



# PANDORASTAR

## TOP 10 SEQUENCES

### What's Your Favourite?

#### 1 Aurora

Inspired by Tesla, Aurora is designed to relax you while enhancing cognitive function. It's a slow 9 Hz to 6 Hz journey downwards, with movement, colour and waves of approaching 40.5 Hz Gamma light pulses and additional mixed frequencies.

Length: 27 minutes  
Light Frequency: 6 Hz, 9 Hz, 40.5 Hz  
Purpose: **Relaxation. Improving cognitive function.**

#### 2 10

10Hz Alpha is one of the frequencies which is often in studies and most commonly given credit for a number of beneficial effects like memory recall, pain relief, mood enhancement, hormone regulation such as serotonin, light meditative states, stress relief and more.

Length: 30 minutes  
Light Frequency: 10 Hz  
Purpose: **Feel calm but alert. Triggers Serotonin release. Memory recall. Regulates mood. Pain relief.**

#### 3 Emotion

A program of Theta band frequencies, designed to bring emotional healing, meditation and calm. We recommend setting an intention for healing an emotional challenge, beforehand. Ask and hand this over to any higher source of wisdom that is personally appropriate. Relax and enjoy!

Length: 30 minutes  
Light Frequency: 8 Hz, 7 Hz, 80 Hz  
Purpose: **Deep emotional healing. Feeling of calm. Creates a meditative state.**

#### 4 Happy

An anti-depression, wellbeing program designed to create a state of feeling grounded and balanced, with enhanced motivation. Good for people who swing between feelings of depression and anxiety.  
*(Not intended as a replacement for medical help)*

Length: 23 minutes  
Light Frequency: 14 Hz, 38 Hz  
Purpose: **Anti-depression. Anti-anxiety. Motivating. Feel Good.**

#### 5 Recharge

"Recharge" is perfect for busy people. Designed to relax, release stress, and stimulate solutions to challenges, before a return to a rejuvenated 'ready for action' state.

Length: 22 minutes  
Light Frequency: 6.8-7.8 Hz, 10-10.5 Hz, 12 Hz, 40 HZ  
Purpose: **De-stress. Rejuvenate. Inspire.**

#### 6 Brain Detox

induces a brainwave state comparable to deep sleep where the reported brain detoxing occurs, and also to stimulate the brains own immune system to prevent cognitive decline in people prone to it or those getting older.

Length: 30 minutes  
Light Frequency: 40 Hz, 2.5 Hz,  
Purpose: **Neural cleansing. Microglia (brain immunity) stimulation. Cognitive enhancement. Pain relief.**

#### 7 Motivate

Stimulates motivation and feelings of wellbeing. Great for those who are tired, bored or leaning towards depression. Promotes a get-up-and-go feeling after sleep or relaxation and works well with your favourite upbeat music.

Length: 22:05 minutes  
Light Frequency: Various plus 16.11 Hz, 40.05 Hz  
Purpose: **Inspire motivation. Increase inspiration. Encourages social engagement.**

#### 8 Psychic

A program to boost intuition, psychic ability, remote viewing and relaxed awareness. The the program was created partly based on EEG and MRI research findings and partly intuitive knowledge around what works with PandoraStar.

Length: 25 minutes  
Light Frequency: Various  
Purpose: **Improves intuition. Helps with psychic ability. Visions and higher self connection.**

#### 9 Wealth

WEALTH is designed to help give you more power over your financial decisions, uncover your confidence and motivation, feel like you are in charge of your own worth and financial destiny, and to release your true potential. Step into the beautiful, abundant being that you really are.

Length: 25:40 minutes  
Light Frequency: 4 Hz (Theta) and 10 Hz (Alpha)  
Purpose: **Abundance creation. Wealth manifestation.**

#### 10 Flow

Flow is designed to optimise mental health and wellbeing, by increasing blood serum levels of serotonin, endorphins and melatonin. 7.8 Hz frequency is shown to increase cerebral blood flow and normalise breathing and heart rate variability – essential for good mental health & function.

Length: 23:30 minutes  
Light Frequency: 7.8 Hz, 10 Hz (sine wave)  
Purpose: **Mental health. Wellbeing. Cerebral blood flow.**

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MINDSTATION



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## WHAT IS IT?

**PandoraStar** is one of the most advanced light machines of its kind, featuring 12 stroboscopic LEDs to guide the brain into a hypnagogic state within minutes.

It's an immersive light-based therapy designed to elevate you into a deep meditative state of relaxation. This flickering white light guides our Brainwaves through a natural process called the "frequency following response" to enable us to achieve and benefit from a variety of altered states of consciousness for both physical and mental benefit.

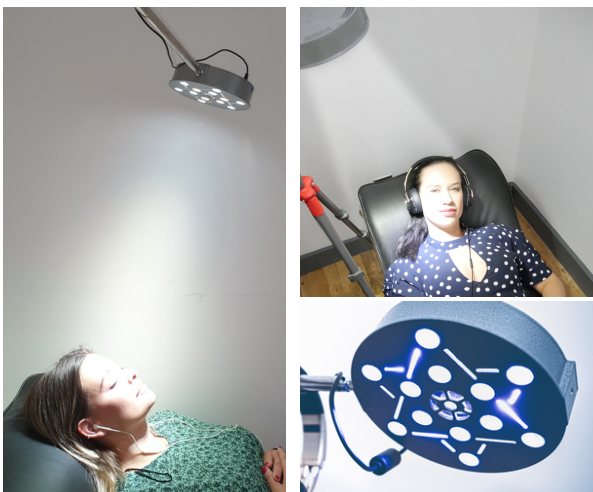
Once you have settle yourself in our big comfy chair, simply close your eyes and switch off from the outside world while the PandoraStar programme does the work.

Some of the programmes have background music which will guide you to experience a kaleidoscope of colours and psychedelic patterns.

With numerous sequences to choose from, the PandoraStar light therapy is designed to stimulate your brain to take you into a meditative or energised state.

Reported benefits include an increase in brain function, intuition, memory and mental clarity; increased joy and inner peace; migraine relief; improved central nervous system; improved sleep quality; overcome addictions; and recovery from muscle and joint pain.

PandoraStar sessions lasts between 10 and 40 minutes depending on the programme you choose.



#### IMPORTANT NOTE:

The PandoraStar lamp uses computer controlled LED technology to produce flickering white light that is observed through closed eye lids. It is intended to be used for recreational and research applications only and is not designed, or intended to be used as a medical device. It is not suitable for anyone who suffers from epilepsy or seizures and there is a statistical chance of 1 in 3000 that users could be sensitive to flickering light and that this in rare cases could lead to a seizure,

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