



YOUR PERSONAL GUIDE

neuroVIZR

"WHATEVER THE STATE OF YOUR BRAIN TODAY,
IT CAN BE BETTER TOMORROW."

Garnet Dupuis

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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 permit the average brain to maintain an adequate degree of attention involved in triggering and sustaining neuroplastic change. Depending on category and type, some sessions 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), first noted in the late 1930s and made popular in the 1970s.

Alternatively, Brain Engagement is a new, primarily “bottom-up” neurological process that triggers and guides 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 to Brain Engagement can be more selectively interpreted. The Brain Engagement sessions of the neuroVIZR can be subdivided into :

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

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

Bukminster Fuller

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 timeline is 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

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 “kickback” in the evolution into adaptation. For example, in sports medicine/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. Since our brain is a physical organ, the lessons learned in somatic development can often be directly applicable to brain training.

CAN YOU JUST HAVE FUN?

Undeniably, numerous users of neuroVIZR find their sessions highly enjoyable. The statement that neuroVIZR is a «brain exercise disguised as entertainment» holds substantial credibility, considering the consistent feedback from users.

So, is there any issue with using neuroVIZR solely for the purpose of «having fun»? Essentially, no—there is no problem at a fundamental level.

Each session offers its own distinct allure, and your notion of «fun» may differ from mine, but that’s perfectly acceptable.

There is a cautionary note regarding the extent of «fun» one can have at any given time. It’s worth noting that more isn’t always better (I learned that lesson a while ago with chocolate cake). Experiencing a positive and enjoyable short-term ‘state change’ can be relieving and spark a smile.

ALL GOOD.

HELP RIGHT NOW:

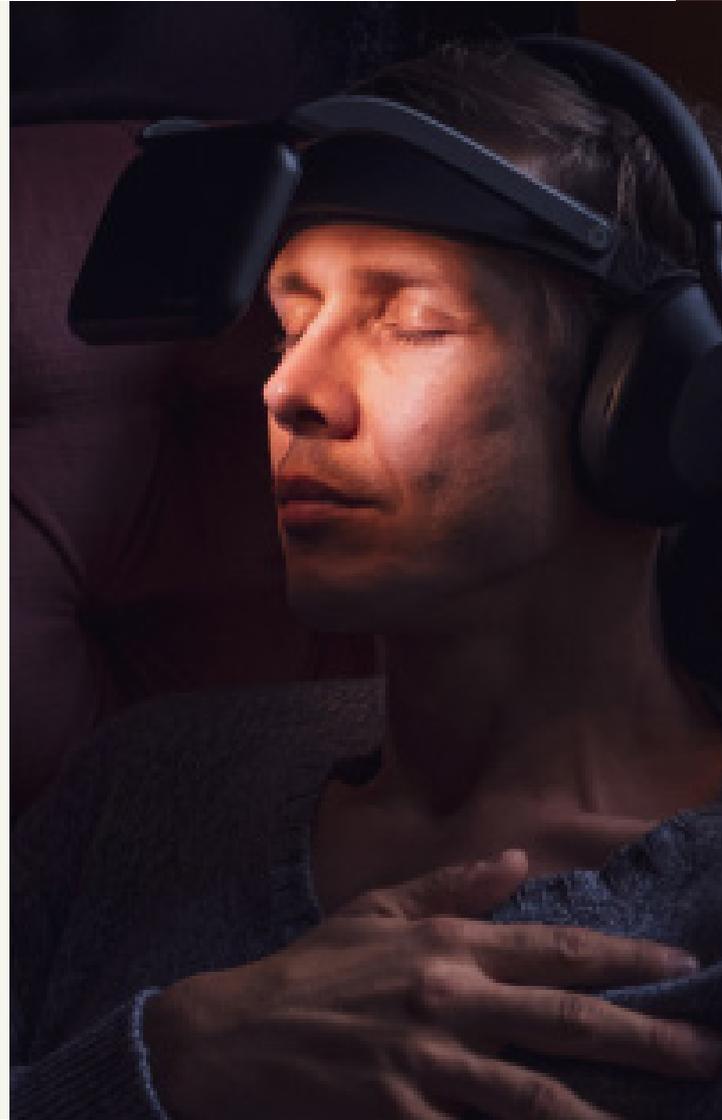
Another way of considering positive short-term “state change” could be called “Help Right Now”.

We all encounter uncomfortable situations or moods from time to time. Whether there’s a valid reason or it simply appears out of the blue, it’s wise to discover healthy methods to shift out of those moods.

There are no rewards for needlessly suffering. Taking a quick «time out» with NeuroVIZR can be just the solution you need!

Select a session that captures your interest and may be relevant to the desired mood shift. Incorporate some Guided Breathing before and after the session to enhance the state shift.

It’s important to acknowledge that the «state change» may not last throughout the entire day, but why not give it a try? It’s like stepping out of the scorching heat and into a refreshing air-conditioned room (I can relate, I live in Thailand). What a relief it can be!





OUR COLLECTIONS

WHAT IS COLLECTIONS?

Our neuroVIZR App currently offers four distinct types of Brain Engagement sessions. We are actively working to expand our collections and sessions, so you can expect additional options to be available in the near future.

The **BRAIN GYM** comprises three specific «targeted» neuroplastic processes. These processes can be seen as foundational, as they provide the necessary support for building up your «neuroplastic capacity» to facilitate 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 contribute to the evolution of desired «state/trait» changes described earlier. Additionally, these experiences can be utilized as a «Help Right Now» resource, providing immediate benefits without necessarily pursuing a more extensive transformation into a new trait.

BETTER SLEEP aims to harmonize the crucial rhythms of our Circadian Cycle and promote healthy sleep patterns consistently. The sessions are organized according to the regular circadian periods, simplifying the process of selecting sessions without requiring a more structured protocol.

BRAIN OPTIMIZER stands out as a unique and highly dynamic collection of advanced Brain Engagement sessions. While the functions provided by Brain Optimizers are also present in Mind States sessions, they exist here as separate and concentrated versions.



01. BRAIN GYM

These Light/Sound Brain Exercises serve as the fundamental building blocks for all the more advanced NeuroVIZR Experiences. Though simple in principle, they hold great power and form the core of the Brain Gym.

Begin with the Introductory (Level 1) session for Coordination. 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.

Apply the same progression to the other exercises: Endurance, Flexibility, and Strength. Once you can comfortably complete all Level 3 exercises, you can incorporate them into your regular or semi-regular routine to maintain your progress.

Engaging in one or two of these Brain Exercises four or five times a week is generally sufficient, assuming you are also participating in other NeuroVIZRsessions within the Brain Gym. As with most things, find your own personalized plan and rhythm.

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

Engaging in the Brain Gym can enhance the ease and impact of the sessions offered in the Mind States section.



BRAIN GYM - BRAIN BUILDER

«Brain Builder consists of four distinct types of «brain exercises,» which interestingly align with the categories found in general somatic (body) sports training: Coordination, Endurance, Flexibility, and Strength.

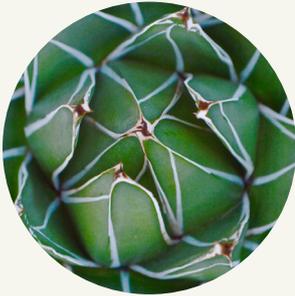
Individuals with lower levels of «neuroplastic capacity» (also known as «brain fitness»). Characterized by sluggish brain function, low vitality, advanced age, or post-injury/trauma) can greatly benefit from investing time in the Brain Gym/Brain Builder section of neuroVIZR.

For instance, if using the Mind States sessions proves challenging or enjoyable even at low Light Intensity settings and utilizing the «LITE» version of the experience, engaging in the Brain Gym/Brain Builder sessions will offer significant benefits.

It is worth mentioning that each of the four Brain Builder exercises features three levels of «neuroplastic demand.» To progress effectively, begin with level one (1) of the exercise and, when it feels enjoyable and comfortable, advance to the next level using your own judgment.

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

Jim Roth



COORDINATION

Coordination entails adapting to different levels of signal changes.

To draw an analogy, consider learning a new dance routine.

When taking the next step, would it be a short, medium, or long distance?



ENDURANCE

Endurance relates to the rate or speed of change.

While the dance routine may be manageable when performed slowly, can you also do it at a faster pace?



FLEXIBILITY

Flexibility refers to the level of complexity in the change.

Cowboy-style linedancing can be a ton of fun, but certain types of dances require incredibly complex sequences.

Are you able to maintain the sequence?



STRENGTH

Strength represents the level of intensity in signaling.

In life, we encounter a range of choices, from subtle to bold signals, and having the adaptive capacity to process them all is crucial.

BRAIN GYM - BRAIN STABILIZER

Brain Stabilizer comprises simple yet effective brain signaling reinforcements that aid in harmonizing the brain when dynamic change approaches its limits. It is designed to reduce the «neuroplastic demand» that has been initiated.

These sessions can assist in calming the intensity of significant periods of change in life and guide the brain towards a more stable state of operation. In a positive manner, they reinforce baseline brain frequency states, making them somewhat «anti-neuroplastic.»



The Brain Stabilizer sessions are conveniently organized using the customary coded groupings of brain frequencies: Alpha, Beta, Delta, Gamma, and Theta.

Each frequency band has a central frequency and encompasses the entire range of that band.

- **ALPHA** aids in reestablishing fundamental focus with reduced distractions.
- **BETA** supports the restoration of cognitive processing and constructive thinking.
- **DELTA** promotes a deep down-regulation of activity.
- **GAMMA** facilitates the restoration of high-level organization.
- **THETA** encourages a relaxed and creative state of mind.

BRAIN GYM - BRAIN ORGANIZER



Brain Organizer is a specialized set of sessions that focuses on the frequency harmonics of major brain networks.

These sessions are meticulously 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 utilize 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.

EMOTIONAL FLOW targets the Limbic Network and may aid in emotional regulation.

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

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

FOCUSED ATTENTION concentrates on the Dorsal Network and may facilitate focused and intense awareness.

SHIFTING TASK addresses the Executive Function Network and may assist in initiating and maintaining targeted task performance.

02. MIND STATES

The Mind States sessions are exclusive to euroVIZR and represent a significant advancement in Brain Engagement applications. The design principles employed in crafting the Mind States sessions also extend to the Better Sleep sessions, differing primarily in their intended application theme.

Mind States sessions incorporate both light and sound brain signaling. The integration of «light choreography» and «soundscapes» ensures a cohesive and immersive experience. Each session is characterized by a technical «signal vector,» which can be thought of as a «theme» or «targeted outcome.»

It is important to note that the brain's response to these sessions cannot guarantee an absolute or specific outcome, but rather, they function in generating a «probable outcome».

To draw an analogy, consider a comedy movie- its level of humor may vary depending on the individuals watching it, or even the same person on different days or in different moods.

When engaging in a Mind States session, it's advisable to set your expectations within a range of «probability states» rather

than anticipating an absolute or guaranteed outcome.

The effects and experiences of the session may vary among individuals and can be influenced by factors such as personal differences, different days, or varying moods.

By recognizing and accepting the concept of probability states, you can approach the session with an open mind, allowing yourself to explore the potential outcomes and embrace the unique experiences that arise.

The light and sound relationship can also be illustrated by using an analogy of a four-member rock band. Just like the drummer and bass player in a band maintain the underlying structure of the music, the Mind States «soundscape» serves a similar role. It provides the foundation and structure for the session.

On the other hand, the lead guitar and vocalist in the band, which offer a wide range of dynamic expressions, can be compared to the Mind States' «light choreography.»



When listening to each separate track in a recording studio, such as the drummer, bass, lead guitar, and vocalist, each element expresses its unique contribution to the song. However, when all these elements come together, they generate an integrated and cohesive expression. The whole becomes greater than the sum of its parts!

Similarly, Mind States sessions are designed as neurological compositions. Their purpose is to prepare, elicit, guide, challenge, reinforce, and reward targeted neuroplastic changes in the brain, both in terms of state and eventually trait changes.

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 NeuroVIZR Mind States sessions and represents a significant advancement in easy-to-use applications.

The «soundscapes» in each Mind States session are intentionally designed to differ from conventional music. The brain has a natural inclination to seek out signals within

noise, and fully composed music can be highly captivating for the brain. However, sustained attention is crucial for effective neuroplastic changes to occur.

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.

As a result, the soundscapes in Mind States sessions incorporate a limited «musical element» known as «mood framing» while avoiding fully composed, conventional music.

The purpose of this «mood framing» is to induce a related emotional tone that aligns the user with the theme or vector of the session, facilitating a more immersive experience.

The Mind States sessions are available in both «Standard» and «Lite» versions, which can be selected using the left/right toggle switch in your session app screen.

As discussed earlier in the context of Brain Fitness, the concepts of «Neuroplastic Capacity» and «Neuroplastic Demand» are relevant here.

Fundamentally, the differences between the Standard and Lite versions of Mind States sessions lie in the change dynamics, as presented in the information about Brain Gym/Brain Builder.

Both versions share the same theme or vector and aim for the same probability state outcome. However, the Lite version offers a slightly gentler approach compared to the Standard version.

In summary, the Mind States sessions offer both Standard and Lite versions, with the Lite version being less challenging but still moving towards the same outcome. Select the version that suits your preferences, and consider the Lite version if your brain fitness level is lower at the moment.

03. BETTER SLEEP



The Better Sleep sessions, adhere to the same overarching design principles and elements as the Mind States sessions. However, the key distinction is that all Better Sleep sessions revolve around shared «probability states» centered on themes associated with achieving «Better Sleep.»

Because harmonizing our natural biological Circadian Cycle is fundamental to Better Sleep, the Better Sleep sessions are thoughtfully organized to align with the regular and predictable phases of this cycle.

Interestingly, a pivotal moment in harmonizing the Circadian Cycle for improved sleep occurs upon awakening in the morning.

Additionally, managing stress and tension throughout the day plays a crucial role in transitioning to a more peaceful evening time. Moreover, engaging in experiences that promote relaxation and induce sleep later in the evening can greatly contribute to the overall goal of achieving restful sleep.

It is worth noting that certain Better Sleep sessions are available in both the standard 11-minute version and a shorter 5-minute version.

Remarkably, **many users of NeuroVIZR have reported noticeable improvements in their sleep**, with some experiencing the benefits shortly after starting the Better Sleep sessions.

For others, it is likely that improvements will occur gradually over time with regular use of the sessions. Each individual has unique circumstances and history that impact their sleep patterns.

However, we all share a biological Circadian Cycle, and aligning it is not only essential for achieving better sleep but also for overall better health.

04. BRAIN OPTIMIZER

The neuroVIZR Brain Optimizer sessions are powerful tools designed to facilitate controlled and dynamic changes in critical brain behavior.

The Brain Processors and the Brain Dehabitators are distinct in their design and application.

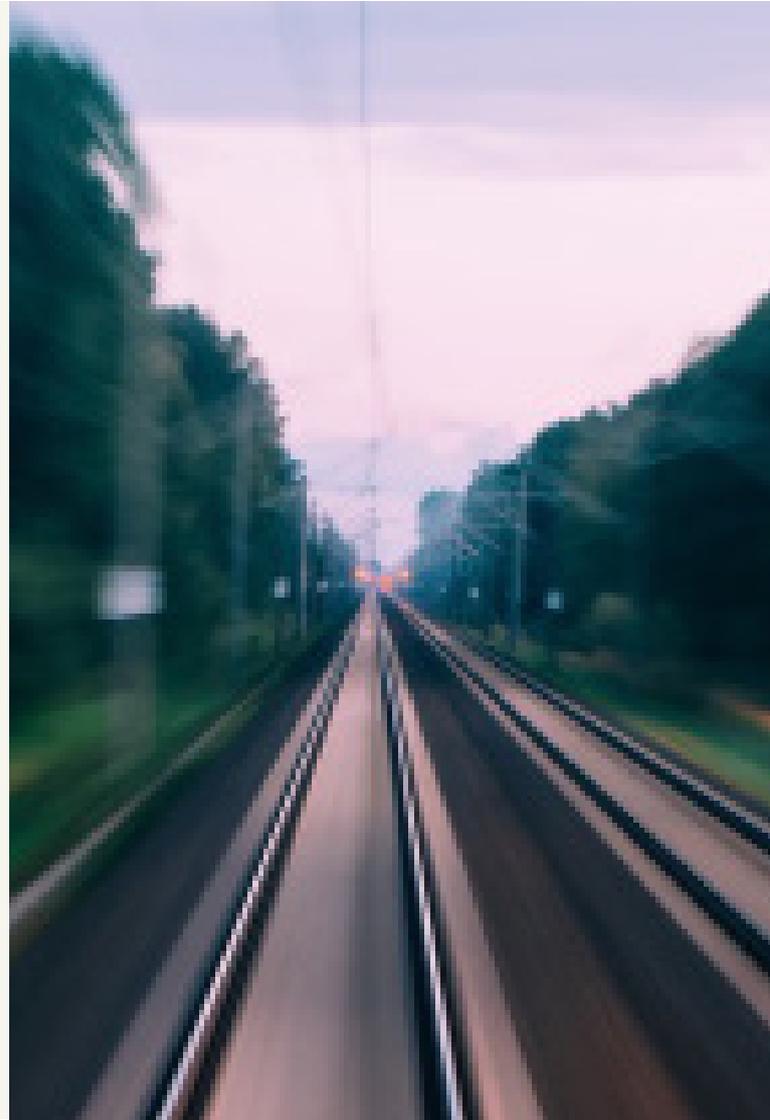
However, they both share a fundamental principle: helping to “unstick a stuck brain”.

While the ways in which the brain can become «stuck» may vary, the approach to «unsticking» it must be tailored to the specific type of «glue» involved.

PROCESS TAUMA

OR

CHANGE HABITS



BRAIN OPTIMIZER - BRAIN PROCESSOR

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

1. Adaptive Information Processing (AIP)
2. Eye Movement Desensitization & Reprocessing (EMDR)

AIP and EMDR, while rooted in the progressive development of theory by multiple researchers, are most prominently associated with the work of Dr. Francine Shapiro from Stanford University.

Please note that portions of the information presented below have been sourced from the standard reference text, «Eye Movement Desensitization & Reprocessing (EMDR) Therapy: Third Edition – Basic Principles, Protocols, and Procedures» by Francine Shapiro, published by The Guilford Press in 2018. Direct references from this text are indicated by the “*” symbol.

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 titled «The value of visioning: Augmenting EMDR with alpha-band alternating bilateral photic stimulation for trauma treatment in schizophrenia» by Peter Carr (Med Hypotheses; 2020 Nov; 144:110184. MH). It is essential to recognize that traditional EMDR is commonly employed by trained psychologists and other practitioners in cases of post-traumatic stress disorder (PTSD), ranging from mild to severe.

In the context of NeuroVIZR Brain Optimizer/Brain Processor sessions, the aim is to make these natural psychological processes accessible to individual users for more common and less intense change requirements.

These sessions cater to personal needs for change that may be less threatening in nature. Trained professionals may also utilize these sessions for more severe 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".*

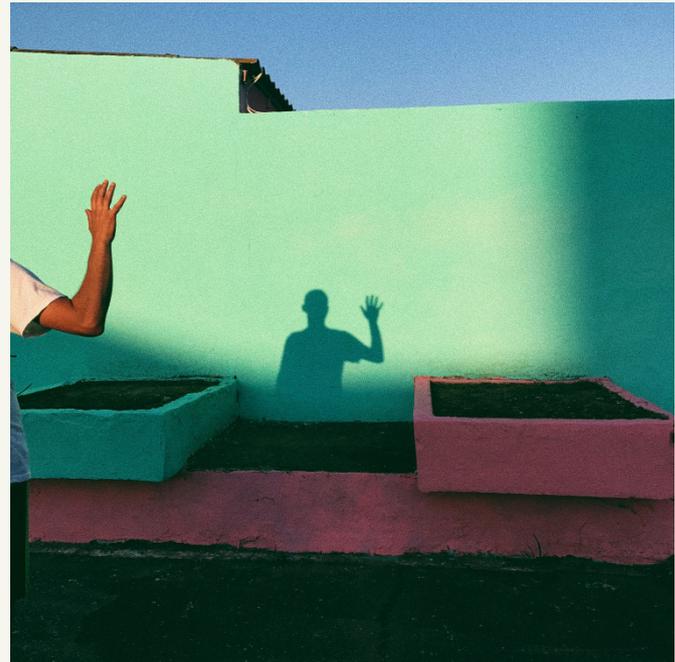
The concept is that there is a natural psychological self-healing mechanism in response to insult, injury, or trauma and that these mental processes move towards a state of mental health. However, these natural processes can be hindered or disrupted by the impact of the challenges, leading to maladaptive 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. *



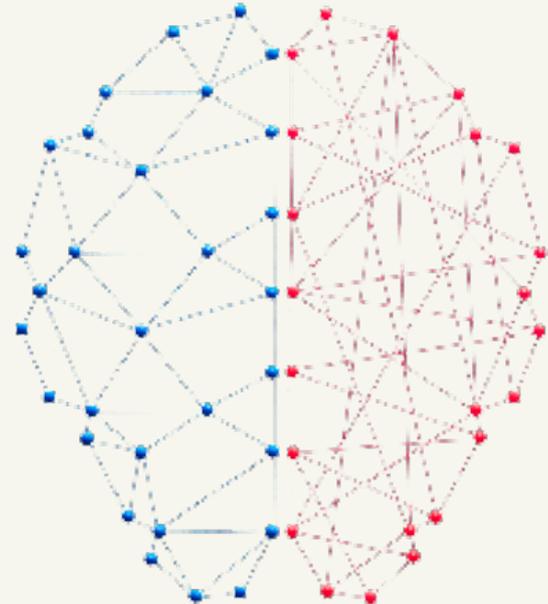
EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR) THEORY :

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.



BASIC STRUCTURE OF BRAIN OPTIMIZER - BRAIN PROCESSOR - THEORY

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

The signals in the Brain Processor sessions are delivered through a portable light/sound brain stimulation device designed specifically for these purposes. This device is worn on the user's head and is accompanied by audio headphones or earbuds.

During the session, the user's eyes remain closed as they receive alternating bilateral light stimulation. This light stimulation replaces the manual movement stimulation that would typically be provided by a practitioner during subjects' eyes-open sessions.

The light signaling is accompanied by an audio «soundscape» that enhances the overall signal experience.

The standard duration of a Brain Processor session is 11 minutes, but there is also a shorter 5-minute version available for creative variations in the stimulation process.

The light signaling is encoded with different brain frequencies,

allowing the alternating bilateral light to deliver signals that enhance the brain's responsiveness to the neurological effects of alternating bilateral stimulation. This phenomenon is often referred to as the hypnagogic effect.

The session begins with gentle low-intensity light signals accompanied by an attractive audio soundscape encoded with brain frequencies.

These signals are delivered by a dedicated light/sound brain stimulation device programmed for the task.

Following the initial introduction, a brief period of soft «brain destabilization» helps shift attention away from current thoughts and prepares the brain for alternating bilateral light stimulation.

The alternating bilateral light stimulation starts with 2-second intervals and gradually progresses to more rapid 1-second intervals. After the alternating bilateral light stimulation, the brain is rewarded with pure brain frequency stimulation embedded within the session.



BRAIN OPTIMIZER - BRAIN DEHABITUATOR

Neurofeedback is a form of biofeedback that specifically targets the neuronal activity of the brain. This training method utilizes real-time feedback to reinforce desired brain activity or inhibit unfavorable activity patterns through reward learning.

During neurofeedback sessions, it is not uncommon to encounter brain frequency patterns that are «fixed,» «rigid,» or «stuck.» These patterns resist the typical «operant conditioning» approach that is fundamental to neurofeedback.

To address this, an expanded model has been developed and incorporated into the design of the Brain Optimizer/Brain Dehabituator sessions. This expanded model suggests that alongside neurofeedback, a different type of stimulation can be applied. This additional stimulation aims to «release» the rigid or stuck brain wave pattern, followed by appropriate brain wave patterns that guide the brain back to normal adaptive 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.

The complete application of the NeuroVIZR® Brain Optimizer/Brain Dehabituator approach can be summarized with a simple formula:

1. Disconnect
2. Reconnect
3. Reinforce

STEP #1 (DISCONNECT) involves delivering destabilizing «chaotic» signals that interfere with the fixed or 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 and safeguards the brain from retreating back into the old “stuck” habit pattern.

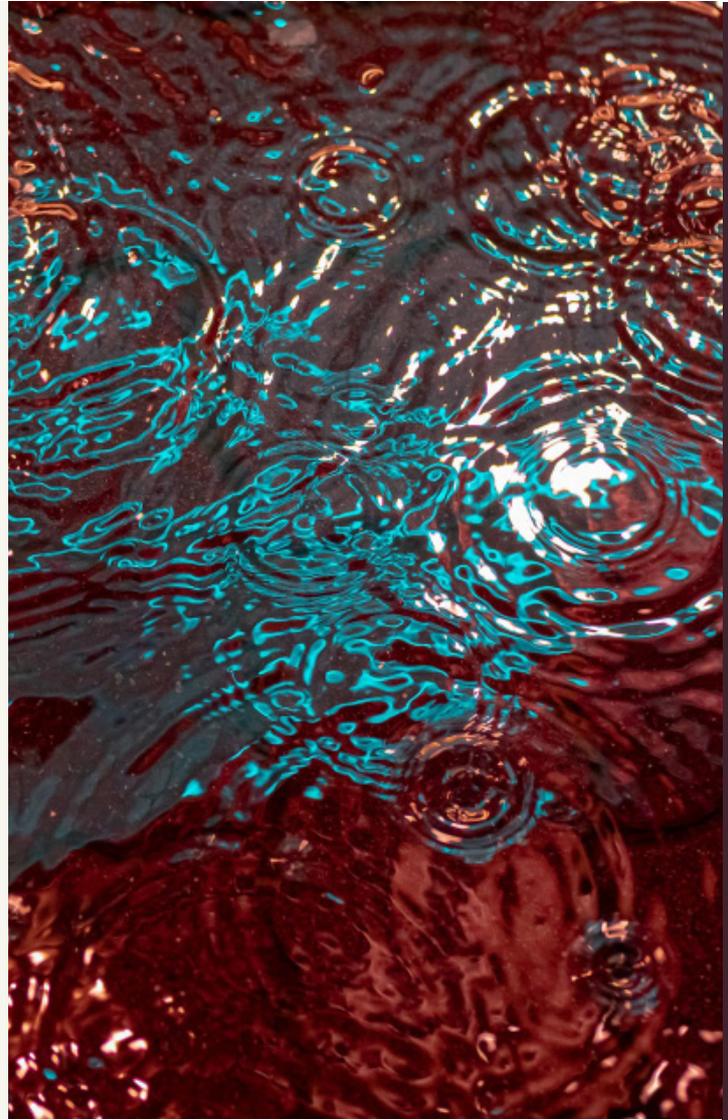
The Brain Dehabituator session design provides the :

#1 (Disconnect) function when it comes to addressing 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).

The duration of this period may vary depending on the individual’s brain behavior and «neuroplastic capacity», lasting anywhere from one to two hours and potentially up to four hours according to some perspectives.





STRUCTURED ROUTINES

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 Mind States session, the overall routine will take approximately:

- *5 minutes for Brain Gym;
- *1 minute for breathing exercises;
- *11 minutes for the Mind States session;
- *and 1 minute for additional breathing exercises,

Totalling 18 minutes.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 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.

How to create a PlayList in neuroVIZR App.

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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 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.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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



Day Break



Sunrise

**Then Go to Better Sleep
Collection**

Choose 7 PM - 9 PM and select



Deep Dive

DAY 2

Go to Better Sleep Collection

Choose 6 AM - 9 AM and
Select



Dawn



Day Break



Sunrise

**Then Go to Better Sleep
Collection**

Choose 7 PM - 9 PM and select



Deep Sleep

DAY 3

Go to Better Sleep Collection

Choose 6 AM - 9 AM and
Select



Dawn



Day Break



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 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.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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



Day Break



Sunrise

Then Go to Better Sleep Collection

Choose 9 AM - 5 PM and select



Afternoon Rest

Then Go to Better Sleep Collection

Choose 7 PM - 5 PM and select



Deep Dive

DAY 2

Go to Better Sleep Collection

Choose 6 AM - 9 AM and Select



Dawn



Day Break



Sunrise

Then Go to Better Sleep Collection

Choose 9 AM - 5 PM and select



Just Let Go

Then Go to Better Sleep Collection

Choose 7 PM - 9 PM and select



Deep Sleep

DAY 3

Go to Better Sleep Collection

Choose 6 AM - 9 AM and Select



Dawn



Day Break



Sunrise

Then Go to Better Sleep Collection

Choose 9 AM - 5 PM and select



Sleep Angel

Then Go to Better Sleep Collection

Choose 7 PM - 9 PM and select



Sleepy Head



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 higher levels based on your comfort and ability. Choose the level that feels most comfortable for you to ensure a positive and enjoyable experience!

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 10 Hz

MID DAY

Go to Mind States Collection

Choose Relax and Select



Gentle Move 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

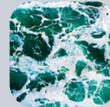
Choose Brain Builder and Select



Flexibility 1,2 or 3

Then Go to Brain Gym Collection

Choose Stabilizer and Select



Alpha 10 Hz

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 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.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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



Feeling 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 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.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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

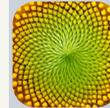
Choose Brain Builder and Select



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 Create and Select



Laser Focus



**1 RESTING DAY BEFORE
STARTING OVER**

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.

How to create a PlayList in neuroVIZR App. :

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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

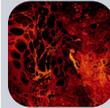
Choose Brain Builder and Select



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 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.

How to create a PlayList in neuroVIZR App.

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. Choose the next Session and add it to your new Playlist.

DAY 1

EARLY IN DAY

Go to Brain Gym Collection

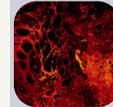
Choose Brain Builder and Select



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

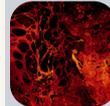
Choose Brain Builder and Select



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**



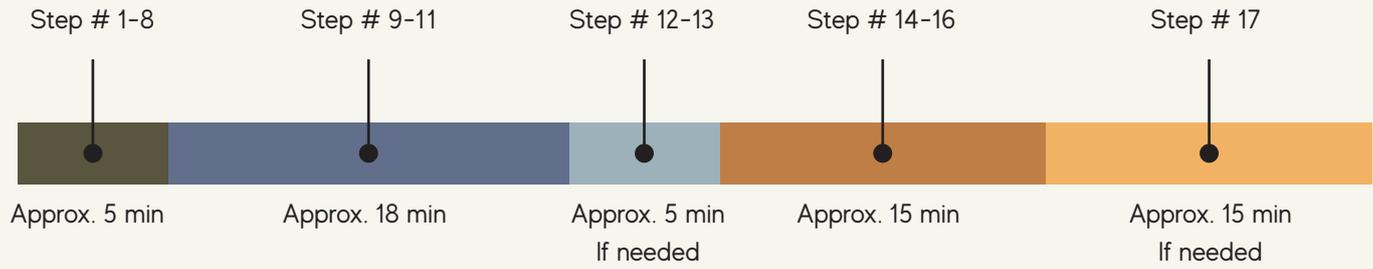
DYNAMIC ROUTINES

DYNAMIC ROUTINE 1 : PROCESSING PERSONAL TRAUMA ROUTINE

NOTE: It is important to distinguish between medical level «Trauma» (capital T), which typically requires professional intervention and specialized treatment, and personal level «trauma» (small t) that can be explored in self-applied processes.

The Routines provided can be utilized for personal-level trauma and self-exploration. However, it is 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.



● Preparation time

● Brain Prime - Sessions

● Dynamic Brain Prime

● Post Session inner work

● Stabilization

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 afterward.

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. As you engage in this exploration, it’s recommended to pay attention to how your mind and body respond to different versions.

This self-awareness will help you determine which version provides the most beneficial and desired effects for you. Remember to approach the process with an open mind, observe the outcomes, and adjust accordingly.

STEP #3 – UNDERSTAND 11 MINUTE & 5 MINUTE VERSIONS:

Each Brain Processor session is available in both 11-minute and 5-minute versions. The 11-minute version is more dynamic and potentially more demanding, while the 5-minute version is less demanding. For individuals who are more sensitive, using only the 5-minute version may be sufficient for their needs.

Additionally, it is possible to begin the session with the 11-minute version and then transition to the 5-minute version for progressive stimulation throughout the session. The goal is to achieve optimal results while exerting minimal effort.

STEP #4 – BEING REALISTIC:

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

It is important to be realistic and avoid making heroic decisions to delve into deep trauma quickly. Instead, approach the process as an experiment and gradually become more familiar with the experience of doing this inner work.

Remember, the journey of a thousand miles starts with a single step, and every step contributes to progress.

STEP #5 – TARGET THE “EVENT”:

Visualize a memory or event that is somehow connected to the challenge you are facing. This could involve a person, a place, or even a physical reaction (such as a headache) that is typically associated with the challenge. It might be a memory that you usually try to avoid recalling.

STEP #6 – THE NEGATIVE BELIEF:

Is common to have a negative idea or belief associated with the mental picture/memory (eg. “I am ugly” or “I can’t trust anyone”, etc.)

Take a moment to simply acknowledge and recognize this belief that arises when you recall the picture or memory.

STEP #7 – THE ALTERNATIVE POSITIVE BELIEF:

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

Now, assess how much you can believe or accept this new positive belief in this moment. Rate it on a scale of 0 to 10, where 0 is «not at all» and 10 is «absolutely.»

STEP #8 – BACK TO THE NEGATIVE BELIEF:

Now, return to the negative mental picture/memory. It should be accessible but not overwhelming. If it feels too overwhelming, you can choose another less demanding picture/memory to work with.

However, if you find that you are unable to stay present with even the less demanding memory, it may be an indication that seeking the guidance and support of a qualified practitioner is necessary. They can assist you in navigating through the process.

STEP #9 – DO THE LIGHT/SOUND BRAIN PROCESSOR SESSION:

During the session, it is important to adopt a simple and non-judgmental approach. Just observe and note whatever thoughts, memories, or images come to mind.

Allow the process to unfold naturally without rushing or pushing it. Be a neutral observer or reporter of your own experiences. Remember to maintain a sense of curiosity and openness to whatever emerges during or after the stimulation period.

Absolutely, refrain from judging any thoughts, memories, or insights as good or bad. Be open to the possibility of various insights emerging during the session. It is not uncommon to recognize connections or gain new perspectives that may have previously eluded you. Embrace these insights with curiosity and without judgment, allowing them to contribute to your overall understanding and growth.

STEP #10 – TAKE A MOMENT TO REFLECT:

Take a moment to review and acknowledge whatever may have emerged during the session. Hold these thoughts, memories, or insights in a neutral and non-judgmental space within your heart and mind.

STEP #11 – ANOTHER LIGHT/SOUND STIMULATION:

Now, using the most recent information that has come to mind, proceed to another Brain Processor session. The shorter 5 minute version will likely be sufficient for this purpose. Remember to adjust the Light Intensity setting of your NeuroVIZR device using the slide bar on the app screen, according to your preference and comfort level.

STEP #12 – REPEAT TO EVOLVE THE EXPERIENCE:

Once again, be open to the manifestation of information in your mind during the session. This information may be something new or additional. Sometimes it will be an obvious connection, while other times it may surprise you with unexpected revelations. Stay receptive and observe whatever emerges without judgment.

STEP #13 – STOP WHEN NOTHING NEW COMES TO MIND:

Ideally, your brain will reach a natural point of conclusion or satisfaction during the session, indicating that you have done enough for that particular time. It is important not to push beyond this point. Trust your instincts and listen to your inner sense of when «enough is enough» for the day. Respecting your boundaries ensures a healthy and balanced approach to the process.

STEP #14 – BE KIND TO YOURSELF:

The conclusion of a Brain Processor session can evoke a mix of relief and unsettled feelings. It is important to acknowledge that this exploration requires courage and openness to delve into personal experiences.

STEP #15 – REINFORCE THE ALTERNATIVE POSITIVE BELIEF:

Return to the positive belief. Take a moment to reflect upon it and strive to accept it at a hopeful heart level. This involves embracing the positive belief or perspective with openness and willingness, allowing it to resonate within you.

STEP #16 – SCAN YOUR BODY:

Take a moment to scan your body and bring your awareness to the sensations that arise. Observe any areas of tension, relaxation, warmth, or coolness without judgment. Allow yourself to fully experience the physical sensations in your body, anchoring yourself in the present moment.

STEP #17 – HELP TO STABILIZE:

If you find yourself feeling sensitive or fragile at the end of the session, it can be helpful to engage in the Alpha 10 Hz session from the NeuroVIZR Brain Gym/Brain Stabilizer collection. Set the light intensity to a low level and engage in the 11-minute session, incorporate the Harmony Guided Breathing to further support your relaxation and stability.

DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS

The field of Neurofeedback gives us evidence of the occurrence of clusters of “fixed”, “rigid” or “excessive” expressions of certain ranges of brainwave frequencies. In a sense, the brain gets “stuck” in the “glue” of “over-habituation”.

To address these rigid patterns, new methods are being developed to facilitate a shift towards more adaptive brainwave expressions. These evolving approaches aim to break the over-habituation cycle and promote greater flexibility and adaptability in the brain’s functioning.

The simple triad formula of

“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.

Proceed conservatively and monitor your experiences.*

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



Excessive Delta:

- attention deficit
- hyperactivity
- learning disabilities



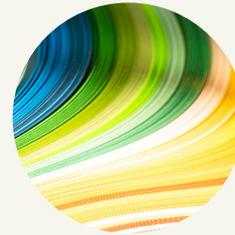
Excessive Theta:

- attention deficit
- hyperactivity
- problems focusing and finishing
- learning disabilities
- previous head injuries



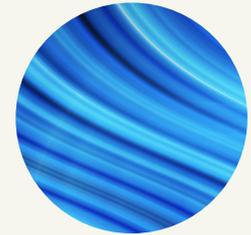
Excessive Alpha:

- too much daydreaming
- difficulty focusing
- being too relaxed and lacking alertness
- anxiety
- obsessive compulsive



Excessive Beta:

- inability to relax
- mental fatigue
- poor concentration,
- brain fog
- cannot pay attention,
- panic attacks
- general anxiety



Excessive Gamma:

- poor cognitive functions
- previous mild head injuries

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

When you find yourself feeling overwhelmed or “jammed up”, it can be beneficial to take a «Quick Mental Break» to provide relief. Set aside approximately 10 minutes for this practice, but feel free to extend it if you need more time to relax and unwind. Total “time out” is about 10 minutes or so depending on how long you “cruise” after the body scan.

01. Choose the Brain Dehabituator session that seems to best align with how you get “stuck”. Brain Dehabituaror HI 5 or LO 5 or 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 key distinction with the «Loosen Up» session is that it provides a more general effect on the brain, targeting a broader range of rigid patterns and habits.

IF GETTING “JAMMED”
IN HIGHER ACTIVITY AND
THINKING STATES

**Go to Brain Optimizer Collec-
tion**

Choose Brain Dehabituator
and Select



Dehabituator HI 5

IF GETTING “JAMMED” IN
LOWER ACTIVITY DREAMY
DROWSY STATES

**Go to Brain Optimizer Collec-
tion**

Choose Brain Dehabituator
and Select



Dehabituator LO 5

IF GETTING “JAMMED” IN
GENERAL WITHOUT AN
OBVIOUS STATE.

**Go to Brain Optimizer Collec-
tion**

Choose Brain Dehabituator
and Select



Dehabituator HI/LO 5

DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - ADDICTIVE CRAVINGS

You have the option to choose one of three «zone» Brain Dehabituator sessions.

Participate in Brain Gym/Brain Organizer/Emotional Flow session.

Following the Emotional Flow session, take at least one minute to engage in 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.

To conclude the routine, engage in a «body scan» practice where you gently survey and surrender to every sensation within your body. Pay attention to any areas of tension or discomfort and invite a sense of release and relaxation into those areas.

By following this routine, you create a comprehensive experience that promotes flexibility in the brain, emotional regulation, and body awareness. Embrace the opportunity to loosen up rigid patterns, organize your brain functions, and find a greater sense of ease and presence within yourself.

How to create a PlayList in neuroVIZR App:

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 the Brain Gym Collection

Choose Brain Organizer and Select

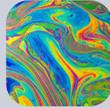


Emotional Flow

IF CRAVING SEDATIVE
STIMULATION HABITS

Go to Brain Optimizer Collection

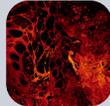
Choose Brain Dehabituator
and Select



Dehabituator LO 5

Then Go to the Brain Gym Collection

Choose Brain Organizer and Select

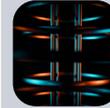


Emotional Flow

IF CRAVINGS ARE NOT CLEAR

Go to Brain Optimizer Collection

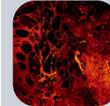
Choose Brain Dehabituator
and Select



Dehabituator HI/LO 5

Then Go to the 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, and LO versions – they are too generalized.

Then follow the selected Brain Dehabituator with a Brain Gym/Brain Stabilizer 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.

How to create a PlayList in neuroVIZR App

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the “Create Playlist” option. Choose the next Session and add it to your new Playlist.

EXAMPLE 1

Go to Brain Optimizer Collection

Choose Brain Dehabituator and select



Dehabituate Alpha

Then Go to Brain Gym Collection

Choose Brain Stabilizer and select

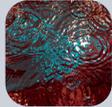


Gamma 30-40 Hz or Gamma 40 Hz

EXAMPLE 2

Go to Brain Optimizer Collection

Choose Brain Dehabituator and select



Dehabituate Beta

Then Go to Brain Gym Collection

Choose Brain Stabilizer and select



Theta 4-8 Hz or Theta 6 Hz

EXAMPLE 3

Go to Brain Optimizer Collection

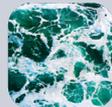
Choose Brain Dehabituator and select



Dehabituate Gamma

Then Go to Brain Gym Collection

Choose Brain Stabilizer and select



Alpha 8-12 Hz or Alpha 10 Hz

EXAMPLE 4

Go to Brain Optimizer Collection

Choose Brain Dehabituator and select



Dehabituate Theta

Then Go to Brain Gym Collection

Choose Brain Stabilizer and select



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

EXAMPLE 5

Go to Brain Optimizer Collection

Choose Brain Dehabituator and select



Dehabituate Delta

Then Go to Brain Gym Collection

Choose Brain Stabilizer and select



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

DYNAMIC ROUTINE 2 : BREAKING EXCESSIVE HABITS - EXCESSIVE ALPHA

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.

How to create a PlayList in neuroVIZR App

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 States 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 lead to an inability to relax, mental fatigue, poor concentration, brain fog, difficulty in paying attention, panic attacks, and heightened levels of general anxiety.

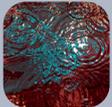
How to create a PlayList in neuroVIZR App:

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 States Collection

Select one of the sessions in Relax



Gentle
Move



Going
Deep Inside



Big Peace



Now Just
Relax

OR select one of the sessions in Moods



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 in neuroVIZR App

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. Choose the next Session and add it to your new Playlist.

01. DISCONNECT

Go to Brain Dehabituator 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 States 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 in neuroVIZR App

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. 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 States Collection

Select one of the sessions in Relax



Gentle
Move



Deep
Think



Big Peace



Now Just
Relax

OR select one of the sessions in Focus



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 in neuroVIZR App

Create a Playlist for each day. For a more personalized and efficient experience, choose the first Session and navigate to the upper right corner of the menu and click on the "Create Playlist" option. Choose the next Session and add it to your new Playlist.

01. DISCONNECT

Go to Brain Dehabituator 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 States 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, the inventor of neuroVIZR and creator of all the routines, in collaboration with the neuroVIZR Team.

NeuroVIZR is developed by VIZR TECHNOLOGY OÜ.

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