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### **My experiences with the brainLight-System**

Already during my first experience [with brainLight] I noticed physical reactions during a healing meditation. This gave me courage and hope to use this possibility with my sleep disorders and the pain syndrome fibromyalgia.

I also felt great mental clarity.

In the meantime, meditation has become a dear habit that supports and accompanies me in my daily life. However, I noticed that it is still important for me to do them daily, because I am more restless and less concentrated than usual, and I also sleep less well if I take a 2 or 3 days break from my routine.

One effect that I particularly love with the brainLight session is the feeling of getting a sense of space during the time of use, which regularly leads me into other, expanded states of consciousness. Often, important insights and realizations come to me that I had been looking for for a long time.

Through the continuity of the application I feel more and more often and more clearly how I react and also act differently in everyday life. I deal with crisis situations in a more relaxed, thoughtful and clear manner and react more calmly. In addition, I implement the solutions and insights more quickly and consistently.

I have been in constant pain for 16 years now, but I do not suffer from it the same way anymore, because I deal differently with it. I reinvent myself every day and put myself back into life for that day. So a little healing can happen every day.

During the time of the study I have also been touched again and again by old wounds and emotional hurts, but with each time I was able to allow those feelings and thus move on, becoming calmer and more peaceful in my heart.

I am very happy that this brainLight-System exists and grateful to myself for using and applying it.

I wish all other users of this system relaxing, healing and inspiring experiences as well and a lot of inner peace, because as a Dalai Lama once said: „There can only be world peace if every person has peace in their heart.“ May brainLight continue to make a good contribution to this with its relaxation system.

With best regards  
Monika Lein