

NeuroVIRZ Focus Collection



FOCUS

- 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

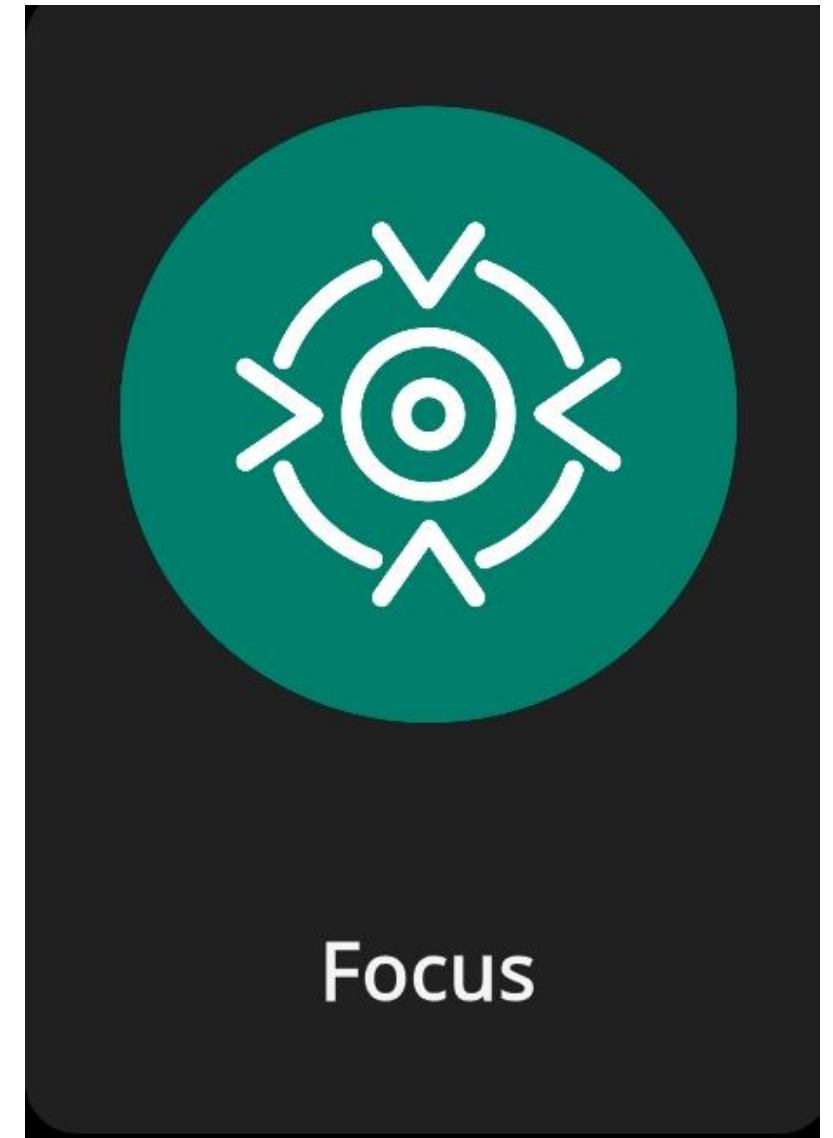
How They Work: Supporting Neuroplastic Change

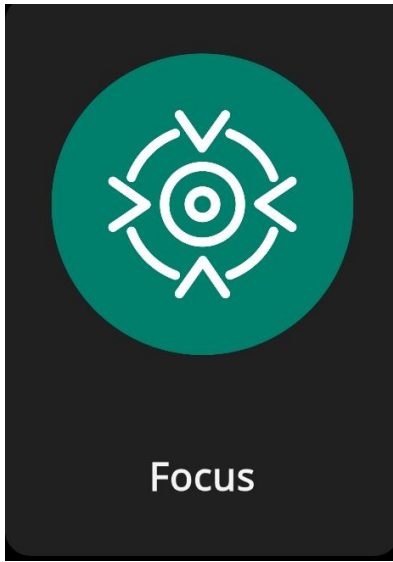
These sessions are more than just relaxing or stimulating.

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**.

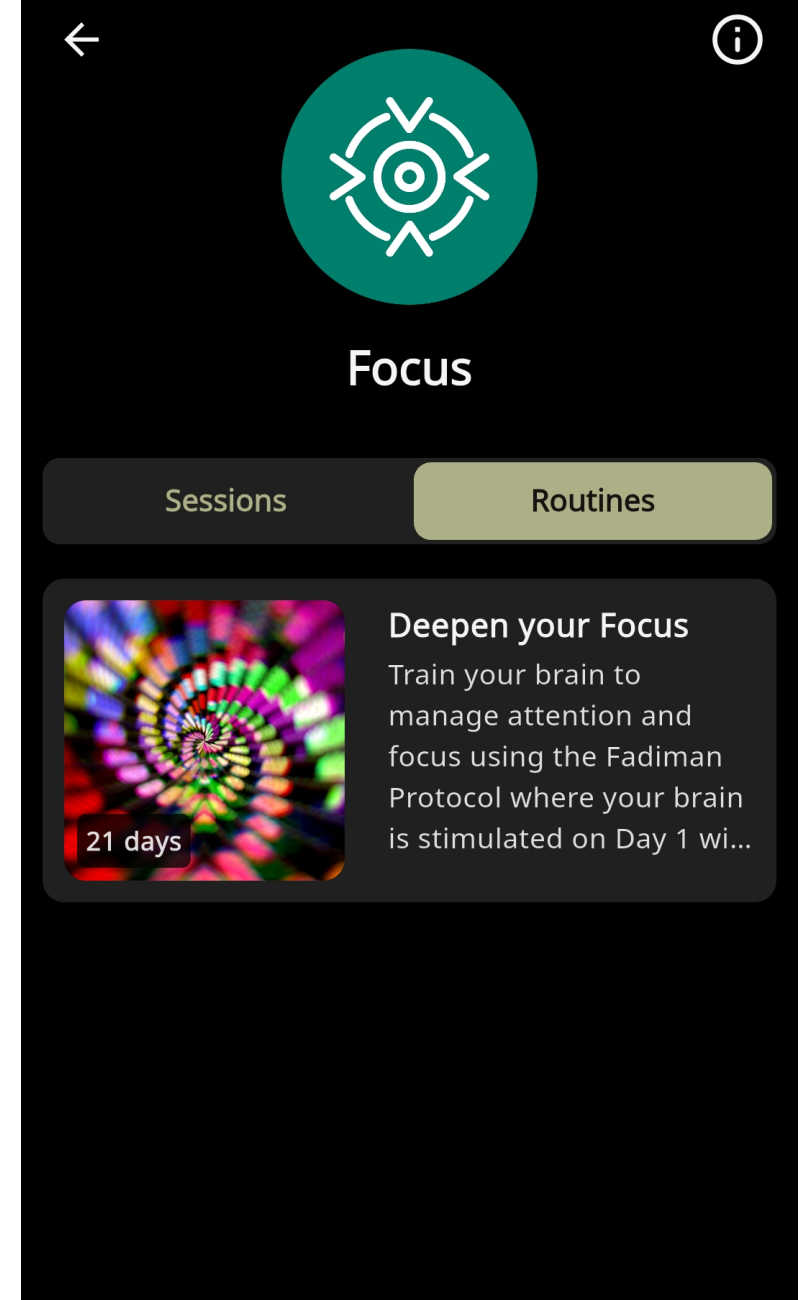
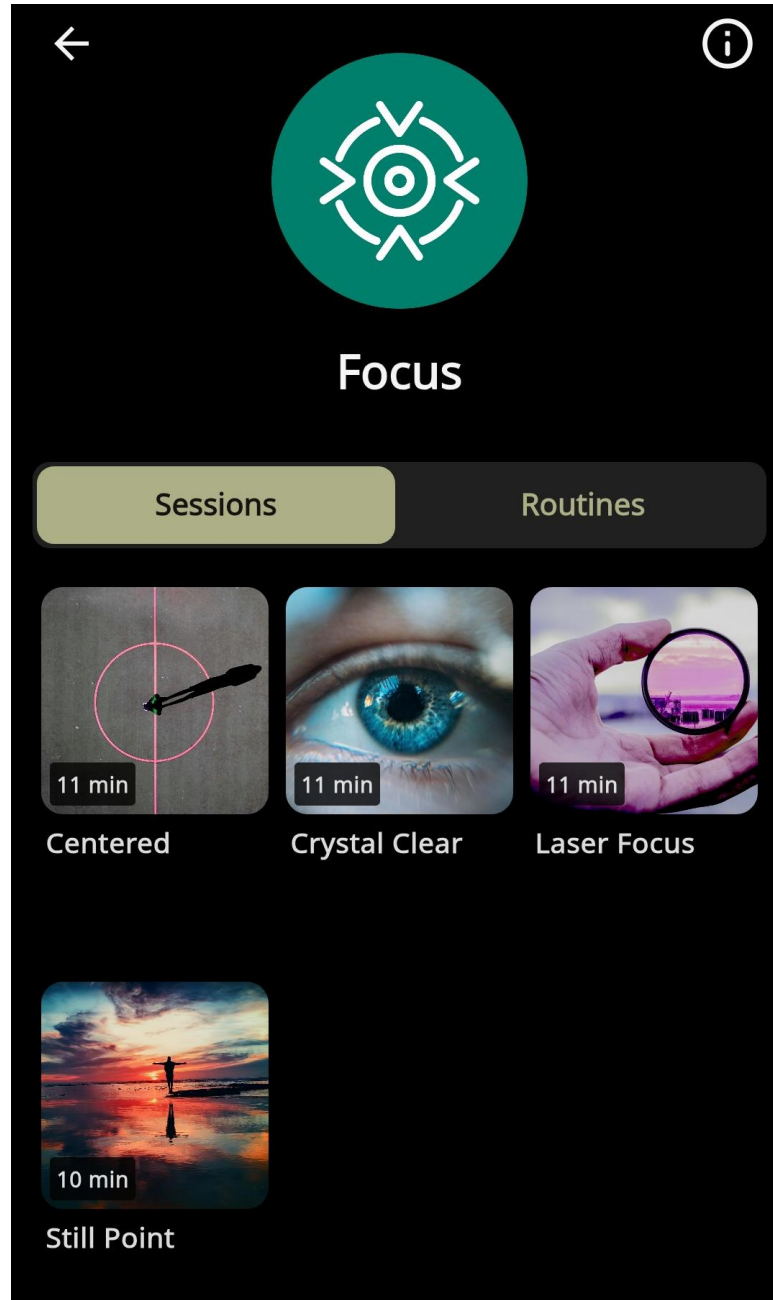




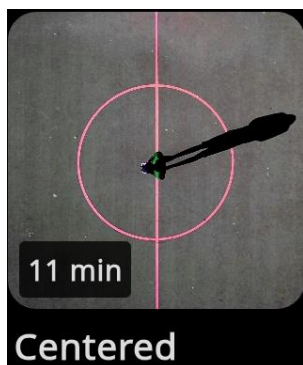
Focus

Find focus to accomplish anything

- Focus and concentration involves the ability to direct and sustain attention on a task while ignoring distractions, both internal and external.
- These sessions prime your brain for clarity and concentration using a variety of light patterns and brain waves - a unique cocktail of just enough Beta, a satisfying spoonful of Gamma and a healthy dose of Alpha.

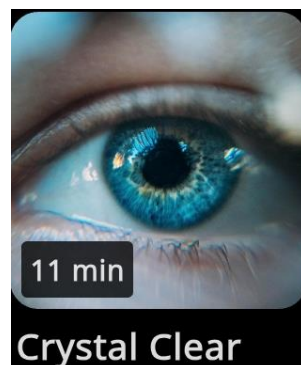


More about the – Focus Sessions

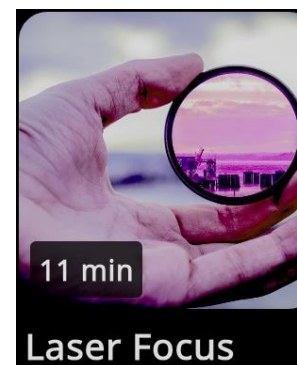


When you are centred, everything around you feels equally balanced and at the same distance.

From this steady point, you can look in any direction without being easily drawn or pulled away, maintain a calm, grounded awareness that allows you to simply observe without reacting.

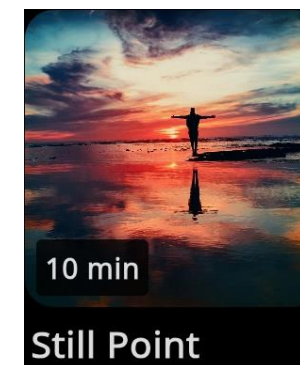


Like standing on a mountain peak on a perfectly clear day or gazing at a crisp winter night sky filled with stars, the view feels boundless. There are no limits, no obstructions – just an endless expanse where your vision, both outer and inner can reach as far as forever.



Like an arrow that splits another in perfect precision or a dart that lands squarely in the bull's eye, this is pure focus.

See it clearly, become it completely and direct your attention with the sharp, unwavering accuracy of a laser.



The eye of the hurricane remains perfectly still and calm, untouched by the fierce chaos that whirls in every direction around it. All about immense forces twist and roar, yet at the very centre there is only silence – QUITE.

A serene and peaceful stillness, carrying within it an undeniable sense of power, potential and unshakable presence.

Structured Routine: ENHANCE FOCUS

- 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
Focused Attention

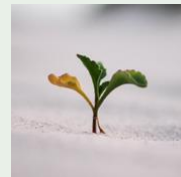


MID DAY
Under **Focus** select:
Centered



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
Field Attention

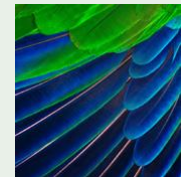


MID DAY
Under **Focus** select:
Crystal Clear



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
Focused Attention

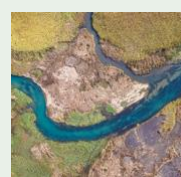


MID DAY
Under **Focus** select:
Still Point



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
Field Attention



MID DAY
Under **Focus** select:
Laser Focus





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

✉ info@mentalresilience.co.za 🌐 <https://mentalresilience.co.za/>