

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 zero button for about 2 seconds.

*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, if you have a pacemaker, or if you are pregnant please enjoy your **brainLight®** session without the visualization glasses.

We wish you a wonderful experience!

Program No.

01 FIRST USE: Introduction + Session with massage

17 Min.

9-Minute Programs

- 10 Positive affirmations for the beginning of your day
- 11 Positive affirmations for the end of your day
- 12 Piece of music "Free Flow"
- 13 Piece of music "Chill Fit"
- 14 Piece of music "Energy"
- 15 Piece of music "Free Time"
- 16 Quick meditation "Stocking up on energy"
- 17 Quick meditation "Being powerful"
- 18 Piece of music "Shift"
- 19 Piece of music "Timeless"

15- to 20-Minute Programs

- 20 Piece of music "Fantasy"
- 21 Piece of music "Space"
- 22 Piece of music "Creativity"
- 23 Piece of music "Wellpower"
- 24 Piece of music "Deep Inside"
- 25 Piece of music "Do It"
- 26 "Refreshed and cheerful within 15 minutes"
- 27 "Tranquil and balanced within 15 minutes"
- 28 Piece of music "brainFlight"
- 29 Narrated relaxation session "Journey through the body"

30-Minute Programs

- 30 Piece of music "Sky"
- 31 Piece of music "Chill Out"
- 32 Piece of music "Falling Waters"
- 33 Piece of music "Freedom"
- 34 Piece of music "Ocean"
- 40 Autosuggestion "Enhancing your concentration"
- 41 Autosuggestion "Creative problem solving"
- 42 Autosuggestion "Selling successfully"
- 43 Autosuggestion "Dealing with stress"
- 44 Autotrance "Fantasy journey"

9-Minute Lectures

- 90 "Stress management"
- 91 "Enhancing your creativity"
- 92 "Building up self-confidence"
- 93 "Background and function of the **brainLight®**-System"
- 94 "Easy learning"



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 out 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.

Programm 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.

