

# Instructions of Use

Dear **brainLight**<sup>®</sup> user,

Please choose a program and enter the corresponding number. Afterwards, please put on the headphones and have your visualization glasses ready if you pick a program that includes the visualization. Now, simply surrender to the delight of this wellbeing experience ...  
You can end your session at any time by pushing the star button.

*If this is your first time enjoying the holistic **brainLight**<sup>®</sup> 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**<sup>®</sup> 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.

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LIFE IN BALANCE

[www.brainlight.de](http://www.brainlight.de)

# 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 



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