

The **brainLight**®-Complete-System with **relaxTower PRO**:
Information on Mode of Action and User Manual



brainLight®

LIFE IN BALANCE

◆◆◆ Est. 1988 ◆◆◆

Summary

Dear **brainLight** user!

Especially in today's fast paced, stressful lives, using **brainLight**-Sessions is a worthwhile way to find your inner balance and to smooth out some rougher edges of your personality. The **brainLight**-Complete-System consists of the **relaxTower PRO** and the Shiatsu-Massage-Chair and allows you to achieve physical and mental wellbeing.

Operating the system is easy: Make yourself comfortable, choose a program and put on the visualization glasses and headphones. Then, sit back and enjoy the perfectly coordinated symphony of massage, light impulses, music, and depending on the program, a spoken accompaniment.

On the following pages, you will find further instructions and background information on our audio-visual technology. We hope you have wonderful experiences!

Your **brainLight** team

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Contraindications

The **brainLight** technology has been developed for relaxation, activation, mental training, awareness, cognitive skills and wellbeing. Numerous scientific studies and feedback from our customers confirm the positive short and long term effects our private and commercial users experience.

At this point, however, we clearly distance ourselves from the statement that the **brainLight**-Systems can be regarded as a substitute for a necessary medical treatment of any kind.

The **brainLight**-Systems can be used without hesitation, taking into account the exceptions listed here. If in doubt, consult your doctor.

Please use the brainLight-Systems without visualization glasses if you:

- suffer from epilepsy and similar seizure disorders or photosensitivity,
- wear a pacemaker,
- are pregnant.

Thanks to the acoustic signals transmitted via the headphones, the audio-visual **brainLight**-System is still effective without using the visualization glasses, however

the effect is less intense.

You should not use the brainLight-Systems if you:

- are under the influence of alcohol, drugs or psychedelics,
- have suffered brain damage or have undergone brain surgery,
- suffer from severe discomfort,
- have acute fever,
- have not consulted your physician or doctor while undergoing psychological or psychiatric treatment.

You should not use the massage function of the Shiatsu-Massage-Chair if you:

- are pregnant,
- suffer from acute back pain,
- suffer from osteoporosis, thrombosis or other venous disorders
- weigh over 120 kg / 19 stone / 265 lbs
- have been advised not to have massages by your doctor.

In this case, please select a program without a massage. The massage chair will remain in the reclining position for the duration of the session, but will not carry out any massage functions.

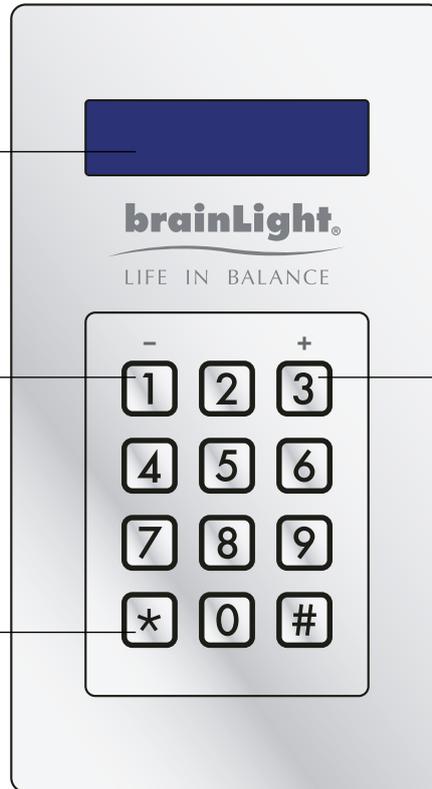
The Keypad of the **brainLight**® relaxTower PRO

Backlit **LCD-Display** with program number and remaining time

Intensity* -

Intensity* +

Stop button



*Choice selection: decrease (-) or increase (+) the intensity of the air pressure massage within the first 5 seconds after the program selection (only with a **brainLight**-Complete-System with Shiatsu-Massage-Chair 4D Zenese or 4D Sphere). If you do not select anything, the program starts automatically with the medium air pressure intensity.

TIPS for optimizing your **brainLight**-Experience:

- Take off your normal glasses or if necessary, remove your contact lenses for the duration of the **brainLight**-Session.
- Wear comfortable, loose clothing.
- Make sure that you are not disturbed during your session.

Your first session

If you are experiencing the **brainLight** audio-visual deep relaxation for the first time, please always start with the Introductory-Program in English or your respective language.

1. Make sure the **brainLight**-System is connected to the power supply and make yourself comfortable in the massage chair.
2. If the massage chair includes a footrest, please remember to take off your shoes.



3. Select the respective Introductory-Program by entering all digits in succession on the keypad.



4. If the **relaxTower** PRO is equipped with a slot machine, insert the required number of coins or tokens into the coin slot. Otherwise, go straight to step 5.



5. Now put on the headphones. All important session information is now available via headphones. Adjust the volume using the small regulator on the headset cable.



6. You will hear through the headphones when to put the visualization glasses on. **Always keep your eyes closed during a session.**

Using **brainLight**®



7. Adjust the light intensity of the **brainLight**-Visualization-Glasses with the regulator on the cable so that you feel comfortable during the session.

8. For your wearing comfort, the **brainLight**-Visualization-Glasses can be adjusted with the help of the following functions:

- The angle of inclination of the visualization glasses is easily adjustable.



- The length of the temple stems is individually adjustable.



- This way, the frame sits comfortably over the headphones.



9. Now you can sit back and enjoy the wellbeing experience with **brainLight**. Before and after the audio-visual relaxation, you will be massaged by the Shiatsu-Massage-Chair.

NOTE: With the **relaxTower PRO 4D Zenese** or **4D Sphere** you have 5 seconds after program selection to set the intensity of the air pressure massage for the entire program duration. Press **key 1** for "**weak**" and **key 3** for "**strong**". If you do not select anything, the program will automatically start with the "**medium**" setting (**key 2**).

Before Every Further Use

Take a few moments at the beginning to breathe deeply and evenly. Close your eyes and let your thoughts flow. Decide which program you would like to use: a relaxation program, a stimulation program or rather a mental training? Take your time with the selection.

It is recommended to start with short programs and lower light intensities to slowly introduce your body to this new type of stimulation.

Program Selection

Start the desired program by typing the corresponding numbers on the keypad. If the **relaxTower** PRO is equipped with a slot machine, you can now insert the required number of coins or tokens. If you have opted for a program with visualization, please put the headphones and the visualization glasses on. And now, just let go, let it happen ...

During a Session

Keep your eyes closed during a session. Behind your closed eyes, the light impulses create changing colors, shapes and patterns, which everyone experiences individually. People react differently to light. Therefore, it is important to set the intensity of the light so that it is comfortable for you.

Stopping the Program

You can stop the program at any time by pressing the star key (see page 4).

After a Session

To get back to the here and now, allow yourself a few minutes of contemplation.

Consciously perceive how you feel now compared to before. Are you more relaxed? Refreshed? Do you have new ideas?

Stand up slowly.

Many users have noticed after doing a **brainLight**-Session, that they perform tasks much more calmly and with more diligence than they usually would. These apparent marginal observations are as important to notice as the experiences during the audio-visual stimulation and/or massage.



TIP: Support yourself by writing a personal **brainLight** diary. It is very enlightening to note your own sensitivities, experiences and observations regularly and over a longer period of time. In this way, you can easily recognize changes and additionally motivate yourself through documented successes.

The **brainLight**[®]-Programs

The programs of the **brainLight**-Systems include an automatically coordinated combination of the elements **massage, light and sound frequencies, music and spoken accompaniment.**

With this overview table, you can see which elements are included in the program and how the program is structured.

Important: The program titles and program descriptions are listed in the Program Brochure and show which program is best suited to a certain situation or time of day. Try our different programs and see what titles are best for you.

Explanation of Symbols

-  The session begins with a massage, followed by deep relaxation with visualization. You will be massaged again at the end.
-  The session begins with a massage, followed by deep relaxation with visualization.
-  A session with continuous massage and visualization.
-  A session without massage, but with visualization. The chair moves to the reclining position.
-  A session with heat function.

brainLight *relaxTower PRO* with
Shiatsu-Massage-Chair Gravity PLUS



The Effect on the Mind and Body

Since every human being is a mosaic of personal experiences, preferences, different physical and mental conditions, states of mind and many other aspects, the **brainLight**-Sessions and their effects are perceived differently. However, we can make the following statements based on our experience and various studies:

I. Immediate Effects:

- immediate stress reduction
- deep relaxation after approx. 5 to 10 minutes
- substitute for approx. 2 hours of sleep (deep regeneration)
- therapy preparation and support
- access to the right brain hemisphere and thus to the subconscious
- connecting both brain hemispheres
- deepening of learning content and inclusion in the long-term memory

II. Short-Term Effects after approx. 5 Sessions:

- more peace and serenity in daily life
- increased resistance to stress
- heightened effectiveness
- increased mental clarity and decisiveness

- personal well-being for body and mind
- activation of self-healing powers

III. Long-Term Effects with Regular Use:

- increased concentration
- enhanced memory and learning performance
- heightened reaction capacity
- increased and lasting resistance to stress
- continued increase of performance in many areas of life
- positive approach to the daily challenges of life
- enhanced brain activity
- improved intuition
- meditation experiences
- shaping the future from a place of inner knowledge and inner strength
- increased sensory perception
- better cooperation of the two brain halves through more intensive networking.

Current study results (in German) at:
studien.brainlight.de

Mental Training with the **brainLight**® relaxTower PRO

It is clear that our bodies can be influenced by targeted 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, and 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 and challenge ourselves optimistically.

Both our bodies and our minds are naturally designed to work as energy efficiently as possible. A physical example of this efficiency is 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 and the more we need to focus, the better we can concentrate.

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 abandon ourselves to our innate "energy-saving mode", instead of utilizing it, we are quickly trapped in a loop of involuntary thoughts and feelings and physically far below our potential.

Through an active and conscious lifestyle, we can achieve our own potential by exercising our mental and physical capabilities: **regularity leads to success**. But: work with your body/mind, not against it. Using the **brainLight relaxTower PRO** stimulates the brain to reach states that also occur naturally, so you can work "with the mind".

Mental Training with the **brainLight**® relaxTower PRO

Conscious and subconscious mental processes

To get a better understanding of mental training, it helps to distinguish between conscious and subconscious mental processes. In the first category, everything you choose to do willingly counts, depending on how well you train, execute and practice the following: your concentration, memory, creativity, ability to learn new information, etc. With the help of the **brainLight** relaxTower PRO, you can specifically stimulate and thus train the state in which your brain is in, so you can concentrate and learn better.

The subconscious processes include, above all, standardized thought patterns and possible emotional reactions associated with them, which occur in an unimaginably simple way. These are not necessarily negative. The key to mental training in this area is, first of all, to become aware of the processes that are automatic and to see if they are supportive, or if they put 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, using different mental techniques that work in the subconscious.

Since access to the subconscious mind can be more easily achieved through certain light and sound frequencies, these techniques in combination with the **brainLight** relaxTower 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 inter-linked, it is often helpful in practical implementation to tackle a mental goal from both sides.

As 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** relaxTower PRO you will be able to relax.

Mental Training with the **brainLight**® relaxTower PRO

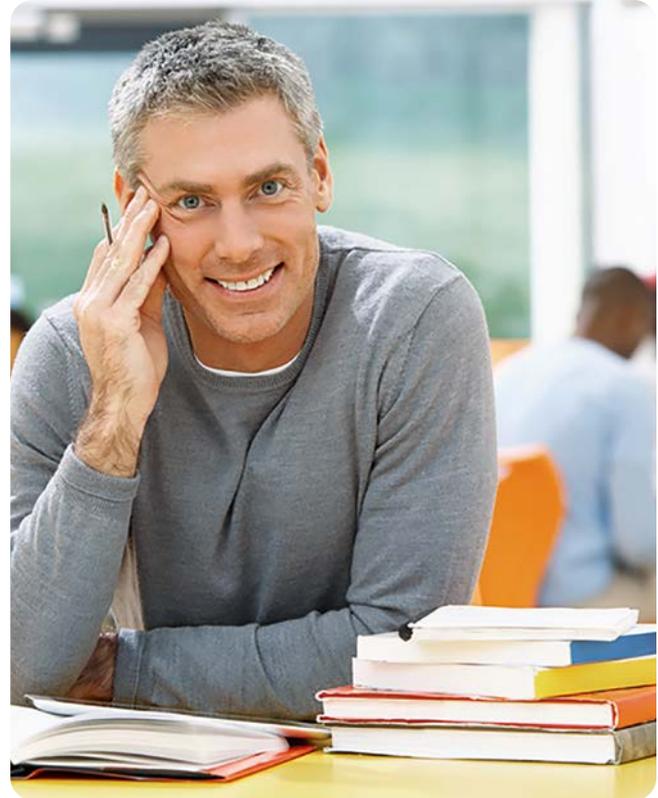
When and how often?

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

The more regularly you focus and relax your brain, the easier and quicker it will be for the brain to adjust itself into these states, even without using a **brainLight**-Session. Try to take note to determine when a **brainLight**-Session is useful, and when it is perhaps not needed.

Training subconscious mental processes (changing negative thought patterns, emotional chains and habits and building new positive attitudes, emotional chains 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.



How the Audio-Visual Technology Works

Using a small, sophisticated computer – the heart of the **brainLight** relaxTower PRO – optical and acoustic signals are produced and transmitted via the visualization glasses and headphones. The brain spontaneously adapts to these frequencies and then naturally produces its own frequencies that mirror the given impulses.

This is possible through the so-called Frequency-Following Response (FFR). Stated in simple words: The human brain follows a sonic or visual stimulus to which it is exposed over a longer period. In time it begins to vibrate in the same electric wave pattern as the given stimulus. The former chairman of the US Hypno-Therapists Association Rob Robinson, used these findings in the 1980s and developed small devices to make this technique available to everyone.

Modern research into the effects of rhythmic light and sound began in the mid-1930s. Scientists discovered that the brainwaves adapt to the rhythm of flashing light stimulation – a process called linking. For example, directing a stroboscope to the eye at a rate of 10 Hz

indicates that the subject's brainwaves adapt to this frequency based on EEG recordings.

Looking back in human history, we can see that even in ancient times the process was used to achieve trance states through rhythmic drumming, rattling, clapping or singing, along with flickering light (produced by campfires, candles, torches, etc.). Think of the magic of flickering fire, the dancing sunlight on the waves of the sea, the monotonous hum during a train ride, or the interaction between light and shadow as you drive through a tree-lined avenue. Usually, mental images and ideas quickly appear before you, as if you were in a movie. Your mind seems to float. Exciting colors, shapes or patterns are created in front of your inner eyes.

The **brainLight** relaxTower PRO contains a rich composition of tones, chords and frequencies. This supports the intensity of the experience as well as its effect. Depending on the choice of program, users are led into very different states, be it for meditation, relaxation or mental clarity.

The Electrical Activity of the Brain

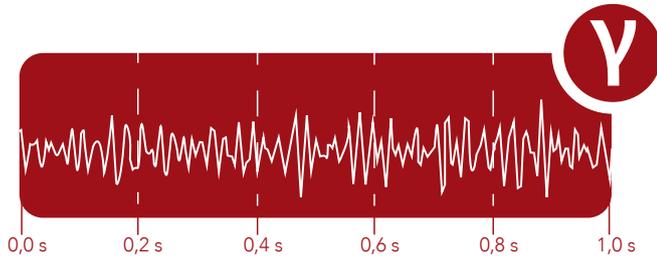
Our brainpower is based on electricity. Every single one of our billions of brain cells electrically discharges at a certain frequency. These electrical signals can be recorded with an electroencephalograph (EEG), like a seismograph records movements in the earth. The EEG does not measure the electrical signal of individual brain cells, but rather the cooperative electrical pattern of the networks of many millions of cells that discharge at the same time. These collective energy impulses are called brainwaves.

Since the first EEG was developed in the 1920s, scientists have found that the brain produces five different types of brainwaves called Gamma, Beta, Alpha, Theta, and Delta waves. Our brain works almost exclusively in the fast Beta rhythm throughout the day. In stressful situations, we consider this as overstimulation. The various light and sound programs of the **brainLight relax-Tower PRO** aim to guide the brain into the Alpha, Theta, Delta or low Gamma range and to network the two hemispheres of the brain. This is a specific condition and does not mean that the entire brain produces a dominant wave of the same frequency, about 10 Hz in the Alpha range. You have to imagine the brainwaves as peaks and valleys. The degree of connectivity increases

the "power" of the brain and thus the amplitudes of the waves (when two waves hit each other, they produce a larger wave).

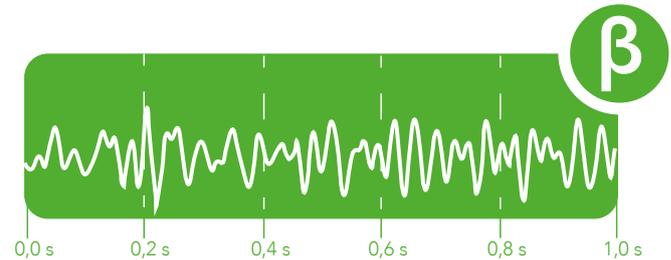
Simply put, a deep relaxation program works as follows: With fast-flashing light and sound frequencies (Beta), you are "picked up" in a very mentally active, possibly tense state, and you are guided into the Alpha range by slower frequencies. Your breathing calms down and becomes more even, your muscles relax. Calm and balanced brainwaves increase concentration and prepare the mind for learning. Alpha waves are a fundamental feature of mental and physical relaxation as well as receptiveness, memory, creativity, imagination and intuition. Healing and self-regeneration, on the other hand, are best done in the Delta state. An overview of the five brainwave areas and their range of indications can be found on the next pages.

The Five Brain Waves



Gamma Waves

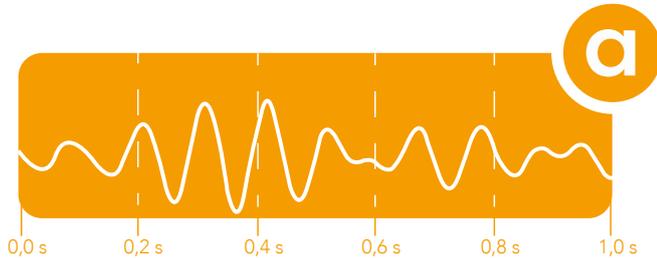
Gamma waves are the fastest brain waves. These include a **frequency range of 30 cycles per second (30 Hertz, abbreviated to Hz) to well over 100 Hz**. They occur in anxiety, hyperactivity, excitement or stress, but also in peak physical and mental performance. Since Gamma waves are poorly researched, the **brainLight relaxTower PRO** only uses frequencies up to a maximum of 40 Hz – an area in which adequate research has been carried out as it was previously attributed to Beta waves.



Beta Waves

Beta waves **range from 14 to 30 Hz in frequency**. When we are in a normal, awake state with our eyes open, focusing on the outside world or dealing with concrete problems, then Beta and low Gamma waves dominate the brain (usually between 14 and 40 Hz). Beta waves are associated with attention, alertness, concentration, cognition, and – in extreme states – anxiety and distress. Most Westerners have a Beta-dominated brain.

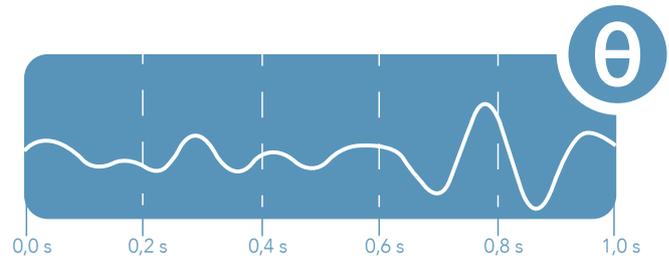
The Five Brain Waves



Alpha Waves

When we close our eyes and become more relaxed, passive or more unfocused, our brainwaves slow down and we produce so-called Alpha waves, which **range between 8 and 14 Hz**. As we continue to relax, the Alpha waves in the brain begin to dominate. They produce a calm and comfortable feeling, the Alpha state. The Alpha state seems to be a largely neutral condition of the brain. When people are healthy and unstressed, they produce a high level of this significant Alpha activity. If this is missing, this can be a first signal of concern, stress or illness. Alpha waves also promote the parasympathetic neural functions, the integration of the right and left sides of the brain and support the body's healing processes.

In the Alpha state, we are creative and optimally receptive to learning new information.



Theta Waves

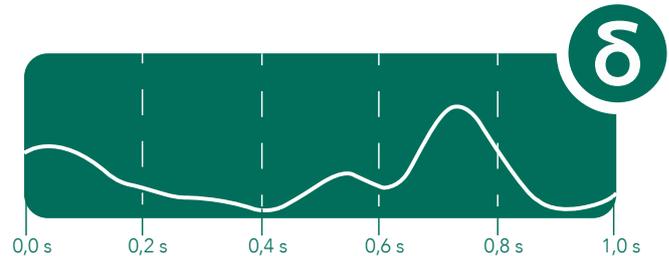
When rest and relaxation turns to drowsiness, the brain switches to the slower, more powerful Theta waves, which **range from 4 to 8 Hz**. This is the twilight state between waking and sleeping, and this is often accompanied by imprecise, dreamlike mental images that may be associated with vivid memories. Theta waves are measurable when you are in deep meditation, for example, in certain yoga exercises, autogenic training or other relaxation techniques.

The Five Brain Waves

Theta opens access to subconscious thought material, dreams, free associations, hidden knowledge and creative ideas. It is interesting to note that a dominant proportion of Theta waves is measured in children up to the age of 10, even when they are awake. Humans seem to lose alertness and awareness with age.

When Theta waves are regularly produced over a long period of time, the ideal balance between the parasympathetic and the sympathetic is established.

Above all, the Theta frequency of 7.83 Hz (Schumann wave) is an important frequency in our natural environment and supports the regeneration of our body.



Delta Waves

After falling asleep, the Delta waves dominate the human brain. They are even slower than Theta waves and are in the **frequency range of 0.1 to 4 Hz**. Delta activity is rarely experienced in the awake state. Delta waves generated in mental states are deeper, dreamless sleep (non-REM sleep), trance and deep hypnosis. When people are in the Delta state, a large number of healing growth hormones are released and cellular regeneration is stimulated.

The History of the Mental Systems

Approximately 150 AD:

The Greek scientist Claudius Ptolemy, discovered that if one were to look at the flickering of the sunlight through the spokes of a wheel, both a sense of dizziness and euphoria would be created, as well as patterns and colors before the eye.

At the turn of the 19th to the 20th century:

The French psychologist Pierre Janet explores that seizures can be cured by this flickering light.

Mid-1930s:

Scientists find that brainwaves tune in to the rhythm of flashing light stimuli and name this process linking.

During the 2nd World War:

The radar technician Sidney Schneider is very impressed by the effects of rhythmic flashes of light on the radar screen. For personnel who constantly look at the radar screen, this leads to altered states of consciousness. Schneider then develops the first commercial, medical system for linking brainwaves. Production begins in the late 1940s. The device is called Brainwave Synchronizer and is still used today in hypnotherapy.

Mid-1940s:

Researchers, such as the British neuroscientist Gray Walter, use stroboscopes and EEGs to investigate the effect of flickering light on brainwave activity. Walter concludes that not only the area of the visual cortex is affected but also the activity of the entire cerebral cortex.

1960s and 1970s:

Many scientific studies prove a large number of positive effects of the use of flickering light in different frequencies. Among other things the increase of the IQ, increased intellectual abilities and a better networking of the two hemispheres of the brain.

1980s:

The revolution in microelectronics makes it possible to develop mental systems that are small and still surprisingly complex. A trend is emerging in the US. In many cities so-called "Mind Machine Studios" are opening up.

In 1988, Ursula Sauer and Jochen Hufgard traveled through the US to test the mental systems of various manufacturers. On October 31 that same year, they founded **brainLight** GmbH (Ltd.) and began distributing the systems of the American Rob Robinson in Germany.

The History of the Mental Systems

1990s:

Mental systems are establishing themselves in Europe and are initially being bought by private users. **brainLight** is gradually developing various systems for the commercial and public sector and is beginning to combine these sessions with the use of a massage chair.

2007:

brainLight GmbH (Ltd.) acquires the legacy of the late Rob Robinson and begins to manufacture their own systems in Germany. In addition to nearly 20 years of experience, the know-how of modern technology is incorporated, which leads to a new generation of mental systems.

At the touch of a button, light and sound pulses and, depending on the program, music and speech are optimally matched to one another. In addition, the fully automated control of a Shiatsu-Massage-Chair is possible. The **brainLight** technology is still unique worldwide.



The first **brainLight** Synchro from 1988



The **brainLight** relaxTower PRO of today

FAQs about usage

When and how often should you do a **brainLight-Session**?

A formula is only available for use in "personality design", for example, you may want to change a habit (this may be something specific, such as smoking or your eating habits, or emotional habits such as low self-esteem). Here it is advisable to perform the appropriate deep suggestion or mental training program 21 times in a row, preferably at the same time or day, either on 21 consecutive days or spread over the duration of 7 weeks with three sessions per week.

[For more information on mental training with the **brainLight relaxTower PRO**, please see p. 11.](#)

For all other sessions, you should follow your own needs. Program titles and descriptions show which session is best for each situation or time of day. The more regular you use a program, the longer the effects will last (see next question).

How long does the effect last after a session?

This varies for each individual and is also dependent on your mental and physical state. Our studies and empirical data show that the immediate effect of a session is reinforced by regular use. The immediate stress reduction like the 20-minute deep relaxation, is reinforced through repeated use, and increased and continuous use leads to a stable stress resistance. In addition, there are effects that only show up after a longer period of time.

Above all, the **brainLight relaxTower PRO** is an impulse transmitter, which stimulates your body to get to specific states. Once these states are learnt and practiced, they occur more easily alone, even without the help of a **brainLight-Session**.

[For more information on the effect on mind and body, please go to p. 10.](#)

FAQs about usage

Do I have to do something specific for the **brainLight-Systems** to work for me?

Due to the scientifically sound approach of the Frequency Following Response (FFR), the audio-visual stimulation of the **brainLight-Systems** leads to the desired results without any intervention. Creating an outside setting for the session in which you feel comfortable can also make it easier for you to „switch off“ and to look deeper within yourself.

For more information on the background of audio-visual stimulation, see p. 14. Tips for optimizing your **brainLight-Sessions** are available on p. 5.

In which cases should I not use the **brainLight-Systems**?

The contraindications can be found on p. 3.

Can the **brainLight relaxTower PRO** also be used by children?

Yes, children can also use the **brainLight relaxTower PRO**. However, children under the age of 14 should not use the massage features of the massage chair due to their bone growth. It's best to use the Clever Learning and relaxation programs. The Clever Learning and relaxation programs have been specifically designed and developed for children and are therefore best suited. In these programs, the massage chair is programmed to move to the reclining position but not to massage. For programs with voice guidance, you should first listen to them and decide if they are suitable for your child.

Our experience shows that children react very differently to the visualization glasses. Some love the play of colors behind their closed eyes, others like only very soft light or no glasses at all. Make sure the session is comfortable for your child. Thanks to the sound frequencies, the effect of the **brainLight relaxTower PRO** is also available without visualization glasses, although less intensively.

Information about our programs specifically for children can be found on our website at: children.brainlight.com.

FAQs about usage

Why do deep suggestions in combination with the **brainLight relaxTower PRO work more intensively than just listening to them alone?**

Relaxation is the key for access to the subconscious. This is necessary for deep suggestions to be effective. The **brainLight** relaxTower PRO guides you with the right light and sound impulses in a very deep relaxation and thus creates the ideal conditions for the use of deep suggestions.

For more information on training subconscious mental processes with the **brainLight** relaxTower PRO, please see p. 11.

Why do the colors I see during the session change and do they have a meaning?

When the colors you see through the visualization glasses behind your closed eyes change, is this usually a sign of changing your inner state to a more relaxed state. It's also a sign that your subconscious is reacting. For every person, the colors have an individual meaning. Blue and green may stand for relaxation, while purple could stand for mild to moderate relaxation and white for a very deep relaxation. Be attentive and explore your own inner world.

Can I use the **brainLight relaxTower PRO with a hearing aid?**

Yes. Test whether doing a **brainLight**-Session while wearing a hearing aid is comfortable for you. If not, turn off your hearing aid and use the volume regulator on the cable to increase the volume. If the listening ability varies in each ear, we recommend using headphones that have separate regulators for the volume on each side.

[Please contact our customer service at +49 \(0\) 6021 59070 for more information.](#)

FAQs on the mechanisms

How does the audio-visual stimulation work?

Due to the phenomenon of the Frequency-Following Response (FFR), the human brain can follow a prolonged acoustic or optical stimulus and eventually begin to oscillate in the frequency's electrical wave pattern. [For more information on the background of audio-visual stimulation, see p. 14.](#)

How do brainwaves develop?

Our brainpower is based on electricity. Each of the billions of our brain cells "fires" or discharges electrically at a certain frequency. These electrical signals can be recorded by an EEG (electroencephalograph), much as a seismograph measures the earth's movements. The EEG does not measure the electrical signal of individual brain cells, but the cooperative electrical pattern of the networks of many millions of cells that discharge together. These collective energy impulses are called brainwaves, which are divided into five distinct areas: Gamma, Beta, Alpha, Theta, and Delta. [For more information about the electrical activity of the brain and brainwave areas, see p. 15.](#)

How are the audio-visual frequencies of the **brainLight** relaxTower PRO generated?

This is a legitimate question, since the frequencies of about 0.5 - 40 Hz are quite low, which even huge speakers cannot reproduce. Therefore, another form of technology is applied in the **brainLight**-Systems like the **brainLight** relaxTower PRO: Corresponding to the Hertz (Hz) rate the equivalent light and sound impulses are emitted. A frequency of 10 Hz thus corresponds to 10 acoustic or visual stimuli per second.

Is there any evidence of the effect of the **brainLight**-Systems?

Optical-acoustic systems have been scientifically studied for decades. The effectiveness was confirmed repeatedly by the EEG recordings, Heart-Rate-Variability (HRV) measurements and by our surveys taken by test subjects. As the areas of application of the **brainLight**-Systems change and expand over time, we regularly carry out new studies focusing on different areas. [Current study results \(in German\) can be found on our website at: **studien.brainlight.de.**](#)

FAQs on the mechanisms

Can using the **brainLight** relaxTower PRO be harmful?

If you pay close attention to the contraindications, the **brainLight** relaxTower PRO is a safe tool that will only do you good. The brain is stimulated purely physically with sensory stimuli, that is, in a naturally gentle way via the eyes and ears, to adapt to the given frequencies.

Unlike the influences of radio, television, the internet and our environment which we are permanently exposed to, you can use the **brainLight** relaxTower PRO to choose the direction in which you would like to stimulate your brain. Our systems work exclusively with frequencies that the brain usually produces itself (up to 40 Hz).

If you stop doing **brainLight**-Sessions, you will not experience withdrawal symptoms.

If you are not allowed to use the **brainLight** relaxTower PRO, please refer to p. 3.



Some Inspiration

To conclude, we would like to share with you the story of the five caterpillars by Timothy Lear:

Once upon a time, there lived five caterpillars that, for the first time in their lives, saw a butterfly just before their own metamorphosis.

The conservative caterpillar wrinkled its nose and said: "That's not only illegal, it's also immoral. They should arrest that irresponsible individual and detain him down here on earth, where he belongs."

The technical caterpillar sniffed and said: "They won't get me into that!"

The liberal-progressive caterpillar scorned: "How dare this frivolous creature roam free when caterpillars in Bangladesh can't even afford a color TV?"

The Hindu/Buddhist caterpillar hummed "Ommmm" and said: "Why should I make an effort and let such wings grow, if I can just stay in lotus position and fly with my astral body?"

And the Christian caterpillar murmured righteously: "If God had wanted us to fly, he would have given us wings."

With this in mind, we wish you positive surprises, transforming experiences and a lot of fun on your personal path to becoming a butterfly!

Your **brainLight** team



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This information is based on our own decades of experience in the field of relaxation technologies and mental training as well as on the results of studies that have been on our behalf. Current studies can be found at: studien.brainlight.de.

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