

[Link to the web store](#)**Duration:** 30 minutes**Eyes:** closed**Headphones:** mandatory![\[Link\]](#) to the info page with the possibility to listen in

**Incidentally**, the Earth's frequency was discovered in 1952. However, *Nikola Tesla* had already described this resonance decades earlier, but did not find out what it could be...

**What is special about this program?** The frequency, of course! The *Schumann resonance* (7.83 Hz) is the inaudible beat of the earth (caused by lightning etc.) and it runs *exactly* on the border between alpha and theta, i.e. between being awake and the gateway to dreams. There is a nice word for it: "half-sleep".

**Who is it best suited for?** For people who constantly let their alarm clock "snooze" for another ten minutes because they want to snooze again (and again, and again...), this program will be an interesting experience.

**What does this program consist of?** This deeply relaxing session on the threshold between waking and dreaming consists of music and isochronous beats. The left ear and the right ear are stimulated alternately, so headphones must be used.

Nervous and hyperactive people in particular benefit from this alternating stimulation of the two hemispheres. The session starts at a high alpha level, i.e. 12 hertz, and takes you to the Schumann frequency within six minutes. You stay there for 20 minutes before you are brought back up through the alpha range to the low beta range of 15 Hertz from minute 26 to minute 28. You spend the remaining 60 seconds at 15 Hertz - also known as the SMR range.

**When to listen?** Preferably not "on the side" - but as an event. We recommend listening during siesta or nap time. You can also enjoy this session in the evening.

**How to listen?** "Gaia Club Radio" requires a quiet, undisturbed retreat. Make yourself comfortable. Lie on your back or lean back in an armchair. Cover your eyes so that it is dark.

**What to look out for when listening?** Nothing. Just let it flow.

**How often should I listen?** You can listen to two sessions in a row. The second one is usually more intensive. Once a week would be a good measure.

**What can I do wrong?** Opening your eyes takes you away from the frequency, so let it happen!