

Sample Size: 32Bit
Sample Rate: 192KHz
Bitrate: 12,288Kbps

Artist: Benevolence Messiah
Label: Kaleidoscopic Label

WARNING:

- Do not drive or operate machinery while listening or immediately following listening.
- These frequencies may cause permanent changes in neuroplasticity as well as other entrainment phenomena.
- This is an audio drug; exercise care and caution when listening.

DOCUMENTATION/LISTENING INSTRUCTIONS:

- All instrumentation composed at A=432Hz and 72/144BPM.
- For best results, use headphones with a good frequency response, lie down in a dark area and attempt meditation with breathing techniques set to 72, 36, or 18BPM (ideally the lower the better).
- It may help to first drastically alter body temperature before shifting to very warm. If that is not possible, opt for very warm.
- Be well hydrated -ideally more than average but not so much that you are or will be distracted by the urge to urinate.
- An influx of endorphins just prior to meditation is suggested.
- Clean ears prior to listening to reduce attenuation from wax.
- It is also ideal to be on an empty stomach but not be distracted by hunger.
- Ingesting ginger just prior to meditation will alleviate nausea some associate with a Kundalini State.
- Use of Cannabis Sativa is advised.
- Use of caffeinated tea is advised.
- Engaging in sexual activity just prior to entrainment is advised for specific hormone release.
- Experimentation with 5HTP2A agonists in conjunction with this entrainment have been conducted with synergistic action present in all tests so far.
- Do not leave this track on repeat.