

Instructions of Use

Dear **brainLight**[®] 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**[®] 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.
-  Session with heating function.

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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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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.



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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.



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