



iLSD: iNTENTIONAL LIGHT SESSION DESIGN

THE FOUNDATION SERIES

THE FIRST LIGHT.
THE FOUNDATION OF

iLSD 01

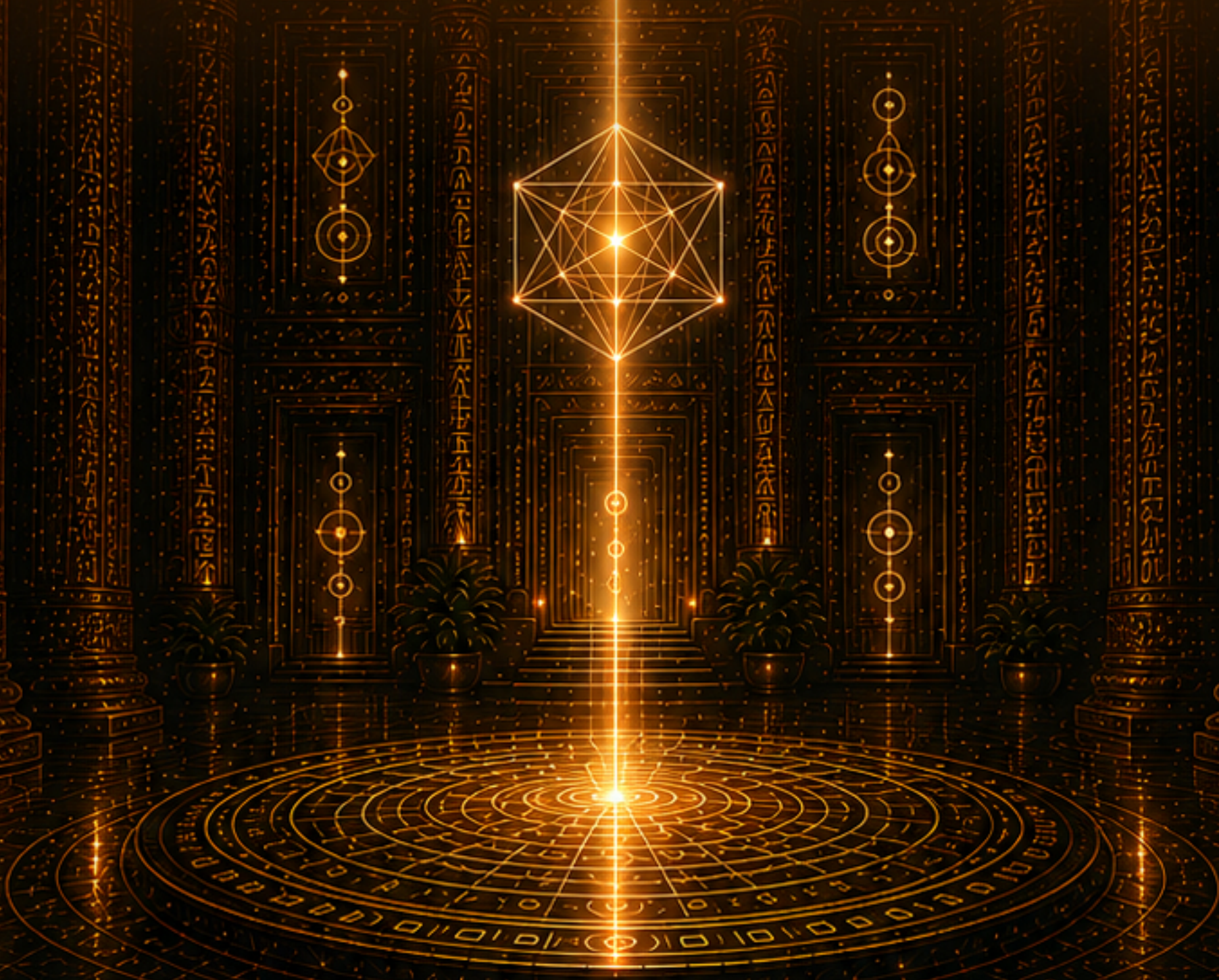
CONSCIOUSNESS IMMERSIONS.

05.24.26

liiightspace

iLSD: INTENTIONAL LIGHT SESSION DESIGN

THE FOUNDATION SERIES



The Liiightspace iLSD Foundation Series represents four foundational consciousness immersions designed to explore the core states from which many experiences within the Ajna Light emerge.



Each immersion emphasizes a different relationship between body, spirit, and mind, offering a simple yet powerful framework for understanding how frequency, entrainment, and attention influence conscious experience.



These immersions may be used exactly as provided or as creative starting points for building your own custom Light journeys.



As you move upward through the temple, each chamber introduces a different layer of awareness, culminating in Harmonic Light, where all three foundational states converge into a single integrated experience.

FLOOR 4

HARMONIC LIGHT

(Integrated Consciousness)



FLOOR 3

VISIONARY LIGHT

(Higher Perception)



FLOOR 2

DREAMING LIGHT

(Emotional Clarity)



FLOOR 1

GROUNDING LIGHT

(Nervous System Reset)

THE TEMPLE NAVIGATION CHAMBER

• MASTER OVERVIEW •



HARMONIC LIGHT (TRINITY)

BODY / SPIRIT / MIND
Full Spectrum Integration

3-STEP IMMERSION
which combines
Level 1, 2 & 3



DREAMING LIGHT (THETA / ALPHA)

Emotional Clarity

- Step 1:
Theta 65% / Alpha 35%
- Event Duration:
Medium 25–40 seconds
- Flicker Power:
Fixed at 85%
- Background Power:
5% → 5%
- Frequency Spread:
50%



VISIONARY LIGHT (THETA / GAMMA)

Higher Perception

- Step 1:
Theta 40% / Gamma 60%
- Event Duration:
Short 10–18 seconds
- Flicker Power:
Fixed at 90%
- Background Power:
8% → 12%
- Frequency Spread:
85%



GROUNDING LIGHT (DELTA / THETA)

Nervous System Reset

- Step 1:
Delta 75% / Theta 25%
- Event Duration:
Long 70–90 seconds
- Flicker Power:
Fixed at 80%
- Background Power:
0% → 0%
- Frequency Spread:
20%

LEVEL 4 HARMONIC LIGHT

LEVEL 3 VISIONARY LIGHT

LEVEL 2 DREAMING LIGHT

LEVEL 1 GROUNDING LIGHT

ASCEND THROUGH THE TEMPLE



FREQUENCY
GUIDED



CONSCIOUSNESS
ACTIVATED



AWARENESS
ELEVATED



INTEGRATION
COMPLETE

GROUNDING LIGHT

NERVOUS SYSTEM RESET

LEVEL 1



Step 1 Session

Delta 75%
Theta 25%



Event Duration

70 - 90
seconds



Flicker Power

Fixed at
80%



Background Power

0 - 0%



Frequency Spread

20%



Master Intensity

Individually
Calibrated

Theme: "I can rest"

This session gently slows brainwave activity into deep restorative rhythms, allowing the body to release tension and return to a state of calm stability. It supports nervous system regulation, physical relaxation, and grounding in the present moment.

DREAMING LIGHT

EMOTIONAL CLARITY

LEVEL 2



Step 1 Session

Theta 65%
Alpha 35%



Event Duration

25 - 40
seconds



Flicker Power

Fixed at
85%



Background Power

5 - 5%



Frequency Spread

50%



Master Intensity

Individually
Calibrated

Theme: "I can feel"

This session invites the mind into a dreamlike state where imagination, feeling, and subconscious insight can naturally surface. It supports inner awareness, symbolic imagery, and a deeper connection to the emotional landscape within.

VISIONARY LIGHT

HIGHER PERCEPTION

LEVEL 3



Step 1 Session

Theta 40%
Gamma 60%



Event Duration

10 - 18
seconds



Flicker Power

Fixed at
90%



Background Power

8 - 12%



Frequency Spread

85%



Master Intensity

Individually
Calibrated

Theme: "I can see"

This session activates elevated states of awareness, opening the field for geometric imagery, expanded cognition, and moments of insight or revelation. It supports visionary thinking, pattern recognition, and access to broader perspectives beyond ordinary consciousness.

HARMONIC LIGHT

FULL SPECTRUM INTEGRATION

LEVEL 4



Step 1 Session

Delta 75%
Theta 25%



Step 2 Session

Theta 65%
Alpha 35%



Step 3 Session

Theta 40%
Gamma 60%

Event Duration

70 - 90
seconds

Flicker Power

Fixed at
80%

Event Duration

25 - 40
seconds

Flicker Power

Fixed at
85%

Event Duration

10 - 18
seconds

Flicker Power

Fixed at
90%

Background Power

0 - 0%

Frequency Spread

20%

Background Power

5 - 5%

Frequency Spread

50%

Background Power

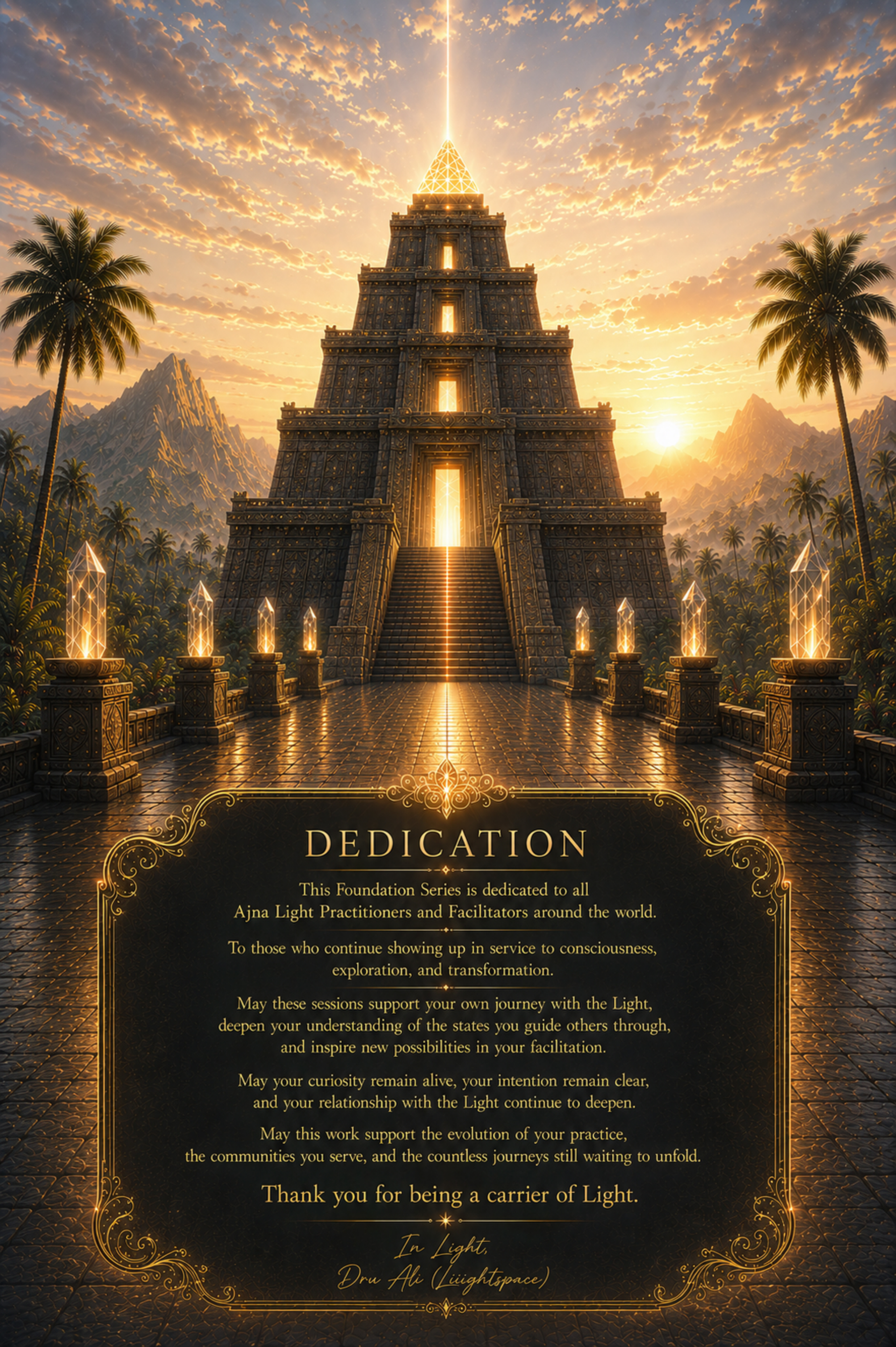
8 - 12%

Frequency Spread

85%

Theme: "I can become"

This session moves through a progressive journey of grounding, inner awareness, and expanded perception, allowing the body, spirit, and mind to come into harmonic alignment. It begins with deep stabilization, opens into a dreamlike inner field, and culminates in a state of expanded awareness and integration.



DEDICATION

This Foundation Series is dedicated to all
Ajna Light Practitioners and Facilitators around the world.

To those who continue showing up in service to consciousness,
exploration, and transformation.

May these sessions support your own journey with the Light,
deepen your understanding of the states you guide others through,
and inspire new possibilities in your facilitation.

May your curiosity remain alive, your intention remain clear,
and your relationship with the Light continue to deepen.

May this work support the evolution of your practice,
the communities you serve, and the countless journeys still waiting to unfold.

Thank you for being a carrier of Light.

*In Light,
Dru Ali (Liightspace)*