

brainLight®

LIFE IN BALANCE



*Be in balance
... and feel the difference.*



ENGLISH

Relaxation at the touch of a but



Since 1988, we strive to support people with our products in their search of a happy and harmonious life. We are convinced that a world, in which everybody can consciously and steadily develop their inner potential and their (co-)human strengths, is a better place to live in for everyone. For our products to contribute to people dealing responsibly with their own personality and thus establishing this as a way of life in all of society is a deep desire of ours. Admittedly, a lofty and long-term goal, for which we are willing to give our best every day anew: in improving our technology and product line, in dealing with our clients, in the way we interact with each other in our company, and in working to enhance our own inner balance within and without the **brainLight-Team**.

RELAXATION AT THE TOUCH OF A BUTTON

The **brainLight-Deep-Relaxation-System** implements a technological solution that combines different relaxation techniques so that they support each other. It is an audio-visual system that uses light- and sound stimuli, transferred through headphones and visualization-glasses to guide you quickly and reliably from feeling tense into a state of relaxation. This is supported and pleasantly amplified by the Shiatsu massage and the heating function of the massage chair.

EASY TO HANDLE

The handling of the **brainLight-Systems** is really easy: Make yourself comfortable in the massage chair, choose a program and put on the visualization-glasses and

headphones. Even if you are new to this, you will be able to leave your daily routines behind and regenerate quickly. The **brainLight-Applications** are an effective method to find your inner balance and to smooth out some rougher edges of your personality.

A UNIQUE EXPERIENCE

Within a **brainLight-Application** you will experience a unique form of relaxation of body and mind. Within a few minutes you will feel calm and deeply relaxed. Your breath slows down and gets more even. In addition to the light-stimuli of the visualization-glasses you hear beautiful, relaxing music, with or without spoken accompaniment. Through this sensuous symphony of light, sound, and voice you will be transported into an as yet unimagined new world. Your mind seems to float and you experience yourself in an

intense and totally new way. Exciting colors, shapes or patterns emerge in front of your inner eye. To imagine how you might experience these stimuli to your eyes and ears, picture the magic of a flickering open fire, the interplay of light and shadow while traveling along a tree-lined road or the sparkling of the sun on the waves of an ocean.

THE WORKINGS OF THE AUDIO-VISUAL TECHNOLOGY

A small, highly-developed computer – the heart of the **brainLight**-System – produces visual and optical signals which get transmitted per visualization-glasses and headphones. The brain spontaneously adjusts

to these frequencies and then produces its own frequencies, which correspond to the predefined impulses quite naturally.

Users of the **brainLight**-Systems are guided into very different states, depending on what kind of program is chosen. This can be either a meditation, relaxation or mental clarity. This phenomenon was named by Robert Monroe, a US-American, in the sixties. Stated in simple words, according to his theory – the so-called Frequency-Following Response (FFR) – the human brain follows a sonic or visual stimulus to which it is exposed over a longer period. In time it begins to vibrate in the same electric wave pattern as the given stimulus.

brainLight[®]-Visualization-Glasses

An important component of the **brainLight**-Systems are the visualization-glasses. We offer these visualization-glasses with light-emitting-diodes (LEDs) in different colors and in two different styles – for the curious, the adventurous, and people with special needs. Which kind of visualization-glasses one needs depends on your personal preferences. Following some information for your guidance.

LEDS IN DIFFERENT COLORS

The **brainLight**-Visualization-Glasses with **white LEDs** are the standard feature of the **brainLight**-Systems. The color white produces the longest light wave and thus reaches most of the light receptors. These visualization-glasses produce the best stimulation. People, who do not see any colors in the beginning, while using white or green LEDs, will enjoy beautiful and bright light effects almost instantly when using **red LEDs**. The degree of stimulation is somewhere between the white and the green visualization-glasses. The visualization-glasses with the **green LEDs** are especially suitable for people whose eyes are sensitive or even highly sensitive to light. We also recommend them when using learning applications and for children.

TYPE OF GLASSES

Our standard visualization-glasses are the **Transparent-Visualization-Glasses**, available in all three different LED colors. The opaque **DARK EDITION** are our special visualization-glasses, available in all listed colors and because of the more intense light-stimulation especially suitable for advanced users. The glasses of the **DARK EDITION** are completely light-tight. That way you are very well protected against any surrounding light changes when doing a **brainLight**-Application.



Standard-Visualization-Glasses transparent

Visualization-Glasses DARK EDITION opaque



A sensuous symphony of light, sound, a



BASIC CONFIGURATION

Each **brainLight-Synchro PRO** contains 31 audio-visual Basic-Programs: The **brainLight-Introductory-Program PLUS** thirty 10- to 30- minute programs.

A DELIGHTED CUSTOMER:

„By using **brainLight** I can relax really well, feel better recovered and more fit, mentally as well as physically. Since then I nearly always got top marks, even though I had been out of school for a long time and wasn't used to studying any more. After a **brainLight-Application** I can assimilate learning content really well, which is a super help and motivates me to study. **brainLight** is a fountain of youth for me and my brain, and like a brief vacation for my body. I truly like the music, and the voices are pleasant, so that I can let go easily.

The noticeable, positive effect has convinced me and I am very pleased and delighted. I recommend to anyone who can afford to buy a **brainLight-System** to do so as an investment in one's own health and thus one's whole life. Certainly a worth-while investment.“

Jenna Meier, Germany
(Geriatric Nursing Student)

BASIC-PROGRAMS

10-Minute Programs

- Positive affirmations for the beginning of your day
- Positive affirmations for the end of your day
- Piece of music „Free Flow“
- Piece of music „Chill Fit“
- Piece of music „Energy“
- Piece of music „Free Time“
- Quick meditation „Stocking up on energy“
- Quick meditation „Being powerful“
- Piece of music „Shift“
- Piece of music „Timeless“

15- and 20-Minute Programs

- Piece of music „Fantasy“
- Piece of music „Space“
- Piece of music „Creativity“
- Piece of music „Wellpower“
- Piece of music „Deep Inside“
- Piece of music „Do It“
- „Refreshed and cheerful within 15 min.“
- „Tranquil and balanced within 15 min.“
- Piece of music „brainFlight“
- Narrated relaxation session „Journey through the body“

27- to 30-Minute All-Inclusive Wellbeing Sessions

- Piece of music „Sky“
- Piece of music „Chill Out“
- Piece of music „Falling Waters“
- Piece of music „Freedom“
- Piece of music „Ocean“
- Autosuggestion „Enhancing your concentration“
- Autosuggestion „Creative problem solving“
- Autosuggestion „Selling successfully“
- Autosuggestion „Dealing with stress“
- Autotrance „Fantasy journey“





FIXED- AND FREQUENCY-FIXED PROGRAMS

Both the **brainLight-Synchro PRO** and the **brainLight-Synchro PRO one** contain additional 50 fixed- and frequency-fixed programs to be used with your own selection of music. These programs consist of light-and sound frequencies only (no massage, music and/or spoken accompaniment) to be used without any music or together with your personal choice of music. This is possible by using your smartphone, CD- or MP3-player, laptop, or other external sound sources.

Fixed programs are coordinated light-and-sound frequencies in a pre-arranged sequence.

Frequency-fixed programs have the same light-and-sound frequency throughout.

TESTIMONIAL:

„Our grandson showed some improvement in his ability to concentrate after about 9 months of daily application. All around he appears calmer and more concentrated. Although he is still easily distracted, he is now able to focus on something for a longer period of time. He is using the **brainLight-Synchro** before he begins with his home-work (learning program) and before he goes to sleep.“

Steinmann family, Germany

FIXED PROGRAMS

- alpha relaxation I
- alpha relaxation II
- relaxation
- relaxation with Schumann frequency
- relaxation / mode changes
- anti-stress program – intensive
- deep relaxation
- relaxation in high alpha
- relaxation in high alpha
- meditation
- meditation, dreaming, visualization, theta
- learning program
- relaxation, gaining energy
- gaining energy
- visualization, nap
- mental training, super-learning I
- mental training, super-learning II
- very deep relaxation
- sleeping aid
- mental training
- demonstrates the stimulation elements
- clear dreams
- morning freshness, waking up
- energy, creativity
- problem solving, creativity
- mental tune-up
- energy, learning
- quick break, short relaxation
- relaxed creativity, finding solutions I
- relaxed creativity, finding solutions II

FREQUENCY-FIXED PROGRAMS

- | | |
|------------------------------------|---------|
| • balance | 0,5 Hz |
| • centering | 1 Hz |
| • hormone release | 1,5 Hz |
| • relaxation | 2 Hz |
| • anti-sleeplessness | 2,5 Hz |
| • relaxation | 3 Hz |
| • learning languages | 3,5 Hz |
| • extrasensory perception increase | 4 Hz |
| • extrasensory perception increase | 5 Hz |
| • vision | 5,5 Hz |
| • memory increase | 6,4 Hz |
| • creativity | 7,5 Hz |
| • intuition | 7,8 Hz |
| • Schumann resonance | 7,83 Hz |
| • centering | 12 Hz |
| • basic frequency | 14 Hz |
| • pain reduction | 15 Hz |
| • muscle relaxation | 38 Hz |
| • pain reduction | 10 Hz |

A sensuous symphony of light, sound, and voice

All **brainLight**-Programs are instant-programs, meaning they consist of coordinated light- and sound-frequencies, music, and possibly spoken accompaniment. They are put together in a variation of very different topics, so-called program-sets. The range of the **brainLight**-Program-Sets is continuously added to and expanded according to the wishes of our customers. On this page you will find an overview of the program-sets available to date in various languages.

YOUR INDIVIDUAL **brainLight**-SYSTEM

In addition to the basic-programs you can acquire different program-sets of your choice, whose topics fit your desires and goals. Our new software makes it possible to combine all **brainLight**-Programs that you are interested in, into your own individual **brainLight**-System!

PERSONAL EXPERIENCES OF OUR CUSTOMERS:

„Several times during the week I use the extensive variety of the programs and feel really good after each application. I sleep better and am fitter and more balanced in my professional life.“

Denise Lappert, Germany

„After each application I am substantially fitter than before and I am simply excited about that, because I knew already that my power comes from the inside. With **brainLight** I've found another key to tap into this power, whenever I want to.“

Yvonne Madela, Germany



THE **brainLight**-INTRODUCTORY-PROGRAM IN DIFFERENT LANGUAGES

Chinese, Czech, Danish, Dutch, French, German, Hungarian, Italian, Japanese, Norwegian, Polish, Russian, Slovakian, Spanish, Turkish, and Urdu.



MUSIC PLEASURE CLASSICAL TO MODERN

10 programs of "Purely Enjoying Music" without any spoken accompaniment. A symphony of light and sound, spanning from classical music of great composers to Latin, Lounge, New Age, meditation music, and all the way to Progressive Rock.



SPORTS-PROGRAMS

10 programs of mental training for success in your sport. Such as: Gearing Up for Competition, Confidence and Self-Esteem, Muscle Memory Rehearsal, and Positive Target Focus Training.



CLEVER-PROGRAMS

10 programs to support faster and easier learning, designed to allow the training of your brain according to the newest standards of neural engineering.



CHILLOUT LOUNGE BY JESSICA BORN AND GEORG CROSTEWITZ

5 **brainLight**-Programs with timeless songs about silence and paying attention to all the small, but essential and beautiful things of life.



MAGIC SOUNDS BY DIETRICH VON OPPELN

These 10 **brainLight**-Programs allow you "Pure Enjoyment of Music" with some spoken accompaniment. For relaxation, dreaming, and meditation.

Order your tailor-made individual **brainLight**®-System



TECHNICAL SPECIFICATIONS AND DETAILS OF THE **brainLight-SYNCHRO PRO/ PRO one**

Dimensions: Base plate: 23 cm x 23 cm (approx. 9 x 9 inches); Height: 16,5 cm (approx. 6.2 inches); Side length: 22,5 cm (approx. 8.9 inches);

Weight: 1,2 kg

Color: Black or white

- Touch panel
- Backlit LCD-display
- Display of program number and remaining session time
- Automatic stand-by mode
- Statistical survey: number of individual- and total sessions
- 50 fixed- and frequency-fixed programs as well as additionally chosen **brainLight**-Programs, can be combined with your own music selection by using your smartphone, CD- or MP3-player, laptop, or other external sound sources.



(Subject to technical changes)

ADDITIONAL OPTIONS

Glass-Metal-Pillar with holder for headphones: 83,19 €

brainLight-Stool with photos: 25,21 €



Accessories, when using the Synchro with 2 people:
Additional pair of visualization-glasses starting from 82,35 €
Additional pair of headphones starting from 21,01 €
2 Y-plugs (each for 8,32 €) 16,64 €

DELIVERY CONTENTS Synchro PRO

- 1 **brainLight-Synchro PRO** with 31 basic programs
Additional program-sets of your choice with surcharge
- 1 pair of Visualization-Glasses (white LEDs) with intensity regulator
- 1 pair of headphones with volume regulator
- 1 TÜV*-certified adapter (220 V or 110 V) – with GS-sign (safety proven)
- 1 adapter cable



BASIC-PROGRAMS

31 programs: **brainLight**-Introductory-Program PLUS thirty 10- to 30-minute programs for relaxation, meditation and to unwind.

PRICE Synchro PRO 900,- €

Additional program-sets of your choice: starting from 210,- € per one program-set.
Three program-sets at a discount-price of: 400,- €

OR

DELIVERY CONTENTS Synchro PRO one

- 1 **brainLight-Synchro PRO one** with the **brainLight**-Introductory-Program and one program-set of your choice.
- 1 pair of Visualization-Glasses (white LEDs) with intensity regulator
- 1 pair of headphones with volume regulator
- 1 TÜV*-certified adapter (220 V or 110 V) – with GS-sign (safety proven)
- 1 adapter cable

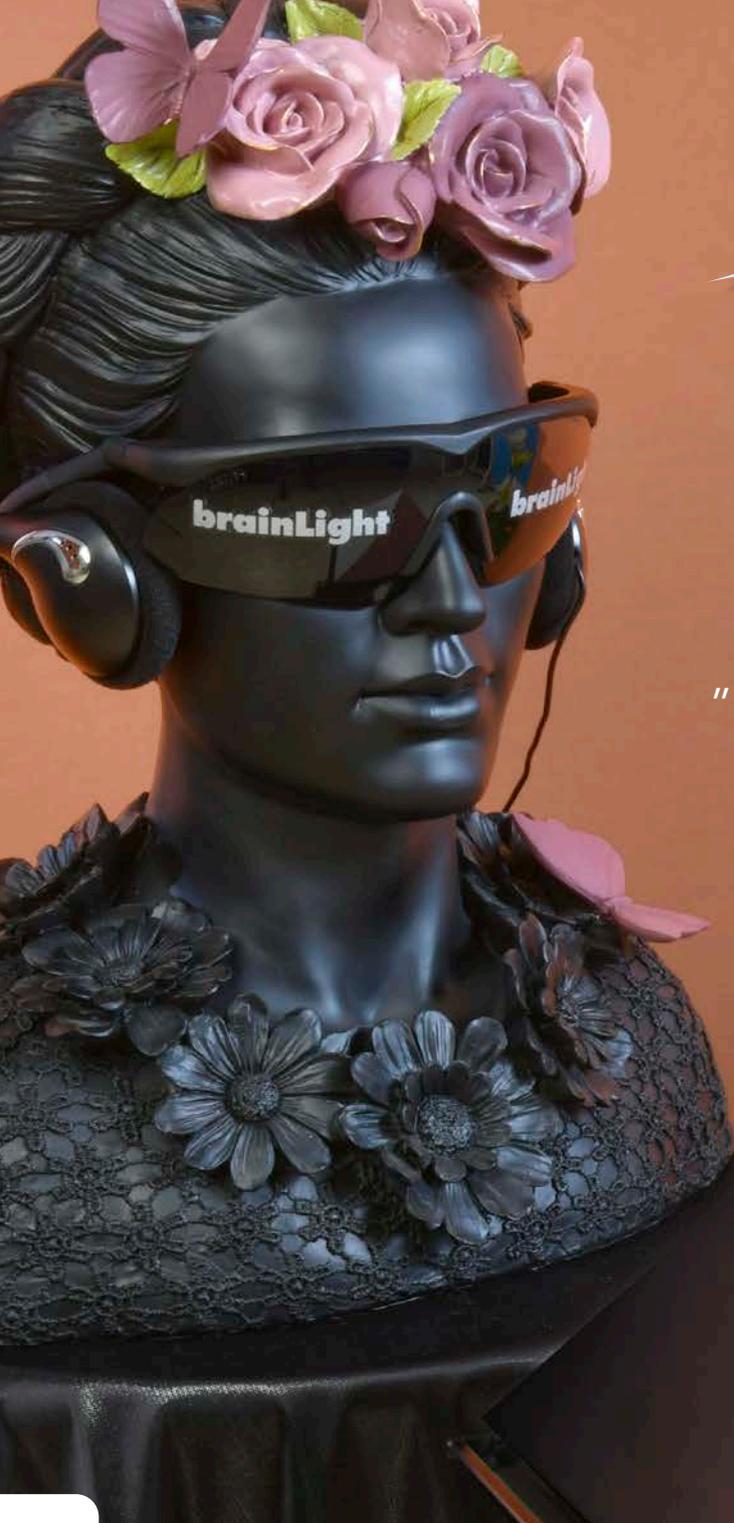
PRICE Synchro PRO one 500,- €

All prices are net prices. Shipping costs excluded.

*TÜV: German Association for Technical Inspections

Treat yourself to a pleasant relaxation experience with the **brainLight-Synchro PRO** on a daily basis. Find out more about our product range and program-sets in additional languages by calling: +49 (0) 6021 59070!





brainLight®

LIFE IN BALANCE

www.brainlight.de

„Feet, what do I need you for when I have wings to fly?“

Frida Kahlo (1907 – 1952)



Relaxation technology Made in Germany! Repeatedly awarded international prizes.



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