

File Name: Tranquil Ocean

Length: 1'04"

Format: Wav, Mp4

**Attributes:** Gentle Electronic ambient with underwater and/or beach sounds. Designed for deep relaxation. Sleep may occur. Binaural beats will turn off the monkey mind and create whole brain state.

**Technical attributes:** Employing our own special binaural beats called relax, harmony, and stress. Each is run consecutively between 10-15 minutes These are run at much lower volumes with some changes to panning. Used a solfeggio labeled "solfeggio 69.3"

Some underwater selections are variable pan. Extensive use of whale and ocean sounds.

23 separate tracks used with some piggybacks

We start the file with a quick 1Hz-55Hz sweep to activate all brain regions and the end has a 1Hz-144Hz-1Hz sweep to give a feeling of completion for the brain centers.

At 1'04", there are 3 chimes played at very low volume to bring a client out if they are still in session.

**Binaural Beats:** 8 total primary beats used rotated through every 10 or so minutes. With the naming functions of the binaural beat files, we use the carrier first, then left ear frequency then right. For instance: 55\_4\_8 (55 is carrier, 4 is left, 8 is right frequency in Hz)

The order of the 8 files are:

- 33\_.01\_.07
- 37\_.8\_.1
- 44.4\_.3\_.07
- 55.5\_.1\_.6
- 72.2\_.1\_.03
- 37\_.06\_3
- 37\_.8\_.1
- 111\_1\_11 (run at same time as previous beat file)