



# PANDORASTAR

DEEP TRANCE MEDITATION MACHINE

## PANDORASTAR PROGRAM LIST

## PROGRAM LIST

\*with audio

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**Length:** 30 minutes

**Purpose:** Calm but alert / Serotonin release / Memory recall / Mood regulation

**Frequency:** 10 Hz

**Filename:** --10--.pd2

10 Hz Alpha is one of those frequencies that gets used most often in studies and is therefore most commonly given credit for a number of beneficial effects like memory recall, pain relief, mood enhancement, hormone regulation such as serotonin, light meditative states, stress relief and more.

If there was to be a silver bullet of frequencies, then 10 Hz would be a contender. Many procedures and practices seek to increase Alpha waves in the brain, and 10 Hz not only falls right in the middle of the Alpha range (8 Hz -12 Hz), but also is very easy for the brain to entrain to, making it ideal as a frequency for people who struggle to relax.

You may wonder why there are 76 steps to such a simple program. To be clear, there is no change in frequency at all. The whole program is 10 Hz. What does change is duty, i.e.: the percentage of time the light is on vs off each flash. This doesn't affect the entrainment but it does affect the visual experience and the level of consciousness and disassociation.

There are transitions of experience throughout without any change in frequency of entrainment. These transitions start at a rate of about every 30 seconds and slowly increase over the length of the program before becoming faster again near the end to help with re-integration back into full consciousness.

The effect of all this is to add waves of conscious and unconscious blending plus some cool but subtle visual effects.

## 3RD-EYE and 3RD-EYE2

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**Length:** 19.16 minutes / 30 minutes

**Purpose:** Pineal activation / Alert relaxation

**Frequency:** 1.45 Hz, 7.83 Hz, 33 Hz

**Filename:** 3RD-EYE.pd2, 3RD-EYE2.pd2

This program is intended to stimulate (and according to some accounts, perhaps even decalcify) the pineal gland or 3rd eye, while simultaneously benefiting associated areas of the brain.

How you use this program is just as important as the program itself: focus and relaxation are the keys to activating or opening the pineal gland, beyond the effects of technology.

I recommended the simultaneous practice of controlled slow breathing (e.g. inhale for the count of 5, exhale for 5, approximately 6 breaths per minute) while keeping focused on the centre of your forehead or third eye. Your mind may wander, and that's fine. When you realise it, just gently bring your attention back to that spot again.

The program is designed with this in mind, so you may experience a few little surprise visual splashes every now and then, to bring your attention back to this exercise. As with all programs, a medium power level of about 6 is recommended.

This program takes you through 3 frequencies, with beneficial claims:

1.45 Hz – Reported to entrain the pineal, pituitary and hypothalamus together and help with the release of growth hormone

7.83hz – Schumann resonance, for grounding, pituitary stimulation, increased blood flow in the brain, and general revitalising effects

33hz – Another frequency of the Schumann resonance, and stated as being associated with the Christ consciousness and inside pyramid frequency

3RD-EYE2 is not just a longer version of 3RD-EYE but has some improvements particularly in the added 11 minutes. The changes are subtle so the effect has increased without interfering with an already great program.

## ACID SQUIRREL (with audio)

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**Length:** 16.15 minutes

**Purpose:** Psychedelic entrainment

**Frequency:** Cocktail

**Filename:** ACID-SQ.pd2 with Acid\_Squirrel.mp3

*(Please use the accompanying audio track with this program as the two are synchronised for an increased effect.)*

Welcome to the now infamous Acid Squirrel.

One of the most powerful experiences many of our users have had and comparable by many to a real drug induced psychedelic experience. Many comments of "Wow that was intense" and "That was so cool" have been shared over the years after its creation.

It took about three months of experimenting to finish and was built around the music track to accompany it rather than the other way around (something that hadn't been done before). It changed the game of what is possible with a light-based brainwave entrainment device.

Please note that this is a very intense psychedelic visual program synced to music that is designed to stimulate the pineal gland to the max and give you an immersive drug free psychedelic experience – please use with care. People who have used psychedelic drugs report very similar experiences while using this program.

Remember: You are always in control of your experience and you can cover your eyes or move away at any time.

Recommended for use in a dark room with headphones, lamp power 7, and distance from face 45 - 75cm. Start the lamp first, watch the timer count down, and start the music track as the timer hits 0 on the lamp.

Note: Some music players are a little slow to actually start and there is a delay. Depending on your music player, you may have to adjust by starting the music just before the timer hits zero.

The lamp will glow dimly for 20 seconds once started; to give you time to position yourself under the lamp, with headphones on and eyes closed.

Relax and enjoy the ride!

# ADDICTED

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**Length:** 28 minutes

**Purpose:** Stimulation of frequencies lacking with addictive tendencies

**Frequency:** 10 Hz, 7.5 Hz, 5 Hz

**Filename:** ADDICTED.pd1

Please note: Not intended as therapy or a replacement for medical care. Clients must sign the informed consent form before using any PandoraStar program.

EEG Studies show addictions (drugs/alcohol/other) inhibit the body's ability to release Alpha/Theta brainwaves, without the use of the external substance/behaviour. This drives the desire.

A lack of those brainwave states creates fear and overwhelm, making personal change and growth difficult. This program mixes 10 Hz, 7.5 Hz, 5 Hz frequencies, fading in and out, for a deeply relaxing state. There are some visuals.

We also recommend a conscious breathing pattern, such as the coherence breath (5 sec in, 5 sec out through the nose) used regularly at spaced intervals beyond the session, for use in other times and situations.

## ASTRAL 3H (with audio guided meditation and video)

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**Length:** 3 hours

**Purpose:** Astral projection

**Frequency:** 7.8 Hz, 3.86 Hz

**Filename:** ASTRAL 3H.pd1 with Astral 3H.mp3

By Todd Acamesis

For those of you who are aware of my work, I know you're going to really enjoy this new program, which is a deep dive into altered states with a focus on astral projection. For those of you who are not aware of my work, I've been developing self-development tools for exploring altered states for more than two decades.

ASTRAL 3H, which is 3-hours in length, has been perfectly synchronised with a guided astral projection meditation audio track from my last 9-day residential astral projection workshop retreat, where we had a 92% success rate with students. The audio track has isochronic tones that take you down to the theta-delta border where the magic happens. It also uses guided visualisation and energy work, to assist you with entering the necessary deep state of relaxation for astral projection. The track includes some pretty interesting exercises for helping you develop your powers of visualisation as well as build mind-to-energy-body command and control, which is essential for developing your astral projection powers.

Combined, ASTRAL 3H and the audio track is a powerful sound and light combination, which is literally out-of-this-world.

But be warned. This is not your average YouTube astral projection meditation. This is a workshop-designed meditation, so it is not just a voiceover guiding you into an altered state. You have to do the work yourself, but if you follow the advice in this [video](#) and then use the ASTRAL 3H and the audio track regularly, your powers to visualise and ability to project will grow.

I've been running residential retreats on astral projection for over 10-years, and during this time I've learned that for complete beginners, 20, 30 or 60 minutes is usually not enough time to induce a deep state for astral projection. And to be really honest, most people don't have the chi/prana/energy reserves to initiate a conscious out of body experience, which is why most people struggle. There are thousands of how to and guided meditations on YouTube not because people are succeeding, but because people are struggling. The best practice for most people is to do energy work, such as breath work, because there is a powerful correlation between energy work and conscious astral projection. I also suggest people set aside a long practice session daily and dedicate themselves to doing a daily practice for a minimum of 3 months with the attitude, "I will not give up until I succeed". Some people are born with the talent to astral projection, where the out-of-body state comes naturally, but for those who this is not natural, they need to practice, practice, practice, in order to develop the skill.



For the best results, use ASTRAL 3H along with the accompanying audio track, 2-3 mornings a week as part of a dedicated Wake-Back-To-Bed practice (explained in the [video](#)), along with developing the focus and patience necessary to become totally absorbed letting all other stuff not goal/intention-related go. If it doesn't serve your goal then it doesn't exist in your reality for 3 hours. It either serves or it doesn't, so commit to 3 hours and hold sacred the mantra: "I will not stop until I succeed".

Also, learn to make the visualisation or kinaesthetic sensations outlined in the audio track as physically realistic as possible...feel the wind on your face...feel grass under your feet...feel the rope in your hands...total immersion...nothing else matters for 3-hours.

Below are the instructions for perfectly synchronising ASTRAL 3H with the guided astral projection meditation audio track...

1. Start ASTRAL 3H on your PandoraStar and wait for the 10-second countdown to reach '1' before pressing play on your audio player
2. Be patient and follow the initial audio guidance as ASTRAL 3H is on a delayed timer that does not start until 2:30 minutes into the audio track

That's it, you're done and ready to take a deep dive into the most powerful PandoraStar program on this or any other world in the physical universe!

Just remain as perfectly still as possible for the next 3-hours, because the body stillness is part of a well-known technique to trick the body into falling asleep while the mind remains alert and awake. However, also keep in mind that to create the ideal state for astral projection, you have to allow your awareness to dip in and out of consciousness during the 3 hours, which is why the audio track has been designed with segments with mental exercises, and segments for spacing out and dipping into brief periods of sleep. This combination of awake to sleep and sleep to waking periods will enable you to experience the borderline state between wakefulness and sleep, several times throughout the 3-hour experience.

For the most ideal timing, I recommend using the sound light combo after 6 hours of sleep. This is what's known as a Wake-Back-To-Bed practice. Again, I recommend you watch the [video](#) first before diving in.

Any questions or if you get stuck, please ask and I will reply as timely as I can...just keep in mind I like to dip into the multiverse too, so I might be in the astral when you post, but soon as I'm back in my body, I will reply ;)

Enjoy and let me know how you get on.

## AURORA and AURORA2 (with audio)

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**Length:** 18.18 minutes & 27 minutes

**Purpose:** Relaxation and cognitive enhancement for increased wellbeing

**Frequency:** 6 Hz, 9 Hz, 40.5 Hz

**Filename:** AURORA.pd2, AURORA2.pd2, AURORA.mp3

Inspired by Tesla, and an interesting journey of synchronicity while making the program, “Aurora” is designed to relax you while enhancing cognitive function.

It’s a slow 9 Hz to 6 Hz journey downwards, with movement, colour and waves of approaching 40.5 Hz Gamma light pulses and additional mixed frequencies.

The effect is lighting up the brain while sending you down into a very different type of trance state. The program is designed to the mathematical principles of 3,6 and 9 (9 being emphasised)—all frequencies, times, duties and intensities reduce to a single digit of one of these three numbers (which hold ‘the secrets to the universe’ according to Tesla).

Try it and see!

# BASHAR

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**Length:** 36 minutes

**Purpose:** Deep meditation / Insight and connection to higher consciousness

**Frequency:** 0.5 Hz to 200 Hz

**Filename:** BASHAR.pd2

354 steps to contact.

Yes, there are 354 steps in this program. The most ever within one program.

This program is inspired by the teachings of a channelled energy called Bashar. Feel free to do a search on YouTube to watch a video or two of Bashar answering questions and sharing wisdom. Bashar claims to be an alien entity of sorts, a future version (not that time exists in his reality) of the person he speaks through, who is a trance medium. Whether you believe in this sort of thing or not is less important than whether the information is useful or not as a valuable source of ways of thinking about reality and the nature of existence itself.

Bashar speaks of the energy his home world receives from a nearby planet and its usefulness in promoting connection to higher levels of consciousness. This energy is in short a carrier wave of 0.5Hz with a resonant wave of 200Hz joined to it. Similar then to the program TIBET.

Added to this after the first 10 minutes of slowly drifting down to 0.5 Hz is the addition of 30 cycles of the Fibonacci sequence of 1, 2, 3, 5, 8, 13, 21, 34, 55, 89 and 144Hz. A famous mathematical sequence that is the nature of nature itself. It is part of the creation of patterns of plants, weather storms and sea shells to name a few. Basically, it is one of the ways of numerically explaining that which we call planet earth.

So this program is a combination of higher consciousness and life itself. Relaxing and at the same time enlightening. Put on some ambient relaxing music or trance type music and enjoy your journey.

## BEDTIME

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**Length:** 35 minutes (shows 90 minutes on the clock)

**Purpose:** Sleep onset / Deep rest / Body clock reset

**Frequency:** 7.83 - 0.50 Hz

**Filename:** BEDTIME\_O.pd2

*(Note – Although the actual length of the program shows as 90 minutes, all but the first 35 minutes is simply all LEDs off so as not to interfere with sleep if that has been the result of the program use. Note also the second way of using this program that some of you may never tried before described below.)*

There are 4 stages to the common sleep cycle. The first three are called NON-REM sleep:

1. Light sleep – Typically Alpha 8 - 12 Hz, approx 1-15 min
2. Medium sleep – Typically Theta 4-8 Hz, approx 20+ min
3. Deep sleep – Typically Delta 0.5-4 Hz, approx 10+ min
4. REM sleep – Typically, and interestingly, Alpha and Low Beta similar to being awake

A typical sleep cycle lasts about 90 minutes. And the deep sleep stage where most of the healing and growth of both body and mind occurs, typically starts about 30+ min into that. The times for each stage vary through the night and also vary depending on the person's age.

Most people with sleep problems and older people tend to lack the deep Delta levels of sleep. It's during those deep levels that the body uses slow wave stimulation to detox the brain. A lack of this deep sleep brain cleansing is actually suspected by scientists to be a cause or at least a contributing cause of mental decline such as Alzheimer's, dementia and Parkinson's disease.

This program is intended to be a tool to help get you into the deep sleep stage before bed or even during the day if you are sleep deprived. It mimics the above first three stages in a slightly accelerated way due to the power of external entrainment to speed things up.

The program starts at 7.83 Hz which is where cerebral (brain) blood flow is at its highest. This is stage one.

Stage two is then slowly ramping down to 4 Hz on the border of the deep Delta sleep.

Stage three takes you from 4 Hz all the way down to 0.5 Hz deep into the Delta range of healing, brain detoxing, and growth hormone release. During this slow progression down into deep Delta, the intensity lowers to just the one set of warm white LED's and then to no light at all. Mimicking in a way, a sunset.

The program finishes after 35 minutes but stays running in an off position so as to have no standby lights come on during this first 90-minute cycle.

*Note: You can turn off the standby LEDs in settings on the lamp if you decide you want all programs to finish and be dark.*

### **How to use:**

There are two ways to use this using a different setup of the lamp position.

#### **Method one**

Use the program at the same time each night and aim to use it ideally half an hour at least before you want to go to bed, and by 10 pm if you can. At around 10 pm in a normal circadian (body clock) phase of day/night, there is a peak of melatonin and a lowering of internal body temperature. Both of which aid in falling sleep. Going past that time often sets in a second burst of wakefulness for people.

Using the program at the same time not only sets a routine but helps reset your circadian rhythm (body clock).

At any time during the program or the off phase at the end, you may take the opportunity to turn the lamp off and go to bed. Don't worry about how long you have been going. What is important is to get into the habit of relaxing completely and getting into a lower than awake brainwave state on a regular basis and at the same time each night to encourage more of this deep sleep when you go to bed.

Use a power of about 4 or 5.

#### **Method two**

Follow the same protocol above but instead of lying under the light, set it up at the end of your bed and point it either at the ceiling or at the wall where your head is in bed. Then set the program going and go to bed. Don't worry about not directly facing the lamp as the light will reflect off the ceiling and walls of your room so that, unless you sleep face down (which you should avoid anyway) you will get the effect either on your side or on your back indirectly by reflection, allowing you to fall asleep uninterrupted by getting up.

If you do it this way put the power up a little to 7 or 8.

*Note: Just as important as when you go to bed is when you get up! Natural light in the earlier hours of 6 - 8am will stimulate serotonin production (which converts to melatonin at night) and will do wonders in helping you then fall asleep that night.*

Pleasant dreamzzzzzzzz.

## BLISS (with audio), BLISS-S, BLISS-5 and BLISS-10

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**Length:** 45 minutes / 30 minutes / 5 minutes / 10 minutes

**Purpose:** Psychedelic / Wellbeing / Hormone regulation

**Frequency:** Mixed visual, 111.00 Hz, 1.05 Hz

**Filename:** BLISS.pd2, BLISS-S.pd2, BLISS-(Angel).mp3

A visual program with background Delta and Hypergamma for an emotional journey available in different program lengths from 5-minute demo to the full 45-minute bliss experience.

This has a constant background of 111.00 Hz Hypergamma and 1.05 Hz low Delta. Just enough to flavour the visual experience but not too much to reduce it.

111.00 Hz – Hypergamma, a frequency related to feelings of empathy and wellbeing.

1.05 Hz – Low Delta, a frequency that mimics the brain state of, and potentially increases the release of HGH (Human Growth Hormone – the anti-ageing and recovery hormone) that is lacking in many people, especially those who find it difficult to sleep well.

The music to go with the full-length version is optional but is quite special in its own right. It was originally 1.5 hours long but has been spliced and reformatted to be 45 minutes long. Embedded into the music is all nine of the Solfeggio tones (5 minutes of each).

The nine Solfeggio tones or healing frequencies of sound are: 174hz – 285hz - 396hz – 417hz – 528hz – 639hz – 741hz – 852hz - 963hz

Feel free to explore more about them online.

For some people, visual programs start to fade in intensity when they are longer such as this one. For others, the opposite happens and it gets more beautiful as it progresses. Either way, the difference here is that there is the constant subtle entrainment going on in the background.

Enjoy and let yourself go with the emotion.

## BRAIN DETOX and BRAIN FOOD

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**Length:** 30 minutes

**Purpose:** Neural cleansing / Microglia (brain immunity) stimulation / Cognitive enhancement / Cognitive degeneration prevention / Pain relief

**Frequency:** 40 Hz, 2.5 Hz

**Filename:** BR-DETOX.pd2

**Length:** 40 minutes

**Purpose:** Neural cleansing / Microglia (brain immunity) stimulation / Cognitive enhancement / Cognitive degeneration prevention / Pain relief / Increased blood flow in the brain providing more oxygen and nutrients / Grounding / DMT

**Frequency:** 40 Hz, 2.5 Hz, 7.83 Hz, 39.15 Hz, and a short DMT splash

**Filename:** BR-FOOD.pd2

BRAIN DETOX and BRAIN FOOD are a two-pronged approach towards mental ageing and decline based on two of the most promising routes to a healthy ageing brain. BRAIN FOOD program has the addition of maximising cerebral/brain blood flow, plus has a little extra time in each beneficial state with added 7.83 Theta and a tasty two-minute visual ending to stimulate brain activity and boost mood.

The focus on mental issues and cognitive decline particularly as we age is constantly in the scientific news these days. Some of the research shows promising results that requires further study but is useable with little or no risk to experienced PandoraStar users.

Briefly, three of the main challenges that seem to be present with people suffering from mental decline are: Unwanted proteins (plaques) forming in the brain, a lack of deep restorative sleep, and an accelerated loss of healthy brain cells.

As yet, the list of possible causes of mental decline has not been narrowed down to a few but have been expanded to many. So for now it seems the best we can do is tackle the brain activity missing from a lack of deep sleep, and do what we can to prevent the decline and loss of brain cells.

For prevention the results look promising. For reversal or cure there is still some doubt but work in the right direction is constant, and new things are being learnt every day.

The intention of these programs is to induce a brainwave state comparable to deep sleep where the reported brain detoxing occurs, and also to stimulate the brains own immune system to prevent cognitive decline in people prone to it or those getting older.

1. Relax the brain and increase space between neurons to flush out toxins
2. Stimulate the brains immunity system
3. Increase blood flow and oxygen/nutrient supply to the brain

Blood flow will be increased in both programs but it is more focused in BRAIN FOOD.

The frequencies and their purposes in the programs:

### **Delta**

Not all sleep is equal. Research shows that deep non-REM (Delta 1 - 4 Hz) sleep activates brain activity that cleans the brain of proteins and toxins responsible for Alzheimer's and mental decline.

Lighter and shorter sleep times can be a common problem with people as they get older. And sleep deprivation is becoming increasingly evident as being a predictor of age-related mental illness such as dementia and Alzheimer's.

This latest research suggests why. The brain has a previously unknown system (called the Glymphatic system) that uses cerebrospinal fluid as a cleaning agent and this system works primarily during deep non-REM sleep. It seems that in this deep state that the space between the neurons increases by about 60% allowing for toxins to be flushed out. Without this deep slow wave brain activity (low delta range), potentially harmful proteins and toxins build up in the brain.

The current understanding is that this interference of the Glymphatic system may in fact be a cause of the progression of Alzheimer's and that manipulating sleep to include more deep slow wave non-REM sleep may halt or even reverse the progression.

Potentially, increasing the amount of Delta brainwave activity alone may have the same beneficial result as sleep in that range.

### **Gamma**

40 Hz gamma photic (light) stimulation has been in the news the last few years with a number of studies claiming to be able to remove the brain plaques from a brain effected by Alzheimer's.

It does seem to work in most cases but, the challenge with these studies is that so far the improvements do not seem to last long.

This and other temporary treatments have partly given rise to the idea that the brain plaques are a symptom of the disease and not the cause. In fact, there is a theory that a lack of deep sleep could be one major cause of this type of neurodegenerative disease, i.e.: Alzheimer's doesn't contribute to a lack of sleep but rather a lack of sleep contributes to Alzheimer's.

Could using 40 Hz Gamma photic stimulation prevent rather than cure the onset of Alzheimer's?

The answer seems promising.

### **Theta (BRAINFOOD program only)**

Studies show that there is a peak in cerebral (brain) blood flow through photic stimulation at 7.8 Hz.



It's important to note that other frequencies do create this same effect but that the peak of effect is at 7.8 Hz and either side of that the effect tapers off in strength. The result they found is so close to the Schumann resonance/frequency of 7.83 Hz, that it might as well be the same. The Schumann resonance is the frequency of our planet Earth.

This frequency is included in the BRAINFOOD program after the detoxing to get oxygen and nutrients moving to where they are needed for brain health and to ground you. In a recent study, it was found that applying the protein plaques associated to healthy brain tissue squeezed the fine blood vessels and halved the blood flow around the brain. There is evidence that by increasing blood flow again we may be able to prevent or even reverse the effects of mental decline.

### **The DMT hit (BRAINFOOD program only)**

In a recent study of using just a simple 10 Hz photic wave, users reported the experience to similar to what they had had with psychedelic substances. And 10 Hz is just one frequency of many that can give such a visual and visceral experience.

Not everything is known about what happens in the brain during a psychedelic experience but it seems likely that there is both a shutting down of the part of the brain that gives us a sense of self, and stimulation of other parts like the pineal gland that give us a sense of expanded awareness and 'seeing between' the normality of reality into a less restricted one.

The suspicion with non-drug induced experiences is that a similar thing is happening, albeit in a more controlled fashion.

The BRAINFOOD program has a two-minute medium level psychedelic visual experience to prime this effect in your brain.

Aside from the detox idea, all of these frequencies used are beneficial in their own right as well. Gamma is well known now for helping with many processes such as memory, creativity and trance states. Delta frequencies are connected to deep recovery and repair (including HGH release), deep meditation and even pain relief, and Theta is well known for stress relief, memory recall, healing, trance states and grounding.

Both Gamma and Delta frequencies are combined in these programs but in different amounts at any one time.

All are in resonance with each other. All are sine waves (except the DMT portion) for a softer experience.

BRAINFOOD has the addition of 7.83 Hz Theta which has a slight fade in of Gamma as well which is also in resonance. There is a two-minute visual DMT type 'splash' at the end of this program to stimulate the brain.

### **Research**

Below is a summary of four studies that point to the potential power of these programs:

Deep non-REM (Delta) sleep and brain cleaning:

<https://www.urmc.rochester.edu/news/story/not-all-sleep-is-equal-when-it-comes-to-cleaning-the-brain>

<https://www.sciencedaily.com/releases/2013/10/131017144636.htm>

7.8 Hz cerebral blood flow:

<https://pubmed.ncbi.nlm.nih.gov/6610024/>

<https://www.ucl.ac.uk/news/2019/jun/squeezing-blood-vessels-may-contribute-cognitive-decline-alzheimers>

## CALM ME

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**Length:** 22 minutes

**Purpose:** Calming/ Relaxation / De-stress

**Frequency:** 2 Hz, 11 Hz, 6 Hz

**Filename:** CALM-ME.pd1

A program to help soothe anxiety, nervousness and panic attacks, with a different approach to other anxiety brainwave entrainment programs.

The usual is to start at your/your client's brainwave state, moving from there to a desired brainwave state. That would mean starting at a fairly high Beta frequency (20-35 Hz).

But high anxiety is a state of over-arousal, so to avoid over stimulating the nerves, this program starts very slow in frequency and intensity, at 2 Hz, and slowly builds up to the desired frequencies – not down.

It may seem counter-intuitive, but it's completely intuitive and logical and works with the frequencies already in the brain, allowing relaxation and adjustment naturally to the rhythmic pulses of light. CALM-ME's second frequency fades in as the first frequency fades down into subtle background. Subtle visual shifts are then added. It gently invites you to relax, holding you in a relaxed but alert state with a primary 11 Hz Alpha frequency and a secondary 6 Hz Theta frequency, chosen for how these frequencies interact in reducing stress and learning new habits.

In client use, please note: low frequency brainwaves can make past memories (associated with the unconscious mind) more easily accessible. With repeated use, possibly the main reason for the anxiety could rise into the awareness from this Delta state through Theta and into Alpha (bridging conscious and sub-conscious). Here, it can be processed. You could frame the session for this, before starting. At the start, there can be a conscious impression that things are speeding up because the first part of the program ramps up in frequency but the result is more relaxation as they entrain to the final frequencies. This sets up an unconscious expectation that as the world gets faster around them they relax more. It's a hypnotic pattern.

Another note (not reserved to this program but any relaxing practice), a 'mind body split' can occasionally occur; the mind stays very relaxed even though the body comes back to being alert or the opposite happens – the body stays very relaxed as the mind is alert.

This can be scary for people as they feel disconnected. As with Lucid dreaming/OBE practices, where you awaken with paralysis, you can simply reassure until normality returns. Or ask them to close their eyes again and relax, till both mind and body are back in sync and then bring them back out verbally, talking about both mind and body coming back to a fully alert state.

You can simply let the program work its magic or you can recommend a consciously adopted breathing pattern (only if remembered as the mind may drift during the session) that can then be used beyond the session to keep the brain in the habit of using this new state. For example, 8 second in, 8 second out breathing pattern that can be done between sessions.

# DEEP

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**Length:** 3 hours

**Purpose:** Relaxation/cognitive boost

**Frequency:** 10 Hz, 7.83 Hz, 7.8 Hz, 40 Hz, 110 Hz

**Filename:** DEEP.pd1

By Todd Acamesis

DEEP is a powerful program.

For best results, it's recommended for use in the early hours, after 6 hours of sleep. For example: go to bed at 10pm, wake up at 4am and start the program. A reclined position is recommended.

There are 3 parts to the DEEP journey:

## **Part 1**

Starts with a gentle 10 Hz Alpha, for 6 minutes, for a boost of serotonin and endorphin, before lowering to grounding energies at 7.83 Hz (the Schumann resonance of the earth), for another 6 minutes, before lowering again to 7.80 Hz, near the Alpha-Theta border where cerebral blood flow is increased (essential for good mental health and function) for another 6 minutes, sustained. The light switches off to signal part 1 is ended.

## **Part 2**

A ramp up to 40 Hz Gamma frequency, signalled by the light switching off again for 5 seconds, the 40 Hz frequency lasts 30 minutes. Again, the light switches off to signal part 2 is ended.

## **Part 3**

It takes a good 70 minutes to reach part 3, signalled by the light switching off for 5 seconds. For 30 minutes, the 110 Hz Hyper-Gamma frequency creates a shift from left to right brain dominance, stimulating emotional processing and creativity, and activating brain regions associated with empathy, mood and social behaviour. Gamma and Hyper-Gamma (100-200 Hz) are reported to boost cognitive function (faster brain processing speeds, memory recall and concentration). They can also induce exotic states of consciousness: Lucid dreaming.

## DELTA-LC

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**Length:** 32 minutes

**Purpose:** Meditation / Body and mind rejuvenation (Cerebral blood flow and HGH) / Deep relaxation

**Frequency:** 10 Hz, 7.83 Hz, 2.5 Hz, 1.45 Hz, 1.05 Hz

**Filename:** DELTA-LC.pd1

Designed for deep relaxation on the way down to 1.05 Hz Delta, pausing at three other beneficial frequencies on the way.

The intensities and duties of this program are adjusted for more sensitive eyes and slowly taper off as deeper relaxation occurs.

There are pauses at 3 other frequencies on the way down to 1.05hz.

The frequencies are:

10 Hz – Bridge between conscious and unconscious

7.83 Hz – Schumann frequency (earth/grounding) and cerebral blood flow

2.5 Hz – Pain relief/anti inflammatory

1.45 Hz – Tri-thalamic entrainment: hypothalamus, pituitary & pineal gland

1.05 Hz – Human growth hormone (HGH) release for recovery, rejuvenation

It's important to note that some of these claims are reported but not scientific. Experience seems to suggest that they are accurate to some degree though.

A very relaxing program.

## DELTA105

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**Length:** 33.30 minutes

**Purpose:** Deep relaxation / Frequencies associated with HGH / Cerebral blood flow

**Frequency:** 10 Hz, 7.8 Hz, 1.05 Hz

**Filename:** DELTA105.pd1

DELTA105 uses frequencies that are the same as those in deep sleep where HGH is released. HGH (Human Growth Hormone) has various benefits such as anti-ageing.

The program starts at 10 Hz Alpha (for optimal entrainment), ramping down to 7.80 (Alpha-Theta border), before dropping down to 1.05 Hz Delta. Research shows blood serum levels of serotonin, endorphin and melatonin rise after photic stimulation at 10 Hz. The 7.8 Hz frequency increases cerebral blood flow (CBF); essential for good mental health and function. Maximum CBF occurs at 7.8 Hz, the Schumann Resonance of the Earth. Normalisation of breathing and heart rate variability also occurs here.

At 1.05 Hz Delta, the pituitary releases Human Growth Hormone (HGH).

# DREAM

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**Length:** 26 minutes

**Purpose:** REM sleep / Dream enhancement

**Frequency:** 4 Hz, 2 Hz, 1 Hz, 0.5 Hz

**Filename:** DREAM.pd1

DREAM is a deep relaxation program, designed to encourage rapid eye movement dreaming and sleep (if that's the intention).

It's a trip of four frequencies, flashing in a pattern that produces a trippy pulsing effect. 4 Hz is the main frequency, but every second flash is brighter than the first, every fourth brighter than the second, every eighth brighter than the fourth; creating a multi-layered low frequency rhythm that creates a simulated REM effect on the eyes.

Best used at the end of the day!



## EARTHLY (with audio)

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**Length:** 10:30 minutes

**Purpose:** Grounding / Relaxing

**Frequency:** 1.12 Hz, 7.83 Hz

**Filename:** EARTHLY.pd1, EARTHLY.mp3

EARTHLY is a grounding program designed for those who prefer a shorter experience. Although it may be intense for some, it doesn't have the constant visuals of other programs. This journey encourages cerebral blood flow, and pineal gland activation where Human Growth Hormone (HGH) is released.

Enjoy a constant 7.83 Hz (Schumann resonance of the earth) ride throughout. A lower harmonic of 7.83 Hz, 1.12 Hz, is present for some 70% of the journey, and this falls into the range of frequencies that the brain is in when Human Growth Hormone is released. You'll experience visual frequencies added in for entertainment and pineal activation.

## EGYPT (with audio)

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**Length:** 35 minutes

**Purpose:** Deep meditation / Body mind separation (OBE and Lucid dreaming) / Higher awareness and guidance

**Frequency:** 0.4Hz, 40Hz, 160Hz

**Filename:** EGYPT.pd1, EGYPT.mp3

One of the interesting things about the ancient Egyptians was their practice of dream states and focus on the afterlife. And there is enough evidence to suggest that astral travel was actively practiced. One of the findings (albeit speculative) that is little talked about is the ability of the granite 'coffin' of the Pharaoh Khufu (from the great pyramid of Giza) to resonate with and amplify 40 Hz Gamma.

In a way, the suggestion in the findings is that it could have acted like a phone to other states and realities.

This program uses both the light program and the audio music track to amplify your experience of a transcending state of higher awareness with brain frequencies higher and lower than most people will ever experiment. As such, it follows beautifully on from TIBET.

Epsilon, Gamma, and Hypergamma frequencies are used with 0.4 Hz, 40 Hz, and 160 Hz. Each has its own benefit and together they are sublime.

The music track has been mixed to have some subtle but experience-enhancing and amplifying effects in it that complement the program. It starts with some overtones and transitions into OM chanting.

Feel free to use your own music if you like but you will miss some audio enhancements if you do. Some deep breathing at the beginning will help a lot but let it go, as and when your mind starts to wander.

## EMOTION (with audio)

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**Length:** 30 minutes

**Purpose:** Emotional healing / Insight

**Frequency:** 8 Hz, 7 Hz, 80 Hz

**Filename:** EMOTION.pd1, EMOTION.mp3

A program of Theta band frequencies, designed to bring about the experience of deep emotional healing, meditation and calm. We recommend setting an intention for healing an emotional challenge, beforehand. Ask and hand this over to any higher source of wisdom that is personally appropriate. Relax and enjoy the program.

This program will take the brain into the twilight zone, where the boundaries between the conscious and unconscious blur, where it's common to slip in and out of awareness: a good place to be for insight and guidance from higher states of consciousness, with memory retention (a problem sometimes with meditation). 7 - 8 Hz is the frequency band most used for experimentation with mental challenges, proven by clinical trials to create improvements.

The program starts with a standard ramp downwards, but when it gets to 8 Hz, it slows considerably and brings in other subtle side effects as it continues down to 7 Hz, staying in that twilight zone, with an added background of 80 Hz High Gamma (known for higher awareness and reported pain relief).

The audio track recommended includes a subtle background 432 Hz isochronic healing tone, with Tibetan flutes, OM chants and a temporal time shift, to aid relaxation.

## FIBONATURE

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**Length:** 25:03 minutes

**Purpose:** Expanded awareness / Connection with nature and creation

**Frequency:** 1, 2, 3, 5, 8, 13, 21, 34, 55, 89 & 144 Hz (Fibonacci sequence)

**Filename:** FIBONAT.pd1

This program is designed to create a unique state of expanded awareness and deep meditative inner reflection.

It mimics the spiralling expansion and growth of our planet and the universe, following the Fibonacci sequence with 144 Hz as the main and finishing frequency. 144 fits with the Fibonacci frequency, the lower octave of the 3rd eye chakra, the Rife frequency for headaches and Tesla number 9.

The Fibonacci sequence isn't just a mathematical sequence; it's the structure of many aspects of nature: galaxies, hurricanes and plants follow this sequence in how they grow and expand. 144 is the number of expansion and unity consciousness. It's also the lower octave of another powerful frequency, 432 Hz.

The program offers a warm, expanded feeling. Why not ask for insight – and see what happens?

# FLOW 1

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**Length:** 23:30 minutes

**Purpose:** Wellbeing / Cerebral blood flow

**Frequency:** 7.8 Hz, 10 Hz (square wave)

**Filename:** FLOW1.pd1

By Todd Acamesis

FLOW1 is designed to optimise mental health and wellbeing, by increasing blood serum levels of serotonin, endorphins and melatonin, shown by research to increase after photic stimulation at 10 Hz.

The program uses 7.8 Hz frequency, shown to increase cerebral blood flow (CBF), and normalisation of breathing and heart rate variability – essential for good mental health and function.

It begins at 10 Hz Alpha frequency, sustained for 10 minutes, followed by a frequency cycle down to 7.8 Hz for sustained 10 minutes (the Schumann Resonance of the earth).

## FLOW 2

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**Length:** 23:30 minutes

**Purpose:** Wellbeing / Cerebral blood flow

**Frequency:** 7.8 Hz, 10 Hz (sine wave)

**Filename:** FLOW2.pd1

By Todd Acamesis

FLOW1 is designed to optimise mental health and wellbeing, by increasing blood serum levels of serotonin, endorphins and melatonin, shown by research to increase after photic stimulation at 10 Hz.

The program uses 7.8 Hz frequency, shown to increase cerebral blood flow (CBF), and normalisation of breathing and heart rate variability – essential for good mental health and function.

It begins at 10 Hz Alpha frequency, sustained for 10 minutes, followed by a frequency cycle down to 7.8 Hz for sustained 10 minutes (the Schumann Resonance of the earth).

## FOCUS and FOCUS-2

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**Length:** 20:20 minutes / 30 minutes

**Purpose:** Working memory / Focus / Attention / Productivity / Action / Presence

**Frequency:** Gamma, Beta (18.5 Hz), Alpha

**Filename:** FOCUS.pd2, FOCUS-2.pd2

FOCUS (and the longer FOCUS-2) is a program based on research on attention and working memory and also on decision making.

(Note that the program length of 20.20, ties in with perfect 20/20 vision/focus).

Working memory is the type of memory that allows for a sense of presence and attention without getting lost and sidetracked. In other words, working memory is what helps you get things done by piecing together bits of information relevant to the present moment allowing you to take action.

This is different to the type of memory that is stored long term (although long term memories also start in working memory).

Without an active working memory focus is impossible because you will be pulled in a new direction without completing anything or stuck in past memories that don't help you live in the present. With an active working memory, your attention will more easily stay on the task at hand.

In a way, this is a program about being in the now. Being present with the ability to make high quality decisions.

The program takes advantage of the unique relationship that exists between Gamma and other frequencies that act on each other. Changing between a mid Beta and mid Alpha with Gamma interlacing the two. The particular Beta frequency used (18.5hz) has one of the highest rates of entrainment speed and amplitude (strength) of any frequency, i.e.: The brain likes this frequency.

Recommended to use in the first half of the day rather than at night.

Here's an article on working memory:

<https://medicalxpress.com/news/2018-01-neuroscientists-gain-volitional-minds.html>

## FOUND

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**Length:** 21:24 minutes

**Purpose:** Visual entrainment

**Frequency:** Various

**Filename:** FOUND.pd1

A replica of another light machine program. Producing a visual colourful experience.



## G2

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**Length:** 28:45 minutes

**Purpose:** Visual entrainment

**Frequency:** Various

**Filename:** G2.pd1

G2 is a replica of another light machine program – producing a visual inner journey.

## GAM-GT15 and GT30

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**Length:** 22 minutes / 40 minutes

**Purpose:** Cognitive enhancement / Flow / Alert but relaxed

**Frequency:** 40 Hz

**Filename:** GAM-GT15.pd1, GAM-GT30.pd1

GAM-GT30 is the longer length with 30 minutes in target frequency but 40 minutes on the clock.

At first glance, it's just another Gamma program. But there's a twist. The program starts at 10 Hz and then ramps up to 40 Hz in both Sine and Square waves simultaneously. You may experience the effects of some subtle and nice visuals.

At the sustained 40 Hz, there is a subtle background pulse of about 1 Hz, a side effect of the two types of waves having different end points. It's very rhythmic and seems to enhance the Gamma experience.

## HAPPY and HAPPYX

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**Length:** 23 minutes / 29 minutes

**Purpose:** Anti-depression / Anti-anxiety / Motivation / Good feelings

**Frequency:** 14 Hz, 38 Hz

**Filename:** HAPPY.pd1, HAPPYX.pd1

An anti-depression, wellbeing program designed to create a state of feeling grounded and balanced, with enhanced motivation. Good for people who swing between feelings of depression and anxiety.

HAPPY uses mixed wave forms and duties, with dual frequencies. It is intended to have some visuals, including unique iridescent visuals and colours, but not as a main focus. Rated by a tester challenged with depression and an ADD diagnosis: "The only other thing that's ever had me feeling like this before, is an hour and a half of yoga; I feel clear, balanced and ready to move forwards."

The main frequency you'll experience during this program is 14 Hz (2nd tone of Schumann frequency, shown to offer long term beneficial effects for those suffering depression). Studies show an over-activation of lower frequencies in depressed people that respond well to Beta frequency entrainment. Early Gamma of 38 Hz is added in, for inspiration and a 'happy' chemical release.

Depression does require active participation in healing for long term results, but brainwave entrainment sessions over a number of weeks can have good long-term effects, even after stopping the sessions. Control group research shows it is viable as a stand-alone treatment; despite the sceptics. However, in combination with other treatments, you can expect accelerated results.

## HAPPIER

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**Length:** 30 minutes

**Purpose:** Anti-depression / Motivating / Energising / Inspiring / Good feelings

**Frequency:** 18.5 Hz, 40 Hz

**Filename:** HAPPIER.pd2

A good choice for helping with depressive feelings and a lack of attention. *Should not be used if the person is on anti-depressants.*

A more targeted version of the original HAPPY program that is more suited to people who feel down and lifeless but who don't get much anxiety. If you or they get anxious a lot as well, then the original HAPPY program is more likely to help with both.

Intended to have some subtle visuals.

It goes without saying that (as with any therapeutic work) depression treatment that will last requires an accepting of responsibility by the client to not rely solely on any outside influence to do the work for them but rather as a helping hand to get them on their way. And no claims are made for PandoraStar as being a treatment in itself for any such disorder. That said, don't discount the ability of brainwave entrainment sessions done over a number of weeks to have a significant and measurable positive effect. Combined with other treatments, the results will be accelerated.

Most studies show an over activation of lower frequencies in depressed people that respond well to Beta frequency entrainment. The Beta frequency in this program is 18.5Hz which has been shown in EEG to be a peak Beta frequency that the brain seems to be able to synchronise with very easily and is considered as being in the range of euphoria and good feelings. Coupled with that, in the background I've added Gamma at 40 Hz for a bit of inspiration and heightened awareness. Gamma, and the most common value of 40 Hz, is also proving to be a frequency that not only holds the benefits of long-term meditation and hypnotic trance, but also acts as a booster and organiser of other frequencies. Like the Operating System of the brain.

The Gamma frequency slowly climbs throughout and peaks at the end. The Beta fades slightly at the end as the Gamma peaks. And throughout the program, there is a very slow pulsing effect adding to the experience that sometimes feels like you are being lifted and then released and then lifted again etc. There is an interesting feeling of drifting in and out of levels of consciousness with this program especially if you use it while you are tired.

## HEAD CALM

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**Length:** 20 minutes

**Purpose:** Pain relief / Mental clarity

**Frequency:** 2.5 Hz, 80 Hz

**Filename:** HEADCALM.pd1

*(Not intended as a replacement for medical help.)*

Designed for headache relief and pain control, but you can use it just for a clear head.

HEAD CALM starts as sine waves and transitions to square waves. There are no ramps, it just eases straight into the beneficial frequencies. You'll experience a combination of 80 Hz with 2.5 Hz reported to release 5-hydroxytryptamine (Serotonin) and natural opiates (sedatives).

Apart from the above, these body chemicals have their own attributes and benefits like balanced sleep, mood enhancement and sedation. Together, they can act as a pain reliever.

Used without a headache, it can provide an unusual but very pleasant feeling of clarity afterwards. Imagine your mind being washed in cool water. It's not intended for migraines, as they usually respond to a reduction in blood flow and serotonin does tend to increase blood flow slightly. That said it can work for them too.

For migraine, try covering one eye at a time for half the program, i.e. 10minutes into each eye.

## HYPERNSLEEP

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**Length:** 29 minutes

**Purpose:** Consciousness exploration / Deep relaxation

**Frequency:** 110 Hz, 40 Hz, 1.45 Hz, 1.05 Hz, 0.20 Hz

**Filename:** HYPNSLEEP.pd1

HYPERNSLEEP uses dual frequencies to give you a dose of Hypergamma and Gamma simultaneously with lower Delta before sending you into a deep state where quite frankly sleep is the most common result. So best used before bed or when deep relaxation is wanted.

Frequencies hit (other than ramping obviously) are:

110 Hz and 40 Hz – High cognitive function, inspiration, flow state, lucid/OBE aids

1.45 Hz – Reported to align Pineal, Pituitary and Hypothalamus

1.05 Hz – Reported to stimulate growth hormone release

0.20 Hz – Very deep meditative state which often piggy backs onto Lambda (200 Hz+)

1.05 Hz – Reported to stimulate growth hormone release

The program is relaxing in a different way to a standard low frequency-only program and users report vivid and bizarre dreams after or even during the session.

## HYPNAGOGIA

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**Length:** 30 minutes

**Purpose:** Hypnagogic state/ Meditation/Relaxation / Border between wake and sleep

**Frequency:** 10 Hz, 7.80 - 7.83 Hz

**Filename:** HYPNAGOG.pd1

By Todd Acamesis

HYPNAGOGIA is designed to emulate the transitional state from wakefulness to sleep, a naturally occurring hypnotic state with many amazing applications including: lucid dream incubation, remote viewing, creative visualization and out-of-body induction.

HYPNAGOGIA is a mixed frequency journey related to the Hypnagogic state, ranging from 7.8 Hz (Schumann Fundamental) to 7.83 Hz (Earth frequency).

It starts with 6 minutes at 10 Hz, before ramping down to 7.8 Hz for another 6 minutes. Next, a simultaneous 7.80, 7.81, 7.82 and 7.83 Hz mix for 6 minutes. The LEDs go off for 5 seconds to signal that the target frequencies have been reached, and then the mix fades slowly over 6 final minutes, allowing developments as the program gently closes.

## HYPNO-ME

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**Length:** 40 minutes

**Purpose:** Self-hypnosis / Deep relaxation and meditation

**Frequency:** 7.0 Hz, 5.5 Hz, 4.0 Hz, 2.5 Hz

**Filename:** HYPNO-ME.pd1

This program is a blend of all four sessions in the PandoraStar Hypnotherapy series.

Brainwaves (electrical brain oscillations) during trance states are widely studied and agreed upon. There are some phenomena in scientific research that are unusual but commonly seen as measuring becomes more accurate, such as the role of Gamma (approx 38 cycles per second (Hz) and above) in relation to the more common Theta (approx 4 – 8 Hz).

This particular relation is important for the purposes of hypnosis and brain activity, and is known as Theta/Gamma coupling or phase linking.

Basically, this means that as a trance state deepens and becomes more stable while descending from waking Beta via Alpha into Theta brainwaves, higher Gamma waves become increasingly part of the overall brain state and act as both a magnifier and a manager of this deep state.

This is almost like saying that Gamma becomes the operating system of the brain and creates stability and structure to the Theta brainwaves in trance.

This program takes advantage of that effect in four phases:

Phase one is from 10 – 7.0 Hz

Phase two is from 7.0 – 5.5 Hz

Phase three is from 5.5 – 4.0 Hz

Phase four is from 4.0 – 2.5 Hz

There is a pause for entrainment and stability at the end of each phase before starting the next. Each phase is designed for a different purpose and level of trance in the Hypnotherapy series.

Here combined, they may well take you into a state of deep consciousness.

Either way, the benefits of such deep relaxation and Theta entrainment will be present.

(If you know you go deep too easily or have a very specific goal in mind from your personal session then check out the four individual programs in the Hypnotherapy series.)

Although it cannot be 100% concluded that all hypnosis sessions need or result in Theta wave activity, there is a growing amount of peer reviewed scientific evidence that suggestions and instructions for change given while certain Theta brainwaves are present, have a significantly higher chance of being accepted and acted upon.



Theta brain activity accompanies a number of mental and physical activities. For the purposes of hypnosis, one of the main activities here that Theta brainwaves facilitate is the coding and retrieval of memories. Almost like they are the record and playback function of the brain. Add to that the Gamma coupling and you have a powerful tool in your own personal development.

Use with your favourite relaxing music or hypnosis recording. Or use with your own self-hypnosis practice or deep meditation.

## PANDORASTAR HYPNOTHERAPY SESSIONS

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**Length:** 40 minutes

**Purpose:** Please see individual program descriptions

**Frequency:** 7.0 Hz, 5.5 Hz, 4.0 Hz, 2.5 Hz

**Filename:** HYPNO7.pd1, HYPNO5.5.pd1, HYPNO4.pd1, HYPNO2.5.pd1

Each session is based on an approximate 40-minute hypnosis session within an hour long consultation. The program can be stopped at any point after about 15 minutes but ideally 20 minutes to make the session shorter. Longer sessions can be continued after the program fades out at the end, or you can adjust the length of the second to last step of the program yourself to make any length you like.

The first 1.5 minutes of the induction phase is at 10 Hz and is simply aimed at getting the person used to the experience of flickering light. Please note that each lower brainwave level version of HYPNO takes one more minute of induction time to reach the target frequency. This should make it easier to remember.

You don't have to stick to the exact timings for the induction phases. These times are included as a rough guide for you and will not interfere with you having a longer or shorter induction. All sessions are also suitable for self-hypnosis or listening to recordings of hypnosis or meditation.

All recommendations for each program are suggestions only. Every client will respond differently. Some may need a deeper session while some may be so susceptible to hypnosis that they go deep with even a medium level. And some (although this is rare) may not be susceptible at all.

It is hard to categorise 100% where a particular hypnotic result may occur. For example, some people can get pain control in even a light trance while others will need to go deep.

There is a reasonable amount of evidence to suggest that the 4 – 6 Hz range in particular is more useful for emotional work as memories seem to be more accessible in this brain state.

The following are guides only and many more things are possible with hypnosis and at varying levels of trance than I have listed here.

Experiment for yourself and trust in your knowledge and hypnosis training to guide you to the results you desire.

## HYPNO7

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**Length:** 40 minutes

**Purpose:** Trance work / Creative visualisation / Decision reinforcement

**Frequency:** 7 Hz

**Filename:** HYPNO7.pd1

- Base frequency 7 Hz
- High Theta
- Medium trance level
- Induction phase is 6 minutes

Trance work where frequent interaction or talking is predicted. Too much interaction at deeper levels of trance can add too many higher brainwaves and cause the person to come out of trance unless you pre-frame it properly.

Recommended for creative visualisation, processing and reinforcing of new learnings and decisions from deeper trance work.

For people who go deep easily and are hard to get to follow instructions.

It's actually surprising how much great trance work you can do at this medium level and especially if the person already lives a lot of their lives in higher frequencies. Sometimes going deeper is counterproductive.

## HYPNO5.5

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**Length:** 40 minutes

**Purpose:** Emotional trance work / Accessing and recoding memories

**Frequency:** 5.5 Hz

**Filename:** HYPNO5.5.pd1

- Base frequency 5.5 Hz
- Mid Theta
- Deep trance level
- Induction phase is 7 minutes

### Suggested uses

- Emotional trance work
- Dealing with and releasing trauma
- Accessing memories
- Recoding memories
- Accessing resources, happy states and building new or breaking old habits
- Metaphor and storytelling
- Direct hypnosis where suggestions of wellbeing are delivered without any input from the client
- Minimal interaction (although if you pre-frame that they will drop back down into deep trance again after each interaction, this can work too)
- Low enough for regression type work for some

Spontaneous healing often occurs around (but is not reserved to) this level of trance.

5.5 Hz in particular seems to be a peak value of Theta found in studies of brain responses to Theta stimulation and measurement. This is where the bulk of your work will likely be. People wanting to stop doing something or start doing something will most likely respond well to this level.

You may wish to do a session at this level to gather information and resources and then back it up later with a slightly deeper session where you act more as a source of affirmations and direct suggestion to consolidate any previous sessions. Or for many people this will be deep enough to do all of it.

Here's an example of research showing the presence and usefulness of this frequency for work around memories: <https://www.ncbi.nlm.nih.gov/pubmed/30198823>

## HYPNO4

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**Length:** 40 minutes

**Purpose:** OBE / Shamanic experiences / Pain control

**Frequency:** 4 Hz

**Filename:** HYPNO4.pd1

- Base frequency 4 Hz
- Low Theta
- Very deep trance level
- Induction phase is 8 minutes

### **Suggested uses**

- Direct suggestions to the unconscious mind
- Out of body type experiences
- Messages from higher self / spiritual guides
- Regression
- Shamanic experiences
- The border of sleep so can result in this if tired
- Stage hypnosis type responses
- Pain control (anaesthesia), although this can happen to varying levels in any depth of trance
- Simplistic metaphor requiring no mental input from client
- For similar uses to 5.5Hz if the person is very analytical and their conscious mind needs to be right out of the way

## HYPNO2.5

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**Length:** 40 minutes

**Purpose:** OBE / Shamanic experiences / Regression / Pain relief / Healing

**Frequency:** 2.5 Hz

**Filename:** HYPNO2.5.pd1

- Base frequency 2.5 Hz
- Mid Delta
- Very deep trance level (mainly for experienced clients)
- Induction phase is 9 minutes

### **Suggested uses:**

- Similar to 4 Hz but for more experienced hypnotic subjects
- Possible 'coma' type trance where person seems stuck in trance (This can happen in low Theta too)

2.5Hz is within the normal realms of sleep so unless there is that experience by the person, or continuous suggestion to relax but be unconsciously alert to what you are saying, they may just fall asleep. This can be a very good place to get pain relief and healing though.

It's in this range of brain activity while we sleep that HGH (Human Growth Hormone) is released that is responsible for body and brain repair and growth.

Honestly, research on how effective brainwave entrainment is at doing the same as sleep in this is up for debate, but there are examples within our community of almost miraculous results and enough possible causality to suggest that it does.

If you use this or 4 Hz and want useable information from the client to discuss and use in other sessions you will need to give that suggestion a few times to ensure as they come out of trance, they get or maintain information from their unconscious mind to their conscious mind.

## I LOVE U (couples sequence)

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**Length:** 30 minutes

**Purpose:** Love / Kindness / Empathy

**Frequency:** Delta, Alpha, Gamma, Hyper-Gamma

**Filename:** I-LOVE-U.pd2

Designed as a program for couples to use but can of course be used by single people too.

Two unique blends are formed and alternated in this program: Delta with Hyper-Gamma and Alpha with Gamma. There is a slight visual transition between each phase.

This program is based on research on brainwave patterns present in experienced Buddhist meditators doing loving kindness meditation, Christian-based loving prayer, and social based empathy. The brainwaves present in these practices have some commonalities but also some distinct differences. And studies of romantic partners show a whole brain effect of these frequencies rather than isolated areas of the brain.

The idea of this program is to promote kindness and empathy toward yourself and others.

Made as a program for partners to use together, the idea is to hold each other's hand while using the program. Why? Studies have measurably shown that brainwave frequency, heart rate, respiration (breathing), and pain and discomfort thresholds all synchronise between two people who love each other when they hold hands.

The love or kindness toward each other has to exist though or the effect is not measurable. An example of this is research that shows a measurable reduction in pain for a woman during childbirth if an empathic partner holds her hand. The more empathy one partner has for the other, the more synchronising happens and the more the other persons pain subsides in these types of cases.

The results have been interesting, from kundalini awakenings to comments best not put in print.

There's been a few tweaks since the original program but the base is the same.

# INSOMNIA

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**Length:** 30 minutes

**Purpose:** Improved quality of sleep / Calm awareness / Stress relief / Potential improved astral travel / Lucid dream practice

**Frequency:** SMR (12-15 Hz) and mid-high Theta

**Filename:** INSOMNIA.pd2

*(Note: This program is designed to be used during the day, not at night.)*

More than a sleep program. Welcome to INSOMNIA, the PandoraStar session designed to improve not just the quality of your sleep, but also the quality of your body and mind connection and response to stress.

SMR stands for Sensorimotor Rhythm which is its own subset of brainwave patterns typically between 12 and 15 Hz (low Beta). SMR is like the idle in a car. It is the point at which you are aware but relaxed and able to handle whatever comes your way. And SMR very quickly becomes Alpha when you close your eyes and begin to relax. Without this range of frequencies, the potential is for an almost manic depressive lifestyle, i.e. a person is either on a high or on a low and struggles to just be balanced.

An example of some pretty impressive research is an example where training prison inmates to SMR frequencies resulted in the re-offence (after release) rate dropping from around 65% to 20%. That's a big change!

SMR frequencies are controlled by the sensorimotor cortex in the brain and are responsible for sending and receiving messages about movement in the body. SMR brainwaves are involved in movement inhibition during sleep also, and so a lack of these brainwaves can result in a restless sleep with few or no deep sleep stages.

Worth noting here that people who practice astral travel and lucid dreaming do better by having a greater ability to stay still while sleeping. Active people and people who rely on coordination (like dancers) usually have high levels of SMR activity.

In a way, SMR waves are the connection and bridge between body and mind. Improvements in these brainwaves have been attributed with many improvements in healthy living.

This program is based on research that shows (via neurofeedback in the studies) that training SMR frequencies into the brain can have a significant positive effect on the quality and depth of sleep, not by acting as a sleep aid in the sense of putting you to sleep; but by entraining the brain to more easily go into these brainwave patterns when they are needed. So, as such this program is designed to be used during the day and not at night.

This is an example of what you do during the day having an effect how you sleep at night. No surprise then that exercise during the day can help you sleep at night also, with the knowledge that exercise promotes SMR waves.



Theta is of course the main frequency of deep relaxation and the onset of the start of sleep. Theta is also the frequency that long time meditators can easily enter into for relaxing, and is associated with healing and accessing memories. This program uses both with the main emphasis on SMR.

The SMR frequencies move subtly during the session to purposely create a type of dissociation. At random intervals, an 'in phase' Theta wave (different each time) fades in and then out again. Doing this in phase means two things. Firstly, it stops any third frequency from being created which is not the intention of this program. Secondly, it creates a unique effect where your perception of time is altered. Like a type of time distortion. This makes for a very pleasant feeling of calm with active thought.

Three times a week is recommended, i.e. within 72 hours each time, to get maximum benefits. Or of course every day is even better.

The session can be stopped after 20 minutes if you are short on time, but ask yourself the question "Why do I not make time to relax?"

If you want to improve the quality of your sleep then please set an intention to use this on a regular basis.

## JOURNEY (with audio)

---

**Length:** 40:21 minutes

**Purpose:** Pineal activation / Deep meditation / Personal discovery / Spontaneous OBE

**Frequency:** Mix from 0.2 Hz to 200 Hz

**Filename:** JOURNEY.pd1, JOURNEY.mp3

People have experienced flashes of images, OBE experiences and downloaded insight messages during this program. It hits every brainwave range throughout its progression (Epsilon, Delta, Theta, Alpha, Beta, Gamma and Lambda) and can induce losses of awareness too, with some very relaxing, dreamy and floaty feelings.

This program is a progressive mix, adjusted but similar to 3RDEYE to TIBET to a Gamma/Alpha blend, designed to take you on a journey of inner discovery.

The first part of our recommended music track has been voted by scientists as the most relaxing music ever.

## LSD

---

**Length:** 19:52 minutes

**Purpose:** Visual entertainment

**Frequency:** Various

**Filename:** LSD.pd1

A replica of another light machine program; with visual colour shape and movement.

A shortened intensified version also available with audio: LSD-AZURE.

## LSD-AZURE (with audio)

---

**Length:** 14:33 minutes

**Purpose:** Psychedelic entertainment

**Frequency:** Various

**Filename:** LSD-AZR.pd1, LSD-AZR Remastered.mp3

An intensified (from the original) psychedelic program for entertainment modified from the original LSD program and synced to music.

As with ACID SQUIRREL, there is a 20-second pause to the program and the music track, so you can start the lamp, wait for the countdown and press play on the music just as the countdown timer on the lamp hits zero.

During the 20-second delay, get comfortable under the lamp, and put headphones on. Please get some good headphones if you haven't already, it makes a big difference.

Note: some music players have a slight delay between when you hit play and when they start. This will make the synchronisation off by about a quarter to a third of a second. Test yours (or if you know it does that) and if you need to compensate for that then hit play on your music player just before the timer on the lamp hits zero. It's worth getting this right if you can.

## LSD-STAR (with audio)

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**Length:** 14:33 minutes

**Purpose:** Psychedelic entertainment

**Frequency:** Various

**Filename:** LSD-AZR.pd1, LSD-AZR Remastered.mp3

LSD-STAR is a psychedelic program for entertainment modified from the LSD-AZURE program and synced to the same music.

LSD-STAR has refined synchronisation to the LSD-AZURE soundtrack. It uses lower duties and therefore the colours and effects are slightly different too. Some frequencies have been adjusted also. As the program progresses there are a number of short lamp off steps to increase the contrast effect. This combination makes for quite a different experience as your mind fills in the blanks.

Best used in a dark room, the idea behind this program is that it takes advantage of more darkness in between the light. This potentially it may also be easier on sensitive eyes.

As with ACID SQUIRREL, there is a 20-second pause to the program and the music track, so you can start the lamp, wait for the countdown and press play on the music just as the countdown timer on the lamp hits zero.

During the 20-second delay, get comfortable under the lamp, and put headphones on. Please get some good headphones if you haven't already, it makes a big difference.

Note: some music players have a slight delay between when you hit play and when they start. This will make the synchronisation off by about a quarter to a third of a second. Test yours (or if you know it does that) and if you need to compensate for that then hit play on your music player just before the timer on the lamp hits zero. It's worth getting this right if you can.

You can choose your own music or use the Azure music.

## MEMORY and MEMORYX

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**Length:** 22:00 minutes / 30 minutes

**Purpose:** Long term memory creation / Post study aid / Recall knowledge

**Frequency:** 7.80 Hz, 10.20 Hz, 12.00 Hz, 40.00 Hz

**Filename:** MEMORY.pd1, MEMORYX.pd1

*(Note: Deep sleep is an important part of any memory process. This program addresses the waking patterns. You need deep sleep or your memory will start to suffer. Age-related memory loss is as much about a lack of deep Delta sleep as anything else. If you suffer from a lack of sleep then focus on that first and/or use a low delta program like DELTA105 or DELTA-LC.)*

### Background

The majority of studies show that people learning or studying enter a dominant Theta state to make connections and sense of what they are learning. Kind of a trance state where the unconscious and conscious minds work together. Most people enter this state easily while studying or engaging in a new task. What's often missing is the link to making this information easily accessible and stored in long term rather than short term memory.

Children have a higher level of Theta that slowly changes to more Alpha as they age; and interestingly this then reverses again as people get older still and memory starts to fail. This may explain why children need repeated exposure to an idea before it becomes accepted (because the idea may be wrong so needs backing up) and why older people start to lose the ability to remember.

It seems that high Alpha is the bridge between knowledge and its use in real world living (primarily low to high Beta). Possibly, a feedback loop is created with Alpha as the bridge from the Beta application of the memory and the initial Theta learning of it to solidify the knowledge and ability to remember it again. For example: Theta – Alpha – Beta – Alpha/Theta – Beta - Alpha/Theta and so on.

Again, all this assumes that you are getting enough deep sleep where the consolidation of things learned throughout the day is shown to happen. Without this, memories will be hard to move from short to long term memory.

There is also significant research to show that synchronising both hemispheres of the brain greatly helps both learning and memory; which of course Pandorastar will do.

## How to use

MEMORY is designed to be used after learning or study (although before will help also):

- to take a break from such intense focus
- to solidify the knowledge into longer term memory
- to promote a brain state where the knowledge can be remembered and used

The program takes you from the post-study pattern of higher Theta, to medium then high Alpha, and background Gamma.

From previous research into speed learning I suggest the following:

- Study for an allocated amount of time.
- Use the program
- Straight afterwards, write short notes on what you studied
- For added benefit, have a friend that you can talk to and tell them what you have learned (repeating new knowledge is a powerful way of remembering it again)

Don't worry if you fall asleep. After intense focus sometimes the brain needs that to process.

Or just use it at the end of the day while casually thinking of what you've been learning throughout the day. Then as you sleep your mind can process and store what you've learnt.

# MOTIVATE

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**Length:** 22:05 minutes

**Purpose:** Motivation / Feelings of wellbeing

**Frequency:** Various plus 16.11 Hz, 40.05 Hz

**Filename:** MOTIVATE.pd1

This program is designed to inspire motivation, inspiration and social engagement.

It's great for those who are tired, bored or leaning towards depression. Or to promote a get-up-and-go feeling after sleep or relaxation, suggested in combination with your favourite upbeat music. Please note, however, it won't be very beneficial for those who are stressed already (ie. over-motivated), or those who easily stress.

MOTIVATE has frequencies, duties, intensities and times aligned to the mathematical properties of the number 9. According to Tesla, the numbers 9,6 and 3 hold the secrets to the universe. The journey starts at 9.99 Hz, progressing up to 16.11 Hz Beta, with 40.05 Hz Gamma in the background.

EEG results show higher levels of these frequency patterns in people who are feeling social, and friendly, and motivated to start an activity, or engage in a fast-changing activity that demands focused attention; compared with those who are demotivated or too inwardly focused or introverted. Beta is more common than Gamma – yet Gamma seems to be present in inspiration, a more enjoyable form of motivation.

As an activity started by Beta frequencies progresses, and unconscious skill at the activity grows, Beta tends to reduce slightly and Theta and Alpha become stronger; suggesting an almost trance-like flow state where intuition and unconscious reaction take over. It's rare for people with overly dominant Alpha and Theta frequencies to feel motivated to act, without the introduction of Beta. Therefore, for those who don't go into Beta so easily, this program is ideal.

Note, may induce some interesting visuals, like turning double helix structures and double spirals – particularly in the second half. But everyone's experience is unique.



## OPB “opening pandora’s box”

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**Length:** 3:50 minutes

**Purpose:** Visual entertainment/Demo session

**Frequency:** Various

**Filename:** OPB.pd1

This is a demo session for entertainment purposes providing visual effects of colour and shape. Enjoy!

## PILLS (with audio)

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**Length:** 10 minutes

**Purpose:** Psychedelic/Visual Entertainment

**Frequency:** Various

**Filename:** PILLS.pd1, PILLS.mp3

Put on some headphones and have a PandoraStar pill. Warning: There are some intense effects in this program.

There will be more than one version of this program to go with the same music track. Each will have a different experience and will have both medium and intense visual effects. As with the other entertainment programs, there is a 20-second pause after the start for synchronising the music and program.

### Instructions

1. Start the lamp.
2. Watch the counter count down on the lamp
3. Just as the delay counter hits zero (0) (or just before – see note below), press play on your music player

Note: Most phones, laptops, notebooks and some MP3 players have a delay from when you press play to when the music actually starts. Test your player. You will find that for most of these devices that you need to press play a fraction of a second before the lamp hits zero (0). You will know after the first sound effect if you got it right.

You then have 20 seconds to get comfortable under the lamp before the program and music start.

## PILLS-2 (with audio)

---

**Length:** 10 minutes

**Purpose:** Psychedelic/Visual Entertainment

**Frequency:** Various

**Filename:** PILLS-2.pd1, PILLS.mp3

Put on some headphones and have another PandoraStar pill.

Warning: This has fast paced changes and effects and has intense effects in places.

Here is a second version of this program to go with the same music track as the first PILLS program. Or you can choose your own 10-minute piece of music. As with the other entertainment programs, there is a 20-second pause after the start for synchronising the music and program.

### Instructions

1. Start the lamp.
2. Watch the counter count down on the lamp
3. Just as the delay counter hits zero (0) (or just before – see note below), press play on your music player

Note: Most phones, laptops, notebooks and some MP3 players have a delay from when you press play to when the music actually starts. Test your player. You will find that for most of these devices that you need to press play a fraction of a second before the lamp hits zero (0). You will know after the first sound effect if you got it right.

You then have 20 seconds to get comfortable under the lamp before the program and music start.

## PSYCHIC

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**Length:** 25 minutes

**Purpose:** Improve intuition / Psychic ability / Visions and higher self connection

**Frequency:** Various

**Filename:** PSYCHIC.pd1

A program to boost intuition, psychic ability, remote viewing and relaxed awareness. Great for inspiration, motivation and social engagement.

Research on intuition, psychic ability and ghost phenomena among other things as these abilities relate to measurable EEG findings has a lot of conflicting ideas. But this program includes two main frequencies mentioned most often plus two others.

The structure of the program is then partly based on EEG and MRI findings and partly intuitive and knowledge around what works with PandoraStar.

## RECHARGE

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**Length:** 22 minutes

**Purpose:** De-stress / Rejuvenate / inspire

**Frequency:** 6.8 - 7.8 Hz, 10 - 10.5 Hz, 12 Hz, 40 Hz

**Filename:** RECHARGE.pd1

RECHARGE is perfect for busy people. Designed to relax, release stress, and stimulate solutions to challenges, before a return to a rejuvenated 'ready for action' state.

It works well with a relaxed music selection. The range of Theta frequencies used (7.8 - 6.8 Hz) known as the 'twilight zone' of brainwave entrainment has been studied more than any other frequency (including EEG studies). Entrainment in these frequencies can typically help with stress and anxiety, a greater connection to subconscious resources for insight, inspiration and healing, and a rebalancing (mentally and chemically) of body and mind.

The program moves very slowly at first down to and around the Theta frequencies. As it progresses, Alpha (10 - 10.5 Hz) is introduced as Theta slowly fades away, to bridge the gap between the subconscious and conscious minds. This encourages deep insight into the conscious mind. As you near the end of your journey, the mid Alpha fades away, 12 Hz (Alpha/Beta border) is introduced to solidify the experience in waking reality, with a burst of Gamma for creativity and preparation to move on with the day.

Visual shape and colour starts slowly and builds toward the end (not too much), for a touch of wonder and inspiration while also helping with some creative stimulation and alertness.

## RELAX

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**Length:** 31:40 minutes

**Purpose:** Relaxation / Meditation

**Frequency:** 18 Hz, 8 Hz, 4 Hz, 12 Hz

**Filename:** RELAX.pd1

This program does what it says on the tin: relax, create a meditative state, and refresh.

Begins at 18 Hz before then ramping down to 8 Hz (Theta/Alpha border), holds there, and then continues down to 4 Hz (Delta/Theta border) and holds there. Finally, it climbs back to 12 Hz ready to get on with your day.

## RIGHT BRAIN SWITCH

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**Length:** 59:35 minutes

**Purpose:** Create right brain dominance / Creativity

**Frequency:** 10 Hz, 110 Hz

**Filename:** RIGHTBSW.pd1

By Todd Acamesis

Designed to create a shift from left to right brain dominance, this program will help to stimulate creativity and emotional processing. The small frequency range switches on brain regions associated with mood, empathy and social behaviour. For best results, it's recommended for use with a loving kindness and compassion meditation.

After 10 minutes at 10 Hz, a 10 - 110 Hz ramp lasts over 30 minutes and then for 20 minutes, a 110 - 111 Hz oscillation. Studies have shown that 110 - 111 Hz Hyper-Gamma stimulation activates right brain regions related to emotional processing and creativity.

## RV6HZ “remote viewing”

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**Length:** 21 minutes

**Purpose:** Remote viewing / Intuition / Channelling

**Frequency:** 15 Hz, 6 Hz

**Filename:** RV6HZ.pd1

By Todd Acamesis

A program developed for remote viewing sessions, and developing powers of visualisation, channelling and clairvoyance.

A slow ramp from 15 Hz down to 6 Hz. After cycling down for 15 minutes to the target 6 Hz frequency, the LEDs switch off for about 10 seconds to signal the target frequency. The outer 2 sets of LEDs that make up the outer hexagram then switch on. A 6 Hz frequency is ideal for channelling, remote viewing and for visualisation.



# SLEEPY

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**Length:** 20 minutes

**Purpose:** Sleep aid / Relaxation

**Frequency:** 10 Hz to 0.5 Hz

**Filename:** SLEEPY.pd1

Ideal for the insomniac, use this program for bedtime or deep relaxation entrainment. The program ramps slowly down from 10 Hz to 0.5 Hz with each set of three LEDs then fading out, one by one. Adding in deep, slow, rhythmic breathing can really aid relaxation.

A few sleep-easy tips:

- Sleep times: keep to regular times and a routine to cue the brain/body
- Eating: don't eat too close to bedtime as digesting food will keep you awake
- Destress: stress and constant thinking don't help!
- Exercise: daily exercise, even a walk, will help to release excess physical energy
- Darkness: make sure your bedroom is as dark as possible (no laptop/TV/standby lights) and good curtains or blinds
- Fresh air: neuroscience research shows the brain uses more oxygen during REM (dream) sleep than even during waking states so try having fresh air, perhaps through a small gap in a window.

Sleep well.

# TESLA

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**Length:** 30 minutes

**Purpose:** Genius / Flow State / Mental Balance

**Frequency:** Mix of Delta, Theta, Alpha, Beta, Gamma

**Filename:** TESLA.pd1

TESLA is the ACID SQUIRREL of entrainment programs. It was made at the same time as ACID SQUIRREL and also took a really long time and a lot of being really detailed to adjust and experiment to get it as perfect as possible with about 70-100 tests on this.

There's a lot going on in this program, with more steps than you would expect. But only some of it will be noticeable consciously. This program is born out of a fascination with the genius before our time: Nikola Tesla.

This man was insanely clever; if you're curious then look him up. He was fascinated by the numbers 3,6 and 9. He especially loved the number 9 and referred to it as the number of everything/the universe. He speaks in his papers and his semi-autobiography of mind effects like lightning flashes and states of expanded awareness. Among a couple of other influences, and in line with Tesla, 99% of this program reduces mathematically to a 9. All frequencies, duties, intensities and times (even the program length) are a number 9 in construction.

Also having an influence on this program is Anna Wise, who was an early pioneer in brainwave measuring and flow states. She travelled the world measuring not just the brain frequencies present but what strength of them were present. As such she discovered that all frequencies are present all of the time. What changes is the amount of each one in relation to each other. She discovered types of bell curve shapes of pattern to people of genius in sports, business, or spirituality.

Based on that research, this program seeks to combine a certain mix of brainwaves to create a new state conducive to flow states and expansive awareness.

Also influencing this program is NLP. In particular this program uses four forms of anchoring (resource state, collapsing, sliding, and chaining) as a new state creation method in a very unique way to build a new combined state with all brainwaves present at once, but not all dominant at once. Effectively, one brainwave taking hold and then getting both pushed and pulled like a wave along into the next, then next, then next, before ending and starting again; this time faster; until the whole process is done in 3 seconds (the only time a 3 is used instead of a 9).

This is done in a way that the mix leans a specific way toward the less common brainwaves including 40.05 Hz Gamma, which is present the entire time right from the beginning, but pulses and cycles like all the others in a purposeful way. Nothing is done for effect in this program, only for a specific purpose. Effects are there as a side effect.

Finally, this program is also influenced by knowledge gained from extensive research, including for instance that one brainwave can act like a trigger to 'wake up' and increase

another. So present and part of the new state are, Delta, Theta, Alpha, Beta (not by frequency but by more sneaky methods) and Gamma.

After using TESLA, one just feels balanced. Not super hyped, not too relaxed. The parts of the brain that were asleep are now awake, the parts that were over awake are now in balance with the rest, and they all just play happy families together. That's the beauty of it. It's like you can make a decision based on what's good for you and not based on what's easy. Is that a flow state?

### **Music**

Use whatever music depending on what inspires you for the day. And that works perfectly for this program – the choice is always perfect.

## TIBET

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**Length:** 30 minutes

**Purpose:** Deep deep relaxation / Spontaneous OBE / Insight

**Frequency:** 0.2 Hz and 200 Hz

**Filename:** TIBET.pd1

This meditative program takes you deep, deeper than deep.

It combines two frequencies: the lowest Epsilon with the highest Lambda: 0.2 Hz with 200 Hz. Studies suggest that the two frequencies piggy back on each other, almost like each being the gateway to the other in a cyclical way.

Very few results exist of people able to reach such states. Only long-time meditators (monks) seem to be the only rare examples of such states.

The first time I used this program my body started vibrating so much that I opened my eyes to tell my room-mate off for shaking my bed, only to find they were asleep. Even weirder, the vibrating kept going even though I was sitting up with my eyes open.

Intensities and duties have been adjusted, to create a comfortable blend. Use with deep controlled breathing and you'll probably go somewhere else altogether – somewhere very nice.

## TRANCE 1

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**Length:** 29 minutes

**Purpose:** Deep trance / Hypnosis

**Frequency:** 4 Hz

**Filename:** TRANCE-1.pd1

You may find this experience quite unlike any other trance states you may have experienced. Not your average relaxation program, TRANCE induces a hypnotic style trance state, designed for a relaxed body and alert mind.

Interesting for those practising OBE, you may experience amnesia, and EEG studies show it's common for Gamma frequencies to be present in hypnotic trance, with the lower Alpha, Theta and Delta frequencies.

This program takes advantage of this, coupled with another lesser known Hypnotic technique, fractionation; created by bringing you partly out of a trance for just a few seconds before dropping you straight back in again. The result is a deeper and more stable trance state, via the normal learning state of getting progressively better at something with each attempt; one trance state becomes 3 or 4.

The program has subtle waves of Gamma in the background, and three 12-second pulses at key points that raise mental awareness briefly while leaving you physically relaxed. The final frequency is 4 Hz on the Theta/Delta border. You shouldn't sleep but if you're tired even a higher Gamma could induce it. The last minute is a fading out of light intensity, no frequency change. You can return to a waking state in your own time, or if you're working with a client, you can stop the program early (if needed) or add the suggestion to "continue relaxing as the light fades away".

The hypnotic state you'll experience with this program is ideal for either guided or self-hypnosis recordings, affirmations or mantras. You could use it with hypnotic scripts, with clients.

Or maybe you just want to zone out.

## TRANCE 2 and TRANCE2X

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**Length:** 29 minutes / 44 minutes

**Purpose:** Deep trance / Hypnosis

**Frequency:** 2 Hz, 4 Hz, 7.8 Hz, 40 Hz Gamma

**Filename:** TRANCE-2.pd2, TRANCE2X.pd2

This is a very cool trance state. In a nutshell, this is designed to get you really relaxed while remaining mentally alert enough for it to then be useful for self-hypnosis, guided hypnosis, affirmations, creative visualisation and getting into the 'Body unconscious/Mind alert' state useful for OBE practices.

This differs from the first TRANCE program in a few ways and has some added benefits and adjustments. This new version fades directly into 7.83 Hz to get the blood flowing in the brain and ground you in the earth resonance (Schumann frequency).

The fade in is gentle to allow for people's nerves to calm while getting used to the light. Subtle visual effects are present at the beginning as part of the goal of the program. This program goes deeper down to 2 Hz Delta but does so in a specific way: There is a regular and repeating slow fade loop from 2 Hz to 4 Hz to 2 Hz etc (with 40 Hz gamma subtly in the background). This allows for the two mind states to blend slightly and help with easier access to knowledge that would likely otherwise remain unconscious and only in dreams. It also helps get deep without drifting off too much.

The same fractionation techniques are employed here as with the first TRANCE program so I've included that description below.

Hypnotic trance (at least useful hypnotic trance), unlike what most people think, is a state of increased rather than decreased awareness during relaxation. Amnesia for example (a function often wrongly attributed with 'real' trance), is not usually normal but suggested or implied during the session if required. Unless your unconscious mind in its wisdom thinks you may consciously screw up the good work by being aware of it that is, it happens sometimes.

EEG studies show for instance that it is common for Gamma frequencies to be present along with the lower Alpha, Theta and Delta frequencies. This program takes advantage of this along with another less known Hypnotic technique called fractionation. This is an effect caused (in simplistic terms) by bringing someone partly out of a trance for just a few seconds before putting them straight back in again. The result is a deeper and more stable trance state. It follows the normal learning state of getting progressively better at something with each attempt by turning one trance in to 5 or 6 trances.

So this program does all that for you.

It has subtle waves of gamma in the background that fade in and a few 23-second pulses at key points that raise mental awareness briefly while leaving you physically relaxed.

The final frequency is 2 Hz Delta with fades to 4 Hz on the Delta/Theta border. In theory the aim is not send you off to sleep. But if you are tired, even a high gamma program will do

that so bear that in mind.

The resulting states therefore are perfect for guided/self-hypnosis recordings, affirmations or mantra's, visualisations, or client sessions where you are the hypnotist doing an induction followed by a metaphor or specific script.

The last minute purposely fades out of light intensity without changing the frequency.

## VITAL40

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**Length:** 58:30 minutes

**Purpose:** Cognitive improvement / Creativity

**Frequency:** 40 Hz and Flow1 (existing sequence), 40 Hz Gamma, 18 Hz Beta

**Filename:** VITAL-40.pd1

By Todd Acamesis

VITAL40 is an amalgamation of Flow1 and 40HzSlowRamp (existing programs). So, benefits are the same as Flow1, but with added Gamma wave stimulation for increased cognitive function. This is a powerful program, so please give yourself up to 5 minutes to let the integration take place before moving around.



## WEALTH (with audio)

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**Length:** 25:40 minutes

**Purpose:** Abundance creation / Wealth manifestation

**Frequency:** 4 Hz, 10 Hz

**Filename:** WEALTH.pd2, Hypnosis for Wealth.mp3

By Skylar Acamesis

Ready to change your life for the better?

WEALTH is a new program created by Skylar Acamesis, to help give you more power over your financial decisions, uncover your confidence and motivation, feel like you are in charge of your own worth and financial destiny, and to release your true potential.

Let this program along with the synchronised hypnosis audio, help you step into the beautiful, abundant being that you really are. Wealth building is a skill, and the more you practice, the easier it gets. Change your mindset, take guided action, and watch your wealth consciousness blossom.

### Instructions

To perfectly synchronise WEALTH with the guided hypnosis meditation audio track, start the program and wait for the 10-second countdown to reach '1' before pressing play on your audio player. That's it, you're done and ready to take change your life for the better!

### Supporting materials

Below is the PandoraStar Personal Development series, Wealth Creation parts 1 & 2.

In part one, Skylar discusses how different brainwave states, supports wealth consciousness - and your ability to create wealth inside your life.

<https://youtu.be/x2Zo76Up8gs>

In part two, Skylar, discusses how WEALTH, and her new guided hypnosis audio, perfectly synchronise to help support your ability to create wealth in your life.

<https://youtu.be/cMiX-yILdfs>

# WELCOME

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**Length:** 10 minutes

**Purpose:** Relaxing introduction with subtle visuals / Calming and intuition booster

**Frequency:** Various

**Filename:** WELCOME.pd1

WELCOME is a short demo session to give people a taste of PandoraStar as a tool for relaxing, meditation and intuition enhancement with a nice visual experience added. Or a short session for yourself.

The program starts at 9 Hz and ends on 6 Hz and has some slow Gamma pulses included. The intention here is to give a taste of what a longer session might be like to encourage people to want to try longer. Or for use as a quick mind calming session and intuition booster when time is limited.

There are some similarities in this program to the AURORA program (though more subtle) and this program also has all frequencies, duties, times and intensities as mathematical derivatives of 3, 6, and 9. Tesla's influence again.

A very nice way to try PandoraStar for the first time or as a short mind calming/intuition promoting session.