Delight Session Frequencies

Session Name	Frequency
Energize 1	19 to 21 Hz
Energize 2	20 to 23 Hz
Meditate 1	10 Hz
Meditate 2	7.8 Hz
Brain Booster 1	L13.5, R 18
Brain Booster 2	L14 to 10, R 19 to 10
Sleep 1	7.8 to 6
Sleep 2	14
Feeling Better 1	L10, R 18
Feeling Better 2	L 10, R 18 (with 12 minutes at 8 Hz at beginning of session)