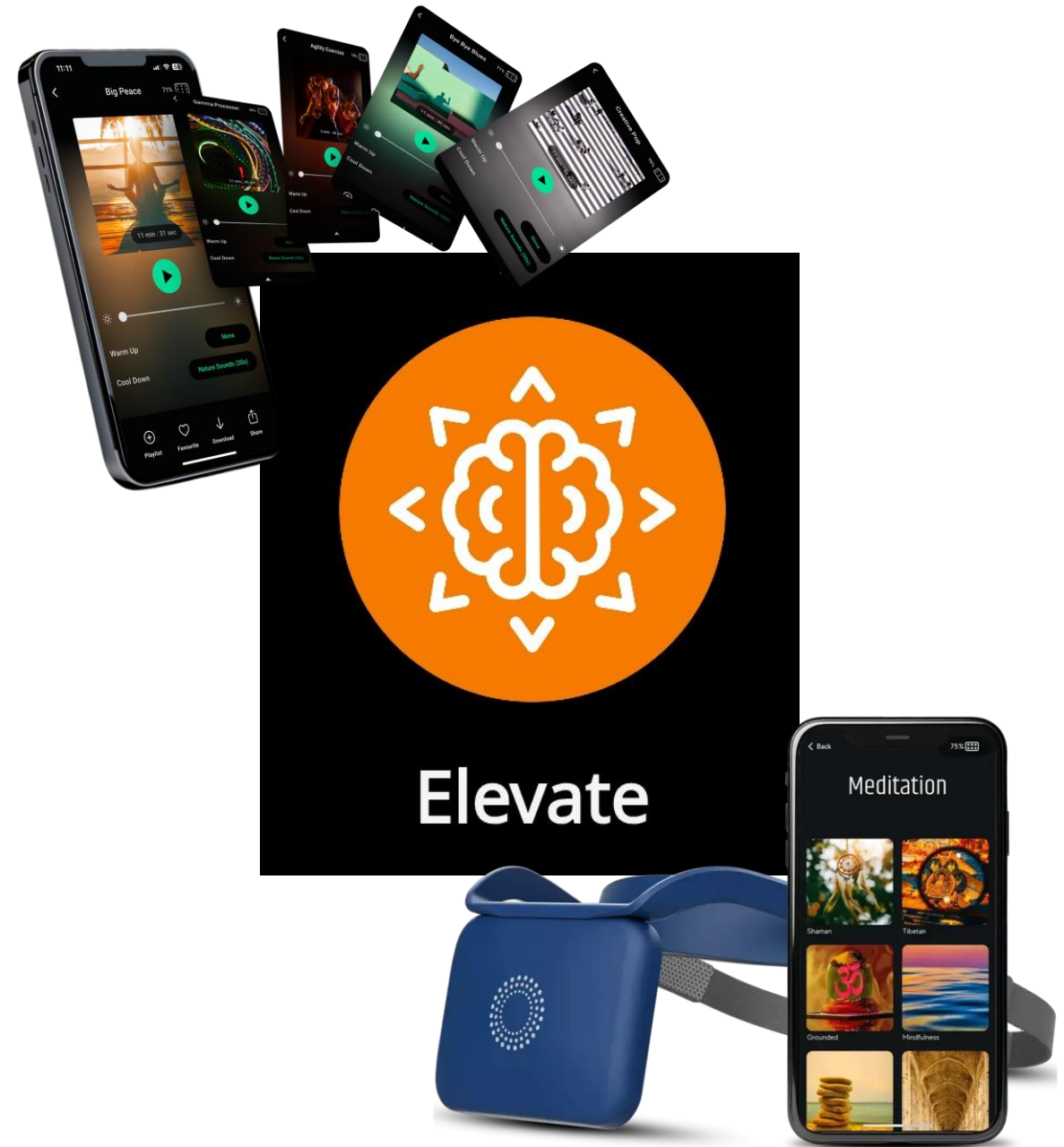


# NeuroVIRZ Elevate Collection

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# ELEVATE

- These **sessions** mark a major leap forward in how we use light and sound to positively influence the brain.
- These sessions combine carefully synchronized **light patterns** (“light choreography”) with **custom-designed soundscapes** to create a deeply immersive experience.
- Each session is built around a unique **signal vector**—think of this as a guiding “theme” or “intended direction” for your brain to follow.
- The **soundscapes** are carefully engineered. Your brain naturally wants to “lock on” to patterns, so fully composed music can become a distraction.
- Instead, it uses “**mood framing**”—a subtle musical tone that matches the theme of the session without taking over.
- This balance helps keep your focus on the **light signals**, which are key for stimulating effective neuroplasticity.

## What to Expect: Probability, Not Promises:

- While these sessions are designed with specific outcomes in mind, **it’s important to understand that the brain’s response is based on probabilities, not guarantees.**
- Approaching each session with **curiosity and openness**, rather than fixed expectations allows you to benefit most from its potential outcomes.
- Just like physical fitness routines yield different results for different people, your experience may vary depending on:
  - Your mood / Your brain’s current state / The time of day or personal factors

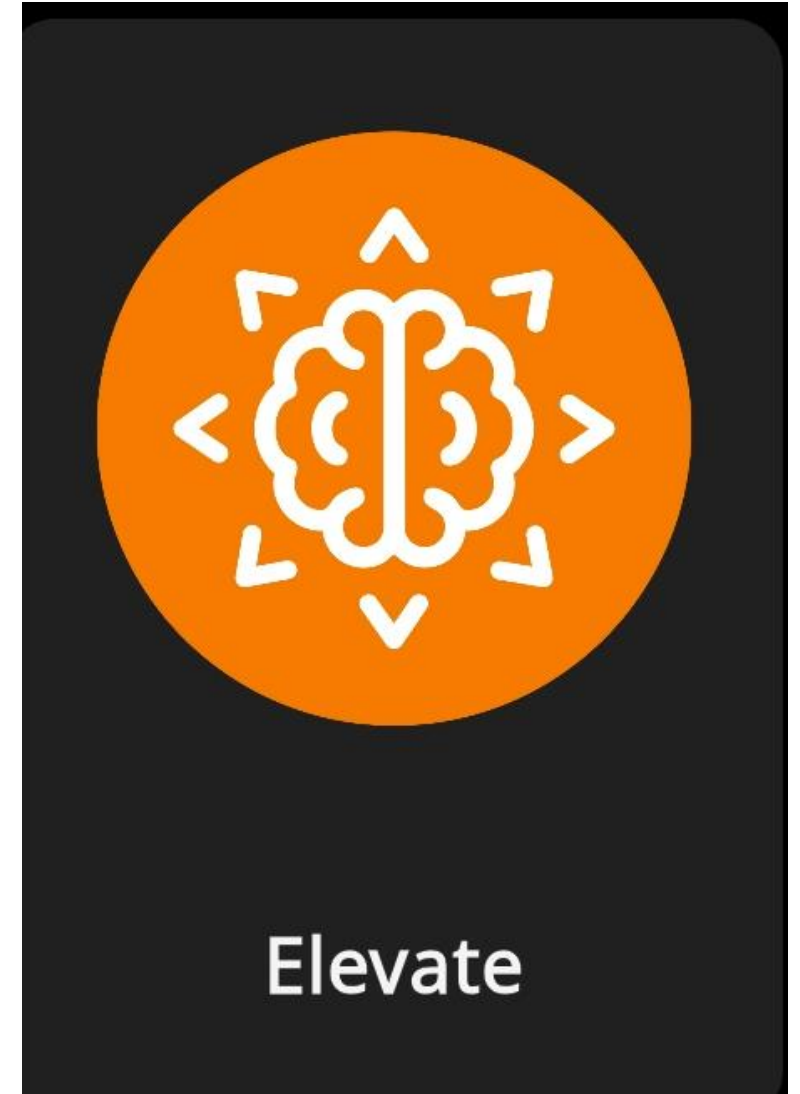
## How They Work: Supporting Neuroplastic Change

These sessions are more than just relaxing or stimulating.

## They’re neurological compositions crafted to:

- **Prepare the brain / Guide and challenge its activity / Reinforce and reward positive changes.**

They are rooted in real neuroscience research and designed to help the brain move from temporary state shifts to lasting **trait-level improvements**.

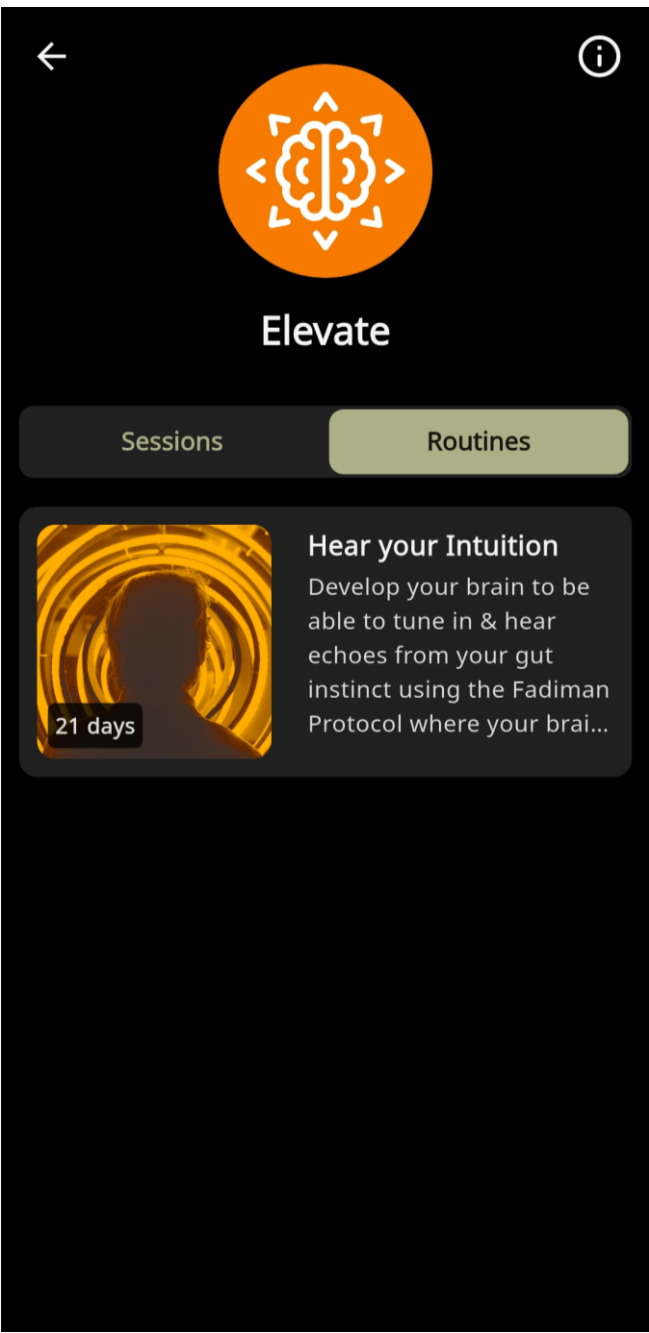
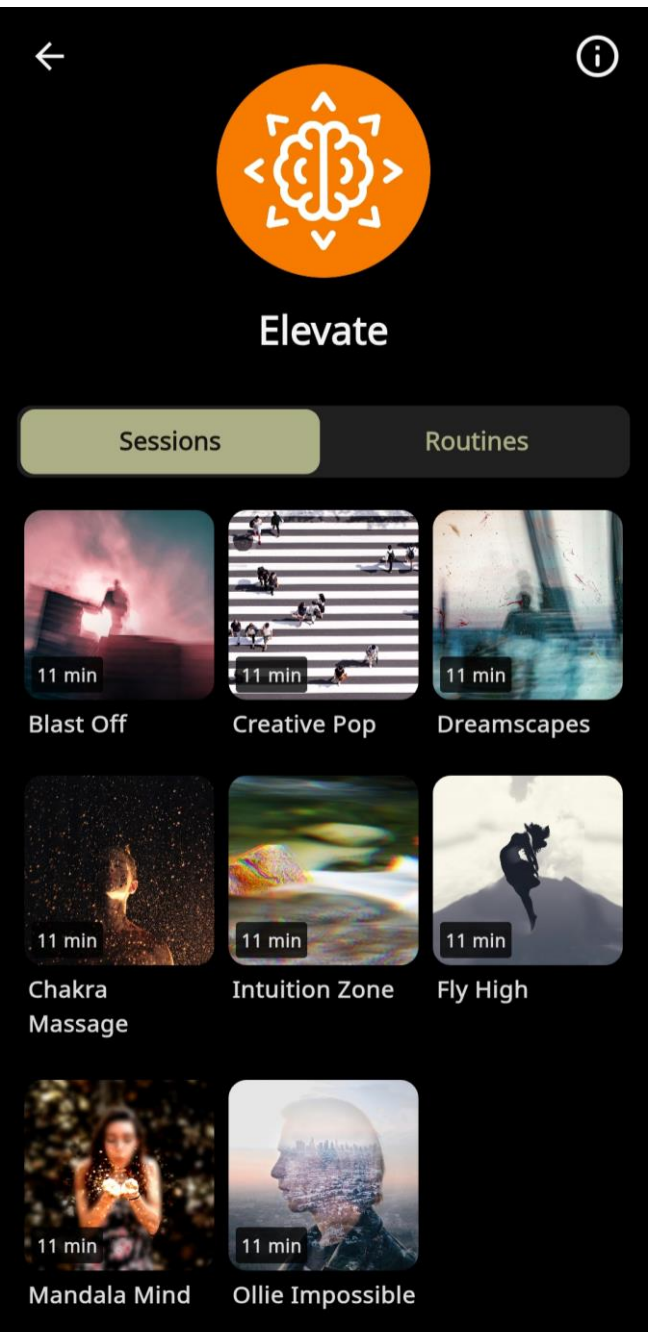




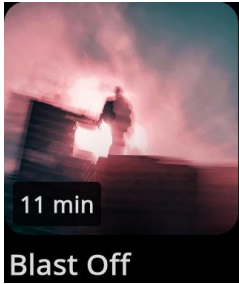
# Elevate

## Unlock hidden Potential

- These sessions shift you towards non-ordinary states of consciousness where you can enrich your inner life and connect to your deepest aspirations.
- The soundscapes emphasize adaptability and synergy with light by avoiding predictable rhythms and instead fostering a dynamic interplay between the auditory and visual elements of the sessions.



# More about the – Elevate Sessions



When you're ready to rise, you first need to push down. Blast Off harnesses that principle, building the force needed to break free.

Buckle up and feel the metal surge as it powers you upward, cutting through the gravity of resistance and propelling you into new heights of focus and energy.



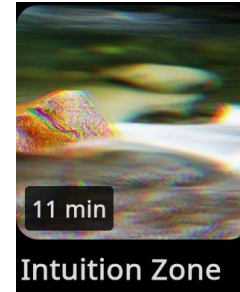
Like the lively fizz of champagne, this stimulation playfully bubbles up with fresh ideas and unexpected angles, each one unique and fleeting.



Slip into the gentle in between state of consciousness known as the hypnagogic where waking and dreaming mingle. In this unique zone of waking dreams, the mind drifts freely, offering fleeting yet enticing insights, flashes of creativity and a surreal sense of possibility that is both relaxing and inspiring.

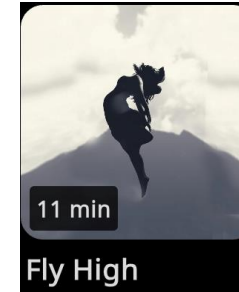


Like passing through a series of energy transformers, each with its own distinct zone and domain, this journey guides you step by step through every quality from root to crown. Move into each layer fully, experience its unique essence and let the flow carry you upward through the entire spectrum.



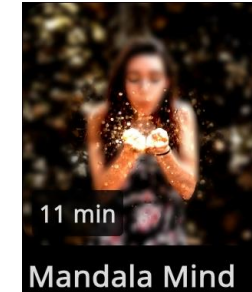
The mental space where subtle hunches and sudden insights effortlessly drift into thoughts and ideas.

Like pieces of wood floating on water, there's no need for strain or control – simply relax, allow the current to carry you and watch as awareness flows naturally to where it already knows it should go.

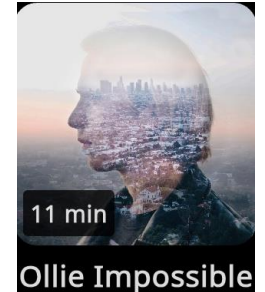


You break through the clouds and emerge into the boundless, crystal-blue expanse of the open sky. Here, nothing stands in your way.

Stretch your wings wide, feel the freedom in every breath and let yourself soar effortlessly upward. This is your moment to truly Fly High.



Mental fractals of repeating elegance, endlessly intricate yet perfectly balanced – our mind is its own living mandala, reflecting infinite patterns of thought and awareness, each a mirror of the whole.



Some challenges seem forever out of reach – always just a step ahead, teasing the limits of what's possible.

Then comes the moment when someone breaks through, shattering the barrier and turning the once impossible into a living reality.



# Structured Routine: MIND EXPLORATION

- You have the flexibility to do Step One and Step Two back-to-back or separately, depending on your preference. It is recommended to schedule these steps early in the day for optimal results.
- After completing Day 4, take a one-day break before repeating the schedule. This break allows your brain to rest and integrate the effects of the sessions before starting the cycle again.
- In the Brain Gym/Brain Builders section, choose the level that feels most comfortable for you. It's important to listen to your body and select a level that challenges you without causing discomfort.
- To enhance the benefits of each session, consider incorporating Guided Breathing exercises before and/or after the session. Guided Breathing can help relax your mind, increase focus, and amplify the positive effects of the session.
- By following this schedule, including Guided Breathing, and choosing the appropriate level in Brain Gym/Brain Builders, you can optimize the benefits and tailor the neuroVIZR experience to your needs.

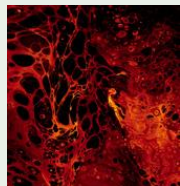
**1 RESTING DAY BEFORE  
STARTING OVER**

## DAY 1: EARLY IN DAY

**Go to Brain Gym Collection:**  
Under **Brain Builder** select -  
**Coordination 1,2 or 3:**



**Go to Brain Gym Collection**  
Choose **Brain Networks** and  
Select  
**Emotional Flow**

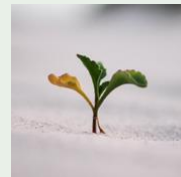


**MID DAY**  
Under **Elevate** select:  
**Blast OFF**

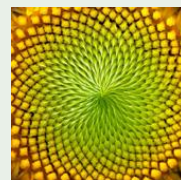


## DAY 2: EARLY IN DAY

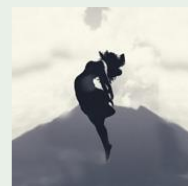
**Go to Brain Gym Collection:**  
Under **Brain Builder** select -  
**Endurance 1,2 or 3:**



**Go to Brain Gym Collection**  
Choose **Brain Networks** and  
Select  
**Shifting into Task**

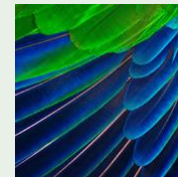


**MID DAY**  
Under **Elevate** select:  
**Fly High**

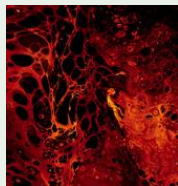


## DAY 3: EARLY IN DAY

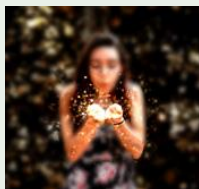
**Go to Brain Gym Collection:**  
Under **Brain Builder** select -  
**Flexibility 1,2 or 3:**



**Go to Brain Gym Collection**  
Choose **Brain Networks** and  
Select  
**Emotional Flow**

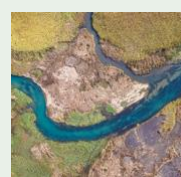


**MID DAY**  
Under **Elevate** select:  
**Mandala Mind**



## DAY 4: EARLY IN DAY

**Go to Brain Gym Collection:**  
Under **Brain Builder** select -  
**Strength 1,2 or 3:**



**Go to Brain Gym Collection**  
Choose **Brain Networks** and  
Select  
**Shifting into Task**



**MID DAY**  
Under **Elevate** select:  
**Ollie Impossible**





**MAINTAIN GOOD MENTAL HEALTH**  
BY ADAPTING IN THE FACE OF ADVERSITY.

✉ [info@mentalresilience.co.za](mailto:info@mentalresilience.co.za) 🌐 <https://mentalresilience.co.za/>