



Please read carefully

Alpha Genesis 3

Advanced Neural Conditioning Protocol

Instructions & Fact Sheet

IMPORTANT: Use this track in a comfortable, upright sitting position (not lying down), with stereo headphones, and never whilst driving or operating machinery.

Welcome to Genesis 3, the most advanced neural conditioning protocol we have built. If you have used Genesis 2, you already know the power of moving your brain out of stress and into a relaxed, creative state. Genesis 3 takes you further. Genesis 2 brought you to the doorway of that state and held you there. Genesis 3 walks you through the door and guides you all the way down, through three distinct stages, in a single thirty minute journey. Same destination. A deeper route. And, as you will see, a more powerful one.

Like Genesis 2, this is a scientifically engineered audio protocol designed to retrain your brain while shifting you into a deep state of **peaceful awareness**. A state where your body is fully relaxed but your mind stays aware and present. A state that rests at the doorway of sleep and wakefulness, and then, in Genesis 3, gently beyond it.

Why this matters

In today's world we are all familiar with what it is like to be bombarded with an onslaught of information, messages and interruptions. Whether it comes through work, the media, social platforms or just the day-to-day stress of making ends meet while balancing family and commitments, this environment creates a specific pattern of brainwaves, known as Beta brainwaves, that over time become your default state of awareness. By default, I mean it is the automatic go-to for daily living, reacting and dealing with the outside world. And not just the outside world, but also your thoughts of the outside world. This is why people can still be stressed sitting by themselves, or even lying in bed. What psychologists have discovered is that this pattern becomes self-reinforcing. The more we live in Beta, the more we consider it normal, and the more our biochemistry adapts to that normality. Why is this such a problem? There are two main reasons. One physical. One non-physical.

The physical side is obvious and well documented. We have all heard the phrase "stress is a killer". The reality of that is closely tied to high amounts of Beta brainwaves, which activate when fear, stress and overwhelm take place. Your biology responds with elevated cortisol, your nervous system tips into fight-or-flight, and your immune system and digestion are dialled down to free up energy to escape the threat. That is your body working for you when it believes there is physical danger. The problem today is that the vast majority of stress no longer comes from physical fear but from **psychological fear**. Fear of not having enough money. Fear of failure. Fear of not being good enough. Fear of rejection. Fear of making the wrong

decision. Even something as small as the fear of being late for a meeting. All of it reinforces a default state of high Beta that gets triggered the moment something in our outer world does not look or feel right.

The second reason is probably linked to why you were drawn to this recording. It has to do with your ability to create from The Field. **For centuries, the secret societies have called Beta the Poverty Wave, or the Slave Wave, because it destroys your ability to communicate with The Field in a constructive way.** Instead, their members were taught to eliminate Beta as a default setting and train themselves to move into the Alpha range, also known as the Creator Wave, or Abundance Wave. These brainwaves operate at around 8 cycles per second, much lower than Beta, and can only be accessed when the mind and body are relaxed and out of stress. Alpha is where transformation begins, and where you are no longer reacting to life but consciously creating it from a relaxed, focused and empowered state.

What is new in Genesis 3

So let me explain how and why this works, because when your left brain, which is often critical of the unknown, understands the mechanism, it becomes far more willing to work with you instead of resisting the process.

Like Genesis 2, this track uses precisely calibrated stereo phase relationships between your left and right ears. The subtle timing differences create a third frequency inside your brain, which is why stereo headphones are essential. Without them, true hemispheric synchronisation cannot occur. But Genesis 3 goes considerably further than holding you in one state. It takes you on a guided, three-stage descent.

1. Tri-Phase Brainwave Architecture

Where earlier versions anchored mainly in a single state, Genesis 3 actively guides your brain through three distinct ten minute phases, each doing a different and deeper piece of work.

Phase	Frequency	What it does
Phase 1 (0 to 10 min) The Alpha Gateway	12 Hz	Matches your waking brain and gently eases it into relaxed awareness. This is the on-ramp.
Phase 2 (10 to 20 min) Schumann Resonance	7.83 Hz	The core state for deep subconscious programming and emotional release. This is where old patterns can be let go and new ones laid down.
Phase 3 (20 to 30 min) The Delta Threshold	4 Hz	Drops you into profound physical and nervous-system restoration, a depth normally only reached in deep sleep, before the track gently releases you.

2. Solfeggio Carrier Cascade

Instead of a single static carrier tone (the 528 Hz used in Genesis 2), Genesis 3 uses a cascading staircase of healing Solfeggio frequencies, descending from 639 Hz down to 174 Hz. The carrier steps down to a lower tone roughly every two and a half minutes. Then, each time you enter a new brainwave phase, the carrier briefly lifts back up to a higher Solfeggio tone before resuming its descent. This upward lift is deliberate. It acts as a gentle attentional reset, preventing your mind from simply zoning out or sliding into

sleep, and keeping you in a state of active, peaceful awareness. So if you notice the tones rising and falling, nothing has gone wrong. That is the architecture doing its job.

3. 8D Spatial Ambience

A deep, soothing ambient soundscape is layered throughout the journey, constantly travelling around your head using 8D spatial movement. As the track moves into the deeper phases, the ambience itself is subtly pitch-shifted downward. The movement gives your analytical mind something to follow, while the gradually deepening pitch acts as a subconscious cue for your body to let go and sink heavier into relaxation. Mind and body are guided together, not forced.

Why thirty minutes, when Genesis 2 was forty-two

This is not a reduction. It is a refinement. Genesis 2 anchored you in a single state, and it needed the extra length to hold you there and reinforce it. Genesis 3 does not hold you in one place. It moves you actively through three states, each doing deeper work. We have not removed any of the conditioning. We have removed the runtime that was being spent simply holding a state, and replaced it with a structured descent that achieves more in less time. We did not shorten the work. We sharpened the signal. What once took forty-two minutes now installs in thirty.

What you are about to experience

The track begins close to your waking frequency, so your brain can match and catch it naturally. Over the first phase it settles you into Alpha, relaxed but alert. In the second phase it carries you down to the Schumann resonance, where the subconscious is most open and emotional release becomes possible. In the third phase it takes you to the Delta threshold, the deepest point, where your nervous system does its restorative work. Then it releases you.

In Genesis 2 the instruction was simple: do not fall asleep. Genesis 3 asks something more advanced of you. Because the final phase deliberately takes you into Delta, the brainwave of deep sleep, your task is no longer to stay out of that depth. Your task is to **stay aware as you descend into it**. The carrier resets are there to help you do exactly that, holding a thread of conscious awareness in states the mind normally only reaches when it is asleep. This is the real skill, and it is where the deepest change happens. If you drift in the final third, do not worry, the physical restoration still takes place. But each time you ride the descent consciously, you train an ability most people never develop. Do not judge the experience. Judge your consistency.

Before you press play

Settle into a comfortable, upright sitting position, not lying down. Feel the weight of your body supported beneath you, and allow yourself to begin to relax. Put on your stereo headphones and check the fit, so you can fully receive the spatial sound that is about to surround you. Take a moment to set your intention: to allow your brain to be guided, effortlessly, into a new standard. A standard of calm. Grounded, centred and focused. Then relax, stay peacefully aware, stay present, and press play.

The thirty day goal

The goal over the next thirty days is simple. Complete the full thirty minutes in calm, steady awareness. Never skip two days in a row. If you are short on time, never do less than the first fifteen minutes, which carry you through the Alpha gateway and into the beginning of the deep work. Consistency installs the shift. Over time, the state becomes easier to reach, then natural, then automatic. Your centre of gravity moves. You stop creating from stress and begin creating from coherence. And when your state changes, your signal changes. When your signal changes, your results follow.

When the session ends

As the frequencies fade, take a slow, deep, refreshing breath and bring your awareness gently back to the room around you. Before you stand up, take a moment. Notice how quiet your mind has become. You have just completed a powerful piece of neural conditioning. You have strengthened the pathways that carry you towards calm and coherence and away from stress, and you have done it not just in your mind but in every cell of your body. Feel the sense of progress. You are no longer simply reacting to life. You are training yourself to consciously create it. Carry this peaceful awareness with you as you return to your day, refreshed, focused and purposeful. Then remind yourself of the benefit of stacking these sessions often.

Press play with intention. You are not just listening. You are installing a new operating system. And when your operating system changes, your reality follows.

I will see you on Day One of the Five Day Manifesting Mastery Challenge.

With Passion & Purpose!



Peter Sage



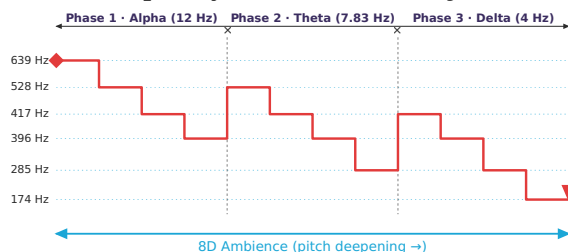
Anex A · Specification Fact Sheet

Genesis 3 Advanced Neural Conditioning Protocol

Powerfully Engineered, Multi-Stage Neural Entrainment Architecture

This thirty minute protocol was built using a layered, multi-stage entrainment design rather than a single-frequency approach. Each component was deliberately selected to guide the brain through relaxation, reprogramming and restoration in one continuous journey, while sustaining conscious awareness throughout.

The objective is not temporary relaxation. The objective is installation.



Tri-phase descent (Alpha → Theta → Delta) with the Solfeggio carrier cascade. The carrier steps down through the healing tones, lifting at each phase boundary as an attentional reset, while the 8D ambience deepens in pitch beneath the whole journey.

Core Architecture Overview

Tri-Phase Brainwave Architecture: A guided descent through three ten minute stages: 12 Hz Alpha (relaxed awareness), 7.83 Hz Schumann (subconscious programming and emotional release), and 4 Hz Delta (physical and nervous-system restoration).

Solfeggio Carrier Cascade: A descending staircase of healing Solfeggio tones from 639 Hz to 174 Hz, stepping down roughly every 2.5 minutes, with an upward lift at each phase transition to reset attention and prevent sleep drift.

8D Spatial Ambience: A soothing soundscape in continuous 8D movement around the head to occupy the analytical mind, with a progressive downward pitch-shift in the deeper phases as a somatic cue to let go.

Hemispheric Synchronisation: Calibrated interaural phase control to induce whole-brain integration without listener fatigue. Stereo headphones required.

7.83 Hz Schumann Anchoring: The Earth's electromagnetic baseline used as the stable reference for the deep central phase of the journey.

Attentional Reset by Design: The carrier lifts replace earlier noise-based resets, keeping you in active, peaceful awareness even as the brainwave frequency drops.

Physiological Safety Engineering: Removal of destructive modulation patterns, frequency collisions and fatigue-inducing artefacts to allow safe, immersive listening.

Why Thirty Minutes?

Genesis 2 needed forty-two minutes to hold and reinforce a single state. Genesis 3 does not hold a single state. It moves you through three, each carrying out a distinct piece of work, so the same conditioning is achieved through a structured descent rather than sustained holding. Shorter runtime, deeper result. A sharper signal, not a smaller one.

Expected Outcomes With Thirty Days of Consistency

- Faster access to relaxed, creative states
- Reduced stress reactivity
- Improved cognitive clarity and focus
- Greater emotional regulation and release
- Deeper nervous-system restoration and recovery
- Greater hemispheric coherence
- Improved sleep as cortisol reduces
- Stronger manifesting alignment and intentional creation