

Neuro Light – Brain Skills – Brain Training 20 CORE Sessions

PEACE ZONE: (Foundation Level – F)

- 1) Peace F **Basic Balance**: this session is a common non-specific “tonic” that can be used frequently for all levels of Neuroplastic Capacity if you are having a tough day. It may not be too exciting for the Extrovert (who enjoys the thrills of wonderful visual displays) but the result is a contented satisfaction in any case.

Introvert/Extrovert Scale: 70/30

PEACE ZONE: (Intermediate Level – I)

- 2) Peace I **Calm Clear**: this session introduces the very attractive Mind/Body state of stable attention without tension. It is a peaceful awareness without a busy mind or drowsy tilt. It requires a bit more Neuroplastic Capacity to accept this state without wanting to go further towards sleep or, the opposite, to jump up into lots of thinking. It is a very helpful Brain Skill to develop once the brain has both the energy and capacity to sustain it over longer periods of time.

Introvert/Extrovert Scale: 50/50

PEACE ZONE: (Advanced Level – A)

- 3) Peace A **General Wellness**: this session promotes a broad benefit in Mind/Body however a higher level of Neuroplastic Capacity will yield the best results. Higher brain energy also acts to enhance the benefits hence the value of Brain Food (Transcranial Light Stimulation). This session is not bad for those of us with lower levels of Neuroplastic Capacity...we simply may not get as much “Training benefit” from using it at this time. It is also another session where the Introvert finds themselves “at home” while the Extrovert has to “settle in”.

Introvert/Extrovert Scale: 70/30

COGNITION ZONE: (Foundation Level – F)

- 4) Cognition F **Whole Brain Synchronization**: this session is a fundamental stimulation process in Brain Training. Its effects are generalized and assist numerous other training sessions. It is designated as a Foundation level session but is also appropriate for all levels of Neuroplastic Capacity as a “booster” in organization of stimuli. The Extrovert will find it “friendly” and the Introvert will find it “instructive”. Typically an 11 minute session works well and you can “piggy back” it with another more targeted session (also 11 minutes so as to not overwhelm).

Introvert/Extrovert Scale: 30/70

- 5) Cognition F **Hypothalamus Pineal Synchronization**: this session is a fortifying effect for one of the primary neurological-hormonal dynamics in the human brain. Very important for those of us at a Foundation lower level of Neuroplastic Capacity. It is typically an Introvert favorite but also can be a “rooting” process for the excitable Extrovert. Useful any time you want to “ground” and “connect” yourself. Like the Cognition category Whole Brain Synchronization, this session can be nicely linked (for 11 minutes) to another purposeful second 11 minute session for a fortifying effect.

Introvert/Extrovert Scale: 70/30

- 6) Cognition F **Thalamus Cortex Synchronization**: this session is a favorite of some users because it can feel so good. The thalamus cortex relationship is at the very neurological brain function that allows incoming raw stimulation to be converted into meaningful information. It serves well both the Introvert and Extrovert in style (for some mysterious unknown reason). It is an important Brain Training especially for those of us at the Foundation level of Neuroplastic Capacity. Like Whole Brain Synchronization and Hypothalamus Pineal Synchronization, this session can be coupled (11 minutes) with any other targeted (11 minute) session. If working at a Foundation level, keep the second session choice also in the Foundation level. Do not over stimulate.

Introvert/Extrovert Scale: 50/50

- 7) Cognition F **Day Cycle Synchronization**: this session is basic for everyone and especially for the Foundation level of Neuroplastic Capacity. It couples very well with Cognition Hypothalamus Pineal Synchronization because of the circadian cycle influence. Anytime we get “off” our basic day/night rhythms (insomnia, jet lag, all-nighters, shift work, etc) this session can help set things back in place. Like Cognition Thalamus Cortex Synchronization, this session tends to “feel good” to both Introverts and Extroverts.

Introvert/Extrovert Scale: 50/50

- 8) Cognition F **Brain Harmony**: this session is acts to integrate functions throughout the brain and can be used comfortably with any person. In most cases, the experience is soothing yet profound. Descriptions of this session can be elusive such as “a journey through a vortex of density” to “no thoughts going out because no thoughts coming in” to “got me to the place in 11 minutes that took me 11 days in my meditation retreat”. The experience of “harmony” may not be familiar in which case a drowsy feeling may easily slip in – just relax and enjoy.

Introvert/Extrovert Scale: 50/50

COGNITION ZONE: (Intermediate Level – I)

- 9) Cognition I **Open Receptivity**: this session softens and loosens the “guard at the door”. It is an excellent Brain Training to couple with other more specific sessions when there has been resistance to change including new learning. At an Intermediate level of Neuroplastic Capacity, there is a certain amount of “demand” in opening to receptive Mind/Body states so don’t push it. The idea is to learn how (and when) to open the door without trying to kick it in.

Introvert/Extrovert Scale: 70/30

COGNITION ZONE: (Advanced Level – A)

- 10) Cognition A **Wake Up Awareness**: this session requires a state of “readiness” related to Neuroplastic Capacity and brain energy. As the name implies, there is stimulation designed to lift conscious activity up to higher or greater levels with increased clarity and alertness. It is typically used at a point in Advanced learning when a short strong boost is appropriate to set the stage for a new aspect of learning. The 11 minute version of the session may be adequate to achieve this goal.

Introvert/Extrovert Scale: 20/80

MOOD ZONE: (Foundation Level – F)

11) Mood F **Mood Lift**: this session is a benefit to most of us anytime we are feeling a bit “down”. Typically, it is equally attractive to both Introverts and Extroverts. As a Foundation level Brain Skills Training, it can be experienced rather liberally even for those of us with a low level of Neuroplastic Capacity and brain energy. If there is a tendency to this state, fortifying Brain Food sessions with Transcranial Light Stimulation performed simultaneously can be of substantial benefit. The Brain Training itself is often “sweet and fascinating”. If performing a 22 minute session, consider keeping the Light Intensity at a moderate level.

Introvert/Extrovert Scale: 50/50

12) Mood F **Decrease Anxiety**: this session helps to take the anxiety down a few notches and into a more clam and clear sense of self. It is not very demanding and as such fits nicely into the Foundation level Neuroplasticity Capacity realm. It is good for just about everybody who feels edgy and anxious but wants to stay open minded without a feeling of sedation.

Introvert/Extrovert Scale: 50/50

13) Mood F **Lift Depression**: this session can help a dark day get brighter as though some sunshine is making its way through a cloudy roof over your head. Studies have shown that symptoms of depression are often alleviated by Brain Food (Transcranial Light Stimulation) so a combination of this session with some Brain Food can make a big difference. Give it a chance over time to make a shift because depression tends to move slowly and pushing it hard can create stress and even agitation.

Introvert/Extrovert Scale: 40/60

MOOD ZONE: (Intermediate Level – I)

14) Mood I **Motivation Stimulation**: this session is a nudge in the right direction and works well in combination with Mood Shift Attitude and Mood Shift Behavior. It is probably easy to understand why if you just think about it. The energy in this session is a little brighter and lighter. The subjective experience of the session itself tends to be “colorful, uplifting and smooth”.

Introvert/Extrovert Scale: 40/60

- 15) Mood I **Confused Mind**: this session helps untangle the mind when things just don't add up the way you think they should. Getting to the "root of the problem" is often necessary to help clear a confused mind. This session goes deep and then lifts up. If the confusion is possibly involved with a lack of efficiency in the functions of the brain, using the Brain Gym (Neuroplasticity Trainings) and Brain Food (Transcranial Light Stimulation) in combination with this Brain Skills Training can be wonderful – just as long as you don't rush it. At times, patient assistance over the course of weeks is required.

Introvert/Extrovert Scale: 60/40

DEPENDENCY ZONE: (Foundation Level – F)

- 16) Dependency F **After Trauma**: this session is helpful in relation to any physical and/or emotional trauma. It both settles and stabilizes the Mind/Body by gently calming it and lifting it just a bit into a more clear state of being. Short term traumatic states will shift more easily if the cause and type of trauma is not too serious. Long term trauma states require a very sensitive approach and patience. Do not push the process especially with the Introvert who commonly holds the trauma close at heart.

Introvert/Extrovert Scale: 70/30

DEPENDENCY ZONE: (Advanced Level – A)

- 17) Dependency A **General Dependency**: this session covers a broad area of need and support and will help shift one away from the strong cycle of dependency. Such states tend to be deeply engrained and have strongly imprinted themselves into the brain with recurring patterns of reactive responses. Consequently a higher level of Neuroplastic Capacity and brain energy state may be necessary before the "circuits" of behavior can be coaxed into new, fresh expressions.

Introvert/Extrovert Scale: 50/50

- 18) Dependency A **Stimulation Natural Opiates**: this session may help trigger the body to release some of the natural "feel good" neurotransmitters that come to our aid when physical distress is our challenge. The session helps to redirect the energy of the distress away from cycling upwards with the soothing sense of relief that our natural opiate chemistry can create. Sufficient brain energy reserves make this effect much more likely so some Brain Food (Transcranial Light Stimulation) makes for an excellent adjunct to this Brain Skills Training experience.

Introvert/Extrovert Scale: 60/40

19) Dependency A **Balanced Brain**: this session is a basic support for any Dependency related Brain Skills Training session. Working to harmonize the various aspects of brain function, the session is a great stand alone and as an 11 minute session can be coupled with other sessions within the Dependency category as well as Braining Training sessions from other categories such as Cognition.

Introvert/Extrovert Scale: 50/50

EXPLORATION ZONE: (Advanced Level – A)

20) Exploration A **Mind Wide Open**: this session can be “very lovely indeed” (as some users say). It is reported to sometimes leave one with a “relieving, lovely, blissful feeling in the chest and overall pleasure”. Sounds good! In any case, the very nature of exploration is the personal perspective and point of view that each of us brings to the adventure. This is a good session to experiment with assuming (as with all Advanced level Brain Trainings) that one has the capacity for the journey. Be adventurous while also being cautiously aware of the demands.

Introvert/Extrovert Scale: 30/70