

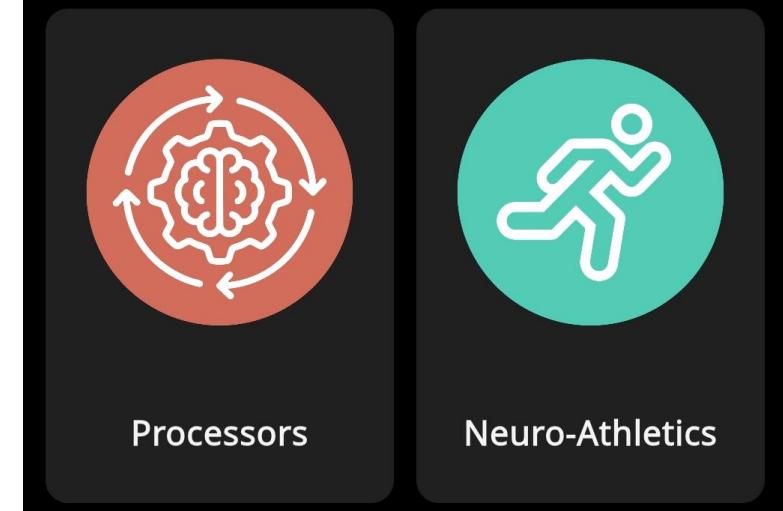
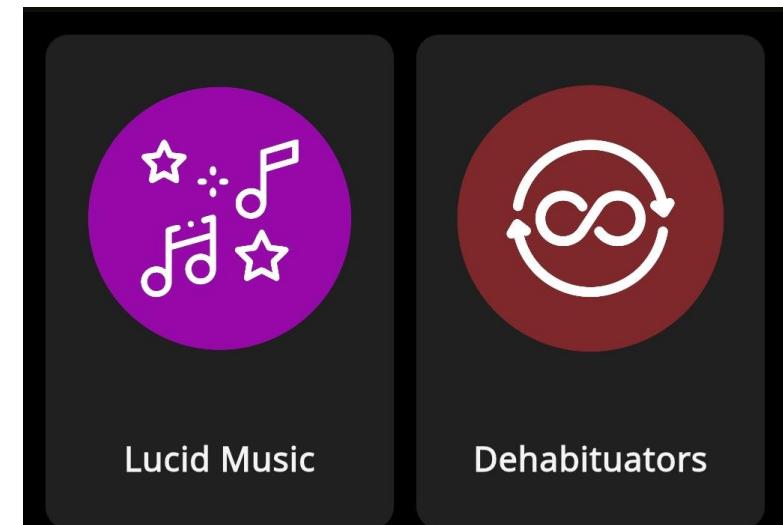
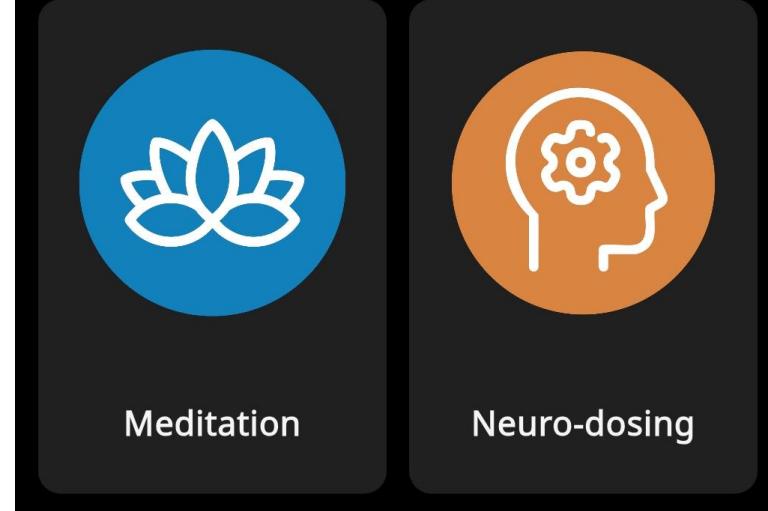
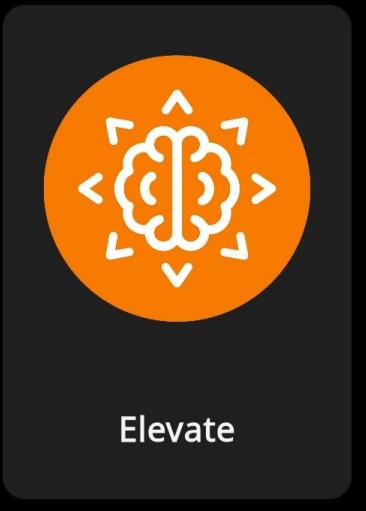
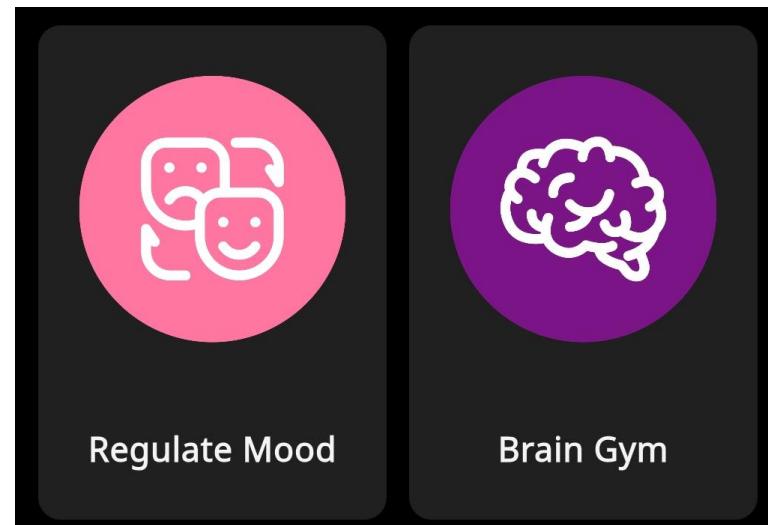
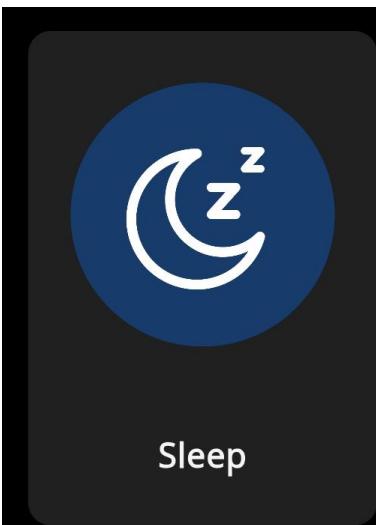
NeuroVIRZ

Sessions and Routines

App Collections



12 Different NeuroVIZR Collections



Brain Gym Collection: BRAIN BUILDERS SESSIONS

The Fundamental Building Blocks!

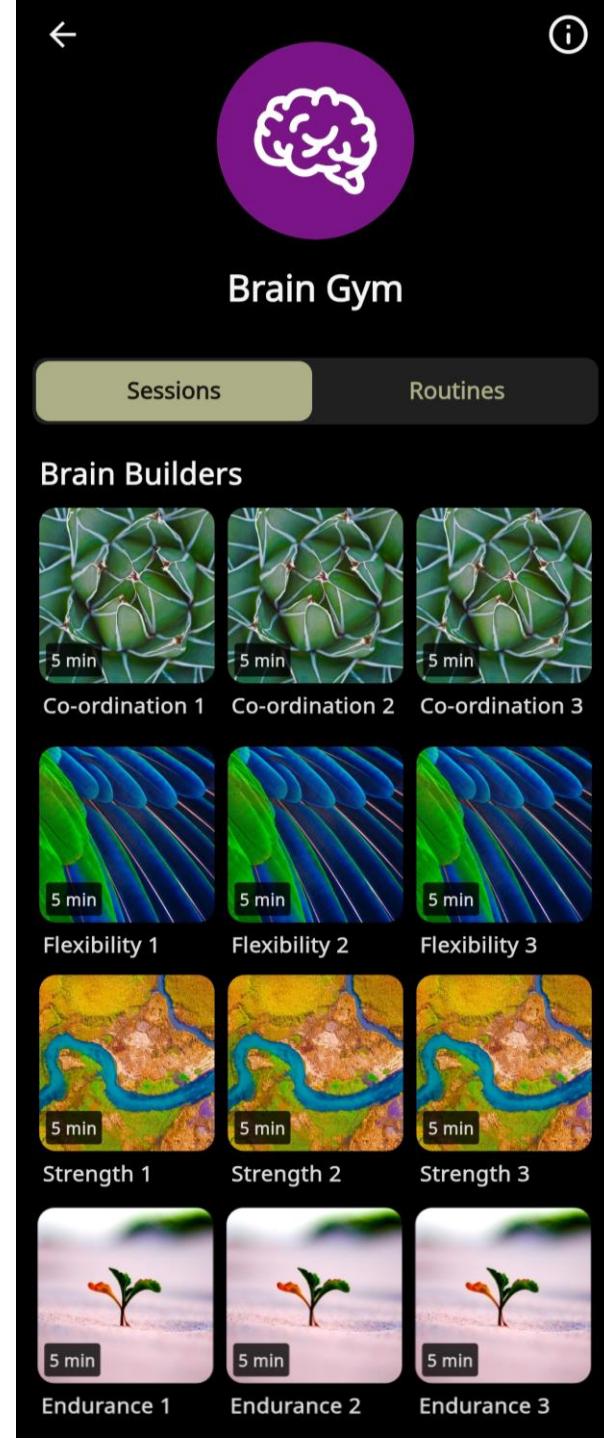
- The Brain Gym comprises Light/Sound experiences carefully designed to target and enhance specific aspects of healthy brain function.
- **These Brain Exercises serve as the fundamental building blocks for all the more advanced NeuroVIZR sessions. They hold great power and form the core of the Brain Gym.**
- **Individuals with lower levels of neuroplastic capacity “brain fitness” - characterized by sluggish brain function, low vitality, advanced age, or post-injury/trauma, can greatly benefit from investing time in the Brain Builder sessions of NeuroVIZR.**

How to use the sessions:

- Begin with the Introductory - Level 1 session.
- Assess if it feels exceptionally smooth or slightly challenging.
- If it's easy, progress to the Intermediate - Level 2 session with the same objective.
- If that feels easy as well, move on to the Advanced - Level 3 session.

Recommended:

- Engage in one or two of these Brain Builders 4 or 5 times a week is generally sufficient, assuming you are also participating in other NeuroVIZR sessions within the Brain Gym.
- As with most things, find your own personalized plan and rhythm.



The screenshot shows the 'Sessions' tab selected in the Brain Gym app. The main title 'Brain Builders' is displayed above a grid of nine session cards. Each card features a different visual theme (e.g., cactus, colorful waves, topographic map, plant) and a '5 min' duration indicator. The cards are arranged in a 3x3 grid and are labeled: Co-ordination 1, Co-ordination 2, Co-ordination 3; Flexibility 1, Flexibility 2, Flexibility 3; Strength 1, Strength 2, Strength 3; and Endurance 1, Endurance 2, Endurance 3. The top right corner of the screen shows a purple circular icon with a white brain graphic and a small info icon.

More about the - Brain Builders Sessions



COORDINATION

- Coordination entails adapting to different levels of signal changes.



ENDURANCE

- Endurance relates to the rate or speed of change.



FLEXIBILITY

- Flexibility refers to the level of complexity in the change.



STRENGTH

- Strength represents the level of intensity in signaling.

To draw an analogy, consider **LEARNING A NEW DANCE ROUTINE...**

- When taking the next step, would it be a short, medium, or long distance?
- While the dance routine may be manageable when performed slowly, can you also do it at a faster pace?
- Cowboy-style line dancing can be a ton of fun, but certain types of dances require incredibly complex sequences. Are you able to maintain the sequence?
- In life, we encounter a range of choices, from subtle to bold signals, and having the adaptive capacity to process them all is crucial.

Structured Routine: **BASIC DAILY BRAIN EXERCISE**

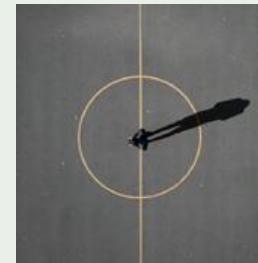
- You have the option to perform these two sessions consecutively or separately at different times.
- Take a **one-day break after Day 4** and then repeat the cycle.
- In the Brain Gym - Brain Builders sessions, choose the level (1, 2, 3) that feels most comfortable for you.
- Including some Guided Breathing before and/or after the session can enhance the benefits.
- If you opt for 1 minute of Harmony Breathing both before and after the session, the overall routine will take approximately:
 - 5min Brain Builder session;
 - 1min breathing exercises;
 - 11min Other session;
 - 1min for additional breathing exercises,
 - Total 18 minutes.

DAY 1:

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

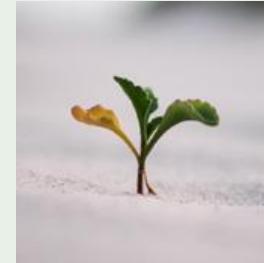


**Focus Collection
Centred**



DAY 2:

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



**Elevate Collection
Creative Pop**



DAY 3:

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



**Regulate Mood Collection
Up Beat**



DAY 4:

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



**Relax Collection
Big Peach**



1 RESTING DAY BEFORE STARTING OVER

Structured Routine: DAILY FORTIFYING A FRAGILE BRAIN

- To enhance the benefits of your sessions, consider incorporating Guided Breathing exercises before and/or after each session.
- Guided Breathing can help promote relaxation and maximize the effectiveness of the session.
- Use low level Light Intensity settings.
- **Skip one day or two days then repeat the cycle. This break allows your brain to rest and integrate the effects of the sessions before starting the next cycle.**
- In the Brain Gym/Brain Builders section, it is suggested to begin with Level 1 and gradually progress to levels 2 and 3 based on your comfort and ability.

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:



Then Go to Brain
Entrainment and Select:
Alpha 8 - 12 Hz



MID DAY

Under Relax select:
Gentle Moves



DAY 2: EARLY IN DAY

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



Then Go to Brain
Entrainment and Select:
Alpha 8 - 12 Hz



MID DAY

Under Regulate Mood select:
Heart Space



DAY 3: EARLY IN DAY

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



Then Go to Brain
Entrainment and Select:
Alpha 8 - 12 Hz



MID DAY

Under Regulate Mood select:
Bye Bye Blues



DAY 4: EARLY IN DAY

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



Then Go to Brain
Entrainment and Select:
Alpha 8 - 12 Hz



MID DAY

Under Relax select:
Now Just Relax

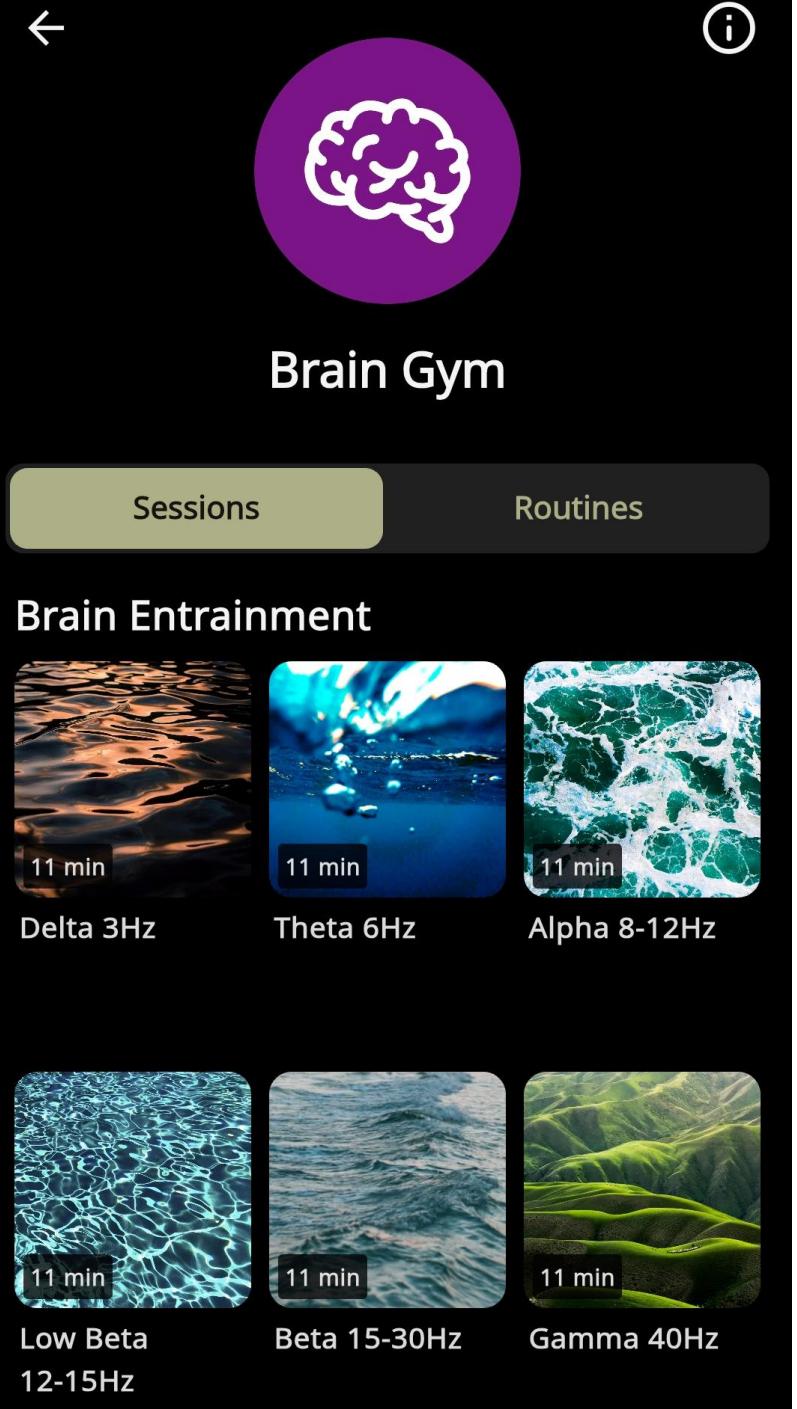


Brain Gym Collection: BRAIN ENTRAINMENT SESSIONS

- Brain Entrainment uses gentle, repetitive signals to help your brain settle and find balance - especially when it's been going through a lot of change.
- When your brain is working hard to adapt and grow - a process known as neuroplasticity, it can sometimes become overstimulated or overwhelmed.
- Brain Entrainment helps ease that pressure by **calming the brain and guiding it back to a more stable, familiar rhythm**.
- Think of it like a cool-down after an intense workout.
- It helps the brain **recover, stabilize, and reinforce its natural patterns**.
- In that way, it's intentionally **less about rewiring and more about restoring balance** - a kind of "reset" that supports overall mental well-being.

The Brain Entrainment sessions are conveniently organised using the customary coded groupings of brain frequencies. Each frequency band has a central frequency and encompasses the entire range of that band.

- **Delta** promotes a deep down-regulation of activity.
- **Theta** encourages a relaxed and creative state of mind.
- **Alpha** aids in reestablishing fundamental focus with reduced distractions.
- **Beta** supports the restoration of cognitive processing and constructive thinking.
- **Gamma** facilitates the restoration of high-level organisation.



The screenshot shows a mobile application interface for 'Brain Gym'. At the top right is a purple circular icon with a white brain outline and a small 'i' icon. To the left of the icon is a back arrow. The main title 'Brain Gym' is in bold white text. Below the title are two tabs: 'Sessions' (highlighted in green) and 'Routines' (in grey). The 'Sessions' tab leads to the current screen, which displays a grid of six brain entrainment sessions. Each session is represented by a small image, a duration of '11 min', and a frequency label. The sessions are arranged in two rows of three. The first row contains: 'Delta 3Hz' (image of orange ripples), 'Theta 6Hz' (image of blue waves), and 'Alpha 8-12Hz' (image of green and blue fractal patterns). The second row contains: 'Low Beta 12-15Hz' (image of blue water ripples), 'Beta 15-30Hz' (image of blue ocean waves), and 'Gamma 40Hz' (image of green rolling hills). The background of the app is dark.

More about the - Brain Entrainment Sessions



Delta 3Hz



Theta 6Hz



Alpha 8-12Hz



Low Beta
12-15Hz



Beta 15-30Hz



Gamma 40Hz

Delta waves are the slowest recorded brain waves in human beings. They are found most often in infants and young children.

Delta waves associated with the deepest levels of relaxation and restorative, healing sleep.

During the delta activity state, the brain and body are in a state of deep relaxation, and the brain is primarily focused on physical healing and regeneration.

This is why deep sleep is so important for overall health and well being.

When the brain is producing theta waves, an individual is in a state of deep relaxation enabling the body and mind to experience rejuvenation, growth and healing.

Theta waves facilitate restoration after periods of illness, physical exertion and mental burnout.

Theta waves are seen in connection with creativity, intuition, daydreaming and fantasising and is repository for memories, emotions, sensations.

Theta waves are strong during internal focus, meditation, prayer and spiritual awareness.

Alpha brain waves usually dominant when **the brain is alert yet relaxed.**

Benefits of this type of brain wave include improved memory and increased intelligence, creativity and alertness.

Alpha waves induce feelings of calm, increase creativity and enhance your ability to absorb new information.

Meditating and practicing mindfulness are some of the most obvious ways to prolong your ability to stay in an alpha state.

Low beta waves lead towards a gentle and easily sustained focus and mental stability, sometimes described as cognitive smoothness.

High beta is often associated with intensity, effortful thinking and evokes stress response and vigilance.

Producing high levels of gamma waves:

- You tend to **be happier and more receptive.**
- You may also have a higher intelligence quotient or IQ and better concentration.

Producing low levels of gamma waves:

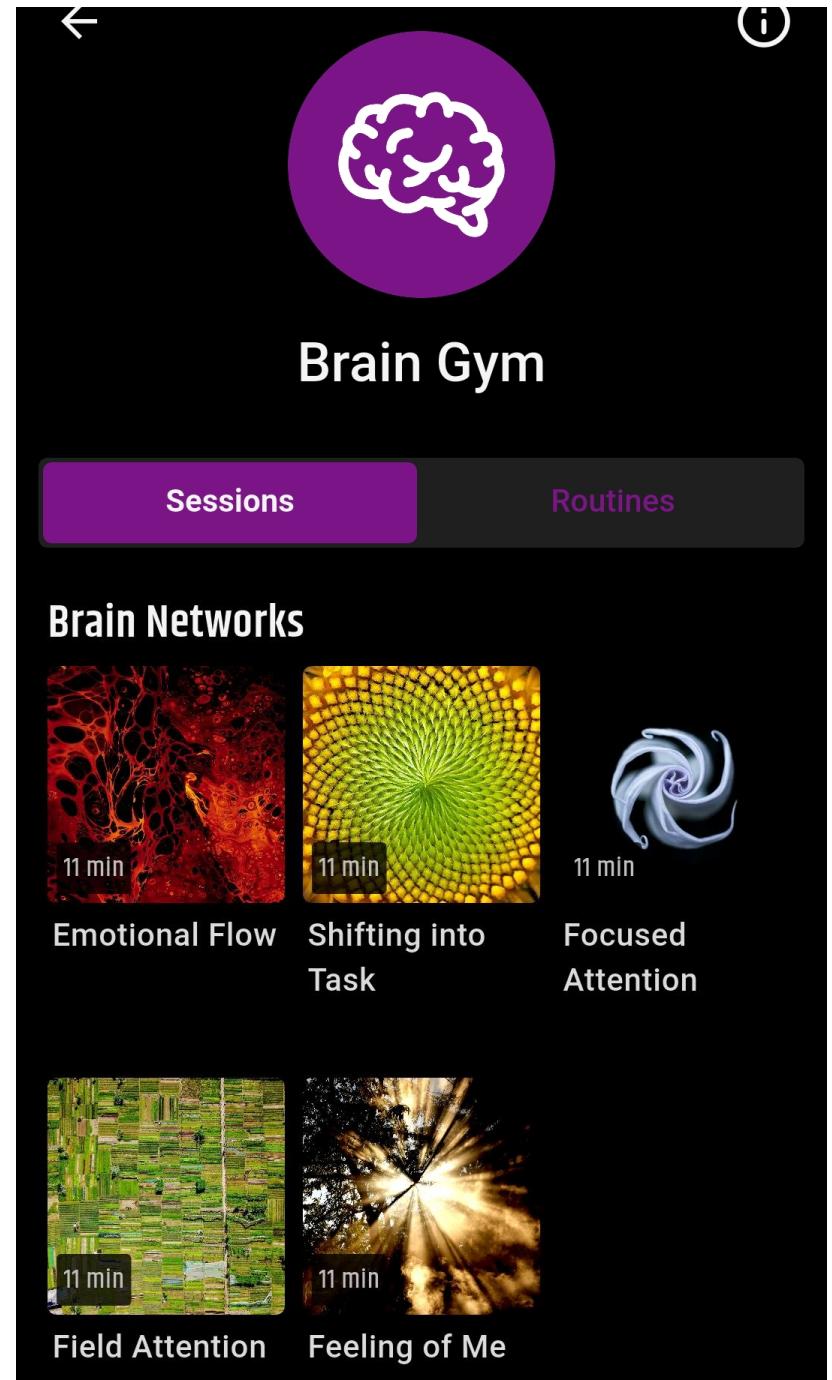
- You may develop learning and memory problems.

Gamma waves also appear during feelings of profound spiritual alertness, as seen in deep meditation sessions.

They are strongly associated with the visual cortex of the brain and they occur when the full spectrum of our mind's potential is engaged and synchronized.

Brain Gym Collection: **BRAIN NETWORKS SESSIONS**

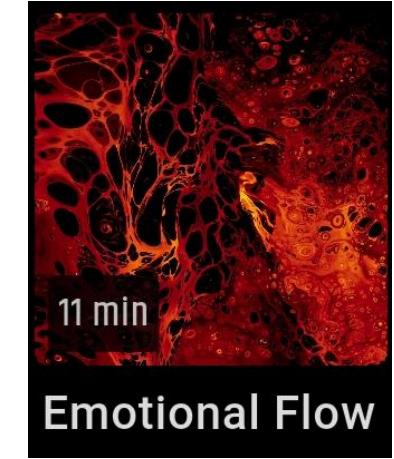
- Brain Networks is a specialised set of sessions that focuses on the frequency harmonics of major brain networks.
- These sessions are very thoroughly designed, while being faithful to the exacting frequency harmonics derived from specialized academic research.
- The aim and underlying principle of their application is to reinforce the efficient and natural regulatory functions of these vital brain networks.
- The concept is to utilise these sessions with the intention of enhancing a higher level of brain architecture, which in turn provides better support for various subsequent lower levels of brain functions.



More about the - Brain Network Sessions

EMOTIONAL FLOW

Emotional Flow targets the Limbic Network and may aid in emotional regulation.



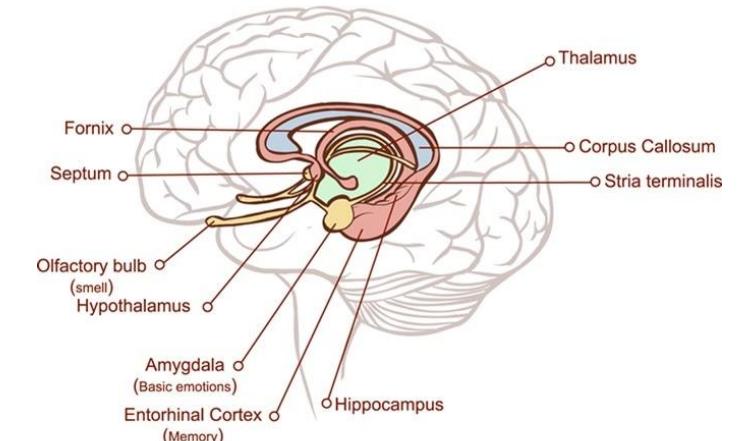
More information about the Limbic Network:

- A complex network of interconnected brain structures **involved in regulating emotions, motivation, memory, and social behavior.**
- It plays a **crucial role in processing emotions like fear and pleasure, and it also influences learning and the formation of memories.**

Key Features of the Limbic Network:

- **Interconnected Structures:** The limbic network comprises various brain structures, including the amygdala, hippocampus, hypothalamus, thalamus, and cingulate gyrus.
- **Emotional Processing:** It's involved in processing emotions, particularly those related to survival, such as the fight-or-flight response and the experience of pleasure.
- **Memory Formation:** The hippocampus plays a key role in forming and storing memories, especially long-term episodic memories.
- **Motivation and Behavior:** The limbic network influences motivation, drives, and behavioral responses, including those related to feeding, reproduction, and social interactions.
- **Homeostasis:** It helps regulate bodily functions like heart rate, blood pressure, and the endocrine system.

The Limbic System



More about the - Brain Network Sessions

SHIFTING INTO TASK

Shifting Task addresses the Executive Function Network (EFN) and may assist in initiating and maintaining targeted task performance.

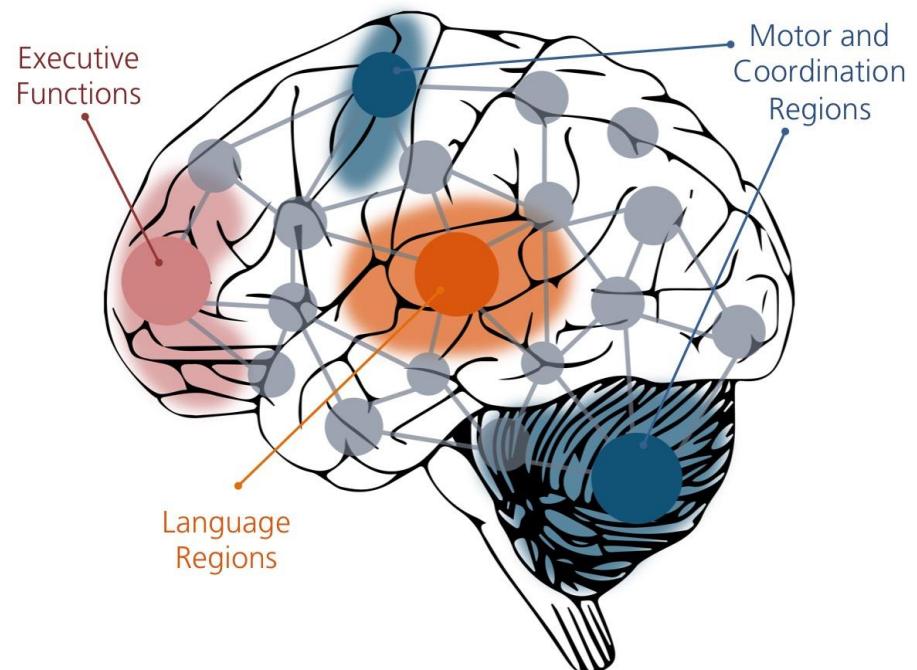


More information about the Executive Function Network (EFN):

- The executive function network is a distributed network of interconnected brain regions that supports **higher-order cognitive processes like planning, decision-making, and goal-directed behavior.**
- It involves areas in the prefrontal cortex, parietal cortex, and other regions.

Functions:

- **Working Memory:** Holding and manipulating information in mind to complete tasks.
- **Cognitive Flexibility:** Adapting to changing task demands.
- **Inhibitory Control:** Suppressing impulsive responses.
- **Problem Solving:** Planning and strategizing to achieve goals.
- **Sustained Attention:** Maintaining focus over time.



More about the - Brain Network Sessions **FOCUSED ATTENTION**

Focused Attention concentrates on the Dorsal Network and may facilitate focused and intense awareness.



More information about the Dorsal Attention Network (DAN):

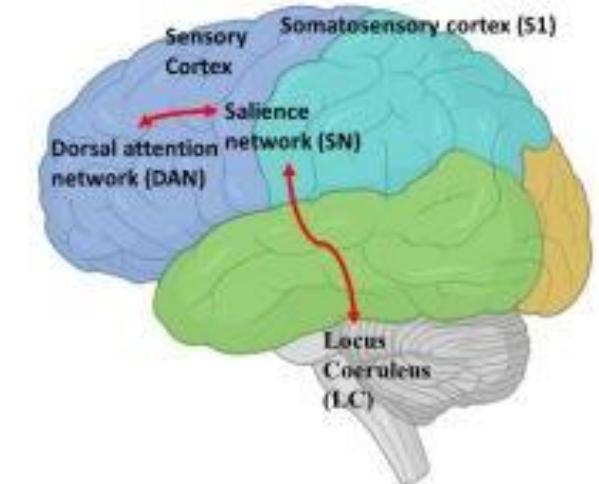
- The Dorsal Attention Network (DAN) is a brain network primarily **responsible for orienting and maintaining attention towards external stimuli, particularly those relevant to a task or goal.**
- It's a consistent, bilateral network that plays a **crucial role in holding attention steady and contributing to cognitive capabilities.**
- Dysfunction can lead to difficulties in attention and executive function.

Key Features:

- Focus: Primarily involved in externally directed attention helping us focus on things outside of ourselves.
- Function: Responsible for orienting and maintaining attention.

Role in Cognitive Processes - The DAN is vital for tasks involving:

- Selective Attention: Focusing on relevant information and ignoring distractions.
- Working Memory: Maintaining information in mind while performing a task.
- Task Switching: Rapidly shifting attention between different tasks.



More about the - Brain Network Sessions:

FIELD ATTENTION

Field Attention targets the Ventral Attention Network and may promote broad peripheral awareness.



More information about the Ventral Attention Network (VAN):

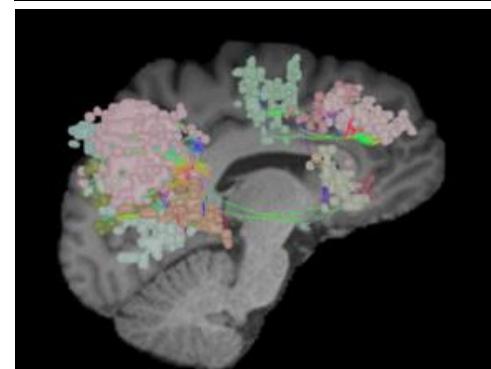
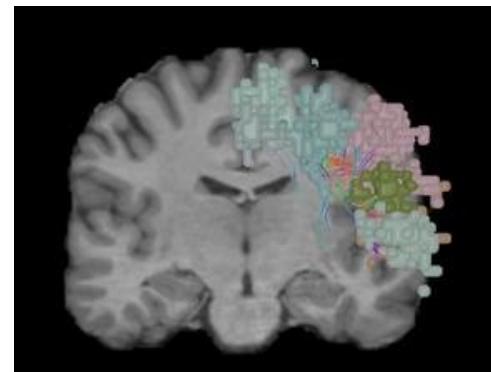
- The Ventral Attention Network (VAN) is a brain network primarily involved in **reorienting attention towards unexpected and salient stimuli**.
- **VAN is responsible for more focused, top-down attention.**
- The VAN is often characterized by its right-lateralized activity and its role in bottom-up attention, where unexpected stimuli can suddenly capture our attention.

Function:

- The VAN is crucial for redirecting attention when something unexpected or salient occurs in the environment.
- This can be triggered by auditory, visual, or other sensory stimuli that are not part of our planned attention.

Clinical Significance:

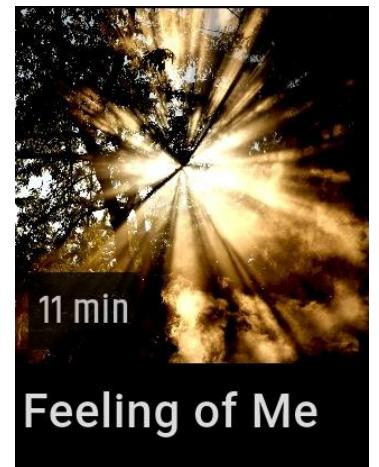
- The VAN has been implicated in various conditions, including attention-deficit , hyperactivity disorder (ADHD), schizophrenia, and major depressive disorder.
- Research suggests that reduced connectivity within the VAN can be associated with higher levels of ADHD symptoms.



More about the - Brain Network Sessions:

FEELING ME

Feeling Me focuses on the Default Mode Network and may reinforce positive ego references following intense dissociative or depersonalization experiences.



More information about the Default Mode Network (DMN):

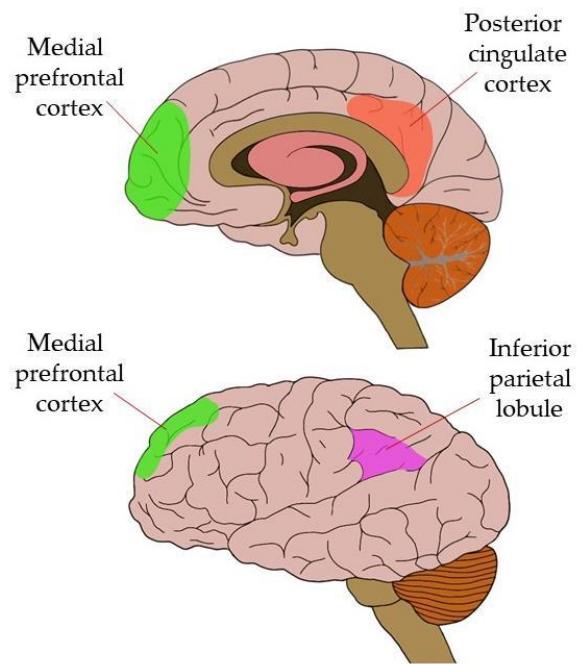
- The Default Mode Network (DMN) **show increased activity when a person is not focused on external stimuli, such as during daydreaming or introspection.**
- **It's essentially the brain's "default" state when not engaged in a specific task.**

Key Features of the Limbic Network:

- DMN is suppressed when the brain is focused on a task or external stimuli.
- Associated with internally-oriented thought processes, such as self-reflection, remembering past experiences, and imagining the future.
- Cognitive Processes - Episodic memory, abstract thought, and social cognition

Functions of the DMN:

- The DMN helps in recalling past-memories and visualizing future events.
- Involved in processes like self-awareness, self-concept, and introspection.
- Involved in understanding and processing information about oneself and others, including thoughts, feelings, and behaviors.



Other Sessions:

RELAX, REGULATE MOOD, FOCUS, 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

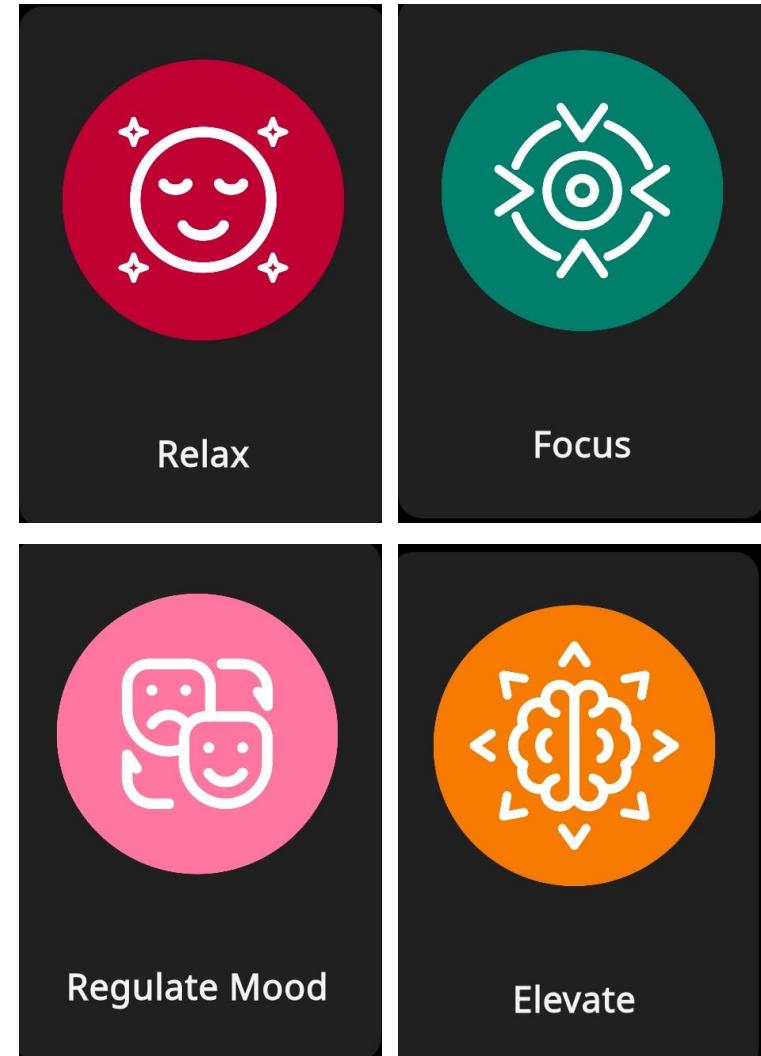
How They Work: Supporting Neuroplastic Change

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**.

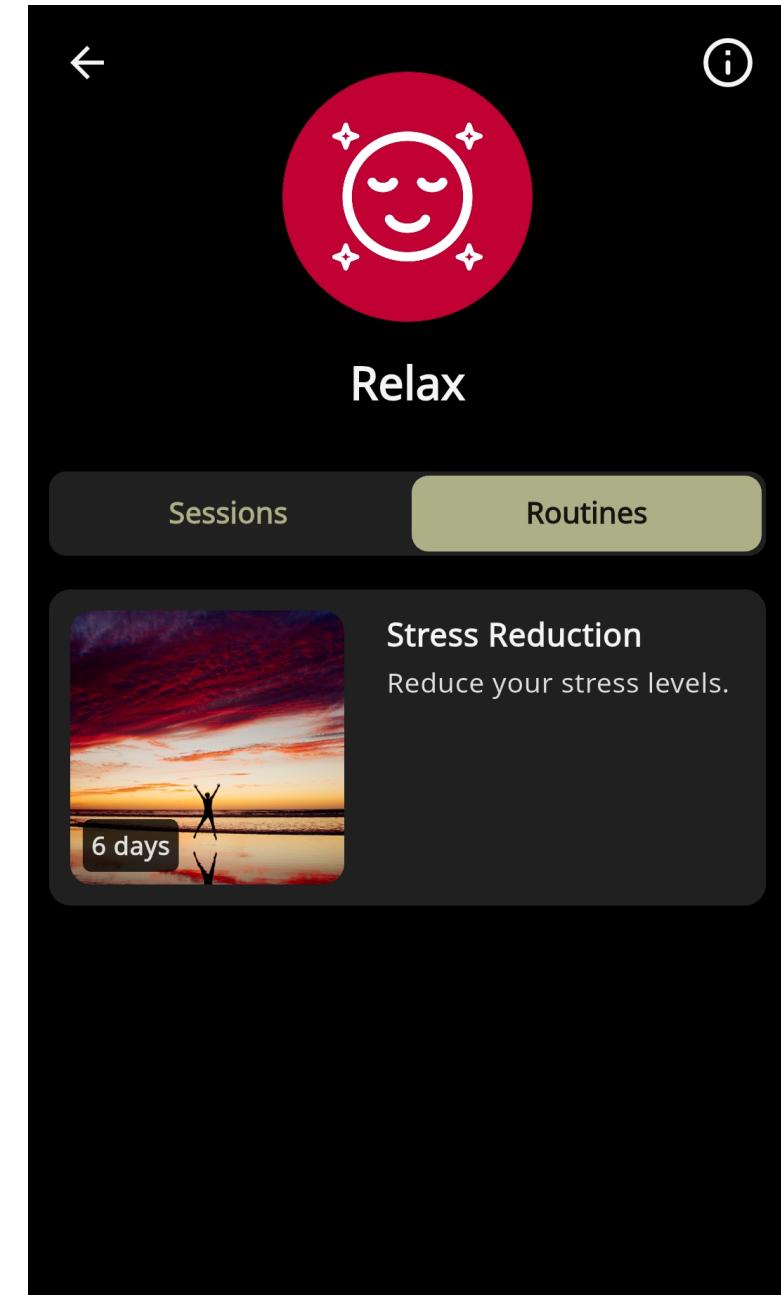
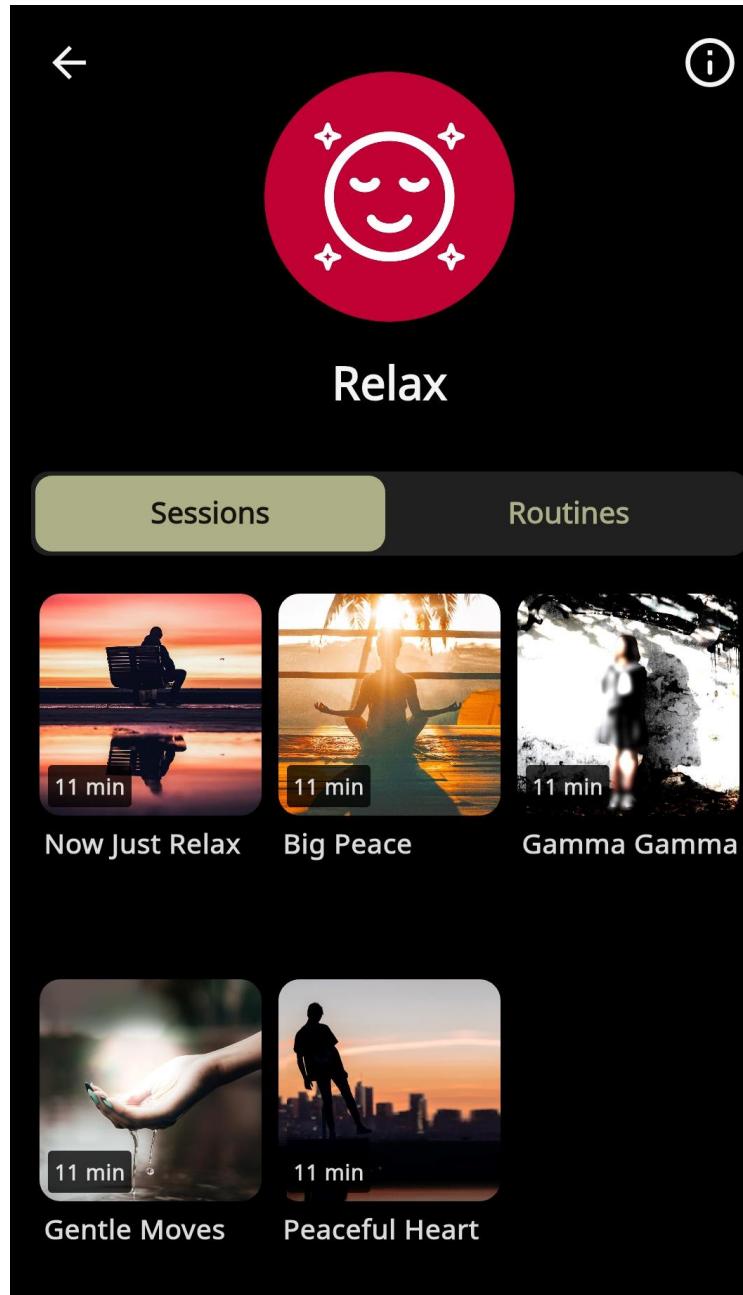




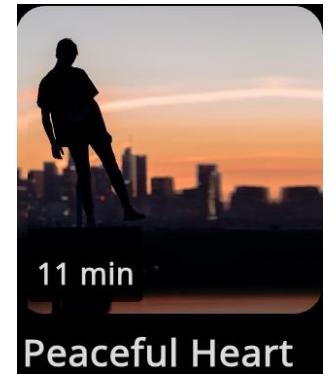
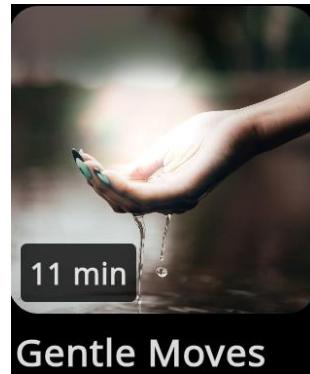
Relax

Find Calm Relaxation

- These sessions budge you into states of calm and relaxation using combinations of light frequencies from the Alpha, Theta, Delta and Gamma ranges as well as auditory brain signaling including binaural, isometric and monotonic beats.
- Spend time easing into these sessions with deep breathing and avoid rushing back into your day by consciously transitioning when the session finishes.



More about the – Relax Sessions



The concept is deceptively simple – Now, just relax – yet it remains a skill that slips through the grasp of many. Approach it with humility and the openness of a beginners mind, allowing yourself to truly learn, experience and embody the art of letting go.

Peace can sound gentle but NIG PEACE has more requests and even a few demands. It also means the resolution of conflicts.

Big Peace will stretch you to dissolve obstructions and limits. Peace comes at a price.

Gamma Gamma journeys through the vast skies of the mind, soaring high into expansive mental space, then occasionally diving deep into the hidden depths of the ocean.

It moves effortlessly between these realms, blending wide-open exploration with moments of profound immersion and discovery.

Like the whisper-soft, flowing movements of IQ Gong, where mind and breath merge seamlessly into graceful motions of the body, Gentle Moves becomes a quiet dance of harmony.

It is a beautiful celebration of Yin potency – soft yet powerful, subtle yet deeply nourishing to both body and spirit.

Few experiences are more precious than dwelling in the presence of a Peaceful Heart. Step into it as you would a sacred temple. A place of refuge, quite strength and timeless wisdom where you van rest, renew and remember the deeper calm that is always within you.

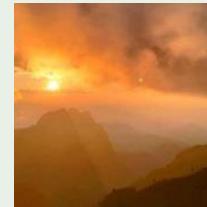
Structured Routine: **BASIC DAILY STRESS REDUCTION**

- Take a one-day break after Day 3 and then repeat the cycle.
- Starting the day with “Better Sleep” session, helps harmonize your Circadian Cycle.
- It is ideal to perform the Better Sleep session early in the day, preferably between 6-9 AM if possible.
- For enhanced benefits, consider incorporating some Guided Breathing exercises before and/or after the session. To prevent stress from building up, schedule the Mind States session at a convenient time during the afternoon.
- This session can help you relax and maintain a balanced mental state throughout the day.

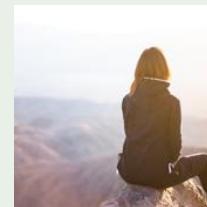
**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Dawn



Regulate Mood Collection:
Select:
Calm Down

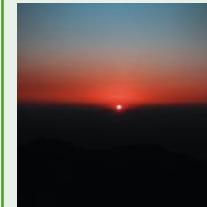


OR Peaceful Heart

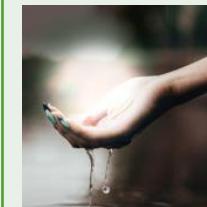


DAY 2:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Day Break



Relax Collection:
Select:
Gentle Moves



OR Big Peach



DAY 3:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Sunrise

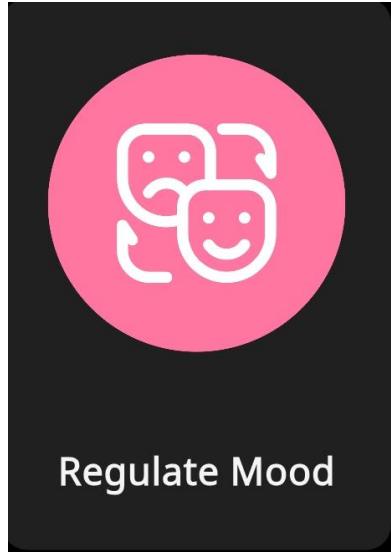


Regulate Mood Collection:
Select:
Bye Bye Blues



OR Heart Space

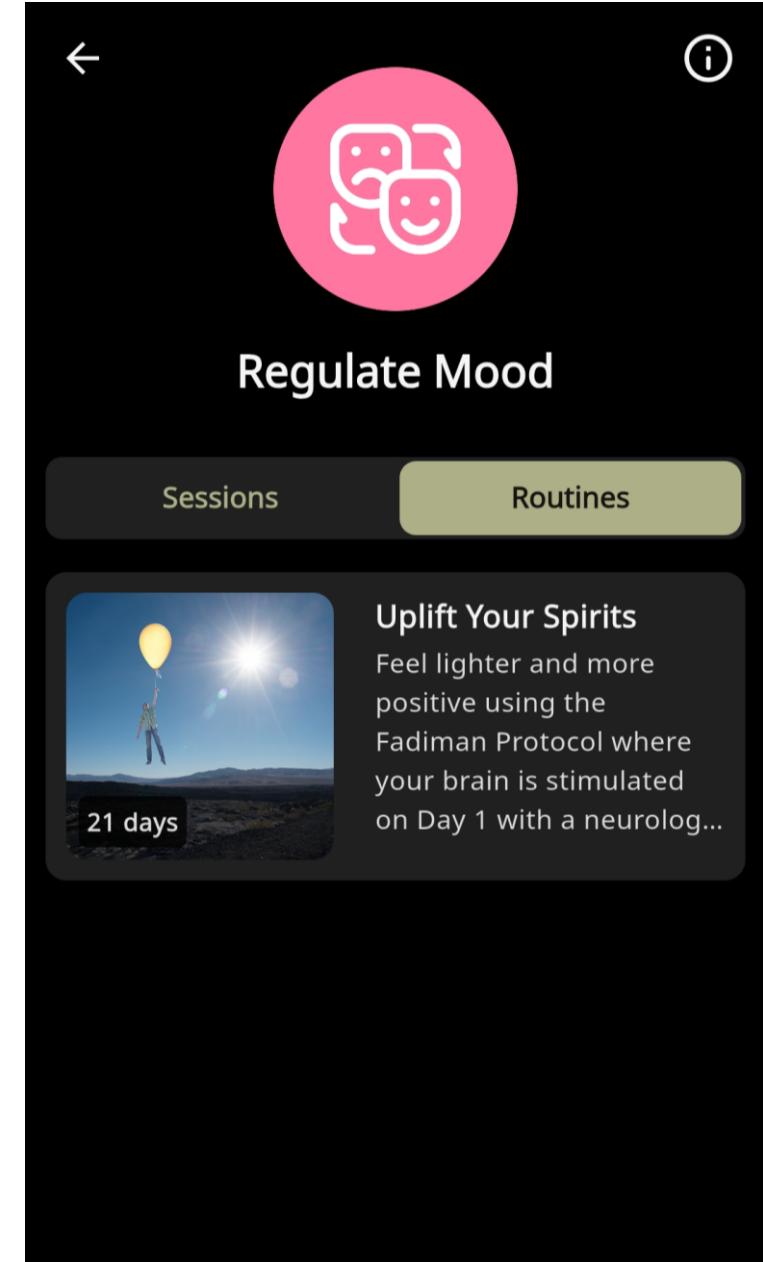
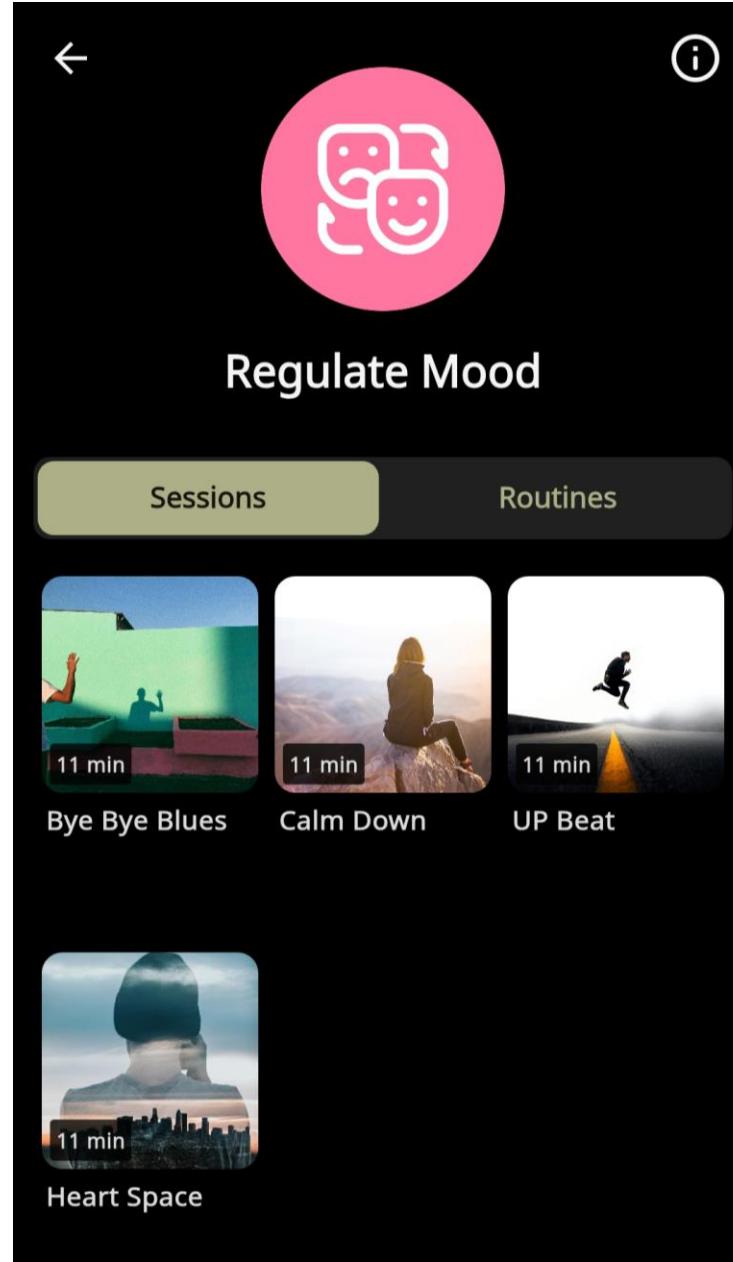




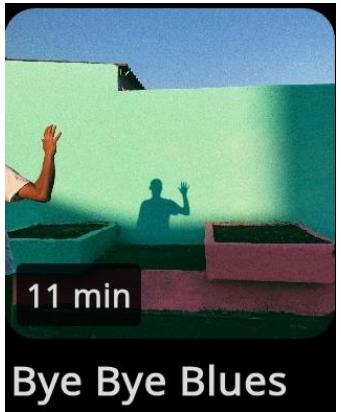
Regulate Mood

Coax (gently) your brain into feeling differently.

- The architecture of these sessions introduce and then reinforces to shift you towards a probability state of feeling a particular mood.
- Repeated use will affect neuroplastic change turning the mood into a trait.



More about the – Regulate Mood Sessions



Light, uplifting and emotionally buoyant. This feeling lifts the spirit and carries it effortlessly upward.

It infuses the heart with positive feelings, brightens the mind and leaves you floating in a state of gentle joy and renewed optimism.

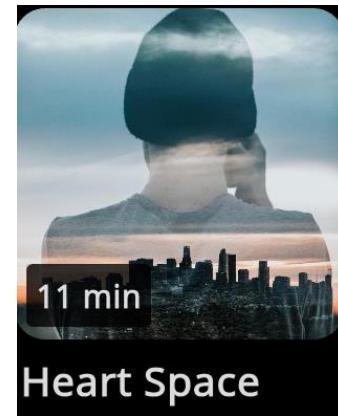


Shifting from the intensity of a bright, hot flame to the gentle glow of a peaceful candlelight, this transition softens energy, calms the senses and invites a warm steady tranquillity that soothes both mind and heart.



Like a cheerful smile paired with a playful twinkle in the eye, feeling Upbeat brings a lift to your spirit and a light spring to your mental step.

It brightens your mood, energises your outlook and makes the world seem just a little more welcoming and full of possibility.



Like discovering a hidden glen deep in the forest – safe, serene and naturally inviting – you can feel its gentle embrace.

There is a quiet warmth here, a sense of love and acceptance that surrounds you completely, allowing you to simply rest and be yourself without reserve.

Structured Routine: Regulate Mood

- 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 5, 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 Regulate Mood select:
Calm Down



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
Feeling of Me



MID DAY

Under Regulate Mood select:
Calm Down



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
Field Attention



MID DAY

Under Regulate Mood select:
Peaceful Heart



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
Emotional Flow



MID DAY

Under Regulate Mood select:
Bye Bye Blues



DAY 5:

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
Feeling of Me



MID DAY

Under Regulate Mood select:
Up Beat

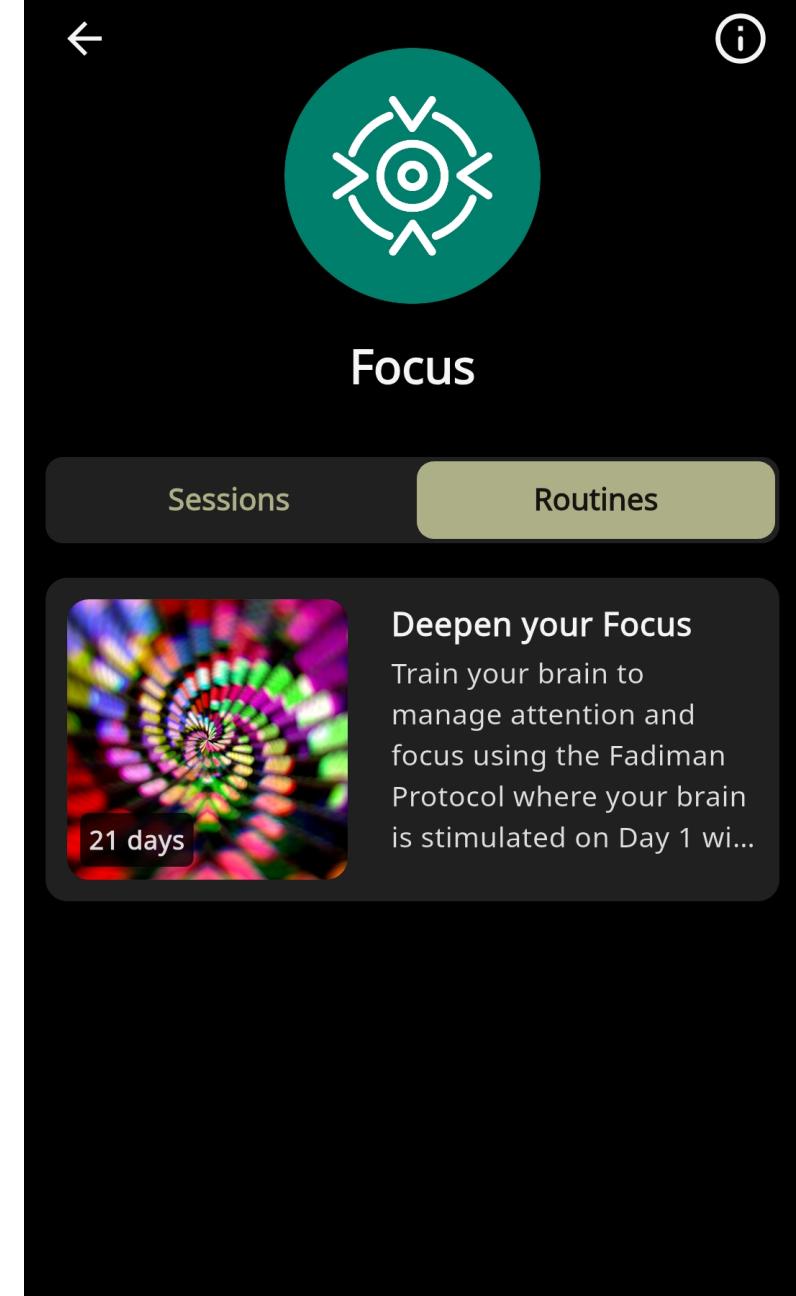
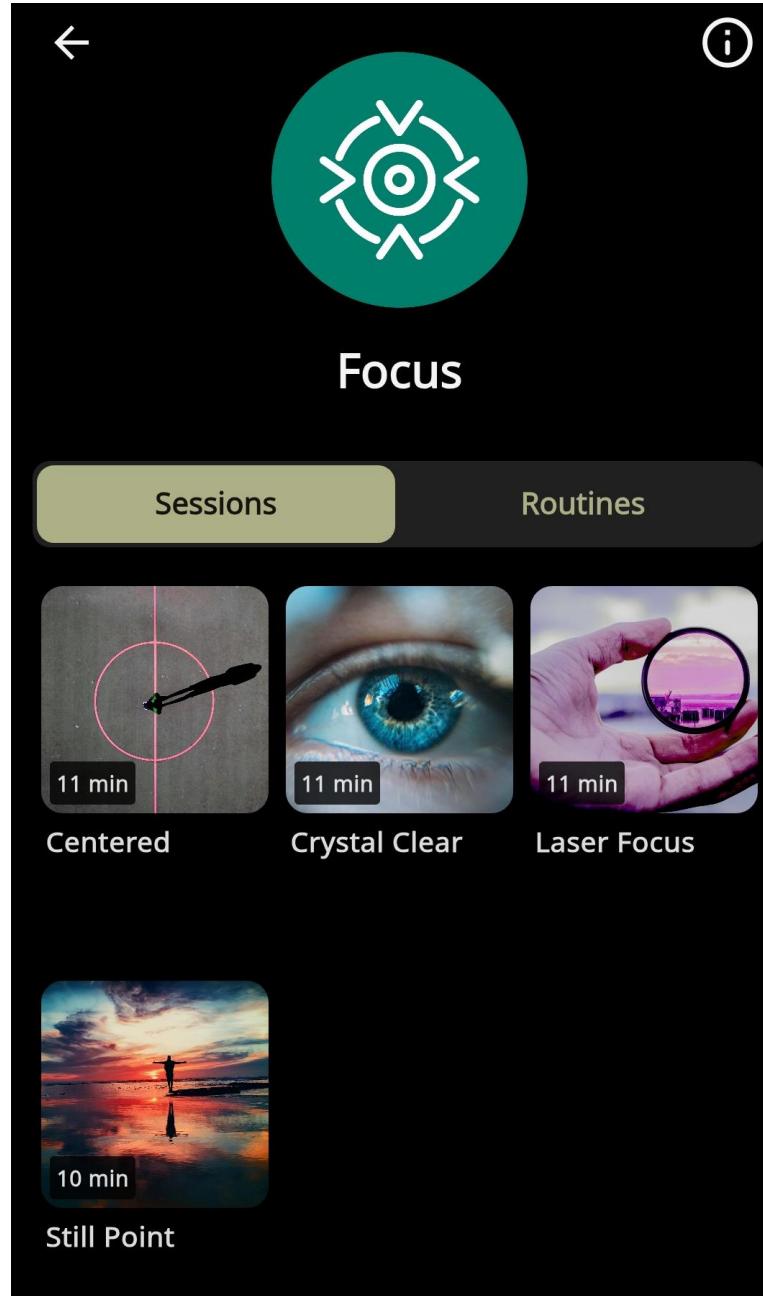




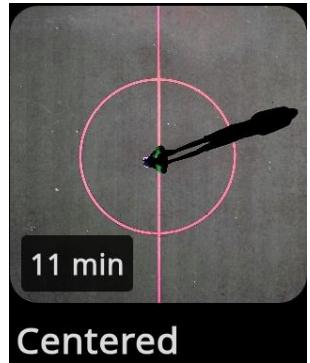
Focus

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.

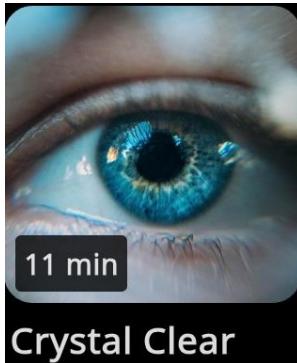


More about the – Focus Sessions

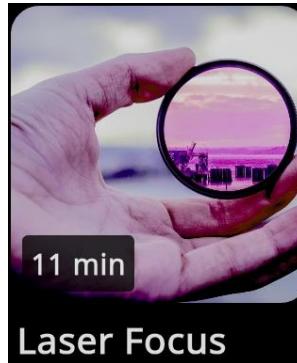


When you are centred, everything around you feels equally balanced and at the same distance.

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.

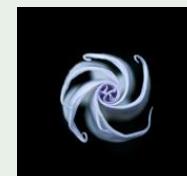
**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1: EARLY IN DAY

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

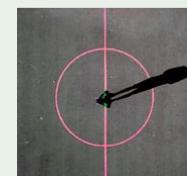


**Go to Brain Gym Collection
Choose Brain Networks and
Select
Focused Attention**



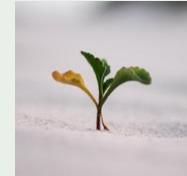
MID DAY

**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**

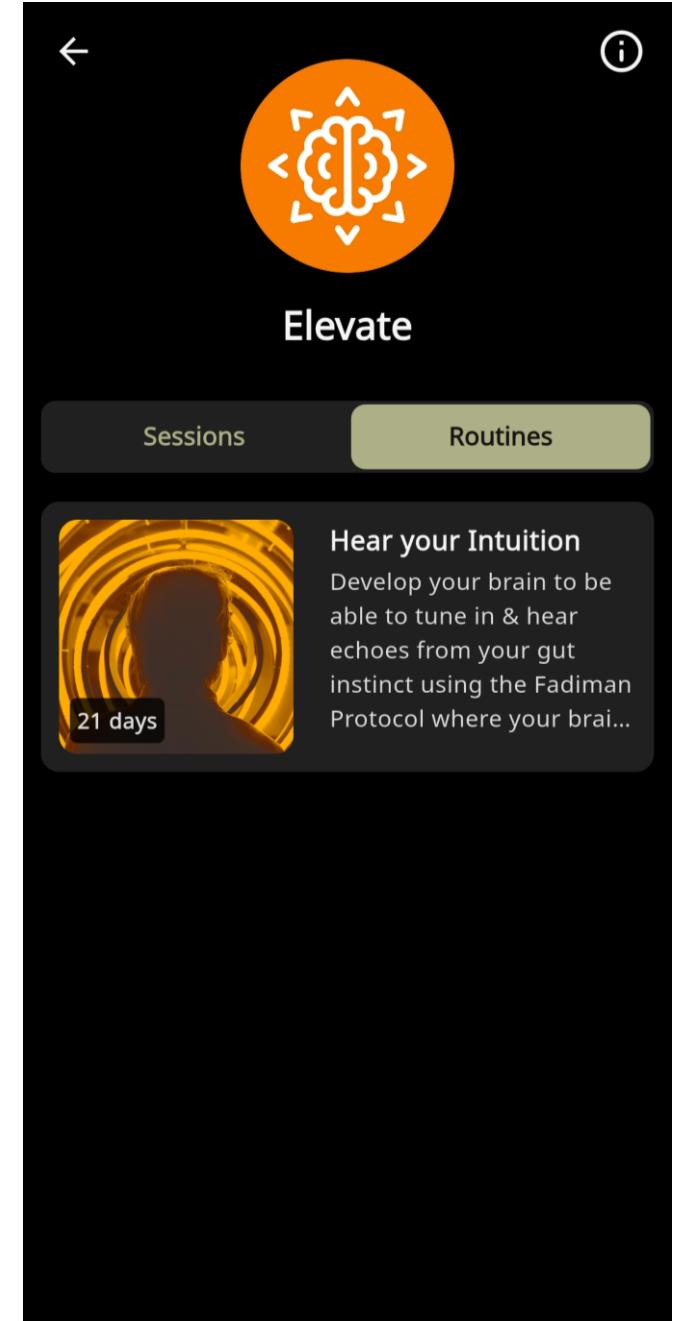
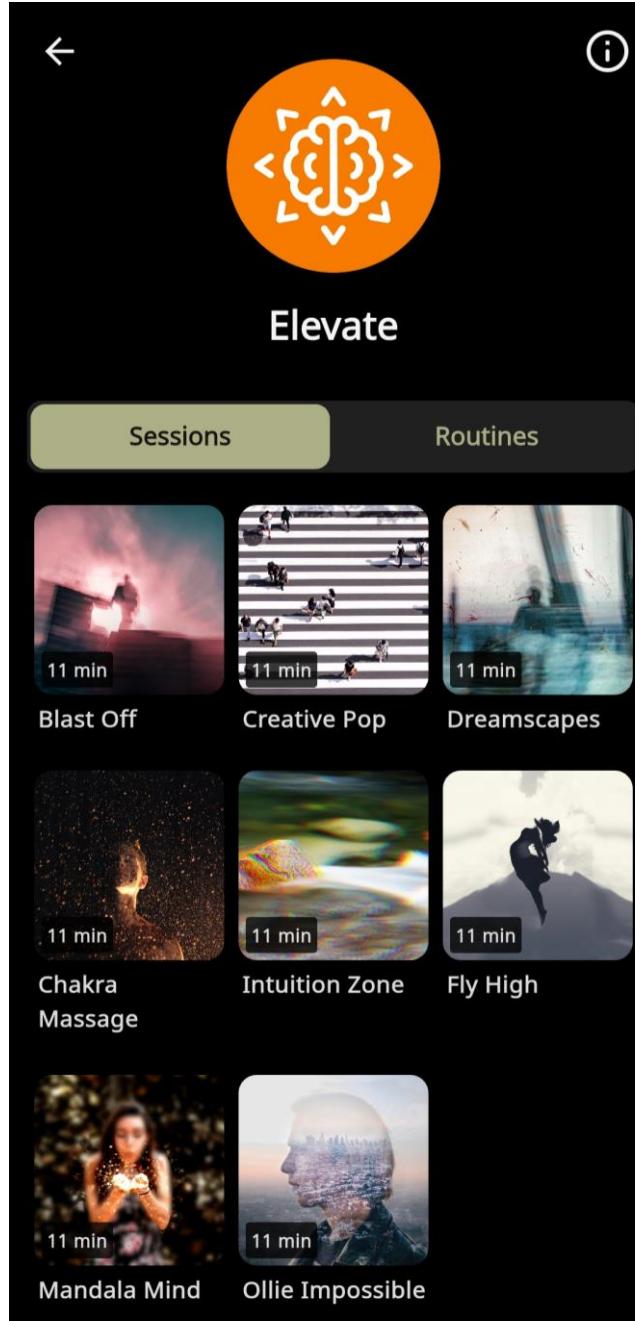




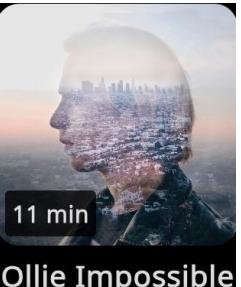
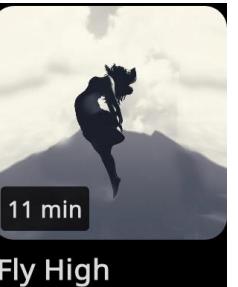
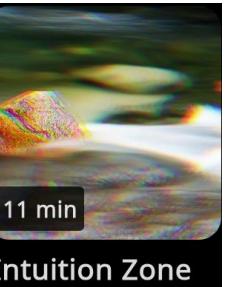
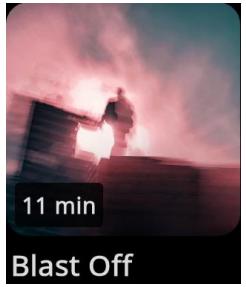
Elevate

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 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.

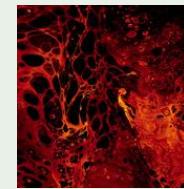
**1 RESTING DAY BEFORE
STARTING OVER**

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**

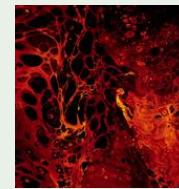


DAY 3: EARLY IN DAY

**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**



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**



Sleep Collection

Harmonise your Circadian Cycle

Better Sleep sessions are built by combining light and sound to gently guide the brain to achieve **better, more restful sleep.**

Tuned to Your Body's Natural Rhythm

- All Better Sleep sessions are structured around the **circadian rhythm**.
- Your body's internal clock that governs your sleep-wake cycle.
- Aligning with this natural rhythm is essential for healthy, restorative sleep.
- Interestingly, one of the most important moments for setting this rhythm is **when you first wake up in the morning**. How your day begins influences how easily your brain and body will wind down later.

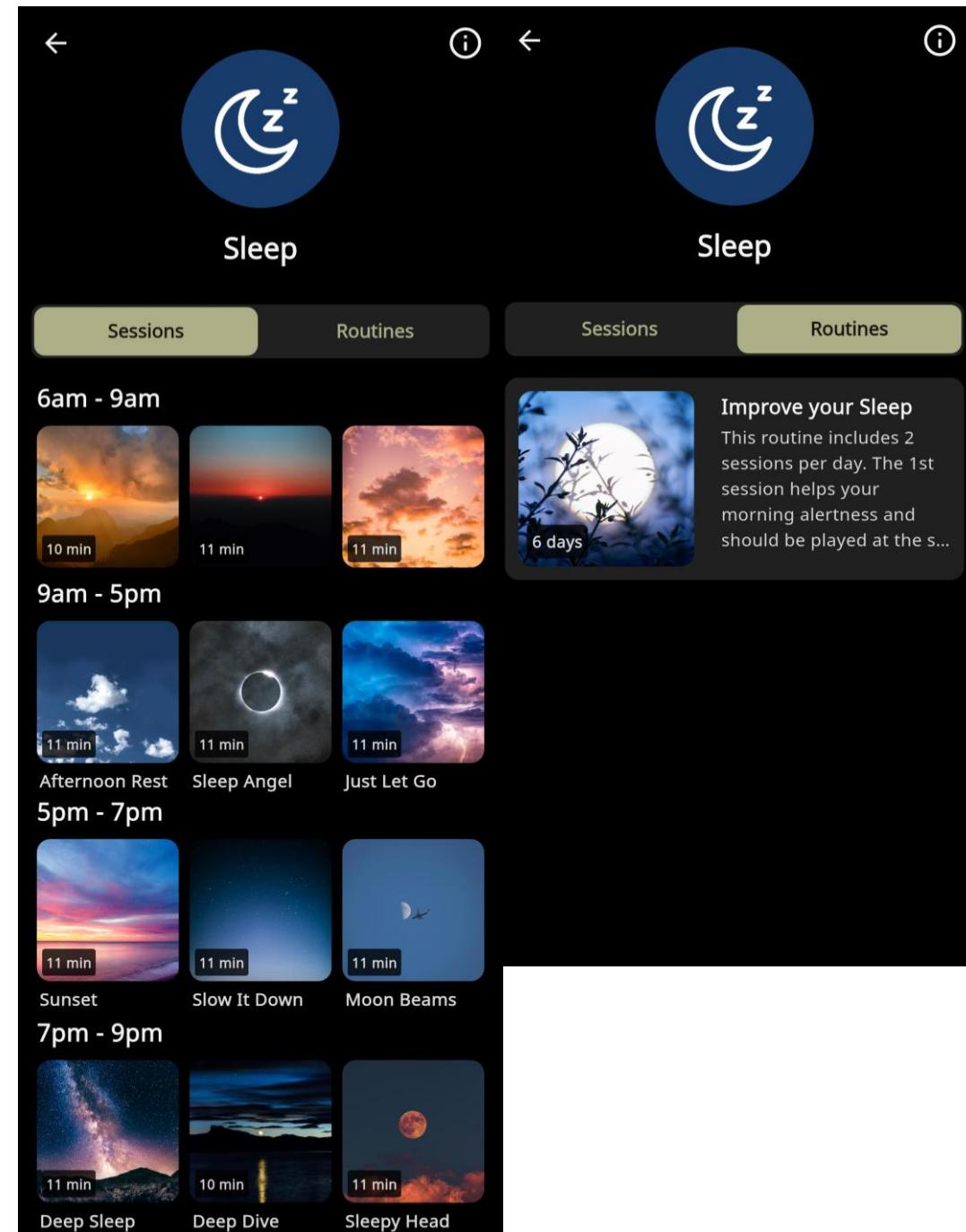
Support Throughout the Day

Better Sleep sessions are designed to support different phases of your day:

- **6am – 9am sessions sync your Circadian response to first light.**
- **9am – 5pm sessions help you learn to consciously relax when needed.**
- **5pm – 7pm sessions act to dissipate the buildup of stress that can hijack your sleep rhythms.**
- **7pm – 9pm sessions coax and induce sleep.**
- Managing stress throughout the day and creating the right mental state before bed are both crucial for quality sleep.

Real-World Results

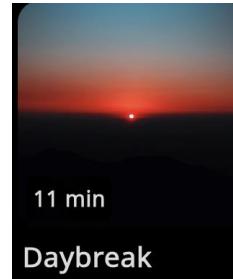
Many NeuroVIZR users notice better sleep—sometimes after just a few sessions. For others, results develop gradually with regular use, as sleep patterns differ for each person. When your **circadian cycle is in sync**, it doesn't just lead to better sleep, it also improves overall **mental and physical health**.



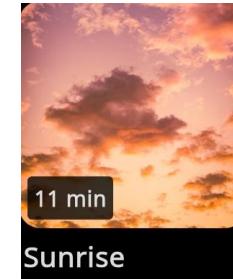
More about the – Better Sleep 6am to 9am Sessions



Early morning light exposure activates a natural “shift forward” in your Circadian Cycle, signalling your body’s internal clock to adjust. This gentle reset encourages your system to align with an earlier rhythm, so you naturally begin to feel sleepy sooner in the evening. Over time, this can promote healthier sleep patterns and support overall well-being.

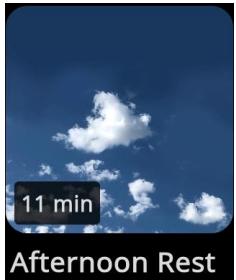


Early morning light exposure activates a natural “shift forward” in your Circadian Cycle, signalling your body’s internal clock to adjust. This gentle reset encourages your system to align with an earlier rhythm, so you naturally begin to feel sleepy sooner in the evening. Over time, this can promote healthier sleep patterns and support overall well-being.

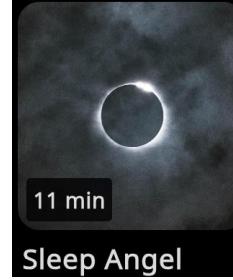


Early morning light exposure activates a natural “shift forward” in your Circadian Cycle, promoting your internal clock to adjust its timing. This shift encourages your body to feel sleepy earlier in the evening, supporting a healthier, more consistent sleep schedule and improving overall rest quality over time.

More about the – Better Sleep 9am to 5pm Sessions



This session is designed to gently release the accumulated sympathetic nervous system charge that often becomes locked in place due to the ongoing pressures of daily life. By easing this tension, it supports your body and mind in moving smoothly through the natural afternoon dip in the Circadian Cycle, helping you shift into a more balanced restorative and harmonious state.



Similar to other daytime sleep-related sessions, Sleep Angel serve as a gentle guide, helping you release accumulated stress before nightfall. By easing tension during the day, it prevents you from crashing into the evening with the force of a charging bull, allowing you to approach nighttime with a calm and more balanced state of mind.

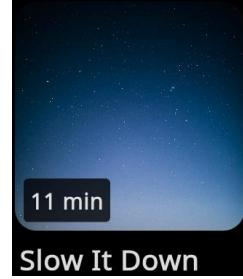


As its name suggests, this session is designed to help you practice releasing your tight hold thoughts and emotions. By simply flowing the process, you can gradually develop and strengthen the valuable skill of letting go, allowing your mind to settle into a calmer, more open and less reactive state over time.

More about the – Better Sleep 5pm to 7pm Sessions



It is the exhalation of the day and the last moments of light. Before electricity, it was the of starting the fire in the heart and ushering in the evening calm. It is the end of yet another day. Now, be peaceful. The sheltering dark is about to arrive. Watch as Nature and your body begin to shift and move towards rest. As the Earth turns, the sun sets.



Part of the trick of good sleep is knowing how to slow down the speed of the day and coming to a gentle full stop. Having the ‘pedal to the metal’ and then slamming on the brakes will not easily convert into a smooth entry into sleep. This session leans into the letting go which we all need and does so patiently with demanding it. You may not be slow enough to smell the flowers yet... but easing up on things will definitely feel better and your sleep will prove it.

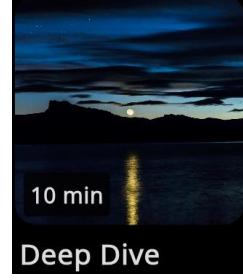


There are few things more calming than moonlight. Never demanding but always inviting. This session, like moonlight, is indirect and approaches gently the process of letting go – of surrendering the end of the day to the start of the night. Soften and welcome the moonlight.

More about the – Better Sleep 7pm to 9pm Sessions



This is the light and sound equivalent of a sleeping pill meaning it's not intended as true sleep training. Instead it functions as a form of gentle sleep induction, helping to guide your mind and body into a state where falling asleep comes more easily and naturally without the long-term conditioning focus of training protocols.



This session offers a unique variation on the powerful knock out punch formula also features in Deep Sleep. Designed to deliver a similarly effective impact, it gently guides you toward rapid relaxation and a deep restorative rest, while adding its own subtle nuances to enhance the overall sleep experience.



This session offers a gentle, smoother invitation into sleep, making it ideal when you're already ready for bed but just need a little extra help drifting off. It creates a calming transition that eases you from wakefulness into rest, helping you settle comfortably and naturally into a peaceful night's sleep.

Structured Routine: **BASIC DAILY BETTER SLEEP**

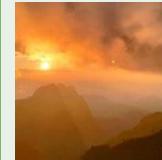
- Take a one-day break after Day 3 and then repeat the cycle.
- Starting the day with “Better Sleep” session, helps harmonize your Circadian Cycle.
- It is ideal to perform the Better Sleep session early in the day, preferably between 6-9 AM if possible.
- For enhanced benefits, consider incorporating some Guided Breathing exercises before and/or after the session. To prevent stress from building up, schedule the Mind States session at a convenient time during the afternoon.
- This session can help you relax and maintain a balanced mental state throughout the day.

**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

Choose 7PM – 9PM and Select
Deep Dive



DAY 2:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

Choose 7PM – 9PM and Select
Deep Sleep



DAY 3:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

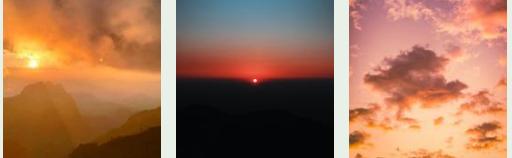
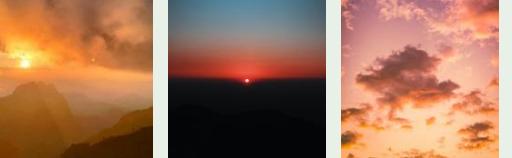
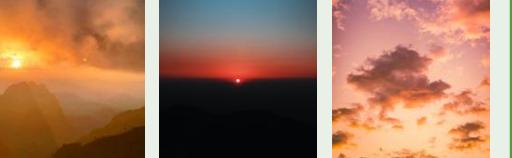
Choose 7PM – 9PM and Select
Sleepy Head



Structured Routine: EXPANDED DAILY BETTER SLEEP

- Take a one-day break after Day 3 and then repeat the cycle.
- With experience, choose the 6-9 AM session and the 7-9 PM session you most prefer – shifting your choice of sessions occasionally helps prevent your brain from habituating to the same stimulation, promoting continued effectiveness.
- To enhance the benefits of each session, consider incorporating some Guided Breathing exercises before and/or after the session. Guided Breathing can help relax your mind and enhance the overall experience.
- Additionally, be mindful of practicing good «Sleep Hygiene» to optimize your results. This includes maintaining a consistent sleep schedule, creating a conducive sleep environment, avoiding stimulants before bed, and engaging in relaxation techniques to promote quality sleep.

**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Afternoon Rest  Better Sleep Collection: Choose 7PM – 9PM and Select Deep Dive 	DAY 2: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Just Let Go  Better Sleep Collection: Choose 7PM – 9PM and Select Deep Sleep 	DAY 3: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Sleep Angel  Better Sleep Collection: Choose 7PM – 9PM and Select Sleepy Head 
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Brain Optimizer Sessions

PROCESSORS

The Brain Processor sessions are inspired by well-established psychological and neurological models closely associated with the work of Dr. Francine Shapiro from Stanford University. Sessions adapt the core principles of AIP and EMDR along with compatible enhancements to offer a self-guided, user-friendly experience:

- **AIP (Adaptive Information Processing)**
- **EMDR (Eye Movement Desensitization and Reprocessing).**
- Research Reference: *Eye Movement Desensitization & Reprocessing (EMDR) Therapy, Third Edition* by Dr. Francine Shapiro (Guilford Press, 2018). References marked with “*” refer directly to this source.
- Research Reference: “*The Value of Visioning*” by Peter Carr, which explores bilateral photic stimulation (light stimulation to both sides of the brain) as a therapeutic tool.

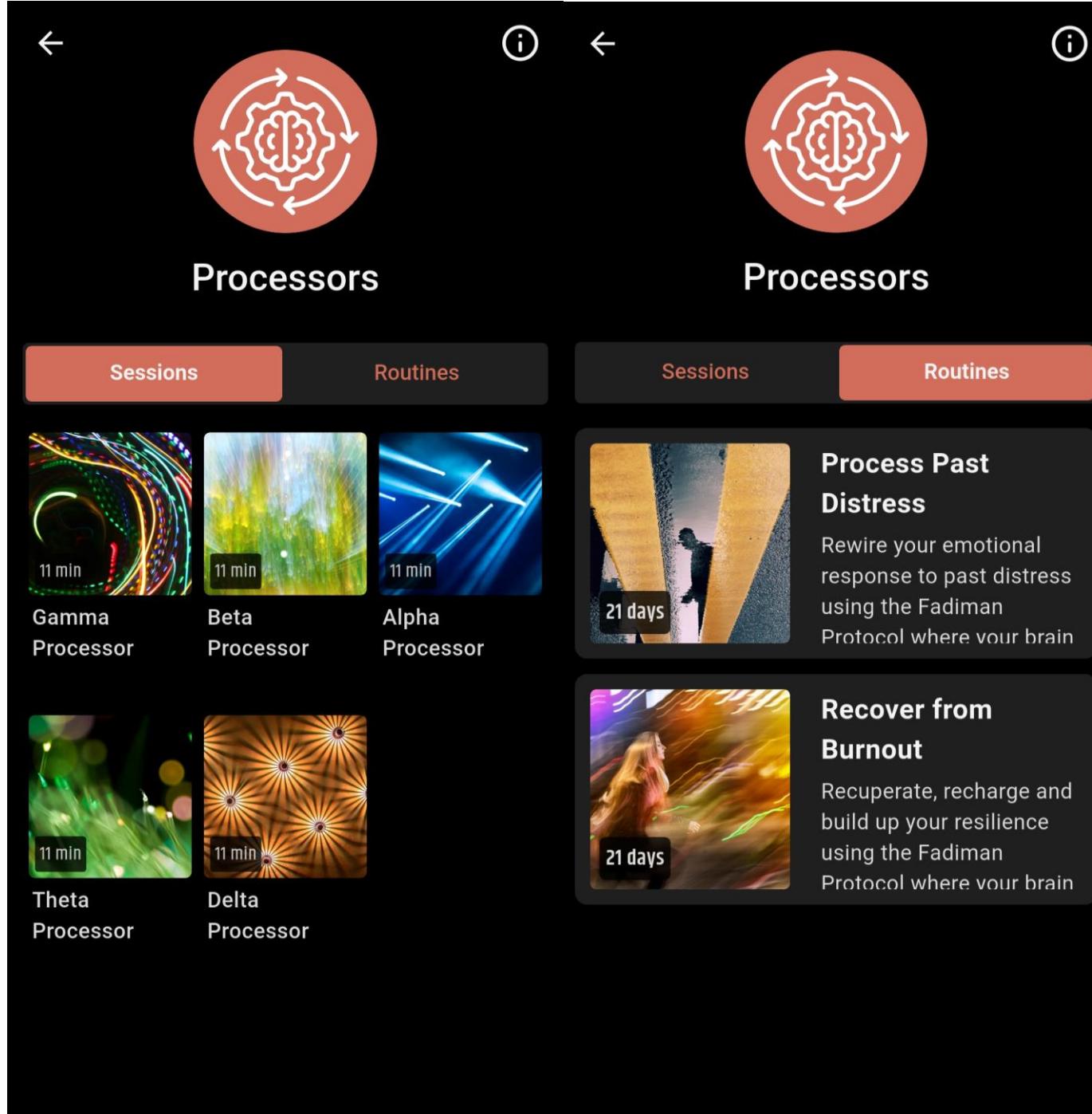
Brain Processor sessions are designed for everyday users who may be dealing with:

- Emotional tension
- Stressful memories
- Mild to moderate mental/emotional blocks

These sessions can also be used by professionals to complement their therapy tools.

Brain Processor sessions aim to:

- Gently unlock mental and emotional blocks
- Guide the brain through structured reprocessing
- Support positive, self-directed change



The screenshot shows the 'Processors' section of the Brain Optimizer app. At the top, there are two circular icons with a brain and gear symbol. The main title 'Processors' is centered. Below it are two tabs: 'Sessions' (highlighted in red) and 'Routines'. The 'Sessions' tab is further divided into two sections: 'Process Past Distress' and 'Recover from Burnout'. Each section contains five cards, each with a thumbnail image, a duration (11 min or 21 days), and a name: Gamma Processor, Beta Processor, Alpha Processor, Theta Processor, and Delta Processor.

Section	Processor Type	Duration	Thumbnail
Process Past Distress	Gamma Processor	11 min	
	Beta Processor	11 min	
	Alpha Processor	11 min	
	Theta Processor	11 min	
	Delta Processor	11 min	
Recover from Burnout	21 days		
	21 days		

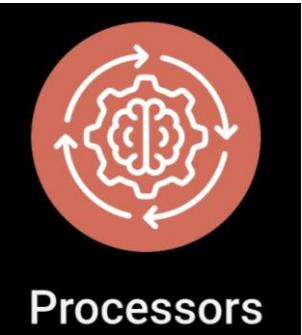
More information about:

Adaptive Information Processing (AIP) Theory:

- AIP is consistent with Freud's (1919,1955) and Pavlov's (1927) early understanding of what is now referred to as "information processing".*
- The concept is that there is a natural psychological self-healing mechanism in response to insult, injury, or trauma and that these mental processes move towards a state of mental health. However, these natural processes can be hindered or disrupted by the impact of the challenges, leading to maladaptive responses.
- AIP considers it possible to reactivate the healing resolution processes, even if they have been blocked or imbalanced.
- The AIP model posits that the symptoms associated with post-traumatic stress disorder (PTSD) or other unresolved challenges of various types and severities stem from disturbing information stored in the brain's memory.
- The information related to traumatic experiences is stored in its original form because the information-processing system has been blocked for some reason.
- In effect, the information is "frozen" (or "stuck") in time, isolated in its own neural network, and stored in its originally disturbing state-specific form. *

Eye Movement Desensitization & Reprocessing (EMDR) Theory :

- As described before, EMDR is a derivative of AIP.
- Classic EMDR is a structured therapy approach where the patient briefly focuses on the trauma memory while simultaneously undergoing bilateral stimulation, often through eye movements. This technique aims to reduce the intensity and emotional impact associated with traumatic memories.
- It is also possible to develop other methods or variations of EMDR that remain consistent with the principles of AIP. For instance, the inherent alternating bilateral stimulation observed in classic EMDR, involving eye movements, can also be adapted to incorporate alternating bilateral tactile tapping and acoustic stimulation techniques.
- NOTE: such alternating bilateral tapping techniques should not be confused with the popularized Emotional Freedom Technique (EFT).
- EFT tapping is a mind-body method of tapping acupuncture points (acupoints) on the hands, face, and body with your fingertips. This technique is combined with a focus on an issue or feeling that you aim to address and resolve.



How the Processors Sessions Work: Step by Step Guide

Step 1: Device Setup	Step 2: Eyes Closed Experience	Step 3: Light + Soundscapes	Step 4: Soft Destabilization	Step 5: Alternating Bilateral Stimulation	Step 6: Final Reward Phase
You wear the NeuroVIZR headset and audio headphones or earbuds. The device uses both light and sound patterns to guide your brain through the session.	The experience happens with your eyes closed. EMDR uses eye movements guided by a therapist while the Brain Processor uses alternating bilateral light stimulation (ABL) to achieve similar effects.	You'll begin with low-intensity light signals and a relaxing audio "soundscape," both embedded with specific brainwave frequencies.	After a calming introduction, the session shifts into a short phase of "brain destabilisation". This helps loosen fixed thought patterns and prepares your brain for deeper processing.	Then, the session moves into its core: bilateral light stimulation, which starts with 2-second intervals and gradually increases to 1-second intervals.	After the main stimulation, the session ends with a "reward" phase by calming brainwave frequencies to stabilize and integrate the experience.

Alternating bilateral light stimulation

These sessions are intended to be used by Wellness Professional with their patients. The sessions use alternating bilateral photonic stimulation to help integrate emotionally charged memories into a more neutral form. If you are experiencing significant distress or believe you may be dealing with medical-level Trauma, it is recommended to seek the guidance of a qualified professional who can provide appropriate support and treatment.

More about the – Processors Sessions



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

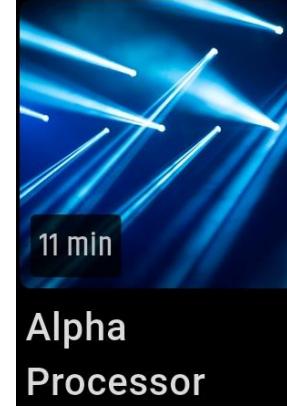
The light used is in the Gamma frequency range.



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

The light used is in the Beta frequency range.



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

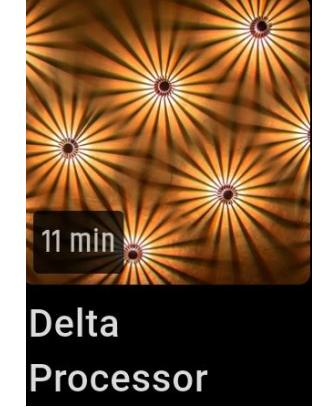
The light used is in the Alpha frequency range.



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

The light used is in the Theta frequency range.



Rhythmically alternating side to side light stimulation which, even with your eyes closed includes lateral side-to-side eye movement.

This in turn enhances communication between the left and right hemispheres of your brain, something that is often disrupted in trauma.

The light used is in the Delta frequency range.

Dynamic Routine 1: PROCESSING PERSONAL TRAUMA ROUTINE

IMPORTANT NOTE:

Medical Level Trauma (capital T) - Requires professional intervention and specialised treatment | Personal Level trauma (small t) - explored in self-applied processes.

- The Routines provided can be utilised for personal-level trauma and self-exploration.
- Important to recognize that qualified practitioners may use these Routines in conjunction with their standard processing methods for individuals dealing with medical-level Trauma!
- If you are experiencing significant distress or believe you may be dealing with medical-level Trauma, it is recommended to seek the guidance of a qualified professional who can provide appropriate support and treatment.
- It's always important to prioritize your well-being and seek professional assistance when necessary.

The routine is a 16 step proses:

<p>Preparation time: 5min</p> <p>Step #1: Set & Setting</p> <p>Step #2: Go to Processor Collection and select Processor Alpha Session Long.</p> <p>Step #3: Understand 11 minute & 5 minute versions</p> <p>Step #4: Being Realistic</p> <p>Step #5: Target the “Event</p> <p>Step #6: The Negative Belief</p> <p>Step #7: The Alternative Positive Belief</p> <p>Step #8: Back to the Negative Belief</p>	<p>Brain Prime Sessions: 18min</p> <p>Step #9: Do the Light/Sound Brain Processor Session:</p> <p>Step #10: Take a Moment to Reflect:</p>	<p>Dynamic Brain Prime: 5min if needed</p> <p>Step #11: Repeat to Evolve the Experience</p> <p>Step #12: Stop When Nothing New Comes to Mind</p>	<p>Post Session inner work: 15min</p> <p>Step #13: Be Kind to Yourself:</p> <p>Step #14: Reinforce the Alternative Positive Belief:</p> <p>Step #15: Scan Your Body:</p>	<p>Stabilization: 15min if needed</p> <p>Step #16: Help to Stabilize:</p>
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Brain Processor Session Flowchart

Phase 1: Preparation (5min)

Step	Title	Description
1	Set & Setting	Ensure a safe, comfortable environment. Allocate time for both the session and post-session integration. Use the <i>Butterfly Hug</i> if needed.
2	Select Processor	The <i>Butterfly Hug</i> is a self-soothing technique that involves crossing your arms over your chest and tapping your hands on your upper arms or shoulders in a rhythmic, alternating motion, like a butterfly's wings. It's a bilateral stimulation method that can help regulate the nervous system and promote a sense of calm and grounding, particularly when experiencing anxiety, distress, or trauma.
3	Session Duration	Open <i>Processor Collection</i> and choose one of the 5 brainwave session. Experiment to find your best fit.
4	Start Small	Choose one of the 11-minute sessions. You may switch mid-session for progressive stimulation.
5	Target Event	Work with manageable trauma. Begin with unresolved but <i>minor</i> issues. Avoid diving into deep trauma early on.
6	Negative Belief	Avoid diving into deep trauma early on.
7	Positive Belief	Identify a memory or event linked to your current emotional challenge.
8	Return to the Negative	Recognize the negative belief associated with the memory (e.g., "I'm unlovable").
		Propose a positive belief alternative (e.g., "I am worthy of love") and rate how much you accept it (0-10 scale).
		Revisit the original memory. If too overwhelming, seek professional help.

Phase 2: Brain Prime Sessions (18min)

Step	Title	Description
9	Begin Brain Processor	Start the light/sound session. Observe without judgment. Let thoughts and images surface naturally.
10	Reflect	After the session, neutrally acknowledge any thoughts, emotions, or insights that came up.

Phase 3: Dynamic Brain Prime (5min if needed)

Step	Title	Description
11	Repeat if Needed	Re-enter the session if more material surfaces. Stay open to unexpected insights.
12	Know When to Stop	Stop when nothing new emerges. Trust the natural endpoint of each session.

Phase 4: Post Session inner work (15min)

Step	Title	Description
13	Self-Compassion	Acknowledge your emotional courage. Be kind to yourself through this vulnerable process.
14	Reinforce Positive Belief	Revisit your chosen positive belief. Try to embrace it at a deeper emotional level.
15	Body Scan	Check for bodily sensations (tension, warmth, relaxation). Anchor in the present.

Phase 5: Stabilization (15min if needed)

Step	Title	Description
16	Stabilize	If feeling fragile, use Alpha 10 Hz session (11-min, low intensity) with guided breathing for relaxation.

Brain Optimizer Sessions

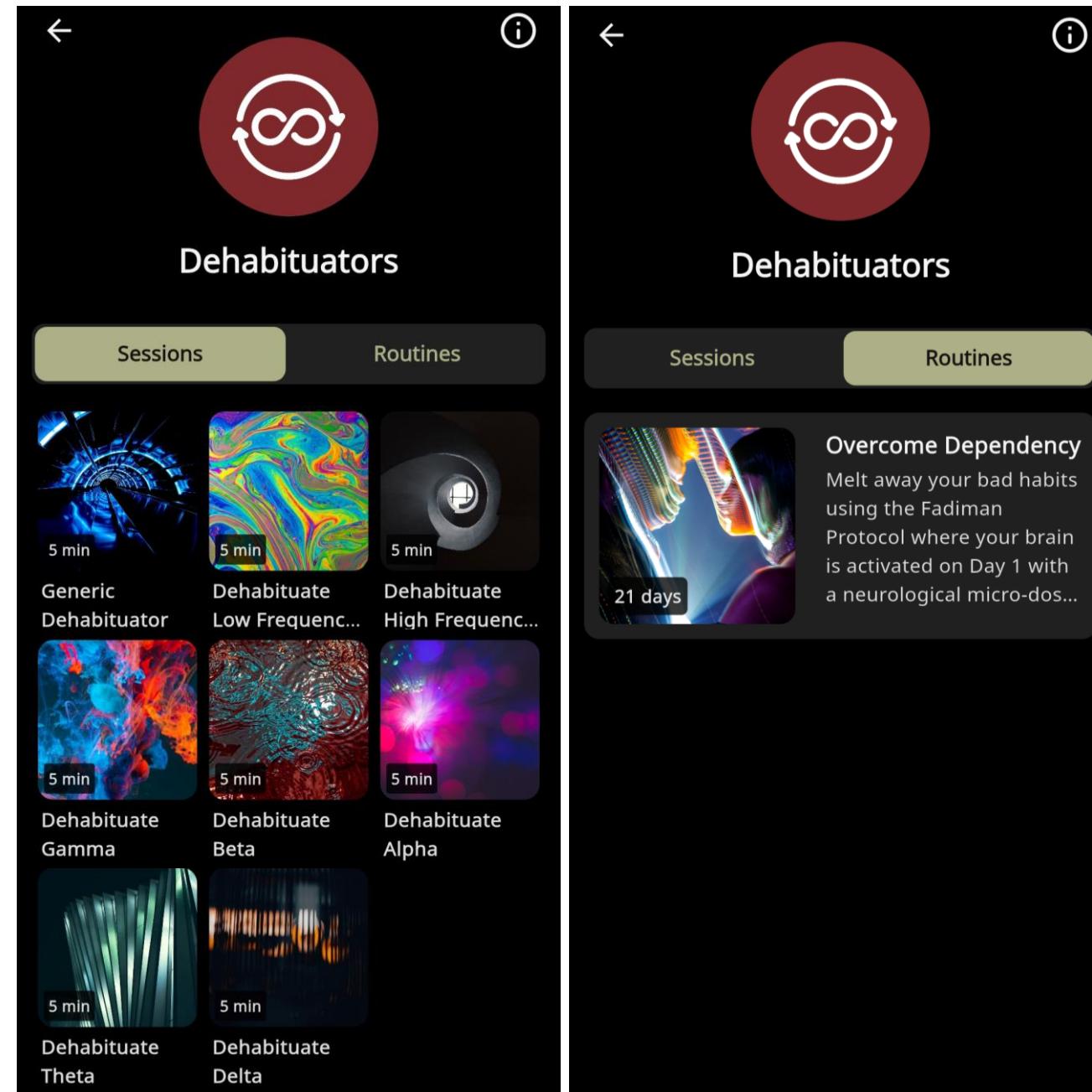
DEHABITUATORS

The Brain Dehabituation Approach

- Neurofeedback is a type of biofeedback that focuses specifically on brain activity. It works by using real-time feedback to help the brain learn more desirable activity patterns and reduce unhelpful ones through a process called reward learning.
- However, during neurofeedback, it's common to encounter rigid or "stuck" brainwave patterns - frequencies that don't easily shift using standard neurofeedback techniques. These patterns tend to resist change through the usual method of operant conditioning.

A New Solution for Stuck Brain Patterns

- To overcome this challenge, the Dehabituation sessions in the NeuroVIZR system use an expanded approach.
- Instead of relying solely on traditional neurofeedback, this method combines light and sound stimulation to help release stuck patterns and guide the brain toward more flexible, adaptive responses.
- While other approaches have experimented with tools like pulsed electromagnetic fields or frequency-specific microcurrent, NeuroVIZR uses light and sound to achieve similar outcomes in a non-invasive and accessible.



The 3-Step Formula: DISCONNECT – RECONNECT – REINFORCE

- Serves as the foundation for these novel NeuroVIZR routines. By disrupting the rigid patterns, facilitating new connections, and reinforcing adaptive brainwave activity, it is possible to break free from excessive habits and promote healthier brain functioning.
- In personal self-administered processes and for those lacking the resources provided by qualified neurofeedback, the following subjective expressions of “excessive” brainwave states may provide adequate guidance in selecting related NeuroVIZR sessions and routines.

1. Disconnect: **This first step uses chaotic or destabilising signals to disrupt the brain's stuck patterns. These signals help “loosen the glue” of rigid brainwave activity, making the brain more open to change.**
2. Reconnect: **Once the stuck pattern is softened, the session introduces positive or preferred brainwave signals. These guide the brain back into healthy, adaptive patterns, moving away from those shaped by negative habits or long-term repetition.**
3. Reinforce: **As the brain begins responding to these healthier patterns, the final step is to reinforce them. This helps prevent the brain from slipping back into old, unhelpful habits.**

The Brain Dehabituator session is specifically designed to handle Step 1: Disconnect.

- It's most useful when dealing with deeply ingrained, rigid brain patterns that have become resistant to change.

The Reconnect and Reinforce steps can be completed in different ways:

- By using other NeuroVIZR sessions designed for positive adaptation and learning
- Or through external techniques or methods that support habit transformation like therapy, mindfulness, or coaching.

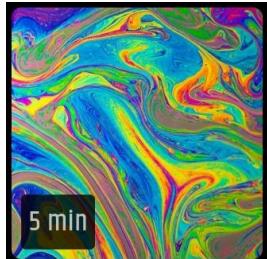
Timing Matters - The Hyperplastic Window

- The brain enters a “hyperplastic” state after Step 1.
- This is a temporary period when the brain is especially open to change.
- This window typically lasts 1 to 2 hours, though in some cases, it may extend up to 4 hours.
- To maximize results, Steps 2 and 3 should be applied during this hyperplastic window, when the brain is most flexible and responsive to new patterns.

More about the – Dehabituation Sessions

Quick Mental Break OR Loosen Up

- When you find yourself feeling overwhelmed or “jammed up”, it can be beneficial to take a «Quick Mental Break OR to Loosen Up.
- This “quick hit” may provide a mild degree of “dissociation” or “depersonalization” which often yields a sense of “relief” from the normal “realities” of personal everyday life.
- Finish with a “body scan” in which you gently survey and surrender to each and every sensation within your body (a shift from “perception” to “neuroception”).



**Dehabituate
Low Frequenc...**

Dehabituate Low Frequency States
(Dehabituator LO 5 - ranges from low delta to mid alpha)

If Geeting jammed in Lower activity dreamy drowsy states.

A session that targets excessive Delta and Theta brain wave activity. Helps you break out of Sluggish Low Frequency States.

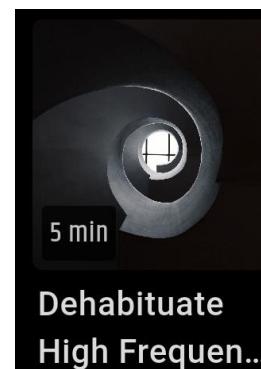


**Generic
Dehabituator**

Generic Dehabituate
(Dehabituator HI/LO 5 - ranges from low delta to high gamma)

If Geeting jammed in General without an obvious state.

A general-purpose session that does not target a specific brain wave range but can help across a whole range of excessive habits.



**Dehabituate
High Frequen...**

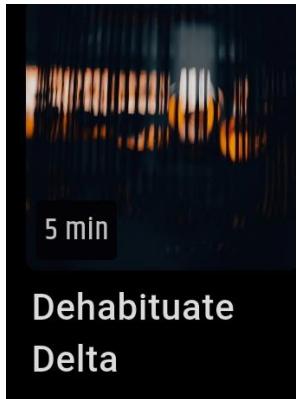
Dehabituate High Frequency States
(Dehabituator HI 5 - ranges from mid alpha to high gamma.)

If Geeting jammed in Higher activity and thinking states.

A session that targets excessive Beta and Gamma brain wave activity. Helps you break Over-Stimulated States.

More about the – Dehabituation Sessions

Unstick A Stuck Brain - Choose The Excessive Habit Where You Get Stuck

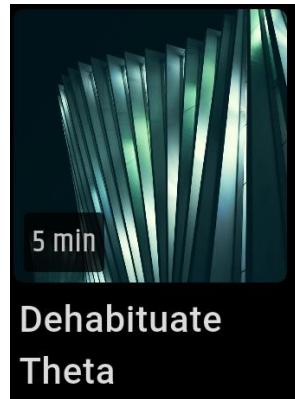


Dehabituate Delta

Try this session if you suffer from brain fog and regularly lack focus and motivation.

Excessive Delta Symptoms:

- **Attention deficit**
- **Hyperactivity**
- **Learning disabilities**

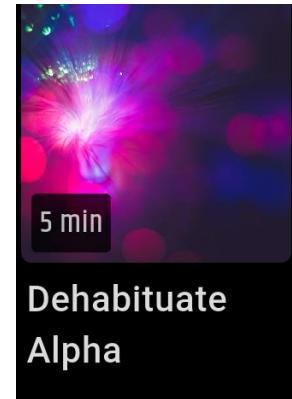


Dehabituate Theta

Try this session if you often find yourself hyperactive or lacking attention.

Excessive Theta Symptoms:

- **Attention deficit**
- **Hyperactivity Problems focusing and finishing**
- **Learning disabilities**
- **Previous head injuries**

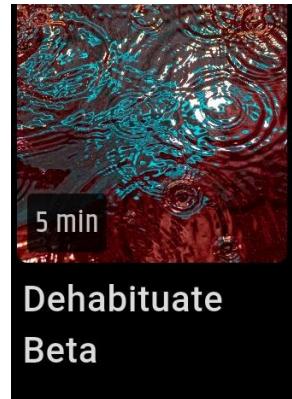


Dehabituate Alpha

Try this session if you have a habit of daydreaming and struggle to focus.

Excessive Alpha Symptoms:

- **Too much daydreaming**
- **Difficulty focusing**
- **Being too relaxed and lacking alertness**
- **Anxiety Obsessive Compulsive**

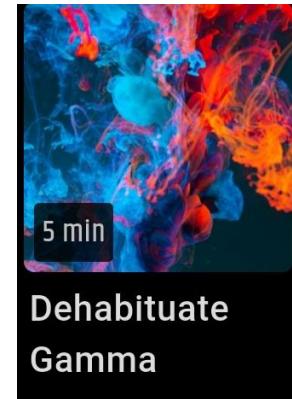


Dehabituate Beta

Try this session if you have a habit of struggling to relax.

Excessive Beta Symptoms:

- **Inability to relax**
- **Mental fatigue**
- **Poor concentration,**
- **Brain fog**
- **Cannot pay attention,**
- **Panic attacks**
- **General anxiety**



Dehabituate Gamma

Try this session if you often feel overstimulated or mentally “wired”.

Excessive Gamma Symptoms:

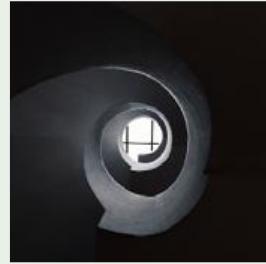
- **Poor cognitive functions**
- **Previous mild head injuries**

Breaking Excessive Habits - **ADDICTIVE CRAVINGS ROUTINE**

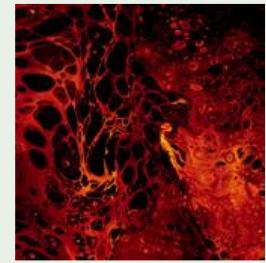
- Choose one of the following Dehabituation sessions suitable for your need.
- Followed by the Brain Gym - Brain Network collection - Emotional Flow session. Following the Emotional Flow session,
- Do 1 minute to Guided Breathing - specifically aimed at easing anxiety. Allow yourself to breathe deeply and consciously, bringing a sense of calm and relaxation to your mind and body.
- Finish with a body scan focusing on the areas of tension and invite a sense of release and relaxation into those areas.
- This routines create a comprehensive experience that promotes flexibility in the brain, emotional regulation, and body awareness.
- Embrace the opportunity to loosen up rigid patterns, organise your brain functions, and find a greater sense of ease and presence within yourself.

IF CRAVING EXCITATORY STIMULATION HABITS

**Go to Dehabuators Collection and Select:
Dehabituate High Frequency States
(Dehabituator HI 5)**

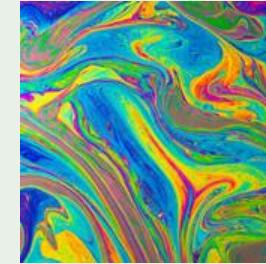


**Then Go to
Brain Gym - Brain Networks. Select:
Emotional Flow**

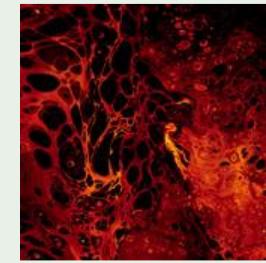


IF CRAVING SEDATIVE STIMULATION HABITS

**Go to Dehabuators Collection and Select:
Dehabituate Low Frequency States
(Dehabituator LO 5)**



**Then Go to
Brain Gym - Brain Networks. Select:
Emotional Flow**

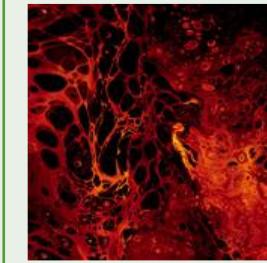


IF CRAVING ARE NOT CLEAR

**Go to Dehabuators Collection and Select:
Generic Dehabituate
(Dehabituator HI/LO 5)**

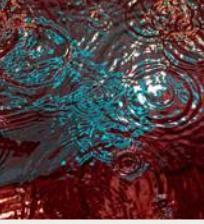
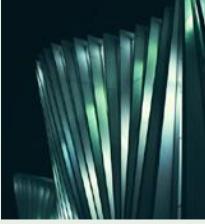


**Then Go to
Brain Gym - Brain Networks. Select:
Emotional Flow**



Breaking Excessive Habits - **EASY DOES IT ROUTINE**

- Choose the Brain Dehabituation session that seems to best align with how you get “stuck”.
- Then follow the selected Brain Dehabituation with a Brain Gym/Brain Entrainment session that is NOT in one of your “stuck” zones.
- This represents two steps of the “Disconnect > Reconnect > Reinforce” “unsticking” process. Here are some possible examples of complementary choices.

Example 1: Go to Habit Rewiring Collection and select: Dehabituate Alpha	Example 2: Go to Habit Rewiring Collection and select: Dehabituate Beta	Example 3: Go to Habit Rewiring Collection and select: Dehabituate Gamma	Example 4: Go to Habit Rewiring Collection and select: Dehabituate Theta	Example 5: Go to Habit Rewiring Collection and select: Dehabituate Delta
				

Breaking Excessive Habits – **EXCESSIVE ALHPA ROUTINE**

Excessive Alpha activity can manifest as daydreaming, difficulty in maintaining focus, reduced alertness, and may also be associated with symptoms of anxiety and obsessive-compulsive tendencies.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Alpha



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Gamma 40Hz



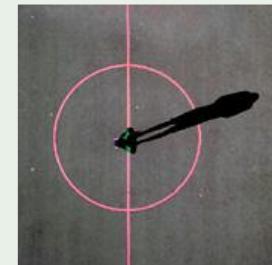
Step 3: REINFORCE

Go to **Relax Collection** Select the session:
GAMMA GAMMA



OR

Go to **Focus** - Select ONE (1) of these session:
Centered **Crystal Clear**

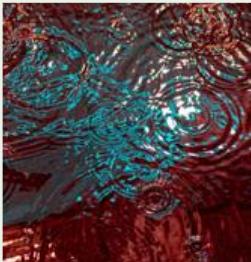


Breaking Excessive Habits – EXCESSIVE BETA

Excessive beta brain frequency can lead to an inability to relax, mental fatigue, poor concentration, brain fog, difficulty in paying attention, panic attacks, and heightened levels of general anxiety.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituation Beta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Theta 6 Hz



Step 3: REINFORCE

Go to **Relax Collection** Select ONE (1) of these session:
Gentle Move **Big Peace** **Now Just Relax**



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Calm Down



Peaceful Heart



Heart Space



Breaking Excessive Habits – **EXCESSIVE DELTA**

Excessive delta brain frequency can contribute to attention deficit, hyperactivity, and learning disabilities.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Delta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Low Beta 12-15 Hz OR
Beta 15 - 30Hz



Step 3: REINFORCE

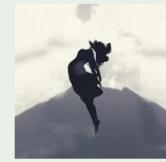
Go to **Elevate Collection** Select ONE (1) of these session:
Creative Pop **Dream Scapes** **Chakra Massage**



Blast Off



Fly High



Mandala Mind



Ollie Impossible



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Bye Bye Blues **Up Beat**



Breaking Excessive Habits – EXCESSIVE GAMMA

Excessive gamma brain frequency is associated with **poor cognitive functions** and may be linked to previous **mild head injuries**.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Gamma



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Alpha 8-12 Hz



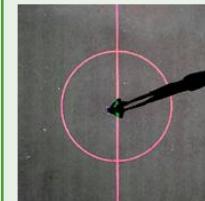
Step 3: REINFORCE

Go to **Relax** - Select ONE (1) of these session:
Gentle Moves **Deep Think** **Big Peach** **Now Just Relax**



OR

Go to **Focus** - Select ONE (1) of these session:
Centered **Crystal Clear** **Still Point** **Laser Focus**



Breaking Excessive Habits – EXCESSIVE THETA

Excessive theta brain frequency can manifest as attention deficit, hyperactivity, problems focusing and finishing, previous head injuries, and learning disabilities.

Step 1: DISCONNECT

Go to
Dehabituation Collection
and Select:
Dehabituator Theta



Step 2: RECONNECT

Go to
Brain Gym - Brain Entrainment Collection
and Select:
Low Beta 12-15 Hz OR
Beta 15 - 30Hz



Step 3: REINFORCE

Go to Elevate Collection Select ONE (1) of these session:
Creative Pop **Dream Scapes** **Chakra Massage**



Blast Off



Fly High



Mandala Mind



Ollie Impossible



OR

Go to **Mood Regulation Collection** Select ONE (1) of these session:

Bye Bye Blues **Up Beat**





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

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