

# Instructions of Use

Dear **brainLight**® user,

Please put on the headphones and have your visualization glasses ready if you choose a program that includes the visualization. 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 holistic **brainLight**® wellbeing experience, as a basic principle please start with: Program 01, Introduction + Session (approx. 20 minutes).*

**Medical advice:** If you suffer from epilepsy or have a pacemaker, please enjoy your session without the visualization glasses. If you have acute back problems, suffer from thrombosis or osteoporosis, or if you weigh more than 120 kg / 265 lbs / 19 st., please avoid programs that include massage. If you are pregnant, please enjoy your **brainLight**® session without the glasses and also avoid programs that include massage.

*We wish you a wonderful experience!*

## Key



Session starts with a massage, followed by the relaxation phase with visualization; wake-up massage at the end.



Session starts with a massage, followed by the relaxation phase with visualization.



Session with continuous massage and visualization.



Session with massage, but without visualization.



Session without massage, but with visualization. The chair reclines into a resting position.



Session with heating function.



# Basic Programs

Program No.

01 FIRST USE: Introduction + Session with massage

20 Min.



## 10-Minute Programs

- 10 Positive affirmations for the beginning of your day with massage
- 11 Positive affirmations for the end of your day with massage
- 12 Massage with the piece of music "Free Flow"
- 13 Massage with the piece of music "Chill Fit"
- 14 Massage with the piece of music "Energy"
- 15 Massage with the piece of music "Free Time"
- 16 Quick meditation "Stocking up on energy" without massage
- 17 Quick meditation "Being powerful" without massage
- 18 Massage with the piece of music "Shift"
- 19 Massage with the piece of music "Timeless"



## 20-Minute Programs

- 20 Massage with the piece of music "Fantasy"
- 21 Massage with the piece of music "Space"
- 22 Massage with the piece of music "Creativity"
- 23 Massage with the piece of music "Wellpower"
- 24 All-inclusive wellbeing session with the piece of music "Deep Inside"
- 25 All-inclusive wellbeing session with the piece of music "Do It"
- 26 All-inclusive wellbeing session: "Refreshed and cheerful within 20 minutes"
- 27 All-inclusive wellbeing session: "Tranquil and balanced within 20 minutes"
- 28 Session with the piece of music "brainFlight" without massage
- 29 Narrated relaxation session "Journey through the body" without massage



## 30-Minute Programs

- 30 All-inclusive wellbeing session with the piece of music "Sky"
- 31 All-inclusive wellbeing session with the piece of music "Chill Out"
- 32 All-inclusive wellbeing session with the piece of music "Falling Waters"
- 33 All-inclusive wellbeing session with the piece of music "Freedom"
- 34 All-inclusive wellbeing session with the piece of music "Ocean"



## 40-Minute Programs

- 40 All-inclusive wellbeing session with the autosuggestion "Enhancing your concentration"
- 41 All-inclusive wellbeing session with the autosuggestion "Creative problem solving"
- 42 All-inclusive wellbeing session with the autosuggestion "Selling successfully"
- 43 All-inclusive wellbeing session with the autosuggestion "Dealing with stress"
- 44 All-inclusive wellbeing session with the autotrance "Fantasy journey"



## 10-Minute Lectures

- 90 Lecture "Stress management" with massage
- 91 Lecture "Enhancing your creativity" with massage
- 92 Lecture "Building up self-confidence" with massage
- 93 Lecture "Background and function of the **brainLight**®-System" with massage
- 94 Lecture "Easy learning" with massage



# Fixed Programs and Fixed Frequency Programs

CARD 2

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.). You have the option to manually add massage functions by using the massage chair remote control panel.

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.

## Fixed Programs

Programm No.

|    |  |         |
|----|--|---------|
| 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 low 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

Programm No.

|    |                                  |         |         |
|----|----------------------------------|---------|---------|
| 80 | balance                          | 0,5 Hz  | 15 min. |
| 81 | centering                        | 1,0 Hz  | 15 min. |
| 82 | hormone release                  | 1,5 Hz  | 15 min. |
| 83 | relaxation                       | 2,0 Hz  | 15 min. |
| 84 | anti-sleeplessness               | 2,5 Hz  | 15 min. |
| 85 | relaxation                       | 3,0 Hz  | 15 min. |
| 86 | learning languages               | 3,5 Hz  | 15 min. |
| 87 | extrasensory perception increase | 4,0 Hz  | 20 min. |
| 88 | extrasensory perception increase | 5,0 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. |

