



Program Overview  
for **brainLight**<sup>®</sup>-Complete-Systems

**brainLight**<sup>®</sup>

LIFE IN BALANCE



# Our Programs for the **brainLight**®-Complete-Systems

In each of our Complete-Systems, consisting of the **brainLight**-Relaxation-System and a **brainLight**-Shiatsu-Massage-Chair, 31 Basic-Programs are included: The **brainLight** Introductory Program and thirty 10-30 minute programs. Complete-Systems with the Synchro PRO contain an additional 50 fixed and frequency-fixed programs to use with your own music and the possibility of adding a massage program.

In addition, you can purchase further, thematically completely different, Program-Sets that work for you and fit your desires and goals. A new software makes it possible to combine all **brainLight**-Programs that you are interested in, into your own individual **brainLight**-System!

The Program-Sets included in your **brainLight**-System are marked here:



**THE **brainLight** INTRODUCTORY PROGRAM IN DIFFERENT LANGUAGES**

p. 9




**CLEVER – A POSITIVE LEARNING EXPERIENCE AND TRAINING**

p. 10–11



****brainLight** SPORTS PROGRAMS**

p. 12–13



**MUSIC PLEASURE FROM CLASSIC TO MODERN**

p. 14



**CHILLOUT LOUNGE BY JESSICA BORN AND GEORG CROSTEWITZ**

p. 15



brainLight

brainLight

BALANCE



## Dear **brainLight** user!

When using a Synchro PRO, please put on your headphones and have your visualization glasses ready if you have chosen a program with visualization. Start the program by touching the number(s) of your desired program on the touch panel. The selected number appears on the display.\* A 5-second count-down begins, during which you can still correct the program selection by simply entering the digit(s) of another program. After the countdown has expired, the program can be stopped with the escape button: To do so, touch the center of the ZERO key for approx. 2 seconds until "Bitte warten/Please wait" appears on the display. You can then select a new program.

In case of a relaxTower PRO please select a program and press the corresponding keys on the touch panel.\* Now put on the headphones and get your visualization glasses ready, if you have chosen a program with visualization. Everything else you will hear through the headphones. You can cancel your session at any time by pressing the star key.

And now just let go, let it happen ...

We wish you a wonderful experience!  
Your **brainLight** team

\*When using a Complete-System with **brainLight**-4D-Shiatsu-Massage Chair Zenesse or SPHERE, you have the possibility to select the strength of the air pressure massage on the keypad within 5 seconds after the program selection: Press 1 for "weak", 2 for "medium", 3 for "strong". If you do not select anything, the program will automatically start with "medium".

If you enjoy the holistic **brainLight**-Well-Being-Experience for the first time, please ALWAYS start with program 401.

## Introductory Program





401 First Session: Introduction + Session



20 min.



## Explanation of Symbols

-  Session starts with a massage, followed by the relaxation phase with visualization; wake-up massage at the end.
-  Session starts with a massage, followed by the relaxation phase with visualization.
-  Session with continuous massage and visualization.
-  Session with continuous massage, visualization starts later on.
-  Session with continuous visualization, at the beginning and end there is a massage.
-  Session starts with the relaxation phase with visualization, followed by a massage.
-  Session without massage, but with visualization. The chair reclines into a resting position.
-  Session with heating function.
-  Session starts with a massage, followed by the relaxation phase with visualization. After another massage and a short break, you will be massaged again at the end.

## Contraindications

If you suffer from epilepsy or if you have a pacemaker, please enjoy your **brainLight**-Session without the visualization glasses.

If you have acute back problems, suffer from thrombosis or osteoporosis, or if you weigh more than 120 kg / 265 lbs / 19 st., please avoid programs that include massage.

If you are pregnant, please enjoy your **brainLight**-Session without the visualization glasses and also avoid programs that include massage.



## 10-Minute Programs BASIC

- 430 Positive affirmations for the beginning of your day ●
- 431 Positive affirmations for the end of your day ●
- 432 Piece of music "Free Flow" ●
- 433 Piece of music "Chill Fit" ●
- 434 Piece of music "Energy" ●
- 435 Piece of music "Free Time" ●
- 436 Quick meditation "Stocking up on energy" 👁
- 437 Quick meditation "Being powerful" 👁
- 438 Piece of music "Shift" ●
- 439 Piece of music "Timeless" ●

## 20-Minute Programs BASIC

- 450 Piece of music "Fantasy" ●
- 451 Piece of music "Space" ●
- 452 Piece of music "Creativity" ●
- 453 Piece of music "Wellpower" ●
- 454 Piece of music "Deep Inside" 🔊 ⚙
- 455 Piece of music "Do It" 🔊 ⚙
- 456 "Refreshed and cheerful within 20 minutes" ☑ ⚙
- 457 "Tranquil and balanced within 20 minutes" ☑ ⚙
- 458 Piece of music "brainFlight" 👁
- 459 Narrated relaxation session "Journey through the body" 👁

*"Open your eyes – be still – listen –  
Open the eyes of your heart –*

*Be confident and courageous –  
Love!"*

*Lazaris*

## 30-Minute All-Inclusive Wellbeing Sessions BASIC

- 460 Piece of music "Sky" ☑
- 461 Piece of music "Chill Out" ☑
- 462 Piece of music "Falling Waters" ⌘ ⚙
- 463 Piece of music "Freedom" ⌘ ⚙
- 464 Piece of music "Ocean" ⌘ ⚙ 🗨

## 40-Minute All-Inclusive Wellbeing Sessions BASIC

- 465 Autosuggestion "Enhancing your concentration" ⌘
- 466 Autosuggestion "Creative problem solving" ⌘
- 467 Autosuggestion "Selling successfully" ⌘
- 468 Autosuggestion "Dealing with stress" ⌘
- 469 Autotrance "Fantasy journey" ⌘ ⚙

*"Respect yourself enough to let yourself be respected.  
Value yourself enough to allow yourself to be valued.  
Trust yourself enough to allow someone to trust you.  
Love yourself.  
Let someone love you."*

Lazaris



You experience a unique form of physical and mental relaxation in a **brainLight**-Session. Within a few minutes you feel calm and deeply relaxed. Your breathing slows down and becomes more even. In addition to the light effects of the visualization glasses you listen to beautiful, relaxing music with or without voice accompaniment. Through a sensuous symphony of light, sound and voice, you will be transported into an as yet unimagined new world. Your mind seems to float and you experience yourself in an intense, and totally new way. Exciting colors and shapes or patterns emerge before your inner eye. To imagine how you might experience these stimuli to your eyes and ears, picture the magic of a flickering open fire, the interplay of light and shadow while traveling along a tree-lined road or the sparkling of the sun on the waves of an ocean.

# The **brainLight**<sup>®</sup>-Program-Sets



All **brainLight**-Programs are Instant-Programs, consisting of coordinated light and sound frequencies, music and possible voice accompaniment. The massage is an additional fully automated part of the **brainLight**-Instant-Programs. Before and after or even during the audio-visual relaxation you will be massaged.

The **brainLight**-Programs are combined into thematically completely different Program-Sets. The range of the **brainLight**-Program-Sets is continuously added to and expanded according to the wishes of our customers.

You will find all current Program-Sets on the following pages.



# The **brainLight** Introductory Program in different languages

🔊 ⚙️ 20 min.

- 1  **German • Deutsch**  
ERSTANWENDUNG: Einführung + Anwendung mit Massage
- 3  **Danish • Dansk**  
FØRSTE GANG: Introduktion + anvendelse, med massage
- 4  **French • Français**  
PREMIÈRE APPLICATION: Introduction + application avec massage
- 5  **Italian • Italiano**  
PRIMO USO: Introduzione + Sessione con massaggio
- 6  **Dutch • Nederlands**  
EERSTE GEBRUIK: Introductie + Sessie met massage
- 7  **Norwegian • Norsk**  
FØRSTE GANGS BRUK: Innføring + Avspenningsbehandling med massasje
- 8  **Polish • Polski**  
WPROWADZENIE: sposób zastosowania + głęboki relaks
- 9  **Russian • русский**  
ОЗНАКОМЛЕНИЕ: введение + пользование с массажем
- 10  **Slovakian • Slovenský**  
ÚVODNÝ PROGRAM: Zoznámenie + masáž
- 11  **Spanish • Español**  
PRIMERA APLICACIÓN: Introducción + aplicación con masaje
- 12  **Czech • Český**  
ÚVODNÍ PROGRAM: Seznámení + masáž
- 13  **Turkish • Türkçe**  
İLK KULLANIM: Giriş + masaj seansı
- 14  **Hungarian • magyar**  
ELSŐ ALKALOM: bemutatkozás + értekezlet masszázssal
- 15  **Chinese • 汉语**  
初次使用: 简介+按摩体验
- 16  **Japanese • 日本語**  
最初に使用: 介绍+マッサージ付きプログラム
- 17  **Urdu • اردو**  
پہلے استعمال تعارف + سیشن کے ساتھ مساج

*"If you talk to a man in a language  
he understands, that goes to his  
head.*

*If you talk to him in his language,  
that goes to his heart."*

**Nelson Mandela**



## *Clever – A Positive Learning Experience and Training*

### *Clever Programs with music*

Programs 490–499 contain light and sound frequencies as well as music.

- 490 Accelerated Learning Development 👁 15 min.
- 491 Test Preparation Training 👁 15 min.
- 492 Tune Up After School/Parent Support 👁 15 min.
- 493 Problem Solving 👁 15 min.
- 494 Positive Motivation/Attitude

#### Performance

- 495 Skill Building for Reading and Spelling 👁 15 min.
- 496 Math Skill Builder 👁 11 min.
- 497 Homework Helper 👁 10 min.
- 498 Concentration/Focus/Attention Training 👁 15 min.
- 499 Deep Sleep and Rest 👁 40 min.

#### for Peak

The **brainLight**-Clever programs are designed to support faster and easier learning and provide brain training at the cutting edge of neurotechnology. Your child is invited on an exciting journey into the world of fast and easy learning.

The **brainLight**-System generates scientifically based frequencies of audio-visual stimulation that support your child in achieving best performance. Through calming and balancing the brain waves, focus and concentration are increased, the mind is optimally prepared for learning and ideal conditions for good memory are created.

The programs are tailored to children but can also be used by teenagers and adults.

## Clever – A Positive Learning Experience and Training

### Clever Programs without music

The programs 510–519 contain only light and sound frequencies (i.e. no music) and can be used completely without or together with your personal music (by means of cell phone, CD player, laptop etc.).

510 Accelerated Learning Development	👁 15 min.
511 Test Preparation Training	👁 15 min.
512 Tune Up After School/Parent Support	👁 15 min.
513 Problem Solving	👁 15 min.
514 Positive Motivation/Attitude for Peak Performance	👁 15 min.
515 Skill Building for Reading and Spelling	👁 15 min.
516 Math Skill Builder	👁 11 min.
517 Homework Helper	👁 10 min.
518 Concentration/Focus/Attention Training	👁 15 min.
519 Deep Sleep and Rest	👁 40 min.

Light and sound frequency progressions: Dr. Rayma Ditson-Sommer  
Audio engineering: Frank Metzner at Tonstudio Dreamland, Krombach

*“Be more concerned with  
where something can lead you  
than what it can get you.”*

Lazaris



*“To realize one’s nature perfectly  
that is what each of us is here for.”*

Oscar Wilde



## Sports Programs with music and voice guidance

Programs 520–529 contain light and sound frequencies as well as music.

**brainLight** offers ten programs for the sports and fitness sector, covering all important aspects of mental training that are necessary for athletic success, such as: Gearing Up for Competition, Confidence and Self-Esteem, Muscle Memory Rehearsal, and Positive Target Focus Training. Above all in sports, success begins in the mind.

For a long time now, top athletes have not relied solely on physical training on their way to top performance. Mental training and optimal regeneration through relaxation methods are now as much a part of everyday life as the right diet. Amateur athletes can also benefit from these findings of sports psychology.

*“Nothing changes until you do.”*

Lazaris

520 Warm-Up with Mental Calmness	●	12 min.
521 Gearing Up for Competition	●	12 min.
522 Create Your Own Winning Experience	👁	12 min.
523 Muscle Memory Rehearsal	● ⚙	17 min.
524 Relaxation Response Training for Stress Tolerance and Pain Management	👁 ⚙	17 min.
525 Self-Trust for Positive Attitudes	●	17 min.
526 Confidence and Self-Esteem	🔇 ⚙	22 min.
527 Door to the Zone	🔇	27 min.
528 Positive Target Focus Training	🔇	32 min.
529 Relaxation, Deep Sleep and Jet Lag Prevention	🔇 ⚙	42 min.

Light and sound frequencies: Dr. Rayma Ditson-Sommer

Music: Andrea Rushton, Ben Lennox, Dietrich von Oppeln, Frank Metzner (music of program introductions), Joseph Brook, Tallis Brooks, Thomas Hull)  
Narration: Navjit Kandola, Sabrina Sauer (on ‘Warm-Up with Mental Calmness’ and ‘Gearing up for Competition’)

Audio engineering: Frank Metzner at Tonstudio Dreamland, Krombach  
Program texts: Sabrina Sauer, based on program instructions by Dr. Rayma Ditson-Sommer

## Sports Programs without music and voice guidance

Programs 530–539 contain only light and sound frequencies (i.e. no music) and can be used completely without or together with your personal music (by means of cell phone, CD player, laptop etc.).

Please note that light and sound start only 90 seconds after the start of the program and fade out 30 seconds before the end.

530 Warm-Up with Mental Calmness	●	12 min.
531 Gearing Up for Competition	●	12 min.
532 Create Your Own Winning Experience	👁	12 min.
533 Muscle Memory Rehearsal	● ⚙	17 min.
534 Relaxation Response Training for Stress Tolerance and Pain Management	👁 ⚙	17 min.
535 Self-Trust for Positive Attitudes	●	17 min.
536 Confidence and Self-Esteem	🔗 ⚙	22 min.
537 Door to the Zone	🔗	27 min.
538 Positive Target Focus Training	🔗	32 min.
539 Relaxation, Deep Sleep and Jet Lag Prevention	☑ ⚙	42 min.

*“Accept who you are –  
welcome who you are becoming.*

*Touch – breathe – set innovation in motion.”*

**Lazaris**



*“The valuable thing in life is the  
development of the personality  
and its creative powers.”*

**Albert Einstein**



## Music Pleasure from Classic to Modern

For “Music Pleasure from Classic to Modern” 10 programs of “Pure Music Pleasure” and without voice accompaniment were selected.

This Program-Set combines a symphony of light and sound frequencies with a rich mixture of the most diverse music: from well-known classical pieces by great composers to Latin, Lounge, New Age and meditation music to modern progressive rock, everything is included.

- 540 5th Symphony, 1st Movement (Allegro con brio) –**  
Ludwig van Beethoven – Classical Music;  
stimulating ● 9 min.
- 541 Peer Gynt Suite: Morning Mood &  
Solveig’s Song •** Edvard Grieg – Classical Music;  
enigorating ● ☀ 9 min.
- 542 The Blue Danube**  
Johann Strauss – Classical Music;  
refreshing ● 11 min.
- 543 The Red Tide**  
Earthlimb – Progressive Rock; activating ● 11 min.
- 544 Concerto Grosso No. 5**  
Georg Friedrich Händel – Classical Music;  
uplifting and relaxing ● 12 min.
- 545 Mariposa Blanca**  
Frank Metzner – Latin Music;  
for wellbeing and relaxation ● ☀ 16 min.
- 546 Indian Summer**  
Frank Metzner – New Age/World Music;  
inspiring and relaxing ☒ 21 min.
- 547 Himalaya Breeze**  
Alex Bleiziffer – Lounge Music; relaxing ☒ 31 min.
- 548 5th Symphony (complete version)**  
Ludwig van Beethoven – Classical Music;  
energizing ☒ 38 min.
- 549 Unison by the Sea**  
Hauke Nissen – Unison by the Sea;  
meditative ■ ☀ 42 min.

## Chillout Lounge von Jessica Born und Georg Crostewitz

270	Bossa for you	●	10 min.
271	Chilling in the Sand	●	10 min.
272	My heart	●	10 min.
273	You shine	■ ☀	20 min.
274	Light	●	30 min.

The 5 **brainLight**-Programs "Chillout Lounge" are timeless songs, which are about silence and attention for the small, but essential and beautiful things in life: your own heartbeat, the longing for love, blossoms and bird-song, wind, waves and the lightness of being. They create peace, serenity, open spaces and overcome in a positive sense boundaries and distances of space and time.

*"... Music expresses that  
which cannot be said and on  
which it is impossible to be silent."*

**Victor Hugo**



This Program-Set contains original compositions by Jessica Born and Georg Crostewitz.

The singer Jessica Born is considered one of the best singers in the fields of jazz, blues, soul & gospel. Her extraordinary voice touches the heart and gets under your skin.

Georg Crostewitz is a musician, composer and producer. In these songs he is brilliant on guitar, piano, bass and percussion instruments, among others.



## Fixed Programs

These programs contain only light and sound frequencies (i.e. no massage, music and/or voice guidance) and can be used without or together with your own personal music (by means of cell phone, CD- player, laptop etc.). You can also add a massage manually with the help of the control panel on your **brainLight**-Massage-Chair.

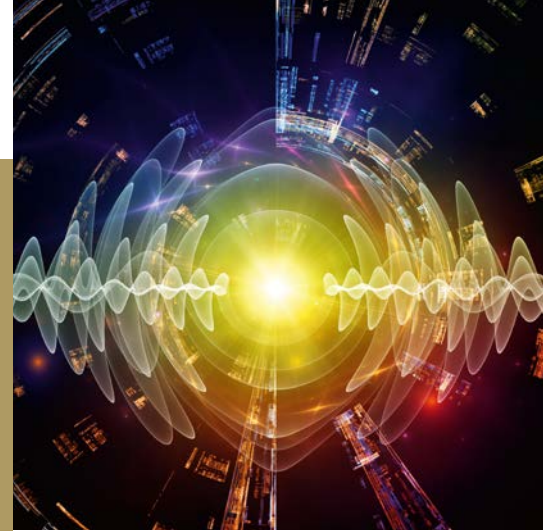
Fixed programs contain fixed sequences of different light and sound frequencies (for programs 900 to 909 you will find graphics of the program sequences in your user manual).

900	Alpha relaxation I (diagram A)	10 min.
901	Alpha relaxation II (diagram B)	15 min.
902	Relaxation (diagram C)	10 min.
903	Relaxation with Schumann frequency (diagram D)	20 min.
904	Relaxation (diagram E)	30 min.
905	Anti-stress program – intensive (diagram F)	30 min.
906	Deep relaxation (diagram G)	30 min.
907	Relaxation in high alpha (diagram H)	10 min.
908	Relaxation in high alpha (diagram I)	15 min.
909	Meditation (diagram J)	30 min.
910	Meditation, dreaming, visualization, theta	15 min.
911	Learning program	15 min.
912	Relaxation, gaining energy	20 min.
913	Gaining energy	20 min.
914	Visualization, nap	20 min.
915	Mental training, superlearning I	30 min.
916	Mental training, superlearning II	30 min.
917	Very deep relaxation	30 min.
918	Sleeping aid	35 min.
919	Mental training	20 min.
920	Demonstrates the stimulation elements	5 min.
921	Clear dreams	35 min.
922	Morning freshness, waking up	20 min.
923	Energy, creativity	35 min.
924	Problem solution, creativity	30 min.
925	Mental tune-up	15 min.
926	Energy, learning	30 min.
927	Quick break, short relaxation	15 min.
928	Relaxed creativity, finding solutions I	30 min.
929	Relaxed creativity, finding solutions II	30 min.



## Frequency-fixed Programs

930	Balance	0,5 Hz	15 min.
931	Centering	1 Hz	15 min.
932	Hormone release	1,5 Hz	15 min.
933	Relaxation	2 Hz	15 min.
934	Anti-sleeplessness	2,5 Hz	15 min.
935	Relaxation	3 Hz	15 min.
936	Learning languages	3,5 Hz	15 min.
937	Intuition I	4 Hz	20 min.
938	Intuition II	5 Hz	20 min.
939	Vision	5,5 Hz	20 min.
940	Memory increase	6,4 Hz	20 min.
941	Creativity	7,5 Hz	20 min.
942	Intuition III	7,8 Hz	20 min.
943	Schumann resonance	7,83 Hz	20 min.
944	Centering	12 Hz	20 min.
945	Basic frequency	14 Hz	20 min.
946	Pain reduction	15 Hz	20 min.
947	Muscle relaxation	38 Hz	20 min.
948	Pain reduction	10 Hz	35 min.
949	Schumann resonance	7,83 Hz	30 min.



These programs contain only light and sound frequencies (i.e. no massage, music and/or voice guidance) and can be used without or together with your own personal music (by means of cell phone, CD-player, laptop etc.). You can also add a massage manually with the help of the control panel on your **brainLight**-Massage-Chair.

Frequency-fixed programs provide a constant light and sound frequency throughout.



## *Some inspiration*

To conclude, we would like to share with you the story of the five caterpillars by Timothy Leary:

Once upon a time, there lived five caterpillars that, for the first time in their lives, saw a butterfly just before their own metamorphosis.

**The conservative caterpillar wrinkled its nose and said:** "That's not only illegal, it's also immoral. They should arrest that irresponsible individual and detain them down here on earth, where he belongs."

**The technical interested caterpillar sniffed and said:** "They won't get me into that!"

**The liberal-progressive caterpillar scorned:** "How dare this frivolous creature roam free when caterpillars in Bangladesh can't even afford a color TV?"

**The Hindu/Buddhist caterpillar hummed "Ommm" and said:** "Why should I make an effort and let such wings grow, if I can just stay in lotus position and fly with my astral body?"

**And the Christian caterpillar murmured righteously:** "If God had wanted us to fly, He would have given us wings."

With this in mind, we wish you positive surprises, transforming experiences and a lot of fun on your personal path on becoming a butterfly!

Your **brainLight** team

**brainLight**®

LIFE IN BALANCE



# brainLight®

## LIFE IN BALANCE



**brainLight GmbH** • Hauptstraße 52 • 63773 Goldbach • Germany  
Phone: +49 (0) 6021 59070 • Telefax: +49 (0) 6021 590797 • E-Mail: [info@brainlight.de](mailto:info@brainlight.de)

[www.brainlight.de](http://www.brainlight.de) • [www.brainlight.com](http://www.brainlight.com)