

All Sessions 09-10-2025

#Welcome to roXiva - test session

Welcome to roXiva ? test session

Length: 6 minutes

Purpose: Guided introduction to roXiva

Welcome to roXiva is a guided introduction session to give first time users and owners a taste of what can be experienced. It covers light intensity, what to do to stop an experience if it becomes uncomfortable, and a few of the many types of experience that can be had.

We highly recommend this is used by first-time users and as an introduction for new clients if you give sessions to others.

Active reset - Beta

|| Length: 30 minutes

|| Purpose: Mood enhancement, active aroused state of mind, motivation and productivity aided by neural reset

|| Frequencies: 16.2Hz Beta with high Gamma (and synchronised audio tone)

Music by Gavin Lawson

Active reset combines a soft opening up of the brain to change, with arousing active entrainment.

The first 10 minutes of this session use high Gamma frequencies associated with the neural reset state. Meaning that the brain is more 'plastic' and malleable. This primes the brain to be more receptive to new patterns. And it also creates a very soft relaxing start with no visible flicker. The remainder of the session uses a mid Beta frequency to encourage an aroused state of mind. The audio has matching isochronic tones in the background to add to the effect. Use this session as a way to balance a brain that has too much low frequency activity. Examples of this are challenges like feeling low, unmotivated, sedentary, and lacking attention.

Thank you to Gavin for the music track to go with this session. As always, much appreciated. :)

Akbal- Mayan Dreaming

|| Length: 40 min

|| Purpose: Conscious dream, Cyberdelic journey

|| Frequencies: 25% Delta and mixed other frequencies

Music by Matias Lujan: A mystical soundscape of tribal remembrance and dreamy ambience

In the words of Matias: This musical composition is my exploration with the Akbal archetype, that comes from Mayan astrology. A mystical soundscape of tribal remembrance and dreamy ambience. With every note, it draws you inward?into a sanctuary where intuition reigns and the unconscious whispers its truths. It is a sonic ritual to shed linear time and step into the creative unknown, where the future is dreamed into being.

In Mayan culture, Akbal is a symbol primarily associated with night, darkness, and potentially new beginnings or a spiritual dimension. It's also connected to harmony, inner peace, and the idea of "appeasement," highlighting the time for activities that make everyday life possible. Additionally, Akbal is linked to the depths of the ocean, representing the potential for life.

This session has at its core the idea of bringing light to darkness through spiritual expansion. And the session progresses with waves of peaks and troughs of both music and light. The sum of which is an epic journey into the world of deep conscious dreaming.

The overall intensity of visual fractals, mandala's and colours is also one of progression. Building up to crescendos followed by more subdued dreamy sections.

This session is best used in a dark environment to fully appreciate the subtle parts.

And for those of you with haptic feedback chairs or beds., get ready for some points of deep vibration.

Thank you to Matias for the deep dreaming music composition that inspired this session.

And enjoy the journey.

Alchemy meditation - SMR

|| Length: 31min

|| Purpose: Morning 'felt sense' meditation, wake up body and mind, connect to body sensations

|| Frequencies: 12Hz SMR

Welcome to the Alchemy meditation. This session is a guided meditation by my friend and lead trainer of Alchemy of Breath (AOB) Pablo. AOB is one of the world's leading training providers and leaders in conscious connected breathwork. And Pablo is a lead trainer and mentor for thousands of breathwork facilitators. One of the fundamental pillars of AOB breathwork is what is called the 'felt sense'. This is the ability to fully feel, validate and connect with body sensations. Often these sensations have emotions and information attached to them. And connecting to this sensation helps us to connect to the emotions and information. Practicing this ability leads to authentic emotional processing, tension release and presence.

Pablo is one of the most authentic and grounded people I have ever met, and I consider him an example of presence and conscious relating to others. I hope you get a sense of this in his voice.

This session can be used any time but is best used in the morning to prepare you for the day ahead. 12 Hz SMR is used for a relaxed but aware state and to regulate emotion and help with sleep later that day.

Pablo Castro:

Pablo@alchemyofbreath.com

Book a personal session with Pablo:

<https://pablocastro.as.me/sessions>

Aphrodisiac

|| Length: 30 minutes

|| Purpose: Arousal, Kundalini and tantric meditation, mood enhancement, energy work

|| Frequencies: 33Hz, mixed Alpha and Beta plus matched double isochronic tones (twin carrier waves in both audible and sub audible frequencies), plus a more subtle 432Hz background tone.

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That title got your attention didn't it!? :)

I bet some of you were scrolling through the list of sessions on the lamp and came to that one and thought... Hmmmmmm. Haha

No guarantees here if you're after sexual excitement but certainly the state produced can be euphoric. And the experience of many users of certain frequencies has shown that they can produce the type of arousal that leads to desire. For example..., there is evidence in sound showing a 33Hz tone as being able to produce actual orgasms in some people. Not saying you'll get that from this session as that would require a bit more power than a set of headphones will give.

Interestingly, 33Hz is also known as spiritual circles as the pyramid frequency and/or Christ consciousness.

The state produced is great for improving your mood, working on kundalini or tantra practices..., or doing energy circulation work. An example of which would be the 'micro-cosmic orbit'.

Micro-cosmic orbit, is a translation of the Daoist term for orbiting energy throughout the body. Typically from the sexual centre at the base of the spine in the front, up the back, over the head and down the front to start again in a continuous circular motion building on itself.

Matched tones are in place to magnify the effect of the light.

I recommend you are hydrated especially when using such a session that can move energy like this. Drinking water before and after sessions is a good habit to get into.

Attention booster

|| Length: 20 and 30 minutes

|| Purpose: Focus, mental clarity, increase attention, motivation

|| Frequencies: SMR and Beta plus matched audio tones

The Attention booster session is, as the name suggests, to help with brain fog, day dreaming and a lack of focus and attention to the outside world. It is a mix of SMR and Beta frequencies. As a side effect it may help with mood and motivation. Un-officially, it may help with people who might be labelled as inattentive or who seem to daydream a lot, as long as the user can satisfy the safety questionnaire and a doctors approval. This session has a music track and there are perfectly matched pulsed isochronic tones in the background.

May be better used in the morning to start the day due to being higher frequencies associated with awareness.

Can be combined with mental rehearsal about the day ahead. Studies show that mental rehearsal can help actions generalise into your daily activities.

Back to Nature - Nightmares on Wax

|| Length: 7Min 30Sec

|| Purpose: Medium Cyberdelic

|| Frequencies: Mixed Alpha and Beta

Music by: Nightmares On Wax

George Evelyn (DJ Ease) is the mastermind behind N.O.W releasing music on Sheffield based Warp records for over 30 years.

During the pandemic in Ibiza, George would regularly have Roxiva sessions with Gavin, helping to support an increase in task positivity and creativity.

The relationship led to George changing his methods as a DJ and finding self confidence to return to the Glastonbury festival stage and venues across the world.

"I feel more at ease in making decisions, evaluating my options, moving forward in a more constructive way, this has been evident in music production, DJ-ing and performances" George Evelyn

https://www.youtube.com/watch?v=OyGoIWfmvyk&list=RDOyGoIWfmvyk&start_radio=1

When asked if Nightmares on Wax would like to be a part of the Roxiva sessions, George submitted 'Back to Nature' a seminal piece of music about community, nature and emotion.

Back to Nature is a session that encompasses the visual and auditory expressions of 'Nature' to encourage us all to approach life with love and respect, and to give back to nature as it gives back to us.

After all, nature created us to live together and share the world.

We dream of a future in which humans and nature live together harmoniously, appreciatively and respectfully.

<https://www.youtube.com/watch?v=Vc-XzhnwpVc>

Let us create community and harmonious coexistence with the RX1 experience and connectedness.

Nightmares on Wax express exactly these wishes with the song "Back to Nature". The idea of living together in a respectful way and connecting nature and people is conveyed with musical sounds and the words of Kuauhtli Vasquez, a member of the indigenous organisation Indigenous Youth Council in Chiapas, Mexico. In the video illustrated with collages and images from magazines, postcards and vintage films, the song takes you to other worlds.

Indigenous cultures remind us that all people are connected and share a common spirit and consciousness. Recognising this connection ensures that we care for the earth and each other.

If you would like, you can make a donation to <https://junglekeepers.org/> to keep the Amazon thriving for the Indigenous, animals and vegetation.

Boundless Hero's Journey

|| Length: 60 minutes

|| Purpose: Inspiration, motivation, and creativity inspired by an inner journey based upon the twelve stages of the Hero's Journey

|| Frequencies: Mixed, depending on the stage

|| Music by Gavin Lawson, Narrated by Ben Greenfield

Welcome to your boundless hero's journey.

Inspired by, and narrated by Ben Greenfield.

Ben Greenfield is a New York Times Bestselling Author & Leading Expert in Biohacking, Longevity, Fitness, Functional Nutrition, Supplements & More

Music score by Gavin Lawson

Jordan Peterson, (renowned clinical psychologist) said recently:

The divine can be defined as., the pinnacle of ambition, or the foundation of reality.

One of the definitions of God in the biblical texts of Abraham, is that God is 'the call to adventure'.

The full expression of the spirit that takes you beyond your zone of comfort and out into the terrible world., is the same spirit that makes your life a blessing to you, your name renowned with other people, and helps you establish something of lasting value that brings benefit to everyone.

The original concept of the Hero's Journey was popularised by Joseph Campbell and is both a spiritual/psychological understanding used in powerful personal development programs or therapy., and the basis of many movies, myths and legends. It tells of the stages of the journey from feeling called from an ordinary world to change one's life or go on a quest, along with the inevitable challenges and "death of self" and a triumphant return home and/or success in adopting a brand, new way of being.

In mythology, the Hero's Journey is the common plot of stories that involve a hero that goes on an adventure, is victorious in an ordeal, and comes back home changed or transformed - a pattern seen in entertainment from Lord of the Rings to Rocky to Disney's "Frozen" to Star Wars.

Are you prepared to embark upon your Hero's Journey? Enjoy this session, a full 60 minutes of journeying in an epic experience of immersive light and sound.

The Roxiva Hero's Journey Session

There are two versions of this session. One with minimal narration., a bell and a title to signify each stage. And one with no bells or titles but just the introduction.

We suggest you use the version with the bells first until you get a feel for the stages. And then move on to the version with no bells or titles to allow for deeper dissociation.

Each stage has significant attention put on musical frequency and lightscapes to assist the journey from ordinary to extra-ordinary.

The Stages Of The Journey

Departure

1) The Ordinary World

Relaxing, Joyful, Easing into the journey

2) The Call to Adventure

Slight crescendo, Beginning to get exciting

3) Refusing the Call to Adventure

Decrescendo, Back to normality, Slightly downtrodden/morose

4) Meeting the Mentor

A burst of potential and excitement

5) Crossing the Threshold

Crescendo, Then slightly dark and diminishing. A sense that a change is occurring

Initiation

6) Test, Allies, and Enemies

Up/Down, Back/Forth, Plenty of movement/higher frequencies

7) Approach to the Inmost Cave

Crescendo, Danger, Suspense

8) The Ordeal

All out active frequencies. Challenging and expansive

9) The Reward

Dopamine release, Joy, Elation

Return

10) The Road Back

Back to relaxed, Meditative, Happy frequencies

11) Resurrection

Build to re-engagement/like a rebirth

12) Return With the Elixir/treasure

Rebirth continues. Then finishes with Joy, Relaxation, Peace, Reward

Brain bath

|| Length: 40 minutes or 60 minutes

|| Purpose: Cognitive enhancement and maintenance / Increased cerebral blood flow / Neural cleansing and brain immunity stimulation / Deep trance state

|| Frequencies: 40 Hz, 7.83Hz, 2 Hz with 40Hz audio tones

[Some of the purposes listed are based on current leading research but unproven in human trials. This session is NOT a substitute for medical care]

As our physical life expectancy increases the hope is that science and our understanding of health will keep up by finding ways to keep us mentally healthy as we age also. So the intention of this session is to relax the brain to assist in the flushing out of toxins..., stimulate the brains immunity system..., and increase blood flow (oxygen/nutrient supply) to the brain. Studies using the frequencies present in this session show promise in maintaining mental clarity and performance.

Obviously good diet and habits will go a long way to extending the quality of our older lifestyles and now science is starting to find some of the things that are responsible for mental decline and potential ways to counteract them.

Some of the research around brain detoxification and mental benefits is very promising. As users of audio visual brainwave entrainment we can take advantage of some of the findings with minimal risk. Of course that assumes that you are already experienced with using this technology without negative results. For prevention of mental decline the results of studies look promising. For reversal or cure there is still some doubt but progress is in the right direction.

This session starts with a hybrid of Delta 2Hz and Gamma 40Hz, and progresses with a fade out of the Delta and introduction of Theta 7.83Hz (Schumann resonance - frequency of earth) combined with the Gamma. Due to the hybrid of frequencies used this session will also produce a deep trance state and may leave you feeling creative.

The audio track has a 40Hz tone quite prominent within it to enhance the effectiveness of the 40Hz light.

Please read the following articles if you'd like research to back up the intentions of this session.

Use light and sound to keep your brain clean >>

Boost your immunity and supercharge your sleep >>

Increase blood flow in the brain with light and sound >>

Brain Fasting

|| Length: 40 minutes (30,40,50 or 60 min versions available)

|| Purpose: Mental detox, relief from over-stimulation & overthinking, reset.

|| Frequencies: Medium Gamma and high Delta
|| Music: Ambient and pink noise (by Gavin Lawson)

NOTE: This session uses a form of pink noise that sounds like a hiss or rushing water. This is done on purpose and is not a fault in the audio.

Brain fasting is the practice of removing information overload and effort from the brain in a way that results in a mental detox. And this is different from meditation or mindfulness as you will learn. Sometimes meditation isn't enough.

We know that feeding the body too much food or too much of the wrong type of food leads to illness. And the brain/mind is the same. Because we are surrounded by information bombarding us from every direction. Too much information leads to overwhelm, anxiety, and an inability to make decisions. And too much of the wrong type of information leads to depression, low esteem, and an inability to adapt.

READ THE FULL ARTICLE HERE

This session uses Gamma combined with high Delta in specific ways to be almost un-noticable. Like a type of modified Ganzfeld effect.

The first 5 minutes of the session have some movement and pattern in them to aide in mental dissociation and relaxation. Then the rest of the session is very subtle and with almost no perceptable flicker or frequency. And the same occurs with the music with very little of anything to notice after the first 5 minutes. This is done on purpose so don't expect amazing visuals or the usual colourful journey.

The result is a type of mental detox like what happens with a food detox.

Expect your mind to flow in and out of hallucinations caused by a state called the hypnagogic or twilight state. These are self generated deep mind images and messages similar to what occurs in dreams. And they may carry with them inspiration or solutions to problems. The key here, is that no effort is required by you to do anything while the mind gets a rest from stimulation.

Breathe with me

|| Length: 22 minutes and 30 minutes
|| Purpose: Guided breathwork, energy charging, heightened awareness, energised trance
|| Frequencies: Gamma, Theta, plus mixed Beta
|| English and French verbal guidance

NOTE: Newer laptops (from approximately April 2025) will have just one version of this session loaded as standard. The version will be the one previously labelled as H for High but will simply be called 'Breathe with Me' (No H or M). The older versions are labelled as H for High and M for Medium. Both of these are still available in the optional extra's folder on the community website. The M version is more subtle with less visual effects.

A guided breathwork session to leave you fully charged ready for anything.

Available in Medium and High versions.

Please read all instructions before using.

The longer versions of the session are the same breathing time with an added boost in Gamma harmonically matched to the existing Theta and music.

This session is recommended to only be used by people who already have experience in doing sessions with roXiva and are comfortable with breathwork as well.

Embark on a guided breathwork session (with instructions in both English and French) using drumming as a backdrop and either subtle or strong visual psychedelic imagery at key points that combined with a specific breathing style will

take you on a journey like nothing you have had before. Combining light, sound and breath..., with me breathing with you the whole way..., come out of this session buzzing with an electric vibrancy in your body and mind that will have you wanting to do this every day.

The frequencies used mimic those found in hallucinogenic and higher mind experiences and the breathwork has a phases of conscious connected breathing and breath holds.

How to use:

The verbal instructions are simple enough to follow but here is an outline of what to expect. All breathing is done through an open mouth.

There are phases to this session that repeat.

Each phase contains three sections.

1) Breathe in a connected fashion to charge the body mind system. What this means is that you breathe in an almost circular fashion. A deep inhale filling both the belly/stomach and chest..., and then let go. By let go I mean that you are not forcing the breath out but rather letting it naturally release from your lungs. There is almost no perceptible pause at the top or bottom of each of these breaths (hence the name connected breathing). I will instruct you verbally during the session when it is time to get ready to exhale and hold and move to the next step.

2) Fully exhale and hold with no air in the lungs. This is letting go completely of the air in your lungs to where it naturally stops (again not forcing it) and holding at that point. I will instruct you verbally during the session when it is time to then move on to the next step.

3) Inhale and hold with the lungs full of air. This is a full deep inhale to fill your lungs and then hold your breath. This hold will be shorter than the previous one on the exhale. I will instruct you verbally during the session when it is time to start the connected breath again.

And repeat.

It is important to commit to full deep breathing to get maximum benefit from this session but if you find it too much then start with more shallow breathing. You will find though that shallow breathing will not allow you to maintain the breath holds for long.

If at any time you feel uncomfortable then simply return to normal breathing.

There is nothing dangerous about breathing this way, but if you haven't done it before it can give you some strange sensations both physically and mentally. This is why you must be experienced in roXiva use first and or breathwork like this so that you have an idea what to expect.

Each phase changes in tempo slightly.

Each breath hold on the exhale is slightly longer.

Verbal instructions are minimised after the first phase to let you get more emersed in the experience.

Breathe with me- Halo

|| Length: 20 minutes (Beginner) / 25 minutes (Advanced)

|| Purpose: Guided breathwork with medium psychedelic effects (English instructions)

|| Frequencies: Gamma plus mixed Alpha and Beta

Welcome to a revised and updated version of the popular 'Breathe with me' session.

This version has improved visuals and a Gamma wave effect like in the Halo sessions.

These sessions have 4 rounds of conscious connected breathing followed by a breath hold on both the exhale and the inhale.

The shorter 20 minute version has shorter breath holds for people who are not used to breathing in this way. The 25 minute version has slightly longer breath holds and more time at the end to relax into the result of this

style of breathing and the unique state it produces. There is minimal instructions to allow you to get into the breathing process. But you will get a prompt at each point of change.

The 4 rounds of breathing go like this:

- 1) 40 conscious connected breaths. This is a circular breathing style of deep breaths in to the stomach/abdomen and chest through an open mouth., and letting go on the exhale. There is no pause at the top or bottom of the breathing.
- 2) Followed by exhaling fully and holding the breath out for a period of time (slightly longer each round)
- 3) Then inhaling fully and holding the breath in (shorter than the exhale holds but the same time each round)
- 4) Then releasing that held breath
- 5) And the next round of breathing begins

At the end of the 4 rounds of breathing and breath holds, you will be instructed to just relax and breathe normally.

The result of this combination of breathing and light is profound and uplifting states of consciousness. You may experience opportunities to release emotion, gain inspiration, or explore deep altered states of consciousness.

Calm before the storm

|| Length: 27 minutes or 40 minutes

|| Purpose: Hybrid - relaxation and medium Cyberdelic

|| Frequencies: 7.83Hz plus mixed Alpha and Beta

[Note: There is a 50 minute version available in the optional extra's folder via the community website and has an extra 10 minutes at the end so you can relax and enjoy the unique state the session has put you in for longer. And the 27 minute version is slightly more impactful and is modified from the original 40min version]

Your visit to the beach just got interesting.

NOTE: This session has some sudden changes that may be a surprise., in line with thunder and lightening.

Welcome to a unique experience of light and sound that turns your relaxing day in the sun on the beach into an adventure exploring different dimensions.

Imagine yourself lying in the sun on the beach. You can hear the gently crashing waves and the sea birds as you slowly relax. You can even hear the distant sound of children playing as you lie still in the warmth.

As you continue to drift off., dark clouds slowly begin to roll in and the light dims.

Then a distant clap of thunder lets you know that lightning is near.

And just as if a tap is turned on., it begins to rain.

As the storm gets closer the lightning becomes visible and the thunder more powerful.

Before you realise what has happened., you are immersed into another world of colour, shape and movement. Lightning flashes and claps of thunder push though the sound of the rain and waves.

And then., as the storm passes you by it leaves you almost as quickly as it arrived, with just the sound of the waves to remind you of where you are.

This session is a hybrid of relaxation and psychedelic effects. The first half is predominantly the Schumann resonance to relax you, ground you, and connect you with the Earth's pulse in much the same way as lying on the beach would.

The second half is quite a trip. The rain, thunder and waves act as a distraction from consciousness, causing disassociation and trance. And the psychedelic effects combine with this to create a unique journey. There is an offset between lightning and thunder to match what nature does. IE: Usually the visual comes before the sound depending on how close the lightening is.

Sunscreen not required.

Enjoy

Calm reset - Theta/Alpha

|| Length: 30 minutes

|| Purpose: Relaxation and stress/overwhelm relief aided by neural reset

|| Frequencies: 8.1Hz Theta/Alpha border with high Gamma (and synchronised audio tone)

Music by Gavin Lawson

Calm reset combines a soft opening up of the brain to change, with calming entrainment.

The first 10 minutes of this session use high Gamma frequencies associated with the neural reset state. Meaning that the brain is more 'plastic' and malleable. This primes the brain to be more receptive to new patterns. And it also creates a very soft relaxing start with no visible flicker. The remainder of the session uses a border frequency between Alpha and Theta. The audio has matching isochronic tones in the background to add to the effect. Use this session as a way to balance a brain that has too much high frequency activity. Examples of this are challenges like overwhelm, stress, anxiety, inability to switch off etc. The resulting state is also useful for hypnagogic effects and spontaneous inspiration.

Thank you to Gavin for the music track to go with this session. As always, much appreciated. :)

Chakra Clearing

|| Length: 19 minutes

|| Purpose: Awakening, Cleansing, and Harmonizing

|| Frequencies: Audio: Solfeggio tones from 396 (root) to 963 (crown), Light: Lower harmonics of those same Solfeggio tones.

Music by Ray Schloss

[NOTE: There are three versions of this sessions. Male and Female voice versions, and an instrumental version]

Chakra Clearing is a journey through seven movements, each one resonating with the traditional key of a chakra?from the grounding root to the expansive crown. Composed by musician and producer Ray Schloss, the session guides you through layers of sound and sensation, aligning energy centers with precision and flow.

With each movement, the tempo gently rises, building momentum in a natural, fluid rhythm. This creates a dynamic yet balanced experience., awakening, cleansing, and harmonizing the chakras while keeping the listener deeply centered.

The result is a sense of clarity and renewal. Chakra Clearing leaves you feeling both energized and at peace, restored to a state of inner balance where body, mind, and spirit flow as one.

Conscious Living - Flow

|| Length: 30 minutes

|| Purpose: Medium psychedelic with 45% SMR

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|| Frequencies: Mixed Beta and Alpha with 45% SMR (12-15Hz) and a 14.4Hz matched audio tone in the music

Music by Matias Lujan

[NOTE: There is a complimentary session called ?conscious living ? SMR? to this one that uses the same music but is 100% pure SMR frequencies.]

Welcome to conscious living - Flow, a flowing Cyberdelic collaboration of music and sound between myself and Matias Lujan (details below).

This session has about 45% frequencies in the SMR range and the rest is mixed Beta and Alpha. See the description of the full SMR session for what SMR is. This session is more Cyberdelic than entrainment whereas the SMR session is more entrainment.

Thank you to Matias for the awesome piece of music that inspired this session to compliment the original SMR one that it was created for. ?

Matias Lujan, a.k.a Heartzet.

An artist that has been focused on creating brainwave entrainment music tuned to 432Hz.

To explore more of his work., check out:

momentobinaural.bandcamp.com (thesis of his sound studies)

heartzet.bandcamp.com (main artistic alias)

<https://www.instagram.com/thelightloom/> (visual art)

For collaboration/cocreation ? Contact: +4571425901 matiaslujanmelillo@gmail.com

Conscious Living - SMR

|| Length: 30 minutes (15min version also available)

|| Purpose: Emotional balance, focus & attention, elevated mood, improved sleep

|| Frequencies: 100% SMR (12-15Hz) with 85% at 14.4Hz (Matched audio tone in music)

Music by Matias Lujan

[NOTE: There is a complimentary session called ?conscious living ? Flow? to this one that uses the same music but is more Cyberdelic in nature. That session is about 45% SMR and still has the 14.4Hz audio tone in the background.]

Welcome to conscious living, a collaboration of music and sound between myself and Matias Lujan (details below).

This session uses solely frequencies in the SMR range. SMR stands for Sensory Motor Rhythm and is considered a fundamental balance frequency. Practice within this frequency range leads to a heightened ability to respond appropriately in changing situations. Almost like heart rate variability (HRV) for the brain. The result is improved concentration, focus, brain clarity, elevated mood, improved sleep patterns, and reduced stress. If there was such a thing as a magic bullet frequency., SMR would be in the running. The session starts with a random mix of SMR followed by a floating 14.4Hz before then settling into steady 14.4Hz for the majority of the session. 14.4 is chosen for it?s mathematical and spiritual significance.

A 15 minute booster version of this session is available also for when you're short on time.

Thank you to Matias for the awesome piece of music that inspired a second session to compliment this one. ?

Matias Lujan, a.k.a Heartzet.

An artist that has been focused on creating brainwave entrainment music tuned to 432Hz.

To explore more of his work., check out:

momentobinaural.bandcamp.com (thesis of his sound studies)

heartzet.bandcamp.com (main artistic alias)

<https://www.instagram.com/thelightloom/> (visual art)

For collaboration/cocreation ? Contact: +4571425901 matiaslujanmelillo@gmail.com

Creative solutions

|| Length: 30 minutes

|| Purpose: (Mild-medium Cyberdelic) Creative inspiration, problem solving, think-itation (meditative thinking)

|| Frequencies: 40Hz, 7.83Hz Gamma plus mixed Alpha, SMR and Beta

Creative solutions is designed to take advantage of three factors of creativity.

- 1) The brainwaves of creative thinking and problem solving (mainly Alpha and SMR with Gamma spikes)
- 2) Cyberdelic & trance states and creativity (Beta waves, hypnagogia and the suspension of the default mode network)
- 3) Cognitive enhancement brainwaves (Gamma waves interacting with the others)

Creativity isn't just reserved for scientists and artists. The ability to be creative in thought and expression is considered a fundamental part of evolving as a person. Some people consider themselves to not be creative at all and I would say that this is nothing more than a limiting belief worth letting go of.

There are however ways of improving your creativity and just as importantly learning to enjoy being creative.

If you haven't yet read the articles on the main website called 'Become a creative genius' then please do so as knowledge is power when it comes to state management.

>>> Become a creative genius >>>

Most creativity comes from a divergent way of thinking that is very expansive in it's approach. This style of thinking is trance like in it's nature and tends to switch off the brains default mode network for periods of time. The default mode network is the part of the brain that has us associate as an individual. In a very simplistic sense, it is responsible for us being us, and not a just part of a collective and incapable of individual thinking.

The interplay between this divergent thinking style of free flowing thought and unlimited possibility..., and a more convergent thinking style (which has more referencing to existing idea's), creates the opportunity for creativity.

For example, you may already know the story of an experiment that took place years ago to create a permanent adhesive that would never let go. After many attempts the only reliable result they got was an adhesive that was not only not permanent, but wasn't even strong. The experiment was a failure.

However, in a moment of inspiration from free flowing daydreaming type thinking..., the use of a non permanent adhesive was born - Post it notes! Small pads of paper, each piece of which has a sticky part that can be moved repeatedly without lose of stickiness.

And re-sealable packaging and other uses have followed..., all from taking an existing idea and letting the imagination of creative thinking flow.

Creativity is often like that. The idea's come to you almost in the very moments when you consciously stop thinking about the problem or task. What is in front of you as accepted knowledge, gets put to the side as you let your mind go wherever it may take you.

This session is therefore to encourage this style of free flow thinking. It can be used as an idea generator for a specific task or problem, or simply as a way to enter the realm of creative thought and creative trance states.

The Cyberdelic effects are also quite unique resulting in a different type of journey than most sessions.

The first 5 minutes is the Schumann resonance (Theta) harmonically matched to it's upper Beta frequency to get you

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into a hypnagogic state. The next 15 minutes is visual effects that repeatedly fade off into 40Hz Gamma for the Cyberdelic effect blended with cognitive flow. The last 10 minutes is 40Hz Gamma and Alpha to consolidate the first two sections with enhanced thinking power. Combined the result is a unique state that is part relaxing and part stimulating. Enjoyable in it's own right, but obviously useful for creative thought also.

Choose whatever music you like. I've been using the '30m - space ambient' audio that is in the library on the lamp which seems to suit quite well. IE: In the session menu push 'select audio' and you will find it there in the list.

Enjoy

Creativity inspired K

|| Length: 21 minutes

|| Purpose: Medium strong Ketamine effect Cyberdelic ? Inspiration, creativity, Euphoria, neural reset, brain plasticity, relaxant.

|| Frequencies: Mixed, embedded in light and sound.

Music by Gavin Lawson

[softer version of Roxiva K. Different but with some similar aspects.]

'Creativity inspired K'.., is a Ketamine inspired journey based on a modified softer but still quite strong version of Roxiva K. Still with Ketamine and psychedelic frequencies mixed in both the session and music. This session has added creativity frequencies.

This session is another collaboration between myself and Gavin. Gavin has mixed frequencies into the music associated with creativity and altered states to compliment the light.

As with Roxiva K, there are multiple ways to use this session. Use your imagination and intuition to take advantage of the unique state produced which will be of benefit in a number of situations.

Start by going into the journey with no intention other than to totally let go into the light. And this will likely be the best way to experience the session.

The light session has a mix of frequencies and their sub-harmonics for neural plasticity effects and creativity.

Crystal LSD - RM

|| Length: 15 minutes (*two versions including a new 'Nano' version)

|| Purpose: Medium/strong Cyberdelic (synchronised to music)

|| Frequencies: Mixed

|| Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released January 2025 which replaces the old version and will be standard on new lamps. This new version has 'RM' at the end of the name and is available with the other sessions for download if you don't have this new version already. The structure of the old session is maintained with some minor improvements and new music created by Gavin.

***Also for this session there is now a version called Nano. This version is further enhanced from the original and has some more detailed fractal geometry. The same music is used for both.**

Note that it's important to realise that this session is designed to give similar visual experiences to an ingested substance which can sometimes lead to similar kinaesthetic experiences also. But it cannot of course have the

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same chemical effect on the body or brain.

One of the original favourites of users since Roxiva began. Crystal LSD remixed takes you on a cyberdelic trip into the world of colourful fractals and form. There are some intense pieces to this session and some more stable smooth transitions than other sessions. Set to catchy music this is a deep dive into light and colour fractals.

This session is a mix of kaleidoscopic patterns to give a smooth yet impressive display of psychedelic imagery with upbeat music. The light transitions match the music transitions and the fractals interact with the beat and tone to create more than the sum of it's parts.

Crystal LSD 2

|| Length: 20 minutes 20s

|| Purpose: Medium Cyberdelic effect

Music by Gavin Lawson

Note that it's important to realise that this session is designed to give similar visual experiences to an ingested substance which can sometimes lead to similar kinaesthetic experiences also. But it cannot of course have the same chemical effect on the body or brain.

The original Crystal LSD session is still a favorite among users. which has now been remastered. This longer version maintains a lot of the structure and effects of the original with added twists and some enhancements to certain parts. And the music created by Gavin adds subtleties not present in the original experience.

Enjoy ?

CSF Flow

|| Length: 30 or 45 minutes (Two versions of each length)

|| Purpose: Brain health - Stimulation of Cerebrospinal fluid movement, cerebral blood flow, neural cleansing, nutrient distribution.

|| Frequencies: Session dependent. Gamma (associated with neural cleansing and cognitive health), SMR (associated with balanced mood, sleep and mental clarity) and Theta (associated with meditative relaxation, recovery and enhanced brain blood flow).

Music composed by Matias Lujan

[Interesting side note: When I first read the research supporting these sessions, I wondered what music could go well with them. Matias had sent me a track a couple of months earlier that was unused. And when I listened to it, I was surprised to find that it has a repeating pattern in the music that exactly matched the timing that the research had shown was most effective. That's synchronicity in action. Almost like it was meant to be.]

Photic Pulsing

These sessions use protocols from recent research that shows that specific uses of photic pulsing increases the flow of cerebrospinal fluid around the brain and spinal column. It also takes advantage of existing research that shows certain frequencies increase blood flow in the brain. And ongoing research into neural detoxing with

Gamma frequencies. Isochronic tones have been added to the music to match the photic pulsing and non-pulsing sections of these sessions.

These protocols involve on and off periods of flicker effect and audio tones. So be prepared for a very different type of experience.

The Importance Of Hydration

Because these sessions stimulate a type of detox effect and increased fluid flow, it is highly recommended to drink water before and after the sessions. Better still would be to add a little sugar free electrolyte mix to the water (Magnesium, Potassium and Sodium). Water hydration is of course a good practice with ANY session, but particularly useful for these sessions.

The Four Sessions

There are four versions of session. Two of them are entrainment based and two are Cyberdelic in nature. All of them have the first two pulsed sections separated by a non-pulsed Theta section. And all end with either non-pulsed SMR or non-pulsed Gamma. The specific sections within each session are listed here:

CSF Flow 1 SMR (30 min) [2 pulsed SMR, 1 non-pulsed Theta, 1 non-pulsed SMR]

CSF Flow++ 1 Cyber SMR (30 min) [2 pulsed Cyberdelic, 1 non-pulsed Theta, 1 non-pulsed SMR]

CSF Flow 2 SMR Gamma (45 min) [2 pulsed SMR, 1 non-pulsed Theta, 1 pulsed Gamma, 1 non-pulsed Gamma]

CSF Flow++ 2 Cyber Gamma (45 min) [2 pulsed Cyberdelic, 1 non-pulsed Theta, 1 pulsed Gamma, 1 non-pulsed Gamma]

Suggested Session Use

The main obvious difference between the two lengths of session, is that the longer sessions contain an addition of 20 minutes of Gamma at the end. And therefore takes advantage of existing research around the use of this frequency for cognitive health. The shorter sessions have more time in SMR which has associations with mental balance and clarity. The ++ Cyberdelic versions take advantage of one aspect of the research that is less obvious. And also as a result have more visual effects which some people will find more engaging and enjoyable. These cyberdelic versions may not be for everyone though. And the suggestion would be to start with the non-cyberdelic sessions. And for some people this will be the best place to stay and there will be no need for using the cyberdelic ones.

Remember to hydrate well before and after these sessions. And of course make sure anyone using them has no underlying medical or health conditions as per the safety/consent form. If in doubt, consult with a doctor before using any session.

There are other ways for people to stimulate CSF flow like deep breathing and exercise. So treat these sessions as an additional tool rather than a replacement for overall health. And like with any session, if there is any discomfort associated with their use, then consider that these sessions may not be suitable for you/them.

The Roles Of Cerebrospinal Fluid

Cerebrospinal fluid (CSF) is a fluid that surrounds the brain and spinal cord. CSF has several important known functions, including protection, waste removal, nutrient transport, chemical environment regulation, and buoyancy. There is also research to suggest that CSF acts as a form of communication. Many parts of the brain are bathed in CSF including the Pineal gland.

Protection

CSF acts as a shock absorber, protecting the brain from damage during head trauma or movement. It cushions the brain against the skull and reduces the force of impact.

Waste Removal:

CSF helps remove metabolic waste products from the brain and spinal cord, ensuring the brain functions optimally. These waste products are then absorbed and excreted from the body.

Nutrient and Hormone Transport:

CSF serves as a medium for transporting nutrients, hormones, and other essential substances to the brain and spinal cord. This transport is crucial for the normal functioning of the nervous system.

Regulation of Chemical Environment:

CSF helps maintain a stable chemical environment within the brain, including pH, electrolytes, and glucose levels. This is essential for proper neuronal function and brain health.

Buoyancy:

CSF provides buoyancy to the brain, reducing its apparent weight by about 90%. This allows the brain to function without being crushed by its own weight.

Electrical Activity In Csf Fluid

There is an electrical potential difference across the membrane of the choroid plexus epithelial cells, which drives the production of cerebrospinal fluid (CSF). This electrical gradient, along with osmotic forces, pulls sodium, chloride, and bicarbonate ions from the plasma into the CSF, creating the CSF's electrical conductivity.

The National Institutes of Health (NIH) says that a 5-mV lumen-positive voltage potential exists across the choroid plexus epithelial cell membranes. This electrical potential difference drives the movement of ions across the cell membrane and the increased concentration of ions in the CSF creates an osmotic gradient, which draws water into the CSF from the plasma. The high concentration of ions in the CSF gives it a significant electrical conductivity.

Csf As A Form Of Communication

This electrical activity has given rise to research that suggests that CSF acts as a channel of communication throughout the brain and body. And that it acts as a signaling pathway, carrying signals and nutrients from the brain to the spinal cord and potentially beyond.

Recent research has shown that CSF can carry signals and molecules beyond its traditional role as a drainage system. This includes signaling molecules that can affect behavior, such as the GnRH system, and hormones like melatonin. CSF circulates through the brain's ventricles (including the Pineal Gland), around the brain and spinal cord, and even into the perivascular spaces surrounding blood vessels and nerves. This allows it to reach various parts of the central nervous system and potentially beyond. While research is ongoing, some studies suggest that CSF can travel to distant parts of the body via nerves, potentially enabling the delivery of signals, nutrients, or even drugs to various locations.

One of the research papers that inspired these sessions can be seen here >>

Dark matter

|| Length: 30 minutes

|| Purpose: Cyberdelic especially for dark environments (Med/strong)

|| Frequencies: Mixed

BEST USED IN A DARK ROOM

Fancy a midnight trip?

Dark matter is a journey through both light and darkness. This session uses carefully timed pauses in the light experience to take advantage of how the cells in our eye's work.

In music, it's the space between the notes that creates the song.

In this session..., it's the space between the light that creates this particular unique light and sound journey.

The effect will be felt in any lighting condition but is far more impactful in total darkness.

:)

Deep Delta Dive

|| Length: 30 minutes

|| Purpose: Deep relaxation, Anxiety relief, sleep aide, rejuvenation (Cerebral blood flow and HGH release)

|| Frequencies: 80Hz, 7.83Hz, 2.5Hz, 1Hz

Delta waves are some of the slowest brainwaves we experience and are present in the deepest stages of our sleep where recovery, rejuvenation and detoxing of the brain take place. Often when sleep is an issue like with insomnia or dementia, this is the level of brain activity that is most lacking.

Most people find it hard to stay alert while in this range of brainwaves. So sleep may be the result.

Whether you relax deeply or fall asleep during this session does not matter., the benefit of entrainment at this level will be there anyway. Like improved sleep, less anxiety, and better recovery.

This session has three stages each with it's own benefits.

7.83Hz is both the Schumann resonance (frequency of the earth) and has been shown to improve blood flow in the brain.

80Hz is included with the lower frequencies as this combination has shown to be effective in relieving pain and discomfort, enhanced memory coding, and enhanced trance states.

1Hz is just deep, haha. And along with 2.5Hz is the range of frequencies where during sleep, human growth hormone (HGH) is released into the bloodstream. 1Hz is also on the border of slow wave brain activity where interaction with higher Gamma waves assists in cleaning and detoxing the brain.

A profoundly relaxing session.

This session pairs really well with the Brain Bath session for assisting with brain health.

You can read about entrainment increasing blood flow in the brain here.

And about entrainment detoxing the brain here.

DMT - Jammin

|| Length: 4 minutes 38s (designed to be used with the repeat function)

|| Purpose: Very strong Cyberdelic

|| Frequencies: Mixed

Music by Talamasca

Note that it's important to realise that this session is designed to give similar visual experiences to an ingested substance which can sometimes lead to similar kinaesthetic experiences also. But it cannot of course have the same chemical effect on the body or brain.

Jammin is a unique session that is designed to be used with the repetition function on the lamp and has a slight reggae vibe. Don't be fooled into thinking that this is mild though.

The session can be used as normal as a short intense session., but it becomes an extendable trip when used on repeat. And the results of this are different levels of experience even though the session is the same each repetition. Simply choose how many repetitions you would like in the menu of the session itself. Because this is made to be used as a repeating session, it starts and ends abruptly. So be prepared for it to be full on quite quickly with no slow ramp up or down.

Enjoy :)

Thank you to Talamasca for permission to use the very cool music to go with this session. :) This is made up of parts of his 'music for travelling minds' audio album which you can find here on YouTube. Be sure to check out his other music also.

Talamasca, is a French project whom has been touring the world for more than 25 years. And is a pioneer of what is called nowadays ?psychedelic trance?. Having tried the RX1 himself, this was the next logical step. Together, we offer you an enjoyable and intense psychedelic session! Turn up the volume and enjoy.

Here are the links to Talamasca?s pages:

Facebook : <https://www.facebook.com/talamasca.official>

Instagram : https://www.instagram.com/talamasca_official

YouTube : <https://www.youtube.com/user/cedtala/featured>

DMT - Proggy Rocky

|| Length: 8 minutes

|| Purpose: Strong DMT inspired Cyberdelic

Music by Talamasca

Note that it's important to realise that this session is designed to give similar visual experiences to an ingested substance which can sometimes lead to similar kinaesthetic experiences also. But it cannot of course have the same chemical effect on the body or brain.

Less intense than the longer Talamasca trip session.

Welcome to a Cyberdelic trip synchronised to a mix of psytrance music composed by Talamasca (details below).

This is a shorter DMT style trip using a track called 'Proggy Rocky' by Talamasca. Slightly slower than typical psytrance.

This is a fast-paced session designed to immerse you in DMT type visuals and leave you feeling like you've been on a real trip.

Thank you to Talamasca for the collaboration and allowing me to choose some of my favourite tracks to mix.

Talamasca, is a French project whom has been touring the world for more than 25 years. And is a pioneer of what is called nowadays ?psychedelic trance?. Having tried the RX1 himself, this was the next logical step. Together, we offer you an enjoyable and intense psychedelic session! Turn up the volume and enjoy. :)

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Instagram : https://www.instagram.com/talamasca_official

YouTube : <https://www.youtube.com/user/cedtala/featured>

DMT - Talamasca Trip

|| Length: 16 minutes

|| Purpose: Strong DMT inspired Cyberdelic

Music by Talamasca

Note that it's important to realise that this session is designed to give similar visual experiences to an ingested substance which can sometimes lead to similar kinaesthetic experiences also. But it cannot of course have the same chemical effect on the body or brain.

Welcome to an intense Cyberdelic trip synchronised to a mix of psytrance music composed by Talamasca (details below). Not much more to say about this one. Strap yourself in and get ready!

This is a fast-paced session designed to immerse you in DMT type visuals and leave you feeling like you've been on a real trip.

Thank you to Talamasca for the collaboration and allowing me to choose some of my favourite tracks to mix.

Talamasca, is a French project whom has been touring the world for more than 25 years. And is a pioneer of what is called nowadays 'psychedelic trance'. Having tried the RX1 himself, this was the next logical step. Together, we offer you an enjoyable and intense psychedelic session! Turn up the volume and enjoy.

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Instagram : https://www.instagram.com/talamasca_official

YouTube : <https://www.youtube.com/user/cedtala/featured>

DNA - Double helix

|| Length: 20 minutes

|| Purpose: Medium/strong Cyberdelic made from DNA sequences

Music by Gavin Lawson

This session was created for an event at the museum of consciousness in the UK. The audio uses actual DNA sequences converted into music. Using a variety of techniques including Ai, Gavin created a piece of music based on our genetic code.

DNA Double Helix and DNA Sonification both use mono nucleotide ACGT sequences converted into f# minor pentatonic scale for the compositions and sound design. This is called 'Hidden Music' by Dr Milton Mermikides. The sessions explore this sonified realm based on a performance at Oxford University Museum of Consciousness, exploring human input, neuroscience, biology and the creative process. F# and A# frequencies were recorded at the Great Pyramid in the Kings Chamber.

DNA - Double Helix

Master Tuning: 432Hz (Maria Renold II) Open System - Twelve True Fifths. BPM: 60 (Rested heart rate) Scale: F# minor pentatonic scale Isochronic Tone: 7.97Hz Mereon Matrix The F# minor pentatonic scale consists of the following notes: F#, A, B, C#, E.

This scale, being a minor pentatonic scale, typically carries a set of emotional characteristics that are often associated with its tonality. The emotional quality of the F# minor pentatonic scale is often connected to feelings such as: Melancholy: Minor scales, including the F# minor pentatonic, often evoke a sense of melancholy or introspection due to the intervallic relationships between the notes.

Mystery and Thoughtfulness: The scale's tonality can create a sense of mystery and depth, prompting introspection and contemplation.

Sensitivity and Passion: The minor tonality of this scale can evoke emotions of sensitivity and depth, contributing to a passionate or heartfelt mood.

Seriousness and Depth: The emotional content of the F# minor pentatonic scale tends to have a serious and introspective quality, which can contribute to a sense of depth and contemplation in the music.

F# is located as the geometrical mean of C 256 Hz and its octave, C 512 HZ. In physical terms, the register shift constitutes a singularity, a non linear phase change comparable to our Solar Systems register shift.

Sonification: is a technique that uses sound to represent data or information. When applying it to DNA sequences, the goal is to translate genetic information, such as the sequence of nucleotides (adenine, guanine, cytosine, thymine - A, G, C, T), into sound patterns that could potentially reveal patterns, structures, or relationships within the genetic code.

DNA sonification

|| Length: 13 minutes

|| Purpose: Medium Cyberdelic made from DNA sequences and the golden ratio

Music by Gavin Lawson

This session was originally intended to be used at an event for the museum of consciousness but was then changed and made more visual resulting in the session called DNA ? double helix. See the description for that session to see the work behind the audio that uses actual DNA sequences converted into music.

This milder session has light sequences made entirely of multiples of the golden ratio Phi (1.618) with shorter sections of 200Hz. 200Hz is a resonant frequency found in perfectly carved granite rooms in India that again have perfect geometry associated with both the golden ratio and Pi (3.141). The perfection of these rooms/caves have yet to be explained leading to guesses at advanced civilizations and methods of measurement and working with stone. The combination of bursts of 200Hz and more visual sections gives a unique experience.

Dolphin chakra

|| Length: 19 minutes

|| Purpose: Cyberdelic (Med/strong) with added isochronic tones

|| Frequencies: Mixed light, Tones: 7.97Hz Mereon Matrix (Frequency emitted by dolphins), 98.4Hz Bass for isochronic Tone G (associated with Hara, meaning - sea of energy)

Music by Gavin Lawson

Endorphins meets en-dolphins

Welcome to a collaboration between myself and music composer/DJ Gavin Lawson. Gavin has been in the music scene for many years using both music and audio entrainment tones to positively effect people. Combining this with other healing modalities and now the RX1, Gavin is currently in Ibiza, an island known for it's music and spiritual significance.

Dolphin chakra is a psychedelic light interpretation of three of Gavin's tracks mixed together. The isochronic tones embedded in the music correspond with Hara ? the sea of energy..., and the Mereon matrix ? the frequency emitted by dolphins. Interestingly, the dolphin frequency is very close to the Schumann resonance (the Earths pulse).

This session is a unique powerful music blend of energy and vibration tones of our ocean brothers and sisters the dolphins.

And now a word from them: ?Eeeee eee ee e eeee eee.? ?Eeeeeeee e e eee e?. Did you get that? Whew..., powerful stuff. :)

So put on some good quality headphones, hit play and lie back while you disappear into a sea of light and sound. And listen out for a few words from our closest intelligent neighbours..., the ever happy dolphins.

Don't worry, be happy RM

|| Length: 30 minutes

|| Purpose: Well-being/mood enhancer

|| Frequencies: 14Hz (95%) with minor additions for effect

NOTE: A new remixed/remastered version of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version has ?RM? at the end of the name and is available with the other sessions for download if you don't have this new version already. This new version spends more time at the target frequency.

[The old version of this session started at 9Hz and then progressed to 14Hz with an introduction of 42Hz Gamma near the end. Experience has shown that for this intended purpose, more time in SMR is beneficial]

Why do we want anything, be that an object, person or achievement of a goal?

Because of how we believe we will feel in the having of it!

So why not feel that feeling now instead of waiting for the outside world to give us an excuse to feel good.

Based on research that suggests SMR frequencies including the 14Hz one used in this session can ease the feelings of a sustained low mood., this session aims to balance brain activity by providing a sustained flow of balanced SMR frequencies. SMR is known as a type of idling state, where the brain is ready to adapt to the situation by either increasing or decreasing as appropriate. The aim is to create a new balanced brain state of positive emotion and brain alertness where not only will you just feel better., but you will likely be inspired to DO better.

And doing better is the key to long term feelings of positivity and well-being.

So sit or lie back, choose your favourite happy music, and let roXiva train you into more feelings of joy.

Energy double helix

|| Length: 30 Minutes

|| Purpose: Heightened awareness, Trance

|| Frequencies: 0.56Hz, 1.12Hz, 2.25Hz, 4.5Hz, 9Hz, 18Hz, 36Hz, 72Hz, 144Hz, 288Hz

An energy double helix is often called a Toroid or Torus and is a double spiral type vortex of energy that surrounds an object or person. In fact everything including our planet has multiple torus waves as do we as living beings. Magnetic fields are an obvious example of a toroid and most of these vortexes of energy have two parts to them in a male/female, yin/yang type of set up. IE: Two circular double loop fields of energy that go in different directions but intersect at or within the object they surround.

This session uses resonant frequencies at multiples of each other that create this double loop. As one range of frequencies goes up, the other goes down and then repeats. Within this progressive slower loop there are added faster spikes of transition that create a torus vortex within a torus vortex.

Quite a unique session with some really interesting effects.

Enter the dream

|| Length: 30 minutes

|| Purpose: Dream inducing meditation, dissociation, relaxation

|| Frequencies: 1.5Hz, 3Hz, 6Hz, 12Hz

Dreaming is one of those things that inspires movies, adventures and creativity beyond what our normal waking lives do. And sometimes daydreaming is just as awe inspiring.

You don't have to fall fully sleep to have vivid dreams.

Designed to mimic REM Rapid Eye Movement and using frequencies shown to encourage a type of hypnotic dissociation, this session is equally useful for deep relaxation and helping with promoting sleep.

The interplay of the frequencies creates an effect similar to what happens during the dream phases of our sleep cycle. Starting with a blend of Theta and Alpha, the session progresses as dissociation starts to take effect to a lower blend of Theta and Delta.

Eye of the Pyramid

|| Length: 22 minutes

|| Purpose: Medium strong psychedelic, deep trance

|| Frequencies: Mixed with stable isochronic 9.41Hz ?pyramid tone?.

Music by: Gavin Lawson

As you relax into a world of colour and movement, don't be surprised if you are visited by morphing pyramids and the ?All seeing eye? (AKA The eye of Horus). This session originally started as an idea to put different music to the Khufu ? Egyptian Pharaoh session. And then over time it changed and evolved so much it became its own session. The Egyptian theme remains., this time with music composed by Gavin Lawson. The result is an altered state of consciousness where what you see, may also be seeing you. The music stops before the light does so keep your eyes closed a little longer and enjoy the effect.

Feeling and sharing happiness (Guided)

|| Length: 32 minutes

|| Purpose: Guided hypnosis for feeling happy, grateful and positive.

|| Frequencies: Variable Theta, SMR and Gamma with matched audio tones

There is an extended version available in the optional extra's folder via the community website which is 42min long (-EX on the end of the name)

[NOTE: On the lamp the names are shortened to 'Feel & share happiness']

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As mentioned before.., I think it is important to point out that if your goals match with the intended ones of this session then you will ONLY get positive results from it. Ignore the myths and misconceptions about what hypnosis is and how it works. Most of those myths are started by those in fear or seeking to hide their own intentions.

I highly encourage you to create a morning routine if you don't already have one. Something in the first hour of each day that sets you up for the day. This or other RX1 sessions could be part of that.

[NOTE: The Extended session has no wakeup script but instead takes you into the frequencies of happiness like in the 'Don't worry, be happy' session for 10 minutes. The shorter session has only 2 minutes of these frequencies as part of the wakeup.]

The hypnotic suggestions start about 8 minutes into the session.

This session is the sister session to the 'Getting things done' session and as such purposely shares some similarities while introducing differences. This is because making progress and happiness are strongly linked. The two sessions play off each other. Both sessions will help you let go of old limiting beliefs and habits, feel gratitude for what you have, and accept where you are while going for more. Without progress, happiness is short lived and often requires constant external validation, substances or addictive personality traits

Why is it called feeling and SHARING happiness? This is because happiness shared with others becomes JOY. And joy is like happiness except the world knows about it. Social happiness builds on itself more so that just feeling good without anyone else knowing about it. In my personal experience and that of many others, feeling good about life creates a desire to connect and share with others. The opposite is true of those who feel low or sad. Most people in that state have little desire to connect with anyone. At least not very often.

So by feeling and sharing happiness (either purposely or just by being joyful or smiling around others), you get feedback that reinforces the changes you are making at the unconscious level. And this feedback creates momentum.

The longer of the two sessions has no wakeup script but instead takes you into the frequencies of happiness like in the 'Don't worry, be happy' session for 10 minutes. During this time you can keep relaxing, integrating and entraining to feel good frequencies. There are perfectly matched audio tones in the background to enhance all sections and a subtle slow heartbeat at points during the session. I have added a slight holographic effect to my voice in this session which gives an interesting result.

Use anytime but preferably in the morning.

?Feeling and sharing happiness? will have a accumulative effect over time and builds on itself while you sleep. Often this results in feeling the effects the next morning.

This session uses direct hypnosis with embedded indirect ?Ericksonian? style suggestion with multiple layers of sentences within sentences etc. The word structure will not always make sense but everything is done on purpose.

[For a more complete description of what this means see the 'Getting things done' session description.]

No suggestion that doesn't fit with your own well-being will be accepted by you at the unconscious level. Every word and sentence is used on purpose with the highest positive intention for you.

It doesn't matter what you focus on during this session. You can focus on my voice, or focus on the words, or focus on the music, or focus on your breathing.., or focus on nothing and drift off. Just let go and enjoy the trance to make some changes.

Relax and en-joy. :)

Float Series

|| Length: 5 min and 15min|| Purpose: Float spa sessions to be used before and after float sessions|| Frequencies: Listed where possible with each description below|| Music: Designed to complement floatation sessions, peaceful and ambient

NOTE: These are not included as standard on new lamps but are available via the community website in the folder called 'Float'.

In early 2025 they were renamed to all start with the word Float, so that when added to your lamp, they will all appear together when viewed alphabetically. The older names are shown below.

Welcome to a series of six sessions designed to be used before and after float sessions. Or indeed any complementary practice.

Thankyou to 'Float in the forest UK' for the help in testing and giving creative inspiration for these sessions. And to Gavin for creating the music to compliment floating.

NOTE: At no time should these sessions be used while floating! They are only to be used before and after being in a float tank. This is for safety reasons.

Three of the six sessions are currently in final stages of completion and will be released soon. And three are already released and can be found with the other sessions via the VIP website.

***SEE BELOW THE DESCRIPTIONS FOR INFORMATION ABOUT THE COMBINATION OF FLOATING AND ROXIVA**

Descriptions

Quick Float - Hrv (5 Min) [medium Strength Visuals]

Renamed Float- Test HRV

This session is designed to be an introduction to the Pre float sessions to come. As such it has a similar wow factor plus aids in quieting the monkey mind. The first minute of this session has coherent breathing in it for the client to follow along with. Coherent breathing is both useful for reducing anxiety and improving Heart Rate Variability (HRV), a measure of heart health and ability to respond appropriately to stress. The client can choose to use this breathing pattern throughout any session they choose to for increased benefit, or they can simply do it for 1 minute and then let go and breathe normally.

Pre Float - Portals (15 Min) [medium Strength Visuals]

Pre Float - Flight (15 Min) [medium Strength Visuals]

Pre Float - Solar (15 Min) [medium Strength Visuals]

Each of the Pre Float sessions is designed to quiet the mind, cause dissociation, release stress and tension, and prepare for the float to come. There are three sessions here for variety and because people will find a favourite to use again. And each has different visual effects that will leave clients eager for more and ready to relax more deeply into the float experience.

Post Float - SMR Bath (15 min) [Mild visuals]

This Post Float session is designed to help with integration and have the client leave positive and ready for the rest of the day. SMR is a set of frequencies with benefits ranging from increased focus, improved mood and reduced stress, to better sleep. There are still some visual effects in this session but the emphasis is on entrainment.

Post Float - Gamma Sea (15 Min) [mild Visuals]

This Post Float session is also designed to help with integration. Gamma is a set of frequencies with benefits ranging from increased cognitive function and memory, to creativity and lucid awareness states. There are still some visual effects in this session, but the emphasis is on entrainment.

*Float with roXiva

RoXiva light and soundscape experiences complement floating incredibly well and create a powerful synergy.

Floatation therapy is the practice of lying in a purpose-built floatation tank suspended almost weightless in carefully conditioned salt water to experience blissful states of relaxation.

How does floating work?

The water in floatation tanks typically contains salt (usually Epsom salt) at high enough concentrations to allow you to float effortlessly. Salt water is more dense than fresh water and therefore, as the salt levels increase, we become less dense in comparison. The water temperature in float tanks/pods is set to match the temperature of your skin and the environment. This gives you the feeling of being completely weightless, and this sensory free environment results in reduced stress and healing. A float typically lasts an hour, with time to relax before and after.

<h3 aria-level="2">How does roXiva work?</h3>

RoXiva engages the science of Audio-Visual Entrainment (AVE) in very specific and advanced ways. The roXiva RX1 uses a combination of artistically designed flickering light sequences at specific frequencies, synchronized with purposely crafted music wrapped around embedded tones and spatial audio techniques. The result is fully immersive journeys into expanded states of consciousness that are literally out of this world.

<h3 aria-level="2">Float plus roXiva ? A match made in heaven</h3>

EEG brain measuring studies on floating show that people tend to relax into Theta brainwave states. This level of brain activity is conducive to stress relief, meditation, creative inspiration and healing of mind and body. Studies on AVE show a range of benefits that not only complement this Theta state but expand on it by introducing other frequencies of cognitive enhancement like Gamma, and frequencies of deep rest and rejuvenation like Delta waves, typically only present during the deepest stages of sleep. And it does this while providing a visual and auditory experience that words cannot do justice to.

The combination of the two is something else altogether and really needs to be experienced.

An analogy can be made here between the role of light and float practitioner, and the role of being a 'sitter' for someone on a psychedelic substance. As such the well-known topics of Set, Setting, and Integration apply here.

<h3 aria-level="2">Set: Float and roXiva</h3>

Set stands for mindset, expectations, and the attitude of both the practitioners and clients.

Part of the challenge as practitioners is creating a safe container for people to communicate freely, and usually there is only a relatively short time to achieve this. The welcoming and induction process is therefore an important part of this. Letting them know that this is a safe space where it is OK to feel and express.

The aim of float experiences is to create conditions to give people the opportunity to let go and relax, and at the same time, the aim is to avoid setting too many expectations that might pre-program a person's experience. This can be challenging to balance, but it does match what we have found with light and sound journeys also. Anything said to someone about what to do or what to expect could unintentionally limit their experience. People can undergo amazing healing and enlightening experiences without prompting, and so part of the goal of any practitioner providing consciousness altering experiences is to avoid influencing the journey. Expectations used purposely and correctly can be powerful of course. And each person has different needs.

Obviously, the way floats or roXiva sessions are marketed will influence the experience. So, some expectation will always exist and it's useful to give at least an overview as to what they may experience without coloring it with meaning. General statements about changes in state of consciousness and visual displays of colour and pattern are enough to pre-frame most roXiva sessions, and the same applies to the float itself.

Pre-float roXiva sessions help take people from the state they arrived in, to a state most likely to give them the best from their float. In particular, the light sessions can be very useful in quieting mental chatter.

As with all first-time users, a short light session is always recommended first to get them over the initial uncertainty of something new and help them relax with a longer experience. The longer experiences tend to have a type of voyage or journeying feel to them ready for the float.

Setting: Float and roXiva

Setting is the environment.

The room containing the floatation tank/pod is usually a private space and is dark and silent, but you can usually choose to have ambient light and/or music if you prefer.

Most float centre's and spas using roXiva have a separate room with a reclined couch and are run with at least two people. As one runs the float, the other is available to run light sessions. For a one-hour float, this allows for about 30 minutes of light sessions with time before and after. When clients feel ready, they can move to a waiting area or lounge, make themselves tea, and sit peacefully and integrate the experience. The lounge can be set up as a space between the world of the float and the outside world. A safe space to hang out both before and after sessions to help transition between the relaxed peaceful float centre and the busy world outside.

The float can be up to 30-40 minutes after their light session, and this time also allows for float room cleaning.

During light sessions, it is good to keep your attention on the person, both for safety and to get a gauge on how they are feeling and to promote connection. For example, matching the person's breathing (Speed, rhythm, location etc.) can be a useful way to mirror their experience and get a sense of how they are going in the journey.

Allow time between light sessions and the float session, and let them know they can speak, or they can remain silent. The practitioner's role at that point is to just listen. Sometimes it's obvious that something deep has happened, and maybe they don't want to share it, or can't put it into words. Let them know that this is ok either way.

The lounge is a useful place to encourage people to hang out in a space between worlds. The usual social conventions don't need to apply here. People can be free to sit alone or initiate communication with practitioners. Check in with them after a short time to see if they want to express anything.

Integration: Float and roXiva

Integration is how learnings and experiences get transferred out into the world rather than just being left behind.

Post-float light sessions are an opportunity to enable people to make the float experience generalize into their lives outside of the float centre. When people rush directly out to resume their everyday lives, an opportunity can be missed, because with sudden discontinuity comes the risk of the mind snapping back into its prior patterns. This way, the unique float and roXiva experience can become forgotten or dismissed.

The goal of float and roXiva combinations is to create conditions that optimise the opportunity to maintain a continuity of consciousness between the altered states of the sessions, and everyday life out in the world. To help them to feel that the sessions are not something different from their life, but an essential part of it. This gives them the opportunity for integration and future benefit of whatever they experience.

Embracing this opportunity is not always easy, and not everyone will be ready for that level of challenge or commitment. They may have just come for a bit of entertainment or stress relief. It is important therefore to support the person wherever they are with compassion.

The aim for integration after float and roXiva combination sessions, is to let people initiate any communication if they choose to and give them that opportunity to verbally express themselves if they wish. It can take some time for people to get to the point of wanting to talk.

Where possible, allow people to hang out in the lounge in seating arranged so they can choose not to engage with others if they prefer. Because when people are given the time to emerge gradually from their experiences, they can create a continuity of consciousness between the experience and the outside world. This adds to the benefits of the float and roXiva session by projecting the experience into their life more easily.

Integration Of Unusual Experiences

Sometimes people encounter unusual and unexpected experiences during float and light sessions. These are opportunities for expanded awareness and healing.

Sometimes these are memories or maybe reliving past experiences. Maybe visions of the future, or experiences of other realms of some kind. Sometimes the light and float give access to unique ideas and inspirations. The key is to explore possibilities with an experimental open mind, as being open to new experiences will often bring them.

People respond differently to unusual experiences. For example, some people have the experience of impermanence and non-duality and love it. Others have that same experience and want to run away from it.

Whatever the person's experience is with roXiva and floating, that is what is most appropriate for them on that occasion. Because this type of experience is like an encounter with themselves at a deep level so there is always some value to get from it, regardless of the emotional reaction to it.

Flow series

|| Length: 4 minutes each approximately

|| Purpose: Flow state, creativity, quick boost

|| Frequencies: Alpha/Theta border plus mixed Beta

|| Music: Various artists to suit all tastes

NOTE: These are not included as standard on new lamps but are available via the community website in a folder called 'Flow'.

The Flow Series:

//Microdosing light, sound and breath to achieve peak performance.//

Flow 1 - Where words fail (Artist: Domestic Alchemist and Audyssey, Angelic)

Flow 2 - Talamasca Astral (Artist: Talamasca, Light psychedelic trance)

Flow 3 - Ibiza Nomad (Chill vibe)

Flow 4 - Monk (Chanting)

Flow 5 - Bathurst Lap (V10 AMG racecar around Mt Panorama racetrack Australia)

Flow 6 - Vivaldi Summer (From Vivaldi's four seasons)

Welcome to the flow series of sessions designed to give you a quick boost in creative expression and encourage entering a flow or peak performance state. Purposely made short for convenience and to allow for stimulation without too much dissociation.

Each session starts with 1 minute of box breathing combined with peak performance frequencies on the Alpha/Theta border. Before then going into a 3 minute visual journey of mind expansion. Each session has a different style of music to give you variety.

Box breathing is used by peak performers including Navy Seals and other military agencies to ready the body and mind for any situation. It encompasses a pattern of breath that is like a box. Breathing in for a count of 4 seconds, then holding the breath in for 4 seconds, then exhaling for a 4 seconds, and finally holding the breath out for 4 seconds.

This is repeated for as long is needed to calm and centre the mind and body ready for any mental or physical action. In these sessions this is only for one minute but you can do it for longer if you choose to.

Flying

|| Length: 15.45 minutes

|| Purpose: Medium/strong Cyberdelic

|| Frequencies: Mixed Beta plus Mid Gamma

Music by: Gavin Lawson.

This session follows on from the session called taking flight. The effects are a little stronger, with added sections, and is modified to use Mid instead of Low Gamma frequencies combined with the visual effects. These differences create a different level of dissociation and feel, especially in the body. The music for this session is especially created by Gavin Lawson to compliment the effects of the mixed frequencies.

Gamma Flow series

|| Length: 40 minutes or 25 minutes (three versions)

|| Purpose: Cognitive boost, Mental flow state, Lucidity, clarity & balance

|| Frequencies: Session dependent (see below). 40Hz Gamma is dominant

Music by Michel Pepino, RX1 owner and music producer. Thank you.

NOTE: New remixed/remastered versions of the original Gamma Flow were released in June 2025. These new sessions have more time in Gamma and two alternate versions. And they have matched tones in the music.

The old version was simply called Gamma Flow (35min) and had an 80Hz Gamma frequency included.

The Three Sessions

Gamma Flow Boost - 40Hz Gamma only (Gamma is associated with Cognitive health and exotic states of consciousness)

Gamma Flow Balance - 40Hz Gamma and 12Hz SMR (SMR is associated with improved mood, sleep and mental clarity)

Gamma Flow Dream - 40Hz Gamma and 0.1Hz epsilon (Epsilon is associated with deep dream states and lucidity)

The Balance and Dream sessions still have Gamma as dominant with a subtle background of the other frequency to 'flavour' the experience differently. There are two lengths of each session.

Much could be said about Gamma waves. They are in the scientific news as being an exciting prospect to study further, more than any other band of brainwaves.

From potential help with age related mental decline and increased cognitive performance, to increased memory ability, spiritual awakenings, and lucid dreaming or out of body experiences (OBE).

Something unique and exciting happens when you get used to spending time in Gamma brainwave states.

And these three sessions give you options as to what type of Gamma experience you would like.

Getting things done (Guided)

|| Length: 32 minutes

|| Purpose: Guided hypnosis for Productivity, making progress, action, motivation, self esteem, life balance, gratitude and feeling good.

|| Frequencies: Variable Theta with matched audio tones

There is an extended 42 min version of this session in the optional extra's folder via the community website (-EX on the end of the name).

I think it is important to point out..., that if your goals match with the intended ones of this session then you will ONLY get positive results from it. It's really that simple. There are so many myths and misconceptions about what hypnosis is and how it works. Most of which are started by those in fear of their own power to change.

I highly encourage you to create a morning routine if you don't already have one. Something in the first hour of each day that sets you up for the day. This or other RX1 sessions could be part of that. That step alone along with 'getting things done' will change your life if you let it.

This session is designed to help you get more done in less time. As parallel goals, it is also designed to help you feel really good about yourself while doing those things, let go of old limiting beliefs and habits, feel gratitude for what you have, and accept where you are while going for more. Productivity without all that is a difficult journey.

The longer of the two sessions is for those who want a bit longer to relax before the suggestions start, plus longer at the end without a wakeup script to keep relaxing and integrate the new learnings. There are perfectly matched audio tones in the background to enhance the trance (hey, that rhymes). There's also a subtle slow heartbeat at points during the session.

Use anytime but preferably in the morning.

'Getting things done' will have a accumulative effect over time and builds on itself while you sleep. Often this results in feeling the effects the next morning. The hypnotic suggestions start about 6 minutes into the session.

This session uses direct hypnosis with embedded indirect 'Ericksonian' style suggestion. Don't expect nice fluffy stories and visualisation techniques. They have a place but not in this style of hypnosis. Don't expect all of the word structure to make sense either. Everything is done on purpose.

There are two main forms of hypnosis. The first is direct hypnosis which relies on the person formally relaxing into a trance state to suspend critical thinking and therefore accept positive suggestions. The second is indirect hypnosis where formal trance is still useful but not essential, as messages within messages can be created via the specific use of language or metaphoric stories.

This actually started as a self hypnosis recording I made many years ago to help with a time when quite frankly, life was not that exciting. The key to feeling excited or good about anything, is progress. It's as simple and as challenging as that.

So 'getting things done' is about much more than productivity. It's about enjoying the journey!

The irony of course was that in order to make the session, I had to get myself into the state that I was intending to achieve by using it.

Good hypnosis is like that.

The best way to guide someone into a specific state using trance is to go first!

Most therapists forget that the first step of any therapy session is their own state management.

So knowing myself as well as I do, haha.., I knew that my logical analytical mind would pick apart any trance recording I listened to.

Therefore I figured I would pretend I was my own client and create a hypnotherapy session with multiple layers of suggestion. This is one of 4 sessions I created (unfortunately 2 of them have gone on an old computer).

Those of you not familiar with hypnotic language will notice the obvious suggestions.

Those of you who are trained yourselves may notice second or third layers. For example analogue and spacial marking of words within a sentence that create a second or third sentence.., or words that have more than one meaning and are used ambiguously for that reason.., or post hypnotic suggestions that get triggered later in the session.

But wait.., there's more layers than that which won't be noticed. :) And that's the point.

I must point out that no suggestion that doesn't fit with your own well-being will be accepted by you at the unconscious level. This fear based belief of 'negative programming' is a myth. And every word and sentence is used on purpose with the highest positive intention for you.

Positive forward focused suggestions are used though-out. Consciously we can hear a positively intended sentence with a deletion and get the right meaning, but unconsciously we can't.

For example to make sense of the sentence... ?You are not effected by stress? your mind has to make a representation of being stressed and then apply a filter to reverse that. Consciously we have learnt to do that..., but in trance this skill is mostly absent and the statement is decoded as ?You are effected by stress?. Therefore such statements are not used.

It doesn't matter what you focus on during this session. You can focus on my voice, or focus on the words, or focus on the music, or focus on your breathing..., or focus on nothing and drift off. Just let go and enjoy the trance to make some changes.

The hypnotist in me wants to say...

?How surprised will you be after a couple of daze to find yourself being more happily productive??

But that's just a suggestion.

Going going Gong

|| Length: 40 minutes

|| Purpose: Gong bath sound and light healing, meditation and trance, mild Cyberdelic

|| Frequencies: Mainly Theta, with some Gamma

Gong playing by Ladrhyn Bexx

There is another version of this available in the optional extra's folder via the community website that has a slightly enhanced Cyberdelic effect at certain points in the session. This has a + at the end of the name.

Combine the healing sounds of gong vibrations with light waves.

Friend and sound healer Ladrhyn Bexx joins me in a collaboration of sound and light washing over you in a journey that will take you through altered states and send healing waves through your mind and body. Ladrhyn has been doing sound healing and gong baths for many years and has also done them live during light journeys similar to the one you will be experiencing.

As the rhythm of gong vibrations changes and blends from one moment to the next so does the light journey, resulting in something much more than the sum of it's parts.

The sound vibrations exert an effect on the already changing visual displays and associated feelings of bliss and dream like movement.

This is a hybrid session with the first 15 minutes as psychedelic and the rest more subtle. The visual effects and self generated hallucinated imagery and other worldly sounds are profound and will leave you wondering where the time went.

Golden ratio universe

|| Length: 35 min

|| Purpose: Deep trance state, higher awareness.

|| Frequencies: 2.5Hz, 0.5Hz, 1.618Hz, 250Hz plus mathematical multiples of the golden ratio 1.618 (1,2,3,5,8,13,21,34,55,89,144).

Inspired by the golden ratio 1.618 and a channelled being named Bashar.

Bashar is an alternate energy being that we would label as alien that is channelled through a trance medium. You can find examples of him speaking on youtube. His message is one of self responsibility and following that which excites you

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the most as being the way to be in line with your higher self and purpose.

Bashar speaks often of frequency and energy and one of the planets near his home world has a supporting role to play in balancing their planet and connection to consciousness itself.

That planet has a resonant frequency of 0.5Hz with a carrier wave of over 200Hz.

The golden number or golden ratio is considered the perfect number in mathematics. one result of applying the golden ratio (squared and square root) to mathematics results in the Fibonacci sequence. These numbers representation nature itself and explain everything from plants to tornados.

This session creates a meeting of the nature of earth with the energy of an advanced being and other worlds.

Scientifically these frequencies have their own attributes not unlike what would be expected from being in a state of higher consciousness.

A very different trance state inspired by a very different and loving being.

Enjoy

Gone in 60 seconds

|| Length: 30 minutes

|| Purpose: Hybrid - Medium/strong Cyberdelic combined with Gamma entrainment, heightened states of awareness, spontaneous exotic dream states, trance, enhanced cognition.

|| Frequencies: 40Hz Gamma (with constant 40Hz audio tone) alternating with mixed Alpha and Beta.

Music by Gavin Lawson

Not for users who might be shocked by sudden changes.

'Gone in 60 seconds' started as a joke I made at a recent sales conference when marketing was being discussed. The idea being that the comment was refering to the movie of the same name years ago where speed of action was the theme in an elaborate car heist movie. I thought the tag line would be a cool reference to certain roXiva sessions.

And then it got me thinking...

And so welcome to 'Gone in 60 seconds' the session. This is a unique session in that it alternates between Cyberdelic imagery and stable Gamma entrainment. The idea being that the combination creates an opportunity to enter a unique altered state where the benefits of Gamma mix with the mind altering effect of Cyberdelic light. And the result is access to exotic states where spontaneous dreaming occurs, and non-ordinary states of consciousness, and cognitive benefits.

This alternating pattern is 60 seconds of Gamma followed by 60 seconds of Cyberdelic imagery repeated for the first 12 minutes. And then the 60 seconds of Cyberdelics continues but the periods of Gamma slowly get longer to allow you to drift off a bit more. Because of this sudden drop into Cyberdelic effects every 60 seconds, the session may be too much for new users., but the session leaves you feeling quite different.

Thank you to Gavin for creating a flowing music track that only adjusts subtly each 60 seconds, again to allow you to drift. Always a pleasure to colaborate with you. :) The music has a constant 40Hz tone in it to maintain the connection to Gamma even during the psychedelic portions.

Enjoy.

Good morning world RM

|| Length: 14.5 minutes

|| Purpose: Morning routine, motivating, mood enhancing, cognitive boost

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|| Frequencies: 7Hz, 14Hz, 40Hz

Music by Gavin Lawson

NOTE: A new remixed/remastered version (RM) of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version is available with the other sessions for download if you don't have this new version already. This new version has improvements to the flow and impact of the session, plus music by Gavin.

Nothing will change your life more than adopting a morning routine that is all about you and creating the right frame of mind for the day ahead. Without at least some sort of routine that you follow every morning you will fall into the plans of everyone else.

But don't take my word for it., try it yourself.

This session is designed to be part of a morning routine as a meditative brain boosting start to your day.

It can of course be used at any time, but try this or a meditation practice every morning for a few weeks and see what difference it makes.

Frequencies conducive to cerebral/brain blood flow, motivation, increased brain processing speed and a happy mood are used to give you a quick purposeful start to your day.

Halo - 33 resonance

|| Length: 33 minutes.

|| Purpose: Stimulating & flowing / Cognitive boost / Pyramid frequency

|| Frequencies: 33Hz Gamma, Medium Beta

Music: (Slow ambient with an ocean theme) by Gavin Lawson

Halo 33 is an extended version of the first Halo Gamma session but using what is known as the Pyramid frequency or Christ consciousness frequency. 33Hz is also known to be slightly aphrodisiac in nature. Although that is not the purpose of this session. Halo 33 combines the beneficial cognitive effects of Gamma waves with alertness producing Beta waves. The two types of frequency ebb and flow together to produce a unique effect of light producing halo effects and relaxing but also stimulating states of consciousness. The result is very unique. And although the frequencies used are on the high end., the result is often similar to low frequency relaxation. You may experience spontaneous effects of lucid awareness or out of body sensations in this state. Enjoy

Halo - Gamma

|| Length: 11 minutes

|| Purpose: Relaxing cognitive and mood boost / Lucid trance state

|| Frequencies: 40Hz Gamma, Medium Beta

Music by Gavin Lawson., thank you again for the ongoing support with music

Halo is a short session combining the beneficial cognitive effects of Gamma waves with the alertness and mood enhancing effects of Beta waves. The two types of frequency ebb and flow together to produce a unique effect of light producing halo effects and relaxing states of consciousness. The result is quite different than any other session. And although the frequencies used are on the high end., the result is often similar to low frequency relaxation.

You may experience spontaneous effects of lucid awareness or out of body sensations in this state.

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Hypnagogic surfing

|| Length: 30 minutes

|| Purpose: Transition trance state, hypnagogia effects, deeply relaxing, inspiration and problem solving state

|| Frequencies: Starting average 8Hz - finishing average 6Hz (6.5Hz isochronic tone in audio)

Music by: Gavin Lawson.

Welcome to hypnagogic surfing. This is a floating frequency session that slowly descends into a hypnagogic state in waves of subtle visuals. The result is a floating relaxation trance state. The hypnagogic state is a point between sleep and awake where visions and dream like hallucinations occur. And can be used on purpose to inspire creative idea's, enter in and out of dream states, and even be a transition into lucid dreaming. The session starts off on the Alpha/Theta border, and slowly drops to a lower Theta frequency associated with deeper trance states.

Thankyou to Gavin for the ambient hypnagogic audio to go with it. :)

Hypnagogic vision

|| Length: 30 minutes

|| Purpose: Hypnagogia, visions, creative inspiration and eureka moments, problem solving

|| Frequencies: Mixed Theta and Alpha

Hypnagogia is the term used for the effect of being in the transition state of sleep and awake. It is that state you are naturally in just before you fall asleep and just before you wake up. Not quite asleep or awake. Because of this in between state.., hallucinations and visions are common. This is also a great place to be for creative inspiration, idea generation and problem solving. To learn about this effect please read: Hypnagogia and the hypnagogic light experience >>>

The first few minutes of this session are a relaxing Theta, then the next 6 or 7 minutes are splashes of psychedelic visuals to stimulate the brain a bit, then the rest of the session is slow transitions across the border of Theta and Alpha to encourage hypnagogic hallucination and that 'in between dream' state.

These transitions shift slowly to produce dissociation and lead you into the hypnagogic trance state.

For problem solving and idea creation.., set the intention to allow idea's to flow to you on the topic you want clarity on, keep paper and a pen next to you ready, and go into the session with no expectation other than to relax. Let go of the idea consciously as much as possible and let your unconscious mind take over.

I Deal Choices (Guided)

|| Length: 29 minutes

|| Purpose: Guided hypnosis/timeline for body weight (loss OR gain) and lifestyle management.

|| Frequencies: Gamma (dominant), Theta and SMR

Music by Gavin Lawson

Welcome to ?I Deal choices? where you can adopt Ideal choices. That is, choices in habit that support you in achieving your ideal body weight, image and style. Not just for those wanting to lose weight, but also for those wanting to gain the right type of weight if that is what you choose.

This session uses a bottom-up approach to body health management. Most systems of health management use a top down approach that seek to control what you eat and what you do. This can work, but often leads to feelings of failure if alternate choices are made along the way. This method doesn't address the underlying internal image and belief structure that got you to where you are now.

Most people know what healthy choices are, they simply don't choose them!

And so, the goal of this session is to help reset your internal self-image and desire to do the things you know you ?should? do. And to do this in a way that allows for individual choice.

This isn't about rapid changes, although this may happen. Rather it is about making new choices step by step that will lead to your ideal self. And therefore, be sustainable and enjoyable.

This session uses a combination of hypnotic embedded language, NLP techniques, and timeline therapy where you will visit your future self.

I suggest the best time for using it would be in the morning. And remember to be kind to yourself. Changes in habit can take time to stick, so keep going.

I love you, I'm sorry

|| Length: 27 minutes or 36 minutes

|| Purpose: Emotional healing, forgiveness, Ho'oponopono process

|| Frequencies: 60Hz 40Hz, SMR plus mixed Beta

French version available in the 'extra sessions' folder in dropbox. Thank you to Sandrine Biras for the verbal translation.

This session was updated in early 2024 to remove the breathing from it for a better experience. If you have an older lamp, this newer version is now the standard version to download.

The Ho'oponopono process

Ho'oponopono is an ancient Hawaiian process of reconciliation and forgiveness. The word loosely translates as 'To put right'.

It involves the simple repeated mantra of ?I love you, I'm sorry, Please forgive me, Thank you?.

The practice of letting go of resentment and anger has long been practised by certain cultures as a means to release illness and put things right within oneself. These cultures understand that forgiveness is more about internal balance than external reconnection. The goal isn't to gain forgiveness from another person although this may happen. Rather the goal is to clear or break the negative ties and energy that keeps old patterns going. And this means both any negative energy you may have toward another AND the energy they may have toward you. It has been said that part of the value of the practice is almost like doing other peoples inner work for them. An extension of the cause and effect rule.

The process can be used while focusing on a specific person or group of people, or as a non specific general pattern of release and healing, or even for inner child work where a younger version of yourself gets the benefit of forgiveness and understanding for times they were unable to express themselves or handle emotion.

Some modern teachers of the practice talk of it as being a way to get to a 'zero point' of no limits, by taking full responsibility for everything in your life. A kind of radical acceptance of all that has or will be done to you. The idea being that everything exists as a projection from inside your humanity.

You don't need to have any un-forgiveness or conflict in your life with others or internally to benefit from this session.

There is a story of a corrections officer working in a violent ward of a hospital for the criminally insane who decided to practice Ho'oponopono with the inmates without them having any idea that he was doing anything. The prison style ward was a very violent place, serious fighting was common and fear was constantly present.

All he did was take each of the inmates personnel files, hold it, and do the process in private for each prisoner. Over the next few months the energy and environment in the ward changed dramatically with fighting going down to almost nil, and even getting to the point where inmates could start to go on external excursions outside of the ward. The officer was needless to say amazed at the result. Still today.., young and old offenders are allocated by the court system to a supervisor who conducts the ho'oponopono process with them as part of their sentence and road to recovery in some states.

Bold claims and examples aside of what the process can do, the effect of focusing on forgiveness and accepting responsibility in a repetitive meditative way can be hugely beneficial.

The session

This session uses the Ho'oponopono process repeated to you with relaxing music in the background.

The first 5 minutes is a psychedelic display of colour and pattern to start the trance process. The next 5 minutes is the 60Hz neural reset frequency with a background Theta pulse to further induce a learning trance state.

See the neural reset session description for the science behind this frequency.

From there the session is pure 60Hz with matched isochronic audio tones until the last 5 minutes.

The last 5 minutes is a blend of 40Hz gamma with SMR frequencies. This is to bring you back to a state closer to normal and to leave you in a 'happy' mood. This last 5 minutes also has a background pulse every 11 seconds. This frequency is called the coherence frequency. It is called this because at that frequency, the heart, lungs and brain all synchronise in harmony. This is especially emphasised if you engage in the coherence breath (see below).

99% of the numbers making up this session (frequencies, duties, times and isochronic carrier tone) reduce mathematically to the number 9. The remaining numbers reduce to a 6 or 3.

The number 9 (out of 3,6,9) in particular is considered a spiritually significant number. The number of the universe and 'all that is'. Nikola Tesla was particularly convinced that these numbers are significant.

Session intentions

You can either have a specific focus and intention for using this session or just let the general intention of the process wash over you.

So for example, you could imagine in your minds eye a person or group of people while doing the session that you want the energy cleaned up around. Maybe imagine saying the repeating mantra to them as you hear it.

Or you could imagine a younger version of yourself and imagine saying it to them. This may sound weird to some of you but it is quite a powerful way to release feelings that have been with you your whole life (many of which were first felt at a very young age and never processed correctly).

Or.., you can simply go with the flow of the words you hear and have no intention other than to let go into the process.

Whichever way you choose to use the session, take note of how your emotional state changes over time.

Within the first hour of the morning is a great time to use this session. Two lengths are given in case you are short of time for the longer one.

Try to have time to transition from using this session to your next activity rather than rushing into any potentially mentally stressing activity. You will still be in a heart and mind open state afterwards.

I suggest if this session interests you that you use it at least 5 out of 7 days a week (preferably every day) for two weeks at first and notice what happens for you.

Enjoy the journey.

Who is the voice?

Avi Esther.

Avi is a talented psychic, healer, artist and teacher. She practices and teaches how to listen fully and be deeply present with all the parts of self: mental, emotional, physical and all energy bodies in order to heal, overcome fears and make dreams a reality.

Since childhood she has had regular paranormal experiences with spirits, elementals, extra terrestrials as well as performed spontaneous miraculous healings.

To connect with Avi and see what she offers visit her website: <https://aviesther.com/>

IDA - Phi

|| Length: 7 minutes

|| Purpose : Cyberdelic blend of Pi (universal constant) and Phi (golden ratio)

|| Frequencies: Mixed

Music track 'IDA ISIS' by Gavin Lawson and written in collaboration with Ida Engberg to celebrate the Egyptian Goddess ISIS and the Divine feminine energy. Scale: C Minor. A declaration of love and longing.

This session is entirely made up of derivatives of Pi and Phi. IE: The mathematical constant 3.141, and the golden ratio 1.618. The golden ratio is closely associated with the Fibonacci sequence. And this is a mathematical representation of the repeating patterns of nature.

This session was inspired by a documentary I watched on the pyramids of Giza which have these two mathematical constants in much of its geometry. How did they know and why did they use these measurements regularly? Science and spirituality have asked that question for centuries. It is believed that ancient peoples like the Egyptians, Babylonians and Greeks thought of these numbers as sacred and the key to all life and prosperity.

I added to the music track, a subtle isochronic tone with a carrier frequency of a multiple of the golden ratio, and a pulse of 3.141.

When Gavin shared this audio track with me I didn't make the connection to the Goddess ISIS that was the inspiration for the track. Synchronicity played it's part and I joined the light session to the audio without making that connection.

The result is an interesting and enjoyable short Cyberdelic trip.

;)

If found, return to Earth

|| Length: 15 minutes

|| Purpose: Strong Cyberdelic

|| Frequencies: Mixed

This is a deep dive in Cyberdelic experience for those who want to go deep and explore other worlds of vision and brain activity. You might want to print out that session title and hang it around your neck as instructions. :)

The first two minutes eases you into the light, and then it's game on!

This 'trip' may produce trance states like no other you have experienced.

Hence the name of the session. If your higher consciousness finds you blissfully wandering around other plains of existence, then it knows where to bring you back to at the end.

Enjoy and make sure you are hydrated (have drunk water) before and after as this session, as it will likely en-lighten you and super amplify your state for a while afterwards.

Instant Calm

|| Length: 6 minutes

|| Purpose: Quick relaxation, ideal for nervous or sensitive people

|| Frequencies: Epsilon - Super Slow wave (dominant)

Music by Gavin Lawson

NOTE: There is another version of this session in the extra's folder (Instant Calm 2) that is even more subtle in effect than this version. It uses a single Epsilon sine wave with a subtle High Gamma background. Same music.

This session is designed to be a short relaxing session in times of anxiety or stress. It uses multiple slow converging Epsilon frequencies in a repetitive pattern with a subtle background of high Gamma that work in synergy together. The result is a relaxing effect without any sense of 'flicker'. Therefore it makes a good session for those who are super sensitive to flicker.

Integration - (Guided)

|| Length: 26 minutes (French version available also)

|| Purpose: Guided meditation/hypnosis to process and integrate life experience on an unconscious/subconscious level

|| Frequencies: Neural reset Gamma, SMR, and Alpha (Matching audio tones in music)

Music by Gavin Lawson

"Welcome., to integration...

Take a few moments to settle into relaxing with the sound of my voice. And allow the light that bathes you to soften your body and mind. Like rays of sunlight warming you and filtering through your eyelids.

As you listen and imagine the journey you are about to take, the light will become part of that journey. Slowly changing and revealing parts of yourself ready to be integrated."

That is the first few sentences of the roXiva session 'Integration'. Welcome to the guided meditation to help you process life events and become more of a whole integrated person. Set in a forest where you become a part of the forest, this journey starts by priming your brain for change using Gamma as a neural reset frequency. And then combines various Alpha and SMR frequencies in subtle visual displays to allow you to sink into the meditation.

You will be guided to walk into a forest and become part of it and it's vast store of wisdom and expansion. Let your imagination run away with you and come back a different person.

There are certain hypnotic language patterns used in this session to enhance the purpose of the journey. So this may well feel like a deeper meditation than you're used to.

A big thank you again to Gavin Lawson for the really cool music to accompany my voice on this journey. Such a spatial
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audio feast with real nature recordings from the Welsh countryside in the UK. The combination is truly mind altering. :)

A big thank you also to Michel Pepino for recording a French version of this session which is available in the extra sessions folder.

Khufu-Egyptian Pharaoh RM

|| Length: 18.18 minutes

|| Purpose: Cyberdelic trance, mood enhancement, ancestral/unconscious connection

|| Frequencies: Mixed plus isochronic audio tones

Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released January 2025 which replaces the old version and will be standard on new lamps. This new version has 'RM' at the end of the name and is available with the other sessions for download if you don't have this new version already. The structure of the old session is maintained with some minor improvements and new music created by Gavin.

Also in the Optional extra's folder, there is a version of Khufu- Egyptian Pharaoh labelled RM2 that has 'the voice of Khufu' added by Gavin for you to enjoy.

Used in partnership with the other Khufu session the two different protocols will amplify each other. The music is purposely the same for both to encourage this.

Welcome to Egypt.., a land of ancient history, Gods, ceremony, golden sands and colourful drawings.., and a celebration of life past, present and future.

This session and the sister session called 'Khufu-The kings trance' are inspired by my extensive exploration of Egypt from the cities to deep into the desert and the resulting study of it's kings and history.

In particular, my felt connection with one of the most powerful but least known Pharaoh kings, Khufu.

Believed to be the builder of the great pyramid of Giza, little is known about Khufu and the only depiction of him is a tiny statue found in the ceiling cavity inside the pyramid itself. Much more attention is given to the popularised Tutankhamen due to the treasures found in his tomb in the valley of the kings. Had the treasures of Khufu still been in one place today, they would have made even the wealthiest kings of all time envious. It is believed that he was also a good king and ruler looking after his workers well and protecting Egypt from invaders.

It is believed by some that Khufu used his large granite sarcophagus not so much as a coffin for his afterlife.., but as a resonant chamber for help with a type of astral projection to visit the Gods and ancestors and gain wisdom. As such the shape and size of the sarcophagus is believed to react to a 40Hz frequency and amplify it.

Behind the Cyberdelic light colours and patterns is an embedded Isochronic tone of 40Hz. The carrier wave of the tone is 108Hz which is also considered a significant number spiritually and gives a deep rhythmic pulse creating it's own shift in consciousness. Truth, forgiveness, wholeness and the universe are all attributed to the number 108 by almost every religion including Hinduism, Buddhism and Christianity.

The music is mixed from multiple sources and in parts incorporates blending of holographic effects into each ear differently.

[The sister session 'Khufu-The kings trance' (which is a more subtle non Cyberdelic session) does something even more interesting. Read it's own description for that]

Combined, all this makes for a profound experience and a journey that goes beyond the psychedelic effects.

So lie down, put on a good quality pair of headphones, and say goodbye to the world around you for 18 minutes.

See you on the other side.

Khufu-The kings trance RM

|| Length: 18.18 minutes

|| Purpose: Vision quest, trance, collective unconscious connection, mood enhancement, rejuvenation.

|| Frequencies: Variable Theta, Variable Gamma including 40.05Hz and 33.03Hz with matched isochronic audio tones.

Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released January 2025 which replaces the old version and will be standard on new lamps. This new version has 'RM' at the end of the name and is available with the other sessions for download if you don't have this new version already. The structure of the old session is maintained with some minor improvements and new music created by Gavin.

[all values of this session reduce mathematically to the number 9 ? more on this in description]

33Hz is known as the Christ consciousness and/or the inside frequency of the great pyramid of Giza.

Used in partnership with the other Khufu sessions the two different protocols will amplify each other. The music is purposely the same for both to encourage this.

Welcome to Egypt., a land of ancient history, Gods, ceremony, golden sands and colourful drawings., and a celebration of life past, present and future.

This session and the brother session called 'Khufu-Egyptian Pharaoh' are inspired by my extensive exploration of Egypt from the cities to deep into the desert and the resulting study of it's kings and history.

In particular, my felt connection with one of the most powerful but least known Pharaoh kings, Khufu.

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This session is more than the sum of it's parts.

Every frequency, duty, intensity and time within the session is a mathematical multiple of the number 9. Even the session length as you can see.

The number 9 is considered spiritually and energetically as significant and important and represents the universe and all that is.

Nikola Tesla was fascinated by this number and even insisted in staying in hotel rooms that were a multiple of 9.

Behind the light experience are embedded Isochronic tones.

For the first third of the session these are perfectly matched to the slow rhythmic variable Theta frequencies with a background of Gamma to enhance the trance effect.

Included in this Theta is the Earths own pulse., the Schumann resonance.

Then it gets interesting.

Using a mix of light and tone frequencies the left hemisphere (analytical, judgemental, stress inducing) of the brain is reduced in dominance and the right hemisphere (wholistic, empathy, connection) of the brain gets increased in dominance.

But it's more than that.

A third frequency is created. And that third frequency is 33Hz, the pyramid frequency!

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And this pyramid frequency then matches the background light to enhance both.

Like with the other Khufu sessions, the carrier wave of the tone is 108Hz which is also considered a significant number spiritually and gives a deep rhythmic pulse creating it's own shift in consciousness. Truth, forgiveness, wholeness and the universe are all attributed to the number 108 by almost every religion including Hinduism, Buddhism and Christianity. The music is mixed from multiple sources and in parts incorporates blending of holographic effects into each ear differently.

Combined, all this makes for a trance state that is in between worlds. Not too deep (although you may still go deep), but rather that in between conscious and unconscious state where waking dreams take place. A twilight zone of images and messages from the past.

So lie down, put on a good quality pair of headphones, and say goodbye to the world around you for 18 minutes.

See you on the other side.

LSD party - RM

|| Length: 27.27min (with audio) (30 min version available - not remastered)

|| Purpose: Medium strong psychedelic

|| Music: Medium pace, by Audyssey

NOTE: This session is now remastered. Some improvements to the light and a new music track. The structure is the same however

Time for a drug free trip into the land of a dance party.

This started as an extended version of the 'Crystal' session and then evolved past that, getting more intense and fast moving as it progresses. Especially the last third of the session.

There's not much more to say about this one. Put on a good quality set of headphones, hit play and relax into the light as it builds into a journey of colour, fractal geometry and movement.

Keep your eyes closed after the session stops for a minute or two and enjoy the after-visuals and trance state for a while.

You can use this with any music you choose however there is some timed synchronisation with this music track.

Midday powernap RM

|| Length: 18 minutes

|| Purpose: Release stress and revitalise back ready for activity

|| Frequencies: Alpha (70%), SMR, Gamma

NOTE: A new remixed/remastered version (RM) of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version is available with the other sessions for download if you don't have this new version already. This new version has improvements to the flow and impact of the session, has switched to being dominantly Alpha which is better for the intended purpose, and has music by Gavin. The old version was dominantly Theta and was 15min long.

Sometimes the best thing you can do during the day to increase productivity and relieve some tiredness is to stop what you are doing and relax. Mini sleeps of less than 20 minutes allow you to let go of built up stress and re-focus without going too deep into sleep. When you have a nap that is longer than 20 minutes, what usually happens is you progress into a deeper stage of sleep and end up feeling groggy and defocused when you wake back up. This is due to the

normal 90 minute sleep cycles that we go through having varying levels of depth that once past a certain point, have disengaged your body and mind.

This session helps you accelerate to the right level of relaxation and recovery, and then activates a brain state of action and positive emotion so that you are ready to get back to whatever you plan to do next.

Typical at this level of brain activity also are hypnagogic effects where inspiration and idea's spring to mind.

Let go of all thoughts and let Roxiva do it's magic.

Molly

|| Length: 14 minutes

|| Purpose: Medium Cyberdelic (synchronised to music)

|| Frequencies: Mixed

Put on headphones, relax and have a short drug free feel good trip with a background of happiness producing frequencies.

What else is there to say?

Molly is a slang term for MDMA or ecstasy. Take a quick trip into the land of visual colours and patterns with joy mixed in. The session starts slowly and builds in intensity before then tapering off again. Smooth and rhythmic.

Motivation creation

|| Length: 25 minutes

|| Purpose: Inspiration, motivation, extroversion

|| Frequencies: Beta (Mixed) and 40Hz Gamma

Feeling sluggish or uninspired? Let roXiva give you that kick in the?

Based on the neurological frequencies of peak performance and an active creative mind, this is a chance to give yourself a mental boost and disconnect from the world to re-energise your thinking and therefore your action.

Leave the boredom behind and come back ready to take on the steps toward your goals.

Beta frequencies are commonly associated with an active alert mind and combined with Gamma create an inspired type of motivation rather than an overactive type.

Sometimes we need a mental boost to get going and once going the momentum takes over.

If you're prone to getting stressed you probably would be better to use a session like 'No more insomnia' or 'Happy daze' instead to get you into an alert but relaxed state.

If you feel inactive, tired, bored or sometimes get times of mild depression, then you will gain more from this session.

Interesting to note when people are measured for brain activity when engaging in or mastering a skill like a sport.., is that as the activity started by Beta frequencies progresses, and the person gains unconscious skill or mastery.., Beta tends to reduce and Theta and Alpha become stronger. This suggests that mastery is an almost trance like flow state where intuition and unconscious reaction take over.

Musecology

|| Length: 15 minutes

|| Purpose: Cyberdelic session themed on 'Nature as the world's greatest artist'

Music by Gavin Lawson

Lay back and get lost in the forest

Musecology is a session Created for the Museum of Consciousness, Equinox Festival, Wasing Farm.

The theme for this festival creation was: Nature as the world's greatest artist

A calling to Pan: The god of the wild, shepherds, and rustic music, associated with nature and forests to guide the synthesis of sound with Pigments' polychrome palette painting of vibrant sonic landscapes. While Tela's modal synthesis echoes the intricate patterns of ecosystems. Tree Tone grows auditory forests, each branch a resonating melody mimicking nature's fractal beauty. Chiral bends conventional boundaries, exploring uncharted sonic territories like a curious explorer in an untamed wilderness. Lux and Glänta add harmonic and fundamental FM textures, reminiscent of sunlight filtering through leaves. Together, these synthesiser's weave a tapestry of sound that mirrors the complexity, beauty, and organic flow of the natural world, reminding us that in both music and nature, creativity knows no bounds.

Coupled with this soundscape is a cyberdelic visual landscape of moving fractal forest leaves, and sunlight playing with the mind to create a journey unique in it's effect and affect.

Mycelium

|| Length: 6 minutes 24s

|| Purpose: Medium - medium/strong psychedelic

|| Frequencies: Mixed light with a 4.5hz isochronic tone in audio

Music by: Gavin Lawson

Mycelium is the name used to describe the network of mushroom roots underground. This session is a smooth transitional psychedelic session. And is potentially another choice for demonstrations as a more vibrant and varied experience than some of the other short sessions. Use your judgement here however. With the awesome piece of music created by Gavin the effect is both enjoyable and deeply meaningful considering the short nature of the session. The 4.5Hz tone in the music is leveraged to amplify some of the light effects and gives a very unique experience.

Neural reset

|| Length: 30, 60 or 120 min

|| Purpose: Neuroplasticity, Trauma release, unlearning and relearning, brain rejuvenation

|| Frequencies: 60Hz with a subtle background slow wave (less than 0.5Hz) [120 min version has no background and is closer to a constant light source]

***THIS SESSION IS NOT AUTOMATICALLY INCLUDED ON LAMPS ? Please read before installing.**

Age related mental decline is one of the biggest challenges in the world that is still unsolved.

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And one of the biggest natural allies we have in our brains are cells called microglia. Microglia are considered to be our brain's immune system and one of its roles is to clear out toxins from our brain.

Deep slow wave sleep (which is often lacking as we age) is one of the brainwave states that activates this microglia system. Recent research has also shown that 40Hz Gamma can also activate these microglia cells in a specific way to clear amyloid plaques that are partly responsible for dementia and Alzheimer's.

Both of these protocols are addressed in the session called 'Brain bath'.

The latest studies are showing another frequency in Gamma, namely 60Hz, that can mimic the effect of a drug called Ketamine. And this effect is like a neural reset that puts the brain back into a state similar to a young brain open to new learnings.

Ketamine, and by experiment 60Hz flickering light, blocks what is called the perineuronal net (PNN). This PNN network is responsible for locking in memories from earlier in life. In a sense the PNN is what is the cause of holding on to both useful memories and traumatic ones. So by blocking the effect of this PNN network, the brain becomes open to new input and new learnings.

More research obviously needs to be done including human trials, but these results are exciting to say the least.

This study is done so far only with mice. Typically, results on mice translate well to humans but this is not guaranteed.

Although there is nothing inherently dangerous about any frequency in the brainwave entrainment ranges, the result of putting the brain into a highly neuroplastic state without having a set intention as to what to do with that, could have unknown results.

So although the researchers state that such use of flickering light at 60Hz could be useful for things such as trauma release and re-learning..., the reality is that life throws small challenges at us on a regular basis that could be traumatic to some people if they are in a more open state of mind.

It's worth noting that the researchers only tested 60Hz and not higher. That said, Ketamine itself effects brainwaves in the 30-80Hz region so 60Hz is likely a good target.

A 120 minute version with no background is included because that is how long the study used with the mice, but I would be tempted to try just 30 or 60 minutes. This slow background pulse is subtle and is there to help with relaxing as it progressively gets slower over the course of the session.

Nikola Tesla

|| Length: 33minutes-30sec

|| Purpose: Genius/flow state/mental balance

|| Frequencies: Blend of Delta, Theta, Alpha/SMR, Beta and Gamma (music track has 639Hz background tone also)

In honour of one of the geniuses of all time, Nikola Tesla.

"If you want to understand the universe, you need to think in terms of energy, frequency and vibration"

Nikola Tesla

The man responsible for many of the things we take for granted who like others in the same league like Einstein, used thought experiments and altered states to be creative.

Added to that is my own study of not just him, but a woman called Anna Wise who was a pioneer in EEG testing for peak flow states, and also some principles of NLP such as chained anchoring and creating new states.

Nikola Tesla was a very clever man and had a particular interest in numbers that reduce to or are mathematically a 3, 6 or 9. He believed they had a type of power all to them selves and considered the number 9 especially to be a number of the universe and was fascinated enough by it to even book hotel rooms that were a 9.

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Anna Wise travelled the world measuring peak states of consciousness and discovered that brainwaves didn't show up as clear one frequency only readings but rather as a mix of frequencies that made up a unique blend with some more prominent than others.

In line with this, this session has almost all numerical numbers of frequency, duty, intensity and time as multiples of 9. The blend created is in line with the ones found by Anna in flow states with geniuses in varied fields. The NLP principals of chaining, amplification and new state generation are applied also where one frequency connects harmonically with another and then pulls it along to add in the next..., repeating faster each time. And Gamma brainwaves known to be like a catalyst for other frequencies and usually always present during enhanced cognitive ability are present throughout. The music track attached to this session contains a background tone of 639Hz. Known as the love tone this sound frequency is one of the solfeggio tones that is reported to harmonise relationships and feelings of wellbeing. Something I think Nikola would have appreciated not just for the intention..., but for the fact that it contains all his favourite universe numbers.

Added also are points of Cyberdelic effects similar to a DMT experience. The reason for this is in line with the purpose of the session. Psychedelic experiences bring with them often profound realisations and eureka moments of creativity.

This session aims to create a unique new state where all bands of brainwave activity have been stimulated very close to each other in a way that combines in expansive awareness

No more insomnia

|| Length: 30 minutes

|| Purpose: Improved sleep/Calmness/Stress relief

|| Frequencies: Theta and low Beta/SMR frequencies

This session is designed to be used early in the day to help with sleep over time. Not as a way to fall asleep although it may have that effect. The 'silent night' session and other Delta sessions are better as a falling asleep aide as per the better sleep protocol described with that session.

Insomnia or trouble with sleeping is a growing problem in the world. Please read the better sleep series (four volumes) on the main website to get a comprehensive range of idea's to help with your sleep. This session is best used during the day rather than at night as the purpose of it is to increase your SMR frequencies (12-15Hz). SMR stands for Sensory Motor Rhythm and is effectively the brains idling state where you are ready for either action or relaxation.

SMR frequencies have been shown to have some significant beneficial effects on calmness and quality of rest.

These frequencies are also responsible for movement, both while awake and non movement while asleep. As such they are found to be predominant in people like dancers who have dexterity of movement and are stimulated by exercise also.

This session uses a moving target of SMR to help with flexibility of thought and emotional state as well as train you to more easily relax when you need to relax or be active when you need to be active.

As per the better sleep protocol, 3 times a week or more is recommended. Read the protocol and follow the advice to get maximum benefit.

Northern lights

|| Length: 27 minutes

|| Purpose: Mild Cyberdelic/trance state

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|| Frequencies: Mixed, 9.9Hz, 6.3Hz, 42.3Hz

The northern lights are a world famous display of movement and colour that appear almost randomly in a celestial ballet of light.

This session set to music, is equally relaxing and mildly stimulating to create a unique state of mind. All values of this session follow the mathematical principal of 3,6 and 9 (hence the session length even being a division of 9). These numbers are considered both mathematically and spiritually significant. Nikola Tesla was fascinated by these numbers and considered them to be numbers of the nature of the universe.

The result is a trance like mild visual journey of repeating colour and pattern without being overwhelming and a state of de-stressing and meditation.

Ocean angels

|| Length: 30 minutes

|| Purpose: Relaxed emotionally charged Cyberdelic trance

|| Frequencies: Mixed plus slow wave Epsilon

There are different length versions of this session available in the optional extra's folder via the community website.

Bathe in a magic mushroom inspired emotional journey of light and sound with humpback whales and angelic chanting.

Whales (and in particular the giant humpback whale) are considered the oversouls or protectors of energy in our vast oceans.

If dolphins are the humans of the ocean..., then whales are the higher selves and guides.

There is something beautiful and moving about hearing the humpback whale 'talk' to each other and the other inhabitants of the oceans.

Part song, part joyful appreciation for being alive..., the way they echo through the water for many miles is unique and powerful.

This session mixes the song of the humpback whale with slow church choir song.

By combining some slow wave Epsilon entrainment frequencies with other Cyberdelic frequencies the result is both visually unique and very relaxing. Add to that the whale talk and the experience becomes one of emotional movement.

You may find yourself getting emotional during this session. And you will likely drift in and out of consciousness as well.

In fact the audio track is made to have your focus shift between the whales and the choir and back again adding to the dreamy effect.

I don't know what the whales are saying..., it could be ?Stop hating on each other and polluting my home you stupid people?, haha. I suspect it is much more loving than that though.

There are certain pieces in particular that move emotionally in this session in a releasing and connecting kind of way.

I've tried to mimic that in the light journey to match the whales.

Enjoy :)

Pain relief

|| Length: 25 minutes (although you can stop the session at any time)

|| Purpose: Headache and pain relief, relaxation

|| Frequencies: 0.25Hz, 2.5Hz, 80Hz

General Pain

This session is not intended as a replacement for medical advice or treatment. And is not a guarantee of relief. But it has been found surprisingly useful by many people to relieve pain and discomfort.

Physical pain is one thing we could do without.

Short term it is a signal that something is wrong and that we should be careful and get treatment when needed. Often though pain can become almost habitual or limiting due to it's intensity.

And this is where audio visual entrainment technology has not only been shown in studies to be effective, but I have many first hand testimonials from users of significant relief in as little as one session.

From an 80% reduction in PMS pain from one session to an almost 100% reduction in after surgery pain from regular use over a few weeks.

As tempting as it might be to dismiss such an idea as wishful thinking, this sort of use can be surprisingly effective. This isn't a silver bullet that's a cure all, but I suggest you give it a try so long as of course you have answered the roXiva safety questionnaire first.

Migraine Headaches

Migraine headaches and some tension headaches work slightly differently neurologically. For those I suggest the following: Alternate stimulating one eye at a time. IE: With both eyes closed as normal, cover one eye with something to stop the light getting through while under the lamp for 5-10 minutes and then swap to the other eye. Do this back and forward until complete.

An interesting side note on Migraines, is that we have a number of users (including myself) who had the unintended side effect of significantly reduced frequency and severity of Migraines from Roxiva use. For me, it's almost down to one or two a year from almost one a week. This seems to be independent on which sessions you use, and rather a result of Roxiva use in general.

This is also a really relaxing session even if you have no pain. It has a very gentle moving background that slowly helps you drift away.

Progressive Calm

|| Length: 30m or 15m (Two versions)

|| Purpose: Progressive relief from Anxiety, tension, fear and stress / calm awareness and focus / feelings of wellbeing / improved Heart Rate Variability (HRV)

|| Frequencies: Session dependent. Epsilon, with 12Hz SMR or 7.83Hz Theta [with synchronised isochronic tones]

NOTE: Progressive Calm replaces the sessions called 'No more Anxiety' and was introduced in June 2025. These new sessions have a much more subtle beginning and two different options to choose from. They start in a similar slow calming way to the 'Instant Calm' session., and then slowly transition into the beneficial frequencies.

These sessions have 5 minutes of guided coherent breathing at the beginning of them. This adds to the intended effect of progressively improving calmness and mental resilience over time. This is a pattern of breathing in for 5 seconds and out for 6 seconds through the nose. The reason for 5 sec in and 6 sec out is that studies show that one breath every 11 sec is the most effective. Also by having the exhale slightly longer than the inhale, the rest and recover (parasympathetic) state is enhanced.

These sessions are not specifically designed to calm someone down if they are highly anxious in the moment. Although they will have that effect. They are better suited to improve calmness and mental resilience over time. The 'Instant Calm' session is better suited for helping with high stress or anxiety in the moment.

There are two options for this session. One with Theta as the main frequency and one with SMR. Long term the SMR version is likely to be more effective in balancing brain activity. And the Theta version is there as a stepping stone or alternative if the SMR session is a little too high. Both will assist with stress and anxiety reduction.

These sessions are for training a new set point of being during the day that has both relaxing and action involved.

Research shows that it's not just an over abundance of higher brainwaves that are more common in people with anxiety, but a lack of coherence in the lower brain frequencies. However, aiming for these lower frequencies although beneficial to relaxing..., is not always what is needed to train your brain to be in a relaxed but alert state during the day.

Few people can operate a normal life while staying in a low brainwave state. It simply is not sustainable.

Therefore, until you have a way of being alert but relaxed..., over-training at low frequencies is unlikely to help you with anxiety during the day.

The SMR session in particular, is designed to help you retrain yourself into what is called an idling state. This is a state where you are ready to either take action or relax. Almost like a tipping point in either direction.

Each of these sessions have perfectly matched isochronic tones embedded in the music. They are perfectly synchronised to the pulses of light to make the effect more powerful with light and sound all entraining you to the same beneficial frequency state.

Added to this is a background slow wave pulse in time with the very simple coherence breathing technique. Read the article on the main website called

<https://roxiva.com/breathwork-and-audio-visual-brainwave-entrainment/>

to learn more about this.

The coherence breath is a slow gentle breath in and out through the nose into the stomach/abdomen at a rate of 6 breaths per minute. This equates to breathing in for 5 seconds and breathing out for 5 seconds. I've modified this value to match the actual research that shows one breath every 11 seconds to be optimal.

This breath practice is not only very good for releasing stress and calming down..., but also for improving heart rate variability which is a measure of how healthy your heart is.

(see <https://roxiva.com/health-in-a-heartbeat-heart-rate-variability-hrv-how-to-improve-it/>)

After 5 minutes the guided breathing pattern will fade out of the music. At this point you can either continue to breathe in this way for as long as you like or just let it go and breathe normally.

Come back to these sessions anytime you like. They are useful for more than anxiety and will serve you well for an active life.

One final suggestion.

If you practice this breathing pattern (the coherence breath) 2 or 3 times during the day for 5 or 6 minutes even without the lamp..., you will maximise the effect even further. This is not only because of the calming effect of the breath..., but the two experiences will get linked in your brain by way of neurological conditioning. And you will find you can do this anywhere, anytime.

Rapid transformation

|| Length: 31 minutes

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|| Purpose: Guided hypnosis session for personal transformation and stress relief

|| Frequencies: SMR and Theta

Music: Relaxing ambient, by Nina Walsh

Rapid transformation is guided hypnosis session for personal transformation and stress relief. And is a collaboration with UK music artist Nina Walsh.

Rapid transformation: Subsonic Delta sleep recording, combining deep healing frequencies and RTT (Rapid Transformation Therapy) with the lovely Stephanie Ansell. Some of you will know Steph as vocalist in the early live days of St Etienne. However, Steph has now trained as a registered RTT practitioner and is still putting her beautifully hypnotic voice to good use. RTT can deliver extraordinary change from physical, emotional, and psychological pain by reframing our core beliefs, values, habits, and emotions deep in the subconscious. By rapidly rewiring the brain's neural pathways, RTT replaces our out-dated belief systems and negative behavior patterns. Combining both Binaural Oscillations and RTT Hypnotherapy, this recording takes you on that journey from Alpha through to Theta and leaves you in Delta for a sound night's sleep and lasting imprints of positive suggestion and letting go.

Nina Walsh is a groundbreaking composer, performer and producer. Her first commercially recorded vocal performance was on the Primal Scream track 'Original Sin' - remixed by the famed DJ and producer Andrew Weatherall. Nina and Andrew went on to set up and successfully manage two record labels: 'Sabres of Paradise' and 'Sabrettes'. Nina designed the tartan with Dame Vivienne Westwood and was made into a suit for Keith Flint (The Prodigy) Nina worked with Alex Patterson from The Orb together wrote two tracks - 'Ghost Dancing' and 'Plum Island' - both of which appear on The Orb's highly acclaimed album 'Cydonia'. Nina has been running her own label Woodleigh Research Facility and continues to release music regularly.

NOTE: There is one point at the beginning where there is an instruction to 'close your eyes?', because originally this was made as an audio only. So, ignore that instruction as your eyes will of course already be closed.

<https://www.ninawalsh.com/>

<https://ninawalsh.bandcamp.com/>

<https://woogleighresearchfacility.bandcamp.com/>

Rebirth

|| Length: 45 minutes

|| Purpose: Mental and physical release/reset, deep relaxation and stress relief

|| Frequencies: Theta, some Mixed Beta,

Rebirth 2.0

|| Length: 45 minutes

|| Purpose: Mental and physical release/reset, deep relaxation and cellular memory activation

|| Frequencies: High Gamma, super slow wave Delta, and mixed Alpha/Beta at the end

Music by Ray Schloss with the voice of Alisa Galper

[NOTE: An instrumental only version is also available in the optional extra's folder]

Rebirth 2.0 isn't just a session., it's a transformational passage. Deeper. More stirring. More alive. An unforgettable reset that moves you on every level.

Rebirth 2.0 takes you deeper than ever before., an enhanced, more dynamic journey that expands upon the original experience.

This newly reimagined version was created through the powerful collaboration of producer and musician Ray Schloss and recording artist Alisa Galper, with guiding input from Ben Greenfield. Every instrument and tonal layer has been composed and performed in Robert Edward Grant's Precise Temperament, a revolutionary tuning system aligned with sacred geometry ratios, with A set at 432 Hz as its foundation.

This creates a resonance that doesn't just sound harmonious., it feels harmonious. Listeners often report a profound sense of alignment in body, mind, and spirit, as if the frequencies themselves unlock a deeper connection to the rhythms of nature and the geometry of life. The result is music that moves through you, not just around you., restorative, expansive, and deeply centering.

You'll be immersed in an enriched landscape of light, sound, and frequency designed to echo the profound mental and emotional state of the final trimester in the womb. Layers of music, tone, and voice create a space where deep introspection meets emotional release, inviting you into stillness, clarity, and renewal.

And then, you are reborn. Emerging with a heightened sense of choice, presence, and connection, you carry forward a living reminder of the wonder within. Rebirth 2.0 isn't just a session., it's a transformational passage. Deeper. More stirring. More alive. An unforgettable reset that moves you on every level.

[Recharge my day - 1, 2](#)

|| Length: 20 minutes (1) and 30 minutes (2)

|| Purpose: Midday meditation

|| Frequencies: 7.83Hz, 12.24Hz, 14Hz, 40Hz

Relax and get away from it all before then being stimulated back to a solution focused mind, rejuvenated and ready to get back to it.

Perfect for Busy People and with a 20 minute length as well in case you don't have 30 minutes to spare. If you're even shorter on time then use 'Midday powernap' which is only 10 minutes long.

Roxiva has a number of relaxing programs; and they work brilliantly especially if you want to chill out afterwards. Busy people don't have that luxury always though. They want to relax but still want to get things done afterwards.

This is designed to give that release and boost without it needing to be the end of the day.

Ideal instead of a powernap and to unwind, let go and restart again.

The frequencies used promote increased blood flow in the brain, higher level thinking and inspiration, and an elevated mood with reduced stress and anxiety.

[Return of the Squirrel RM](#)

|| Length: 18 minutes

|| Purpose: Strong Cyberdelic

|| Frequencies: Mixed Cashews, Almonds and Walnuts

Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released January 2025 which replaces the old version and will be standard on new lamps. This new version has 'RM' at the end of the name and is available with the other sessions for download if you don't have this new version already. The structure of the old session is maintained with some minor improvements and new music created by Gavin.

Having weaned himself off acid and on to harder drugs..., our favourite furry friend (also known as Acid Squirrel) is back. Known in some circles as the Squirrelorian, and others as Furry-Wan Kenobi..., the epic inter-galactic battle for park supremacy with Duck Vader is over.

Squirrel valiantly fought alongside fellow Jedi park masters Yogi bear Solo and Boo Boo bear Grass-walker, and defended his nuts.

Now it's time to paaaarty. And Squirrel knows how to party.

The furball, the myth, the legend...

Join him as he shakes his furry butt

Synchronised to music so that as the music changes, the light experience does also. This experience will leave you wanting more.

[Return to happiness](#)

|| Length: 30 minutes - with audio

|| Purpose: Mood enhancing

|| Frequencies: Mixed SMR, Theta and Medium Beta (plus matched isochronic tones)

The first part of this session has some mild Cyberdelic visual effects that fade toward pure entrainment as the session progresses. This is not just for entertainment but is part of the sessions intention.

We all need a pick me up from time to time. Feeling low can be all consuming and hard to break out of. This session is designed to help you break out of the habitual mindset of feeling low. It's great to use a session to get you feeling better temporarily. Better still though is to start to train your brain to be in the frequencies of mind that encourage happy moods. What shows in experience and research to be most effective in this goal is to encourage a brain state that is ready for action but relaxed. In a way this is like heart rate variability (HRV). HRV is a measure of the hearts ability to change quickly from relaxed and slow to aroused and fast. The brain of a mentally balanced person is the same. It's not accurate to think that what a low feeling person needs is to escape from low frequencies. To do so would take away a persons ability to relax. SMR frequencies are like the idling state of the brain which fill this role of being ready but relaxed. This session has a stable core of SMR with some moving Theta and Beta to further enhance the effects.

The session has an audio track with matched isochronic tones embedded in it. The first few minutes has an unusual sound added (I'll let you discover that) and the last few minutes transitions into an upbeat music track (which purposely ends abruptly). You always have the option to choose your own audio track to go with the session also. Choose an audio track that is either relaxing or uplifting. The audio tracks included on the RX1 are perfect for this. Before making a purpose built track I was using either the '30m- Koshi wind chimes' one, or the '30m- space ambient' one. In case you don't know..., once you have selected a session on the lamp, one of the options in each session menu is to select audio. when you go into that option you will be taken to where all the audio files are. And there in the list you will find a group of 30m audio tracks to choose from. This is where those two options are plus others.

Combine the session with purposeful breathing if you like or just relax and let it do it's work. This session is designed to build mental resilience over time that lasts.

En-joy.

Roxi 1,2 and 3

|| Length: 5 minutes

|| Purpose: Rhythmic medium Cyberdelic session

|| Frequencies: Mixed

Roxi 1- Connected: Music by Gavin Lawson.

Roxi 2- Lomi Lomi: Music by Gavin Lawson.

Roxi 3- Counting Craters: Music by Phelan Kane. Phelan Kane is a music teacher and has worked with Radiohead, Placebo, Boy George, Fad Gadget, Dido and Depeche Mode. Phelan is an Ableton Certified Trainer and lives in Berlin

NOTE: New remixed/remastered versions of Roxi 1 and 2 were released January-March 2025. They replace the old versions and will be standard on new lamps. They are available with the other sessions for download if you don't have these new versions already. The structure of the old sessions are maintained with some minor improvements and new music. The old version of Roxi 1 (which was just called Roxi) was 4min long.

Welcome to Roxi.

This is a smooth rhythmic visual session to give people a taste of colours and patterns. Great for a short demonstration session.

The effect is hypnotic due to it's repetition which some people prefer to a rapidly changing session.

Each of the three Roxi sessions are progressive in effects. Giving users an opportunity to experience additional effects while the structure remains similar.

Roxiva K

|| Length: 43 minutes

|| Purpose: STRONG Ketamine effect Cyberdelic ? Euphoria, creativity, neural reset, brain plasticity, strong relaxant, feeling of 'high'.

|| Frequencies: Mixed, embedded in light and sound.

Music by Gavin Lawson

I recommend not using this immediately before needing to be fully active. Allow a period of time afterwards to integrate the experience. The feeling after can be a mixture of being 'high', very relaxed and euphoric.

'Roxiva K'.., is a Ketamine inspired journey that will blow your mind and body out of this world. Don't worry, you'll come back.., feeling very different.

This session is a collaboration between myself and Gavin (see below) of Cyberdelic blends and embedded Ketamine frequencies. The feeling builds as the session progresses. The feeling after as you go about your day is quite something. :)

There is more than one way to use this session. Use your imagination and intuition to take advantage of the unique state produced which will be of benefit in a number of situations.

A note about Ketamine. Ketamine has been called by some psychedelic therapists as chemical mindfulness. And mindfulness by definition is.., present moment awareness without judgement. Approach this session with that mindset and you will get the most from it.

In the beginning, go into the journey with no intention other than to totally let go into the light. And this will likely be the

best way to experience the session.

The light session has a mix of frequencies and their sub-harmonics for neural reset and brain plasticity effects combined with psychedelic DMT style frequencies. The combination improves the kinaesthetic effect along with the visuals.

NOTE to non English speakers. The piece of talking at the beginning is a a short speech by an inspirational author. It's not required to understand any of it. :)

Some of the frequencies in Gavin Lawson's music track are listed below. :)

Section 1 75bpm - 2.5Hz Isochronic.

Section 2 105bpm - 1.8Hz Isochronic.

Section 3 90bpm - 3.0Hz Isochronic.

Section 4 86bpm - 4.5Hz Isochronic.

SAD relief (guided or unguided)

|| Length: 20 minutes

|| Purpose: Relief from low feelings due to lack of light / Boost of positive mood brainwaves

|| Frequencies: 20Hz (modulated)

Music by Audyssey

NOTE: This session is not a replacement for professional advice or treatment. If you or anyone you know suffers from persistent low feelings or depression you/they should seek professional help.

The guided version has 5 minutes of resonant breathing at the beginning.

Seasonal affective disorder or SAD, is a particular type of depressive feeling that happens during low light times of the year like winter. This session takes advantage of two aspects of entrainment. One being that high Beta frequencies like the 20Hz one in this session are a good balancer to the typical lower frequencies associated with feeling low. And another less known effect of the suppression of the lower harmonic or half of the entrainment frequency. EEG measurements of people with SAD show an excess of Alpha waves at around the 10Hz range. Therefore, by using entrainment at 20Hz, the excess is reduced, and more positive higher frequencies are enhanced. The audio track also has this 20Hz frequency embedded in it.

The guided version uses a specific pattern of resonant breathing or coherent breathing. In this case breathing through the nose into the abdomen for 5 seconds in, and 6 seconds out. This matches the coherent patterns of most people and matches the research that shows 5.5 breaths per minute as the ideal for most people to improve heart rate variability (HRV). And an improved HRV helps create mental and physical resilience to stress and depression. This adds to the effect of entrainment also improving HRV.

I recommend the best time to use this is in the morning and/or early afternoon.

Secret world

|| Length: 5 min

|| Purpose: Medium/strong Cyberdelic

|| Frequencies: Mixed Theta, Alpha and Beta

Music by Gavin Lawson

Secret world is a session that builds in intensity as it progresses. Allowing the user to quickly enter a heightened state. Initially this was a demo session for the directors of Audeze headphones whom we now have a collaboration with. As such they we have a discount code if you'd like to purchase their high-quality headphones. A great demo session for relaxed and people experienced in deep trance states.

Shake the Snow Globe RM

|| Length: 30 minutes

|| Purpose: Neural reset / Personal development / Therapeutic enhancement

|| Frequencies: 60Hz, 10.5Hz + mixed Alpha/Beta with added Isochronic tones

Music by Gavin Lawson: This special composition by Gavin is done as a Spatial Binaural recording with a 10.5Hz Isochronic Tone. Combining a generative and spectral synthesis of field recordings of the Llansantffraid river in Wales, UK.

Thank you to Gavin for this new piece to enhance the session.

NOTE: This session was remixed/remastered in May 2025 to now include music and an improved more flowing light sequence. The old version had no music.

When you shake a glass snow globe, the particles of white 'snow' swirl around and slowly settle in a new pattern. People often use this opportunity to make a wish for the future.

To say 'Shake the snow globe' in conversation.., is a reference to chaos and/or change. It means creating a type of purposeful chaos before letting that chaos turn into a new normal. In essence, it's a type of reset that allows for changes to take place. The idea being, that you shake the snow globe in the mind and let the neurons resettle like the falling snow in a new pattern.

Done purposely this can be hugely beneficial and powerful. It's what most psychedelics do in a therapy context. They put the brain into a state of plasticity or malleability. IE: Open to change, new learnings and new habits.

This session is designed to give you a base to work with on yourself or with clients. It takes advantage of a few of the effects of photic entrainment.

This session has a 10 minute Cyberdelic portion, a 10 minute neural reset portion, and a 10 minute meditation portion that has both the neural reset frequency and a simple Alpha pulse behind it.

Cyberdelic imagery is great for entering and altered state of consciousness and dissociation.

60Hz gamma has been shown to promote a type of neuroplasticity similar to the drug ketamine.

Alpha is an ideal frequency for guided meditation, cognitive enhancement, and flow states of peak performance. Combined with Gamma (which 60Hz is) this mix has associations with memory accessing and recoding.

So this may be useful as a 'therapy' background to be used with complimentary practices like guided meditation, hypnosis or breathwork for example. Either for self use or use with clients.

Enjoy :)

Shamanic Journey

|| Length: 40 Minutes

|| Purpose: Hybrid session: Trance Entrainment plus mild to medium Cyberdelic audio visual journey of self discovery

|| Frequencies: Mixed

Music by Gavin Lawson

Previously called Ayahuasca Journey

NOTE: This session was renamed and remixed in March 2025, replaces the old Ayahuasca Journey session, and will be standard on new lamps. This new session is available with the other sessions for download if you don't have it already.

This new session spends more time at the target frequency, has matched tones in the music, and introduces a more fireside effect towards the end instead of the old white noise effect.

Also added to this session at the beginning and end are the sounds of a Bullroarer. This is an ancestral communication instrument made from a flat piece of carved wood on a string that is spun around at varying speeds creating a vibration in the air. The sound produced would travel for miles.

[Must be used with headphones for full effect. Preferably over ear closed back style or noise cancelling headphones that prevent outside noise from getting in]

Welcome to your inner journey of discovery, Cyberdelic experience and deep insight.

This session combines shamanic drumming, moving visual kaleidoscopes of colour and pattern, EEG recorded frequencies from actual DMT and ayahuasca trips, and the Ganzfeld effect for a journey that takes you through different stages of trance states associated with enhanced perception and a loosening of the barriers between conscious and unconscious communication.

Designed to be sometimes engaging and sometimes layed back.., this session starts with a gentle introduction to two frequencies of mind altered states associated with the spirit molecule of DMT which is also present in Ayahuasca.

Both of these frequencies (one in low delta and one in medium Theta) are harmonically matched and all frequencies in this session reduce mathematically to a 3, 6 or 9 which are believed to be a significant group of numbers in the fields of both mathematics and spirituality.

The second phase of this session uses a cocktail of Alpha and Beta frequencies to produce Cyberdelic effects to go with the brain state created by the first phase.

The third and final phase introduces a variation of Ganzfeld effect with an almost constant light source.

NOTE: The last part of the old session used a form of white noise in the audio that sounds like a hiss.

The almost constant light source in this third phase still contains background frequencies of both Theta and Gamma for an enhanced trance state but at such a high refresh rate that it is imperceptible from constant light. Just enough to colour the experience beyond a standard Ganzfeld effect.

Everyone's experience will have some similarities but also be quite unique. Some people will be hyper alert after such a trip while more common is to drift off completely and potentially not even remember much.

Also common is to have insights and feelings of well-being both soon after and the next morning.

As with any session, hydration (drinking water) will both enhance the experience and the after effects.

Enjoy the trip.

Silent Night 1 and 2

|| Length: 1- 30 minutes, 2- 20 minutes

|| Purpose: Sleep training and improvement with verbal guidance affirmations

|| Frequencies: Alpha, Delta and SW (slow wave) with added audio tones

|| Music by Gavin Lawson: Slow ambient with rain. Narrated by Ben Greenfield.

This new version inspired by, and narrated by Ben Greenfield.

Ben Greenfield is a New York Times Bestselling Author & Leading Expert in Biohacking, Longevity, Fitness, Functional Nutrition, Supplements & More

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Thank you to Ben for putting a voice to the affirmations, and Gavin for creating music to fall asleep to.

There are versions of these sessions without verbal guidance in the extra's folder if you prefer to use those after training with these guided ones.

NOTE: This session was remixed in May 2025 to be two sessions instead of one with significant improvements. The original older session was simply called Silent Night.

Issues with sleep typically fall into three categories

- Trouble falling asleep
- Trouble staying asleep or getting back to sleep after waking
- A lack of the deeper stages/levels of sleep

Therefore, this session addresses all three of those issues in the form of repeated affirmations while using beneficial frequencies for deep sleep.

Research shows that affirmations that are based around "You" rather than "I" statements seem to be more accepted by the listener. I've written about this in an article on affirmations on the main website but for quick reference here's an example of the research: <https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.2048>

These sessions are designed to be used together as you progress with sleep training. And BTW, years ago I did a deep dive on sleep and wrote a comprehensive series of articles on the subject here:

<https://roxiva.com/comprehensive-guide-to-better-sleep-series-volume-one/>

Silent Night 1

Has affirmations in the first 10 minutes of the session. I've applied a sliding reverb to Ben's voice which gives the effect of the space you're in slowly getting more spacious. It begins with three slow breaths that have been shown to very quickly downregulate the nervous system. And slowly takes users from a low Alpha brainwave state, into the deep restorative brainwaves of Delta combined with a super slow wave background.

Silent Night 2

Has only the three deep slow breaths at the beginning and goes directly into the Delta and slow wave frequencies with no ramp down to them.

How to use them

The idea therefore, is that Silent Night 1 acts as a primer for Silent Night 2. And the two sessions can be alternated back and forth or you can settle on a favourite. The three slow deep breaths are also there as an anchored/conditioned response. So even without the session, a user can do those same breaths when they get into bed. And the brain will know on some level that this means it's time to start falling asleep.

These sessions are designed to break the pattern of active and negative thoughts about sleep and promote the brainwaves conducive to getting into the deepest levels of sleep where recovery, growth and rejuvenation occur.

The light and sound follow a slow progressive ramp down from Low Alpha (9Hz) to mid Delta (2.5Hz).

Silent Night 1 can be used during the day as a type of training tool. Silent Night 2 is best used at night. Both sessions only use the warm white LEDs on the lamp. Thus further minimising any potential blue light exposure. Although as outlined in the article in the FAQ section, blue light getting to the eye is minimal when they are closed.

An Advanced Practice If You Choose

As a pleasant surprise, I discovered that Gavin had put a slow 30 second wave of a type of pink noise in the background of the music. And this gave rise to the idea of a slow light wave following it. Which is a really nice effect. And, if you choose to., you can follow that wave with your breathing. So breathe in for 15 seconds, and out for 15 seconds. This isn't necessary but is a great practice for creating super calm states.

Combined with what you will learn reading the Better Sleep series, I trust this gives you the shifts you need to improve the quality and quantity of your sleep.

Pleasant dreams.

Solar Tsunami

|| Length: 14 minutes

|| Purpose: Medium strong Cyberdelic

|| Frequencies: Mixed

Music by Gavin Lawson. Always a pleasure collaborating with you.

Solar Tsunami uses a surf inspired waveform Alpha soundscape with a similarly modulated light-scape. There is a slightly randomized but rhythmic set of tones in the music that synergize with the light in a way that mimics ocean waves. The result is an ambient but impactful light and sound journey. This was a fun creation.

Somewhere Special (There and Back)

|| Length: 45 minutes

|| Purpose: A deep progressive journey into the slowest of brainwaves. Personal connection and discovery

|| Frequencies: 200Hz, 111Hz, 40Hz, 7.83Hz, 2.5Hz, 1.05Hz, 0.2Hz, 0.1Hz

Music composed by Gavin Lawson (matching tones embedded in the music)

I went somewhere. Thankfully I came back.

NOTE: This is a remastered version of the session called 'There and Back'. And was introduced in June 2025. This new session has more time at the deepest level of brain activity, less frequency changes, and slowly fades out at the end while maintaining that deep level rather than increasing in speed as the old session did.

This new session also has a constant super slow wave throughout to maintain the deep coherent goal of the session. And the final third of the session has a unique slow pulse that creates a type of hanging in mid air effect. The result of which is somewhere without an adequate description. Somewhere special.

A very deep exploration session for those who want to go inside and see what is there in the ultimate search for what consciousness is.

Multiple brain rhythms are explored in this session but not all in the order listed. Each frequency band has it's own benefits in the exploration of mind and cognitive health. Each stage of the session has a blend of brainwaves that experience has shown to create some very powerful and unique trance states. Your mind will wander and you may even experience a mind body split similar to what astral projection practices result in.

Spaceship dream

|| Length: 19.5 minutes

|| Purpose: Medium-strong Cyberdelic, immersive journey (synchronised to music and sound effects)

|| Frequencies: Mixed

[Must be used with quality headphones for the best experience]

NOTE: This session has rapid changes in light and darkness levels.

Become part of a metaphoric short story told in light and sound. Read the setup for the scene before using.

This session is unlike anything you will have ever experienced before with a stroboscopic light machine.

Here's the scene..,

You wake up slightly disorientated in a dark room feeling and hearing only your own heartbeat. As you begin to gain more awareness of your surroundings you can hear the deep hum of powerful engines. Now with growing clarity, you realise you are on a large spaceship. Strange sounds come and go. How you got here you don't know although you have a distant memory of stepping into a light portal of some kind in a different time and place.

Straining to see in the darkness you can see the outline of three solid metal doors.., each going in a different direction.

There's only one way to find out what is going on.

Getting to your feet and taking a deep breath.., you decide to explore what is behind each door one at a time.

And that is when the fun begins.., because unknown to you, each door is a portal to an alternate reality with it's own unique light and sound experience.

As you walk to each door, it slides open and envelopes you in it's reality for a while until, as abruptly as it began, the door slides closed again leaving you back in the still dark spaceship surrounded by the hum of the powerful engines and distant sounds that are both alarming and unusual.

None the wiser but feeling strangely excited.., you walk to the next door.

Splash of joy

|| Length: 10 minutes

|| Purpose: Mood enhancement, quick boost in mental clarity

|| Frequencies: Theta and SMR (12-15Hz)

We all can make time for a 10 minute pick me up.

Using frequencies shown to help people feel better even in those who are considered depressed.., this session is for when you haven't got time for a longer session or as a demonstration to those new to light technology. Just enough time to let go of the world outside and stimulate your brain into SMR frequencies that are your brains idle point where positivity, productivity and calmness reside.

This session is similar to the first 10 minutes of 'Don't worry, be happy'.

Splash of joy 2

|| Length: 20 minutes

|| Purpose: Mood enhancement, mental clarity

|| Frequencies: SMR (12-15Hz) and Theta - with matched audio tone

Music by Gavin Lawson

The first 10m splash of joy session has become a favourite for many. This longer version starts similarly and then moves into slightly modified affects and has a special music track composed by Gavin Lawson with a matched audio tone embedded.

Using frequencies shown to help people feel better (and get a better night's sleep), this session is an ideal boost for positivity, productivity, focus, and attention.

Thankyou Gavin for the engaging music to compliment the light.

Stargate

|| Length: 6 min

|| Purpose: Medium/strong sci-fi based Cyberdelic

|| Frequencies: Mixed Alpha, Beta, and Gamma

Music: Med paced with stargate and other movie sound effects, by Gavin Lawson

Get ready to be time stretched as you enter a stargate and emerge in a different world.

This session builds in intensity and has an alien science fiction theme. Starting with the dialing sequence of the stargate, the session then enters the wormhole and emerges into a collage of Cyberdelic visuals in tempo with a catchy upbeat music score. Perfect for fans of sci-fi movies using modified sound bites and effects from popular past sci-fi movies.

The result is something quite spectacular.

Stellar Gateway- Gamma

|| Length: 32 minutes

|| Purpose: Dissociative mild Cyberdelic / Relaxed body, alert mind state / spontaneous lucid and out of body experiences

|| Frequencies: Primary - 40Hz light with 40Hz isochronic tone throughout, Secondary - Theta activity enhanced by mixed mild Cyberdelic frequencies at the beginning.

Music by Matias Lujan. See below for details.

There's a 60min version of this available in the optional extra's folder via the community website.

Welcome to the ?Stellar Gateway- Gamma? experience.

The main purpose of this session is to promote the internal state that is present during OBE (out of body), Astral travel, and Lucid dreaming experiences. Not surprisingly (once you know how the brain works), the same frequencies are also present in our brain when we are in a state of peak athletic or cognitive flow, creative inspiration, deep trance, deep restorative rest, and the processing and release of emotions. These exotic dream type states are not guaranteed but are more a side effect of the relaxed body alert mind state. Obviously if you practice exercises designed to promote these states you will have a higher chance of experiencing them. Either way., this is a very nice and different type of trance state that will often result in new levels of mental clarity.

40Hz is one of those frequencies that gets a lot of attention around the subject of cognitive health, peak performance, and creativity. But it also produces very deep and exotic trance states.

The effect of this session for most people is one of a relaxed body but alert mind. It?s a different type of Alertness, however. You?ll know what I mean when you try it. You may still check out and be almost unconscious., but it?s more likely that you will experience and remember dream like visions different from a sleeping dream.

The first 17 minutes of both lengths of session have two waves of very light visual effects to aide in the dissociation. The second wave is more subtle than the first and each builds to a peak before slowly reducing to nothing. Both these waves are purposely mild in effect. After that there is a constant warm 40Hz glow for the remainder of the session.

Thank you to community member and music composer Matias for the audio track that goes so well with the session.

The music journey is produced by Matias Lujan, a.k.a Heartzet.

An artist that has been focused on creating brainwave entrainment music tuned to 432Hz.

To explore more of his work., check out:

momentobinaural.bandcamp.com (thesis of his sound studies)

heartzet.bandcamp.com (main artistic alias)

<https://www.instagram.com/thelightloom/> (visual art)

For collaboration/cocreation - Contact: +4571425901 matiaslujanmelillo@gmail.com

Strings

|| Length: 9 min

|| Purpose: Mild/Medium Cyberdelic classical violin concerto.

|| Frequencies: Mixed Theta, Alpha and Beta

Strings is a beautiful slow progressive session synchronised to a live group violin concert performance. Slow and inspiring with peaks and troughs of intensity. This session expresses emotion and beauty in music and light as the interplay between subtle and more impactful pieces of the music is replicated in the light effects. The result is a building light performance peaking at a crescendo as the violins build and peak also.

Sudden insight

|| Length: 30 minutes

|| Purpose: Idea creation / problem solving / inspiration / Ah-ha moments

|| Frequencies: Alpha (Dominant) 10.20-11.20Hz, Theta 7.83Hz, Gamma 40Hz

Based on research around ah-ha moments and insight..., welcome to 'Sudden insight'.

Not only does this session follow the EEG driven research around brain activity during insight and eureka moments of inspiration and solution finding..., but the effect is a powerful trip into building a bridge between your conscious and unconscious mind.

Sometimes seen as divine inspiration or intervention, sudden bursts of insight often come when you least expect it.

This session is designed to accelerate that process and give you a break from the outside world while you drift off into the depths of your own mind and perhaps even the universal mind of all that is.

The structure of the session creates a unique experience that can only be described as mind expanding.

The session contains 7.83Hz for a relaxing and cerebral blood flow enhancing effect, a drift state of Alpha for priming the mind and inducing dissociation, and the Gamma bursts themselves that progressively get closer together.

How to use it...

For random inspiration or idea's, simply go in with no expectations other than to relax and let your mind wander.

For specific problem solving or idea creation, start with the issue in mind and then mentally let it go with the intention of coming back to it later. Let your mind wander and like with meditation..., allow whatever thoughts come to mind drift off again unless it is the specific idea you want. The intention behind having a pad of paper and pen next to you is also helpful.

The key here is no expectation.

Don't search for anything. Let the light do it's job.

You may finish the session and have the insight you need or it may come to you later.

Either way you will feel quite different when you come back from your journey.

Enjoy

Super Schumann

|| Length 25 minutes

|| Purpose: Grounding / integration / memory access and consolidation / high level trance state / general well-being

|| Frequencies: 7.83Hz, 86.13Hz (light plus isochronic tones)

The Schumann resonances are a set of frequency peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field. They are global electromagnetic resonances, generated and excited by lightning discharges in the space between the Earth's surface and the ionosphere.

If we are out of sync with the Earth's frequency we can begin to exhibit signs of discomfort that can range from anxiety, insomnia, illness and suppressed immunity.

Although there are variations in the frequency..., 7.83 Hz is the peak.

86.13Hz is the 11th harmonic of this fundamental 7.83Hz peak. The 11th harmonic of a fundamental frequency has been shown in some studies to amplify the fundamental. In fact with sound..., if the fundamental frequency of a cell (like cancer) is found and the 11th harmonic of that is aimed at the cell, the cell shakes itself to bits and is destroyed. This is of course very hard to pinpoint and get right so far in science and needs more work to prove effective but it's a potentially exciting area of exploration.

86.13Hz is also medium/high Gamma..., which is present in high level trance, mental processing and integration of the days events when we sleep.

'Super Schumann' takes advantage of this relationship in two ways with both sound and light.

Firstly, the mix of 7.83Hz Theta and 86.13Hz Gamma produces a specific type of trance utilising a brainwave state called Theta/Gamma coupling. A common occurrence in trance and memory processing.

Secondly, this harmonic amplification is included with both light and sound tones behind the relaxing nature sounds.

The sound carrier wave tone is 86.13Hz and is modulated with a 7.83Hz pulse. This is purposely set to be just at the threshold of what you can hear so that it is unnoticeable.

The overall effect is one of feeling rejuvenated, peaceful and calm afterwards.

There are too many uses for this session to list them all but one potential use is in helping to integrate spiritual experiences.

Susanne meditation

|| Length: 19 minutes

|| Purpose: Guided meditation and relaxation

|| Frequencies: Alpha

Music by Phelan Kane with meditation guidance by Susanne Faith.

Susanne is a qualified PhD psychologist, yoga trainer and meditation expert from Detroit who is based in Barcelona and the director of the Bindu Institute.

Phelan Kane is a music teacher and has worked with Radiohead, Placebo, Boy George, Fad Gadget, Dido and Depeche Mode. Phelan is an Ableton Certified Trainer and lives in Berlin.

This recording was originally intended as a seated meditation but works just as well lying down. Enjoy ?

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Suspended moments

|| Length: 20 minutes

|| Purpose: Strong Cyberdelic synchronised to music

|| Frequencies: Mixed (matched audio of same name)

Music by Michel Pepino

Welcome to Suspended moments..., a collaboration with Michel Pepino one of our RX1 owners and a music composer. You'll see him from time to time in the community.

[NOTE: There is a French version (as there is a small amount of talking in the middle) in the extra's folder with the sessions]

This started as an idea to make an in-house music track that is completely unique and never heard before to combine with light for the ultimate light and sound meditation experience. And the music track that resulted is just what I needed to make some unique and interesting transitions of light. This is a journey of contrasts and unique moments in light and sound.

So put on your headphones, hit play and suspend your awareness for a few moments.

About Michel:

"I've been making music since 1993.

I was known for my tracks in a night club in Aix en Provence (Club 88), and a local radio station (Maritima).

I've slowed down producing music for many years because of my job and family.

"Thanks" to Covid 19 lockdowns, I've re-created my home studio with outstanding new virtual synthesizers.

My first track released in that period was The magic frequency

This track was inspired by : Antony Holland at Ted EX

My actual goal is to spread joy, happiness, and raise consciousness thanks to my music tracks.

The RX1 (and the team behind it) gives me the opportunity to have more listeners, so potentially more happy people :) "

My soundcloud address is : <https://soundcloud.com/michel-pepino>

And my email is : mpkiteman@gmail.com

Taking flight RM

|| Length: 13 minutes

|| Purpose: Relaxing Medium/Strong Cyberdelic

|| Frequencies: Mixed Beta plus Low Gamma

NOTE: A new remixed/remastered version (RM) of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version is available with the other sessions for download if you don't have this new version already. This new version has improvements to the visual effects and music by Gavin.

The old version was 12min long.

This session is a blend of flowing Cyberdelic imagery and heightened awareness through the introduction of low Gamma frequencies into the visual journey to give it a different feeling. The result is a more spatial effect with some body/mind separation. The music flows and sours as you fly with the session.

Smooth and colourful, this is a session to relax under the spell of light and sound.

The Lake - Deep Theta RM

|| Length: 15 or 30 minutes

|| Purpose: Deep relaxation, self programming, tension and stress release

|| Frequencies: 5.45Hz Theta, 59.95Hz Gamma - with matched isochronic tone

NOTE: This session was remastered in June 2025. The new version is more calming and eases into the Theta frequency more slowly.

'The lake', is a bright sunny day whenever you need it.

Lying next to the water with gentle waves lapping at the shore and birds singing their morning song.

The session starts with the sun coming out from behind a cloud and hitting your face. Then you descend into a deep Theta state.

5.45Hz is easy for the brain to entrain to and is the level of Theta most conducive to reprogramming your mind and entering deep hypnosis states. In that state you will be more highly suggestible and able to recode memories.

Theta works in combination with Gamma to regulate memory, flow states and significant emotional and spiritual experiences.

In this session Gamma has been put in the background both for that reason, and to soften the flicker from the Theta. 59.95Hz Gamma is also the 11th harmonic of 5.45Hz. The 11th harmonic of a frequency seems to have a particular enhancing effect of the base frequency.

A matching 5.45Hz audio tone is embedded in the soundtrack to further enhance the effects.

This is a very calming enjoyable session.

:)

The lap - Formula 1

|| Length: 4 minutes

|| Purpose: Cyberdelic synchronised to a Formula One race car

|| Frequencies: Mixed

Just when you thought you had experienced Formula one racing at it's best.

Some crazy guy makes a Cyberdelic RX1 session to the sound of Michael Schumacher doing a couple of laps in a V10 Ferrari F1 car around Monza.

Take a seat in Michael Schumacher's V10 ferrari formula one car.

Starting in the pit lane..., fire up the engine and take a couple of laps of the Monza Circuit in Italy before returning down pit lane to a stop.

Synchronised to a light display..., this is a short burst of fun taking advantage of a popular motor racing sports unique and frankly awesome V10 engine sounds.

Enjoy.

The lap- WRC world rally

|| Length: 10.5 minutes

|| Purpose: Med/strong Cyberdelic synchronised to a rally race car

|| Frequencies: Mixed

I bet no rally driver or their co-driver has seen this before, haha. And if they have, then they should stop taking drugs before racing! :)

Get on board with world renowned racer Ken Block and his co-driver as they race (and win) a time trial stage of the WRC world rally championships.

This is a fun and visually impactful session synchronised to the sound of a rally car at it's best.

RIP Ken Block. And thank you for the inspiration. You will always be remembered.

The spirit of light

|| Length: 35 minutes

|| Purpose: Connection to higher consciousness, deep relaxation / some mild Cyberdelic components

|| Frequencies: (dominant) 0.22Hz, 42Hz, 222Hz

Music by Gavin Lawson

Light and spirit have been connected for as long as history has been recorded.

And spiritual connection has long been associated with higher vibrational energy, insight and visions from other dimensions.

This session takes you deep into relaxation before then raising your brains operating speed past what is considered normal or easy to achieve.

The entrainment stages move and gently pulse in rhythm to both super high and super low frequencies creating separation from the outside world and heightened awareness of internal images, sounds and feelings. These frequencies play off each other with one being carried on the other. Gamma (in the form of 42Hz in this session) is showing more and more in scientific studies to be related to cognitive improvement and trance/meditation states.

This then moves into a more Cyberdelic stage of self generated imagery to add to the heightened brain state.

Very deep relaxation is likely as well as hypnotic disassociation.

The Wave- 'I Am'

|| Length: 11 minutes

|| Purpose: Deep meditation and relaxation

|| Frequencies: (Dominant) 9Hz, 5.4Hz

Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version is available with the other sessions for download if you don't have this new version already. This new version has improvements to flow and effect. And a focus on the idea of 'I Am'. Some verbal. There's an extended 30min version in the optional extra's folder.

The old version was 10min long.

Want to go deep fast, don't have much time, but don't mind if you end up losing track of time anyway? Maybe set an alarm if you have to be somewhere just in case.

This session uses a gentle ramp down in frequency in a wave of slowing pulses that compliment each other and create a fast and unique relaxation state.

Perfect for a quick mini trance.

The Zone - Deep Alpha

|| Length: 30 minutes and 15 minutes

|| Purpose: Relaxed focus, calm, performance visualisation, light trance and flow states

|| Frequencies: Mixed Alpha (8-12Hz) followed by stable 10.20Hz Alpha with matching audio tone.

Music by Gavin Lawson

Welcome to the zone. Known by athletes and peak performers as a state where practice meets performance. Alpha is a fundamental brain frequency that acts as a transition between active and passive states of both mind and body. Perfect for visualising future performance or recoding previous performance, getting ready to be physically or mentally active, and for a restful break from the day without going too deep. In flow states, Alpha is the glue that keeps the other frequencies of flow (like Theta and Gamma) working in harmony.

This session has two parts to it. The first third of the session starts with slow moving mixed Alpha and then transitions into floating Alpha. Floating Alpha uses randomly chosen Alpha frequencies that are close to the target but not quite synchronised. This is designed to help you dissociate from the outside world. The target frequency in this case is 10.20Hz Alpha. And the second two thirds of the session is stable at this frequency even though the effect seems to morph and flow. Why 10.20Hz? 10.20Hz is an average measurement of what is considered healthy resting Alpha brain activity in people with balanced mood and emotion. Almost like a baseline. Changes in resting Alpha brain levels can be subtle but with big effects. A resting Alpha level of over 10.50Hz for example is typical of people with high anxiety or stress. Alpha entrainment has also shown to be beneficial to improving heart rate variability (HRV).

This is a really nice feeling session, resulting in a calm positive state. There are some visual effects in this session although they are mostly mild.

A 15 minute booster version of this session is available also for when you're short on time.

The music by Gavin has a stable 10.20Hz Isochronic Tone written in F Phrygian. The emotion of the music is induce a sense of hope and feeling of relaxation with a field recoding of water and nature.

There and back

|| Length: 45 minutes

|| Purpose: A deep personal journey of connection and discovery

|| Frequencies: 200Hz, 111Hz, 80Hz, 40Hz, 15.66Hz, 7.83Hz, 2.5Hz, 1.05Hz, 0.2Hz

NOTE: AS OF 25/06/25 THIS SESSION IS OBSOLETE and has been replaced by the session 'Somewhere Special' This description will be moved from this list to the optional extra session page list in September 2025.

I went somewhere.

Thankfully I came back. A very deep exploration session for those who want to go inside and see what is there in the ultimate search for what consciousness is.

Every range of brain rhythm is covered in this session but not in order, and each frequency band has it's own benefits in the exploration of mind. Each stage of the session has a blend of brainwaves that experience has shown to create some very powerful and unique trance states. Your mind will wander and you may even experience a mind body split similar to what astral projection practices result in.

From the lowest Epsilon frequencies that promote dissociation, brain detoxing and deep trance states, to Theta frequencies shown to promote increased brain blood flow, to Delta and mid Gamma frequencies useful for reducing pain, to low Gamma frequencies of flow and out-of-body states, to hyper-gamma that has links to empathy and kindness and on up to Lambda that is so rare it has only been hinted at in very long term meditators. This session has it all.

Choose some ambient music and leave the world behind for a while. It will still be here when you get back.., it may just look a bit different.

Third eye awakening

|| Length: 35 minutes

|| Purpose: Stimulation of altered levels of awareness / relaxation

|| Frequencies: 1.45Hz, 33Hz + mixed Beta (with matched isochronic tones)

Music by Michel Pepino

Third eye awakening is a session to take you deep into altered states of consciousness.

1.45Hz is known in the entrainment world as the tri-thalamic frequency. It is reported by entrainment researcher Ronald deStrulle, to create entrainment between the hypothalamus, pituitary and pineal area's of the brain.

While there is little research to indicate the effects of 1.45 hz in this way, it seems to give interesting results and is a deep delta frequency with it's own benefits.

Combined with 33Hz gamma, the effect is one of altered awareness and deep trance states.

33Hz is stated in entrainment as the pyramid frequency (outside) or Christ consciousness. Again there is no hard evidence of this fact, but the result of this frequency is often a pleasant change in awareness.

33hz and above are also known as the range of what are called K complexes. These are spikes in Gamma brain activity associated with ah-ha moments of inspiration.

And one interesting effect of the sonic use of 33Hz, can actually be heightened arousal and even orgasms in some people.

This session uses a blend of these two frequencies. They do work really well together. At regular points for the first two thirds of the session, there are periods of Cyberdelic effects to enhance the dissociation and deepen the change in awareness.

There are matched isochronic audio tones in the background of the music.

As the music fades to just waves, the entrainment becomes more stable to allow you to drift off. There is a period of heart beats in the music that slowly slow down as the session continues also.

Michel's soundcloud address is : <https://soundcloud.com/michel-pepino>

And his email is : mpkiteman@gmail.com

Tibetan monk

|| Length: 32 Minutes

|| Purpose: Deep relaxation and feelings of vibrational energy

|| Frequencies: 222Hz, 2.2Hz, 0.22Hz

Tibet, a country steeped in history and tradition that conjures up visions of mountains, temples and monks spending their days in silent meditation and prayer.

The people that live there and follow the ancient traditions see spending hours a day meditating as being normal and for this reason when researchers want to measure the brain patterns of experienced meditators with EEG (encephalogram) equipment to see if brain activity is altered or different from normal, they often look to these people or those of similar tradition for their studies.

And what do they find? Higher than normal resting rates of brainwave activity mixed with the lower levels.

In fact experienced monks have on rare occasions been reported to exhibit VERY high brain activity beyond what has been measured before sometimes referred to as Lambda waves. And the unique thing about these very high brainwaves, is that they seem to piggy back or synchronise with the very lowest range of brain activity also sometimes referred to as epsilon or simply slow wave activity.

This session combines the very high with the very low and also incorporates a hypnotic technique called fractionation. See the article on the main website for information on that. Starting with a gentle ramp downwards you will pause at key points before arriving at the target of a blend of Epsilon and Lambda frequencies.

The result is sublime and sometimes leaves you feeling like you are floating outside of your body. Deeply relaxing.

Time to focus

|| Length: 30 minutes

|| Purpose: Productivity, attention, active memory and decision making

|| Frequencies: 9.25Hz, 18.5Hz, 37Hz

This is a session about being in the now. There are times when we need to focus and there are times when we need to relax and drift off into random thoughts and feelings. And sometimes the two try to inhabit the same space and time which as I'm sure you will agree, is not overly useful.

Alpha, Beta and Gamma waves all have a part to play in focus as this state of mind needs to not only be an active aware state, but also a relaxed one with access to creativity.

Stress and tension are not good additions to effective focus long term.

Based on research into brain states and attention, this session is designed to take advantage of the characteristics of what shows up on EEG tests when someone is engaged in focused activity that is sustainable.

There is more than one frequency going at once in this session but they are matched harmonically to create a smooth experience and blended brain state.

Use before study or mental/physical activity where relaxed alertness is required.

Time to learn

|| Length: 30 Minutes

|| Purpose: Learning skills and knowledge/creative expression/memory

|| Frequencies: Theta 5-6.5Hz and Gamma 44-111Hz

The ability to learn, improve and and grow are fundamental to being happy and successful. Memory and learning are of course inseparable and there are primarily three parts to successful acquisition of knowledge and skills.

There is working memory that is the 'in the moment' short term storage of information in order to create an overall picture of what you are studying or focusing on. There is memory consolidation and unconscious review where the information or skill is replayed, coded and transferred into long term memory (often during sleep or during mini breaks in the day). And there is memory recall without which anything learned is useless as it's stored somewhere where it can't be accessed.

Each of these aspects of memory have some similarities but also some differences in terms of what is measured with EEG when we are successfully engaging in them.

Like with trance, with memory there is Theta/Gamma coupling at play.

My analogy is like a camera shutter on a camera. Gamma is like the shutter that captures a moment and Theta is like the camera lens that is always seeing.

Research shows low Gamma being dominant during memory recall and retrieval., and high Gamma being dominant during memory coding and storage.

Naturally there are more frequencies than just Theta and Gamma going on with memory and learning but these are the two that make the biggest difference.

The other note of interest with learning is what are called neuronal ripples or spikes that are irregular pulses of very high Gamma waves.

All levels of learning and the respective frequencies (in resonance) are contained in this session.

I recommend also focusing on your sleep habits and taking short learning breaks to maximise success.

A short learning break is a 5-10 minute window every hour or two where you do something completely unrelated.

Time to pause- Echoes

|| Length: 13 minutes

|| Purpose: Relax and bathe in light with mild Cyberdelic effects, mood enhancement, introduction to non ordinary states

|| Frequencies: Mixed Alpha, Theta and Gamma.

Music by Gavin Lawson

NOTE: A new remixed/remastered version of this was released March 2025 which replaces the old version and will be standard on new lamps. This new version is available with the other sessions for download if you don't have this new version already. This new version has improvements to the flow and effect and music by Gavin.

The old version was 10min long.

No time for a longer session but need a break?

Then it's time to hit pause.

This session is designed using frequencies that maximise dissociation to give you just enough chill out time to let go of the outside world and enter a non ordinary state of consciousness. While also giving you a boost in brainwaves and some mild Cyberdelic effects. Perfect for a morning routine or a demonstration of light sessions for someone new.

For a longer session with similar effects use 'Northern lights'.

Trance-formation

|| Length: 30 minutes

|| Purpose: Self hypnosis, trance, meditation, conscious/unconscious connection

|| Frequencies: (Dominant) 7.83Hz, 5.5Hz, 40Hz

Hypnotic trance and deep meditative states have some things in common when measured by EEG equipment in scientific studies. One of those things is a phenomenon called Theta Gamma coupling or linking. This is where a feed-back and feed-forward loop exists between the two bands of brain frequencies. Both enhancing each other with the Gamma in particular seeming to play a role of an operating system for the brain. 7.83Hz is the Schumann resonance which not only is the frequency of our planet earth, but has been shown to increase blood flow in the brain more than any other frequency of light stimulation.

Read the article 'Increase blood flow in the brain with light and sound' for more on that.

This session starts by using the Schumann resonance to get cerebral/brain blood flow moving before descending to 5.5Hz. This frequency has been shown to be particularly good for unconscious reprogramming, accepting suggestions, and accessing lost memories.

At specific points in this session a hypnotic technique called fractionation is used to deepen the trance state and add to the dissociation from the outside world.

Read more on that in the article called 'Fractionation in hypnosis'.

Hypnotic trance, is actually a state of increased rather than decreased awareness during relaxation.

Use this session to go into deep hypnotic trance states for the enjoyment alone, or to get insight from your unconscious mind, or with recorded affirmations and hypnosis sessions.

Sometimes spontaneous lucid dream type experiences can occur in this state also.

Tuscan Dawn

|| Length: 8 minutes

|| Purpose: Relaxing sunrise session with mild warm visuals

|| Frequencies: Gamma and SMR

Music by Gavin Lawson

NOTE: The image for this session is a photo I took of a sunrise in Tuscany. Just one example of the amazing displays that nature provides us. ?

Tuscan Dawn is inspired by a habit I have of going for early morning walks and watching the sunrise from a mountain in Tuscany Italy. And by coincidence, Gavin sent me this music track with experimental expansive audio techniques in it. And so, this session was born.

The session has warm tones to it and a smooth slow rhythm.

Underworld

|| Length: 42 minutes

|| Purpose: Mild Cyberdelic / Deep trance journey into the depths of your mind

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|| Frequencies: Mixed Alpha/Beta, 40Hz Gamma, Slow wave epsilon

Music by Matias Lujan. Thank you for the epic soundscape to go with this journey.

Welcome to the Underworld. A session that very quickly has become a favourite for users.

Your chance to relax into the shadow side of your mind.

This session is a deep dive into a dissociated state on the edge of darkness. Where subtle visions and a purpose made soundscape combine to give you the opportunity to face the dark recesses of your mind from a place of calm and relaxation.

Built in four stages that flow into each other, this session first takes you through tunnels of light before then dropping you into darkness and stillness. And then brings you back again. You may check out or drift into sleep during stages of this session especially if your mind needs to rest or process experience. The session is purposely designed to have very subtle parts to it visually. And so, if you usually use the lamp on a low intensity setting you may need to go up a little from your normal level. And it is best used in a completely dark room.

Images or internal dialogue that pop into your mind may be things you have not experienced before or immediately be able to make sense of. And you may experience the effects of lucid awareness or out of body sensations.

The result of this session is a deep state of rejuvenation and unique thoughts.

Enjoy

Matias Lujan, a.k.a Heartzet.

An artist that has been focused on creating brainwave entrainment music tuned to 432Hz.

To explore more of his work., check out:

momentobinaural.bandcamp.com (thesis of his sound studies)

heartzet.bandcamp.com (main artistic alias)

<https://www.instagram.com/thelightloom/> (visual art)

For collaboration/cocreation ? Contact: +4571425901 matiaslujanmelillo@gmail.com

Unity and Unity Breathe

|| Length: 20 minutes

|| Purpose: Feelings of unity and connection

|| Frequencies: 1.65Hz low Delta and mixed other frequencies

|| Unity Breathe version: Guided breathwork with Ali Gilling

Music: Electronic by Gavin Lawson

Unity Breathe is a version of this session with guided breathwork. Your guide in this session is Ali Gilling of Medicine of Breath Ibiza.

Welcome to the latest sound creation by Gavin combined with light that formed part of a recent Museum of consciousness event.

Created with Ableton Live and Max for Live.

This session and surrounding information by Gavin, started with the question...

Can we achieve unity with sound, light and vibration?

?Researchers ultimately found that individuals' brain activity synchronised with the rhythms they were hearing. Notably at 1.65 hertz, where they experienced this feeling of "unity" the most?.

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For the purpose of research for the Museum of Consciousness at Noisily Festival, Audyssey performed a 20 minute electronic music composition based on 1.609 Hz frequency at 99BPM to invoke the feeling of unity.

And this session is the result.

Enjoy this creation of unifying frequencies and stay tuned for more from this collaboration with the museum of consciousness.

The full museum of consciousness PDF can be found [here](#).

Research links:

https://www.newscientist.com/article/2417391-electronic-music-appears-to-alter-our-state-of-consciousness/?trk=article-sr-frontend-pulse_little-text-block

<https://djmag.com/news/listening-electronic-music-alters-your-state-consciousness-study-shows>

<https://medriva.com/brain-and-nervous-system/the-intriguing-connection-between-electronic-music-brain-function-and-stress-reduction/>

Yin Yang

|| Length: 35 minutes

|| Purpose: Balance and integration of opposites, empathy, flow, happiness, memory access and release.

|| Frequencies: 4.45Hz Theta/Delta border, 13.35Hz SMR low Beta, 40.05Hz Gamma, 120.15Hz Hyper-Gamma.

Welcome to Yin Yang.

Yin and Yang are terms used to describe opposites as complementary that connect and integrate.

In Ancient Chinese philosophy, Yin and Yang is a Chinese philosophical concept that describes how opposite or contrary forces may actually be complementary, interconnected, and interdependent in the natural world. And how they may give rise to each other as they interrelate to one another.

The symbol is well known and recognised all over the world. The intertwining of light and dark but with a little dot of the opposite colour in each half of the symbol. The idea being that there is always a little darkness in the light., and always a little light in the darkness.

This session alternates back and forward between light and dark, warm and cool, masculine and feminine, and active and passive frequencies. As it does this the music track transitions also. As with the idea that there is always a little light in darkness and vice versa., all four frequencies are constantly present, but two are dominant at any one time. Each frequency is the third harmonic of the one before it so that they amplify each other and work in resonance.

The Theta/Delta border is where memory retrieval, coding and re-coding is encouraged. Also, it is a very deep state of meditative relaxation and emotional/physical release.

SMR low Beta has a balancing effect while still being an active mind state. As such it is a good mid-point for reducing overthinking caused by either anxiety or depressive feelings. It is also useful for waking up a foggy brain.

Gamma interrelates with Theta in several ways and is also present during flow states, trance, creative insight, lucid awareness and out of body states.

Hyper-Gamma has less known, but is linked to empathy in some literature and as a form of high Gamma., encourages spiritual and creative insight, and disassociation from the physical world.

Relax and go with it or practice conscious breathing.