

Program Overview  
for **brainLight**<sup>®</sup>-Synchro PRO





## Programs for the **brainLight-Synchro PRO**

In each Synchro PRO of the **brainLight**-Deep-Relaxation-Systems, 31 Basic-Programs are included: The **brainLight** Introductory Program and thirty 10-30 minute programs. All **brainLight**-Programs are instant-programs, meaning they consist of coordinated light-and-sound frequencies, music, and possibly spoken accompaniment.

In the basic configuration of each Synchro PRO are additional 50 fixed- and frequency-fixed programs to be used with your own selection of music via external sound sources (e.g. cell phone, CD player, laptop, etc.).

In addition, you can purchase further programs of your choice, which are combined into thematically completely different Program-Sets. The range of the **brainLight**-Program-Sets is continuously added to and expanded according to the wishes of our customers.

Add to the Basic-Programs those Program-Sets whose topics fit your desires and goals. Our software makes it possible to combine all **brainLight**-Programs that you are interested in, into your own individual **brainLight**-System!

The Program-Sets included in your **brainLight**-System are marked here:



Dear **brainLight** user!

Please put on your headphones and have your visualization glasses ready if you have chosen a program with visualization. Start the program by touching the number(s) of your desired program on the touch panel of the pyramid. The selected number appears on the display. A 5-second countdown begins, during which you can still correct the program selection by simply entering the digit(s) of another program. After the countdown has expired, the program can be stopped with the escape button: To do so, touch the center of the ZERO key for approx. 2 seconds until "Bitte warten/Please wait" appears on the display. You can then select a new program.

If you enjoy for the first time the holistic **brainLight**-Well-Being-Experience, please **ALWAYS** start with program 401: **FIRST SESSION: Introduction + Session 20 min.**

We wish you a wonderful experience!  
Your **brainLight** team



### Contraindications

Please enjoy the session without visualization glasses if you are epileptic, wear a pacemaker or are pregnant.



You experience a unique form of physical and mental relaxation in a **brainLight**-Session. Within a few minutes you feel calm and deeply relaxed. Your breathing slows down and becomes more even. In addition to the light effects of the visualization glasses you listen to beautiful, relaxing music with or without voice accompaniment. Through a sensuous symphony of light, sound and voice, you will be transported into an as yet unimagined new world. Your mind seems to float and you experience yourself in an intense, and totally new way. Exciting colors and shapes or patterns emerge before your inner eye. To imagine how you might experience these stimuli to your eyes and ears, picture the magic of a flickering open fire, the interplay of light and shadow while traveling along a tree-lined road or the sparkling of the sun on the waves of an ocean.

## 10-Minute Programs BASIC

- 430 Positive affirmations for the beginning of your day
- 431 Positive affirmations for the end of your day
- 432 Piece of music "Free Flow"
- 433 Piece of music "Chill Fit"
- 434 Piece of music "Energy"
- 435 Piece of music "Free Time"
- 436 Quick meditation "Stocking up on energy"
- 437 Quick meditation "Being powerful"
- 438 Piece of music "Shift"
- 439 Piece of music "Timeless"

*"Respect yourself enough to let yourself be respected.  
Value yourself enough to allow yourself to be valued.  
Trust yourself enough to allow someone to trust you.  
Love yourself.  
Let someone love you."*

**Lazaris**

## 15- to 20-Minute Programs BASIC

450 Piece of music "Fantasy"	20 min.
451 Piece of music "Space"	20 min.
452 Piece of music "Creativity"	20 min.
453 Piece of music "Wellpower"	20 min.
454 Piece of music "Deep Inside"	20 min.
455 Piece of music "Do It"	
456 "Refreshed and cheerful within 15 minute"	15 min.
457 "Tranquil and balanced within 15 minute"	15 min.
458 Piece of music "brainFlight"	20 min.
459 Narrated relaxation session "Journey through the body"	20 min.



## 27- to 30-Minute All-Inclusive Wellbeing Sessions

460 Piece of music "Sky"	30 min.
461 Piece of music "Chill Out"	30 min.
462 Piece of music "Falling Waters"	30 min.
463 Piece of music "Freedom"	30 min.
464 Piece of music "Ocean"	30 min.
465 Autosuggestion "Enhancing your concentration"	30 min.
466 Autosuggestion "Creative problem solving"	30 min.
467 Autosuggestion "Selling successfully"	30 min.
468 Autosuggestion "Dealing with stress"	29 min.
469 Autotrance "Fantasy journey"	27 min.

*"Open your eyes – be still – listen –  
Open the eyes of your heart –*

*Be confident and courageous –  
Love!"*

**Lazaris**

## The **brainLight**-Introductory in different languages

20 min.

*"If you talk to a man in a language  
he understands, that goes to his  
head. If you talk to him in his own  
language, that goes to his heart."*

**Nelson Mandela**

- 2  **English**  
FIRST USE: Introduction + Session with massage
- 3  **Danish • Dansk**  
FØRSTE GANG: Introduktion + anvendelse, med massage
- 4  **French • Français**  
PREMIÈRE APPLICATION: Introduction + application avec massage
- 5  **Italian • Italiano**  
PRIMO USO: Introduzione + Sessione con massaggio
- 6  **Dutch • Nederlands**  
EERSTE GEBRUIK: Introductie + Sessie met massage
- 7  **Norwegian • Norsk**  
FØRSTE GANGS BRUK: Innføring + Avspenningsbehandling med massasje
- 8  **Polish • Polski**  
WPROWADZENIE: sposób zastosowania + głęboki relaks
- 9  **Russian • русский**  
ОЗНАКОМЛЕНИЕ: введение + пользование с массажем
- 10  **Slovakian • Slovenský**  
ÚVODNÝ PROGRAM: Zoznámenie + masáž
- 11  **Spanish • Español**  
PRIMERA APLICACIÓN: Introducción + aplicación con masaje
- 12  **Czech • Český**  
ÚVODNÍ PROGRAM: Seznámení + masáž
- 13  **Turkish • Türkçe**  
İLK KULLANIM: Giriş + masaj seansı
- 14  **Hungarian • magyar**  
ELSŐ ALKALOM: bemutatkozás + értekezlet masszázssal
- 15  **Chinese • 汉语**  
初次使用: 简介+按摩体验
- 16  **Japanese • 日本語**  
最初に使用: ご紹介+マッサージ付きプログラム
- 17  **Urdu • Urdu • اردو**  
پہلے استعمال تعارف + سیشن کے ساتھ مساج

## Clever – A Positive Learning Experience and Training

### Clever Programs with music

Programs 490-499 contain light and sound frequencies as well as music.

490 Accelerated Learning Development	15 min.
491 Test Preparation Training	15 min.
492 Tune Up After School/Parent Support	15 min.
493 Problem Solving	15 min.
494 Positive Motivation/ Attitude for Peak Performance	15 min.
495 Skill Building for Reading and Spelling	15 min.
496 Math Skill Builder	11 min.
497 Homework Helper	10 min.
498 Concentration/Focus/ Attention Training	15 min.
499 Deep Sleep and Rest	40 min.

### Clever Programs without music

Programs 510-519 contain only light and sound frequencies (i.e. no music) and can be used completely without or together with your personal music and/or learning content (by means of cell phone, CD Player, Laptop, etc.).

510 Accelerated Learning Development	15 min.
511 Test Preparation Training	15 min.
512 Tune Up After School/Parent Support	15 min.
513 Problem Solving	15 min.
514 Positive Motivation/ Attitude for Peak Performance	15 min.
515 Skill Building for Reading and Spelling	15 min.
516 Math Skill Builder	11 min.
517 Homework Helper	10 min.
518 Concentration/Focus/Attention Training	15 min.
519 Deep Sleep and Rest	41 min.



The **brainLight**-Clever programs are designed to support faster and easier learning and provide brain training at the cutting edge of neurotechnology. Your child is invited on an exciting journey into the world of fast and easy learning.

The **brainLight**-System generates scientifically based frequencies of audio-visual stimulation that support your child in achieving best performance. Through calming and balancing the brain waves, focus and concentration are increased, the mind is optimally prepared for learning and ideal conditions for good memory are created.

The programs are tailored to children but can also be used by teenagers and adults.

Light and sound frequency progressions:  
Dr. Rayma Ditson-Sommer





## Sports Programs with music and voice guidance

Programs 520–529 contain light and sound frequencies as well as music.

520	Warm-Up with Mental Calmness	12 min.
521	Gearing Up for Competition	12 min.
522	Create Your Own Winning Experience	12 min.
523	Muscle Memory Rehearsal	17 min.
524	Relaxation Response Training for Stress Tolerance and Pain Management	17 min.
525	Self-Trust for Positive Attitudes	17 min.
526	Confidence and Self-Esteem	22 min.
527	Door to “The Zone”	27 min.
528	Positive Target Focus Training	32 min.
529	Relaxation, Deep Sleep and Jet Lag Prevention	42 min.

**brainLight** offers ten programs for the sports and fitness sector, covering all important aspects of mental training that are necessary for athletic success, such as: Gearing Up for Competition, Confidence and Self-Esteem, Muscle Memory Rehearsal, and Positive Target Focus Training. Above all in sports, success begins in the mind.

For a long time now, top athletes have not relied solely on physical training on their way to top performance. Mental training and optimal regeneration through relaxation methods are now as much a part of everyday life as the right diet. Amateur athletes can also benefit from these findings of sports psychology.

*“Nothing changes until you do.”*

Light and sound frequencies:  
Dr. Rayma Ditson-Sommer

Music:  
Andrea Rushton, Ben Lennox, Dietrich von Oppeln, Frank Metzner (music of program introductions), Joseph Brook, Tallis Brooks, Thomas Hull

Narration:  
Navjit Kandola, Sabrina Sauer (on ‘Warm-Up with Mental Calmness’ and ‘Gearing up for Competition’)

Audio engineering:  
Frank Metzner at Tonstudio Dreamland, Krombach

Program texts:  
Sabrina Sauer, based on program instructions by Dr. Rayma Ditson-Sommer



## *Sports Programs without music and voice guidance*

Programs 530–539 contain only light and sound frequencies (i.e. no music) and can be used completely without or together with your personal music (by means of cell phone, CD player, laptop etc.).

Please note that light and sound start only 90 seconds after the start of the program and fade out 30 seconds before the end.

530 Warm-Up with Mental Calmness	12 min.
531 Gearing Up for Competition	12 min.
532 Create Your Own Winning Experience	12 min.
533 Muscle Memory Rehearsal	17 min.
534 Relaxation Response Training for Stress Tolerance and Pain Management	17 min.
535 Self-Trust for Positive Attitudes	17 min.
536 Confidence and Self-Esteem	22 min.
537 Door to “The Zone”	27 min.
538 Positive Target Focus Training	32 min.
539 Relaxation, Deep Sleep and Jet Lag Prevention	42 min.

*“Accept who you are –  
welcome who you are becoming.*

*Touch – breathe – set innovation in motion.”*

**Lazaris**



*“The valuable thing in life is the  
development of the personality  
and its creative powers.”*

**Albert Einstein**



## Music Pleasure from Classic to Modern

For “Music Pleasure from Classic to Modern” 10 programs of “Pure Music Pleasure” and without voice accompaniment were selected.

This Program-Set combines a symphony of light and sound frequencies with a rich mixture of the most diverse music: from well-known classical pieces by great composers to Latin, Lounge, New Age and meditation music to modern progressive rock, everything is included.

- 540 5th Symphony, 1st Movement (Allegro con brio) –**  
Ludwig van Beethoven – Classical Music;  
stimulating 9 min.
- 541 Peer Gynt Suite: Morning Mood &  
Solveig’s Song •** Edvard Grieg – Classical Music;  
enigorating 9 min.
- 542 The Blue Danube**  
Johann Strauss – Classical Music; refreshing 11 min.
- 543 The Red Tide**  
Earthlimb – Progressive Rock; activating 11 min.
- 544 Concerto Grosso No. 5**  
Georg Friedrich Händel – Classical Music;  
uplifting and relaxing 12 min.
- 545 Mariposa Blanca**  
Frank Metzner – Latin Music;  
for wellbeing and relaxation 16 min.
- 546 Indian Summer**  
Frank Metzner – New Age/World Music;  
inspiring and relaxing 21 min.
- 547 Himalaya Breeze**  
Alex Bleiziffer – Lounge Music;  
relaxing 31 min.
- 548 5th Symphony (complete version)**  
Ludwig van Beethoven – Classical Music;  
energizing 38 min.
- 549 Unison by the Sea**  
Hauke Nissen – Unison by the Sea;  
meditative 42 min.

## Chillout Lounge

by Jessica Born and Georg Crostewitz

270 Bossa for you	10 min.
271 Chilling in the Sand	10 min.
272 My heart	10 min.
273 You shine	20 min.
274 Light	30 min.

The 5 **brainLight**-Programs "Chillout Lounge" are timeless songs, which are about silence and attention for the small, but essential and beautiful things in life: your own heartbeat, the longing for love, blossoms and bird-song, wind, waves and the lightness of being. They create peace, serenity, open spaces and overcome in a positive sense boundaries and distances of space and time.

*"... Music expresses that  
which cannot be said and on  
which it is impossible to be silent."*

**Victor Hugo**



This Program-Set contains original compositions by Jessica Born and Georg Crostewitz.

The singer Jessica Born is considered one of the best singers in the fields of jazz, blues, soul & gospel. Her extraordinary voice touches the heart and gets under your skin.

Georg Crostewitz is a musician, composer and producer. In these songs he is brilliant on guitar, piano, bass and percussion instruments, among others.



## Fixed Programs

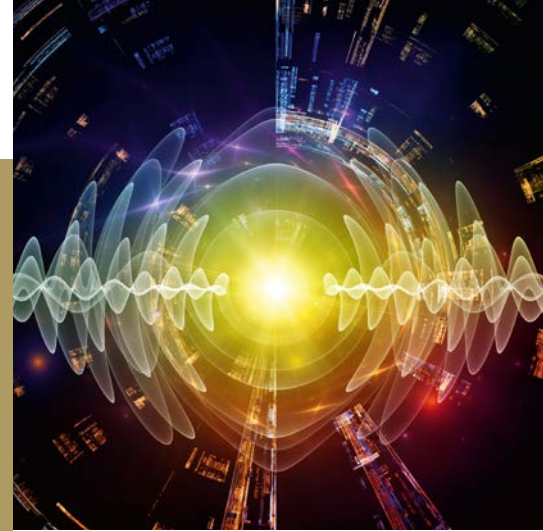
These programs contain only light and sound frequencies (i.e. no massage, music and/or voice guidance) and can be used without or together with your own personal music (by means of cell phone, CD- player, laptop etc.).

Fixed programs contain fixed sequences of different light and sound frequencies (for programs 900 to 909 you will find graphics of the program sequences in your user manual).

900 Alpha relaxation I (diagram A)	10 min.
901 Alpha relaxation II (diagram B)	15 min.
902 Relaxation (diagram C)	10 min.
903 Relaxation with Schumann frequency (diagram D)	20 min.
904 Relaxation (diagram E)	30 min.
905 Anti-stress program – intensive (diagram F)	30 min.
906 Deep relaxation (diagram G)	30 min.
907 Relaxation in high alpha (diagram H)	10 min.
908 Relaxation in high alpha (diagram I)	15 min.
909 Meditation (diagram J)	30 min.
910 Meditation, dreaming, visualization, theta	15 min.
911 Learning program	15 min.
912 Relaxation, gaining energy	20 min.
913 Gaining energy	20 min.
914 Visualization, nap	20 min.
915 Mental training, superlearning I	30 min.
916 Mental training, superlearning II	30 min.
917 Very deep relaxation	30 min.
918 Sleeping aid	35 min.
919 Mental training	20 min.
920 Demonstrates the stimulation elements	5 min.
921 Clear dreams	35 min.
922 Morning freshness, waking up	20 min.
923 Energy, creativity	35 min.
924 Problem solution, creativity	30 min.
925 Mental tune-up	15 min.
926 Energy, learning	30 min.
927 Quick break, short relaxation	15 min.
928 Relaxed creativity, finding solutions I	30 min.
929 Relaxed creativity, finding solutions II	30 min.

## Frequency-fixed Programs

930 Balance	0,5 Hz	15 min.
931 Centering	1 Hz	15 min.
932 Hormone release	1,5 Hz	15 min.
933 Relaxation	2 Hz	15 min.
934 Anti-sleeplessness	2,5 Hz	15 min.
935 Relaxation	3 Hz	15 min.
936 Learning languages	3,5 Hz	15 min.
937 Intuition I	4 Hz	20 min.
938 Intuition II	5 Hz	20 min.
939 Vision	5,5 Hz	20 min.
940 Memory increase	6,4 Hz	20 min.
941 Creativity	7,5 Hz	20 min.
942 Intuition III	7,8 Hz	20 min.
943 Schumann resonance	7,83 Hz	20 min.
944 Centering	12 Hz	20 min.
945 Basic frequency	14 Hz	20 min.
946 Pain reduction	15 Hz	20 min.
947 Muscle relaxation	38 Hz	20 min.
948 Pain reduction	10 Hz	35 min.
949 Schumann resonance	7,83 Hz	30 min.



These programs contain only light and sound frequencies (i.e. no massage, music and/or voice guidance) and can be used without or together with your own personal music (by means of cell phone, CD-player, laptop etc.).

**Frequency-fixed programs provide a constant light and sound frequency throughout.**

# brainLight®

## LIFE IN BALANCE



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