



# ENKIDU LIGHT MACHINE USER GUIDE

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[enkidulight.com](http://enkidulight.com)

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## Disclaimer

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Those who should not use Enkidu Light Machine and its application include pregnant women and those who wear a pacemaker, have had or are prone to seizures, are photosensitive, epileptic, whether knowingly or not, should not use this application.

Those who should consult a physician before the use of this product include individuals under the influence of medication or drugs.

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal.

Children under the age of 18 are to be examined by a physician for of the program, as they are more susceptible to seizures.

Although Enkidu Light Machine and its applications contribute to wellness, they *are not intended as a replacement for medical or psychological treatment.*

## Brainwave Entrainment

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Your brain is made from billions of cells called neurons. Neurons communicate with each other by firing electro/chemical signals. For performing different cognitive tasks different parts of your brain become activated. These signals fired by a cluster of neurons in a synchronized fashion can be strong enough to be detected by EEG probes placed over the scalp of the brain.

Scientists observed the frequency of these signals to correlate with the different state of mind and level of consciousness.

Throughout the last decades they have developed methods to stimulate the brain into specific frequency to address many brain disfunction.

Training the brain to a certain frequency is called brainwave entrainment and is nothing new. Shamans and Sufis use drum to tune into lower frequencies and access their subconsciousness, and the ancient Greeks and Romans used flickering sunlight shining through a spinning wheel to induce altered states of consciousness.

As anthropologist and shamanism authority Michael Harner, points out, "The basic tools for entering the SSC [Shamanic State of Consciousness] is the drum and rattle. With good reason, Siberian and other shamans sometimes refer to their drum as the 'horse' or 'canoe' that transports them into the Lower World or Upper World.

The steady, monotonous beat of the drum acts like a carrier wave, first to help the shaman enter the SSC, and then to sustain him on his journey." – MegaBrain

Any stable frequency or beat (like shamanic drumming) evokes a cortical response. The brain synchronizes its dominant brainwave frequency with that of the external stimulus such as what it hears or sees.

The brain does not operate in just one single frequency; the full spectrum of brainwave frequencies is always running, all the time. The dominant frequency determines our mental state and entrainment temporarily shifts our mental state by boosting one frequency to be louder than the others.

People are very seldom deficient in a certain brainwave type in all areas of their brain. Usually, the distribution is much spottier, with excess in one area and a deficiency in another.

Brainwave entrainment is a great way to lead your mind into states that you might usually have difficulty reaching, allowing you to experience what those states feel like. Brainwave entrainment is a safe (non-invasive) and effective remedy to aid in the treatment of psychological and physiological disorders. It is also a great tool for meditation and exploring altered states of consciousness without any drugs and side effects.

## Brainwave frequencies

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### **Alpha (8-13Hz)**

The alpha band was the first common feature of the brain recognized in EEG recordings. Alpha is the human brain's natural state of awake rest. When the eyes are closed or blinked, there is an almost immediate increase in alpha activity, between 9.5Hz and 10.5Hz.

Alpha is the easiest range to entrain to, in fact, 10Hz is the only frequency where large-scale entrainment is highly likely to occur. Alpha is associated with detached thought and is ideal for contemplation, mindfulness meditation, CBT-type therapy, anxiety and stress reduction, and general relaxation.

### **Beta (13-30Hz)**

Beta dominates while we are engaged in anything that holds our attention – concentrating, studying, solving problems, performing memory tasks, etc. Low beta activity, often associated with excess theta, is implicated in depression and ADD/ADHD, with the imbalance often occurring asymmetrically between the brain hemispheres. Beta sessions are ideal for any form of active thought and for increasing overall energy and motivation. Beta waves tend to be of much lower amplitude than alpha, and large-scale entrainment appears to be unusual.

### **Delta (0.5-4Hz)**

Delta waves tend to be much larger than any of the others and arise spontaneously during deep sleep. There is some debate over whether Delta can be entrained, however, it occurs in deep meditation, and delta sessions can certainly be an aid in achieving delta states. Although most dreams occur while theta dominates, during REM sleep, dreams can and do regularly occur during delta. It's very difficult to identify the boundaries between waking delta and sleep, leading to questions of whether a deep meditator, exhibiting high

delta, is actually 'awake' at all or whether they are in a state more akin to a lucid dream.

## **Theta (4-8Hz)**

When theta dominates, we experience the dreamy state between sleep and wakefulness. At this time, we are particularly open to suggestions, thus its application in hypnosis and NLP. Unusual states of consciousness abound here, with hypnagogia, lucid dreaming, OOB, astral projection, and suchlike being reported. Theta is excellent for meditation and can be valuable in accessing deep memories. Excessive theta is associated with depression and ADD/ADHD whilst deficiency is implicated in addictive behaviors.

## **Gamma (over 30Hz)**

Gamma brainwaves are the fastest of brain waves (high frequency, like a flute), and relate to the simultaneous processing of information from different brain areas. Gamma brainwaves pass information rapidly and quietly. The subtlest of the brainwave frequencies, the mind must be quiet to access gamma.

Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the higher virtues. Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that gamma rhythms modulate perception and consciousness and that a greater presence of gamma relates to expanded consciousness and spiritual emergence.

## Quick setup guide

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### Connecting the light machine to a music player via AUX cable:

1. Insert the mini-SD card (sessions) into your music player, and choose a session. You can also copy the sessions from the mini-SD card into your music player, such as iPad, iPhone, Laptop, mp3Player ...
2. Connect the headphone jack of your media player to AUX input of the light machine by using an AUX cable.
3. Turn up the volume of your media player to the maximum.
4. Turn off all the sound effects on your media player, such as the equalizer before playing the session.

### Connecting an external media player via Bluetooth:

1. Connect the Bluetooth antenna to the side of the machine.
2. Turn on the Bluetooth of your media player (PC, smartphone, iPad) and search for connection under the name "BT-5.1-LDAC" and connect. The power switch on the light machine has a LED indicator. Once the Bluetooth connection had been made the LED will stop blinking.

Notes:

*Keep the volume of your media player device at maximum, and make sure to turn off all audio effects such as equalizer and Dolby.*

*On iPhone and other Apple devices, in the Bluetooth menu, choose the device type as "Others".*

### Connecting multiple light machines together:

For group sessions, you need to cover a larger area to have more people enjoy the sessions at the same time. For doing so you can connect multiple light machines together and make all the light machines work in synchronicity:



1. Pick one of the lights as master and run the session from it.
2. Put the volume knob of the master light at around %75 of the maximum.
3. Connect the AUX cable to the headphone jack of the master machine and to the AUX input of the slave machine.
4. Put the slave machine on AUX mode and it should work fine. You can use the slave machine for connecting headphones or speakers or more light machines.

## **Connecting multiple headphones to the light machine:**

You can connect two headphones to the machine with using a Y splitter. The Sub output also can be used as a headphones output. You can raise the frequency range of the sub out with the Range knob on the light machine, and connect two more headphones by connecting another Y splitter to the Sub output of the machine.

## **Connecting the light machine to a sound system:**

For group sessions, you can use a multi-channel headphone amplifier to connect more headphones to the light machines. The other option is to use a stereo sound system, by connecting the headphone jack of the light machine to the AUX input of the amplifier of your sound system. You might need to lower the volume knob of the light machine to %50 of maximum volume.

## **Connecting the light machine to a vibroacoustic bed:**

You can connect your Apollo version to most vibroacoustic sound bed and control the vibration of the bed from the light machine.

- Connect your music player to the light machine via AUX input or a Bluetooth connection.

- Connect the Sub output of the light machine with using an AUX cable to line in or AUX input of the vibroacoustic bed. Most vibroacoustic bed has an audio

input to connect with a music player. You can limit the range of audio frequency of your Sub output with the Range knob and the vibration of the bed with the Level knob on the light machine.

- The other option is using a Y splitter to make two AUX output from an external music player to drive the light machine and the bed at same time. With this setup you won't be able to control the bed from the light machine but you get the synchronicity between devices, same as previous setup.

### **Adjusting the volume of your external player:**

In order to get the best experience from the machine and better visual effect you can adjust the volume of your external more accurately with using a simple volume test.

1. Connect the music player via Bluetooth or AUX cable to the light machine and put the volume of your music player at maximum.
2. Run the last file/session (session #55) on your SD card from your music player.
3. Adjust the volume until the LEDs start blinking.
4. If all LEDs are blinking steadily then that would be your volume set, to run the sessions and get the best visual effect from the machine.
5. If the signal coming from your music player is too high then all of the LEDs would turn on without blinking, and you would need to lower the volume.
6. If the LEDs are not turning on or they turn on and off randomly, then the audio signal coming from your music player is not strong enough, to drive the light machine. You need to raise the volume up to get a steady blinking from the LEDs.

## Setting up the place and the machine:

Choose a quiet place with good airflow away from the disturbance. Make sure you hydrate before and after sessions. You can lie under the machine or sit in front of it. Either way, make sure your body is totally comfortable. During the sessions, your eyes should be closed.

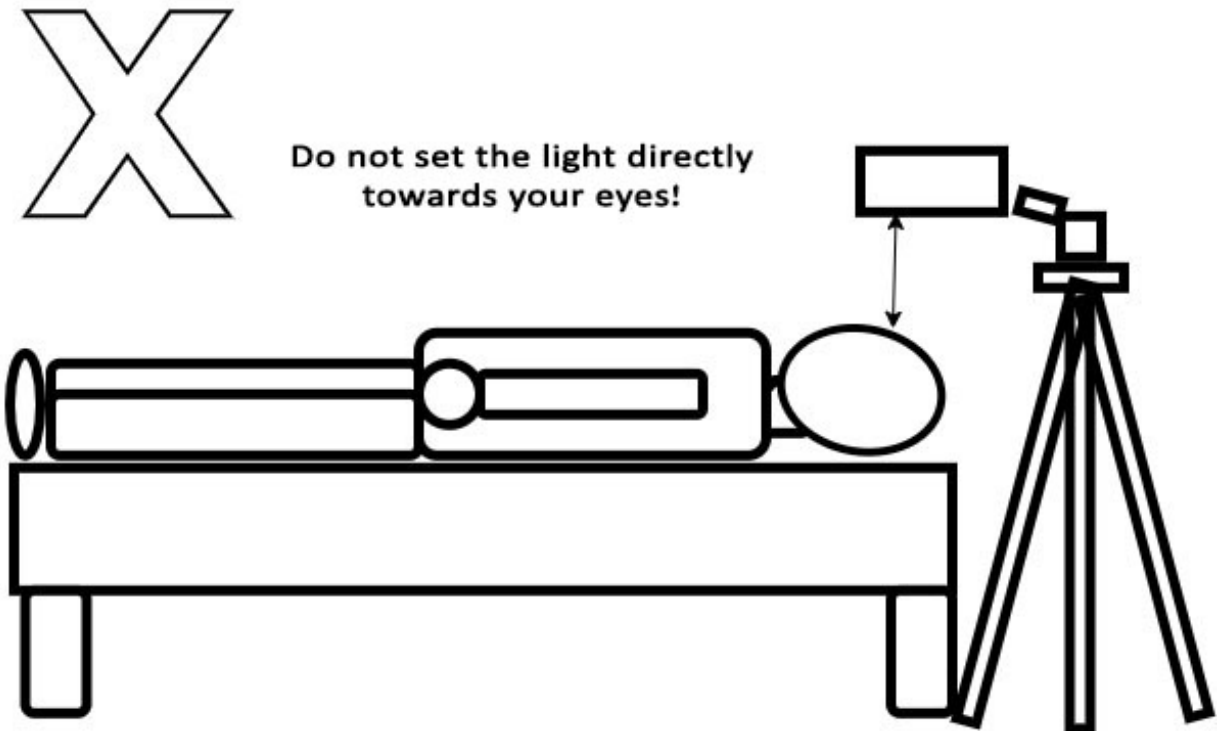
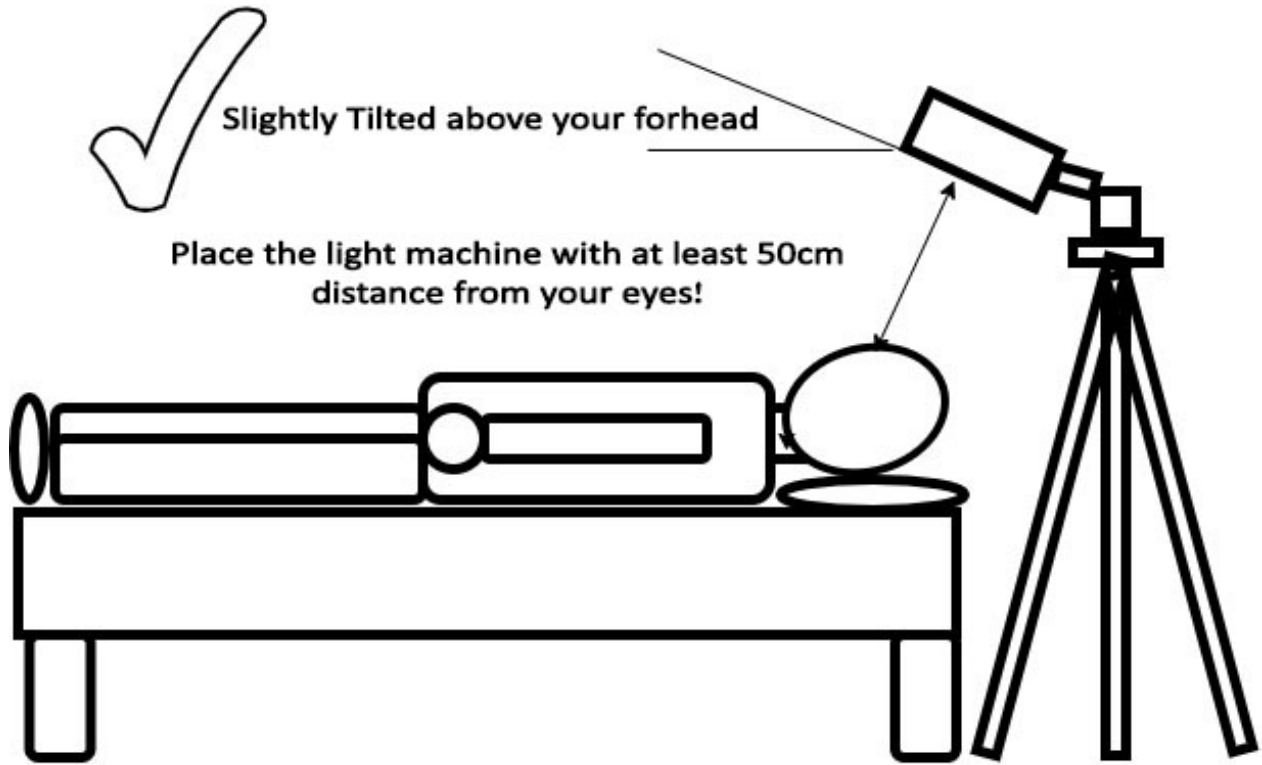
1. Connect the light machine to a tripod. The light machine should be directed from over your head towards your eyes and forehead. You need to mimic the angle of natural light from the sky that shines from above the horizon. Make sure to set the light machine slightly over the head towards the forehead and do not set it directly towards the eyes. The minimum distance between the light machine and your face should be at least **1 meter or 3 feet**. You can lower the distance between the eyes and the lamp to a minimum of 70cm if you reduce the brightness accordingly.
2. Connect your headphones to the headphones jack of the box.  
Note: With using a 3.5mm headphone splitter you can connect a maximum of 3 headphones to the light machine.
3. Connect the adapter (DC-19v) to your light machine and turn it on using the power switch on the light machine.
4. Connect your light machine to your music player (such as a tablet, PC, or Mp3 player, smartphone), via Bluetooth or an AUX cable. Insert the memory card (sessions) into your music player and choose a session.

### Notes:

-There are two volumes for audio. The volume knob for controlling the volume of headphones and the volume of your music player.

You need to keep the volume of your music player always around maximum. If the music player volume goes below a certain level the lamp will not function properly. Therefore, you will need to **keep the sound volume of any external media player always at maximum**. For controlling the volume of the headphones, use only the volume knob on the front panel. You can change the volume of headphones at any time during the sessions by using the knobs on the front panel of the box.

-Use the "Volume Adjustment" to set the level of your music player at optimal level for getting the best visual effect.



## Warnings!

- **Do not use brainwave entrainment if you are prone to seizures and epilepsy (or if you are pregnant in case, you are prone to seizures and unaware of it). Take extra caution if under 18 years of age, as the brain is still developing and is more sensitive.**
- **Do not use brainwave entrainment if you have any brainwave hyper arousal or instability symptoms, while having cold or flu symptoms or while having a headache.**
- **Do not use this device or any light therapy device at nighttime. Exposure to bright light at nighttime is harmful to your eyes and can disrupt your sleeping pattern.**
- **Do not use the device under influence of alcohol or any mind-altering drug.**
- ***Although this device and its applications are designed to improve your wellness, they are NOT to be used as a replacement for medical or psychological treatment.***
- ***Your eyes should be closed throughout the session.***

## How to choose a session?

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Throughout the day from the deep dark hours of the night (Delta) to the twilight state of dreams (Theta), and from first rays of light and wakefulness (Alpha) to active hours of bright daylight and alertness (Beta), your brain maintains its natural rhythm in these dominant frequency ranges.

By using an EEG machine which now is much more affordable, you can get a map of the brain and choose a session based on what your brain requires at any given time during the day.

Most of the sessions included in the Enkidu light machine package are made for relaxation, meditation, power nap, mood uplift and holistic healings. While some of the sessions address the symptoms related to our modern lifestyle, such as anxiety, SAD and depression, none of the sessions are made to treat any brain ailment.

In case you don't have an EEG machine and you want to reduce any unwanted side effects such as a headache, feeling dazzled by light and dizziness after sessions, use these tips:

- 1- Look out for your client's mood: if they are in an alert state during the active hours of the day, while the brain is working in beta state, a session in low frequency of theta or delta might cause discomfort. On the contrary, if they are in a relaxed state of non-active hours of the day then a high beta session can be irritating.

3- For first-time users, a fifteen-minute session in Alpha (which is the easiest frequencies for the brain to tune into) is sufficient, to begin with. Before starting the session give them instruction on how to relax and let go, focusing on the breath or other technics, as in meditation.

4- Choose the brightness and frequency based on the time of the day and outside natural light. Adjust the light for lower brightness in the early morning and evening and higher in noon and afternoon. Same as for the frequency, your brain mostly runs in higher frequency at times with higher sunlight.

5- Try to spend some time in bright daylight before any session, especially in the morning. This way you give time to your eyes to be prepared for the high brightness of the light machine. Jumping in for a light session right after bed in the morning can be irritating for your eyes.

6- Make sure first-timers learn how to use the volume knobs and help them to adjust the brightness and volume as high as it is comfortable for them. Eye sensitivity varies at different times of day and between individuals.

7- Do not try to increase the effect of sessions by increasing the brightness or the volume of sound. In most cases especially entrainment for the low frequency of delta and theta any irritation such as high brightness for eyes and load volume of the sound will reduce the BWE effects. The more you are relaxed during the session, the more effective session you will experience.

## Brainwave entrainment Sessions

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### **1. Raven Medicine** **14.6 Hz** **Duration: 10:20**

Shamanic drumming, shaker, and rattle to take you into a deep trance, meditation, and power nap at afternoon. This track uses AudioStrobe and Isochronic beats for brainwave entrainment at the frequency range of Low beta.

### **2. Tranquility** **9 Hz & 18 Hz** **Duration: 20:00**

Start your day with focus and tranquility. This track uses AudioStrobe and Isochronic beat for brainwave entrainment. It starts at the frequency range of alpha and the gradually takes to higher frequency at the beta range.

### **3. Saturn's Gate** **4.6 Hz & 18.4 Hz** **Duration: 31:00**

This sound journey is a dynamic, experimental, atmospheric soundscape providing a backdrop for explorations beyond. Using methods from the practices of sonic mysticism, this set resonates Saturn's planetary tempo, frequency, and symbol correspondences. This track uses Isochronic beats for brainwave entrainment in the frequency range of theta and beta.

### **4. Spirit Guide** **7.5 Hz & 4.5 Hz** **Duration: 35:00**

This frequency is said to be perfect for awareness of self and purpose and contact with spirit guides for direction. As a great side effect, this frequency is also perfect for enhancing creativity. This track uses AudioStrobe and Isochronic beats in the frequency range of alpha and theta for brainwave entrainment.



**5. Mystic Flute (432 Hz)**

**10.4 Hz**

**Duration: 23:00**

Electronic ambient meditation. The 32.11 Hz tone throughout in 432 Hz tuning. 32.11 Hz is note C1 in 432 Hz tuning. This track uses AudioStrobe and Isochronic beats for brainwave entrainment in the frequency range of low beta.

**6. Shamanic Journey**

**5.4 Hz**

**Duration: 30:00**

The background music is composed of shamanic drum and rattle, and the target frequency for this session is at 5.4Hz, which sits at the low-theta frequency range of the brainwave spectrum, which is related to sub-consciousness or as shamans call it the dream-world or under-world. By becoming aware of the dream state of mind or our inner world, we can access the hidden side of our psyche and shed light on parts which are usually ignored. The best time for doing this session is at twilight, after sunset. Do not use this session if you feel sleepy and tired as you might fall asleep during the session instead of staying aware. Those who suffer from depression and are in low energy should not use this session, while this session can benefit those suffering from anxiety and PTSD.

**7. Weightless**

**16 Hz- 25 Hz- 32 Hz**

**Duration: 08:00**

This Short track starts from alpha and accelerates gradually to higher beta frequencies while keeping the base beat at low delta frequency. Ideal for a rapid boost for your brain performance and concentration.

**8. Dreamer (1122Hz Solfeggio)**

**7.9 Hz**

**Duration: 15:00**

The entrainment program in this track decelerates to an alpha level at 7.91Hz on a 93.5Hz carrier tone, making this track ideal for active morning meditation, study, and creative visualization. 1122Hz is a synthesis or "meta" frequency derived from calculating the output function of the first 12 direct solfeggio tones. This track can be used for further actualizing the benefits of the other

solfeggio frequencies, or as an entry level tool for solfeggio meditation, and is great for both beginning and advanced meditators.

**9. Above the Clouds                      8Hz & 16Hz                      Duration: 10:00**

Relax and unwind your worries with this short AudioStrobe meditation session. This session uses an excitatory protocol and raises the frequency of BWE filters from 1Hz to 32Hz. Ideal for a quick boost to your clarity and concentration.

**10. Vedic Mantra                      10 Hz- 5 Hz – 1.25 Hz                      Duration: 35:00**

This track starts in the alpha range and goes down to low delta frequency. The back-ground music features echoes and soundscapes created from astoundingly powerful Shiv Mantras which are known for their positive energy and chanting, and meditating can help in changing our thought patterns, changing our attitudes from negative to positive.

**11. Dark Moon                      6.57 Hz- 13 Hz- 26 Hz                      Duration: 40:00**

The fundamental frequency matching our Moon's rotation period in its 29th octave equals the root note of G# at 210.42Hz. All other time-based parameters, such as tempo (98.63BPM), binaural beats, isochronic Tones, delay and reverb computations are derived from octaves of this astronomical frequency. The binaural and isochronic pulsing equals 6.57Hz which sits in the theta region. This is the brainwave pattern that we reach when we are in deep sleep. This track is ideal for deep meditation and relaxation.

**12. Chanting Monks                      9 Hz- 18 Hz- 1.1 Hz                      Duration: 22:00**

This session features a Buddhist monk chanting mantra music to relax the mind and body. Starts from alpha to beta and then decelerates to low delta range for deep meditation.

**13. Mahamrityunjaya Mantra      10.88 Hz      Duration: 14:12**

This frequency appears to be a natural anesthetic. It tends to reduce pain physically and energetically. The isochronic beats on a 174 Hz carrier tone frequency gives your organs a sense of security, safety, and love, encouraging them to do their best.

**14. Healing Earth      7.83 Hz      Duration: 25:00**

This track which in high Theta is a relaxing session stimulating with earth resonance at 7.83 Hz (Schumann Resonance) with isochronic beats, audiostrobe entrainment embedded into sound files. Ideal for meditating and tuning into healing frequencies of mother earth.

**15. Reiki Whale Healing      1 Hz Sub Delta      Duration: 25:00**

Reiki Whale Healing provides healing songs from the gentle giants of the deep echo throughout this unique collaboration of whale and man.

**16. DNA Upgrade      4.5 & 9 & 18 Hz      Duration: 20:00**

Calming Music is based on Solfeggio Frequency of 528Hz which is also known as the Love Frequency, Miracle Tone, and Frequency of Transformation.

**17. Pineal Gland Activation      16 Hz      Duration: 22:00**

Pineal Gland activation with 936Hz Solfeggio frequency, Brow Chakra is associated with awakening intuition and activating Pineal Gland.

**18. Zen Breakfast      5.5 & 11 & 22 Hz      Duration: 18:00**

This session is consisting of three pieces of music and designed to gradually stimulate the brain to the high frequency of 22 Hz in the beta range. Use this session when you need to boost your concentration and awareness. The best time could be in the early morning or any time you need to wake your brain up to feel relaxed, bright, and sharp.

**19.A Star's Dream**

**18 Hz – 4.5 Hz**

**Duration: 14:00**

This Session starts with pulsating light and sweeping pads to take you to outer space. Use this session for mood uplifting, improve your concentration or as a power nap. This session can also help with SAD symptoms and brain fog on cloudy days. The tuning scale and isochronic tones are in 432Hz.

**20.Synchronic**

**4.8 Hz**

**Duration: 15:00**

This is around a 15-minute session based on the tones for the Third Eye or Ajna chakra. The target frequency is at 4.8Hz in theta range using Isochronic tones in AudioStrobe format.

The track contains classical guitar, Tingsha, Tibetan Singing Bowls, percussion, voice, and nature sounds.

Use this session for deep meditation, visualization, and as a remedy for anxiety and a chattering mind. Do not use this session if you have symptoms related to depression and dissociative disorder.

**21.Delta Waves**

**1 - 7.83 Hz**

**Duration: 30:00**

This is a simple sleep session that guides the mind slow down to a deep Delta state, with a stop at 7.83 Hz on the way to help rid the mind of excess chatter.

**22.Sleep through the rain**

**1.05 Hz**

**Duration: 30:00**

Delta waves are related to deep sleep. By entraining your brain into delta waves, you can experience deeper and more nourishing sleep. Relax or fall asleep with this soothing instrumental session and let go of all your thoughts.

**23.Theta Relaxation with singing bowl**

**5.43 Hz**

**Duration: 40:00**

This track uses Tibetan singing bowl for meditation and relaxation, and it will help you reach the deep meditative state of Theta.

## **24.Root Chakra**

**6.1 & 12.3 Hz**

**Duration: 15:00**

The root chakra is the first chakra. Its energy is based on the earth element. It is associated with the feeling of safety and grounding. It is at the base of the chakra system and lays the foundation for expansion in your life.

## **25.Sacral Chakra**

**6.5 & 13 Hz**

**Duration: 15:00**

The sacral chakra is the second chakra. It is associated with the emotional body, sensuality, and creativity. Its element is water and as such, its energy is characterized by flow and flexibility. The function of the sacral chakra is directed by the principle of pleasure.

## **26.Solar Plexus Chakra**

**5 & 10 Hz**

**Duration: 15:00**

Characterized by the expression of will, personal power, and mental abilities, the energy of the third chakra or Manipura in Sanskrit is mobilized when we assert ourselves in the world. Discover its key characteristics and how to make the most of this powerful energy center.

## **27.Heart Chakra**

**5.6 & 11.3 Hz**

**Duration: 15:00**

The heart chakra, or Anahata in its original Sanskrit name, colors our lives with compassion, love, and beauty. Driven by the principles of transformation and integration, the fourth energy center is said to bridge earthly and spiritual aspirations. Explore what makes the essence of this chakra and how to unravel its powerful energy to enrich your life.

## **28.Throat Chakra**

**6 & 12 Hz**

**Duration: 15:00**

Located at the center of the neck at the level of the throat, it is the passage of the energy between the lower parts of the body and the head. The function of the Throat chakra is driven by the principle of expression and communication.

**29. Brow Chakra                      6.75 & 13.5 Hz                      Duration: 15:00**

The third eye chakra is the sixth chakra. Located on the forehead, between the eyebrows, it is the center of intuition and foresight. The function of the third eye chakra is driven by the principle of openness and imagination.

**30. Crown Chakra                      7.5 & 15 Hz                      Duration: 15:00**

The crown chakra is the seventh chakra. Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations and visions. The function of the Crown chakra is driven by consciousness and gets us in touch with the universal.

**31. Sound Medicine Part one      5 Hz - 20 Hz – 40 Hz                      Duration: 22:00**

This track uses Audiostrobe and Isochronic beats embedded into a Solfeggio healing meditation music from Anima, celestial soundscapes of transformation & peace.

The music and sound frequencies in first track are tuned in 396 Hz for release of fear and emotional Patterns. The second track is tuned in 417 Hz for transmutation of negative energies.

**32. Sound Medicine Part two                      7 Hz & 13 Hz                      Duration: 22:00**

This track uses Audiostrobe and Isochronic beats for brainwave entrainment with a piece of healing music from Anima which is tuned into the ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

The first track is tuned in 528 Hz: Transformation and miracles (DNA repair). The second track is tuned in 639 Hz: Re-connecting and balancing, relationships.

**33. Sound Medicine Part three      8 Hz & 16 Hz      Duration: 22:00**

This track uses Audiostrobe and Isochronic beats for brainwave entrainment with a healing music from Anima which is tuned into ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

First track tuned in 741 Hz: Awakening Intuition. The second part of the background music is tuned in 852 Hz: Returning to Spiritual Order.

**34.OBE                                      3 Hz- 7.2Hz- 48Hz                                      Duration: 20:00**

"Out of Body Experience" explores the realm of the subtle nonphysical dimension. Spirit walks into the planes of being between worlds with this relaxing meditation. Accompanied by a brainwave entertainment program in the delta and gamma frequency range and encoded with the Fibonacci sequence, this track provides a luscious backdrop for astral journeys. The background music for this session is a collaboration of VI Bonacci and Source Vibrations, with vocals by Katherine Eid.

**35.Shamanic Healing                      1.5Hz – 46Hz                      Duration: 14:00**

A flute-centered song specifically to support healing and relaxation, where native flutes, soft drums and ethnic percussion create an earthy, relaxed atmosphere. This session starts at 1.5Hz (delta) and gradually increases the frequency of BWE filters to 46Hz (gamma). This session can be good to promote relaxation and help with insomnia. Entrainment in low delta frequency can promote deeper sleep. The best time for using this session is around sunset to prepare your brain for a high-quality sleep at night. This session is not recommended during the active hours of daytime, as it might make you sleepy, but it can be great as a power nap in the afternoon.

**36. Garden of Delights**                      **16Hz- 20Hz**                      **Duration: 19:00**

Visit the Garden of Delights in an audio-visual mood boost experience. This session uses an excitatory protocol in beta range and ramps up from 14Hz to 16Hz, and from 18Hz to 20Hz. This session can help with seasonal affective disorder, depression and improve your mood and motivation.

**37. Gene Key**                                      **3Hz- 7.8Hz**                                      **Duration: 08:00**

This short session features Richard Rudd and his subliminal affirmation method to give us a key to unlock the higher purpose, hidden in our genetic code.

The target frequency of this brainwave entrainment session is at 7.8Hz (Schumann resonance) and 3Hz (delta range).

**38. Light of Aluna- Part I**                      **Theta & beta**                                      **Duration: 20:00**

These unique sonic tapestries contain combinations of frequencies that are designed to re-ignite the memory of our original connection to The Great Mother. The frequency range of this track is mostly in theta and beta with tuning scale of classic 440Hz.

**39. Light of Aluna- Part II**                      **Delta & alpha**                                      **Duration: 28:00**

The frequency range of this track is mostly in delta and alpha with tuning scale of classic 440Hz.

**40. Light of Aluna- Part III**                      **Delta & beta & gamma**                                      **Duration: 22:00**

The frequency range of this track are mostly in delta (2Hz) and beta (17Hz) and end in gamma (34Hz). The background music is tuned in classic 440Hz.

**41. Metamorphosis**                                      **Delta, theta & alpha**                                      **Duration: 20:00**

This session is based on Metamorphosis by Darpan and can be inspiring for facilitated inner transformation.



**42. Journey to Ixtlan                      Low theta & gamma                      Duration: 37:00**

This track is tuned to A = 432Hz, on an inhibitory protocol to gradually change the brainwave frequency from alpha to deep theta at 4.5Hz.

4.5Hz is the frequency which is often used at shamanic drumming rituals and is related to dream state of mind, which we can access to our hidden memories and emotions that are hidden or ignored.

Try to use this session while you're not feeling tired or sleepy to stay aware. The best time for using this session could be a bit after sunset or before sunrise. This session can also be used as a powernap in the afternoon in case you missed a good night sleep.

**43. Journey Within                      Low Theta                      Duration: 27:00**

This session is a shorter version of Journey to Ixtlan, with the same target frequency at 4.5Hz. This session is suitable for preparation for any healing or spiritual practice that requires getting into theta, such as meditation, using a floating tank, hypnoses, affirmation...

This session is not recommended to be used in active hours of the day as it promotes deep relaxation, and can make you sluggish. The best time could be early morning or around sunset.

**44. 528Hz Healing and Rejuvenating                      Theta                      Duration: 07:00**

To heal or purify water and (ourselves) we can listen to 528Hz music. 528 Hz is the love frequency and has extraordinary powers. This frequency believed to repairs, heals our DNA and is the true evolution of man and the desired entity that will bring our DNA to its origin. The gate opens with this sound. Trying is better than studying, just 7 minutes are enough to produce noticeable results.

### **45.Solar Fields**

**Alpha & Beta**

**Duration: 15:00**

Step into Solar Fields and fill yourself with light and joy.

This audio/visual entrainment session stimulates the brainwaves into alpha and beta frequencies. Use this session to calm your mind and get rid of anxiety. This session can be used for easing the symptoms related to depression and SAD disorder.

Note: This session is rich in visual effect and the intensity of BWE filters is set to high to achieve effective BWE in a relatively short time. Therefore, this session can be intense for some users.

### **46.Surrender- Part 1**

**Alpha & Beta**

**Duration: 14:00**

Surrender to the call of mother earth and reconnect with your true self. This relaxing session uses subtle drumming and rich visual effects encoded into a meditative music by Anima. The target frequency is at 10Hz & 20Hz. Use this session for meditation and relaxation or anti-anxiety effect. The best time for using this session is around sunset or early morning.

### **47.Surrender- Part 2**

**Theta & Beta**

**Duration: 21:00**

The target frequency for the part 2 is at 4Hz & 14Hz. Use this session for meditation and relaxation or anti-anxiety effect. The best time for using this session is around sunset when you're not tired or sleepy.

### **48.Surrender- Part 3**

**Theta & Beta**

**Duration: 17:00**

Find a quiet place, get comfortable, put on the headphones, and close your eyes! This brainwave entrainment session can guide you into a deep meditative state of mind away from any stress or worries, by shifting your awareness from the outside world towards the safe and serene place within. This session uses BWE filters such as isochronic tones, subtle drumming, amplitude modulation, and immersive visual effects with the target frequencies at 4Hz, 16Hz & 32Hz.

**49.Surrender- Part 4**

**Beta & Gamma**

**Duration: 21:00**

Part 4 (last part) of the Surrender package is in the beta and gamma range to help with improving brain cognitive functions such as memory and concentration. This session also can be used for helping with symptoms of depression such as low energy and motivation, and brain fog. Do not use this session if you feel stressed or anxious. Instead, would be better to try BWE in the theta range for relaxation.

**50.Radiant Heart**

**Alpha & Beta**

**Duration: 20:46**

We are all connected, we are all part of all that is, and we all possess the power to bring good things about for ourselves and others. This audio-visual stimulation program uses BWE filters at alpha and beta ranges with a target frequency of 10Hz.

Use this session anytime you need to relax and become centered. This session is also great for preparing yourself for meditation.

For getting the best benefit try this session after sunset or anytime you don't feel sleepy. The more you are aware during the session (while relaxed) the better the effect.

**51.I AM Loving Awareness**

**Gamma**

**Duration: 10:00**

Immerse yourself in this audio-visual journey of 'I Am Loving Awareness,' a transformative mantra by Ram Dass. This BWE session is a powerful tool for cultivating compassion and loving-kindness meditation, serving as a gateway to elevate the gamma frequency in your brain. By using this session, you can experience heightened consciousness, expanded awareness, and a profound sense of wholeness and gratitude. Through an excitatory protocol, the song guides your brainwave frequency to go up toward the target of 40Hz in the gamma range. Based on studies BWE at 40Hz holds healing properties for your brain, potentially slowing the aging process and enhancing memory and

concentration. For optimal results, use this session during the early morning or around sunset, when the mind is receptive to its soothing influence. However, please note that if you're experiencing anxiety or currently facing a stressful situation, it's best to avoid this musical journey and try a session in the alpha or theta range.

**52. Healing Light Meditation                      Gamma                      Duration: 16:00**

Experience a transformative guided meditation session that employs intricate visual patterns, resonating at a 40 Hz target frequency to harness the healing potential of Gamma Brainwave Entrainment (BWE) for both your physical and mental well-being.

Based on Jessica Heslop's proven affirmation technique, this meditation focuses on nurturing profound feelings of Love and Gratitude.

For optimal results, use this session 2 or 3 times a week, ideally during the serene moments of sunset.

**53. Lemurian Frequency                      High Beta                      Duration: 11:05**

Immerse yourself in a delightful experience of healing through gentle sounds and calming lights. This session is designed to resonate at a high beta frequency (25.6Hz), perfect for an early morning boost to kickstart your day – ideal for those who didn't enjoy a restful night's sleep and need more than just a cup of coffee. Please note that sessions in the high beta range are not suitable for individuals' experiencing anxiety or hyperarousal (hypersensitivity to external stimulus) symptoms.

**54. Roots of the Earth                      Alpha & Theta                      Duration: 17:00**

Embark on a transformative journey of harmonious blend of calming and soothing melodies crafted for deep meditation. Purifying your energy as you delve into a serene state of inner peace. This session is a therapeutic fusion of healing light and music, a gateway to tranquility for both body and mind.

## Frequently asked questions

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### **How can I choose a frequency or session that works for me?**

One of the most important things to learn about any therapy is that nothing works for everyone, and nothing works for one person 100% of the time.

An EEG brain map can really help determine what will work best for yourself or your client. In the absence of that, start with a short session to determine a reaction. Alpha is generally a good, safe start, but people with depression or ADD problems may want to start with an SMR or short beta session instead.

### **When will I notice the effect?**

The time it takes to see results will differ from person to person and will depend on the goals of the client. Sessions involving relaxation should relax the client gradually over 6-10 minutes. Relaxation is a very noticeable effect, whereas with a concentration session it may take a few sessions to realize what effect it is having. Also, some sessions are meant for long-term changes and for them it may take weeks or months to notice an effect.

If results are not as expected, try adjusting the settings or using a different session. Different frequencies and different types of sessions will work for different people. Increasing the intensities of the entrainment filters may also be worth exploring in some cases.

### **Can I use Enkidu at nighttime?**

By using the red lens glasses, you can filter out the blue and green spectrum of the light and turn the lamp to an eye friendly reddish light. This way you can use the light machine even after sunset a few hours before your bedtime. Sessions with lower BWE frequency range such as delta and low theta are preferred while sessions with high beta frequency should be avoided.

**Important note:** *Make sure to avoid any bluish or white light during nighttime, as it can disrupt your circadian rhythm and sleep pattern. Also, white light can be harmful to your eyes and many aspects of your wellbeing after sunset. For using your TV, computer, smartphone, or other types of monitors, make sure to turn on the night shield (night filter) of the monitor, to filter out the blue light from the light spectrum of your device. Orange lens glasses are a good choice to protect your brain and eyes from indoor or outdoor blue light, during nighttime.*

### **How often can I use the machine?**

It depends on your goal and the sessions you using. Do not exceed the maximum time of using the machine, which is two sessions a day, and in total not more than one hour a day, and not more than five days a week.

It is also recommended to take a one week break every month to let the effect internalize.

### **Should I darken the room while having a session?**

There's a term in entrainment called intensity of entrainment which deals with the contrast between the on and off levels of the light signals. Darkening the room can help you get more intensity and can have the same effect as raising the brightness. This can be helpful for those who are sensitive to high brightness. By darkening the room, you can have the same effect with less brightness.

## **How can I adjust the brightness of the machine?**

The maximum brightness of the machine should always follow the time of the day and outdoor brightness. Around noon you can have the highest brightness that is comfortable for your eyes, while at late afternoon or early morning you *need to set the brightness at lower settings*. Do not push your eyes with higher brightness for having a stronger effect. Darkening the room is usually a better choice for having a stronger effect.

## **Is it possible to use Enkidu for more than one person at the same time or even for larger groups?**

Yes, two people can easily share the experience. Either lying down or sitting next to each other. For a large group of people, you need to put the light further away to cover a larger area which results in losing some of the light intensity and therefore the effect, especially in light therapy.

In this case, you need to use two or more light boxes at the same time. Enkidu is designed in a way that allows you to connect multiple devices together and run all of them in synchronicity.

## **Can Children use Enkidu light machine?**

Although most children love the experience, you need to be sure that they are not sensitive to flickering light which might cause seizures. We recommend them to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of this device, as they are more susceptible to seizures.

## **Why there's a silent part at end of each session?**

There's a 20-minutes silent part at end of each track in order to prevent the music player from playing the next session. This way it gives time to user to get out of the position and their mind state at their own pace.

## **What is the best position for using the light?**

The most common position for using the light is laying under the light as it's the most comfortable position. The reason is the more you let go of the body the more effective session you can have. But the downside of laying position is that you might fall asleep during the session, especially at lower frequency BWE such as delta and theta. For those with a flexible body like meditators who can sit comfortably, the sitting position can be more effective as it helps you to be more aware during the session rather than dozing off.

In general, for lower frequency entrainment such as delta and theta, the lotus sitting position is preferred to laying down. For higher frequency of alpha and beta laying down is preferred to prevent the brain from jumping rapidly to a higher frequency and cause anxiety. Any comfortable chair also can be quite helpful for those who cannot sit easily on the ground. For practitioners and healers one good choice is a comfortable and adjustable lounger or recliner chair which you can adjust the position based on the session or your client's need.