



## **Second Spring | Nervous System Rebalance Program**

This 6 month program is designed to support women through a profound physiological and emotional transition, often experienced through fluctuations in mood, temperature, sleep, and mental clarity.

Each session is designed to guide the nervous system into a specific state, supporting balance, stability, and restoration over time.

### **1 — Felicity / Paradise (10 Hz Alpha Balance)**

**Purpose:** Mental clarity, emotional steadiness, and temperature regulation

**Description:**

Operating around 10 Hz, these sessions promote a state of calm alertness, where the mind is focused yet relaxed. They support stabilization of the autonomic nervous system and emotional regulation, helping reduce stress related triggers that can lead to internal fluctuations.

**Main benefits:**

- Reduces emotional volatility and tension
- Improves focus and mental clarity
- Supports internal balance throughout the day

**Suggested use:** Morning or midday, to establish a stable and balanced foundation for the day.

### **2 — Deep Calm / Centered State (Asymmetric Balance)**

**Purpose:** Emotional grounding and rapid regulation during internal surges

**Description:**

These sessions work through asymmetric stimulation, supporting harmony between emotional and cognitive processing. They help restore composure during moments of intensity, allowing the system to return to a more stable and regulated state.

**Main benefits:**

- Eases emotional turbulence and anxiety
- Restores clarity during intense moments
- Supports rapid return to internal balance

**Suggested use:** Anytime emotional intensity or internal imbalance arises

### **3 — Yuga (Schumann Resonance 7.83 Hz)**

**Purpose:** Grounding, stress reduction, and rhythm stabilization

**Description:**

This session aligns the system with the Earth's natural frequency, supporting stabilization of internal

rhythms. It promotes a state of coherence that helps regulate stress, emotional responses, and natural cycles.

**Main benefits:**

- Grounds and soothes the nervous system
- Reduces stress related triggers
- Promotes emotional stability and inner calm

**Suggested use:** Late afternoon or early evening as a grounding anchor

#### **4 — Deep Within (5 Hz Theta)**

**Purpose:** Emotional release, deep relaxation, and preparation for rest

**Description:**

This session guides the system into a theta state, supporting the release of accumulated tension and facilitating deeper internal processing. It prepares the body and mind for restorative rest.

**Main benefits:**

- Releases stored emotional and physical tension
- Supports deep relaxation
- Prepares the system for restful sleep

**Suggested use:** Evening or before sleep

#### **5 — Delta Meditation (1.05 Hz Delta)**

**Purpose:** Deep physiological restoration and systemic recovery

**Description:**

This session brings the system into deep delta states associated with regeneration and repair. It supports natural recovery processes and stabilizes internal cycles.

**Main benefits:**

- Promotes deep restorative sleep
- Supports natural recovery processes
- Reduces fatigue and internal fluctuations

**Suggested use:** During sleep or as the final session of the day

### **Listening Routine and Guidance**

This program is designed to support internal balance by working at the level of the nervous system.

The sessions function together to gradually restore stability across emotional, cognitive, and physiological layers.

### **Important Note**

YouMind® sound sessions are a supportive tool and do not replace medical advice or treatment.

Avoid use if you have a pacemaker, epilepsy, or severe trauma history.

For best results, use lying down, eyes closed, in a quiet and comfortable environment. Headphones are recommended if the beat is not clearly audible. Hydration before the session supports receptivity.

## **How to Begin**

The program includes five sessions, each guiding a different state of the system.

During the first week, follow a structured progression to understand how each session affects your internal state. From there, the program becomes intuitive and self guided.

## **Guided Week 1 Schedule (updated names)**

### **Day 1**

- Morning: Felicity or Paradise
- Afternoon: Yuga

### **Day 2**

- Morning: Felicity or Paradise / Deep Calm or Centered State
- Late afternoon: Deep Within

### **Day 3**

- Morning: Felicity or Paradise / Deep Calm or Centered State
- Late afternoon: Delta Meditation

### **Day 4**

- Morning and Afternoon: Felicity or Paradise / Deep Calm or Centered State

### **Day 5**

- Daytime: Felicity or Paradise / Deep Calm or Centered State
- Evening: Yuga

### **Day 6**

- One or two sessions: Felicity or Paradise

### **Day 7**

- Free choice: Yuga, Deep Within, or Delta Meditation

## **After Week 1**

As familiarity builds, the program becomes self guided. Use the sessions according to your needs, energy, and internal state. Some may favor grounding, others restoration or emotional regulation.

Consistency and awareness are key. Over time, the system learns to regulate more naturally through these frequencies.

At times, the use of certain sessions may bring previously held or repressed emotions to the surface. This is a natural part of the regulation process.

When this occurs, it is recommended to use **Deep Calm** or **Centered State**, as these sessions are specifically designed to stabilize the system and support a gentle return to emotional balance.

