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NEURO LIGHT PRACTICAL GUIDE FOR BEGINNERS

BASIC CONCEPTS

There are a few Basic Concepts or Principles that are important to appreciate when beginning to use the Neuro Light. They are not only helpful at the start but will also guide you into much deeper creativity and understandings as you mature in your Neuro Light Experience.

**Neuroplasticity:**

The Neuro Light (NL) is the way it is because the brain is the way it is. The NL design reflects the functional nature of the brain. Our brain is constantly changing in an attempt to successfully adapt to its experiences both internal and external. This ability to constantly change and adapt is known as Neuroplasticity.

**Capacity & Demand:**

The ability to change and adapt is not constant at all times. Sometimes it is easier and sometimes it is harder. The degree of difficulty in the changing adaptation is called the Neuroplastic Demand. How ready, willing and able your brain is to match this Neuroplastic Demand is known as your Neuroplastic Capacity. If the Demand is greater than your Capacity, you will have a low probability of integrating the Demand information.

Think of it in this analogy – you go to a Yoga Center and find that the classes are divided into Beginners, Intermediate and Advanced levels. The Demand in the Advanced classes is going to be greater than in the Intermediate and certainly much greater than in the Beginners class. You must assess your Capacity to match the Demand when choosing a class level.

The fact of Capacity related to Demand is not only true for the body in general but also specific for the brain.
**Brain Gym, Brain Food & Brain Skills:**

The NL has three components. Both the Brain Gym and the Brain Skills are contained within the main assembly of the Golden Pyramid Lamp and Golden Box with the User Interface controlled by whatever WiFi enabled computer, tablet or smartphone you choose to use. The Brain Food aspect is offered as a separate device known as the Nasal Light.

The Brain Gym and the Brain Food have the important role of building and maintaining good levels of Neuroplastic Capacity (the “fitness” levels of your brain). The Brain Food stimulates and upregulates the mitochondrial ATP source of energy for the brain (as well as offering a long list of other Wellness benefits). The Brain Gym provides targeted “exercises” and network “reinforcements” that specifically engage and enhance the brain’s ability to match the Demands of continued brain adaption and “learning”.

The Brain Skills are complex signal Compositions that instruct the brain in important “learning” tasks. These NL Compositions all present a certain amount of Demand that encourage the brain to “learn” to do certain tasks based on its own innate Capacity.

In short:

Brain Gym + Brain Food = Neuroplastic Capacity “exercise” and “energy”.

Brain Skills = Neuroplastic Demand of new “learning”.

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**Foundation, Intermediate & Advanced:**

In both the Brain Gym and the Brain Skills, you will notice the NL Compositions are ranked by degree of Neuroplastic Demand. These are NOT hard rules but rather are considered general guidelines. Think again of the Yoga Center with its Beginners, Intermediate and Advanced level classes.

Because every NL Composition is an assembly of Light and Sound signals, the mix and degree of Coordination, Flexibility, Endurance and Strength characteristics in the Composition will vary, sometimes significantly. The brain will attempt to “harmonize” with the NL Light/Sound Composition signals. You may think of it as the brain wanting to “dance” along with the NL Composition. The “dance” of a Foundation level Composition is relatively simple. An Intermediate Composition is a bit more demanding while an Advanced Composition has a more complex “dance step”.

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**The Vector Concept:**

The brain is always trying to find the “signal” in the “noise”. It works to convert “meaningless” into “meaningful. “Nonsense” into “sense”. The NL Light/Sound Compositions are precisely designed with these tasks in mind.

Every NL Composition is built upon years if not decades of validated neurological research into brain function. Now combined with the startling discoveries and advances in Neuroplasticity and the deepening understandings in how to use “compositional” signals to message the mind, there has never been a better time to “talk & listen” with the brain using technology.

Simply put, a “vector” is a movement in a certain direction. In this way, every NL Composition has a goal and a pathway to that goal. The combination of the “goal” or purpose with the “pathway” or process is much of what makes a NL Composition so unique and effective.

Each NL Composition has its own “vector” which is recognized in its name or title as well as further discussed in the accompanying “description” which is easily referenced by clicking on the “show…..” feature to the right side of the session title bar on the User Interface. Full NL Composition descriptions can also be found in the Learning Section of the neurolight.com website.

**NL Light/Sound Compositions:**

In the NL, the Light signals and the Sound signals are harmoniously integrated into one seamless Composition. Think (as an analogy) of the Sound signals as being like the drummer and bass players in a rock band and the Light signals as being the lead guitar and the vocalist. They are not providing the exact same signals. As a matter of fact, if you listened to each of them separately, you may not even recognize that they are playing the same song. However, when combined or integrated as a composition, the result is a “whole greater than the sum of its parts”.

A NL Composition is a significant advancement when compared to conventional Brain Entrainment. Classic Brain Entrainment contributes perhaps 10 to 15 % of the NL Composition approach to brain signaling and “learning”. NL Compositions are designed to either “tell a story” or “explore a feeling” (and often will blend the two for effect).

To be clear, the Sound aspect of a NL Composition is NOT “music” per se. It has no relationship to just playing any musical choice you may desire to “go along” with the Light signals. The Sound of a NL Composition often uses short looping segments with a musical nature but never a full “song”. These looping segments are used to achieve a “Mood Framing” without driving the main signal message. Actually, every Sound element in a NL Composition
is a union of 4 to 6 layers of embedded brain signaling that is then related to the complex Light signaling to result in a harmonious “vector driven” experience in the brain.

**Brain Exercise, Help Right Now & Brain Shaping:**

Although the NL is very flexible as a Neuroplastic instrument, it is possible to reduce its applications down to three related approaches:

1) Brain Exercise  
2) Help Right Now  
3) Brain Shaping

**Brain Exercise** uses the Brain Gym and Brain Food to increase the Neuroplastic Capacity in persons having low vitality because of wellness challenges and/or old age.

**Help Right Now** primarily uses the Brain Skills for short term improvement or alleviation from uncomfortable states of mind and experience.

**Brain Shaping** typically uses all three (Brain Gym, Brain Food, Brain Skills) for long term changes and adaptation processes in the committed individual.

**Brain Exercise:**

This approach to the NL has two possibilities:

1) to **build or increase the Neuroplastic Capacity**. It is simple and satisfying for the person with low vitality/Neuroplastic Capacity. Typically, the individual will experience a progressive and impressive general improvement in mood, sleep patterns, energy and attitude. If possible, the individual should have their own Brain Food/Nasal Light for regular daily use.

As parallel to general body exercise, a proper 11 minute + 11 minute (total 22 minutes) 4 or 5 times a week will generate best results. If NL sessions are not easily available, then one or two NL sessions per week combined with some related gentle exercise and regular deep relaxation processes will still be effective. The Brain Food/Nasal Light is critical.

2) to **maintain an adequate level of Neuroplastic Capacity** over time. This use is called a **Brain Tonic** and as a parallel could be thought of regular basic exercise that helps maintain a desired level of “fitness”. NL Brain Tonics can be used on an as needed basis or on a semi-regular basis depending on life style.
Help Right Now:

This approach to the NL is a great area for new NL users to begin to explore the various dynamics of the NL. The purpose, as seen in the name, is to act to create beneficial changes in a current state of mind and mood. The effects normally begin to manifest during or shortly after the NL Light/Sound Experience and reach a peak within a two hour period. The benefits will then plateau and gently decrease over a period of 12 to 24 hours. It is fair to call this approach a “short term” solution to a current issue.

There are basically two types of Help Right Now conditions. The first is when an uncomfortable state arises from current but transient challenges. In this case, one to three Help Right Now sessions often resolve the uncomfortable state.

The second type is when the uncomfortable state is an aggravation of an element in a chronic challenge. The Help Right Now is still capable of reducing the uncomfortable state which is greatly welcomed at the time however it is reasonable to expect that the issue may still linger at some level until and unless the chronic challenge is resolved.

In Help Right Now, benefits may be successfully extended by including various appropriate Neuroplastic Reinforcements that the individual may perform in the hours and days following the NL session(s).

Brain Shaping:

This use of the NL is more demanding of insight and experience as it acts to modify brain neuroplasticity over a longer period of time and often focuses on more complex behaviors and habits. Some NL users will be drawn to this type of profound wellness support which builds on relationship and commitment. Think of it as being (somewhat) similar to an exercise trainer guiding an individual through an evolving fitness program aimed at a significant change in fitness and ability.

This long term approach to neuroplastic Brain Shaping is actually not too complicated if you progress in stages. The progress of the individual will act as a constant reference as to what choices and new learning to institute in their program. It is expected that the individual wanting Brain Shaping will be motivated to actually begin to modify their general life-style to support the Brain Shaping since many of the challenges are actually embedded in their daily habits.
Like Eating a Meal:

I frequently use this analogy to help explain the dynamics of a NL Light/Sound Experience. Think of it like eating a meal. The NL Light/Sound Experience itself can be compared to eating a meal in which you savor the tastes and textures. You may really enjoy some items on the plate and perhaps for the others simply appreciate their value to your health.

However, it is after the actual eating experience that the processes of digestion begin that are, over time, followed by assimilation and finally reach the endpoint of physiological utilization – which (other than the entertainment value of eating the meal) is the actual reason and benefit of eating in the first place.

So, following the “eating the meal” analogy, do not place primary importance on the actual NL Light/Sound Composition Experience. Although it is typically fascinating and moving, the actual deep benefits BEGIN when the Light/Sound ends. It is the commencement of the all-important integration of the information that will activate the learning itself.

So please, don’t eat and run!

Neuroplastic Reinforcements:

There are basically three ways to create Neuroplastic Changes in the brain: 1) Movement, 2) Mental and 3) Sensory. The NL specializes in the Sensory approach and utilizes integrated Light and Sound signaling.

It is possible to use only the NL as a “Light Coach” working in Total Brain Wellness. The effects will be very good and often even impressive. If you would like to extend and expand the benefits of the NL Experience, offering various Neuroplastic Reinforcements in the Movement and Mental categories can make a deeper and faster result in the processes.
Introduction

You will recall from the Basic Concepts section that it is important to have sufficient Neuroplastic Capacity to match Neuroplastic Demand when working with Neuroplastic Change in the brain. These NL Brain Exercise Methods work to build the Neuroplastic Capacity. A second and related type of NL Brain Exercise is called a BRAIN TONIC. A BRAIN TONIC is used to help maintain an adequate level of Neuroplastic Capacity.

In simple terms, you may think of the Neuroplastic Capacity as being very similar to the general “vitality” of the person. Do not make it complicated for yourself by trying to make deep assessments of the brain. Essentially, for our purposes, the body is the brain – the brain is the body. All of us humans have the inborn ability to quickly (and usually, unconsciously) “read” a person in a glance.

To make an “assessment” of Neuroplastic Capacity, use common sense impressions. Does the person seem “light and bouncy” with energy or “heavy and slow”? Do they seem “tired”? Listen to the tone and volume of their voice. Watch how they enter the room and get in and out of a chair. Almost every person over 60 years old, will benefit from fortifying Neuroplastic Capacity. That should come as no surprise. Also persons who have experienced challenges to their wellbeing earlier in life will often show excellent improvements in their wellness with some amount of Neuroplastic Capacity fortification. Actually, you can never go wrong by offering any person some degree of Neuroplastic Capacity fortification – it's a lot like general body exercise – it’s good for all of us.

For Coordination – are they agile or clumsy?

For Flexibility – are they lithe or stiff?

For Endurance – do they exhibit stamina or fatigue easily

For Strength – are they bold or weak?
**Brain Exercise: PART #1: Building Neuroplastic Capacity**

**Basic 12 Session Protocol for Building Neuroplastic Capacity**

For persons with sustained Low Neuroplastic Capacity/Vitality, this 12 Session protocol may be repeated in its entirety. If sessions were performed every day in a row, give a 3 to 5 day break in between protocols however, if possible do the Brain Food/Nasal Light every day in any case.

In general, use lower Light Intensity (around 5%) settings (slide bar on your User Interface screen). Consider the level of ambient light in the room. If the room is bright, you may use a slightly higher Light Intensity. If a darker room or at night, use a lower Light Intensity.

To support this protocol, encourage the person to engage in regular modest exercise such as a 30 minute daily walk as well as periods of deep relaxation including early to bed for adequate sleep.

1) Low Neuroplastic Capacity (Low Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation Coordination (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Default Mode Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Repeat this session 3 times before changing the format
      ii. If available, do a session each day in a row
      iii. If less available, do this session once or twice a week
      iv. If available, use Brain Food/Nasal Light every day
         1. 30 minutes in first half of day
         2. 30 minutes in second half or at bedtime

2) Low Neuroplastic Capacity (Low Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation Flexibility (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Cognitive Control Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Repeat this session 3 times before changing the format
      ii. If available, do a session each day in a row
      iii. If less available, do this session once or twice a week
         1. If available, use Brain Food/Nasal Light every day
         2. 30 minutes in first half of day
         3. 30 minutes in second half or at bedtime
3) Low Neuroplastic Capacity (Low Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation Endurance (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Default Mode Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Repeat this session 3 times before changing the format
      ii. If available, do a session each day in a row
      iii. If less available, do this session once or twice a week
      iv. If available, use Brain Food/Nasal Light every day
         1. 30 minutes in first half of day
         2. 30 minutes in second half or at bedtime

4) Low Neuroplastic Capacity (Low Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation Strength (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Cognitive Control Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Repeat this session 3 times before changing the format
      ii. If available, do a session each day in a row
      iii. If less available, do this session once or twice a week
      iv. If available, use Brain Food/Nasal Light every day
         1. 30 minutes in first half of day
         2. 30 minutes in second half or at bedtime
**Short 4 Session Protocol for Building Neuroplastic Capacity**

For persons unable to commit to the Basic 12 Session Protocol, this approach can be modified to fit the circumstances. You may repeat the Short 4 Session Protocol as many times as possible or as circumstances permit.

To support this protocol, encourage the person to engage in regular modest exercise such as a 30 minute daily walk as well as periods of deep relaxation including early to bed for adequate sleep.

1) **Low Neuroplastic Capacity (Low Vitality) - 30 minute session**
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation **Coordination** (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: **Default Mode Network** (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime

2) **Low Neuroplastic Capacity (Low Vitality) - 30 minute session**
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation **Flexibility** (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: **Cognitive Control Network** (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime

3) **Low Neuroplastic Capacity (Low Vitality) - 30 minute session**
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation **Endurance** (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: **Default Mode Network** (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
i. Do a session each day in a row or skip just one day

ii. If available, use Brain Food/Nasal Light every day
   1. 30 minutes in first half of day
   2. 30 minutes in second half or at bedtime

4) Low Neuroplastic Capacity (Low Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Foundation Strength (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Cognitive Control Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime

**Progressive Short 4 Session Protocol for Building Neuroplastic Capacity**

For persons showing increasing levels of Neuroplastic Capacity/Vitality, this rotating 4 Session protocol may be applied. At this progressing level of Neuroplastic Capacity/Vitality, it is also possible to begin to conservatively introduce Brain Skills Compositions. For example, in every other session, you may substitute one of the Brain Network Reinforcements (step “d”) for a Foundation level Brain Skills Composition (search in Peace, Cognition, Mood, Dependency – no choices in Exploration because of their Advanced levels of Neuroplastic Demand)

To support this protocol, encourage the person to engage in regular modest exercise such as a 30 minute daily walk as well as periods of deep relaxation including early to bed for adequate sleep.

1) Moderate Neuroplastic Capacity (Moderate Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Intermediate Coordination (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Default Mode Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
1. 30 minutes in first half of day
2. 30 minutes in second half or at bedtime

2) Moderate Neuroplastic Capacity (Moderate Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Intermediate Flexibility (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Cognitive Control Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime

3) Moderate Neuroplastic Capacity (Moderate Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Intermediate Endurance (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Limbic Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime

4) Moderate Neuroplastic Capacity (Moderate Vitality) - 30 minute session
   a. Brain Food/Nasal Light – medium power (30 minutes)
   b. Brain Gym: Trainings - Intermediate Strength (11 minutes)
   c. Pause 3 minutes – rest with eyes closed
   d. Brain Gym: Default Mode Network (11 minutes)
   e. Pause 3 - 5 minutes – rest with eyes closed
      i. Do a session each day in a row or skip just one day
      ii. If available, use Brain Food/Nasal Light every day
          1. 30 minutes in first half of day
          2. 30 minutes in second half or at bedtime
Brain Exercise: PART #2: BRAIN TONICS –

Maintain Neuroplastic Capacity

BRAIN TONIC

BRAIN TONICS are great “any time” fortifying “pick me ups”. Remember the principle of a NL BRAIN TONIC is to support or “maintain” an adequate level of Neuroplastic Capacity. This is NOT the same as attempting to “build” the Neuroplastic capacity to greater levels. (see section above to “build” Neuroplastic Capacity).

A BRAIN TONIC is easy and convenient. Use a BRAIN TONIC anytime you have a free moment or feel you want a fortification. The concept of a “tonic” addresses general benefit without very specific problem. A BRAIN TONIC is typically a single 11 minute session. You may extend the BRAIN TONIC to 22 minutes OR, with the “vector” principle in mind, do two 11 minute compositions in sequence. If choosing two in “vector” sequence, do your best to select BRAIN TONICS that have a “theme” or “purpose” relationship.

Lastly, PLEASE NOTE that NL BRAIN TONICS come in all three levels of Neuroplastic Capacity (Foundation, Intermediate, Advanced). The concept of a NL BRAIN TONIC is to help maintain a certain level of “brain fitness”. So, if you are attempting to maintain a Foundation level of Neuroplastic Capacity (aka “brain fitness”), it makes simple sense to choose BRAIN TONICS that are at the Foundation level of Demand. It is not wise to choose BRAIN TONICS that have a greater degree of Neuroplastic Demand than your current degree of Neuroplastic Capacity.

1) Turning “It” Off
   a. Default Mode Network (Brain Gym/Network)

2) Turning “It” On
   a. Cognitive Control Network (Brain Gym/Network)

3) Emotional Stability
   a. Limbic Network (Brain Gym/Network)

4) Narrow Focus Attention
   a. Dorsal Attention Network (Brain Gym/Network)

5) Broad Field Attention
   a. Ventral Attention Network (Brain Gym/Network)

6) Seeing Inside & Outside
   a. Visual Network (Brain Gym/Network)

7) Grounding the Body
   a. Somato-motor Network (Brain Gym/Network)

8) Fundamental Stabilizer
   a. Basic Balance (Foundation/Peace)
9) Deep Solitude
   a. Mind Deep (Foundation/Peace)

10) Subtle State Changes
    a. Brain Harmony (Foundation/Cognition)

11) Daily Rhythms
    a. Day Cycle Synchronization (Foundation/Cognition)

12) Higher Endocrine Dynamics
    a. Hypothalamus (Pituitary) Pineal Synchronization (Foundation/Cognition)

13) Emotion-Thinking Harmony
    a. Thalamus Cortex Synchronization (Foundation/Cognition)

14) Intense Brain Exercise
    a. Whole Brain Synchronization (Foundation/Cognition)

15) Loving Kindness
    a. After Trauma (Foundation/Dependency)

16) Enhanced Learning
    a. Fresh Learning (Intermediate/Cognition)

17) Pushing Cognition
    a. Mind Energy Stimulation (Intermediate/Cognition)

18) Sharpening Attention
    a. More Attention (Intermediate/Cognition)

19) Inspiration Spark
    a. Motivation Stimulation (Intermediate/Mood)

20) Upbeat Brain
    a. General Wellness (Advanced/Peace)

21) Higher Levels of Cognition
    a. Wake Up Awareness (Advance/Cognition)

22) Loosen the Habits
    a. General Dependency (Advance/Dependency)

23) Balance at Greater Demand
    a. Balanced Brain (Advanced/Dependency)

24) Elevated Consciousness
    a. Mind Wide Open (Advanced/Exploration)

25) Crossing the Threshold
    a. Seeing Beyond (Advanced/Exploration)
HELP RIGHT NOW - RECOMMENDATIONS

Introduction:

As you may recall from the information in the Basic Concepts section, in a simplified description of the Neuro Light applications, we have three approaches:

1) Brain Exercise (see above);
2) Help Right Now (this section);
3) Brain Shaping (see below for discussion).

This section will consider the Help Right Now NL applications.

A reminder – this is a “short term” approach to affecting the state of brain wellness. There are two types of Help Right Now situations:

1) A transitory situation has created some reaction. Once the reaction has been modified with the NL, (one to three sessions), it is likely to go its own way without much or any residue.
2) The situation is actually an aggravation of a chronic issue. The NL Help Right Now approach will likely get good results but a lingering signature of the chronic issue may still be there, perhaps just under the surface. In such cases, a few rounds of the Help Right Now method does work but the truth is that a long term Brain Shaping approach will probably be required at some point.

Technique:

The Help Right Now session has a flexible structure. Keep in mind that the Neuroplastic Capacity (brain fitness level or vitality) has an important relationship to the choices you make for the help Right Now session. The more “vital” the person, the more free you are in selecting from a wide range of NL Compositions.

The less vital the person is, the more conservative your choices in structuring the Help Right Now session. By “conservative”, consider:

1) Choosing NL Compositions from Foundation and/or Intermediate instead of Advanced levels;
2) Running only one or two NL Compositions;
3) Keeping your Light Intensity bar set lower (3% - 7%).

A Help Right Now session may have one or two or, at times, even three 11 minute NL Compositions. The average choice would have two NL Compositions.
Whenever you run a NL Composition include a 3 minute (approximately) pause between each NL Composition. Allowing the integration (aka “digestion”) process to begin to act is vital for good results. Also give the person a comfortable amount of time to rest without interruption after the end of the last NL Composition in the Help Right Now session.

Depending on the intensity of the current issue, you may do the full Help Right Now session more than once per day. Naturally, time is an issue so be practical. Also the lower the person’s Neuroplastic Capacity (vitality), the less you will do so as to not stress the person.

The Brain Food/Nasal Light is always supportive but not really a big factor in the short term Help Right Now approach unless the person has low Neuroplastic Capacity (vitality) in which case it is going to give a subtle boost.

Lastly, please remember that the subjective experience during the actual Light/Sound aspect of an NL session is a part of the whole NL Experience. Enjoy it. Drink it in. However remain open and appreciative of the “integration” period which follows the Light/Sound. The period of time following the Light/Sound is of equal importance. Be open and receptive for the 12 to 24 hour period after the Light/Sound – and most especially in the 2 hour period right after the Light/Sound.

**Help Right Now - Session Concepts:**

The Help Right Now sessions below all follow a basic concept. You will also notice that I have chosen 25 of the most requested reasons for short term Help Right Now sessions. Furthermore, I will offer you three different versions of each need. These are NOT hard fast rules but rather “suggestions” based on expert experience. You may mix and match once you have a bit of your own experience.

BTW – in the Help Right Now sessions suggestions, I use a letter abbreviation code such as F/C:

- **F** = Foundation Level
- **I** = Intermediate Level
- **A** = Advanced Level
- **P** = Peace Zone
- **C** = Cognition Zone
- **M** = Mood Zone
- **D** = Dependency Zone
E = Exploration Zone

So, this is how it works and I will give an example of what I mean...

**General Brain Wellness #1**

A – Default Mode Network (in Brain Gym)

B – Thalamus Cortex Synchronization (F/C)

C – More Alert (F/C)

Following the “vector” concept of moving in a direction plus the “First Things First” and “One Thing Leads to Another” principles, then NL Compositions of A > B > C are progressive. Remember, you can use just one or two or even three of the suggested NL Compositions when you do a Help Right Now session. Two NL Compositions is the most common.

So the “maximum flexibility” concept looks like this:

A – only

B – only

C – only

A + B

B + C

A + C

A + B + C

To give you an example of “maximum flexibility” in designing a Help Right Now session, using the suggestions here in the NL Practical Guide for Beginners, (remembering that a choice of two NL Compositions is the most common) you could do anyone of the following combinations in **General Brain Wellness #1**:

A - Default Mode Network (in Brain Gym) **ONLY**

OR

B – Thalamus Cortex Synchronization (F/C) **ONLY**

OR

C – More Alert (F/C) **ONLY**
OR

A – Default Mode Network (in Brain Gym)

PLUS

B – Thalamus Cortex Synchronization (F/C)

OR

B – Thalamus Cortex Synchronization (F/C)

PLUS

C – More Alert (F/C)

OR

A – Default Mode Network (in Brain Gym)

PLUS

C – More Alert (F/C)

OR

A – Default Mode Network (in Brain Gym)

PLUS

B – Thalamus Cortex Synchronization (F/C)

PLUS

C – More Alert (F/C)

Help Right Now - Session Suggestions:

1- General Brain Wellness #1:
   a. Default Mode Network (Brain Gym)
   b. Thalamus Cortex Synchronization (F/C)
   c. More Alert (F/C)

2- General Brain Wellness #2:
   a. Cognitive Control Network (Brain Gym)
   b. Hypothalamus Pineal Synchronization (F/C)
c. Better Concentration (F/C)

3- General Brain Wellness #3:
   a. Limbic Network (Brain Gym)
   b. Day Cycle Synchronization (F/C)
   c. Basic Balance (F/P)

4- Stress #1:
   a. Basic Balance (F/P)
   b. Less Stress (F/P)
   c. Mind Tranquil (F/P)

5- Stress #2:
   a. Brain Harmony (I/C)
   b. Mood Lift (F/M)
   c. Shift Attitude (I/M)

6- Stress #3:
   a. Thalamus Cortex Synchronization (F/C)
   b. Relax Deep (I/P)
   c. Mind Deep (F/P)

7- Anxiety #1:
   a. Basic Balance (F/P)
   b. Less Anxiety (F/P)
   c. Mind Tranquil (F/P)

8- Anxiety #2:
   a. Limbic Network (Brain Gym)
   b. Decrease Anxiety (F/M)
   c. Brain Harmony (F/C)

9- Anxiety #3:
   a. Hypothalamus Pineal Synchronization (F/C)
   b. After Trauma (F/D)
   c. Calm Clear (I/P)

10- Grief #1:
    a. Limbic Network (Brain Gym)
    b. After Trauma (F/D)
    c. Mood Lift (F/M)
11- Grief #2:
   a. Lift Mood (I/M)
   b. Relieve Sadness (I/M)
   c. Open Receptivity (I/C)

12- Grief #3:
   a. Basic Balance (F/P)
   b. Mind Peaceful (A/P)
   c. More Inspiration (A/C)

13- New Learning #1:
   a. Cognitive Control Network (Brain Gym)
   b. Easy Learning #1 (I/C)
   c. Fresh Learning (I/C)

14- New Learning #2:
   a. Brain Harmony (F/C)
   b. Easy Learning #2 (I/C)
   c. Higher Intelligence (I/C)

15- New Learning #3:
   a. Mind Bright (A/P)
   b. Mind Energy Stimulation (I/C)
   c. More Attention (I/C)

16- Creativity #1:
   a. Brain Harmony (F/C)
   b. Creativity Stimulation (I/C)
   c. Motivation Stimulation (I/M)

17- Creativity #2:
   a. General Wellness (A/P)
   b. Mind Bright (A/P)
   c. Mind High (A/P)

18- Creativity #3:
   a. Thalamus Cortex Synchronization (F/C)
   b. Open Receptivity (I/C)
   c. Mind Wide Open (A/E)

19- Meditation #1:
a. Basic Balance (F/P)  
b. Calm Clear (I/P)  
c. Mind Bright (A/P)  

20- Meditation #2:  
a. Dorsal Attention Network (Brain Gym)  
b. Better Concentration (F/C)  
c. More Attention (I/C)  

21- Meditation #3:  
a. Easy Learning #1 (I/C)  
b. Wake Up Awareness (A/C)  
c. Sustained Attention (A/C)  

22- Sleep #1:  
a. Default Mode Network (Brain Gym)  
b. Less Anxiety (F/P)  
c. Mind Tranquil (F/P)  

23- Sleep #2:  
a. Basic Balance (F/P)  
b. After Trauma (F/D)  
c. Ease Worry (I/M)  

24- Sleep #3:  
a. Mind Soothing (A/P)  
b. Looking Within (A/C)  
c. Mind Deep (F/P)  

25- Jet Lag #1 (Morning):  
a. Day Cycle Synchronization (F/C)  
b. More Alert (F/C)  
c. Motivation Stimulation (I/M)  

26- Jet Lag #2 (Afternoon):  
a. Whole Brain Synchronization (F/C)  
b. Sustained Attention (A/C)  
c. Mind Energy Stimulation (I/C)  

27- Jet Lag #3 (Evening):  
a. Day Cycle Synchronization (F/C)  
b. Mind Tranquil (F/P)  
c. Mind Deep (F/P)
28- Anger #1:
   a. Basic Balance (F/P)
   b. Less Anger (F/M)
   c. Calm Clear (I/P)
29- Anger #2:
   a. Default Mode Network (Brain Gym)
   b. Soften Anger (I/M)
   c. Shift Attitude (I/M)
30- Anger #3:
   a. Clearing Conflict (A/C)
   b. General Dependency (A/D)
   c. Mind Wide Open (A/E)

31- Depression #1:
   a. Brain Harmony (F/C)
   b. Lift Depression (F/M)
   c. Mood Lift (F/M)
32- Depression #2:
   a. Hypothalamus Pineal Synchronization (F/C)
   b. Lift Mood (I/M)
   c. Motivation Stimulation (I/M)
33- Depression #3:
   a. General Wellness (A/P)
   b. Mind Bright (A/P)
   c. After Trauma (F/D)

34- Trauma #1:
   a. Default Mode Network (Brain Gym)
   b. After Trauma (F/D)
   c. Less Anxiety (F/P)
35- Trauma #2:
   a. After Trauma (F/D)
   b. Less Fear (F/M)
   c. Relax Deep (I/P)
36- Trauma #3:
   a. Confused Mind (I/M)
b. Relieve Sadness (I/M)
c. Mind Soothing (A/P)

37- Over Thinking #1:
   a. Default Mode Network (Brain Gym)
   b. Ease Worry (I/M)
   c. Shift Behavior (I/M)
38- Over Thinking #2:
   a. Looking Within (A/C)
   b. Better Intuition (A/C)
   c. Mind Peaceful (A/P)
39- Over Thinking #3:
   a. Reduce Performance Anxiety (I/M)
   b. Shift Attitude (I/M)
   c. Clear Logic (I/C)

40- Memory #1:
   a. Cognitive Control Network (Brain Gym)
   b. More Attention (I/C)
   c. Mind Bright (A/P)
41- Memory #2:
   a. Wake Up Awareness (A/C)
   b. Memory Support (F/C)
   c. More Alert (F/C)
42- Memory #3:
   a. Basic Balance (F/P)
   b. Confused Mind (I/M)
   c. Sustained Attention (A/C)

43- Frustration #1:
   a. General Wellness (A/P)
   b. Less Stress (F/P)
   c. Mood Lift (F/M)
44- Frustration #2:
   a. Limbic Network (Brain Gym)
   b. Less Anger (F/M)
c. Shift Attitude (I/M)

45- Frustration #3:
  a. Brain Harmony (F/C)
  b. Soften Anger (I/M)
  c. Mind Bright (A/P)

46- Ability #1:
  a. Cognitive Control Network (Brain Gym)
  b. Higher Intelligence (I/C)
  c. Positive Thinking (I/C)

47- Ability #2:
  a. Whole Brain Synchronization (F/C)
  b. Relax Deep (I/P)
  c. Clear Logic (I/C)

48- Ability #3:
  a. Memory Support (F/C)
  b. Mind Energy Stimulation (I/C)
  c. More Attention (I/C)

49- Abuse #1:
  a. Limbic Network (Brain Gym)
  b. After Trauma (F/D)
  c. Decrease Anxiety (F/M)

50- Abuse #2:
  a. After Trauma (F/D)
  b. Less Fear (F/M)
  c. Mind Tranquil (F/P)

51- Abuse 33:
  a. Basic Balance (F/P)
  b. Thalamus Cortex Synchronization (F/C)
  c. Ease Worry (I/M)

52- Addictive Craving #1:
  a. Limbic Network (Brain Gym)
  b. Addiction General (A/D)
  c. Balanced Brain (A/D)
53- Addictive Craving #2:
   a. General Dependency (A/D)
   b. Basic Balance (F/P)
   c. Mind Tranquil (F/P)

54- Addictive Craving #3:
   a. Addiction General (A/D)
   b. Cigarettes/Alcohol/Drug Dependency (A/D) – choose one
   c. Relax Deep (I/P)

55- Blocked #1:
   a. Limbic Network (Brain Gym)
   b. Mind energy Stimulation (I/C)
   c. Open Receptivity (I/C)

56- Blocked #2:
   a. Visualization Stimulation (A/C)
   b. Childhood Memory (A/C)
   c. Creative Imagery (A/C)

57- Blocked #3:
   a. Wake Up Awareness (A/C)
   b. Confused Mind (I/M)
   c. Motivation Stimulation (I/M)

58- Overwhelm #1:
   a. Brain Harmony (F/C)
   b. Less Stress (F/P)
   c. Mind Soothing (A/P)

59- Overwhelm #2:
   a. Thalamus Cortex Synchronization (F/C)
   b. After Trauma (F/D)
   c. Relax Deep (I/P)

60- Overwhelm #3:
   a. Hypothalamus Pineal Synchronization (F/C)
   b. Decrease Anxiety (F/M)
   c. Relieve Sadness (I/M)

61- Concentration #1:
a. Cognitive Control Network (Brain Gym)
b. Better Concentration (F/C)
c. Easy Focus (F/C)

62- Concentration #2:
   a. More Attention (I/C)
   b. Mind Energy Stimulation (I/C)
   c. Sustained Attention (A/C)

63- Concentration #3:
   a. Wake Up Awareness (A/C)
   b. More Alert (F/C)
   c. General Wellness (A/P)

64- Explore #1:
   a. Hypothalamus Pineal Synchronization (F/C)
   b. Fresh Learning (I/C)
   c. Higher Intelligence (I/C)

65- Explore #2:
   a. Mind Energy Stimulation (I/C)
   b. Mind Bright (A/P)
   c. Seeing Beyond (A/E)

66- Explore #3:
   a. Mind Wide Open (A/E)
   b. Wake Up Awareness (A/C)
   c. Visualization Stimulation (A/C)

67- Fear #1:
   a. Limbic Network (Brain Gym)
   b. Less Fear (F/M)
   c. Calm Clear (I/P)

68- Fear #2:
   a. After Trauma (F/D)
   b. Basic Balance (F/P)
   c. Ease Worry (I/M)

69- Fear #3:
   a. Brain Harmony (F/C)
   b. Mood Lift (F/M)
   c. Mind Soothing (A/P)
70- Lonely #1:
   a. Hypothalamus Pineal Synchronization (F/C)
   b. Decrease Anxiety (F/M)
   c. Lift Depression (F/M)
71- Lonely #2:
   a. Mind Energy Stimulation (I/C)
   b. Open Receptivity (I/C)
   c. Relieve Sadness (I/M)
72- Lonely #3:
   a. General Wellness (A/P)
   b. More Alert (F/C)
   c. Lift Mood (I/M)

73- Motivation #1:
   a. Cognitive Control Network (Brain Gym)
   b. Motivation Stimulation (I/M)
   c. Shift Attitude (I/M)
74- Motivation #2:
   a. General Wellness (A/P)
   b. Mood Lift (F/M)
   c. Creativity Stimulation (I/C)
75- Motivation #3:
   a. Wake Up Awareness (A/C)
   b. Mental Workout (A/C)
   c. Sustained Attention (A/C)
**Introduction:**

The complete NL Experience has three elements that when combined create a powerful and synergistic result. The three elements of stages are:

1. Pre-Light/Sound: Motivation, Intention, Set/Setting;
2. Light/Sound Composition: Subjective Feelings and Insights;
3. Post-Light/Sound: Neuroplastic Reinforcements

Using various Movement, Mental and Sensory based Neuroplastic Reinforcements in relation to actual Neuro Light sessions offers a tremendous benefit. Choosing specific Neuroplastic Reinforcements that target the Neuroplastic goals of the person can seem challenging at first. With more experience, it becomes easier.

Here a few Neuroplastic Reinforcements that are extremely useful and effective...and can be applied to almost any Neuroplastic goal. *(The full explanations and details can be found in the NL Monster Reference document – just search the Index for the article and page.)*

1. The Simple Four
   a. **ASK** “what am I GRATEFUL for?” No answers? Doesn’t matter. Even just searching changes the brain to a more positive state.
   b. **LABEL** those negative thoughts. Give it a name and your brain is not so bothered by it.
   c. **DECIDE.** Go for “good enough” instead of “best decision on Earth”.
   d. **TOUCH.** Hugs and any other “safe touch”.

2. The Surprising Seven
   a. **FAITH**
   b. **DIALOGUE WITH OTHERS**
   c. **AEROBOC EXERCISE**
   d. **MEDITATE**
   e. **YAWN**
   f. **CONSCIOUSLY RELAX**
   g. **SMILE** *(For an excellent full - even elaborate – explanation, see the book by Mantak Chia entitled *The Inner Smile.*)*
3- The Dynamic Six
   a. Gently LET GO into a relaxed state – no effort
   b. Feel and follow your natural smooth BREATH
   c. Begin to MOVE your body in pleasant manner
   d. Sing, chant or mentally repeat a MEANINGFUL WORD or PHRASE
   e. Practice at least 12 MINUTES per day regularly
   f. Most important – maintain a clear sense of ATTENTION of your Neuroplastic GOAL

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**BRAIN SHAPING – BASIC CONCEPTS**

**Introduction:**

The aim of the NL Practical Guide for Beginners is to quickly enable new NL users from the start of getting their Neuro Light instrument. This document is an attempt at introducing basic concepts that one can build upon as the NL Learning progresses and deepens.

The subject matter, after the listing of key concepts, is presented in three related categories:

1) Brain Exercises;
2) Help Right Now;
3) Brain Shaping.

For NL Beginners, the Brain Shaping Learning can only come with time, practice and experience. A huge amount of benefit exists within Brain Exercises and Help Right Now, so get comfortable and develop your insights into neuroplasticity and human nature. With this experience “under your belt”, venturing into long term Brain Shaping protocols will be much easier if not obvious.

**Brain Shaping: Overview**

A simple way to view Brain Shaping is to see it as a “long term” process towards a deeper change in brain/mind behavior. An analogy could be seen in decided to do “Body Shaping” as a physical exercise program. You decide you want to change your physical body in relation to Coordination, Flexibility, Endurance and Strength. To be realistic, this will take place over many months...if not years.
Neuroplastic Brain Shaping, because it is also physical, follows essentially the same template. You can definitely experience inspiring positive gains within months. These changes are proof of the possibility of real change. With this view, the neuroplastic process shifts from a technique to a lifestyle and will continue to reward you for years to come – as the benefits expand into habits and are system wide.

A little peek into some science here will help you better understand.

In our brain, there are four interrelated and overlapping degrees or types of neuroplastic change:

1) Functional Plasticity: takes place in minutes to hours;
2) Synaptic Plasticity: takes place in days to weeks;
3) Neuronal Plasticity: takes place in months;
4) Systemic Plasticity: takes place in years.

So basically, recognize the following:

1) Brain Exercise: results are within Synaptic/Neuronal Plasticity;
   a. Meaning results will take place within days, weeks, months.
2) Help Right Now: results are within Functional/Synaptic Plasticity:
   a. Meaning results will take place within minutes, hours, days, weeks.
3) Brain Shaping: results are within days, weeks, months, years:
   a. Meaning results will take place in Synaptic/Neuronal/Systemic Plasticity.

**Brain Shaping: Progresses in Steps and Stages:**

This NL Practical Guide for Beginners will not attempt an instruction in Brain Shaping. Basically, Brain Shaping is a long term neuroplastic approach which is not suitable for must NL users in their beginning stages of learning. I will be offering Learning that targets Brain Shaping separately from this all-important reference guide.

Neuroplastic Brain Shaping, because each person is so unique, must be flexible and capable of unfolding as the person unfolds. At the core of the Brain Shaping protocol is the undeniable truth that each person, given the chance, is their own best authority for growth and change. Consequently, any approach to neuroplastic Brain Shaping must be structured directly from the characteristics of the individual.

This good news because it means the person experiencing Brain Shaping will be the source of insight and direction in the steps and stages of the neuroplastic Brain Shaping process.
There are a few guiding principles that become obvious when developing and pursuing long term neuroplastic Brain Shaping:

1) The Neuroplastic Demands cannot be greater than the Neuroplastic Capacity:
   a. So being aware of the “vitality” of the person is critical;
   b. If “vitality” is low, then spend time building the Neuroplastic Capacity before introducing significant Neuroplastic Demand;
   c. The “short story” is if “vitality” is low, spend time in the Brain Exercises area first.

2) First Things First:
   a. You can only work with the person that exists right here and right now in the present moment;
   b. Attempting to work on a “future” idealized person will fail – that person does not exist and is an illusory abstraction;
   c. In most cases, the best access to a person in the present is associated with their “feeling” state – find the “feeling” to open the access door to neuroplastic change.

3) One Thing Leads to Another:
   a. Let the emerging feelings, reports and insights of the person over time guide you to the next Step and Stage of the neuroplastic Brain Shaping process;
   b. Don’t rush things – integration of the Learning is the heart and soul of neuroplastic change – allow them to “be” the change and not simply “have” the change.

4) Simple Things Done Well, Work Well:
   a. You will not need to be “fancy” to get good results – stay positive and rely on the fundamentals;
   b. “Sometimes fast, sometimes slow – some things come and some things go”.

5) Attitude & Reinforcements:
   a. You can call it “Faith” – maintaining a confident sense of self and the reality of “self-directed” neuroplastic change is a “magic” combination with Attention;
   b. Learning and Living positive neuroplastic activities must integrate into your Lifestyle – it is not something you “do” but rather a way that your “are”.
BRAIN SKILLS Function Specific Brain Trainings – THEMES

Below is a "Theme Index" of possible Brain Skills sessions that you can quickly review to see what best fits the current need. Notice that the sessions are found in all three levels of Neuroplastic Demand so also try to match the level with the vitality of the person. (This Theme Index is also found in the neurolight.com website in the Learning section Level One)

When choosing a Brain Skills composition from the Theme Index, it is wise to read the composition description to help refine your choice(s). This easy Theme reference allows you to create your own approaches with a increased degree of confidence.

1) Abandoned:

   a. Peace F Less Anxiety
      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
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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:

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:

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:

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  

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
The following is an example of a Disclaimer form commonly used in Wellness related service practices. It is NOT recommended that you use this exact form without having it reviewed and possibly amended to conform to the regulations of the state and/or country in which you live as legal requirements do vary from place to place. You may use this example as a starting point for your final version.

**The Neuro Light:** I understand and agree to the following:

The Neuro Light is an instrument designed to promote a variety of Wellness states related to the Brain by providing Sensory signal based Stimulation for brain exercise, energy and learning. As such, it may be considered as a source of education, exploration and entertainment.

The Neuro Light may be considered an Advanced form of conventional Light and Sound Brain Entrainment which has been broadly available for more than 40 years to the public. Such devices may be purchased from public consumer sources and used appropriately by any person. The Neuro Light as a Wellness tool should not be mistaken as a medical device. The statements regarding the Neuro Light have not been evaluated by the Food and Drug Administration.

The Neuro Light is not intended to diagnose, treat, cure or prevent any disease. The information on the website, social media sites, video/audio recordings or in emails is designed for educational purposes only. It is not intended to be a substitute for professional medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your medical practitioner. Your results may vary.

Persons with epilepsy or prone to seizures are not advised to use devices that incorporate flashing light sources. Additionally, there is a rare risk of unexpected seizure-like experiences in persons with no prior known seizures. It is agreed that in the event of such an unexpected or hidden reaction, neither the developer, manufacturer, owner or operator shall be held responsible in any way. During the session, report any uncomfortable sensations at any point, and as a caution, the session will be stopped immediately by moving the light source away.

**PLEASE ENTER YOUR INITIALS:**

Pregnant women are advised to consult with their medical practitioner on the use of this and any device. Use of alcohol or drugs of any kind is not advised when using this device. If using prescribed medication, it is advised to consult first with your medical practitioner before using the device. The purpose of the device is to provide wellness related exercise and learning. There is no purpose or intention to provide treatments or therapies of any type for any purpose.

Persons with appropriate training, credential and/or licensing may use the Neuro Light according to or within the legal scope of their practice.
Print name: _________________________________.  Date:____________________________

Signature (if a minor, parent or legal guardian): ________________________________