



Enkidu

Instruction
Selene II

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enkidulight.com

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Important note:

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 be legal or illegal.

Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of the program, as they are more susceptible to seizures.

Although Enkidu Light Machine and its applications contribute to wellness, they are *not intended as a replacement for medical or psychological treatment*. No medical claims are intended express or implied. Statements made in the application or related documentation have not been evaluated or approved by the U.S. Food and Drug Administration.

Brainwave Entrainment

Your brain is made out of billions of cells called neurons. Neurons communicate with each other by firing electro/chemical signals. For performing different tasks different parts of your brain become activated and a cluster of neurons start firing these signals in a synchronized fashion.

The frequency of these signals is correlated with the different state of mind and level of consciousness, while the strength of these signals is relevant to the quality and effectiveness of your brain tasks and functions.

Training the brain into certain frequency is called brainwave entrainment and is nothing new. Shamans use drum and rattle to tune into lower frequencies and access their sub consciousness, and the ancient Greeks and Romans used flickering sunlight shining through a spinning wheel to induce altered states of consciousness.

As anthropologist and shamanism authority Michael Harner, points out, "The basic tools for entering the SSC [Shamanic State of Consciousness] are the drum and rattle. With good reason, Siberian and other shamans sometimes refer to their drum as the 'horse' or 'canoe' that transports them into the Lower World or Upper World.

The steady, monotonous beat of the drum acts like a carrier wave, first to help the shaman enter the SSC, and then to sustain him on his journey." – MegaBrain

Brainwave entrainment works for almost everyone. It is a great way to lead your mind into states that you might usually have difficulty reaching, allowing you to experience what those states feel like. Any stable frequency evokes a cortical response. The brain synchronizes its dominant brainwave frequency with that of the external stimulus.

People are very seldom deficient in a certain brainwave type in all areas of their brain. Usually, the distribution is much spottier, with an excess in one area and a deficiency in another.

The brain does not operate in just one single frequency; the full spectrum of brainwave frequencies are always running, all the time. The dominant frequency determines our mental state and entrainment temporarily shifts our mental state by boosting one frequency to be louder than the others.

Years of study has shown that anxiety, insomnia, hyperactivity and tendency towards drug and addiction are related to the excess of higher beta brainwave frequencies while depression, dissociative behaviors, and lack of motivation are related to the shortage of them.

Brainwave entrainment is a safe and effective remedy to aid in the treatment of psychological and physiological disorders. It is also a great tool for meditation and exploring different levels of consciousness without any drugs and side effect.

Light Machine

Modern brainwave entrainment is relatively new and unknown technology. It mostly became popular around the 1970s by introducing binaural beats which is an audio entrainment method.

In the market, there are two different categories of audio-visual entrainment devices: Mind machines and Light machines.

Mind machines have a long history in this market. They mostly use goggles with small LEDs and have much less light intensity than light machines. A light machine uses much stronger LEDs to mimic the natural daylight and therefore they can affect the pineal gland and the circadian rhythm which is essential in dealing with depression and insomnia or any other light-deficiency related disorder.

The other advantage of Light machines is the stronger stroboscopic effect of light, which leads to colorful geometric patterns of light and believed to cause

Hypnagogia:

Hypnagogia is the experience of the transitional state from wakefulness to sleep: the hypnagogic state of consciousness, during the onset of sleep. Mental phenomena that occur during this "threshold consciousness" phase include lucid thought, lucid dreaming, hallucinations, and sleep paralysis." -Wikipedia
These hallucinations are very similar to the effect of some hallucinogenic drugs and allow the users to experience those state without any side effect. Some people believe light machines can stimulate the pineal gland to produce DMT but till now there's been no research to back this claim.

Brainwave frequencies

Alpha (8-13Hz)

The alpha band was the first common feature of the brain recognized in EEG recordings. Alpha is the human brain's natural state of awake rest. When the eyes are closed or blinked, there is an almost immediate increase in alpha activity, between 9.5Hz and 10.5Hz. Alpha is the easiest range to entrain to, in fact, 10Hz is the only frequency where large-scale entrainment is highly likely to occur. Alpha is associated with detached thought and is ideal for contemplation, mindfulness meditation, CBT-type therapy, anxiety and stress reduction and general relaxation.

Beta (13-30Hz)

Beta dominates while we are engaged in anything that holds our attention – concentrating, studying, solving problems, performing memory tasks, etc. Low beta activity, often associated with excess theta, is implicated in depression and ADD/ADHD, with the imbalance often occurring asymmetrically between the brain hemispheres. Beta sessions are ideal for any form of active thought and for increasing overall energy and motivation. Beta waves tend to be of much lower amplitude than alpha, and large-scale entrainment appears to be unusual. Enkidu Light Machine User Guide (Selene II)

Delta (0.5-4Hz)

Delta waves tend to be much larger than any of the others and arise spontaneously during deep sleep. There is some debate over whether Delta can be entrained, however, it occurs in deep meditation, and delta sessions can certainly be an aid in achieving delta states. Although most dreams occur while theta dominates, during REM sleep, dreams can and do regularly occur during delta. It's very difficult to identify the boundaries between waking delta and sleep, leading to questions of whether a deep meditator, exhibiting high delta, is actually 'awake' at all or whether they are in a state more akin to a lucid dream.

Theta (4-8Hz)

When theta dominates, we experience the dreamy state between sleep and wakefulness. At this time we are particularly open to suggestions, thus its application in hypnosis and NLP. Unusual states of consciousness abound here, with hypnagogia, lucid dreaming, OOB, astral projection and suchlike being reported. Theta is excellent for meditation and can be valuable in accessing deep memories. Excessive theta is associated with depression and ADD/ADHD whilst deficiency is implicated in addictive behaviors.

Gamma (over 30Hz)

Gamma brainwaves are the fastest of brain waves (high frequency, like a flute), and relate to simultaneous processing of information from different brain areas. Gamma brainwaves pass information rapidly and quietly. The subtlest of the brainwave frequencies, the mind has to be quiet to access gamma. Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the 'higher virtues'. Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that gamma rhythms modulate perception and consciousness, and that a greater presence of gamma relates to expanded consciousness and spiritual emergence.

How to choose a session?

Working with the brain as a diligent and sensitive organ requires some precaution. First of all this device is made to help your brain to maintain its natural needs and reaching to those states that we have difficulty such as a relaxed and meditative state. Feeding the brain with what it already exists in an excessive way or overdoing certain sessions will cause more problem down the road than helping yourself and your clients. Throughout the day from deep dark hours of the night (Delta) to twilight state of dreams (Theta), and from first rays of light and wakefulness (Alpha) to active hours of bright sunlight and alertness (Beta), your brain maintains its natural rhythm in these dominant frequency ranges. While other frequency runs in the background all the time an EEG machine can pick up the loudest and therefore it's dominant frequency. With help of this kind of machines which now are much affordable, you can get a map of the brain and choose a session based on what the brain requires.

In order to have an effective session and reducing unwanted side effects such as a headache, feeling dazzled by light and in some cases dizziness after sessions, use these tips:

1- Look out for your client's mood: if they are in an alert state during the active hours of the day, then it means their brain is working in beta state and putting them in an Alpha or Theta session and pushing them into lower frequency in most cases will not work and might cause discomfort and in some cases a headache. In contrary, if they are in a relaxed state of non-active hours of the day then a high beta session can be irritating.

2- Follow your intuition and change the sessions time to time to explore different frequencies. All the frequencies are needed for a healthy and functional brain, while as always, the key is to keep a balance between them.

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3- For first-time users, a fifteen-minute session in Alpha (which is the easiest frequencies for the brain to tune into) is sufficient, to begin with. Before starting the session give them instruction on how to be relaxed and let go, with focusing on the breath or other technics (as in meditation) and explain to them that the sessions will not work if they resist.

4- Choose the brightness and frequency base on time of the day and outside natural light. Adjust the light for lower brightness in the early morning and evening and higher in noon and afternoon. Same as for the frequency, your brain mostly runs in higher frequency at times with higher sun light.

5- Try to spend some time in bright daylight before any session, especially in the morning. This way you give time to your eyes to be prepared for high brightness of the light machine. Jumping in for a light session right after the bed in morning can be harmful to your eyes. It always take some time for your eyes to adjust itself to bright daylight. By exposing your eyes to bright daylight your eyes will be prepared to take much more light without any issue and therefore have an effective session.

6- Make sure first-timers learn how to use the knobs on the box for adjusting the brightness before the session so they can change the brightness and volume as high as it is comfortable for their eyes. The eye sensitivity varies at different times of day and between individuals.

Note: Set the light in a reachable distance for your client, not less than a foot or 50cm, so they can easily change the brightness while under the light without opening their eyes.

Warnings!

Do not use brainwave entrainment if you are prone to seizures and epilepsy (or if you're pregnant, in case you are prone to seizures and unaware of it). Take extra caution if under 18 years of age, as the brain is still developing and is more sensitive.

Do not use brainwave entrainment if you have any brainwave hyper arousal or instability symptoms.

➤ Do not use this device or any light therapy device at night time. Exposure to bright light at night time is harmful to your eyes and it can disrupt your sleeping pattern.

➤ Do not use the device under influence of alcohol or any mind-altering drug.

➤ *Although this device and its applications are designed to improve your wellness, they are NOT to be used as a replacement for medical or psychological treatment.*

➤ Use these sessions in a quiet, comfortable place, free of distraction, in a chair or lying down. After starting the session, close your eyes and relax. *Your eyes should be closed throughout the session.*

➤ Keep the brightness of the device as high as it is comfortable for your eyes. Do not push your eyes for achieving stronger effect by increasing the brightness! Always keep the safe distance (50Cm) from the lamp!

Quick setup guide

Setting up the place and the machine:

1. Chose a quiet place with good airflow away from the disturbance.
2. Make sure you hydrate before and after sessions.
3. You can lay under the machine or sit in front of it. Either way, make sure your body is totally comfortable.
4. Connect the light machine to a tripod. The light machine should be directed from over your head towards your eyes and forehead. Please refer to the figure in next page.
5. The minimum distance between the light machine and your face should be at least 50cm or two feet. This is the safety distance for using the machine at highest brightness.
6. Insert the USB memory card (Sessions) into the mp3 player of the box.
7. Connect your headphones to the headphones jack of the box.
8. Connect the 12-volt adapter to your light machine.
9. Wait for the device to turn on.
10. Do not reduce the volume by remote controller. You MUST keep the volume of the media player of the machine always at maximum for running the sessions to decode the light signals without a glitch (the light signals are encoded in the audio music file or the sessions). If the volume goes below a certain level the light will not function properly. You can check the volume of media player in small monitor of the front panel of the light machine. It should be always indicating number 30 or the max volume. For controlling the volume of the headphones, use only the volume knob on the front panel.
11. Choose the number of the session you want, by using the forward and backward buttons on the panel of machine or the keys on the remote controller.
12. Once selected press Pause and get under the light.
13. You can change the volume and brightness any time during the sessions by using the knobs on the front panel of the box. The knobs are big enough so you can find them easily.
14. Keep your eyes closed during the session.
15. You can put the machine on standby by keep pressing the M key or power key of the remote controller. For turning off the machine you can simply unplug the 12V power cord.

AUX MODE:

1. Copy the sessions from the USB memory card into your media player, such as iPad, iPod, Laptop, mp3Player ...
2. Connect the headphone jack of your player to AUX input of the light machine by using an AUX cable.
3. Change the mode of the player to AUX mode with using the mode (M) key.
4. Turn up the volume of your media player to maximum.
5. Turn off all the sound effect on your media player, such as equalizer, Dolby, Loudness ...
6. Choose a session, get ready and press play.

Bluetooth Mode:

1. Connect the Bluetooth antenna to the side of the machine.
2. Change the mode of the machine to Bluetooth (BLU) by using the M key.
3. Turn on the Bluetooth of your device (PC, smartphone, iPad) and search for connection under the name, LISTEN and connect.
4. Keep the volume of your media player device at maximum.

Connecting multiple Enkidu lights together:

1. Pick one of the lights as master and run the session from it.
2. Put the volume knob of the master light at around %75 of maximum.
3. Connect the AUX cable to the headphone jack of master machine and to the AUX input of the slave machine. Put the slave on AUX mode and it should work fine.
4. You can use the slave machine for connecting headphones or speaker or more light machines.

Brainwave entrainment Sessions:

1- Raven Medicine 14.6 Hz Duration: 10:20

Shamanic drumming, shaker, and rattle to take you into a deep trance. This track uses AudioStrobe and Isochronic beats for brainwave entrainment at the frequency range of Low beta. Good for afternoon power naps!

2- Tranquility 9 Hz & 18 Hz Duration: 20:00

Start your day with focus and tranquility. This track uses AudioStrobe and Isochronic beats for brainwave entrainment. It starts at the frequency range of alpha and the gradually takes to higher frequency at 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 Saturn's planetary tempo, frequency and symbol correspondences. This track uses AudioStrobe and Isochronic beats for brainwave entrainment in the frequency range of theta and beta.

4- Spirit Guide 7.5 Hz & 4.5 Hz Duration: 35:00

This frequency is said to be perfect for awareness of self and purpose and contact with spirit guides for direction. As a great side effect, this frequency is also perfect for enhancing creativity. This track uses AudioStrobe and Isochronic beats in the frequency range of alpha and theta 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 the note C1 in 432 Hz tuning. This track uses AudioStrobe and Isochronic beats for brainwave entrainment in the frequency range of low beta.

6- Harmony in C# 10 Hz- 20 Hz- 40 Hz Duration: 20:00

This track uses natural harmonic frequencies based on 432 Hz tuning scale in an immersive ambient music. It starts with alpha and speed up to higher gamma frequencies. Ideal for a quick pick-me-up during times you lack focus and attention. Use either in the morning for a quick energy boost or before study to hone your mind into the task at hand. Based on recent studies 40 Hz can enhance your memory and can help prevent Alzheimer disease.

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 low delta frequency. Ideal for a rapid boost for your brain performance and concentration.

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

The entrainment program in this track decelerates to an alpha level at 7.91Hz on a 93.5Hz carrier tone, making this track 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 for further actualizing the benefits of the other solfeggio frequencies, or as an entry level tool for solfeggio meditation, and is great for both beginning and advanced meditators.

9- Tickle Touch (SMR) 13 Hz Duration: 08:00

This track is tuned to A = 432Hz, with a 13 Hz isochronic beat frequency on a 128Hz carrier tone. SMR Entrainment utilizes Sensory-Motor Rhythm frequencies (12-15 Hz), and corresponds to the beta range. These frequencies are often used in the treatment of attention deficit disorder, helping to both calm a busy mind and enhance concentration.

10- Vedic Mantra 10 Hz- 5 Hz – 1.25 Hz Duration: 35:00

This track starts in alpha range and goes down to low delta frequency. The back-ground music features echoes and soundscapes created from astoundingly powerful Shiv Mantras which are known for their positive energy and chanting and meditating can help in changing our thought patterns, changing our 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 equals the root note of G# at 210.42Hz. 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 that 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. Starts from alpha to beta and then decelerates to low delta range for deep meditation.

13- Mahamrityumjaya Mantra 10.88 Hz Duration: 14:12

This frequency appears to be a natural anesthetic. It tends to reduce pain physically and energetically. The isochronic beats on a 174 Hz carrier tone frequency gives 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 track which in high Theta is a relaxing session stimulating with earth resonance at 7.83 Hz (Schumann Resonance) with isochronic beats, audiostrobe entrainment embedded into sound files. Ideal for meditating and tuning into healing frequencies of mother earth.

15- Reiki Whale Healing 1 Hz Sub Delta Duration: 25:00

Reiki Whale Healing provides healing songs from the gentle giants of the deep echo throughout this unique collaboration of whale and man.

16- DNA Upgrade 4.5 & 9 & 18 Hz Duration: 20:00

Calming Music 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.

18- Pineal Gland Stimulation 7.25 Hz Duration: 30:00

Pineal Gland stimulation with 936Hz Solfeggio frequency is associated with awakening intuition and activating Pineal Gland.

19- Cheer Up! 18 Hz Duration: 14:00

Do you need to wake up in the morning without copious cups of coffee? This should be the trick. Use this session in the morning as a caffeine replacement, or anytime you need an energy boost.

20- Migraine Relief 30 Hz Duration: 15:00

Based on a study that treated subjects with frequent migraines at 30 Hz over 30 days, most of those who normally had preceding warning signs had a decreased frequency of migraines. So use this session in order to prevent a migraine attack. While having the attack and pain you need to try a delta session with using only red light and low brightness.

21- Delta Waves 1 - 7.83 Hz Duration: 30:00

This is a simple sleep session that guides the mind 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. Note: you can use this session at night time before you go to sleep. This session only uses the red spectrum of light and doesn't affect your circadian rhythm.

22- Sleep through the rain 1.05 Hz Duration: 30:00

Relax or fall asleep with this soothing instrumental session. Note: you can use this session at night time before you go to sleep. This session only uses the red spectrum of light and doesn't affect your circadian rhythm.

23- Theta Relaxation with singing bowl 5.43 Hz Duration: 40:00

This track uses Tibetan singing bowl for meditation and relaxation, and it will help you reach the deep meditative mental 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 element. It's associated with the feeling of safety and grounding. It's at the base of the chakra system and lays the foundation for expansion in your life.

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 function of the sacral chakra is directed by the principle of pleasure.

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, it is the passage of the energy between the lower parts of the body and the head. The function of the Throat chakra is driven by the principle 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 gets us in touch with the universal.

31- Sound Medicine Part one 6 Hz & 12 Hz Duration: 22:00

This track uses Audiostrobe and Isochronic beats embedded into a Solfeggio healing meditation music from Anima; celestial soundscapes of transformation & peace.

The music and sound frequencies in first track are tuned in 396 Hz for release of fear and emotional Patterns. Second track tuned in 417 Hz for transmutation of negative energies.

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

This track uses Audiostrobe and Isochronic beats for brainwave entrainment with a healing music from Anima which is tuned into ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

The first track is tuned in 528 Hz: Transformation and miracles (DNA repair). The second track is tuned in 639 Hz: 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 with a healing music from Anima which is tuned into ancient Solfeggio scale, to effectively change the frequency of user's brainwave into healing and meditative state.

First track tuned in 741 Hz: Awakening Intuition. Second track 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 realm of the subtle nonphysical dimension. Spirit walk into the planes of being between worlds with this relaxing meditation. 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 of Vibonacci and Source Vibrations, with vocals by Katherine Eid

35- Cheer Up II (serotonin) 9Hz- 18Hz- 24Hz Duration: 20:00

Use this session to overcome sleepiness during the daytime and boost up your awareness and concentration.

36- Garden of Delights 16Hz- 20Hz Duration: 19:00

Visit the Garden of Delights in an audio-visual mood boost experience. This session uses an excitatory protocol in beta range and ramps up from 14Hz to 16Hz, and from 18Hz to 20Hz. This session can help with the seasonal affective disorder, depression and improve your 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.

The target frequency of this brainwave entrainment session is at 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 that are designed to re-ignite the memory of our original connection to The Great Mother. The frequency range of this track are mostly in theta and beta with tuning scale of classic 440Hz.

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

The frequency range of this track are mostly in delta and alpha with tuning scale of classic 440Hz.

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

The frequency range of this track are mostly in delta (2Hz) and beta (17Hz) and end in gamma (34Hz). The background music is tuned in classic 440Hz.

41- Metamorphosis Delta, theta & alpha Duration: 20:00

This session is based on a track called Metamorphosis by Darpan, which is an inspiring track that can facilitated some incredibly huge inner transformation.

42- Light of Aluna- Part I (night version) Theta & beta Duration: 20:00

This session is similar to session No. 38 but uses only red spectrum of light, without affecting your circadian rhythm. This session can be used in night, couple of hours prior to your bed time.

43- OBE (night version) 3 Hz- 40Hz Duration: 20:00

This session is same as session #34 with using only red spectrum of light. You can use this session in night time, with no effect on your sleep pattern.

44- A star's dream 432Hz Duration: 34:00

This AudioStrobe BWE session begins with a soft pulsating light, and sweeping pads and isochronic tones take you into a journey to outer space. This session is mostly in beta range and end in theta. Use this session for mood uplifting, energizing, and improving your concentration. Whenever you feel down or need to get rid of your brain fog in gloomy days, this session can be the magic cure. The background music is tuned into the 432Hz tuning scale.

Frequently asked questions

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 nothing works for everyone, and nothing works for one person 100% of the time.

An EEG brain map can really help determine what will work best for yourself or your client. In the absence of that, start with a short session to determine 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 goals of the client. Sessions involving relaxation should relax the client gradually over 6-10 minutes. Relaxation is a very noticeable effect, whereas with a concentration session it may take a few sessions to realize what effect it is having. Also, some sessions are meant for long-term changes and for them it may take weeks or months to notice an effect.

If results are not as expected, try adjusting the settings or using a different session. Different frequencies and different types of sessions will work for different people. Increasing the intensities of the entrainment filters may also be worth exploring in some cases.

Can I use Enkidu at night time?

We designed certain sessions to use especially at the night time. These Sessions only uses warm light and red light. This way it won't affect your circadian rhythm and your sleep pattern. Other sessions which use cold white or full spectrum light should not be used after sunset which can disrupt your sleeping time.

How often can I use the machine?

It depend on your goal but in any situation do not exceed the maximum time of using the machine, which is one hour a day in two session, and maximum five days a week.

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. By darkening the room, you can have the same effect with less light intensity.

How can I choose the brightness of the machine?

The maximum brightness of the machine should always follow the time of the day and outdoor brightness. Meaning around the noon you can have the highest brightness that is comfortable for your eyes. Never push your eyes for having the stronger effect with higher brightness. This means darkening the room is always a better choice for having a stronger effect.

Is it possible to use Enkidu for more than one person at the same time or even for larger groups?

Yes, two people can easily share the experience. Either lying down or sitting next to each other. For a group of people, you need to put the light further away to cover a larger area which results in losing some of the light intensity and there for the effect, especially in light therapy.

In this case, you need to use two or more light boxes at the same time. Enkidu is designed in a way that allows you to connect multiple devices together and run all of them at the same time with synchronicity.

Can Children use Enkidu light machine?

Although most children love the experience, you need to be sure that they are not sensitive to flickering light which 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.

What is AudioStrobe?

AudioStrobe is the standard way to communicate with mind machines in order to control the flashing of LEDs. It is an inaudible signal sent with the rest of the sound of your session. You will probably not be able to hear it, but any AudioStrobe-decoding device will be able to interpret that signal and use it to drive the flashing of LEDs. Because AudioStrobe uses sound to drive the LEDs, it can be used from any sound device, such as an iPod, CD player, or from the speaker/headphone port of your computer.

What is Isochronic Beat?

Any string of pulses separated by equal time periods. In AVS this term is applied to the beats heard when a carrier tone at a frequency usually referred to as the pitch, is amplitude modulated by another signal, the frequency of which is commonly referred to as the rate, or entrainment frequency. The shape of the modulating wave can be chosen to create a variety of effects, ranging from the smooth, gentle sine, through triangle, square, etc. to custom shapes that might sound like drumbeats, clicks, etc. Some studies indicate that the evoked response is stimulated on the leading edge of the pulse and steep rise times tend to be more effective in eliciting a response. Beats heard during a ramp between frequencies are, by definition, not isochronic, because the period between them is changing. Such beats, or any random or variable rate, are just plain pulses.

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