

[Link to the web store](#)



**Duration:** 15 minutes

**Eyes:** preferably open

**Headphones:** obligatory

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

**What's so special about this show?** They are chaotic beats! The constant *asymmetrical beat changes* stimulate the most diverse areas of the brain. They don't bring about a specific mental state, but stimulate a wide variety of mini-states that constantly get in each other's way. Ideally, this results in surprising (synaptic) connections and brand new perceptions and ideas.

**Who is it best for?** For people who are stuck and can't see the wood for the trees and can hardly change their perspective. Or generally for people who want to (or have to) master a problem creatively. Good new ideas are in demand practically everywhere.

**What does this program consist of?** The sound consists of music and isochronous beats. The beats on the left and right ear are completely different. Headphones must therefore be worn.

There is no frequency curve or focus around a specific Hertz value. The highlight of this creative session is that the beat frequency changes every few seconds in an unpredictable way - and is then also distributed asymmetrically to the ears... One moment you're at 0.3 Hz on the left and 14.05 Hz on the right, and the next moment you're at 39 Hz on the left and 8.1 Hz on the right and so on.

**When to listen?** Whenever you need to brainstorm, you can grab the session and "brainstorm" for 15 minutes. At work, in the conference room, on a greenfield site or at home.

**What to look out for when listening?** The right brainstorming technique is important. The golden rule is: don't censor anything, everything has to get out first. Write down or draw as quickly as possible. Only evaluate afterwards. The music almost completely fades into the background during this exercise.

**When does an effect occur?** There is no specific "tangible" effect.

**How often should I listen?** There is no minimum number of applications. The chaotic beat changes do not result in a state that can be trained.

**What can I do wrong?** Almost nothing when listening. However, you can make mistakes when brainstorming. So here's a short guide on the next page!

### **Creative ideas are often found during brainstorming sessions.**

A brainstorming session, as we know it in the creative professions, takes about 10 minutes, needs about 10 people and goes like this:

Get all 10 people together, hand out paper and pens, ask for silence, explain what you need a creative idea for, then give it 10 minutes and off you go:

To write down as many creative ideas as possible as quickly as possible (anonymously if you like).

The ban on crossing out less creative ideas applies. No censorship. Everything may be written.

After 10 minutes, everyone collects their papers. You now have a pile of paper with the results of the brainstorming session. There are usually at least 3 very creative ideas.

Most of the time, however, you don't have 10 people at hand and still need a creative idea as quickly as possible. For this case, there is Neurostreams™ **BrainStorms**.

**PS:** An extended variant is to lock yourself away and then write down ideas until you can think of absolutely nothing... and then brainstorm for another 10 minutes anyway - into a gaping void. Often, completely new ideas suddenly come to mind.