

brainLight[®]Synchro

be complete

MENTAL TRAINING

be relaxed – mental programs

- 01 **For your first session: INTRODUCTION**
- 02 dealing with stress 39 min.
- 03 relax 30 min.
- 04 healthy sleep 39 min.
- 05 overcoming anxiety 39 min.
- 06 give up smoking 39 min.
- 07 your chosen weight 39 min.
- 08 balancing your moods 39 min.
- 09 creative problem solving 39 min.
- 10 selling successfully 39 min.

be relaxed – music

- 11 atmosphere 32 min.
- 12 falling waters 30 min.
- 13 freedom 30 min.
- 14 the sea 28 min.
- 15 ocean 20 min.
- 16 smooth 30 min.
- 17 space 24 min.
- 18 clouds 30 min.
- 19 galaxis 30 min.
- 20 sampler 30 min.
- 21 shortRelax 9 min.
- 22 flight 23 min.
- 23 time I 18 min.
- 24 ocean 32 min.
- 25 quickRelax 9 min.
- 26 classico 28 min.

- 27 early morning 29 min.
- 28 dream 19 min.
- 29 relax 12 min.
- 30 deep inside 20 min.
- 31 fun 30 min.
- 32 summer 30 min.
- 33 light 30 min.
- 34 dream 30 min.
- 35 clouds 30 min.
- 36 time 25 min.
- 37 journey 20 min.
- 38 live 20 min.
- 39 time 13 min.
- 40 relax 10 min.

FIXED FREQUENCY PROGRAMS

- 51 0,5 Hz 15 min. balance
- 52 1,0 Hz 15 min. centering
- 53 1,5 Hz 15 min. hormone release
- 54 2,0 Hz 15 min. relaxation
- 55 2,5 Hz 15 min. anti sleeplessness
- 56 3,0 Hz 15 min. relaxation
- 57 3,5 Hz 15 min. learning languages
- 58 4,0 Hz 20 min. perception increase
- 59 5,0 Hz 20 min. perception increase
- 60 5,5 Hz 20 min. vision
- 61 6,4 Hz 20 min. memory increase
- 62 7,5 Hz 20 min. creativity
- 63 7,8 Hz 20 min. intuition
- 64 7,83 Hz 20 min. Schumann resonance
- 65 12 Hz 20 min. centering
- 66 14 Hz 20 min. basic frequency
- 67 15 Hz 20 min. less pain
- 68 38 Hz 20 min. muscle-relaxing
- 69 1,0 Hz 35 min. less pain
- 70 7,83 Hz 30 min. Schumann resonance

Push the desired two-digit program number. For example „01“ for your first session. If you want to stop the session, push the red start-/stop-button on the remote control (upper right corner).

The following programs are compatible with external audio-equipment (CD-Player, iPod, etc.):

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- 01 alpha relax (graphik A) 10 min.
- 02 alpha relax (graphik B) 15 min.
- 03 relax (graphik C) 10 min.
- 04 relax with Schumann-frequency (graphik D) 20 min.
- 05 relax / mode changing (graphik E) 30 min.
- 06 anti-stress program – intensive (graphik F) 30 min.
- 07 deep relaxation (graphik G) 30 min.
- 08 relax high alpha (graphik H) 30 min.
- 09 relax low alpha (graphik I) 10 min.
- 10 meditation (graphik J) 30 min.
- 11 meditation, dreaming, visualization, theta 15 min.
- 12 learning program 15 min.
- 13 relax, energy 20 min.
- 14 visualization, sleep 20 min.
- 15 mental training, superlearning 1 30 min.
- 16 mental training, superlearning 2 30 min.
- 17 mental training 25 min.
- 18 thinking 10 min.
- 24 mental training 20 min.
- 25 demo-program 5 min.
- 27 clear dreams 40 min.
- 28 morning freshness, waking up 20 min.
- 33 energy, creativity 35 min.
- 38 problem solution, creativity 20 min.
- 41 mental tune up 15 min.
- 43 energy, learning 30 min.
- 48 quick break, short relaxation 15 min.
- 49 relaxed creativity, solutions find 30 min.

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