

Preset Sessions DAVID PAL36

These preset sessions are the latest and were designed based upon research. They are provided in three sections, A, B, & C. In library 1, section "A" are stimulating sessions, section "B" are meditation & relaxation sessions and section "C" are sleep and special sessions. In library 2, sections "A" & "B" are relaxation & stimulating sessions, and sound sync sessions. Section "C" is where the six blank spaces are for your own personally designed sessions Here is a detailed list of the preset sessions:

#	NAME & DESCRIPTION	TIME	TARGET RATE (Hz)
LIBRARY 1 SESSIONS (L1)			
Beta - Let's Get Alert			
A1	Sensory Motor Rhythm (SMR) - Use to achieve relaxed attention.	24 Min	14
A2	Sensory Motor Rhythm (SMR) with Dissociation - Use to improve sleep for those who have insomnia due to a "racing" mind but relaxed body.	40 Min	14
A3	Beta Perker - A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.	20 Min	18 to 20
A4	ADD & Learning - This session has rapid transitions for mental stimulation to help keep the user "engaged" in the session. Used in the ADD study published in the "Journal of Neurotherapy".	26 Min	L 14/R 18 & 10
A5	Brain Brightener - Use with seniors to improve mental functioning and memory. Based on Budzynski's study. Similar to ADD and Learning (A4) but uses gentle transitions more suitable for seniors. Can also be used for ADD.	30 Min	L 14/R 18 & 10
A6	Skill/Sport Enhancement - Use this session to develop any skill or improve performance. Visualize feeling your best during the first half (alpha) and then visualize your perfect performance during the second half (beta) of the session.	24 Min	7.8 to 18
Alpha - Great for Relaxation and Meditation			
B1	Healthy Alpha Relaxer - Healthy alpha is 10 Hz. Most disorders have alpha slowing down. This session re-establishes the natural alpha rhythm. Good for beginners.	30 Min	10
B2	Extended Deep Alpha Relaxer - Stay relaxed for your dental, massage, chiropractic, and other appointments.	80 Min	8.4

B3	Schumann Resonance - For a quick, thorough afternoon meditation. For those on the go.	22 Min	7.8
B4	Extended Schumann Resonance - For effective deep meditation & particularly to improve the onset of sleep. Calms "hyper/chatter" minds. Also good for chronic fatigue, fibromyalgia and anxiety. Ideal for those with insomnia who have a busy mind and tense body.	40 Min	7.8
B5	"State Five Meditation" - Use for ultra-deep meditation and for sleep. Use to quiet "hyper" minds. Based on Maxwell Cade's work with Zen meditators.	33 Min	7

Theta The Dream State - Enhance Your Creativity

B6	Theta Hemistep - Use for creative visualization and sleep.	36 Min	5.5
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Delta - The Sleep State

C1	Meditate to Sleep - Meditate, visualize, and think soothing thoughts during the first half (8 Hz); fall asleep during the second half (3 Hz).	45 Min	8 to 3
C2	Delta - To aid in falling asleep. Best for those with pain. Fall asleep with session running.	45 Min	3.5
C3	Sub-Delta - Mildly dissociating. Calms the hypothalamus. Beneficial for some with fibromyalgia and hypertension.	24 Min	0.5 to 1

Depression Reduction

C4	Alpha/Beta - Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry.	30 Min	L 10/R18
C5	Alpha Relaxer - This session has an alpha front end to reduce anxiety and enhance relaxation.	30 Min	10 to L10/R18

Hypnosis

C6	Fractionated Hypnosis/Alpha - This session simulates the hypno-therapy process.	30 Min	8
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LIBRARY 2 SESSIONS (L2)

Relaxation and Sleep

A1	"Wise Guy" Alpha - It has been shown that people with fast running alpha waves have higher than average IQs.	30 Min	10.6
A2	Coffee Break Alpha - Great for a little rest during your coffee or lunch break.	15 Min	10
A3	Paradise - A gentle slide down to Theta II. Extraverts with low anxiety produce high levels of this frequency.	36 Min	6.5
A4	Sleep - Alpha to Theta - This session can really help to break up distressing thoughts that are interfering with sleep.	36 Min	L10/R6

Stimulating Sessions

A5	SMR/Beta - Like the Brain Brightener but more gentle and more entraining.	24 Min	L13.5/R18
A6	Mental Flexibility - To "loosen up" a stuck mind. Can also be used	22	

	for Fibromyalgia.	Min	
B1	Artistic Development and Creativity - This session stimulates the right brain only. Helps "left-brained" analytical people feel more spontaneous and creative.	30 Min	L18/R0.2
B2	Roller Coaster - This action-packed session is very engaging. Some with ADD can benefit.	7 Min	

Lucid Dreaming - Sound Sync - Based on audio input. Travel on lucid journeys with your favourite music.

B3	Sound Sync - Use with hypnosis and relaxation CDs for deep hypnotic induction/meditation.	6.5
B4	Sound Sync - Use with hypnosis and relaxation CDs for deep hypnotic induction/meditation.	7.8
B5	Sound Sync - Use with recorded sporting events or lectures for sports hypnosis and mental performance enhancement.	14
B6	Sound Sync - Use with energizing music, lectures or sports recordings for peak mental performance.	18

Sessions C1 to C6 in Library 2 are empty for user designed sessions to be saved and stored.