

[Link to the web store](#)



Duration: only 15 minutes

Eyes: open!

Headphones: and pay attention to correct use of right and left!

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

Incidentally, the right ear is connected to the left ("male") hemisphere of the brain, and the left ear is connected to the right ("female") hemisphere.

What is special about this program? This show is the only Neurostreams session that uses both isochronous and binaural beats at the same time. It's a bit experimental, but the success of this session proves it right! This program can generally be used as an "energy source" - in case you need a short kick. You can skip the coffee in the morning.

What does this program consist of? This program uses isochronous beats as well as binaural beats and background music. While the isochronous beats work constantly at a refreshing 18 Hertz, the binaural beat starts at zero and then slowly increases (both in the audible pitch and in the inaudible binaural pulse frequency) until it reaches 1.8 Hertz at the end (and has thus passed through half the delta range).

Who is it best for? For early risers! And those who want to become one. So it's best to listen to it in the morning, after getting up or in bed.

How to listen? Since you can have your eyes open during this session, there are practically no rules on how to listen to it. You can even jog!

What to look out for when listening? You can try to completely ignore the program while listening to it. You don't have to listen to the program, you just have to "hear" it.

When does an effect occur? How can I recognize it? You should be awake after the program.

How often should I listen? Once a day is a good measure.

What can I do wrong? Not using the headphones would lead to ineffectiveness.