

Apollo (ASP) Sessions Description

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1. Illumination

This session is designed for creative inspiration, mental integration, and enhanced problem-solving. Applications include:

- **Creative Problem-Solving:** Supports intuitive thinking and "aha" moments by combining theta and gamma states.
- **Mental Clarity:** Helps transition from deep relaxation to energized focus, ideal for preparing for complex tasks.
- **Spiritual Exploration:** Facilitates insights and higher states of awareness.
- **Morning Boost:** A great session to start the day with calm yet energized mental focus.

Recommended for **mid-morning** or **early afternoon** use to maximize creativity and focus.

Specifications:

- **Session Type:** Full Journey Protocol (Energized Calm)
- **Target Frequency:** 5 Hz Theta
- **Tuning System:** 440 Hz
- **Low Bass Frequency:** 41 Hz
- **Music:** Ludvig Cimbrelus
- **Duration:** 20 minutes

BWE Frequency Range Progression:

- Starts in Delta (2.5 Hz) for deep physical relaxation and grounding.
- Rises to Alpha (10 Hz) for light relaxation and mental clarity.
- Moves down to Theta (5 Hz) for intuitive insight and creativity.
- Concludes in Gamma (40 Hz) to energize the mind and heighten mental states.

2. The Sacred Eye

This session is particularly effective for deep relaxation, cognitive clarity, and emotional reset. It can be used in the following contexts:

- **Stress Management:** Eases the mind into a deeply relaxed state while supporting mental recovery.
- **Emotional Reset:** Offers a chance to process emotions and achieve inner balance.

- **Mind-Body Restoration:** Combines states of focus and deep rest, supporting overall well-being.
- **Post-Workout Recovery:** Helps the body and mind transition from active to restorative phases.

Recommended for evening use or when rejuvenation and balance are needed.

Specifications:

- **Session Type:** Full Journey Protocol
- **Target Frequency:** 2.2 Hz
- **Tuning System:** 440 Hz
- **Low Bass Frequency:** 41 Hz
- **Music:** David Salvans
- **Duration:** 20 minutes

BWE Frequency Range Progression:

- Begins in Theta (4.4 Hz) for relaxation and creativity.
- Gradually increases to Beta (17.6 Hz) to enhance focus and alertness.
- Smoothly descends to Delta (2.2 Hz) for deep restorative states.
- Concludes in Alpha (8.8 Hz) for a calm, balanced finish.

3. Yoga Nidra Meditation

This session is ideal for profound relaxation, stress relief, and self-healing. It can be used in the following contexts:

- **Stress Management:** Relieves physical and mental tension by promoting a deeply restful state.
- **Sleep Improvement:** Prepares the body and mind for a night of restorative sleep.
- **Emotional Healing:** Provides a safe space to process emotions and release mental burdens.
- **Deep Meditation:** Enables access to subconscious layers for insight and inner transformation.

Recommended for evening use or any time relaxation and rejuvenation are required.

Specifications:

- **Session Type:** Inhibitory Protocol
- **Target Frequency:** 2 Hz Delta
- **Tuning System:** 440 Hz

- **Low Bass Frequency:** (A) 55 Hz
- **Music:** Ally Boothroyd
- **Duration:** 24 minutes

BWE Frequency Range Progression:

- Begins in Alpha (8 Hz) for a relaxed yet aware state.
- Gradually lowers to Alpha (4 Hz) for deeper relaxation and transition into subconscious exploration.
- Descends to Delta (2 Hz) to facilitate profound rest and cellular regeneration.

About Yoga Nidra:

Yoga Nidra, also known as "yogic sleep," is a guided meditation practice that brings the practitioner into a state of conscious deep relaxation. It allows the body to rest while the mind hovers between wakefulness and sleep, facilitating healing, stress reduction, and inner exploration.

4. Sleep Meditation

This AVE session is a guided meditation designed to facilitate the transition into deep sleep. Utilizing brainwave entrainment, the session targets the delta frequency of **2 Hz**, associated with deep, restorative sleep and unconscious processing.

Technical Specifications:

- **Format:** AudioStrobe Plus (ASP)
- **Target Frequency:** 2 Hz (Delta)
- **Frequency Range:** Delta
- **Tuning System:** 440 Hz
- **Low Bass Frequency:** 54 Hz
- **Music Composition:** Tom Middleton
- **Duration:** 25 minutes

Usage Recommendations:

Primary Use – Sleep Enhancement:

- **Best Time:** After sunset, around dusk.
- **Preparation:** Avoid screens, caffeine, and stimulating activities at least 30 minutes before.
- **Environment:** Dark, quiet setting.
- **Consistency:** Regular evening use reinforces healthy sleep patterns.

Alternative Use – Power Nap Optimization:

- **Best Time:** Early afternoon (1–3 PM).
- **Duration:** 25-minute short nap.
- **Post-Nap:** Allow 5–10 minutes to fully wake before activities.

BWE Frequency Range Progression:

- Begins in Alpha (8 Hz)
 - Lowers to Theta (4 Hz)
 - Descends to Delta (2 Hz)
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5. Saturn Gate (ASP)

Description same as AS (AudioStrobe) version. Please refer to Helios sessions description. This ASP version includes programmed brightness control and vibro bed optimization. The frequencies and visual effects are the same as the AS (Helios) version.

6. Sound Medicine I (ASP)

Description same as AS (AudioStrobe) version. Please refer to Helios sessions description. This ASP version includes programmed brightness control and vibro bed optimization. The frequencies and visual effects are the same as the AS (Helios) version.

7. Sound Medicine II (ASP)

Description same as AS (AudioStrobe) version. Please refer to Helios sessions description. This ASP version includes programmed brightness control and vibro bed optimization. The frequencies and visual effects are the same as the AS (Helios) version.

8. Journey to Ixtlan (ASP)

Description same as AS (AudioStrobe) version. Please refer to Helios sessions description. This ASP version includes programmed brightness control and vibro bed optimization. The frequencies and visual effects are the same as the AS (Helios) version.

9. Dreamland

This AVE session is crafted to elevate mental energy, enhance focus, and stimulate higher brain activity levels. Designed in two dynamic phases, it facilitates a progressive activation of theta, beta, and gamma brainwave states.

It can also guide you into a dreamlike or hypnagogic state during the transition between the two phases.

Technical Specifications:

- **Format:** AudioStrobe Plus (ASP)
- **Target Frequencies:** 4.75 Hz, 19 Hz & 38 Hz
- **Frequency Range:** Theta, Beta, and Gamma
- **Tuning System:** 440 Hz
- **Low Bass Frequencies:** 55 Hz, 44 Hz
- **Music Composition:** MRM Team
- **Duration:** 14 minutes

Category: Energy Boost

Frequencies:

- **First Phase:** Starts at 4.75 Hz (Theta) and rises to 19 Hz (Beta).
- **Second Phase:** Lowers back to 4.75 Hz, then steadily increases to 38 Hz (Gamma).

Usage Recommendations:

- **Primary Use:** Mental stimulation, dream-state transition, and energy boost.
- **Best Time:** Morning or early afternoon when needing enhanced focus, or for light dream-state exploration.
- **Environment:** Quiet, comfortable setting, sitting or lying down.
- **Post-Session:** Allow a few minutes of rest to fully integrate before resuming activities.

10- Anxiety Relief

Anxiety Relief is a short, calming protocol designed to quiet the nervous system and reduce inner tension. It guides the mind from light Theta into deep Delta, encouraging a soft

release of emotional buildup and overactive thought patterns. The steady 80 BPM rhythm and warm low bass help anchor the body into a state of comfort and letting go.

Applications:

- Acute anxiety and emotional overload
- Quick reset after stress or overstimulation
- End-of-day nervous system down-regulation
- Preparation for meditation or deep rest

Recommended Use:

Ideal for late afternoon, evening, or any time of emotional tension. Best experienced lying down with eyes closed and minimal external stimulation.

Specifications:

- **Session Type:** Inhibitory Protocol
 - **Duration:** 11 minutes
 - **Target Frequency:** 5.3 Hz → 1.3 Hz
 - **Frequency Range:** Theta to Delta
 - **Tuning System:** 440 Hz
 - **Low Bass Frequency:** 44 Hz
 - **Tempo:** 80 BPM
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11- Sol 741 Hz (Extended Version)

This extended full-journey protocol showcases the immersive power of the VibroSync system, combining synchronized light, sound, and vibration into a unified therapeutic experience.

The session follows a flowing progression: beginning at 4 Hz, rising to 8 Hz, dipping again, ascending to 16 Hz, and gently returning to a stable target frequency of 8 Hz. This wave-like modulation supports emotional release, mental reset, and energetic balance.

At its core is the 741 Hz Solfeggio tone, long associated with inner cleansing and emotional healing, now enhanced with rich audiovisual and vibrotactile effects.

Programmed Effects

Audio:

Features a beautiful music journey from Anima, layered with 741 Hz tones and isochronic pulses, all synchronized with a 30.9 Hz low bass rhythm for deep-body resonance.

Visual (AVE):

Light patterns dynamically follow the frequency curve with pulsed brightness and flickering to support smooth transitions in mental states.

Vibration (VAT):

Tactile signals mirror the audio and visual flow, using rhythmic pulses and shifting intensities to guide the body into resonance and stillness.

Applications

Emotional release and energetic reset

Deep relaxation with gentle cognitive activation

Showcasing the full capabilities of AVE + VAT integration

Recommended Use

Ideal for late afternoon or evening use, especially during times of emotional tension or energetic stagnation.

Best experienced lying down, eyes closed, with minimal external distractions using the VibroSync system or similar setup.

This session is also highly effective for affiliates, wellness practitioners, and facilitators as a demonstration tool to introduce others to the Enkidu technology in private sessions, group events, or workshops.

Specifications

Session Type: Full journey protocol

Duration: 37 minutes

Target Frequency: 8 Hz

Frequency Range: 4–16 Hz (Theta–Low Beta)

Tuning System: 440 Hz

Solfeggio Tone: 741 Hz

Low Bass Frequency: 30.9 Hz

Tempo: 60 BPM

12- Sol 741 Hz (Short Version)

Introductory AVE + VAT Session

This shortened 8-minute protocol offers a gentle introduction to the Enkidu system, making it ideal for first-time users or quick demonstrations in group and one-on-one settings.

Built around the same core as the extended session, it uses the 741 Hz Solfeggio tone, subtle isochronic pulses, and synchronized light and vibration to provide a calming, emotionally centering experience in a compact format.

Recommended Use

Use this session as an introductory experience for first-time users.

Set both the brightness and vibration intensity at a relatively low level to avoid overstimulation.

Once users have experienced this gentle introduction, they can transition to the full 37-minute journey (Sol 741 Hz – Extended Version) at a comfortable intensity.

Adjust brightness and vibration based on each person's sensitivity to get the full immersive effect without overwhelming their senses or causing discomfort.

Specifications

Session Type: Introductory / demo protocol

Duration: 8 minutes

Target Frequency: 8 Hz

Frequency Range: 4–8 Hz

Solfeggio Tone: 741 Hz

Low Bass Frequency: 30.9 Hz

Tempo: 60 BPM
