

BRAIN SKILLS

Function Specific Brain Trainings – THEME INDEX

1) Abandoned:

- a. Peace F Less Anxiety
- b. Peace F Mind Tranquil
- c. Peace A Mind Peaceful
- d. Cognition F Whole Brain Synchronization
- e. Cognition F Thalamus Cortex Synchronization
- f. Cognition I Positive Thinking
- g. Cognition A Childhood Memory
- h. Cognition A Clearing Conflict
- i. Mood F Less Fear
- j. Mood F Less Anxiety
- k. Mood F Lift Depression
- l. Mood I Relieve Sadness
- m. Dependency A General Dependency
- n. Exploration A Mind Wide Open

2) Ability:

- a. Peace F Basic Balance
- b. Peace A General Wellness
- c. Peace A Mind Bright
- d. Cognition F Hypothalamus Pineal Synchronization
- e. Cognition F More Alert
- f. Cognition F Easy Focus
- g. Cognition I Creativity Stimulation
- h. Cognition I Fresh Learning
- i. Cognition I Higher Intelligence
- j. Cognition A Seeing Solution
- k. Mood F Mood Lift
- l. Mood I Shift Attitude
- m. Mood I Motivation Stimulation
- n. Exploration A Mind Lucid

3) Absent Minded:

- a. Peace I Calm Clear
- b. Cognition F Whole Brain Synchronization
- c. Cognition F Memory Support
- d. Cognition F Better Concentration
- e. Cognition F Brain Harmony
- f. Cognition I More Attention
- g. Cognition A Mental Workout
- h. Cognition A Wake Up Awareness
- i. Mood F Decrease Anxiety
- j. Mood I Reduce Performance Anxiety

- k. Mood I Confused Mind
 - l. Dependency A Balanced Brain
- 4) Abuse:
- a. Peace F Mind Tranquil
 - b. Peace I Relax Deep
 - c. Peace A Mind Soothing
 - d. Cognition F Brain Harmony
 - e. Cognition I Fresh Learning
 - f. Cognition I Positive Thinking
 - g. Cognition I Seeing Solution
 - h. Cognition A Clearing Conflict
 - i. Mood F Less Fear
 - j. Mood F Lift Depression
 - k. Mood F Shift Deep Depression
 - l. Mood I Lift Mood
 - m. Mood I Relieve Sadness
 - n. Dependency F After Trauma
 - o. Exploration A Euphoria
- 5) Addiction (Dependency, Recovery):
- a. Peace F Less Stress
 - b. Peace F Mind Tranquil
 - c. Peace I Relax Deep
 - d. Peace A Mind Peaceful
 - e. Cognition F Whole Brain Synchronization
 - f. Cognition F Brain Harmony
 - g. Cognition I Positive Thinking
 - h. Cognition A Looking Within
 - i. Cognition A More Inspiration
 - j. Mood I Shift Attitude
 - k. Mood I Shift Behavior
 - l. Dependency A General Addiction
 - m. Dependency A Addiction General
 - n. Dependency A Balanced Brain
 - o. Dependency > choose issue specific session
- 6) Anger (Irritability, Rage):
- a. Peace F Basic Balance
 - b. Peace A Mind Calm
 - c. Peace A Mind Bliss
 - d. Cognition I Open Receptivity
 - e. Cognition A Looking Within
 - f. Mood F Less Anger
 - g. Mood I Shift Attitude
 - h. Mood I Soften Anger
 - i. Exploration A Mind Transcend

- 7) Anxiety (Worry, Nervousness, Restlessness):
- a. Peace F Less Anxiety
 - b. Peace F Mind Tranquil
 - c. Peace A Mind Peaceful
 - d. Cognition F Thalamus Cortex Synchronization
 - e. Cognition F Brain Harmony
 - f. Cognition I Open Receptivity
 - g. Cognition A Better Intuition
 - h. Mood F Decrease Anxiety
 - i. Mood I Reduce Performance Anxiety
 - j. Mood I Confused Mind
 - k. Mood I Ease Worry
 - l. Dependency F After Trauma
 - m. Exploration A Mind Wide Open
- 8) Attention:
- a. Peace F Basic Balance
 - b. Peace F Mind Bright
 - c. Cognition F More Alert
 - d. Cognition F Better Concentration
 - e. Cognition F Easy Focus
 - f. Cognition I More Attention
 - g. Cognition A Sustained Attention
 - h. Exploration A Mind Lucid
- 9) Avoidance:
- a. Peace F Less Anxiety
 - b. Peace F Mind Tranquil
 - c. Peace I Calm Clear
 - d. Cognition F Thalamus Cortex Synchronization
 - e. Cognition F Brain Harmony
 - f. Cognition I Open Receptivity
 - g. Cognition I Solving Problem
 - h. Cognition I Positive Thinking
 - i. Cognition I Clear Logic
 - j. Cognition A Looking Within
 - k. Cognition A Seeing Solution
- 10) Bereavement (Grief, Mourning, Sadness):
- a. Peace F Basic Balance
 - b. Peace A Mind Soothing
 - c. Peace A Mind Peaceful
 - d. Cognition F Brain Harmony
 - e. Cognition A More Inspiration
 - f. Mood F Mood Lift
 - g. Mood F Lift Depression
 - h. Mood I Shift Attitude

- i. Mood I Lift Mood
 - j. Mood I Relieve Sadness
 - k. Dependency F After Trauma
- 11) Blockage:
- a. Peace F Basic Balance
 - b. Cognition F Whole Brain Synchronization
 - c. Cognition F Thalamus Cortex Synchronization
 - d. Cognition F Brain Harmony
 - e. Cognition I Creativity Stimulation
 - f. Cognition I Open Receptivity
 - g. Cognitive I Fresh Learning
 - h. Cognitive I Solving Problem
 - i. Cognitive I Positive Thinking
 - j. Cognitive I Higher Intelligence
 - k. Cognitive A Better Intuition
 - l. Cognitive A Seeing Solution
- 12) Break-Down (Burn Out, Overwhelmed, Overworked):
- a. Peace F Less Stress
 - b. Peace F Mind Tranquil
 - c. Peace I Relax Deep
 - d. Peace A General Wellness
 - e. Peace A Mind Soothing
 - f. Cognition F Brain Harmony
 - g. Cognitive I Positive Thinking
 - h. Cognitive A Clearing Conflict
 - i. Mood F Mood Lift
 - j. Mood F Lift Depression
 - k. Mood F Shift Deep Depression
 - l. Mood I Shift Attitude
 - m. Mood I Shift Behavior
 - n. Mood I Motivation Stimulation
 - o. Mood I Relieve Sadness
 - p. Dependency F After Trauma
- 13) Concentration (Focus, Weak-willed):
- a. Cognition F Whole Brain Synchronization
 - b. Cognition F More Alert
 - c. Cognition F Better Concentration
 - d. Cognition F Easy Focus
 - e. Cognition I More Attention
 - f. Cognition I Mind Energy Stimulation
 - g. Cognition A Sustained Attention
 - h. Cognition A Wake Up Awareness
 - i. Mood I Shift Behavior
 - j. Mood I Confused Mind

- k. Exploration A Mind Lucid
- 14) Depression (Spiritless):
- a. Peace F Basic Balance
 - b. Peace A General Wellness
 - c. Peace A Mind High
 - d. Peace A Mind Bliss
 - e. Cognition F Thalamus Cortex Synchronization
 - f. Cognition F Brain Harmony
 - g. Cognition I Positive Thinking
 - h. Cognition A More Inspiration
 - i. Mood F Mood Lift
 - j. Mood F Decrease Anxiety
 - k. Mood F Lift Depression
 - l. Mood F Shift Deep Depression
 - m. Mood I Shift Attitude
 - n. Mood I Shift Behavior
 - o. Mood I Motivation Stimulation
 - p. Mood I Lift Mood
 - q. Dependency F After Trauma
- 15) Drowsiness:
- a. Peace F Mind High
 - b. Cognition F Whole Brain Synchronization
 - c. Cognition F Day Cycle Synchronization
 - d. Cognition F More Alert
 - e. Cognition F Better Concentration
 - f. Cognition I More Attention
 - g. Cognition A More Inspiration
 - h. Cognition I Mind Energy Stimulation
 - i. Cognition A Sustained Attention
 - j. Cognition A Wake Up Awareness
 - k. Mood I Shift Behavior
- 16) Examinations:
- a. Peace F Less Anxiety
 - b. Peace I Calm Clear
 - c. Cognition F Whole Brain Synchronization
 - d. Cognition F Memory Support
 - e. Cognition F More Alert
 - f. Cognition F Better Concentration
 - g. Cognitive I Fresh Learning
 - h. Cognition I Easy Learning 1
 - i. Cognition I Easy Learning 2
 - j. Cognition A Sustained Attention
- 17) Exhaustion:
- a. Peace F Less Stress

- b. Peace F Basic Balance
- c. Peace I Relax Deep
- d. Peace A General Wellness
- e. Peace A Mind Peaceful
- f. Cognition F Hypothalamus Pineal Synchronization
- g. Cognition F Brain Harmony
- h. Cognition I Mind Energy Stimulation
- i. Dependency F After Trauma

18) Exploration:

- a. Exploration A Mind Lucid
- b. Exploration A Mind Transcend
- c. Exploration A Mind Wide Open
- d. Exploration A Between Worlds
- e. Exploration A Seeing Beyond
- f. Exploration A Astral Shift
- g. Exploration A Psychedelic
- h. Exploration A Euphoria
- i. Exploration A Fantasy
- j. Exploration A Climb Mountain UP DOWN 33

19) Failure:

- a. Peace F Less Anxiety
- b. Peace F Mind Tranquil
- c. Peace F Calm Clear
- d. Peace F Mind Bright
- e. Cognition I Creativity Stimulation
- f. Cognition I Open Receptivity
- g. Cognition I Solving Problem
- h. Cognition I Positive Thinking
- i. Cognition A Looking Within
- j. Cognition A Creative Imagery
- k. Cognition A Seeing Solution
- l. Cognition A More Inspiration
- m. Cognition A Clearing Conflict

20) Fear:

- a. Peace F Less Anxiety
- b. Peace F Mind Tranquil
- c. Peace F Mind Calm
- d. Cognition F Thalamus Cortex Synchronization
- e. Cognition F Brain Harmony
- f. Cognition I Clear Logic
- g. Cognition A Better Intuition
- h. Cognition A Wake Up Awareness
- i. Mood F Decrease Anxiety
- j. Mood F Reduce Restlessness

k. Mood I Shift Attitude

l. Mood I Ease Worry

21) Forgetfulness (Memory):

a. Peace I Calm Clear

b. Peace A Mind Bright

c. Cognition F Whole Brain Synchronization

d. Cognition F Memory Support

e. Cognition F More Alert

f. Cognition F Better Concentration

g. Cognitive I Fresh Learning

h. Cognition I Mind Energy Stimulation

i. Cognition A Childhood Memory

j. Cognition A Visualization Stimulation

k. Cognition A Wake UP Awareness

l. Mood F Decrease Anxiety

m. Mood I Reduce Performance Anxiety

n. Mood I Confused Mind

o. Mood I Ease Worry

p. Dependency A Balanced Brain

q. Exploration A Mind Lucid

22) Hesitancy:

a. Peace F Less Anxiety

b. Peace F Basic Balance

c. Peace A Mind Calm

d. Cognition F Thalamus Cortex Synchronization

e. Cognition I Open Receptivity

f. Cognition I Solving Problem

g. Cognition I Positive Thinking

h. Cognition I Clear Logic

i. Cognition A Looking Within

j. Cognition A Seeing Solution

23) Imagination (Creativity):

a. Peace A Mind Bright

b. Peace A Mind High

c. Cognition F Whole Brain Synchronization

d. Cognition I Creativity Stimulation

e. Cognition I Open Receptivity

f. Cognition I Mind Energy Stimulation

g. Cognition A Creative Imagery

h. Cognition A Better Intuition

i. Cognition A More Inspiration

j. Cognition A Brain Storm Session

k. Cognition A Wake Up Awareness

l. Mood I Motivation Stimulation

- m. Exploration A Mind Wide Open
 - n. Exploration A Mind Transcend
 - o. Exploration A Seeing Beyond
 - p. Exploration A Psychedelic
 - q. Exploration A Fantasy
- 24) Loneliness:
- a. Peace I Relax Deep
 - b. Peace A Mind Bliss
 - c. Cognition F Thalamus Cortex Synchronization
 - d. Cognition I Creativity Stimulation
 - e. Cognition I Open Receptivity
 - f. Cognition I Positive Thinking
 - g. Cognition A Looking Within
 - h. Cognition A Creative Imagery
 - i. Cognition A More Inspiration
 - j. Cognition A Wake Up Awareness
 - k. Mood F Lift Depression
 - l. Mood F Shift Deep Depression
 - m. Mood I Shift Attitude
 - n. Mood I Shift Behavior
 - o. Mood I Relieve Sadness
 - p. Exploration A Mind Wide Open
 - q. Exploration A Euphoria
- 25) Meditation:
- a. Peace F Basic Balance
 - b. Peace F Mind Tranquil
 - c. Peace F Mind Deep
 - d. Peace I Calm Clear
 - e. Peace I Relax Deep
 - f. Peace A Mind Calm
 - g. Peace A Mind Soothing
 - h. Peace A Mind Peaceful
 - i. Peace A Mind High
 - j. Peace A Mind Bliss
 - k. Cognition A Looking Within
 - l. Exploration A Between Worlds
 - m. Exploration A Astral Shift
 - n.
- 26) Motivation:
- a. Peace A Mind Bright
 - b. Cognition F More Alert
 - c. Cognition I Creativity Stimulation
 - d. Cognition I Open Receptivity
 - e. Cognition I Mind Energy Stimulation

- f. Cognition I Higher Intelligence
 - g. Cognition A Creative Imagery
 - h. Cognition A More Inspiration
 - i. Cognition A Brain Storm Session
 - j. Mood I Motivation Stimulation
 - k. Exploration A Mind Lucid
 - l. Exploration A Mind Wide Open
- 27) Relaxation (Tranquility, Stress, Tension, Uptight):
- a. Peace F Basic Balance
 - b. Peace F Mind Tranquil
 - c. Peace F Mind Deep
 - d. Peace I Calm Clear
 - e. Peace I Relax Deep
 - f. Peace A Mind Calm
 - g. Peace A Mind Soothing
 - h. Peace A Mind Peaceful
 - i. Cognition A Looking Within
 - j. Exploration A Between Worlds
 - k. Exploration A Astral Shift
- 28) Sleeplessness (Insomnia):
- a. Peace F Less Stress
 - b. Peace F Basic Balance
 - c. Peace F Mind Tranquil
 - d. Peace I Relax Deep
 - e. Peace A Mind Calm
 - f. Cognition F Day Cycle Synchronization
 - g. Cognition A Looking Within
 - h. Mood F Less Fear
 - i. Mood F Decrease Anxiety
 - j. Mood F Reduce Restlessness
 - k. Mood I Reduce Performance Anxiety
 - l. Mood I Soften Anger
 - m. Dependency F After Trauma
 - n. Dependency A General Dependency