



Inner Balance Protocol Guidelines

General Usage Guidelines

All sessions must be experienced in a quiet and comfortable place, either sitting or lying down, with eyes closed and the body kept as relaxed and still as possible throughout the session.

For optimal effect, headphones or earphones are strongly recommended.

Always drink a glass of water before using any track.

Never drive, operate machinery, or perform tasks requiring attention while using these sessions.

Group 1: Felicity • Paradise • Divine

These sessions are built around 10 Hz frequencies and are designed to support emotional healing by guiding the mind and body into a state of deep relaxation.

They promote a soothing, floating sensation that encourages ease, serenity, emotional recovery, and inner balance. Ideal for moments of stress or emotional turbulence, they help restore a sense of peace, wellbeing, and nervous system regulation.

These sessions may be used during the day or in the afternoon.

Important:

These sessions are not designed for sleep and should not be used within two hours before bedtime.

Group 2: Clarity • Serenity • Deep Calm

These asymmetric sessions are designed for moments of stress, overwhelm, mental fatigue, or nervous system overload.

They help the mind return to a calm and balanced state while supporting emotional regulation and mental recovery. With regular use, they also help train the brain to enter and sustain calmness more naturally over time.

These sessions must be experienced lying down in a quiet and comfortable environment without distractions. Remain still, relaxed, and keep your eyes closed throughout the session.

Usage Frequency & Practice

Recommended use is 3 to 5 times per week.

Users are encouraged to develop their own intuitive approach over time and may combine these tracks with other protocols available across the website, as Island Sport currently provides access to multiple protocols at no additional cost.

Consistency is more important than intensity. Regular practice leads to more stable and noticeable long term effects than occasional or intensive use.

Important Note

These sessions are based on brain entrainment principles designed to support nervous system regulation and cognitive balance.

With consistent use, users may begin noticing subtle shifts in emotional state, mental clarity, stress regulation, sleep quality, and overall wellbeing, often starting around the second week of regular practice.