

Dear **brainLight**® user,

Please put on the headphones and have your visualization glasses ready. Start the program: On your pyramid, touch the two digits of the program of your choice. The program number appears on the display. A 5-second countdown starts, during which you can correct your program choice by simply entering another two-digit program number. Once the countdown is complete, you can stop the program using the escape button: Touch the 0 for about 2 seconds, until the display reads "Bitte warten / Please wait". After this, you can choose a new program.

If this is your first time enjoying the audio-visual **brainLight**® experience, as a basic principle please start with: Program 01, Introduction + Session (approx. 17 minutes).

*Medical advice:* If you suffer from epilepsy, if you have a pacemaker, or if you are pregnant, please enjoy your **brainLight**® session without the visualization glasses.

*We wish you a wonderful experience!*

Program No.

**01 FIRST USE: Introduction + Session** 17 min.

**SPORTS PROGRAMS with music and narration**

**02 Warm-Up with Mental Calmness** 12 min.

**03 Gearing Up for Competition** 12 min.

**04 Create Your Own Winning Experience** 12 min.

**05 Muscle Memory Rehearsal** 17 min.

**06 Relaxation Response Training for Stress Tolerance and Pain Management** 17 min.

**07 Self-Trust for Positive Attitudes** 17 min.

**08 Confidence and Self-Esteem** 22 min.

**09 Door to the Zone** 27 min.

**10 Positive Target Focus Training** 32 min.

**11 Relaxation, Deep Sleep and Jet Lag Prevention** 42 min.

**SPORTS PROGRAMS without music and narration**

These programs only contain light and sound frequencies (therefore no music and / or voice guidance) and can be used either with or without your own personal music (via MP3 Player, CD Player, Laptop, etc.). Please note that the light and sound frequencies start after 90 seconds and fade out 30 seconds before the end of each program.

**12 Warm-Up with Mental Calmness** 12 min.

**13 Gearing Up for Competition** 12 min.

**14 Create Your Own Winning Experience** 12 min.

**15 Muscle Memory Rehearsal** 17 min.

**16 Relaxation Response Training for Stress Tolerance and Pain Management** 17 min.

**17 Self-Trust for Positive Attitudes** 17 min.

**18 Confidence and Self-Esteem** 22 min.

**19 Door to the Zone** 27 min.

**20 Positive Target Focus Training** 32 min.

**21 Relaxation, Deep Sleep and Jet Lag Prevention** 42 min.

**brainLight**®-Synchro

*Sport*





# Fixed Programs and Fixed Frequency Programs

These programs only contain light and sound frequencies (therefore no music and/or voice guidance) and can be used either with or without your own personal music (via MP3 player, CD player, Laptop, etc.).

Fixed programs contain fixed sequences of different light and sound frequencies (in your user manual, you will find diagrams of the sequences for programs 50 to 59); fixed frequency programs contain a continuous steady light and sound frequency.

**brainLight®**-Synchro

*Sport*

Program No.

## Fixed Programs

50	alpha relaxation I (diagram A)	10 min.
51	alpha relaxation II (diagram B)	15 min.
52	relaxation (diagram C)	10 min.
53	relaxation with Schumann frequency (diagram D)	20 min.
54	relaxation / mode changes (diagram E)	30 min.
55	anti-stress program – intensive (diagram F)	30 min.
56	deep relaxation (diagram G)	30 min.
57	relaxation in high alpha (diagram H)	10 min.
58	relaxation in high alpha (diagram I)	15 min.
59	meditation (diagram J)	30 min.
60	meditation, dreaming, visualization, theta	15 min.
61	learning program	15 min.
62	relaxation, gaining energy	20 min.
63	gaining energy	20 min.
64	visualization, nap	20 min.
65	mental training, superlearning I	30 min.
66	mental training, superlearning II	30 min.
67	very deep relaxation	30 min.
68	sleeping aid	35 min.
69	mental training	20 min.
70	demonstrates the stimulation elements	5 min.
71	clear dreams	35 min.
72	morning freshness, waking up	20 min.
73	energy, creativity	35 min.
74	problem solution, creativity	30 min.
75	mental tune-up	15 min.
76	energy, learning	30 min.
77	quick break, short relaxation	15 min.
78	relaxed creativity, finding solutions I	30 min.
79	relaxed creativity, finding solutions II	30 min.

## Fixed Frequency Programs

80	balance	0,5 Hz	15 min.
81	centering	1 Hz	15 min.
82	hormone release	1,5 Hz	15 min.
83	relaxation	2 Hz	15 min.
84	anti-sleeplessness	2,5 Hz	15 min.
85	relaxation	3 Hz	15 min.
86	learning languages	3,5 Hz	15 min.
87	extrasensory perception increase	4 Hz	20 min.
88	extrasensory perception increase	5 Hz	20 min.
89	vision	5,5 Hz	20 min.
90	memory increase	6,4 Hz	20 min.
91	creativity	7,5 Hz	20 min.
92	intuition	7,8 Hz	20 min.
93	Schumann resonance	7,83 Hz	20 min.
94	centering	12 Hz	20 min.
95	basic frequency	14 Hz	20 min.
96	pain reduction	15 Hz	20 min.
97	muscle relaxation	38 Hz	20 min.
98	pain reduction	10 Hz	35 min.
99	Schumann resonance	7,83 Hz	30 min.

