

# THE BRAINTAP LIGHT & SOUND EXPERIENCE

This technology solution provides the healthy benefits of light, sound and vibration therapy for harmonizing mind and body to enhance mental performance, boost vitality and improve health and wellbeing.

## HOW DOES THIS WORK?

### THE HEADSET

- Uses frequency of light called retinal flashing, to train the brain to move from a wide awake, alert conscious level of thinking into a dreamy, drowsy, relaxed state on the threshold of sleep.
- The light is synchronized with sound that you will hear in the background to create a relaxation response in the body so you can reach a deeper state of relaxation.
- The flashing lights from the headset might cause your ears to feel warm. This is natural. The lights that come in through the ears are designed to open up the meridians of the body. There is no warmth being produced by the LED lights. These are photons being absorbed into the hemoglobin of the blood which then released through the energy meridians of the body.
- The BrainTap Headset uses 470 blue light that is working with retinal flashing and 633 red light that is focused in the ears. This blue and red light combination is working to create vassal dilation and blood flow.
- Vibratory frequency will come from the headsets – this is providing an instruction set to the nervous system to turn off the sympathetic overload and turn on parasympathetic, the healing natural rhythms of the body.
- As this light, sound and frequency work with you, music in the background is guiding you into a more positive state and productive mindset.

## HARMONIC SOUND & FREQUENCY

- During your session you will notice that the light is synchronizing with the sound.
- The sound is working with the left and right hemispheres of the brain through binaural beats.
- These beat frequencies are being used because they expose the brain and body to a certain set of rhythms and frequencies that have been proven to train the brain to move from this wide awake, alert conscious level of thinking to a deeper, more relaxed level of the mind.
- When you get to this stage, you are moving through a brainwave state called Alpha which is that state just below being awake but not being quite asleep. In this Alpha state your mind begins to access your intuitive thoughts.
- In addition to binaural beats, encoded in the background rhythm frequency is isochronic tones. These are mono frequencies that are working with the BrainTap algorithms to bring your body and mind into synchronization.
- The benefit – it organizes the body to release the stress, improve the function and allow relaxation to restore balance to your life.
- Even though it is not consciously necessary for you to know all this background information going on in your session, it is important to know that years of study has gone into designing this technology solution.
- All of this is key for the function of neuroplasticity. Neurons that fire together wire together so we are training the brain to rewire and fire around the idea and concept of a whole brain function utilizing the full potential of your unconscious mind.

## **GUIDED VISUALIZATION SESSIONS EITHER USING DUAL OR SINGLE VOICE**

- Some of the sessions use visualization and guided imagery to transform how your body experiences stress. It has been found and research has proven that you can change up to 2,300 gene expressions through relaxation techniques and visualization. The words you choose turn on and turn off the gene expressions of the body.
- You are training the brain to know that you can control stress by releasing it, letting it go and going with the flow.
- We cannot avoid stress in our day to day life but we can train our brain and body to remove it from our experience.
- Some of the sessions also involve what is called – dual voice versus using single voice where one voice is present in the left ear and a different voice is present in the opposite ear. There will also from time to time be a background voice in the session.
- This is all designed to train the brain to recognize new information. This process engages a part of the brain known as the reticular activating system. The primitive brain that we need to retrain to eliminate the overstressed situation of your nervous system. It is common for people to be experiencing low level chronic stress in their day to day life.

## **WORKING WITH THE BREATH**

- The BrainTap sessions guide you towards achieving certain breathing patterns to help you enter into a deeper state of relaxation.
- Often in the sessions, you will be focusing on breathing in deeply through the nose and exhaling completely through the mouth, releasing tension from the body and excessive thoughts from the mind.
- If your body needs to release, you will find a need to breathe out longer than you are with a sigh at the end.
- These sessions are teaching us how to turn on the healing brain, the parasympathetic nervous system.
- You should be feeling the natural raising and falling of your chest, not a forced breath.

## **MUSIC AND THE BRAIN**

- The music being used in these sessions is using what is known in science as the Mozart Effect – this very specific 10 cycle music is engaging the body and mind to keep a healthy Alpha frequency going in the background so that this Alpha-Theta brainwave can be retrained.
- It has been found in studies that when you play this music in the background when learning, it can increase your mental performance and help you to be more relaxed around new or changing environments.
- When you start to fully feel relaxed, that is when you are shifting from an Alpha and now entering into a Theta brainwave state, which is a deeply relaxed power state on the threshold of sleep. This state is known as your inventive mind, it is that part of your mind that allows you after awakening from a great night's sleep to have a creative idea about how to solve a problem.
- You will find that you soon can become unaware of the body but you will be aware of the mind. Even though this is occurring, your body is in an awakened state of consciousness but the body feels asleep while the mind stays alert.
- Often people experience what is called Island time, a state where you feel like the session just started and then ended.

## **THE POWER OF INTENTION- THOUGHT**

- Throughout your session, be aware of how energy follows your thoughts. For instance, when you focus on your feet you will feel sensations in that area. When you become aware of this, circulation increases and relaxation follows.
- When you enter into this state of relaxation – the body sensations are typically described as: a tingling sensation in the body or a sense of lightness or heaviness within the body.
- When we learn the power of being present in the moment we can create heart-brain coherence.
- When our heart and brain is in synchronicity, we have heart rate variability or coherence which means the communication within your brain and body is constantly improving. This is neuroplasticity and what creates a healthy and productive brain.