



**Duration:** 20 minutes

**Eyes:** closed

**Headphones:** absolutely mandatory!

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

**By the way:** I spent the days after my wedding in Japan. That's where many of the Neurostreams™ photos were taken.

### **What is special about this program?**

This program takes you down to a spectacular 5.5 Hertz, an extremely low theta level that few meditators can ever reach.

The trick is not to fall asleep but to remain conscious.

**Who is it best for?** For advanced meditators. **What does this**

### **program consist of?**

Just like the entire ZenBox of binaural beats and atmospheric sounds.

### **When to listen?**

I leave that entirely up to you. Be aware that you'll be pretty "slow" afterwards. So it's better not to listen to it before a sports competition.

### **How to listen?**

Just like the other ZenBox programs: undisturbed, paying attention to your breath.