

Binaural Lab Companion

*A practical guide to sound settings
and mindful listening*

WEB BETA EDITION • OCTOBER 2026

Build a comfortable sound session, understand what each control changes, and keep a useful record of your practice. This guide accompanies the Binaural Lab on astralprojection.online.

Begin with a short preset and a quiet volume. Use the sound as a setting for attention, then judge the experience by comfort and your own observations. A frequency setting is an audio parameter; it is not a measurement of your brain or a promise of a particular state.

[Open the Binaural Lab](#)

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Use this guide alongside the current web beta. Future versions may change the controls or add features.

Your first session

For your first visit, keep the choices simple. The Quiet arrival preset provides a ten-minute starting point. You can shorten it in Simple mode if you prefer.

Prepare your space

Sit comfortably with support where needed. Choose a place where you can safely relax without needing to monitor traffic, machinery or other hazards. Leave yourself a moment after the session before returning to your next activity.

Check your headphones

Binaural mode needs stereo headphones. Lower your device volume, then use Test left ear and Test right ear. Each tone should be heard on the named side. If both tests play in both ears, check your device's mono-audio or spatial-processing settings.

Load a preset

Select Quiet arrival. It uses a 200 Hz centre carrier, a 10 Hz beat and a soft ocean texture. Keep the preset settings for the first session so that you have fewer things to evaluate.

Start quietly

Press Start session. Raise the volume only enough to hear comfortably. The player's percentage is not a measurement of sound pressure at your ears. Keep both the device volume and the lab volume low; take listening breaks. [2]

Let attention settle

Notice the next natural breath or the contact of your feet with the floor. When you discover that your attention has wandered, return gently. You can let the sound remain in the background.

Finish and record

Pause or Stop whenever you wish. At the end, take off your headphones and write one or two observations under A moment to reflect. Record comfort, attention or distractions without trying to rate the session as a success or failure.

Understand the sound

The lab separates the pitch of the audible tone from the slower beat or pulse rate. Changing one does not necessarily change the other.

Control	What it changes
Centre carrier	The central pitch, from 100 to 600 Hz. Lower values sound deeper. Choose for listening comfort.
Exact beat frequency	The difference between a tone pair, or the pulse rate in isochronic mode. The lab allows 0.5 to 40 Hz.
Tone structure	Pure tone uses one carrier pair in beat modes. Harmonic layers add quieter pairs at higher multiples of the carrier. Isochronic mode pulses one carrier or its layers.
Mixer	Set the relative levels of the tone, soft rain, ocean wash and ambient chord. The player volume changes the overall level.

Method	What reaches your ears	Playback
Binaural	A different tone in each ear. The frequency difference creates the binaural-beat listening condition.	Stereo headphones
Monaural	Both tones are mixed into both channels, producing an acoustic beat.	Headphones or speakers
Isochronic	A carrier rises and falls in volume at the selected pulse rate. This lab uses smooth pulses.	Headphones or speakers

A concrete example

With a centre carrier of 200 Hz and a beat frequency of 10 Hz, the pure binaural setting plays 195 Hz on the left and 205 Hz on the right. The 10 Hz value describes their difference. It does not mean that the app plays a standalone audible 10 Hz bass tone.

The Alpha, Theta, Delta and Gamma shortcut buttons select 10, 6, 2 and 40 Hz. These labels borrow familiar EEG terminology. Selecting a button does not verify brainwave entrainment or a depth of meditation. The screen's wave illustration is not an EEG recording. [1]

Choose a starting preset

The four presets offer different sound combinations. Their names describe an intended listening context, not a demonstrated effect. Use whichever is comfortable and easy to return to.

Preset	Duration and beat	Sound setup
Quiet arrival	10 minutes 10 Hz throughout	Binaural • 200 Hz Pure tone and ocean
Evening drift	20 minutes 10 to 8 Hz in 5 minutes 8 to 6 Hz in 15 minutes	Binaural • 180 Hz Harmonic layers, rain and ambient chord
Open awareness	20 minutes 8 Hz throughout	Binaural • 220 Hz Pure tone, ocean and ambient chord
Gentle focus	10 minutes 14 Hz throughout	Monaural • 250 Hz Pure tone and rain

Choose a manageable duration

Simple mode offers 5, 10, 20, 30, 45 or 60 minutes. Start with an amount of time that fits comfortably into your day. There is no need to complete a longer session just because it is available, and no universal point at which the audio is guaranteed to change your brainwaves.

Compare one change at a time

Try a preset on more than one occasion before changing everything. If the pitch distracts you, change the carrier while keeping the duration and beat the same. If the texture is too busy, reduce a background layer. Keep a brief note so that your next choice is based on experience rather than memory.

Use silence as a comparison

You can also spend a similar period attending to your breath without the lab. Notice whether the sound makes the practice more comfortable, less comfortable or simply different. A personal preference is useful even when it does not establish a scientific effect.

A lower beat frequency is not a higher achievement. Louder sound, more layers and longer sessions are not measures of progress.

Practice with breath and body

Use this short sequence as an optional practice alongside any comfortable sound setting. You can also follow it in silence. The aim is to notice what is happening without having to produce a special experience.

Settle into a supported position

Let your hands rest naturally. Keep your eyes gently closed or softly open, whichever feels more comfortable. Adjust your position if you need to. You do not have to remain motionless or tolerate pain to practice.

Notice ordinary breathing

Choose one place where breathing is easy to notice: the nose, chest or abdomen. Let the breath keep its own pace. There is no breath-holding exercise here, and no need to make every breath longer or deeper.

Return when you notice wandering

A plan, memory or conversation may carry your attention away. When you notice this, acknowledge it briefly and return to the next breath. Discovering that the mind has wandered is part of the practice; an empty mind is not a requirement.

Include the contact of the body

Notice your feet on the floor, your hands resting, or the chair supporting your back. You can move attention slowly through the body without searching for tingling, floating or other unusual sensations. If focusing inside the body feels uncomfortable, use a neutral sight or sound in the room instead.

Let sound be part of the setting

You may notice the tone or a background texture, then return to your chosen point of attention. There is no need to listen intensely for evidence that the audio is working. Silence between sessions can be part of the same practice.

Close with orientation

When the session ends, notice the room, move your fingers and feet, and take a little time before standing. If the practice becomes distressing, stop, open your eyes and reconnect with your surroundings. Persistent distress is a reason to seek appropriate support rather than push through. Meditation is not a replacement for medical or mental health care. [3]

Build and save a sequence

Advanced mode lets the beat frequency change over time. Use it when you want a gradual transition instead of one steady setting. You can create up to six stages with a combined duration of up to 120 minutes.

An example with two stages

Stage	Start beat	End beat	Duration
1	10 Hz	8 Hz	5 minutes
2	8 Hz	6 Hz	15 minutes

This is the frequency sequence used by Evening drift. The ending value of the first stage matches the starting value of the second. Repeating a stage's start value as its end value creates a steady interval. The example describes an audio transition; it does not predict a sequence of mental states.

Make changes while stopped

Choose Advanced, add your stages, and set each start frequency, end frequency and duration. Select a method, centre carrier and tone structure for the session. Structural controls are locked while playing or paused; press Stop before editing them. You can adjust the mixer while listening.

Save settings you want to repeat

Enter a name under Save this setup and choose Save to my sessions. A descriptive name such as "10 min ocean at 200 Hz" is easier to identify later. Use Load in My sessions to restore a setup. The beta keeps up to 50 saved sessions.

Keep a backup of your notes

Under A moment to reflect, write a short observation and select Save note. The beta stores up to 100 notes and displays the five most recent. Export backup downloads your saved setups and all notes as a JSON file; it does not export an audio recording.

Everything is stored in this browser on this device. There is no account or automatic cross-device sync. Clearing browser data may erase it. Keep an exported backup somewhere you can find it, and use Import backup to transfer your collection to another browser. The file includes your personal notes.

Troubleshooting and comfort

There is no sound

Press Start session, check the device output and volume, and confirm that the lab's main volume and at least one mixer level are above zero. Check that headphones are connected to the device you are using. Stop before changing the session setup.

The left and right tests sound the same

Check that left and right playback remain separate. A mono-audio setting or some spatial-processing features can change the signal. Use the two ear tests to confirm routing rather than relying only on a headphone label. Monaural and isochronic modes intentionally feed both ears.

The sound stops when the phone locks

Keep the page open during a session. Some phones suspend browser-generated audio when the screen locks or another app takes over. Return to the page and use Resume if available. This beta does not promise uninterrupted background playback or offline access.

The tone is tiring or too prominent

Lower the overall volume and the tone level, shorten the session, or stop. A different carrier pitch or fewer layers may be more comfortable on another occasion. Do not turn up the volume to force a perceived effect. Well-fitted or noise-cancelling headphones can help avoid raising volume to compete with background noise. [2]

Nothing unusual happens

You may have an ordinary period of sitting and listening. The lab does not require sensations, imagery, sleep or an out-of-body experience. Record what you actually noticed, including "nothing distinctive," and decide whether the practice is worth repeating for you.

The session feels unpleasant

Stop if the sound or practice causes discomfort. Change position if you have pain, and take off the headphones if your ears feel uncomfortable. Seek medical advice for persistent ringing or hearing changes. If meditation repeatedly brings distress, seek support from a qualified professional rather than treating it as a necessary breakthrough. [2, 3]

Your session journal

Print this page or use the same prompts in the lab's notes. Compare comfort and experience across sessions; these observations do not measure brainwave activity.

Date and time / Duration / Preset or session name

Method / Carrier / Beat or sequence / Sound layers

Before listening What was my energy, mood and comfort like?

During listening What did I notice without trying to explain it?

After listening What changed, if anything?

Next time One thing to keep or one thing to change

Optional comfort rating 1 uncomfortable 2 slightly uncomfortable 3 neutral 4 comfortable 5 very comfortable

Evidence and further reading

What the lab can establish

The lab generates specified audio signals and lets you choose their settings. It does not record EEG, diagnose a condition or verify a change in consciousness. Its session names and frequency labels should be read as navigation aids.

What the research supports

A 2023 systematic review of 14 EEG studies found inconsistent evidence for brainwave entrainment from binaural beats: five studies supported it, eight did not, and one had mixed results. Differences in methods limited firm conclusions. This evidence does not justify a guarantee that selecting a beat will put your brain into that frequency or produce a particular experience. [1]

Meditation and mindfulness have been studied for several health-related outcomes, but findings and study quality vary. Evidence about a structured meditation program cannot automatically be transferred to this sound generator. Meditation can also be uncomfortable for some people and should not replace needed care. [3]

Sources

[1] Ingendoh RM, Posny ES, Heine A. Binaural beats to entrain the brain? A systematic review of the effects of binaural beat stimulation on brain oscillatory activity, and the implications for psychological research and intervention. PLOS ONE. 2023;18(5):e0286023.

[Read the systematic review](#)

[2] World Health Organization. Deafness and hearing loss: Safe listening. Guidance on listening volume, exposure and hearing symptoms.

[Read WHO safe listening guidance](#)

[3] National Center for Complementary and Integrative Health. Meditation and Mindfulness: Effectiveness and Safety.

[Read NCCIH guidance](#)

Sources consulted 9 October 2026. This independently written guide accompanies Astral Projection's Binaural Lab. It is not an EquiSync manual and is not affiliated with or endorsed by EquiSync.

[Continue with The Gates of the Night](#)