

For easy access to the sessions list we recommend you print this copy and keep it close to your iLightz unit . . .

iLightz Session List

Program	Time	Description	Target Freq.	Notes
P01	10	Quick Alpha relaxer	11	Relaxation
P02	15	Slow Ramp Alpha	8	Relaxation
P03	10	Magic 11	11	Relaxation
P04	20	Schumann's Alpha	11, 7.83	Relaxation
P05	30	Schumann Resonance	7.83	Relaxation
P06	30	High Stress Alpha	7.83, 5	For High Stress
P07	30	Low Stress Alpha	10, 7	For Low Stress
P08	10	Quick Fix	7	All in high Alpha
P09	15	Alpha Break	7	Lower Alpha
P10	30	Meditation Medicine	7, 5, 3	Theta meditation
P11	15	Quick Theta	7.83, 5	Meditate, dreaming
P12	15	Accelerated Learning	6, 10	Absorbing Info
P13	20	9 O'clock High	9	Relaxation, Energy
P14	20	Multi-Theta	7.83, 4	Theta Freq.
P15	30	Deep Theta	5, 3	Low Theta Range
P16	30	Relaxation, learning	5, 3	Meditate, Learning
P17	30	Intimate Theta/Delta	5, 3 2	Close to sleep
P18	30	Insomniacs Dream	1	Help to fall asleep
P19	50	Mind Expander	7.83, 6, 3, 1	Theta Freq., sleep
P20	25	Mental Gymnastics	Many	Mental enjoyment
P21	10	Sharpening the mind	Many	Mental Exercise
P22	22	Fire of the Mind	Many	Energy, visuals
P23	60	Relaxed Creativity	5	Deep Relaxation
P24	20	Basic Brain Tune-up	11, 7.83, 5	Mental exercise.
P25	5	Demo	5	Demo.features
P26	23	The Balancer	1-40	Creativity
P27	40	Delta Force	4,1	Lucid dreaming
P28	20	Morning Glory	10,18	Waking up
P29	30	Magic 14	14	A.D.D. Protocol
P30	30	Mind Massager	7 thru 15	Mental Tune-up
P31	30	Alpha Theta Train	5 thru 12	Creative/Learn
P32	68	Power Nap	3 thru 6	Sleep/Learning
P33	35	Carnival Ride	2	Energy creativity
P34	30	Creative Monster	16	Energized
P35	30	Alpha Ramp	20	Relaxation
P36	30	Alpha Wave	20	Relaxation
P37	15	Coffee Break	18	Relaxation
P38	20	Problem Solver	7.83	Creativity
P39	30	Multi Theta	30	Learning
P40	30	Theta Wave	20	Meditation
P41	15	Tune-up	7.83	Mental Tune-up

P42	30	Deep Relaxation	12	Relaxation
P43	30	Energized Learning	12	Learning
P44	30	Meditation Machine	24	Meditation
P45	30	Dreamy Delight	26	Sleep
P46	30	High Energy I	10	Creativity
P47	36	High Energy II	16	Creativity
P48	15	Quick Break	12	Rejuvenation
P49	30	Relaxed Creativity	12	Problem Solving
P50	20	Quick Learning	7.83	Learning

The 25 Additional Built-in Sessions for iLightz Pro*:

P51	15	Alpha Relax	9	Mid-Day Trainer
P52	22	Theta Relax	5	Focused Learning
P53	36	Deep Relax	3	Theta Relaxation
P54	40	Earth Medit8	7.83	Schulmann Resonance
P55	26	Siesta	0.5	Afternoon Nap
P56	75	Escape	0.5	For Long Trips
P57	45	Sound Sleep	0.5	Go To Sleep
P58	18	14Hz Trainer	14	SMR Training
P59	45	Mental Repro	5	Deep Theta Hypnosis
P60	40	Hypnosis	6-7.83	Hypnosis Protocol
P61	20	Mood Britenr	30, 40	Seasonal Affective Disorder
P62	30	Mind Exercise	9, 5	Alpha / Theta
P63	15	Learning Mood	6	Learning New Material
P64	35	Crosstalk	7	Performance Trainer
P65	28	Problem Solvr	4, 9	Creative Solutions
P66	36	Memory Recall	5, 10	Alpha / Theta Ramp
P67	65	Hyper Cri8tv	40, 7	Enhanced Creativity
P68	36	Creativity	7	Project Solver
P69	30	High Creativ	4, 6	Problem Solving & Creative Thought
P70	30	High Energy	18	Beta Booster
P71	25	Gethingsdun	24, 30	Afternoon Power Boost
P72	25	Pure Motv8ion	30	Mental Motivation
P73	30	Sportswave	22, 30	General Use Sports Prep
P74	17	Pump-U-Up	24, 30	Pre-Workout
P75	13	Mind Ride	Many	Fun & Stimulating Ride

AutoPilot Programs: Five special “always different” sessions. See AutoPilot section for information on how to save your favorite iLightz Pro AutoPilot sessions:

30	Delta	1 to 4	Sleep
30	Theta	4 to 7	Meditative
30	Alpha	7 to 14	Alert, Aware
30	Beta	15 to 30	High energy
30	Gamma	30 to 40	Very High energy

* iLightz Pro sessions designed by Christopher Oliver and Michael Landgraf