



Program name	Duration(s)	Brainwave states targeted
Active reset – Beta	30 min	Beta, high Gamma
Akbal – Mayan Dreaming	40 min	Delta plus mixed other bands
Alchemy meditation – SMR	31 min	SMR (low beta, 12 Hz)
Aphrodisiac	30 min	High Beta (33 Hz), mixed Alpha & Beta
Attention booster	20, 30 min	SMR and Beta
Back to Nature – Nightmares on Wax	7.5 min	Mixed Alpha and Beta
Boundless Hero's Journey (2 versions)	60 min	Mixed, stage-dependent (multiple bands)
Brain bath	40, 60 min	Gamma (40 Hz), Theta (7.83 Hz), Delta (2 Hz)
Brain Fasting	30, 40, 50, 60 min	Medium Gamma and high Delta
Breathe with me (M, H, newer single version)	22, 30 min	Gamma, Theta, mixed Beta
Breathe with me – Halo (Beginner/Advanced)	20, 25 min	Gamma plus mixed Alpha and Beta
Calm before the storm	27, 40, 50 min	7.83 Hz plus mixed Alpha and Beta
Calm reset – Theta/Alpha	30 min	Theta/Alpha border (8.1 Hz) plus high Gamma
Chakra Clearing (male, female, instrumental)	19 min	Solfeggio series (396–963 Hz) and lower harmonics
Conscious Living – Flow	30 min	Mixed Beta & Alpha with ~45% SMR (12–15 Hz)
Conscious Living – SMR	15, 30 min	SMR only (12–15 Hz, 85% at 14.4 Hz)
Creative solutions	30 min	Gamma (40 Hz), Theta (7.83 Hz), Alpha, SMR, Beta
Creativity inspired K	21 min	Mixed (Ketamine-style), creativity and neural plasticity frequencies (not individually listed)
Crystal LSD – RM	15 min (plus Nano version)	Mixed (Cyberdelic, not specified numerically)
Crystal LSD 2	20 min 20 s	Mixed (Cyberdelic, not specified numerically)
CSF Flow 1 SMR	30 min	SMR (pulsed), Theta, SMR (non-pulsed)
CSF Flow++ 1 Cyber SMR	30 min	Cyberdelic (pulsed, SMR-oriented), Theta, SMR (non-pulsed)
CSF Flow 2 SMR Gamma	45 min	SMR (pulsed), Theta, Gamma (pulsed), Gamma (non-pulsed)
CSF Flow++ 2 Cyber Gamma	45 min	Cyberdelic (pulsed), Theta, Gamma (pulsed & non-pulsed)
Dark matter	30 min	Mixed (Cyberdelic, not numerically specified)
Deep Delta Dive	30 min	Delta (1–2.5 Hz), Theta (7.83 Hz), higher 80 Hz component
DMT – Jammin	4 min 38 s (loopable)	Mixed (very strong Cyberdelic)
DMT – Proggy Rocky	8 min	Mixed (strong DMT-style Cyberdelic)
DMT – Talamasca Trip	16 min	Mixed (strong DMT-style Cyberdelic)
DNA – Double helix	20 min	7.97 Hz (Theta like Mereon), musical DNA derived tones
DNA sonification	13 min	Sequences based on golden ratio and 200 Hz; visual golden ratio timing
Dolphin chakra	19 min	7.97 Hz (Mereon Matrix, Theta like), 98.4 Hz bass (G)
Don't worry, be happy – RM	30 min	SMR around 14 Hz (dominant)
Energy double helix	30 min	0.56, 1.12, 2.25, 4.5, 9, 18, 36, 72, 144, 288 Hz (Delta through high Gamma/harmonics)

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Enter the dream	30 min	Delta, Theta, Alpha combination (1.5, 3, 6, 12 Hz)
Eye of the Pyramid	22 min	9.41 Hz dominant (“pyramid tone”) plus mixed
Feeling and sharing happiness (Guided; standard & EX)	32, 42 min	Variable Theta, SMR, Gamma
Float – Test HRV (Quick Float – HRV)	5 min	Coherent-breathing-paced entrainment (HRV-oriented; specific Hz not given)
Float – Pre Float – Portals	15 min	Pre-float relaxation; medium visuals
Float – Pre Float – Flight	15 min	Pre-float relaxation; medium visuals
Float – Pre Float – Solar	15 min	Pre-float relaxation; medium visuals
Float – Post Float – SMR Bath	15 min	SMR band (12–15 Hz)
Float – Post Float – Gamma Sea	15 min	Gamma band
Flow 1 – Where words fail	~4 min	Alpha/Theta border plus mixed Beta
Flow 2 – Talamasca Astral	~4 min	Alpha/Theta border plus mixed Beta
Flow 3 – Ibiza Nomad	~4 min	Alpha/Theta border plus mixed Beta
Flow 4 – Monk	~4 min	Alpha/Theta border plus mixed Beta
Flow 5 – Bathurst Lap	~4 min	Alpha/Theta border plus mixed Beta
Flow 6 – Vivaldi Summer	~4 min	Alpha/Theta border plus mixed Beta
Flying	15.45 min	Mixed Beta plus mid-Gamma
Gamma Flow Boost	25, 40 min	40 Hz Gamma only
Gamma Flow Balance	25, 40 min	40 Hz Gamma plus 12 Hz SMR
Gamma Flow Dream	25, 40 min	40 Hz Gamma plus 0.1 Hz epsilon
Getting things done (Guided; standard & EX)	32, 42 min	Variable Theta
Ocean angels	30 min	Epsilon (very slow), plus mixed Cyberdelic frequencies
Pain relief	25 min (stop anytime)	0.25, 2.5, 80 Hz (Delta, low Delta/Theta, high band)
Progressive Calm (two versions)	15, 30 min	Epsilon plus either 12 Hz SMR or 7.83 Hz Theta
Solar Tsunami	14 min	Mixed, surf-like Alpha and related modulations
Somewhere Special	45 min	200, 111, 40, 7.83, 2.5, 1.05, 0.2, 0.1 Hz (Gamma, Theta, Delta, epsilon/slow)
Spaceship dream	19.5 min	Mixed (medium-strong Cyberdelic)
Splash of joy	10 min	Theta plus SMR (12–15 Hz)
Splash of joy 2	20 min	SMR (12–15 Hz) plus Theta
Stargate	6 min	Mixed Alpha, Beta, Gamma
Stellar Gateway – Gamma	32, 60 min	40 Hz Gamma dominant, with early mild Theta/Cyberdelic mix
The Lake – Deep Theta RM	15, 30 min	5.45 Hz Theta plus 59.95 Hz Gamma
The lap – Formula 1	4 min	Mixed (synced to F1 car audio)
The lap – WRC world rally	10.5 min	Mixed (synced to rally car audio)
The spirit of light	35 min	0.22 Hz, 42 Hz, 222 Hz (very slow plus Gamma and high harmonic)
The Wave – “I Am” (RM)	11, 30 min	9 Hz Alpha and 5.4 Hz Theta
The Zone – Deep Alpha	15, 30 min	Mixed Alpha (8–12 Hz) then stable 10.2 Hz Alpha

