b>
Complex imagery, with an emphasis on Mandalas, vortexes, and spin-spaces			
49	30	<b>Pyromania</b>	<b>Mind-Art</b>
A pull-out-the-stops romp into full-blown mind art!			