

# Mental Training with the **brainLight**®-Synchro PRO

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It is clear that our bodies can be influenced by specific training. There are a wide range of aspects that can be exercised on a physical level: not only can we build muscle and develop strength, but we can also work on our flexibility and endurance, specific movements, perfect our coordination, train our balance and even learn to differentiate what we smell and improve our hearing. The list is endless as our body is complex. Our mind is no different.

However, far fewer people take care of their mental fitness. There are a multitude of very different competence potentials that can be positively influenced: we can train our memory and our ability to concentrate, work at the speed with which we grasp connections and increase our creativity. We can even work on our inner attitudes, uncover negative thought patterns that stand in our way and learn to think positively, so that we meet challenges optimistically.

Both our bodies and our minds are naturally designed to work as energy efficiently as possible. A physical example of this efficiency are our muscles. They recede when not in use or strengthen to adapt to the demands placed on them, so that in the future they will be able to

adapt to this state using as little energy as possible. On a mental level, this means that we best remember the things that we recall regularly as well as concentrate better, the more often we are in a mental state that is the prerequisite for a clear focus.

But this also means that we tend to think of standardized, instantly recallable thoughts which require little energy. The more automatic our thought patterns are, the faster we can recall them. Since thoughts and feelings occur in response to each other, these "thinking grooves" usually trigger standardized chains of feelings. If we just surrender to our innate "energy-saving mode", instead of utilizing it, we are quickly trapped in a loop of involuntary thoughts and feelings and even live physically far below our potential.

Through an active and conscious lifestyle, we can actualize our own potential by exercising both our mental and physical capabilities because this holds true for both kind of workouts: **regularity leads to success**. So! Work with your body/mind, not against it. Using the **brainLight**-Synchro PRO stimulates the brain to reach states that also occur naturally, so you can work "with the mind".

## Conscious and subconscious mental processes

To get a better understanding of mental training, it helps to distinguish between conscious and subconscious mental processes. Everything you choose to do willingly belongs in the first category: your ability to concentrate, power of recall / memory, creativity, ability to absorb new information, etc. These you are able to execute and train more or less efficiently, depending on how well you "are trained". With the help of the **brainLight**-Synchro PRO you can specifically stimulate and thus train those states, in which your brain allows you to best concentrate and learn.

The subconscious processes include, above all, standardized thought patterns and possible emotional reactions associated with them, which occur inside of you quite unintentionally. These are not necessarily negative. The key to mental training in this area is, first of all, to become aware of the processes that run automatically and to examine if they are supporting you or putting obstacles in your way. The second step is to dissolve the thought patterns and attitudes that are perceived as negative and to replace them with new ones. For this,

different mental techniques are used that work within the subconscious. Since access to the subconscious can be more easily achieved through certain light and sound frequencies. These techniques in combination with the **brainLight**-Synchro PRO are particularly effective. Through mental training in the area of the subconscious you have the opportunity to take responsibility for your thoughts and feelings and also the way in which you cooperate with others and deal with life. Since conscious and subconscious mental processes are interlinked, it is often helpful in practical implementation to tackle a mental goal from both sides.

A good example is the topic of learning: whether it's a new language or studying content for an exam or a lecture, it's a no brainer to do a "Learning Program" using the **brainLight**-Synchro PRO. But it can also be helpful to work on your self-esteem with a **brainLight** program, to prevent you from having negative thought patterns or experiences (such as "I never remembered anything at school"). Since stress is the trigger for many mental blocks (and physical ailments), the majority of **brainLight**-Programs aim to reduce stress. Because most things, if not everything, are easier when you're in a relaxed state. And with the **brainLight**-Synchro PRO you can learn to relax.

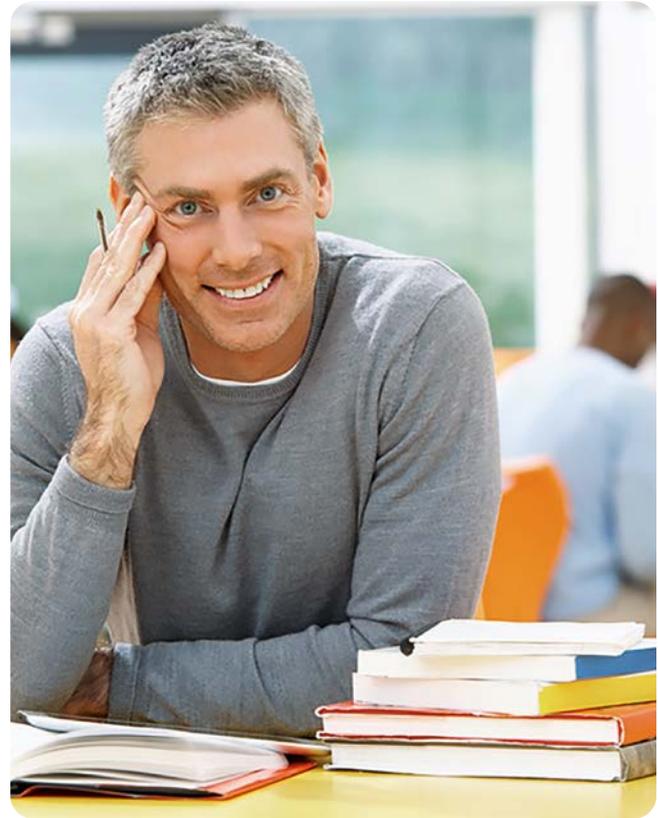
## When and how often?

**Training of conscious mental processes (increasing concentration, creativity, memory, relaxation, learning etc.):**

The more regularly you put your brain into a focused and relaxed state, the easier the brain adjusts itself to reaching these states, even without doing a **brainLight**-Session. Try to take note to determine when a **brainLight**-Session is useful, and when it might not be needed.

**Training subconscious mental processes (changing negative thought patterns, emotional strings and habits and building new positive attitudes, emotional strings and habits):**

Here it is advisable to carry out the appropriate deep suggestion or mental training program 21 times in succession, preferably at the same time or day. This should either be done on 21 consecutive days or spread over the duration of 7 weeks with three sessions a week. In general: The program titles and descriptions indicate which session is best suited to the situation or the time of day. Try out different programs and observe which titles are right for you. Listen to your needs.



## Example: Learning with the **brainLight**®-Synchro PRO

**Learning and memorizing new information – a new language, a lecture, exam content – is particularly effective, as well as calming with the help of the **brainLight**-Synchro PRO. We recommend the following approach:**

### 1. Relaxation

Relaxation is the optimal starting point for learning. If you are already relaxed, you can go straight to step 2. Otherwise you should start with a **brainLight** relaxation program of your choice.

### 2. Active learning phase

The active learning phase is about consciously reading the information that needs to be learned. For this reason, you will be working in this phase without visualization glasses and only with sound frequencies. Use the program guide to select a tutorial program from the fixed and frequency-fixed programs\* and start it with a recording of the information you want to learn (see page 18 for more information). In the case of a language-

learning-course, begin with the unit you are currently working on; for most other types of information, you can record it yourself (which is easily possible with most mobile phones and computers thanks to modern technology). This is helpful, because the subconscious reacts very receptive to one's own voice. As already mentioned: read along while listening – preferably out loud.

### 3. Passive learning phase

After the active learning phase you will internalize what you just heard/read. Make yourself comfortable, put on visualization glasses and headphones and restart the learning program\* together with the recording. During this phase it isn't important to be consciously focusing on what you hear. Instead, it's about anchoring the content in your subconscious.

\* Suitable are the fixed and frequency-fixed programs

- P 911 "Learning program"
- P 915/916 "Mental training, Superlearning I/II"
- P 926 "Energy, learning"
- P 936 "Learning languages" and
- P 940 "Memory increase".

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## TIPS:

- The optimal studying time is a maximum of 30 minutes per learning program.
- After every learning phase you should drink a glass of water, which supports your brain to absorb information.
- Regular learning with this method leads quickly to success.
- Bonus: through using **brainLight**, you simultaneously reduce stress as well as increase quickly your energy, ability to concentrate and your general well-being.

