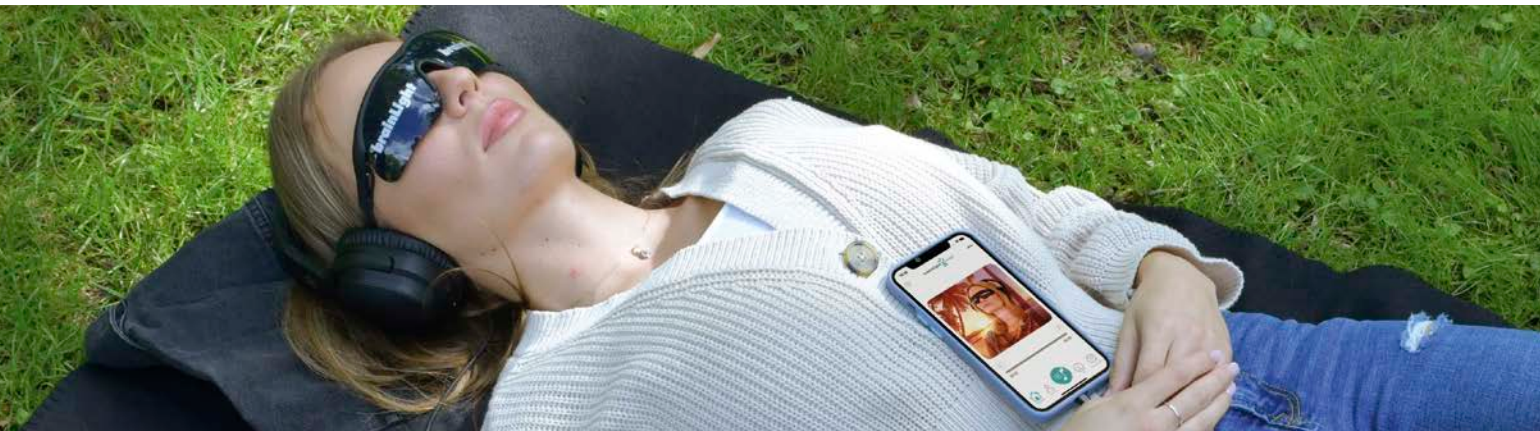


Deep audio-visual relaxation on the go

Let go, relax, feel good – anytime, anywhere.

Now this wish can come true for you too: with the new **brainLight** mobil for iOS. Just as easy to use as a **brainLight** Synchro PRO, all you have to do is select the program and put on the **brainLight**-Visualization-Glasses „smartLight“ and headphones. At the touch of a button, a symphony of light and sound frequencies and appropriate music begins. Depending on the program you choose, you will also be accompanied by voice guidance on your journey into your inner self. The **brainLight** mobil app is available for iOS 15 and higher. The Android app is currently being optimized and is not available at this time.



Here the most important advantages of **brainLight** mobil:

- All programs available immediately and everywhere
- Favorite titles at the touch of a button
- Search function for sessions
- Background information on all titles, authors, and topics
- Visualization glasses and wireless headphones
- High-end sound for optimal session quality
- Headphones with active noise canceling for undisturbed **brainLight** enjoyment
- Updates via download

More information



What the **brainLight**-Systems can do for you

I. Immediate effects:

- effective stress reduction
- deep relaxation after approx. 5 to 10 minutes
- substitute for approx. 2 hours of sleep (deep regeneration)
- improved intake of learning contents into long-term memory

II. Mid-term effects after approx. 5 sessions:

- more peace and serenity in daily life
- increased resistance to stress and more resilience
- heightened effectiveness
- increased mental clarity and decision-making skills
- personal well-being for body and mind
- activation of self-healing powers

III. Long-term effects with regular use:

- increased concentration
- enhanced memory and learning performance
- better reaction capacity
- increased and lasting resistance to stress
- enduring increase of performance in many areas of life
- positive approach to the daily challenges of life
- improved brain activity
- advancement of intuitive decision making processes
- meditation experiences
- shaping ones future from a place of inner knowledge and inner strength
- increased sensory perception



Award-winning. Regularly.



Test it for yourself and experience this unique dimension of relaxation!



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brainLight®

LIFE IN BALANCE

Feeling well at the touch of a button



brainLight®

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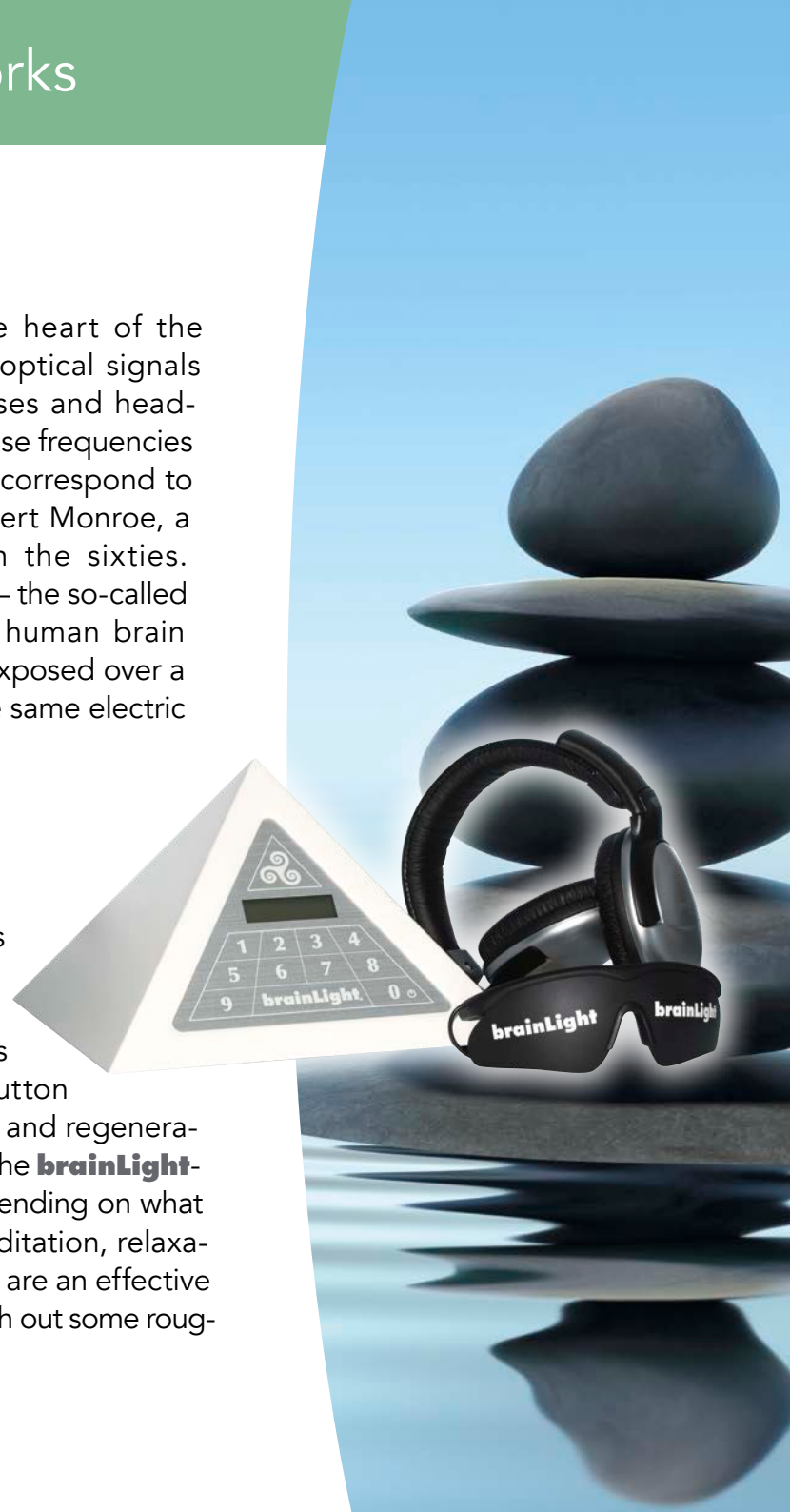
Technology & How it works

How does the audio-visual **brainLight**-Technology work?

A small, highly-developed computer – the heart of the **brainLight**-Systems – 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. Robert Monroe, a US-American, named this phenomenon 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.

Easy to handle

The handling of the **brainLight**-Systems is really easy: Get comfortable on your sofa or in a **brainLight**-Massage-Chair, choose a program and put on the visualization-glasses and headphones. Now you simply press a button and can easily leave your daily routines behind and regenerate relatively fast, even if you are not practiced. The **brainLight**-Session guides you in very different states, depending on what kind of program you choose. This can be a meditation, relaxation or mental clarity. The **brainLight**-Sessions are an effective method to find your inner balance and to smooth out some rougher edges of your personality.



What will you experience?

A **brainLight**-Session offers you a unique form of physical and mental relaxation. Within a few minutes you will feel calm and deeply relaxed. Your breath slows down and gets more even. The **brainLight**-Programs are Instant-Programs, meaning they consist of music, possibly with spoken accompaniment, as well as coordinated light-and-sound frequencies. Through this sensuous symphony of light, sound, and voice you will be transported to a new world never before imagined. Your mind seems to float and you experience yourself in an intense and totally new way. Exciting colors, forms 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.

What happens during the relaxation?

You let go ... of your daily routine, of fears and worries. While you relax, reality seems to change. Often after your relaxation your surroundings appear quieter, more loving and gentle. You gain deep access to the realm that is your True Self, to inner calm, peace, harmony, and happiness.

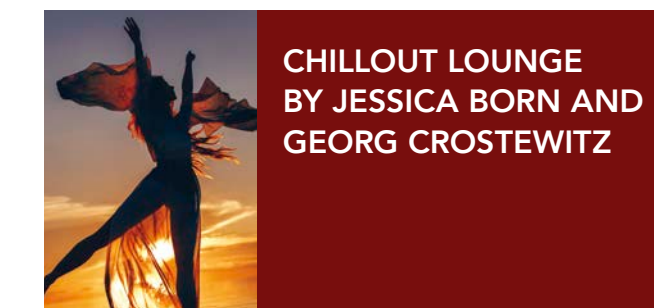
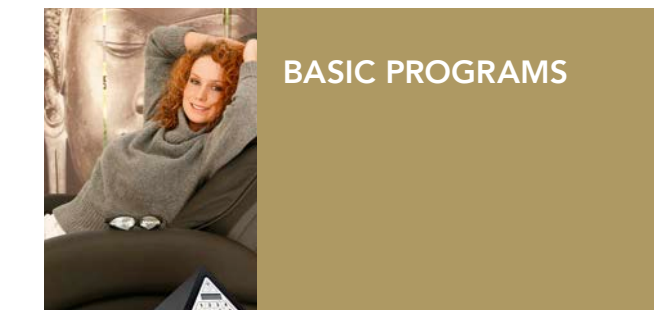
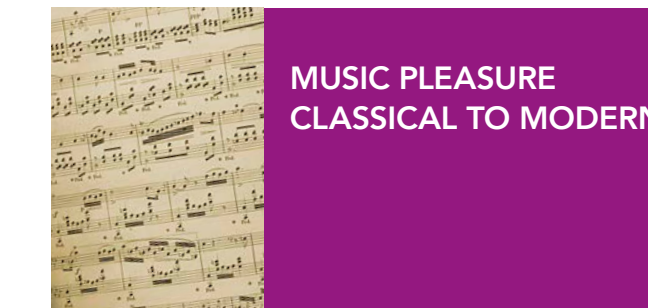
More information



Your very personal **brainLight**-System

Our software makes it possible to combine all **brainLight**-Programs, that you are interested in, into your individual **brainLight**-System! Each **brainLight**-Synchro-PRO or **brainLight** Complete System contains 31 audio-visual basic programs: The **brainLight**-Introductory-Program and thirty 10- to 40- minutes programs. The **brainLight**-Synchro-PRO or **brainLight**-Complete-Systems with a Synchro-PRO contain additional 50 fixed- and frequency-fixed programs to use with your own music. In addition to these basic-programs you can acquire different Program-Sets, whose topics fit your desires and goals.

Choose from a variety of programs



Promoting health in companies

brainLight-Relaxation-Systems provide an important component to Corporate Health Management:

- help to improve motivation, concentration, and health
- targeted regeneration, for example during acute, project-related stress
- accelerated learning and better absorption of information
- provide effective work breaks: deep regeneration within 10 to 20 minutes

Studies prove the effectiveness:

- stress index reduced by 20 % for 81.5 % of study participants after one **brainLight**-Session
- enhanced concentration by approx. 25 % after 10 minutes
- a 13.9 % increase of a subjectively perceived inner balance by using the **brainLight**-System for twelve weeks
- improved perception of health by 8.1 %
- a 7 % increase of subjectively perceived fitness at work with regular application.

For detailed information (mostly in German) visit: studien.brainlight.de



Areas of application:

- Home & private life
- Companies & CHM
- Education & learning
- Fitness & sports
- Beauty & wellness
- Medicine & healthcare
- Rehab & caregiving
- Hotels & spas
- Incentives & Events

