



# ENKIDU LIGHT MACHINE USER GUIDE

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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 the program, as they are more susceptible to seizures.

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

## Audio-Visual Entrainment

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**Audio-Visual entrainment (AVE)** is a technique that uses synchronized light and sound stimuli to influence brainwave activity. The goal is to guide the brain into specific mental states such as relaxation, focus, or sleep by stimulating brainwave frequencies associated with these states.

Brainwave entrainment through audio-visual entrainment (AVE) affects the brain by guiding its electrical activity into desired patterns, impacting mental

states. Studies show that AVE can induce specific brainwave frequencies like delta (linked to deep sleep), theta (associated with relaxation), and alpha (related to calm and focus).

Research suggests that audio-visual entrainment (AVE) can influence the brain by directly impacting brainwave activity, potentially leading to effects like improved focus, relaxation, reduced anxiety, and better sleep, with potential applications for managing conditions like ADHD, depression, and PTSD, though more research is needed to fully understand its mechanisms and optimal applications. Key points about AVE effects on the brain and body:

**Brainwave entrainment:**

The primary mechanism of AVE is the ability to synchronize brainwaves to the rhythmic pattern of visual and auditory stimuli, essentially "driving" the brain into a desired state like alpha (relaxation) or beta (alertness).

**Neurotransmitter modulation:**

Studies indicate that AVE may influence the release of neurotransmitters like dopamine, serotonin, and GABA, which are associated with mood regulation, focus, and relaxation.

**Increased cerebral blood flow:**

Some research suggests that AVE can enhance blood flow to the brain, potentially improving cognitive function.

**Autonomic nervous system regulation:**

AVE may promote a calming effect by influencing the parasympathetic nervous system, leading to reduced stress and anxiety.

**Potential applications of AVE based on research:**

Anxiety and stress management:

Studies have shown potential for AVE to reduce anxiety symptoms by inducing relaxation responses.

**Sleep disorders:**

AVE may be beneficial for improving sleep quality by promoting deeper sleep stages through entrainment to specific brainwave frequencies.

**Attention deficit hyperactivity disorder (ADHD):**

Some research suggests AVE could help improve focus and concentration in individuals with ADHD.

**Pain management:**

AVE might be used to alleviate pain perception by promoting relaxation and distraction.

**Post-traumatic stress disorder (PTSD):**

Preliminary studies indicate that AVE could be helpful in managing PTSD symptoms.

**Important considerations:**

The effectiveness of AVE can vary between individuals, and factors like the specific stimulation frequency and individual brainwave patterns may influence results. While promising, more rigorous research is required to fully understand the mechanisms of AVE and to establish clear clinical guidelines for its use.

### **Potential side effects:**

Some people may experience mild side effects like headaches or discomfort during AVE sessions, especially with high stimulation intensities.

## **Brainwave frequencies**

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### **1. Delta (0.5–4 Hz)**

- **State:** Deep sleep and profound relaxation.
- **Applications:** Delta waves dominate during restorative sleep and deep meditation. They aid in achieving restful states, accessing lucid dreams, and supporting holistic healing.
- **Interesting Fact:** It's challenging to distinguish between waking Delta states and sleep. Advanced meditators showing high Delta activity may be in a state akin to lucid dreaming.

### **2. Theta (4–8 Hz)**

- **State:** Dream-like, meditative, and deeply relaxed.
- **Applications:** Useful for creativity, hypnosis, accessing deep memories, and achieving states like hypnagogia, lucid dreaming, and astral projection.
- **Challenges:** While excellent for meditation, excessive Theta is associated with depression and ADD/ADHD, while deficiencies may lead to addictive behaviors.

### **3. Alpha (8–13 Hz)**

- **State:** Relaxed wakefulness and light meditation.

- **Applications:** The easiest frequency to entrain, Alpha waves support relaxation, mindfulness meditation, CBT-based therapies, stress reduction, and general contemplation.
- **Notable Fact:** Alpha activity rises almost instantly when eyes are closed or blinked, peaking around 9.5–10.5 Hz. Large-scale entrainment occurs most reliably at 10 Hz.

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#### 4. **Beta (13–30 Hz)**

- **State:** Active focus, problem-solving, and concentration.
- **Applications:** Beta waves are ideal for boosting energy, tackling tasks requiring mental clarity, and improving memory. Low Beta combined with excessive Theta may indicate challenges like depression or ADHD.
- **Interesting Insight:** Beta waves have a lower amplitude than Alpha, making large-scale entrainment rare.

#### 5. **Gamma (Over 30 Hz)**

- **State:** Higher cognition, universal love, and heightened awareness.
- **Applications:** Gamma waves support spiritual emergence, advanced meditation, and the integration of complex information across the brain.
- **Mystery:** Despite being above the neuronal firing frequency, Gamma is active during expanded consciousness, altruism, and spiritual insights.

# Quick Setup Guide

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## Step 1: Setting Up the Light Machine

1. Choose a quiet, well-ventilated space free from disturbances. Ensure you stay hydrated before and after sessions.
2. Mount the light machine on a tripod and position it slightly above your head, angled toward your forehead. Mimic natural light coming from above the horizon.
  - **Distance:** Keep the light machine at least 1 meter (3 feet) away from your face. For closer setups (minimum 70 cm), reduce the brightness accordingly.
3. Plug the DC-18V adapter into the light machine and switch it on using the power button.
4. Connect your headphones to the light machine's headphone jack. Use a 3.5mm splitter or the secondary output (HP/2).

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## Step 2: Connecting Your Music Player

Connect your music player to the light machine with an AUX cable or Bluetooth.

### Option A: Using an AUX Cable

1. Insert the mini-SD card (containing sessions) into your music player, or copy the sessions to your device (e.g., iPad, iPhone, laptop, or MP3 player).
2. Connect the music player's headphone output to the light machine's AUX input using an AUX cable.
3. Set the music player's volume to maximum and disable any sound effects or equalizers.



### **Option B: Using Bluetooth**

1. Attach the Bluetooth antenna to the light machine.
2. Enable Bluetooth on your media device and pair it with the light machine.
3. Set your media player's volume to maximum and disable all audio enhancements. In Bluetooth settings, select "Others" as the device type for Apple devices.

### **Step 3: Optimizing Volume for Best Results**

To ensure proper functioning and achieve the best visual effects:

1. Connect your music player to the light machine via AUX or Bluetooth and set its volume to maximum.
2. Play the "Volume Adjustment" session (#55) from the mini-SD card.
3. Adjust the volume gradually:
  - LEDs should blink steadily.
  - If the LEDs are constantly lit, reduce the volume.
  - If the LEDs blink irregularly or don't light up, increase the volume.

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## Additional Setup Options

### **Connecting Multiple Light Machines**

Synchronize multiple machines for group sessions:

1. Choose one machine as the primary device and play the session from it.
2. Connect the primary machine's headphone output to the AUX input of a secondary machine using an AUX cable. Repeat for additional machines as needed.
3. Set the volume of the primary machine to about 75% and use the "Volume Adjustment" session to fine-tune the output.

### Connecting Multiple Headphones

1. Use a Y-splitter to connect two headphones to the light machine.
2. For additional headphones, use another Y-splitter on the HP/2 output.

### Connecting to a Sound System

For larger group sessions:

1. Use a multi-channel headphone amplifier or stereo sound system.
2. Lower the light machine's volume to around 50% and connect its headphone output to the amplifier's AUX input.

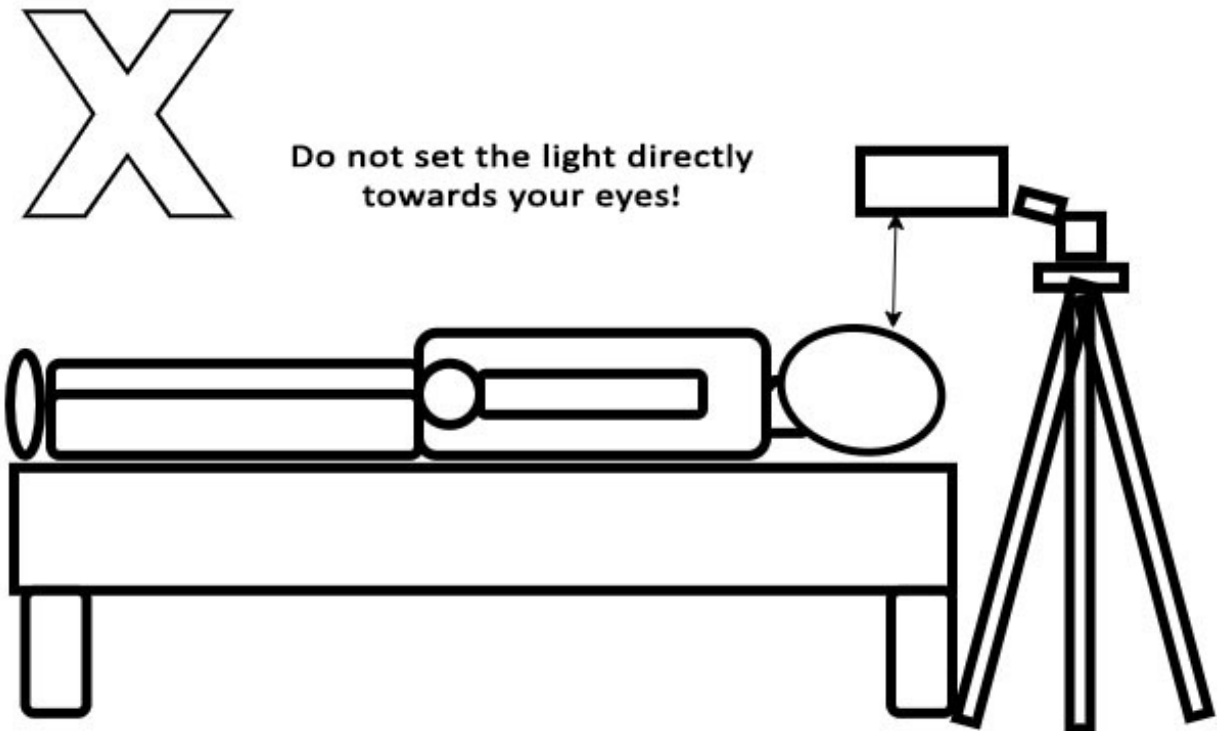
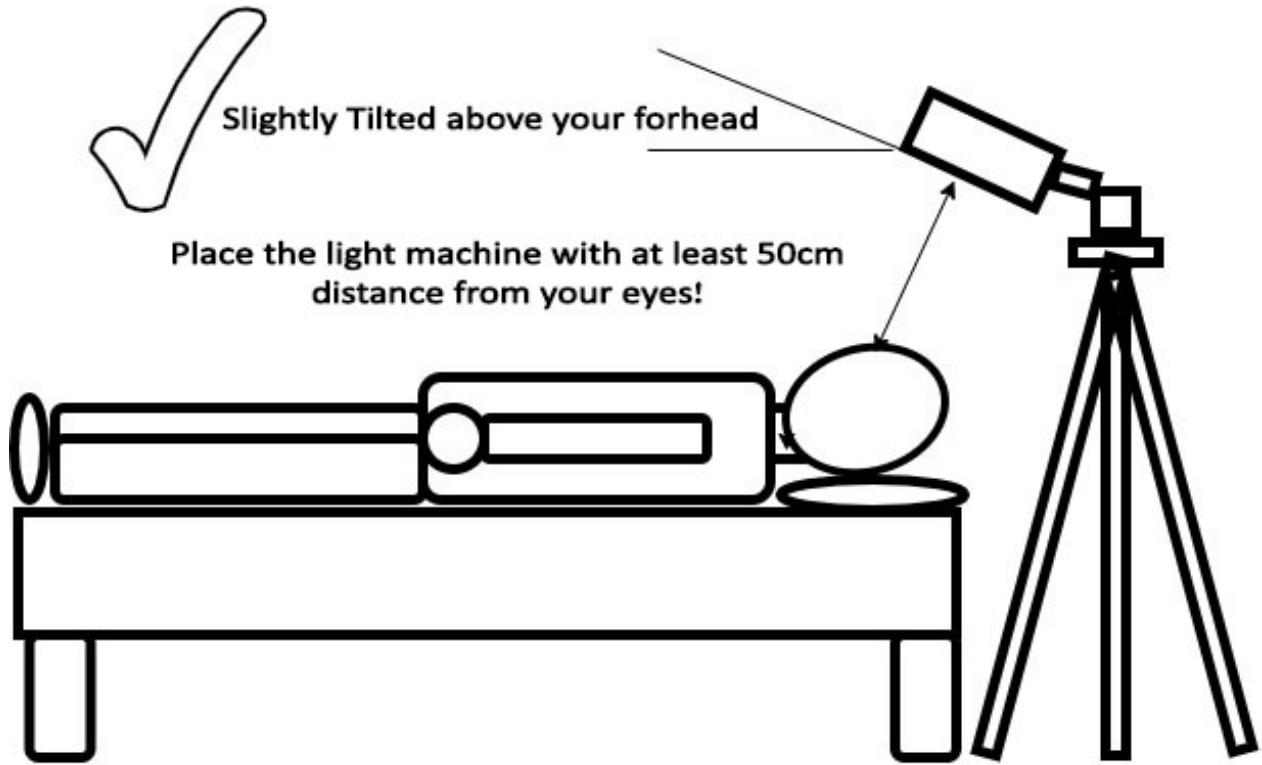
### Connecting to a Vibroacoustic Bed

1. Connect your music player to the light machine via AUX or Bluetooth.
2. Use an AUX cable to link the light machine's HP/2 output to the AUX or line-in port on the vibroacoustic bed.
3. Control the bed's vibrations using the light machine's volume knob.
4. Alternatively, use a Y-splitter on the music player to connect both the light machine and the bed simultaneously.

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### Notes and Tips

- Always keep the volume on your music player at maximum. Use the light machine's volume knob to adjust headphone levels.
- To achieve the best visual effects, use the "Volume Adjustment" session (#55) to fine-tune the audio signal level.
- **During the session, keep your eyes closed** and ensure you are comfortable lying under or sitting in front of the light machine.



## How to choose a session?

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Your brain naturally transitions between different frequency ranges throughout the day, from **Delta** (deep sleep) during the dark hours of the night to **Theta** (dream/light sleep or creative states), **Alpha** (calm, relaxed awareness), and **Beta** (alertness and focus) during active daylight hours. Understanding these rhythms can help you select the most suitable session for yourself or your clients. Advancements in affordable EEG technology now make it possible to get a personalized brain map to tailor sessions to individual needs. However, even without an EEG machine, you can follow these guidelines to enhance the effectiveness of Enkidu sessions and reduce unwanted effects like headaches or dizziness:

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### 1. Align Session Frequencies with Time of Day:

Brainwave dominance changes naturally throughout the day:

- **Morning:** Alpha waves dominate as your brain transitions from sleep to wakefulness. Choose an **Alpha session** for relaxation or a **Beta session** to boost focus and alertness.
- **Afternoon:** Beta waves are most active during peak productivity hours. Choose a **Beta session** for focus or mental clarity if needed.
- **Evening:** As your brain winds down, Alpha waves dominate again. Select a calming **Alpha** or **Theta** session to relax or meditate.
- **Night:** Delta waves dominate during deep sleep. Use **Theta** or **Delta** sessions to aid sleep or deep relaxation before bed. Use audio-only entertainment for nighttime. Around sunset, you can use the AVE at low brightness.

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### 2. Match Frequency to Client Mood and Activity Level:

- If the user is **alert** and in a Beta brain state, avoid sessions with low frequencies (Theta or Delta) as they may cause discomfort or drowsiness.
- If the user is **relaxed** and in a non-active state, avoid high Beta sessions, as they may feel overly stimulating.

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### 3. Start Simple for Beginners:

First-time users should begin with a **15-minute Alpha session**, as these frequencies are the most accessible and relaxing. Before starting the session,

introduce simple relaxation techniques like focused breathing or basic meditation.

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#### 4. Adjust for Natural Light and Brightness:

- In the **morning and evening**, the brain naturally shifts to lower frequencies. Opt for sessions with **reduced brightness** and gentler frequencies during these periods.
  - At **midday or early afternoon**, higher frequencies and brightness levels are more suitable to match the brain's natural rhythm under bright daylight.
  - Encourage users to **spend some time in natural daylight** before morning sessions to prepare their eyes for the brightness of the light machine.
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#### 5. Monitor Light and Sound Sensitivity:

- Guide users to adjust brightness and volume to comfortable levels for their eyes and ears. Sensitivity can vary throughout the day and between individuals.
  - Avoid excessive brightness or volume during **low-frequency sessions (Theta, Delta)**, as this can reduce the effectiveness of brainwave entrainment. A relaxed state is critical for optimal results.
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#### 6. Use the “Volume Adjustment” Test for Optimization:

To ensure optimal effects, run the **Volume Adjustment session (#55)** from the SD card:

1. Connect the music player to the light machine via AUX or Bluetooth.
  2. Set the music player volume to maximum.
  3. Play the adjustment session and raise the light machine's volume until the LEDs blink steadily.
  4. If all LEDs light up without blinking, lower the volume slightly. If the LEDs blink irregularly or not at all, increase the volume.
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#### 7. Consider Client-Specific Needs:

Enkidu sessions can address modern challenges like anxiety, depression, or Seasonal Affective Disorder (SAD). While they are not a treatment for specific conditions, you can choose sessions based on general symptoms:

- **Stress/Anxiety:** Alpha or Theta sessions.
- **Low Mood/Depression:** Beta sessions to uplift and energize.
- **Fatigue:** Theta sessions for quick naps or Beta sessions for a gentle boost.

- **Sleep Support:** Delta sessions before bedtime.

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By understanding the natural rhythms of brainwave dominance and tailoring sessions accordingly, you can maximize the benefits of the Enkidu light machine and create a more harmonious user experience.

## Guidelines for Using AVE Sessions

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### 1. General Usage Recommendations

- **Time of Day:**
  - Use AVE light sessions only during daylight hours or sunset (before 6:00 PM).
  - Switch to audio-only entrainment for nighttime use.
- **Frequency and Duration:**
  - For shorter protocols of a few days, limit to two daily sessions, each lasting 10–40 minutes. For daily usage and more extended protocols, such as two or three weeks, the limit would be one session per day,
  - Total daily usage should not exceed **1 hour**.
  - Limit the usage of the light machine to **5 days per week maximum**, taking a **1-week break every month** to allow effects to integrate.
- **Environment Setup:**
  - Choose a quiet, comfortable space with minimal distractions.
  - Ensure adequate hydration before and after sessions.
  - For light sessions, lie down or sit in a comfortable chair with your eyes closed.
  - Adjust brightness and volume to suit your sensitivity and the time of day.
- **Safety Notes:**
  - Avoid use if you are prone to seizures, are pregnant, or have epilepsy.
  - Do not use the machine while under the influence of alcohol or drugs.
  - **Nighttime Precaution:** Avoid light stimulation after sunset to maintain natural circadian rhythms.

## 2. Best Times for Sessions

The optimal time to use specific sessions depends on the desired outcomes and their frequency ranges:

Time of Day	Recommended Frequency Ranges	Applications
<b>Morning (6 AM–10 AM)</b>	Beta (13–30 Hz), Gamma (30+ Hz)	Focus, productivity, energy boost.
<b>Midday (10 AM–2 PM)</b>	Theta (4–8 Hz), Alpha (8–12 Hz), Low Beta (12–16 Hz)	Creativity, stress relief, emotional balance.
<b>Afternoon (2 PM–7 PM)</b>	Alpha (8–12 Hz), Theta (4–8 Hz), Beta (13–20 Hz)	Relaxation, meditation, emotional healing, mood uplift.
<b>Dusk (5 PM–7 PM)</b>	Alpha (8–12 Hz), Low Theta (4–6 Hz)	Preparing for relaxation or meditation.
<b>Nighttime (7 PM–Bedtime)</b>	Delta (0.5–4 Hz), Low Theta (4–6 Hz), Audio-only	Deep relaxation, sleep improvement, or emotional healing.

## 3. Suggested Protocols

### 1. For Stress Relief and Relaxation

- **Best Time:** Afternoon or Dusk (2:00 PM–7:00 PM).
- **Recommended Frequency Range:** Alpha (8–12 Hz).
- **Suggested Enkidu Sessions:**
  - **Short:** *Roots of the Earth (17:00)*, *Solar Fields (15:00)*.
  - **Medium:** *Healing Earth (25:00)*.
  - **Long:** *Dark Moon (40:00)*.
- **Protocol:** Use during calm periods for relaxation, mindfulness, or balancing mood.

### 2. For Focus and Productivity

- **Best Time:** Morning or Midday (6:00 AM–2:00 PM).
- **Recommended Frequency Range:** Beta (13–20 Hz).
- **Suggested Enkidu Sessions:**
  - **Short:** *Weightless (8:00)*, *Lemurian Frequency (11:05)*.

- **Medium:** *Zen Breakfast (18:00)*.
  - **Protocol:** Ideal for boosting cognitive performance, concentration, and energy levels.
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### 3. For Sleep Improvement

- **Best Time:** Nighttime (7:00 PM–Bedtime, audio-only).
  - **Recommended Frequency Range:** Delta (0.5–4 Hz).
  - **Suggested Enkidu Sessions:**
    - **Medium:** *Delta Waves (30:00)*.
    - **Long:** *Sleep Through the Rain (30:00)*.
  - **Protocol:** Use sessions with soothing sounds to guide the brain into deep relaxation.
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### 4. For Creativity and Subconscious Exploration

- **Best Time:** Morning or Afternoon (10:00 AM–4:00 PM).
  - **Recommended Frequency Range:** Theta (4–8 Hz).
  - **Suggested Enkidu Sessions:**
    - **Medium:** *Theta Relaxation with Singing Bowl (40:00)*.
    - **Long:** *Journey to Ixtlan (37:00)*.
  - **Protocol:** Use Theta sessions for deep meditative states, visualization, and intuitive insights.
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### 5. For Emotional Healing and Balance

- **Best Time:** Afternoon or early evening (2:00 PM–6:00 PM).
  - **Recommended Frequency Range:** Theta (4–8 Hz), Alpha (8–12 Hz).
  - **Suggested Enkidu Sessions:**
    - **Medium:** *Healing Earth (25:00)*, *Reiki Whale Healing (25:00)*.
  - **Protocol:** Promote emotional clarity and inner peace through relaxation and healing soundscapes.
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### 6. For Cognitive Enhancement

- **Best Time:** Morning or Early Afternoon (6:00 AM–2:00 PM).
- **Recommended Frequency Range:** Gamma (30+ Hz).
- **Suggested Enkidu Sessions:**
  - **Medium:** *Healing Light Meditation (16:00)*.
  - **Short:** *I Am Loving Awareness (10:00)*.
- **Protocol:** Stimulate memory, learning, and awareness with Gamma sessions.



## AVE Sessions List

Session Number	Session Name	Frequency Range	Target Frequency	Time	Goal
1	Raven Medicine	Low Beta	14.6 Hz	10:20	Meditation, Power Nap
2	Tranquility	Alpha & Beta	9 Hz → 18 Hz	20:00	Focus, Tranquility
3	Saturn's Gate	Theta & Beta	4.6 Hz → 18.4 Hz	31:00	Exploration, Sonic Mysticism
4	Spirit Guide	Alpha & Theta	7.5 Hz → 4.5 Hz	35:00	Creativity, Spirit Contact
5	Mystic Flute (432 Hz)	Low Beta	10.4 Hz	23:00	Ambient Meditation
6	Shamanic Journey	Low Theta	5.4 Hz	30:00	Subconscious Exploration, Anxiety Relief
7	Weightless	Alpha to Beta	16 Hz - 32 Hz	08:00	Brain Performance, Concentration
8	Dreamer (1122Hz Solfeggio)	Alpha	7.9 Hz	15:00	Active Meditation, Creative Visualization
9	Above the Clouds	Alpha & Beta	8 Hz → 16 Hz	10:00	Clarity, Concentration
10	Vedic Mantra	Alpha to Low Delta	10 Hz → 1.25 Hz	35:00	Healing, Meditation
11	Dark Moon	Theta to Low Delta	6.57 Hz → 26 Hz	40:00	Deep Meditation, Relaxation
12	Chanting Monks	Alpha & Beta	9 Hz → 18 Hz → 1.1 Hz	22:00	Deep Meditation
13	Mahamrityunjaya Mantra	Isochronic Beats	10.88 Hz	14:12	Pain Relief, Healing
14	Healing Earth	Schumann Resonance	7.83 Hz	25:00	Meditation, Grounding
15	Reiki Whale Healing	Sub Delta	1 Hz	25:00	Healing, Relaxation
16	DNA Upgrade	Solfeggio Frequencies	4.5 Hz, 9 Hz, 18 Hz	20:00	Healing, Transformation
17	Pineal Gland Activation	Beta	16 Hz	22:00	Intuition
18	Zen Breakfast	Beta	5.5 Hz → 22 Hz	18:00	Focus, Mental Clarity
19	A Star's Dream	Alpha & Theta	18 Hz → 4.5 Hz	14:00	Mood Uplifting, Concentration
20	Synchronic	Theta	4.8 Hz	15:00	Deep Meditation, Visualization

21	<b>Delta Waves</b>	Delta	1 Hz → 7.83 Hz	30:00	Sleep, Deep Relaxation
22	<b>Sleep Through the Rain</b>	Delta	1.05 Hz	30:00	Deep Sleep, Relaxation
23	<b>Theta Relaxation with Singing Bowl</b>	Theta	5.43 Hz	40:00	Deep Meditation, Relaxation
24	<b>Root Chakra</b>	Alpha & Beta	6.1 Hz → 12.3 Hz	15:00	Grounding, Stability
25	<b>Sacral Chakra</b>	Alpha & Beta	6.5 Hz → 13 Hz	15:00	Creativity, Emotional Balance
26	<b>Solar Plexus Chakra</b>	Alpha & Beta	5 Hz → 10 Hz	15:00	Willpower, Personal Power
27	<b>Heart Chakra</b>	Alpha & Beta	5.6 Hz → 11.3 Hz	15:00	Love, Compassion
28	<b>Throat Chakra</b>	Alpha & Beta	6 Hz → 12 Hz	15:00	Expression, Communication
29	<b>Brow Chakra</b>	Alpha & Beta	6.75 Hz → 13.5 Hz	15:00	Intuition, Openness
30	<b>Crown Chakra</b>	Alpha & Beta	7.5 Hz → 15 Hz	15:00	Higher Consciousness, Spirituality
31	<b>Sound Medicine Part One</b>	Low Beta & Gamma	5 Hz → 20 Hz	22:00	Healing, Transformation
32	<b>Sound Medicine Part Two</b>	Low Theta to Gamma	7 Hz → 13 Hz	22:00	Healing, Transformation
33	<b>Sound Medicine Part Three</b>	Gamma & Theta	8 Hz → 16 Hz	22:00	Awakening Intuition, Spiritual Order
34	<b>OBE</b>	Delta to Gamma	3 Hz → 7.2 Hz	20:00	Out of Body Experience, Exploration
35	<b>Shamanic Healing</b>	Delta to Gamma	1.5 Hz → 46 Hz	14:00	Relaxation, Sleep, Healing
36	<b>Garden of Delights</b>	Beta	16Hz → 20Hz	19:00	Mood Uplifting, SAD Relief
37	<b>Gene Key</b>	Delta	3 Hz → 7.8 Hz	08:00	Higher Purpose, DNA Activation
38	<b>Light of Aluna - Part I</b>	Theta & Beta	4Hz → 16Hz	20:00	Re-connection to Higher Consciousness
39	<b>Light of Aluna - Part II</b>	Delta & Alpha	3Hz → 18Hz	28:00	Re-connection to Higher Consciousness
40	<b>Light of Aluna - Part III</b>	Delta, Beta & Gamma	2Hz → 17Hz → 34Hz	22:00	Awakening, Spiritual Growth
41	<b>Metamorphosis</b>	Delta Theta & Alpha	2Hz → 4Hz → 8Hz	20:00	Inner Transformation
42	<b>Journey to Ixtlan</b>	Low Theta & Gamma	4.5 Hz → 7.2 Hz	37:00	Shamanic Journey, Emotional Healing

43	<b>Journey Within</b>	Low Theta	4.5 Hz	27:00	Meditation, Spiritual Practice
44	<b>528Hz Healing and Rejuvenating</b>	Theta	528 Hz	07:00	DNA Healing, Rejuvenation
45	<b>Solar Fields</b>	Alpha & Beta	16 Hz → 20 Hz	15:00	Mood Enhancement, Anxiety Relief
46	<b>Surrender - Part 1</b>	Alpha & Beta	10 Hz → 20 Hz	14:00	Meditation, Relaxation
47	<b>Surrender - Part 2</b>	Theta & Beta	4 Hz → 14 Hz	21:00	Relaxation, Anti-anxiety
48	<b>Surrender - Part 3</b>	Theta & Beta	4 Hz → 16 Hz	17:00	Deep Meditation, Relaxation
49	<b>Surrender - Part 4</b>	Beta & Gamma	16 Hz → 40 Hz	21:00	Memory, Focus, Depression Relief
50	<b>Radiant Heart</b>	Alpha & Beta	10 Hz	20:00	Relaxation, Meditation Preparation
51	<b>I Am Loving Awareness</b>	Gamma	40 Hz	10:00	Compassion, Expanded Awareness
52	<b>Healing Light Meditation</b>	Gamma	40 Hz	16:00	Healing, Mental Wellness
53	<b>Lemurian Frequency</b>	High Beta	25.6 Hz	11:00	Morning Boost, Clarity
54	<b>Roots of the Earth</b>	Alpha & Theta	8Hz → 4Hz	17:00	Meditation, Healing

## AVE Sessions Description

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

Shamanic drumming, shaker, and rattle will take you into a deep trance, meditation, and power nap in the afternoon. This track uses AudioStrobe and isochronic beats to entrain brainwaves at the low beta frequency range.

### 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 alpha frequency range and gradually takes to a 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 with Saturn's planetary tempo,

frequency, and symbol correspondences. This track uses Isochronic beats for brainwave entrainment in the theta and beta frequency range.

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

This frequency is said to be perfect for fostering self-awareness and purpose and contacting spirit guides for direction. As a great side effect, it is also perfect for enhancing creativity. This track uses AudioStrobe and isochronic beats in the alpha and theta frequency ranges 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 a shamanic drum and rattle. The target frequency for this session is 5.4Hz, which is in the low-theta frequency range of the brainwave spectrum. This frequency is related to sub-consciousness, or, as shamans call it, the dream world or underworld.

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 usually ignored parts. The best time for 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 a low delta frequency. Ideal for a rapid boost to your brain performance and concentration.

**8. Dreamer (1122Hz Solfeggio)** **7.9 Hz** **Duration: 15:00**

This track's entrainment program decelerates to an alpha level at 7.91Hz on a 93.5Hz carrier tone, making it 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 to further actualize the benefits of the other solfeggio frequencies or as an entry-level tool for solfeggio meditation. It 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. It is ideal for a quick boost to 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 the low delta frequency. The background music features echoes and soundscapes created from astoundingly powerful Shiv Mantras, which are known for their positive energy. Chanting and meditating can help change our thought patterns and 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 is 210.42Hz, which is the root note of G#. 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 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. The music starts from alpha to beta and then decelerates to the low delta range for deep meditation.

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

This natural anaesthetic frequency tends to reduce pain physically and energetically. The isochronic beats on a 174 Hz carrier tone frequency give 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 session is in high Theta, stimulated by Earth resonance at 7.83 Hz (Schumann Resonance). It includes isochronic beats and visual entrainment embedded in sound files. It is ideal for meditating and tuning into Mother Earth's healing frequencies.

**15. Reiki Whale Healing**

**1 Hz Sub Delta**

**Duration: 25:00**

Reiki Whale Healing uses healing songs from the gentle giants of the deep to echo throughout this unique collaboration between whales and humans.

**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 consists of three pieces of music and is designed to gradually stimulate the brain to the high frequency of 22 Hz in the beta range. Use it when you need to boost your concentration and awareness. The best time is early morning 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 that take you to outer space. It can be used to lift your mood, improve your concentration, or take a power nap. On cloudy days, it can also help with SAD symptoms and brain fog. The tuning scale and isochronic tones are at 432Hz.

**20. Synchronic**

**4.8 Hz**

**Duration: 15:00**

This is a 15-minute session based on the tones for the Third Eye or Ajna chakra. Using isochronic tones in AudioStrobe format, the target frequency is 4.8Hz in the theta range.

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

Use this session for deep meditation and 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 simple sleep session guides the mind to 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 a Tibetan singing bowl for meditation and relaxation, helping 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's elements. It is associated with a feeling of safety and grounding. The root chakra is at the base of the chakra system and lays the foundation for life expansion.

**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 principle of pleasure directs the function of the sacral chakra.

**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, the throat chakra is the passage of energy between the lower parts of the body and the head. Its function is driven by the principles 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 connects us 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 Solfeggio healing meditation music from Anima, celestial soundscapes of transformation and peace.

The music and sound frequencies in the first track are tuned at 396 Hz to release fear and emotional Patterns. The second track is tuned at 417 Hz to transmute negative energies.

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

This track employs Audiostrobe and Isochronic beats to facilitate brainwave entrainment, accompanied by a healing music piece from Anima, tuned to the ancient Solfeggio scale. This combination efficiently alters the user's brainwave frequency, guiding them into a healing and meditative state.



The first track is tuned at 528 Hz, which represents Transformation and miracles (DNA repair). The second track is tuned at 639 Hz, which represents 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, along with healing music from Anima tuned into the ancient Solfeggio scale, to effectively change the frequency of the user's brainwave and induce a 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 subtle nonphysical dimension. With this relaxing meditation, you can walk into the planes of being between worlds. 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 between 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 promote relaxation and help with insomnia. Entrainment in low delta frequency can encourage deeper sleep. The best time for 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 for an audiovisual mood-boosting experience. This session uses an excitatory protocol in the beta range and ramps up from 14Hz

to 16Hz and from 18Hz to 20Hz. It can help with seasonal affective disorder and depression and improve 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. This brainwave entrainment session targets frequencies of 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 designed to re-ignite the memory of our original connection to the Great Mother. This track's frequency range is mostly in theta and beta, and its tuning scale is classic 440Hz.

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

This session is a musical journey for relaxation and meditation. The frequency range of this track is mostly delta and alpha, and the tuning scale is classic 440Hz.

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

Part 3 of this musical journey can help with help accessing the higher realm of consciousness and improve the brain's cognitive functions. This track's frequency range is mostly delta (2Hz) and beta (17Hz) and ends in gamma (34Hz). The background music is tuned to 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 and uses an inhibitory protocol to gradually shift brainwave frequency from alpha to deep theta at 4.5Hz. This 4.5Hz frequency is

commonly utilized in shamanic drumming rituals and is associated with the dream state, allowing access to hidden or ignored memories and emotions. It's best to use this session when alert rather than tired or sleepy. Ideal times for this session are shortly after sunset or just before sunrise. Additionally, this can serve as a power nap in the afternoon if you didn't get a good night's 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. It is suitable for preparing for any healing or spiritual practice that requires entering theta, such as meditation, using a floating tank, hypnosis, or affirmation. However, it is not recommended during 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. This frequency is believed to repair and heal 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 brainwaves into alpha and beta frequencies. It can calm your mind, relieve anxiety, and ease symptoms related to depression and SAD disorder. This session is rich in visual effects, and the intensity of the BWE filters is set to high to achieve effective BWE in a relatively short time. Therefore, it can be intense for some users.

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

**Alpha & Beta**

**Duration: 14:00**

Embrace Mother Earth's essence and rediscover your authentic self. This calming session features gentle drumming and vibrant visual effects integrated into meditative music by Anima. The target frequencies are 10Hz and 20Hz. Use this session for meditation, relaxation, or alleviating anxiety. The ideal time to engage in this session is 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 effects. 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 your headphones, and shut your eyes! This brainwave entrainment session will guide you into a deep meditative state, helping you to break free from stress and concerns by shifting your attention from the outer world to your peaceful inner self. It features BWE filters such as isochronic tones, soft drumming, amplitude modulation, and mesmerising visual effects, with target frequencies of 4Hz, 16Hz, and 32Hz.

**49.Surrender- Part 4**                      **Beta & Gamma**                      **Duration: 21:00**

Part 4 (the final segment) of the Surrender package targets the beta and gamma frequencies to enhance cognitive functions, including memory and focus. This session may also help alleviate depression symptoms like fatigue, lack of motivation, and mental fog. Avoid this session if you are experiencing stress or anxiety; instead, it's advisable to try BWE in the theta range for relaxation.

**50.Radiant Heart**                      **Alpha & Beta**                      **Duration: 20:46**

We are all interconnected and part of our environment, and we can foster positive outcomes for ourselves and those around us. This audio-visual stimulation program utilizes BWE filters within the alpha and beta frequency ranges, focusing mainly on a 10Hz frequency. Use this session to unwind and orient yourself, making it a perfect lead-up to meditation. Consider using this session around sunset or when you're alert for optimal results.

**51.I AM Loving Awareness**                      **Gamma**                      **Duration: 10:00**

Dive into a fascinating audio-visual journey with 'I Am Loving Awareness,' a beautiful mantra by Ram Dass! This BWE session is a wonderful tool for nurturing compassion and loving-kindness meditation, inviting you to boost your brain's gamma frequency. By joining in on this session, you'll feel a greater sense of awareness, heightened consciousness, and a deep feeling of wholeness and

gratitude. The track gently guides your brainwave frequency to reach the target of 40Hz within the gamma range through an exciting protocol. Research shows that BWE at 40Hz offers healing properties for your brain, helping to slow down the aging process while sharpening your memory and focus. For the best experience, try engaging with this session in the early morning or at sunset, moments when your mind is most open to its soothing effects. If you're feeling anxious or facing stressful situations, it's a good idea to skip this musical experience and consider a session in the calming alpha or theta frequencies instead instead.

**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 nurtures 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 healing experience 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. It is 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 stimuli) symptoms.

**54. Roots of the Earth                      Alpha & Theta                      Duration: 17:0**

Embark on a transformative journey through a harmonious blend of calming and soothing melodies crafted for deep meditation. Purify 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 tranquillity 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 no treatment works for everyone, and no therapy works for one person 100% of the time.

An EEG brain map can help you determine what will work best for you or your client. Without that, start with a short session to gauge 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 client's goals. Sessions involving relaxation should relax the client gradually over 6-10 minutes. Relaxation has a noticeable effect, whereas concentration sessions may take a few sessions to realize its impact. Also, some sessions are meant for long-term changes; for them, it may take weeks or months to notice an effect.

If the results are unexpected, try adjusting the settings or using a different session. Different frequencies and types of sessions will work for other people. In some cases, increasing the intensities of the entrainment filters may also be worth exploring.

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

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 ranges, 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 use. However, you should not exceed the maximum time you can use the machine, which is two sessions a day, 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. You can have the same effect with less brightness by darkening the room.

### **How can I adjust the machine's brightness**

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

### **Can Enkidu be used for multiple people simultaneously or even larger groups?**

Yes, two people can easily share the experience, lying down or sitting beside each other. However, if there is a large group, the light needs to be placed 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 simultaneously. Enkidu is designed to allow you to connect multiple devices and run them in synchronicity.

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

Although most children love the experience, you need to be sure they are not sensitive to flickering light that 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 the end of each session?**

There's a 20-minute silent part at the end of each track to prevent the music player from playing the next session. This gives the user time to get out of the position and enter their mental 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 that the more you let go of the body, the more effective the session will be. 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, the lotus sitting position is preferred to laying down for lower frequency entrainment such as delta and theta. 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 lounge or recliner chair which you can adjust the position based on the session or your client's need.