



YOUR PERSONAL GUIDE

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**neuroVIZR™**  
The Change Maker

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# CONTENT

## INTRODUCTION

<b>Brain Engagement - Basic Knowledge</b>	<b>5</b>
Brain engagement	6
Form of brain engagement	7
About State & Trait	7
About Brain Fitness	9
About expectations	9
Achieve the most while doing the least	10
Can you just have fun	10
Help Right now	11
<b>Our Collections</b>	<b>13</b>
What is Collection?	14
Brain Gym	15
Brain Builder	16
Brain Stabilizer	18
Brain Organizer	19
Mind States	20
Better Sleep	23
Brain Optimizer	24
Brain Processor	25
Brain Dehabituator	30

The NeuroVizr™ is not a medical device and is not regulated by any government agency such as the FDA. It does not diagnose, treat or heal any medical condition. All recommendations are for educational purposes only. Consult a medical practitioner for medical issues.

## ROUTINES

<b>Structured Routines</b>	<b>33</b>
Basic Daily Brain Exercise	34
Basic Daily Stress Reduction	36
Basic Daily Better Sleep	38
Expanded Daily better sleep	40
Daily fortifying a fragile brain	42
Enhance Creativity	44
Enhance Focus	46
Mind Exploration	48
Mood Regulation	50
<b>Dynamic Routines</b>	<b>53</b>
Dynamic Routine 1 : Processing Personal Trauma	54
Dynamic Routine 2 : Breaking Excessive Habits	60
Unstick a Stuck Brain : Understanding the Effects of Excessive Brainwave	61
Quick Mental Break	62
Loosen Up	64
Addictive Cravings	66
Easy Does it	68
Excessive Alpha	70
Excessive Beta	72
Excessive Delta	74
Excessive Gamma	76
Excessive Theta	78



## Collections



Brain Gym

Train your brain

10 sessions

3 played



Mind States

Guide your brain

10 sessions

10 played



Better Sleep

Harmonize your  
Circadian Cycle

10 sessions

14 played



# BRAIN ENGAGEMENT - BASIC KNOWLEDGE

# BRAIN ENGAGEMENT

The NeuroVizr™ is a unique light/sound brain stimulation device. In principle, it generates experiences known categorically as “Brain Engagement” sessions. The process of Brain Engagement is founded on the scientific fact that the adult human brain is capable of positive adaptive neuroplastic growth and change when provided with appropriate types of stimulation.

NeuroVizr™ light/sound Brain Engagement sessions are typically 11 minutes in length which permits the average brain to maintain an adequate degree of attention involved in triggering and sustaining neuroplastic change. Some sessions, depending on category and type, may also be only 5 minutes in length as related to periods of concentrated “exercise” or acting as an adequate period of “reinforcement”.

For clarity, Brain Engagement must be differentiated from older, conventional Brain Entrainment processes. Brain Entrainment is neurologically a “top-down” process that acts to reinforce existing basic brain patterns and has a weak neuroplastic capacity.

It is based on the “frequency following response” (FFR) which was first noted in the late 1930’s and made popular in the 1970s.

Alternatively, Brain Engagement is a new, primarily “bottom-up” neurological process that acts to trigger and guide actual brain changes and has a strong neuroplastic capacity. It is based on “fire it, to wire it”, “use it or lose it” and “the brain changes what matters” dynamics.

## FORM OF BRAIN ENGAGEMENT

The general approach of Brain Engagement can be more selectively interpreted. The Brain Engagement sessions of the NeuroVizr™ can be subdivided into:

- 01 Targeted Neuroplastic Change (as Theme-based sessions).
- 02 General Neuroplastic Stimulation (as Sensory Enrichment potentiating non-specific neuroplasticity).
- 03 Relative Neuroplastic Support (as Brain Priming for other subsequent processes).

## ABOUT STATE & TRAIT

Neuroplastic changes follow reliable and repeated physiological processes. The most basic process is the evolution from “state” to “trait”. A “state” is a short term change in a process that will likely revert back to its original condition.

The source of stimulation must accompany the “state” change experience. A “trait” is a long term change in a process that has a good chance of maintaining itself in a new condition.

The source of stimulation is no longer required as the “trait” is now self-generating and sustaining itself.

NeuroVizr™ Brain Engagement experiences generally provide satisfying “state” changes very easily and, if repeated and reinforced, will also result in stable positive new “traits”.





## ABOUT BRAIN FITNESS

Our brain is a physical organ and like the rest of our body, our brain can have higher or lower degrees of functional “fitness”. And like the body in general, our brain works better when it experiences various types of regular exercise.

The wonderful fact that our adult brain is capable of improvement is fantastic news. Neuroplasticity is the term used to describe the “change-ability” of our brain. So, we all have a current level of “brain fitness” which is technically called our “neuroplastic capacity”.

With “brain exercise”, you can increase your “neuroplastic capacity” by applying well designed experiences that supply “neuroplastic demand”. Capacity and demand are the dynamic factors in the formula of adaptive brain change.

## ABOUT EXPECTATIONS

Adjusting expectations to match real probabilities is the first principle to incorporate into the development of a protocol.

If the expectation of outcome is overinflated or the time line unrealistically short, even very good responses and results can be harshly assessed – not because of the outcome itself but rather because the expectation of outcome was unrealistic.

Even your “wins” can be mistaken as “failures”.

**"INSANITY : DOING THE SAME THING OVER  
AND OVER AGAIN AND EXPECTING  
DIFFERENT RESULTS."**

Albert Einstein

## ACHIEVE THE MOST WHILE DOING THE LEAST CAN YOU JUST HAVE FUN?

More is not better. Enough is enough. The approach in developing a protocol should be guided by the goal of the “minimum threshold to trigger an action”...and not pushing the system to its “level of maximum tolerance”.

Crossing the line of “maximum tolerance” typically results in a “kick back” in the evolution into adaptation. For example, in sportsmedicine/training protocols, constant heavy exertion leads to actual loss if not injury.

Often training protocols within the week involve, heavy days, easy days and off/rest days. Because our brain is physical too, the lessons learned in somatic development can often be applied directly to brain training as well.

Admittedly, many NeuroVizr™ users really enjoy their sessions. The saying that the NeuroVizr™ is “brain exercise disguised as entertainment” has a lot of credibility based on the common feedback from users.

So, is there any problem in using the NeuroVizr™ to “just have fun”? Basically, no – there is no problem at a simple level.

Various sessions each have their own unique appeal and your form of “fun” might be different than mine – but that’s OK.

There is some cautionary advice related to how much “fun” you can have at any given time. More may not be better (I discovered that fact with chocolate cake a long while ago). Positive, “fun” short term “state change” can be relieving and spark a smile.

All good.

## HELP RIGHT NOW:



Another way of considering positive short term “state change” could be called “Help Right Now”.

All of us sometime find ourselves in an uncomfortable spot or mood. It may be for good reason or strangely just grab us. Finding healthy ways to shift out of the mood makes a lot of sense.

You don’t get rewards for suffering unnecessarily. A quick “time out” with the NeuroVizr™ can be just the ticket.

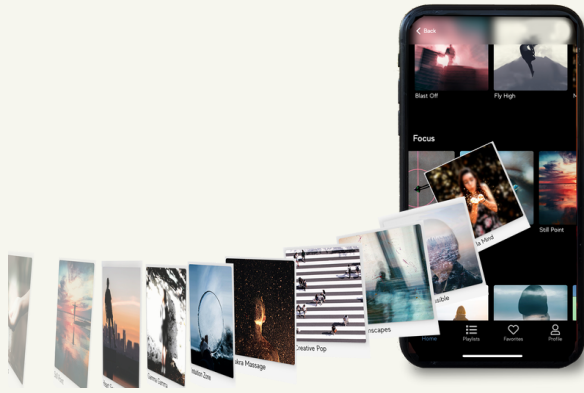
Choose a session that seems attractive and maybe connected to the mood shift you seek.

Add in some Guided Breathing before and after to boost the state shift. You know the “state change” may not last all day – but then again why not give it a shot. It’s like stepping out of the heat and into a cool air conditioned room (heh, I live in Thailand). What a relief!



## OUR COLLECTIONS

## WHAT IS COLLECTIONS?



There are four types of related Brain Engagement sessions available. We're actively working to expand the collections and sessions in our App, so you can look forward to more options coming soon.

The **Brain Gym** is a three part collection of specific "targeted" neuroplastic processes. These processes are, in a sense, foundational and provide the support when building up your "neuroplastic capacity" for change.

Think of how you may use a conventional "body gym" to target exercises that enable you to play a certain sport at a higher level.

**Mind States** is a collection of theme based light/sound experiences that work towards the "state/trait" evolution described above. They can also be used as a "Help Right Now" resource when the state change is attractive for its immediate benefit without considering a more extended evolution into a new trait.

**Better Sleep** acts to harmonize the critical rhythms of our Circadian Cycle and support healthy sleep states on a regular basis. The sessions are organized according to the regular circadian periods making session selections simpler without a more structured protocol.

**Brain Optimizer** is a unique and highly dynamic collection of advanced Brain Engagement sessions. The functions served in Brain Optimizers are actually elements selectively integrated into the Mind States sessions but here exist in separate and concentrated versions.



## 01. BRAIN GYM

These Light/Sound Brain Exercises form the foundation for all the other more developed NeuroVizr™ Experiences. Even though simple in principle, they are actually powerful and are the core of the Brain Gym.

Start with the Introductory (Level 1) of Coordination. The idea is to check if it feels very smooth and easy or if it feels a bit challenging. If easy, next time do the Intermediate (Level 2) session with the same goal. If easy, move to Advanced (Level 3).

Do the same progression with the other exercises (Endurance, Flexibility, Strength). Once you can easily accept all the Level 3 exercises, you can return to them on a regular/semi-regular basis to keep your levels up.

Doing one or two of these Brain Exercises four or five times a week is enough assuming you are doing some other NeuroVizr sessions in the Brain Gym. Like most things, find your own personal plan and rhythm.

The Brain Gym contains Light/Sound experiences designed to target and enhance specific aspects of healthy brain function.

Spending time in the Brain Gym can increase the ease and effects encountered in the sessions found in the Brain States section.



## BRAIN GYM - BRAIN BUILDER

Brain Builder is composed of four different types of “brain exercises”. Interestingly, these four types are also found in general somatic (body) sports training.

The four types are Coordination, Endurance, Flexibility and Strength (listed alphabetically).

Persons with a lower level of “neuroplastic capacity” (aka “brain fitness” – sluggish brain function, weak or low vitality, advanced age or post-injury/trauma) can benefit well by spending time in the Brain Gym/Brain Builder section of the NeuroVizr™

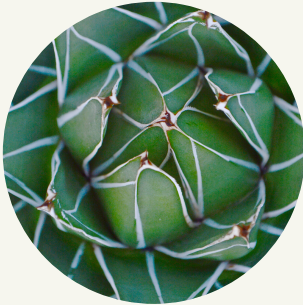
For example, when using the Mind States sessions, if even low Light Intensity settings and using the “LITE” version of the experience is difficult or challenging to enjoy, spending time in the Brain Gym/Brain Builder sessions will prove beneficial.

It is also easy to note that each of the four Brain Builder exercises has three levels of “neuroplastic demand”. Using common sense, start with the level one (1) of the exercise and, when it seems pleasant and comfortable, move up to the next level.

"YOUR LIFE DOES NOT GET  
BETTER BY CHANCE,  
IT GETS BETTER BY CHANGE."

Jim Roth

## BRAIN GYM - BRAIN BUILDER



### **COORDINATION**

Coordination involves the various degrees of change in the signals.

As an analogy, think of learning a new dance routine.

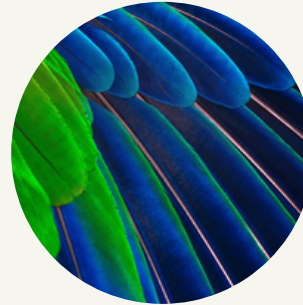
Is the next step a short, medium or long distance?



### **ENDURANCE**

Endurance involves the rate or speed of change.

The dance routine might be easy enough if you move slowly but can you also do it at a faster pace?



### **FLEXIBILITY**

Flexibility is the degree of complexity in the change.

Cowboy style line dancing can be a ton of fun but some kinds demand very complex dance sequences.

Can you keep the sequence happening?



### **STRENGTH**

Strength is the degree of intensity in the signaling.

Choices of subtle to bold signals are all part of life and having the adaptive range to process them all is vital.

## BRAIN GYM - BRAIN STABILIZER



Brain Stabilizer is a set of simplistic brain signaling reinforcements that helps harmonize the brain when dynamic change begins to find its limits and you want to reduce the “neuroplastic demand” that has been set in motion.

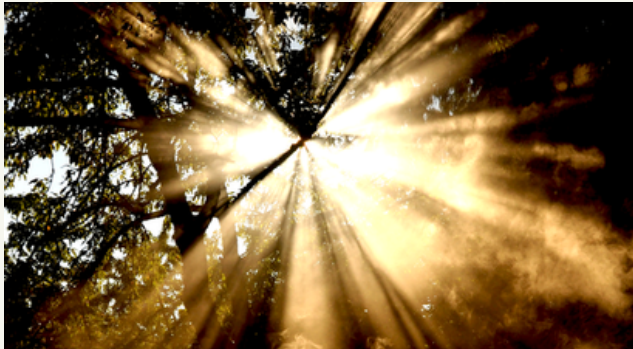
They can help “settle the dust” of more intensive periods of change in life and coax the brain down into a more stable state of operation. In a positive way, they are more “anti-neuroplastic” in that they tend to reinforce base line brain frequency states.

The Brain Stabilizer sessions are arranged for easy reference using the conventional coded groupings of brain frequencies: Alpha, Beta, Delta, Gamma, Theta.

Each has a central frequency to that band as well as the full range of the band.

- **Alpha** helps reassert basic focus with less distraction;
- **Beta** helps reassert cognitive processing and constructive thinking;
- **Delta** helps reassert a deep down-regulation of activity;
- **Gamma** helps reassert high level organization;
- **Theta** helps reassert loose minded relaxation and creativity

## BRAIN GYM - BRAIN ORGANIZER



Brain Organizer is specialized set of sessions designed specifically on the frequency harmonics of major brain networks.

These sessions follow a unique and unconventional design while being faithful to the exacting frequency harmonics derived from specialized academic research.

The intent and principle in their application is to reinforce the efficient and natural regulatory functions of these vital brain networks.

The concept is use these sessions when there is the intent to reinforce a higher level of brain “architecture” so that many other subsequent lower levels of brain function are better supported.

**Emotional Flow** involves the Limbic Network and may assist in emotional regulation.

**Feeling Me** involves the Default Mode Network and many assist in reinforcing positive ego references after strong dissociative or depersonalization experiences.

**Field Attention** involves the Ventral Attention Network and may assist in broad peripheral awareness.

**Focused Attention** involves the Dorsal Network and may assist in narrow focused awareness.

**Shifting Task** involves the Executive Function Network and may assist in eliciting and sustaining targeted task performance.

## 02. MIND STATES

The Mind States sessions are unique to the NeuroVizr™ and represent a significant advancement in Brain Engagement applications. Also, the principles involved in the compositional designs of the sessions in Mind States also apply to the Better Sleep sessions – the difference being the intended application theme.

Mind States sessions have both light and sound brain signaling. The “light choreography” and the “soundscapes” are entirely integrated to develop a unified experience.

Each session has a technical “signal vector” which can be thought of as a “theme” or “targeted outcome”.

It is not possible to “make” the brain emerge from the session with an absolute or certain outcome which is why it is best to consider the function as creating a “probable outcome”.

As an analogy, consider a comedic movie. It may be more or less funny depending on the characteristics of the persons watching the movie or even the same person on different days or in different moods.

So, with a Minds States session, it is best to adjust expectations to a range of “probability states” and not an absolute outcome.





# MIND STATES

The light and sound relationship can also be considered using another analogy. Consider a typical four piece rock band. The Mind States “soundscape” would be comparable to the drummer and bass player in the rock band. They maintain the underlying structure of the music.

The Mind States “light choreography” would be the lead guitar and the vocalist that are permitted a wide range of dynamic expressions that are kept “grounded” by the drummer and the bass player.

If one was in a recording studio and listening to each separate track of the drummer, bass, lead guitar and vocalist, they would each be expressing their uniquely different element in the song however together, their contributions generate an integrated summary expression. The whole is certainly greater than the sum of its parts.

Mind States sessions are actual neurological compositions that intend to prepare, elicit, guide, challenge, reinforce and reward targeted neuroplastic state (and eventually) trait changes in the brain.



The overall design principles are derived from a number of preexisting neurological research studies and methods.

The amalgamation of these studies and methods is at the heart of NeuroViz™ Mind States sessions and represents a significant advancement in easy-to-use applications.

## MIND STATES

More about the “soundscapes” in each Mind States session – these soundscapes are not designed as conventional music.

The brain is always seeking “the signal in the noise” and fully constructed music is extremely attractive to our brain. Sustained attention is required for effective neuroplastic change.

Constructed music immediately commands attention and will kidnap the listener’s attention at the loss of the more dynamic light signaling messages in the session.

Consequently, the soundscapes do have a limited “musical element” that is technically known as “mood framing” but avoid fully constructed, conventional music.

This “mood framing” helps to induce a related emotional tone that helps align the user with the theme/vector of the session.

Lastly, the Mind States sessions are offered in a “Standard” and “Lite” version (see the left/right toggle switch in your session app screen for each session). Above, (see Brain Fitness) we briefly discussed “Neuroplastic Capacity and Neuroplastic Demand.

At a fundamental level, “change dynamics” presented in the Brain Gym/Brain Builder information above (see Deep Look into Brain Gym/Brain Builder above) are at the core of understanding the differences in the Standard version and the Lite version.

To put it simply, the Lite version is less challenging than the Standard version. Both Standard and Lite have the same “vector” or theme and move towards the same “probability state” outcome. The Lite version does it a little gentler than the Standard version.

Use the version that is most attractive. If your “brain fitness” level is a bit lower for any reason, the Lite versions may be a good fit.

### 03. BETTER SLEEP

As described in the Mind States section, the Better Sleep sessions utilize the same general design principles and elements as the Mind States sessions. The difference is perhaps obvious in that all of the Better Sleep sessions share in common “probability states” that aim at themes related to “Better Sleep”.

Because harmonizing our natural biological Circadian Cycle is fundamental to Better Sleep, the Better Sleep sessions are organized according to regular and predictable phases of our Circadian Cycle.

Interestingly, one of the powerful factors in harmonizing the Circadian Cycle for Better Sleep takes place when you first wake up in the morning.

Also, not allowing stress and tension to build up during the day plays an important part in migrating over into a more peaceful evening. Then, of course, having experiences that help induce sleep later in the evening is also a big plus.

You will note that in Better Sleep, some sessions have both the standard 11 minute and a 5 minute version as well.



The 5 minute versions can be used as easy “reinforcements” as related to the 11 minute version or as a quick “nudge” to coax your brain along at the moment.

Many **NeuroVizr™ users report improved sleep**. Surprisingly, some report the improvement beginning very quickly after using Better Sleep sessions.

For others, no doubt, the improvements will develop in steps and stages with regular use of the sessions. Each of us have many unique circumstances and histories that affect our sleep.

One thing we all share is the biological Circadian Cycle and harmonizing it forms the basis of not only Better Sleep but also Better Health in general.

## 04. BRAIN OPTIMIZER

The NeuroVizr™ Brain Optimizer sessions are concentrated tools to assist in dynamic yet controlled changes in critical brain behavior.

The Brain **Processors** and the Brain **Dehabitators** are significantly different in design and application.

Despite their differences, they do share an important principle in common – they both act to help “unstick a stuck brain”.

The ways in which the brain are “stuck” do differ and consequently, the “unsticking” approach must interface with the specific type of “glue” involved.

PROCESS TRAUMA OR CHANGE HABITS



## BRAIN OPTIMIZER - BRAIN PROCESSOR

Understanding the Brain Processor sessions requires a very basic background in two related psycho-neurological models:

01. Adaptive Information Processing (AIP)
02. Eye Movement Desensitization & Reprocessing (EMDR).

Although both AIP and EMDR are built upon a progressive development of theory by other researchers over time, the contemporary person most acknowledged for their theory and application is Dr. Francine Shapiro of Stanford University.



## BRAIN OPTIMIZER - BRAIN PROCESSOR

Portions of the following information are derived from the standard reference text, Eye Movement Desensitization & Reprocessing (EMDR) Therapy: Third Edition – Basic Principles, Protocols, and Procedures by Francine Shapiro, The Guilford Press, NY/London, 2018. Direct references from this text are indicated by the “\*” symbol following the reference.

It is important to understand that the Brain Processor sessions are not classic EMDR in a strict sense of design.

The Brain Processor sessions utilize the more general Adaptive Information Processing (AIP) model in conjunction with core EMDR methods alongside other expanded elements that are considered compatible extensions of both AIP and EMDR.

One such element is proposed in the 2020 paper entitled The value of visioning: Augmenting EMDR with alpha-band alternating bilateral photic stimulation for trauma treatment in schizophrenia., Peter Carr, Med Hypotheses. 2020 Nov; 144:110184.MH.



It is also important to appreciate that classic EMDR is typically utilized by trained psychologists and other similar practitioners in cases of PTSD that range from the basic to the severe.

The attempts here in NeuroVizr™ Brain Optimizer/Brain Processor sessions are to make these natural psychological processes available to the personal user for more common, less threatening needs for change.

Trained professionals may also use the sessions for more serious needs within the scope of their practices.



# 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. These natural process may be blocked or become imbalanced by the impact of the challenge and evolve into maladaptive responses.

AIP considers it possible to reactivate the healing resolution processes even after they have been blocked or imbalanced.

The AIP model posits that the symptoms of PTSD (or other unresolved challenges of varying types and degrees) are caused by disturbing information stored in memory in the brain.

This information is stored in the same form in which it was initially experienced because the information-processing system has, for some reason, been blocked.

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.

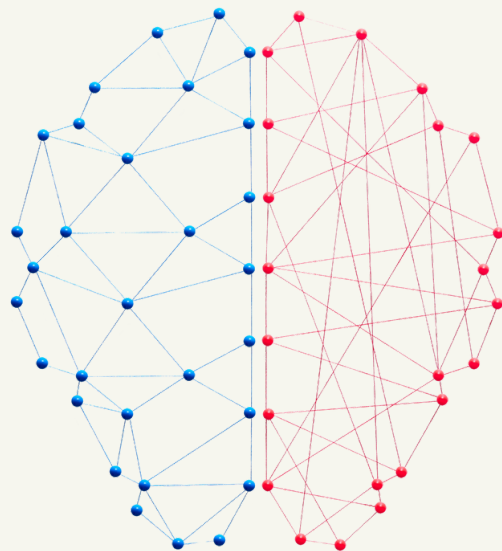
Classic EMDR is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories.

It is also possible to derive other methods or variations of EMDR that remain true to the AIP model.

For example, the inherent alternating bi-lateral stimulation found involving the eyes in classic EMDR can also be recognized in alternating bi-lateral tactile tapping and acoustic stimulation techniques.

NOTE: such alternating bi-lateral 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 while focusing on an issue or feeling you're hoping to resolve.



## BASIC STRUCTURE OF BRAIN OPTIMIZER - BRAIN PROCESSOR - THEORY

This structure is based in AIP/EMDR models and expands upon them by integrating other compatible elements.

The signals are delivered by a light/sound brain stimulation device programmed specifically for these tasks.

The device is portable and worn on the head of the user and accompanied by audio headphones/earbuds.

Eyes of the user are completely closed while receiving alternating bi-lateral light stimulation which replaces the eyes-open manual movement stimulation provided by the attending practitioner.

The light signaling is complemented by an audio "soundscape" that provides enhancing signal sets.

The Brain Processor session is a standard 11 minutes in length and also has a shorter 5 minute form for creative variations in the stimulation process.

The light signaling is encoded with various brain frequencies so that the alternating bilateral light also delivers signals that increase the brain's susceptibility to the neurological effects of the alternating bilateral signals (the so-called hypnagogic effect).

The session begins with a gentle series of low intensity light signals accompanied by a brain frequency encoded, attractive audio "soundscape"

The signals are delivered by a light/sound brain stimulation device programmed specifically for these tasks.

Following the gentle introduction, there is a short period of soft "brain destabilization" that helps shift attention away from current thoughts and prepares the brain for the following stages of alternating bilateral light stimulation.

The alternating bilateral light stimulation first expresses in 2 second intervals for ease of adaptation and then evolves into the more rapid 1 second intervals.

After the alternating bilateral light stimulation, the brain is rewarded with a pure brain frequency stimulation using the frequencies used throughout the session that are embedded into the alternating bilateral stimulation processes.

## BRAIN OPTIMIZER - BRAIN DEHABITUATOR

Neurofeedback is a type of biofeedback that focuses on the neuronal activity of the brain. The training method is based on reward learning where a real-time feedback provided to the trainee is supposed to reinforce desired brain activity or inhibit unfavorable activity patterns.

In neurofeedback, it is not uncommon to discover “fixed”, “rigid” or “stuck” brain frequency patterns. These patterns resist the normal procedures that characterize the “operant conditioning” model that is fundamental to neurofeedback.

In such cases, an expanded model has been developed which is here incorporated into the Brain Optimizer/Brain Dehabituator session design. This expanded model proposes that aside from the neurofeedback, a second a different type of stimulation can be applied that has the capacity to both “release” the rigid/stuck brain wave pattern and then follow that “release” with appropriate brain wave patterns that guide the brain back into normal adaption responses.



Efforts have been made to use pulsed electromagnetic field stimulation as well as frequency specific microcurrent. In the NeuroVizr™ Brain Optimizer/Brain Dehabituator approach, we use light and sound to achieve the same purpose.

## BRAIN OPTIMIZER - BRAIN DEHABITUATOR

The simple formula for a full application can be expressed as 1) Disconnect, 2) Reconnect, 3) Reinforce.

**Step #1 (Disconnect)** refers to delivering a set of destabilizing “chaotic” signals that interfere with the fixed/stuck brain wave patterns. The fixed pattern is “unglued” by the sustained short period of chaotic signals. Once the “glue” of the fixed pattern is “softened” by the disruptive chaotic signals,

**Step #2 (Reconnect)** is initiated. The Reconnect introduces positive or preferred brain wave signals that coax the brain back into adaptive responses instead of being “stuck” in old non-adaptive patterns fixed by habitual repetition. Then, as the new adaptive signaling is achieved,

**Step #3 (Reinforce)** occurs which helps guard the brain from retreating back into the old “stuck” habit pattern.

The Brain Dehabituator session design provides the **#1 (Disconnect) function** when it comes to working with persistent, deeply habituated, rigid/stuck patterns in the brain.

**The #2 (Reconnect) and the #3 (Reinforce)** steps can be achieved either by accessing other types of sessions within the NeuroVizr™ collections of sessions or linking to other methods or techniques outside of the NeuroVizr™ domain.

**Steps #2 and #3 are best introduced in the sensitized “hyperplastic” period that follows #1 (Disconnect).**

Depending on the brain behavior and “neuroplastic capacity”, this period may last between for one to two hours and, by some opinions, as long as four hours.

"YOU NEVER CHANGE THINGS BY FIGHTING THE EXISTING  
REALITY. TO CHANGE SOMETHING, BUILD A NEW MODEL  
THAT MAKES EXISTING MODEL OBSOLETE."

Bukminster Fuller



## STRUCTURED ROUTINES

## STRUCTURED ROUTINE : BASIC DAILY BRAIN EXERCISE

You may do these two sessions one following the other or separately at different times.

Take a one-day break after Day 4 and then repeat to make a cycle.

In Brain Gym/Brain Builders – choose the level (1,2,3) that feels most comfortable. Including some Guided Breathing before and/or after the session improves the benefits.

If you select 1 minute Harmony Breathing both before and after the Mind States session, this Routine will take 5 minutes (Brain Gym) + 1 min (Breathing) + 11 min (Mind State) + 1 min (Breathing) = 18 minutes.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### Go to Brain Gym Collection

Choose Brain Builder and select



Coordination 1,2 or 3

### Then Go to Mind States Collection

Choose Focus and select



Centered

## DAY 2

### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

### Then Go to Mind States Collection

Choose Create and select

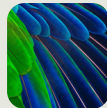


Creative Pop

## DAY 3

### Go to Brain Gym Collection

Choose Brain Builder and select



Flexibility 1,2 or 3

### Then Go to Mind States Collection

Choose Moods and select



Up Beat

## DAY 4

### Go to Brain Gym Collection

Choose Brain Builder and select



Strength 1,2 or 3

### Then Go to Mind States Collection

Choose Relax and select



Big Peace



1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : BASIC DAILY STRESS REDUCTION

Take a one-day break after Day 3 and then repeat to make a cycle.

Starting the day with “Better Sleep” session, helps harmonize your Circadian Cycle.

Do the Better Sleep session early in the day (between 6–9 am if possible). Including some Guided Breathing before and/or after the session improves the benefits.

Do the Mind States session at some convenient time during the afternoon to prevent stress building up..

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### Go to Better Sleep Collection

Choose 6 AM - 9 AM  
and select



Dawn

### Then Go to Mind States Collection

Select one of the sessions in Moods



Calm Down



Peaceful Heart

## DAY 2

### Go to Better Sleep Collection

Choose 6 AM - 9 AM  
and select



DayBreak

### Then Go to Mind States Collection

Select one of the sessions in Relax



Gentle Moves



Big Peace

## DAY 3

### Go to Better Sleep Collection

Choose 6 AM - 9 AM  
and select



Sunrise

### Then Go to Mind States Collection

Select one of the sessions in Moods



Bye Bye Blues



Heart Space



1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : BASIC DAILY BETTER SLEEP

Take a one-day break after Day 3 and then repeat to make a cycle.

With experience, choose the 6-9 AM session and the 7-9 PM session you most prefer – shifting the choice of sessions occasionally helps your brain to not habituate to the same stimulation.

Including some Guided Breathing before and/or after the session improves the benefits.

Be aware of other common sense “Sleep Hygiene” influences for better results.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM - 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 7 PM - 9 PM  
and select



Deep Dive

## DAY 2

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM - 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 7 PM - 9 PM  
and select



Deep Sleep

## DAY 3

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM - 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 7 PM - 9 PM  
and select



Sleepy Head



1 RESTING DAY BEFORE  
STARTING OVER



## STRUCTURED ROUTINE : EXPANDED DAILY BETTER SLEEP

Take a one-day break after Day 3 and then repeat to make a cycle.

With experience, choose the 6-9 AM session and the 7-9 PM session you most prefer – shifting the choice of sessions occasionally helps your brain to not habituate to the same stimulation.

Including some Guided Breathing before and/or after the session improves the benefits.

Be aware of other common sense “Sleep Hygiene” influences for better results.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM – 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Afternoon Rest

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Deep Dive

## DAY 2

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM – 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Just let Go

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Deep Sleep

## DAY 3

### Go to Better Sleep Collection

Select one of the sessions in  
6 AM – 9 AM



Dawn



DayBreak



Sunrise

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Sleep Angel

### Then Go to Better Sleep Collection

Choose 9 AM – 5 PM and select



Sleepy Head



1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : DAILY FORTIFYING A FRAGILE BRAIN

Including some Guided Breathing before and/or after the session improves the benefits.

Use low level Light Intensity settings.

Skip one day or two days then repeat the cycle.

In Brain Gym/Brain Builders – start with Level 1 then choose the level that feels most comfortable.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Coordination 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Stabilizer and select



Alpha 10Hz

### MID DAY

#### Go to Mind States Collection

Choose Relax and select



Gentle Moves LITE

## DAY 2

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Stabilizer and select



Alpha 8 - 12 Hz

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



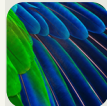
Heart Space LITE

## DAY 3

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Flexibility 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Stabilizer and select



Alpha 10Hz

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



Bye Bye Blues LITE

## DAY 4

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Stabilizer and select



Alpha 8 -12 Hz

### MID DAY

#### Go to Mind States Collection

Choose Relax and select



Now Just Relax LITE

1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : ENHANCE CREATIVITY

You may do Step One & Step Two back-to-back or separately at sometime Early in the Day.

After Day 4, skip one day and then repeat schedule.

In Brain Gym/Brain Builders – choose the level that feels most comfortable.

Including some Guided Breathing before and/or after the session improves the benefits.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Coordination 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Felling of Me

### MID DAY

#### Go to Mind States Collection

Choose Create and select



Creative Pop

## DAY 2

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Shifting Task

### MID DAY

#### Go to Mind States Collection

Choose Create and select



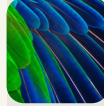
Dreamscapes

## DAY 3

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Flexibility 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Feeling of Me

### MID DAY

#### Go to Mind States Collection

Choose Create and select



Intuition Zone

## DAY 4

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Shifting task

### MID DAY

#### Go to Mind States Collection

Choose Create and select



Chakra Massage



1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : ENHANCE FOCUS

You may do Step One & Step Two back-to-back or separately at sometime Early in the Day.

After Day 4, skip one day and then repeat schedule.

In Brain Gym/Brain Builders – choose the level that feels most comfortable.

Including some Guided Breathing before and/or after the session improves the benefits

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.



## DAY 1

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Coordination 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Focused Attention

### MID DAY

#### Go to Mind States Collection

Choose Focus and select



Centered

## DAY 2

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Field Attention

### MID DAY

#### Go to Mind States Collection

Choose Focus and select



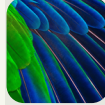
Crystal Clear

## DAY 3

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Flexibility 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Focused Attention

### MID DAY

#### Go to Mind States Collection

Choose Focus and select



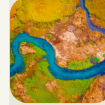
Still Point

## DAY 4

### EARLY IN DAY

#### Go to Brain Gym Collection

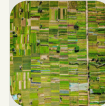
Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Field Attention

### MID DAY

#### Go to Mind States Collection

Choose Focus and select



Laser Focus

← 1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : MIND EXPLORATION

You may do Step One & Step Two back-to-back or separately at sometime Early in the Day.

After Day 4, skip one day and then repeat schedule.

In Brain Gym/Brain Builders – choose the level that feels most comfortable.

Including some Guided Breathing before and/or after the session improves the benefits.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## DAY 1

### EARLY IN DAY

#### Go to Brain Gym Collection

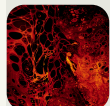
Choose Brain Builder and select



Coordination 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Emotional Flow

### MID DAY

#### Go to Mind States Collection

Choose Explore and select



Blast Off

## DAY 2

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select

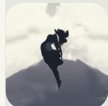


Shifting Task

### MID DAY

#### Go to Mind States Collection

Choose Explore and select



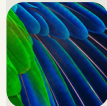
Fly High

## DAY 3

### EARLY IN DAY

#### Go to Brain Gym Collection

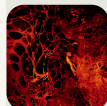
Choose Brain Builder and select



Flexibility 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Emotional Flow

### MID DAY

#### Go to Mind States Collection

Choose Explore and select



Mandala Mind

## DAY 4

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Shifting Task

### MID DAY

#### Go to Mind States Collection

Choose Explore and select



Ollie Impossible

1 RESTING DAY BEFORE  
STARTING OVER

## STRUCTURED ROUTINE : MOOD REGULATION

You may do Step One & Step Two back-to-back or separately at sometime Early in the Day.

After Day 5, skip one day and then repeat schedule.

In Brain Gym/Brain Builders – choose the level 1,2 or 3 that feels most comfortable.

Including some Guided Breathing before and/or after the session improves the benefits.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

### DAY 1

#### EARLY IN DAY

##### **Go to Brain Gym Collection**

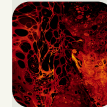
Choose Brain Builder and select



Coordination 1,2 or 3

##### **Then Go to Brain Gym Collection**

Choose Organizer and select



Emotional Flow

#### MID DAY

##### **Go to Mind States Collection**

Choose Moods and select



Calm Down

## DAY 2

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Endurance 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Feeling of Me

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



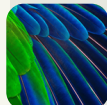
Calm Down

## DAY 3

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Flexibility 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Field Attention

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



Peaceful Heart

## DAY 4

### EARLY IN DAY

#### Go to Brain Gym Collection

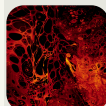
Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Emotional Flow

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



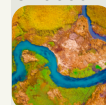
Bye Bye Blues

## DAY 5

### EARLY IN DAY

#### Go to Brain Gym Collection

Choose Brain Builder and select



Strength 1,2 or 3

#### Then Go to Brain Gym Collection

Choose Organizer and select



Feeling of Me

### MID DAY

#### Go to Mind States Collection

Choose Moods and select



Up Beat

1 RESTING DAY BEFORE  
STARTING OVER

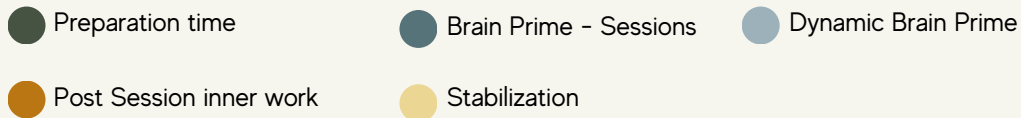


## DYNAMIC ROUTINES



## DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

NOTE: It is important to distinguish between medical level "Trauma" (capital T) and the personal level of "trauma" (small t) that can be explored in self-applied processes. Qualified practitioners may use this Routine in association with their standard processing methods.



# DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

## **Step #1 – Set & Setting:**

Choose a safe and comfortable setting for your exploration. Give yourself enough time for both the session as well as possible “integration” time afterwards.

Remember the “Butterfly Hug” discussed in the Application Theory paper to help remain calm. Use as needed.

## **Step #2 – Go to Brain Optimizer Collection and select Processor Alpha Session Long.**

In the Brain Optimizer collection, we have five different versions of the Brain Processor session.

Each of these Brain Processor sessions have the same basic core structure however they each involve their own range of brainwave frequencies. The basic purpose of the integrated brainwave frequencies is to increase the personal susceptibility to the core EMDR-like alternating bilateral photonic stimulation by inducing a simultaneous parallel “hypnagogic” state.

The other versions may be considered experimental and more or less effective depending on the temperament and personality of the user.

A cautious exploration of which brainwave version works best for you can be considered.

## **Step #3 – Understand 11 minute & 5 minute versions:**

Each Brain Processor session comes in 11 minute and 5 minute versions.

The 11 minute is more dynamic and, perhaps, more demanding.

The 5 minute is less demanding. In more sensitive persons, using only the 5 minute version may be sufficient for all purposes.

It is also possible to use the 11 minute to initiate the session and then use the 5 minute version as progressive periods of stimulation throughout the session. Always try to achieve the most while doing the least.

# DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

## **Step #4 – Being Realistic:**

When deciding to self-administer this routine for an unprocessed personal trauma, it is wise to start with the “little stuff” in which you are “stuck” and have a hard time processing to adaptation and resolution.

Be “realistic” and avoid “heroic” decisions to go “deep fast”. Experiment with the process and get more familiar with the what it feels like to do this type of “inner work” in this way. The journey of 1,000 miles begins with one step – and they all add up.

## **Step #5 – Target the “Event”:**

Form a mental picture of your memory of an “event” or experience that seems connected in some way to your “sticky” challenge.

It might be a person or a place or even some typical physical reaction (like headache, etc). It might be a memory you would otherwise avoid bringing to mind.

## **Step #6 – The Negative Belief:**

The mental picture/memory is likely to have a negative idea or belief connected with it (eg. “I am ugly” or “I can’t trust anyone”, etc.)

Do your best, in a simple way, to recognize this “belief” that comes to mind when you conjure up the picture/memory.

## **Step #7 – The Alternative Positive Belief:**

Allow yourself to simply “propose” (to yourself) an alternative positive version of the negative belief (“Everyone is beautiful in their own unique way” or “There are good people that I can know and trust”, etc).

Now, simply assess how much you, in this moment, how much you can believe or accept this new Positive Belief (on a scale of 0 to 10 where 0 is “not at all” and 10 is “absolutely”).

## DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

### **Step #8 – Back to the Negative Belief:**

Now return to the negative mental picture/memory. It should be accessible but not overwhelming. If overwhelming, change to another less demanding picture/memory.

If you are unable to stay present with even the less demanding memory, this is likely evidence that you should seek out a qualified practitioner to guide and support you.

### **Step #9 – Do the Light/Sound Brain Processor Session:**

During the session, as simply as possible just note whatever comes to mind and let whatever happens, happen.

The thoughts or memories or images may flow during the stimulation period or emerge right after the stimulation ends.

Don't rush or push it. Do your best to be a simple observer or reporter.

Certainly, don't judge anything as good or bad. Various insights may also emerge so don't be too surprised if they do. You may recognize certain connections that had otherwise evaded you.

### **Step #10 – Take a Moment to Reflect:**

Simply review for a moment whatever may have emerged. As best as possible, hold in a neutral place in your heart/mind.

### **Step #11 – Another Light/Sound Stimulation:**

Now, maintain the most recent information that has come to mind and do another Brain Processor session. It is likely that all you need is the shorter 5 minute version.

Also remember that you can adjust the general Light Intensity setting of your NeuroVizr device using the slide bar on the app screen.

# DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

## **Step #12 – Repeat to Evolve the Experience:**

Again, information will manifest in your mind. It will likely be something new or additional. Sometimes it is an obvious connection and other times, you may be surprised as to what new and unexpected information pops up.

## **Step #13 – Stop When Nothing New Comes to Mind:**

Ideally, your brain will come to a natural “conclusion” or “satisfaction” when you have done enough for one time. Do not push it. At a point, you will honestly feel “enough is enough” for one day.

## **Step #14 – Be Kind to Yourself:**

The end of a Brain Processor session can be relieving but can also be unsettling. The exploration does require certain degrees of courage.

## **Step #15 – Reinforce the Alternative Positive Belief:**

Return to the positive. Reflect upon. Accept to your best ability at a hopeful heart level.

## **Step #16 – Scan Your Body:**

To help return to the present moment, scan your body and open to whatever sensations are there.

## **Step #17 – Help to Stabilize:**

If at the end of the session, you feel sensitive or even fragile, go into the NeuroVizr™ Brain Gym/Brain Stabilizer collection and do the 11 minute Alpha 10 Hz session at low light intensity. Use the Harmony Guided Breathing both before and after the Alpha 10 Hz session.

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS

The field of Neurofeedback gives us evidence of the occurrence of clusters of “fixed” or “rigid” or “excessive” expressions of certain ranges of brainwave frequencies.

In a sense, the brain gets “stuck” in the “glue” of “over-habitation”.

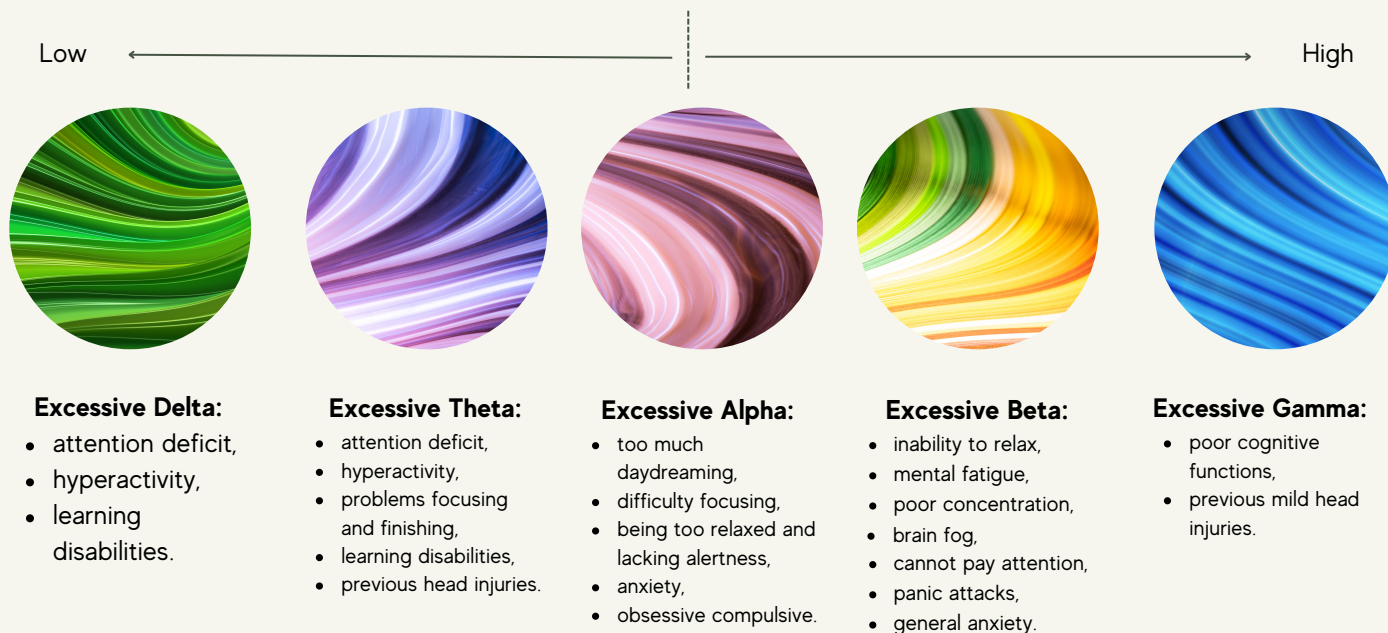
In an effort to find efficient approaches to modifying these “rigid/excessive” patterns, new methods are evolving to help shift the brain out of the “over-habitation” and into new more adaptive expressions.

The simple triad formula of “disconnect > reconnect > reinforce” is the template of such efforts and forms the foundation of these novel NeuroVizr™ routines.

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. Proceed conservatively and monitor your experiences.\*



# UNSTICK A STUCK BRAIN : CHOOSE THE EXCESSIVE HABIT WHERE YOU GET STUCK



If you are uncertain which one to choose, you may select more general range:

Dehabituate HI 5 ranges from mid alpha to high gamma.

Dehabituate LO 5 ranges from low delta to mid alpha.

Dehabituate HI/LO 5 ranges from low delta to high gamma.

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - QUICK MENTAL BREAK

There are times you can find yourself getting “jammed up” and could use some simple, fast relief.

So, sit back for a “Quick Mental Break” from where you sometimes (often times?) find yourself.

Total “time out” about 10 minutes or so depending how long you “cruise” after the body scan.

01 Choose the Brain Dehabituator session that seems to best align with how you get “stuck”



Dehabituator HI 5 or...



Dehabituator LO 5 or...



Dehabituator HI/LO 5

02 Do at least the 1 min Guided Breathing both before and after the selected 5 min Brain Dehabituator session.



NOTE that this is just the single “Disconnect” effect from the full “Disconnect > Reconnect > Reinforce” formula that aims at more prolonged release from the “excessive habituation”.

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”).

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - LOOSEN UP

Like Quick Mental Break before, "Loosen Up" provides a fast "glue softener" experience.

The difference is the effect is more general and the choice of Brain Dehabituator simpler.

IF GETTING "JAMMED" IN HIGHER  
ACTIVITY AND THINKING STATES

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator HI 5

IF GETTING "JAMMED" IN LOWER  
ACTIVITY DREAMY DROWSY STATES

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select

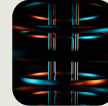


Dehabituator LO 5

IF GETTING "JAMMED" IN GENERAL  
WITHOUT AN OBVIOUS STATE.

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator HI/LO 5

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - ADDICTIVE CRAVINGS

Choose one of three “zone” Brain Dehabituator.

Follow with Brain Gym/Brain Organizer/Emotional Flow session with at least one minute of Guided Breathing (Anxiety) after Emotional Flow.

Finish with a “body scan” in which you gently survey and surrender to each and every sensation within your body

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

IF CRAVING EXCITATORY  
STIMULATION HABITS

**Go to Brain Optimizer Collection**

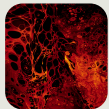
Choose Brain Dehabituator  
and select



Dehabituator HI 5

**Then Go to Brain Gym Collection**

Choose Brain Organizer  
and select

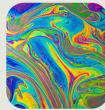


Emotional Flow

IF CRAVING SEDATIVE  
STIMULATION HABITS

**Go to Brain Optimizer Collection**

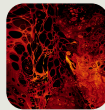
Choose Brain Dehabituator  
and select



Dehabituator LO 5

**Then Go to Brain Gym Collection**

Choose Brain Organizer  
and select



Emotional Flow

IF CRAVINGS ARE NOT CLEAR.

**Go to Brain Optimizer Collection**

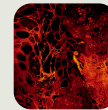
Choose Brain Dehabituator  
and select



Dehabituator HI/LO 5

**Then Go to Brain Gym Collection**

Choose Brain Organizer  
and select



Emotional Flow

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EASY DOES IT

Choose the Brain Dehabituator session that seems to best align with how you get “stuck”.  
Avoid selecting the HI, HI/LO, LO versions – they are too generalized.











Then follow the selected Brain Dehabituator with a Brain Gym/Brain Stabilizer session that NOT in one of your “stuck” zones.

This represents two steps of the “Disconnect > Reconnect > Reinforce” “unsticking” process.  
Here some possible examples of complementary choices.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.



EXAMPLE 1	EXAMPLE 2	EXAMPLE 3	EXAMPLE 4	EXAMPLE 5
<p><b>Go to Brain Optimizer Collection</b></p> <p>Choose Brain De-habituator and select</p>  <p>Dehabituate Alpha</p>	<p><b>Go to Brain Optimizer Collection</b></p> <p>Choose Brain De-habituator and select</p>  <p>Dehabituate Beta</p>	<p><b>Go to Brain Optimizer Collection</b></p> <p>Choose Brain De-habituator and select</p>  <p>Dehabituate Gamma</p>	<p><b>Go to Brain Optimizer Collection</b></p> <p>Choose Brain De-habituator and select</p>  <p>Dehabituate Theta</p>	<p><b>Go to Brain Optimizer Collection</b></p> <p>Choose Brain De-habituator and select</p>  <p>Dehabituate Delta</p>
<p><b>Then Go to Brain Gym Collection</b></p> <p>Choose Brain Stabilizer and select</p>  <p>Gamma 30-40 Hz or Gamma 40 Hz</p>	<p><b>Then Go to Brain Gym Collection</b></p> <p>Choose Brain Stabilizer and select</p>  <p>Theta 4-8 Hz or Theta 6 Hz</p>	<p><b>Then Go to Brain Gym Collection</b></p> <p>Choose Brain Stabilizer and select</p>  <p>Alpha 8-12 Hz or Alpha 10 Hz</p>	<p><b>Then Go to Brain Gym Collection</b></p> <p>Choose Brain Stabilizer and select</p>  <p>Beta 12-15 Hz or Beta 12-30 Hz or Beta 15 Hz</p>	<p><b>Then Go to Brain Gym Collection</b></p> <p>Choose Brain Stabilizer and select</p>  <p>Beta 12-15 Hz or Beta 12-30 Hz or Beta 15 Hz</p>

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EXCESSIVE ALPHA

Excessive Alpha can lead to daydreaming, difficulty focusing, lack of alertness, as well as anxiety and obsessive-compulsive tendencies.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create Playlist. Choose the next Session and add it to your new Playlist.

## 01 DISCONNECT

### Go to Brain Optimizer Collection

Choose Brain Dehabituator and select



Dehabituator Alpha

## 02 RECONNECT

### Go to Brain Gym Collection

Choose Brain Stabilizer and select



Gamma 30-40 Hz or  
Gamma 40 Hz

## 03 REINFORCE

### Go to Mind State Collection

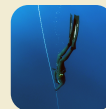
Select one of the sessions in Relax



Deep Think



Gamma  
Gamma



Going Deep  
Inside

**OR** select one of the sessions in Focus



Centered



Crystal Clear

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EXCESSIVE BETA

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

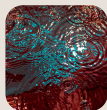
### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## 01 DISCONNECT

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator Beta

## 02 RECONNECT

### Go to Brain Gym Collection

Choose Brain Stabilizer  
and select



Theta 4-8 Hz  
or Theta 6 Hz

## 03 REINFORCE

### Go to Mind State Collection

Select one of the sessions in Relax



Gentle  
Moves



Going  
Deep Inside



Big Peace



Now Just  
Relax

**OR** select one of the sessions in Mood



Calm Down



Peaceful  
Heart



Heart Space

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EXCESSIVE DELTA

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

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create Playlist. Choose the next Session and add it to your new Playlist.

## 01 DISCONNECT

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator Delta

## 02 RECONNECT

### Go to Brain Gym Collection

Choose Brain Stabilizer  
and select



Beta 12-15 Hz or  
Beta 12 - 30Hz  
or Beta 15 Hz

## 03 REINFORCE

### Go to Mind State Collection

Select one of the sessions in Create



Creative  
Pop



Dream-  
scapes



Chakra  
Massage

**OR** select one of the sessions in Explore



Blast Off



Fly High



Mandala  
Mind



Ollie  
Impossible

**OR** select one of the sessions in Moods



Bye Bye  
Blues



Up Beat

## DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EXCESSIVE GAMMA

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

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create Playlist. Choose the next Session and add it to your new Playlist.



## 01 DISCONNECT

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator Gamma

## 02 RECONNECT

### Go to Brain Gym Collection

Choose Brain Stabilizer  
and select



Alpha 10Hz or  
Alpha 8-12 Hz

## 03 REINFORCE

### Go to Mind State Collection

Select one of the sessions in Relax



Gentle  
Moves



Deep  
Think



Big  
Peace



Now Just  
Relax

**OR** select one of the sessions in Mood



Centered



Crystal  
Clear



Still Point



Laser Focus

## DYNAMIC ROUTINE 2 : 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.

### How to create a PlayList

Create a Playlist for each day. Choose the first Session and then go up in upper right corner menu and choose create PlayList. Choose the next Session and add it to your new Playlist.

## 01 DISCONNECT

### Go to Brain Optimizer Collection

Choose Brain Dehabituator  
and select



Dehabituator Theta

## 02 RECONNECT

### Go to Brain Gym Collection

Choose Brain Stabilizer  
and select



Beta 12-15 Hz or  
Beta 12 - 30Hz  
or Beta 15 Hz

## 03 REINFORCE

### Go to Mind State Collection

Select one of the sessions in Create



Creative  
Pop



Dream-  
scapes



Chakra  
Massage

**OR** select one of the sessions in Explore



Blast Off



Fly High



Mandala  
Mind



Ollie  
Impossible

**OR** select one of the sessions in Moods



Bye Bye  
Blues



Up Beat



THIS PERSONAL GUIDE IS WRITTEN BY GARNET DUPUIS,  
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THE ROUTINES, IN COLLABORATION WITH THE  
NEUROVIZR™ TEAM.

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EMDR: a putative neurobiological mechanism of action  
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The Long-Term Effects of Light Exposure on Establishment of Newborn Circadian Rhythm.  
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Eye Movement Desensitization and Reprocessing and Slow Wave Sleep  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.01935/full>

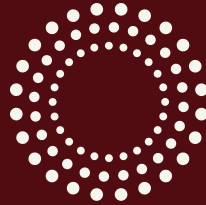
## Active Inference

Active Inference: A Process Theory  
<https://www.fil.ion.ucl.ac.uk/~karl/Active%20Inference%20A%20Process%20Theory.pdf>  
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## Recommended Reading

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