



Infinity Program Instructions

Never listen to the Infinity Program while driving. If you have epilepsy or a history of seizures, please consult your physician prior to using the Infinity Program.

Important information about headphones

Always listen to the Infinity Program using headphones. The audio tracks use a form of brainwave technology which requires the use of headphones to be fully effective.

How to use the Infinity Program

The Infinity Program is comprised of three separate audio tracks. Each track is 20 minutes long.

- During the first month, listen to the first track, *Inspiration*, at least three to four times per week. Do not listen to the second track or third track during this time.
- During the second month, listen to the second track, *Synchronicity*, at least three to four times per week. (Once you begin to use the second track, you no longer need to listen to the first track.)
- During the third month, listen to the third track, *Destiny*, at least three to four times per week. (Once you begin to use the third track, you no longer need to listen to the second track.)

IMPORTANT: Do not skip ahead and listen to the second track or third track without first listening to *Inspiration* for at least 30 days. **Doing so will negate most of the benefits.** The listening schedule described above was carefully designed to maximize your results.

For the best results, listen to the appropriate track a minimum of three times per week. You may listen to the track more often if you'd like. Listening once per day instead of only three times per week will typically speed up the timeframe in which you begin to notice results.

You may listen to the Infinity Program tracks while you're doing other things, such as reading or working.

You should notice significant benefits before the end of the three-month timeframe. After three months, you can continue to listen to Track 3 occasionally if you'd like, but it isn't required. The results obtained by that point will be sustained without having to listen to the audio tracks anymore. If you feel like you want to take the results even further, you can continue listening to Track 3 three to four times per week after the third month, but in most cases this won't be necessary. Every person who tested the Infinity Program reported that by the end of three months they had seen all the results they were looking for and more.

How our brainwave technology works to enhance your mind's performance

The products developed by the Immrama Institute use our proprietary audio technology to guide your brain into specific states. To recognize why this detail is significant, it is important to understand how the brain contributes to a person's state of mind and level of consciousness. There are several different brainwave states. Your brain consistently cycles through each of these brainwave states many times throughout the day and night. It is a completely natural biological occurrence in every human being. Each of these brainwave states occurs in a specific frequency range.

Gamma – bursts of insight and high-level information processing (40Hz or higher)

Beta – a heightened state of alertness and focused concentration (13Hz to 40Hz)

Alpha – relaxed mental awareness, reflection, visualization, & creativity (8 Hz to 12 Hz)

Theta – stress relief, deep relaxation, meditation, light sleep & dreaming (4Hz to 8 Hz)

Delta – deep dreamless sleep, healing and rejuvenation (0Hz to 4Hz)

With the help of our brainwave audio technology, you can guide your brain into any of these states naturally and effortlessly.

Our products use an enhanced form of binaural beat technology. **Binaural beats** were originally discovered in 1839 by physicist Heinrich Wilhelm Dove. He

discovered when signals of two different frequencies are presented separately, one to each ear, the brain detects the variation between the frequencies and tries to reconcile that difference. In doing so, as the two frequencies mesh in and out of phase, the brain creates its own third signal — a binaural beat — equal to the difference between those two frequencies.

For example, if a frequency of 100 Hz is presented to the left ear and a frequency of 105 Hz is presented to the right ear, the brain hears a binaural beat pulsing at 5 Hz, the exact difference between the two frequencies. Research has proven that introducing a binaural beat will cause the brain to begin resonating in tune with the frequency of that beat. For example, by introducing a binaural beat pulsing at a frequency of 10 Hz — an Alpha frequency — you can trigger your brain to resonate at that same 10Hz frequency, automatically inducing brainwaves in the Alpha range.



This method may be used to effortlessly induce any brainwave state, to prompt widespread neural activity, and to trigger whole brain synchronization.

Whole brain synchronization occurs when the hemispheres of your brain begin to work together, resonating at the same frequencies and causing neural pathways to fire more rapidly. The left and right sides of your brain begin to work in concert with each other. Electrical activity in your brain becomes more widespread throughout the brain instead of remaining confined to certain areas. Your brain reaches extraordinary levels of performance not normally attainable without years of practice.

Research has indicated this type of whole brain synchronization is present in the brain at times of intense creativity, clarity and inspiration. By listening to the audio technology contained in our products, you can train your brain to function at this high level of synchronization, opening the way for positive and beneficial effects.

When this type of stimulation to the brain occurs, your brain also begins to create **new neural pathways**. The neural stimulation encourages new dendritic growth. Dendrites are the many branching fibers extending from the neuron/cell body. These fibers increase the surface area available for receiving incoming information. New dendritic growth allows for faster and smoother neural communication and provides more processing power in the brain.

At the Immrama Institute, we worked for several years to develop and test our proprietary **harmonically layered audio technology** — a more advanced and

more effective form of binaural audio.

Most companies offering binaural audio recordings stop with one frequency, introducing only one binaural beat that may gradually raise or lower your brainwaves into a specific frequency over a period of time, usually in anywhere from 10 to 60 minutes.

What's the problem with using only one binaural frequency? Your brain normally operates not in only one frequency but in all brainwave frequencies simultaneously, with one frequency typically being dominant at any given time. Every moment of the day and night, various brainwaves in your brain are pulsing in delta, theta, alpha, beta, and even gamma frequency ranges, all at the same time.

Our products don't use just one binaural frequency. Instead, we have developed a unique new form of harmonically layered audio technology that works to create actual patterns, not just single frequencies. Our binaural frequencies are combined in a way that replicates your brain's natural way of functioning, with frequencies that interact with your own brainwaves to evoke the most powerful response on all levels for a dramatically improved listening experience.

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