File: **slow dive- Remastered 4/22**

Length: 1'04"

Format: Wav, Mp4

We have remastered this file to remove some annoying attributes of overlapping binaural beats. The result is more smooth transitions

Attributes: The journey focuses on gentle electronic ambient while bringing the client into deep states of relaxation and/or sleep. Binaural beats will turn off the monkey mind and create whole brain state. Strong focus on having the brain track the movement between left and right ears while maintaining the slow steady rhythm. It sounds a bit like a beach but it's not.

Technical attributes: Extensive use of panning with tempo sync (Left and Right) for background tracks like water and birds. 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

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 1'03", there are 3 chimes played at very low volume to bring a client out if they are still in session.

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 seven binaural beat files rotated through approx. every 12 minutes. The order is :

- 37_.06_3
- 44.4_.3_.07
- 55.5_.03_1.7
- 55.5_.7_.1
- 72.2_10_8 (5 min)
- 111_1_11