

The High Tech solution for natural relaxation

Can you do without language knowledge anymore these days? Can you afford to be stressed and unconcentrated in business or private life? We all know that stress leads to many forms of illnesses f.e. like heart attack, cancer, stomachaches, nervousness and concentration problems. It is well known, that people, who can relax are more successful in every respect in their lives.

In former times especially managers tried to get rid of stress by cycling on a home cycle. And they often tried to get rid of their psychological problems by having a small drink.

Times are changing and time is money: relaxation is necessary and has to be achieved in the most shortest period of time.

Therefore these days managers tend to use different and more effective methods to restrain from their immense stress. Apart from some sports they also train their bodies by training and relaxing their brains. A successful sportsman also needs beside the body fitness the mental power to use and control the body. The progress of technology allows us to use a more efficient and easier way to get relaxed and stimulated in a positive way instead of trying to use yoga or zen-meditation, which needs a lot of exercise and discipline. The High Tech solution for relaxation are the "mind machines".

For about the past six years- within the New Age movement- these so called "mind machines" have been expanding from the USA to and throughout Europe.

Bodybuilding for the body - mind-machines for the brain and the body as well.

The human brain is said to be one of the most misused and underutilized natural resources

on Earth. It gives off minute electrical charges which combine to brain waves. Four primary types of brain waves have been identified:

Beta Waves (13-30hz) :during periods of stress, mental effort, thinking, concentration.

Alpha Waves (8-12hz) :during calm, relaxed periods, still being mentally alert.

Theta Waves (4-7 Hz) : during periods of drowsiness while waking up or going to sleep, accomplished by meditators or yogis, associated with bursts of creativity and transcendental awareness.

Delta Waves (0.5-4 Hz) :during periods of deep sleep and state of unconsciousness.

The mind machines apply audiovisual impulses over earphones and glasses to evoke various waking states of consciousness in order to achieve certain positive effects on the user's mind and body. Through the powerful combination of light and sound the Alpha/Theta brain wave entrainment is achieved. The brain follows the given patterns. While having the eyes closed one can see colourful pictures, sparkling flowers, a whole display of fireworks. One gets deeply absorbed in enjoying this wonderful world of colours and light. And completely relaxed.

A small computer, size of a walkman (sometimes equipped with a tape recorder), regulates the intensity of the light, the patterns you see and the length of the so called "sessions". People, who are very sensitive to the blinking light, can regulate the intensity to a minimum. Only few persons reject that blinking firework completely. The variety of the programs allows to choose between short (10 min) and long

(60 min.) sessions. These sessions are aimed at producing relaxation, personal improvement and development through the ability to stimulate brain wave entrainment, duplicating many mental states associated with deep meditation and "Superlearning".

One can also use mind machines programs in combination with music or specific cassettes like mental- and motivation training and language courses without having to connect to an external sound source.

Since the beginning of the area mind machines lots of tests have been made to prove the effectiveness. Critics compared the machines with placebo tablets, doubting the real effect. These tests (f.e. at the University of Essen Germany, Pain Clinic Melbourne, University of North Carolina) have proved, that using the relaxation systems consequently you achieve: deep relaxation, more vitality, good health, creative thinking.

Especially in the Theta Range rapid learning and assimilation of new material is facilitated. It is scientifically proved, that in a relaxed range the human brain is far more receptive than usual: you can learn easier and more effectively. The relaxation experience associated with using the "sound and light effect" is much deeper and more effective than any other form, like yoga or zen meditation. The stimulation of the brain can be proved by the EEG.

The relaxation effect of these systems is already used in therapies and medical treatments: with the relaxation system people can quit smoking, they can lose weight without diets and they can manage their fears. Patients of an Australian pain clinic got less depressed and could o-

vercome their pain. Tests with people, suffering from cronic headaches, have shown very good results. The intervals between the pain attacks got much larger and some patients got completely rid of their pain, if they took sessions of about 30 minutes.

Also scientific longterm studies do not yet exist, the University of Essen came to the result, that these mindmachines are just as harmless as any other form of meditation. The brain just gets stimulated in a physical way with lights and sounds effects. These impulses correspond to the frequences of the natural brainwaves as they would flow in the aspired condition. Only epileptic people should not use the mindmachines.

Meanwhile one can find over 25 different models of mindmachines on the market. Most of them have at least 16 programs and the possibility to create personal programs. Some machines have an inside tape recorder. The pri-

ces differ between 800.- DM and 3900.- DM. Even a complete network can be installed. The greatest distributor in Europe is the brainLight Company in Goldbach Germany. They offer a "Tutor Plus" for beginners as well as Synchronos for the advanced user. The best universal mindmachine due to the magazine DM 2/91 is the Synchrono III. Of great importance is the telephone service and the care of the distributing company. One should always try to get a qualified advice because there are so many different mindmachines on the market.

Some psychologist criticise not in a technical but moral way, that this relaxation with machines is not worked out "personally". They prefer the "natural" method of meditation or seashidewalks instead. But who has always the time to meditate or go for a long walk in nature? The relaxation system is the best and easiest way to relax and achieve perso-

nal wellbeing. Lots of big companies have already created relaxation rooms for their staff. Motivated and relaxed employees definitively contribute to a prosperous company.

Special trainings have been developed to get people to know and to use this easy form of relaxation. Even in Aldiana holiday clubs in european countries there are brainLight studios and you can relax on waterbeds with Synchronos instead of catching up with the exhausting holiday club program.

The criticism of the beginning has stopped and the results do give evidence: in private and bussiness life the relaxation system is an easy way to relax, increase power of concentration, better health, noticeable resistance to stress and increase learning ability .

So if you ever see a manager in the plane or in a hotel with earphones and blinking glasses: it's a mindmachine!

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