

Instructions of Use

Zenese

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. You now have 5 seconds to set the intensity level of the air pressure massage on the keypad: Enter 1 for "soft", 2 for "medium" and 3 for "strong". If you do not make a choice, the program will automatically start in the "medium" setting.

You can stop the chosen program using the escape button: Touch the 0 for about 2 seconds, until the display reads „Bitte warten / Please wait“. Afterwards, 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.

















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  



XL Programs

Program No.

Sports Programs

50 Warm-Up with Mental Calmness	●	12 min.
51 Gearing Up for Competition	●	12 min.
52 Create Your Own Winning Experience	👁️	12 min.
53 Muscle Memory Rehearsal	●	17 min.
54 Relaxation Response Training for Stress Tolerance and Pain Management	👁️	17 min.
55 Self-Trust for Positive Attitudes	●	17 min.
56 Confidence and Self-Esteem	⚡	22 min.
57 Door to the Zone	⚡	27 min.
58 Positive Target Focus Training	⚡	32 min.
59 Relaxation, Deep Sleep and Jet Lag Prevention	🟪	42 min.

Music Pleasure classical to modern

60 5th Symphony, 1st Movement (Allegro con brio) Ludwig van Beethoven – Classical Music; stimulating	●	9 min.
61 Peer Gynt Suite: Morning Mood & Solveig's Song Edvard Grieg – Classical Music; energizing	●	9 min.
62 The Blue Danube Johann Strauss – Classical Music; refreshing	●	11 min.
63 The Red Tide Earthlimb – Progressive Rock; activating	●	11 min.
64 Concerto Grosso No. 5 Georg Friedrich Händel – Classical Music; uplifting and relaxing	●	12 min.
65 Mariposa Blanca Frank Metzner – Latin Music; for wellbeing and relaxation	●	16 min.
66 Indian Summer Frank Metzner – New Age / World Music; inspiring and relaxing	⚡	21 min.
67 Himalaya Breeze Alex Bleiziffer – Lounge Music; relaxing	⚡	31 min.
68 5th Symphony (complete version) Ludwig van Beethoven – Classical Music; energizing	⚡	38 min.
69 Unison by the Sea Hauke Nissen – Meditation Music; meditative	🟪	41 min.



XL Programs

Program No.

Clever – Positive Learning Experience Training

70 Accelerated Learning Development	👁️	15 min.
71 Test Preparation Training	👁️	15 min.
72 Tune Up After School / Parent Support	👁️	15 min.
73 Problem Solving	👁️	15 min.
74 Positive Motivation / Attitude for Peak Performance	👁️	15 min.
75 Skill Building for Reading and Spelling	👁️	15 min.
76 Math Skill Builder	👁️	11 min.
77 Homework Helper	👁️	10 min.
78 Concentration / Focus / Attention Training	👁️	15 min.
79 Deep Sleep and Rest	👁️	40 min.



"be healthy" Programs

95 All-inclusive wellbeing session: Autosuggestion "Healthy sleep"	⚡	39 min.
96 All-inclusive wellbeing session: Autosuggestion "Overcoming anxiety"	⚡	39 min.
97 All-inclusive wellbeing session: Autosuggestion "Give up smoking"	⚡	39 min.
98 All-inclusive wellbeing session: Autosuggestion "Your chosen weight"	⚡	39 min.
99 All-inclusive wellbeing session: Autosuggestion "Balancing your moods"	⚡	39 min.



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.

Program No.

Fixed Programs

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 high 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

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

