

Dear parent, dear **brainLight**® user,

Operating the **brainLight**®-Synchro is easy: put on the headphones, have your visualization glasses ready and start the program by entering the two digits of the program of your choice on the pyramid. The program number appears on the display. A 5-second countdown starts, during which you can correct your program choice by simply entering another two-digit program number. Once the countdown is complete, you can stop the program using the escape button: Touch the 0 for about 2 seconds, until the display reads "Bitte warten / Please wait". After this, you can choose a new program.

As a basic principle, we recommend to adults and teenagers who enjoy the audio-visual **brainLight**® experience for the first time, to start with: Program 01, Introduction + Session (approx. 17 minutes). As a parent, you can pass the instructions for use, which you will be given during this program, on to your child personally.

**Medical advice:** People who suffer from epilepsy, have a pacemaker, or who are pregnant, should enjoy the **brainLight**® session without the visualization glasses.

We wish you wonderful, successful experiences!

Program No.

**FIRST USE:**

01 Introduction + Session 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"

**CLEVER PROGRAMS: POSITIVE LEARNING EXPERIENCE TRAINING with music**

- 50 Accelerated Learning Development 15 min.
- 51 Test Preparation Training 15 min.
- 52 Tune Up After School / Parent Support 15 min.
- 53 Problem Solving 15 min.
- 54 Positive Motivation / Attitude for Peak Performance 15 min.
- 55 Skill Building for Reading and Spelling 15 min.
- 56 Math Skill Builder 11 min.
- 57 Homework Helper 10 min.
- 58 Concentration / Focus / Attention Training 15 min.
- 59 Deep Sleep and Rest 40 min.

**CLEVER PROGRAMS: POSITIVE LEARNING EXPERIENCE TRAINING without music**

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

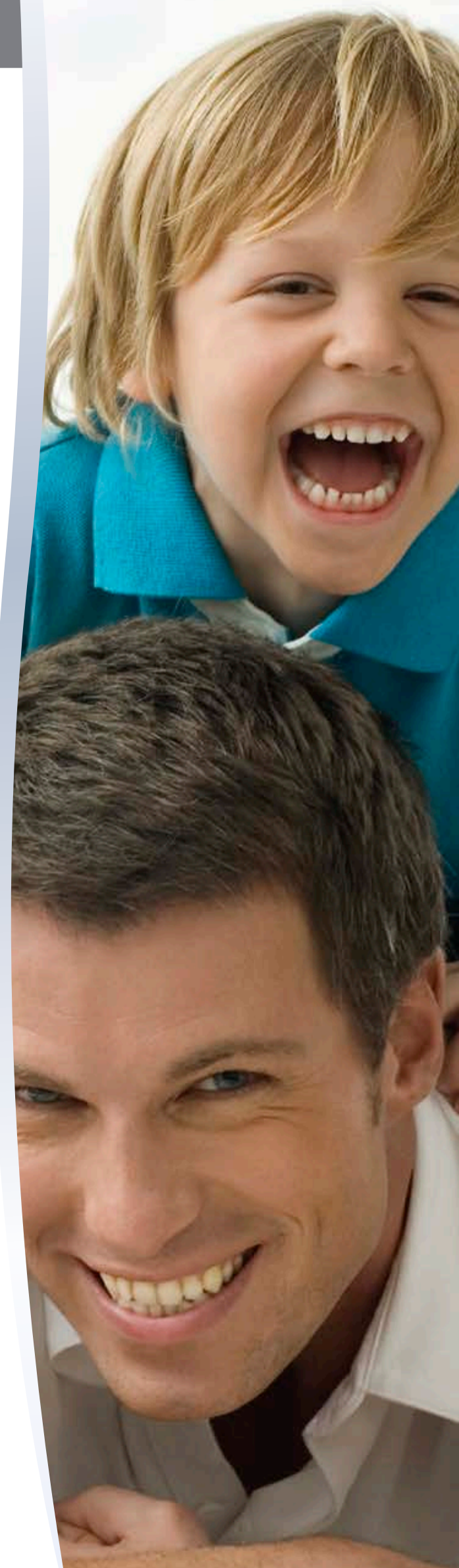
- 60 Accelerated Learning Development 15 min.
- 61 Test Preparation Training 15 min.
- 62 Tune Up After School / Parent Support 15 min.
- 63 Problem Solving 15 min.
- 64 Positive Motivation / Attitude for Peak Performance 15 min.
- 65 Skill Building for Reading and Spelling 15 min.
- 66 Math Skill Builder 11 min.
- 67 Homework Helper 10 min.
- 68 Concentration / Focus / Attention Training 15 min.
- 69 Deep Sleep and Rest 40 min.

**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"

**brainLight**®-Synchro

*family*



# Fixed Programs and Fixed Frequency Programs

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.).

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.

**brainLight**®-Synchro

*family*

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.

