File: **The Flow**

Length: 1'05"

Format: Wav, Flac

Attributes: Learning from the strong effects of variance (particularly the silence), found in nature and music, we focused on developing rhythmic states of vibration and volume. Creating multiple sections where everything seems to drop away and leaves the client with a state of bliss was a fundamental attribute in creating this title.

Once again, we used many backing tracks from Chris Collins and rotated through 4 of his tracks. We are infusing new techniques for vibration into the mix. On this score we've had a strong desire to bring about a walking rhythmic quality in the vibrations that seem to move up and down the entire table producing some very calming effects for the user and to help stimulate stuck energy.

Like all previous tracks, we put strong emphasis on touching into various frequencies the brain uses while still predominantly going for a calming effect. For a more detailed analysis on brain waves, please check out our publication on brain waves.

Technical attributes: Extensive use of panning with tempo sync (Left and Right) for background tracks like water and birds. One of our new experiments in this track is to take a binaural beat and isolate either the left or right track and then duplicate that track to a whole new track which creates 2 of the same beats on top of each other. We then take one of those two tracks and change its positioning, so it is out of phase from the first. Finally, we tell the first track to play only on the left channel and the second track to play only on the right channel and adjust the amplitude modulation.

left & right track- the green is out of phase from purple. Heavy volume mixing is added
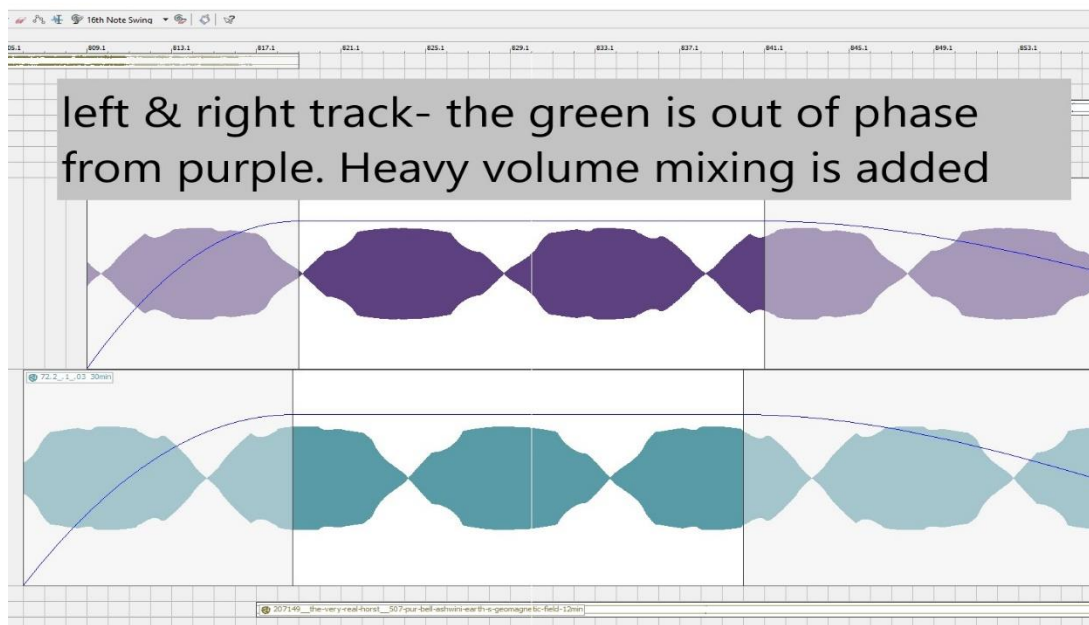
Panning and sine wave modulation also enabled in some low-level tracks like our "relax 95hz_3.4-3.6, and stress relief 136_ 2.7-7.8" (these two tracks are almost imperceptible but aid in the relaxation) Some panning has only 50-60% pan while others stronger. Some effects may include reverse phase with modulation

Binaural beats: 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)

There are a total of eight binaural beat files rotated or staggered through the mix approx. every 10 minutes. The order is :

- 111_1_11
- 72.2_10_8
- 55.5_.7_.1
- 72.2_0.1_0.03
- 55.5_.03_1.7
- 44.4_.3_.07
- 37_.06_3

Here are some other elements added in various times spots

- 95_3.4_3.6 (for relaxation) 15 min duration
- 126_2.7_7.8 (for stress) 15 min duration
- Isochronic relaxation tone of 45Hz (you may hear this in a silent passage as a beep beep beep beep beep)
- Various use of either a 72Hz , 55Hz, or 37 Hz file for specific vibration work to stimulate Lymph system. (These are felt as a rapid thump)

Other media

The minimal use of crystal and Tibetan bowls are mixed at certain points for diversity and frequency. Rain, river and coastal sounds are added for a sound floor. We find this help tremendously with regular noise found in offices and run of the mill stuff like computer fans.