

# brainLight®

LIFE IN BALANCE

brainLight®  mobil



ENGLISH

*Relaxing at the touch of a button  
... anytime, anywhere.*

# Comfortably relaxed – anytime, anywhere



Since 1988, we strive to support people with our products in their search of a happy and harmonious life. We are convinced that a world, in which everybody can consciously and steadily develop their inner potential and their (co-)human strengths, is a better place to live in for everyone. For our products to contribute to people dealing responsibly with their own personality and thus establishing this as a way of life in all of society is a deep desire of ours. Admittedly, a lofty and long-term goal, for which we are willing to give our best every day anew: in improving our technology and product line, in dealing with our clients, in the way we interact with each other in our company, and in working to enhance our own inner balance within and without the **brainLight-Team**.

## RELAXING BY PRESSING A BUTTON

The **brainLight**-Deep-Relaxation-System to take with you wherever you go – the **brainLight mobil** – implements a technological solution that combines different relaxation techniques so that they support each other. It is an audio-visual system that uses light- and sound stimuli, transferred through headphones and visualization-glasses to guide you quickly and reliably from feeling tense into a state of relaxation.

## EASY TO HANDLE

The handling of the **brainLight mobil** is really easy: Make yourself comfortable in a quiet place of your choice, select a program on your smartphone by opening the **brainLight-App** and put on the visualization-glasses and headphones. Even if you are

new to this, you will be able to leave your daily routine behind and regenerate quickly. The **brainLight**-Sessions are an effective method to find your inner balance and to smooth out some rougher edges of your personality.

## A UNIQUE EXPERIENCE

Within a **brainLight**-Session you will experience a unique way to relax your mind and body. Within a few minutes you will feel calm and deeply relaxed. Your breath slows down and gets more even. In addition to the light-stimuli of the visualization-glasses you hear beautiful, relaxing music, with or without spoken accompaniment. Through this sensuous symphony of light, sound, and voice you will be transported into an as yet unimagined new world. Your mind seems to float and you experience yourself in an intense and totally



new way. Exciting colors, shapes or patterns emerge in front of your inner eye. To imagine how you might experience these stimuli to your eyes and ears, picture the magic of a flickering open fire, the interplay of light and shadow while traveling along a tree-lined road or the sparkling of the sun on the waves of an ocean.

## THE WORKINGS OF THE AUDIO-VISUAL TECHNOLOGY

The visual and optical signals of the **brainLight**-Programs get transmitted per digital visualization-glasses and headphones. The brain spontaneously adjusts to these frequencies and then produces its own frequencies that correspond to the predefined

impulses quite naturally. Users of the **brainLight**-Systems are guided into very different states, depending on what kind of program is chosen. This can be either a meditation, relaxation or for mental clarity.

This is possible through the so-called Frequency-Following Response (FFR). Stated in simple words: The human brain follows a sonic or visual stimulus to which it is exposed over a longer period. In time it begins to vibrate in the same electric wave pattern as the given stimulus. The former chairman of the US Hypno-Therapists Association Rob Robinson, used these findings in the 1980s and developed small devices to make this technique available to everyone.



Relaxing during a long train ride



Taking a relaxing break during office hours

## Digital Visualization-Glasses for the **brainLight**® mobil

The most important component of the **brainLight mobil**-Systems are the digital visualization-glasses. You could say they "contain the Synchro within" and are a standard part of the delivery contents equipped with **white LEDs**.

The color white produces the longest light wave and thus reaches most of the light receptors. Therefore, these visualization-glasses produce the best stimulation.

## ENJOY YOUR RELAXATION UNDISTURBED

The outside of the digital visualization-glasses is completely light-tight (opaque). That way you are protected very well against any surrounding light changes and other outside influences, when doing a **brainLight**-Session.

**brainLight mobil**  
opaque  
Visualization-Glasses



# A sensuous symphony of light, sound, a



## BASIC CONFIGURATION

The **brainLight** mobil basic contains 31 audio-visual Basic-Programs: The **brainLight**-Introductory-Program PLUS thirty 10- to 30- minute programs.

### A DELIGHTED CUSTOMER:

„By using **brainLight** I can relax really well, feel better recovered and more fit, mentally as well as physically. Since then I nearly always got top marks, even though I had been out of school for a long time and wasn't used to studying any more. After a **brainLight**-Session I can assimilate learning content really well, which is a super help and motivates me to study. **brainLight** is a fountain of youth for me and my brain, and like a brief vacation for my body. I truly like the music, and the voices are pleasant, so that I can let go easily.

The noticeable, positive effect has convinced me and I am very pleased and delighted. I recommend to anyone who can afford to buy a **brainLight**-System to do so as an investment in one's own health and thus one's whole life. Certainly a worth-while investment.“

Jenna Meier

(Geriatric Nursing Student, Germany)

## BASIC PROGRAMS

### 10-Minute Programs

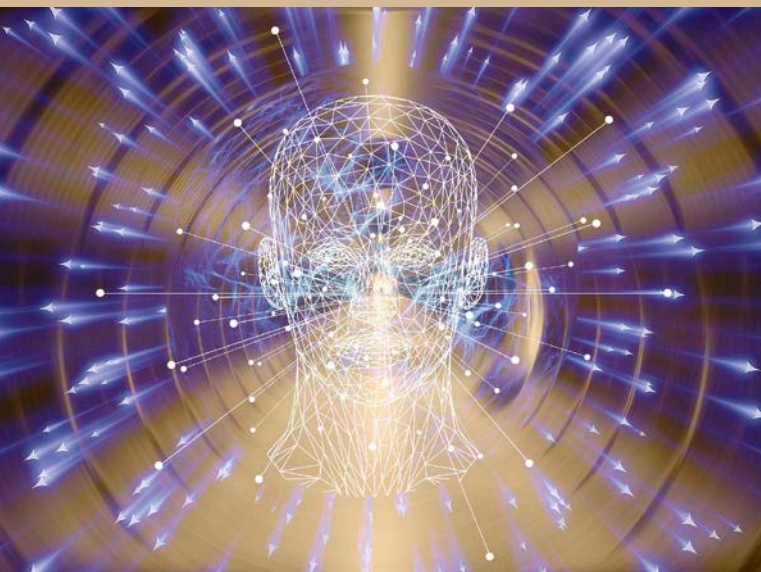
- Positive affirmations for the beginning of your day
- Positive affirmations for the end of your day
- Piece of music „Free Flow“
- Piece of music „Chill Fit“
- Piece of music „Energy“
- Piece of music „Free Time“
- Quick meditation „Stocking up on energy“
- Quick meditation „Being powerful“
- Piece of music „Shift“
- Piece of music „Timeless“

### 15- and 20-Minute Programs

- Piece of music „Fantasy“
- Piece of music „Space“
- Piece of music „Creativity“
- Piece of music „Wellpower“
- Piece of music „Deep Inside“
- Piece of music „Do It“
- „Refreshed and cheerful within 15 min.“
- „Tranquil and balanced within 15 min.“
- Piece of music „brainFlight“
- Narrated relaxation session „Journey through the body“

### 27- to 30-Minute All-Inclusive Wellbeing Sessions

- Piece of music „Sky“
- Piece of music „Chill Out“
- Piece of music „Falling Waters“
- Piece of music „Freedom“
- Piece of music „Ocean“
- Autosuggestion „Enhancing your concentration“
- Autosuggestion „Creative problem solving“
- Autosuggestion „Selling successfully“
- Autosuggestion „Dealing with stress“
- Autotrance „Fantasy journey“



## FIXED AND FREQUENCY-FIXED PROGRAMS

Both the **brainLight mobil basic** and the **brainLight mobil one** contain additional 30 fixed- and 20 frequency-fixed programs to be used with your own selection of music. These programs consist of light-and-sound frequencies only (no music and/or spoken accompaniment) to be used without any music or together with your personal choice of music from your smartphone, iPad or tablet.

**Fixed programs are coordinated light-and-sound frequencies in a pre-arranged sequence.**

**Frequency-fixed programs have the same light-and-sound frequency throughout.**

### TESTIMONIAL:

„Our grandson showed some improvement in his ability to concentrate after about 9 months of daily sessions. All around he appears calmer and more concentrated. Although he is still easily distracted, he is now able to focus on something for a longer period of time. He is using the **brainLight-Synchro** before he begins with his homework (learning program) and before he goes to sleep.“

*Steinmann family, Germany*

## FIXED PROGRAMS

- Alpha Relaxation I
- Alpha Relaxation II
- Relaxation
- Relaxation with Schumann frequency
- Relaxation
- Anti-stress program – intensive
- Deep Relaxation
- Relaxation in High Alpha I
- Relaxation in High Alpha II
- Meditation
- Meditation, dreaming, visualization, Theta
- Learning program
- Relaxation, gaining energy
- Gaining energy
- Visualization, nap
- Mental training, Superlearning I
- Mental training, superlearning II
- Very deep relaxation
- Sleeping aid
- Mental training
- Demonstrates the stimulation elements
- Clear dreams
- Morning freshness, waking up
- Energy, creativity
- Problem solving, creativity
- Mental tune-up
- Energy, learning
- Quick break, short relaxation
- Relaxed creativity, finding solutions I
- Relaxed creativity, finding solutions II



# A sensuous symphony of light, sound, a



## FREQUENCY-FIXED PROGRAMS

• Balance	0,5 Hz
• Centering	1 Hz
• Hormone release	1,5 Hz
• Relaxation	2 Hz
• Anti-sleeplessness	2,5 Hz
• Relaxation	3 Hz
• Learning languages	3,5 Hz
• Intuition I	4 Hz
• Intuition II	5 Hz
• Vision	5,5 Hz
• Memory increase	6,4 Hz
• Creativity	7,5 Hz
• Intuition III	7,8 Hz
• Schumann resonance	7,83 Hz
• Centering	12 Hz
• Basic frequency	14 Hz
• Pain reduction	15 Hz
• Muscle relaxation	38 Hz
• Pain reduction	10 Hz

## A DELIGHTED CUSTOMER:

„I am self-employed as a health manager for private and corporate clients, and as a business manager I face the same challenges as many of my clients: The schedule is full, the day often stressful and rewarding breaks a rarity, so the topic of „relaxation“/“deceleration“ has also become increasingly important to me.

At various trade fairs, in trade magazines and conversations with other trainers, I became aware of the company **brainLight**, but due to my travel activities and decentralized workplaces, I had no opportunity to use it. When I was presented with the „**brainLight** mobil“ at a trade fair, I was positively surprised by the further development and the possible applications. After a detailed consultation I bought a set for myself privately for the time being and tested if it really works. In addition to optimizing the quality of sleep, the focus for me personally was on incorporating short and restful breaks into everyday life. After a few weeks I decided (among other things through measurable successes in the area of HRV – Heart Rate Variability – and sleep quality) that I would also like to offer the **brainLight** mobil to my customers.

I first installed the **brainLight** mobil at the end of the personal training and was curious to see how my customers would react. Since the feedback here was positive, I provided my customers with my complete set for home use for extensive testing. The interest among my customers was great and ... as a next step, I plan to use the **brainLight** mobil in my courses and the company fitness area.

In short: I am convinced of the **brainLight** mobil version and see a wide range of possible applications not only for me personally, but also for my private and corporate clients. “

*Phillip Kamphaus (Health Manager, Dortmund, Germany)*

All **brainLight**-Programs are instant-programs, meaning they consist of coordinated light and sound frequencies, music, and possibly spoken accompaniment. They are put together in a variety of very different topics, so-called program-sets. The range of the **brainLight**-Program-Sets is continuously added to and expanded according to the wishes of our customers. On this page you will find an overview of the program-sets available to date in various languages.

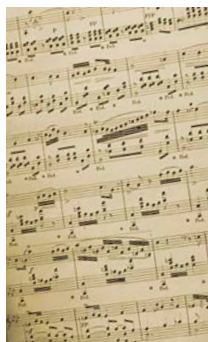
## YOUR INDIVIDUAL **brainLight**-SYSTEM

In addition to the basic-programs you can acquire different program-sets of your choice, whose topics fit your desires and goals. Our new software makes it possible to combine all **brainLight**-Programs that you are interested in, into your own individual **brainLight**-System!



### THE **brainLight**-INTRODUCTORY-PROGRAM IN DIFFERENT LANGUAGES

Chinese, Czech, Danish, Dutch, French, German, Hungarian, Italian, Japanese, Norwegian, Polish, Russian, Slovakian, Spanish, Turkish, and Urdu.



### MUSIC PLEASURE CLASSICAL TO MODERN

10 programs of "Purely Enjoying Music" without any spoken accompaniment. A symphony of light and sound, spanning from classical music of great composers to Latin, Lounge, New Age, meditation music, and all the way to Progressive Rock.



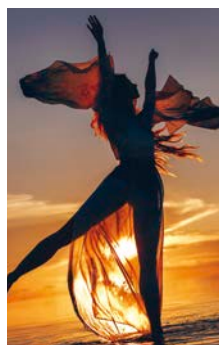
### SPORTS-PROGRAMS

10 programs of mental training for success in your sport. Such as: Gearing Up for Competition, Confidence and Self-Esteem, Muscle Memory Rehearsal, and Positive Target Focus Training.



### CLEVER-PROGRAMS

10 programs to support faster and easier learning, designed to allow the training of your brain according to the newest standards of neural engineering.



### CHILLOUT LOUNGE BY JESSICA BORN AND GEORG CROSTEWITZ

5 **brainLight**-Programs with timeless songs about silence and paying attention to all the small, but essential and beautiful things of life.



### MAGIC SOUNDS BY DIETRICH VON OPPELN

These 10 **brainLight**-Programs allow you "Pure Enjoyment of Music" with some spoken accompaniment. For relaxation, dreaming, and meditation.



### POWERFUL BIBLICAL WORDS BY SANDRA LEITZ-BRÜGGES-HEMKE

11 **brainLight**-Programs with powerful words about unconditional love, learning to trust, gratitude, freedom from fear, biblical wisdom and receiving forgiveness.

### PERSONAL EXPERIENCES OF OUR CUSTOMERS:

„Several times during the week I use the extensive variety of the programs and feel really good after each session. I sleep better and am fitter and more balanced in my professional life.“

*Denise Lappert, Germany*

# brainLight® mobil – *Functions and Com*

**brainLight** mobil consists basically of two essential parts: The Basic-Kit with the hardware, meaning the **brainLight**-Visualization-Glasses and In-Ear-Headphones. Each comes in their own storage case for transport and the necessary adapter cables for iOS and Android as well as the App with the program selection for smartphone, iPad or tablet.

## **brainLight** mobil one: FOR SPECIFIC AREAS OF APPLICATION

We offer the **brainLight** mobil also as „**brainLight** mobil one“ which contains the **brainLight** introductory program and only 1 program-set of your choice (similar to the Synchro PRO one). You can choose the one program-set which fits your area of application best. It also contains the 30 fixed- and 20 frequency-fixed programs to be used with your own selection of music.

## **brainLight** mobil basic: CONFIGURE IT INDIVIDUALLY – JUST THE WAY YOU LIKE IT

Contains the 31 Basic-Programs PLUS the 30 fixed- and 20 frequency-fixed programs. The latter consist of light-and sound frequencies only. These can be used without any music or together with your personal choice of music. Additional program-sets of your choice (surcharge), depending on your individual desires and requirements turn it into your personalized system.



Opaque visualization glasses (light-tight)



In-Ear-Headphones KH 60 BT





**DELIVERY CONTENTS brainLight mobil**

- 1 digital opaque **brainLight mobil** Visualization-Glasses (white LEDs) with digital intensity regulator
- 1 set **brainLight KH 60 BT True Wireless In-Ear-Headphones** with storage- and portable charging case, charge cable, and ear-sets sizes SS / S / L / LL
- **Universal-adapter to USB-A** for iPhone, iPad, Android smartphone and tablet
- **Storage box** for the **brainLight mobil**-Visualization-Glasses

**USABLE FOR iOS 15 AND HIGHER OR ANDROID 8.1 AND HIGHER**

The **brainLight mobil** app is free of charge and can be downloaded onto smartphones and tablets or iPads with **iOS (Apple)** or **Android** operating systems (e.g. Honor, Huawei, LG, Motorola, Nokia, Samsung, Sony, Google Phone, Xiaomi etc.).

Download for iOS: <https://apps.apple.com/us/app/brainlight-mobil/id1615004786>

Download for Android: <https://play.google.com/store/apps/details?id=app.brainlight.brainlight2go>

**Storage Case for visualization-glasses****TECHNICAL SPECIFICATIONS KH 60 BT**

- High-Res-Audio Bluetooth 5.2 with 48kHz/24Bit
- aptX Low Latency
- Color: Black
- Weight: In-Ear-Headphones without/with case: 15g/42g
- Range: 10 m (approx. 10.9 yards)
- Battery life up to 7 hours; with storage- and portable charging case up to 24 hours
- Charge time: 2.5 hours
- Battery capacity: 700 mAh
- Frequency range: 20 – 20.000 Hz
- Waterproof: IPX4

**PRICES****brainLight mobil one:**

400,- €

**brainLight mobil basic:**

800,- €

**Add program-sets of your choice:**

One additional program-set: 210,- €

Three program-sets at a discount-price of: 400,- €

All prices are net prices. shipping costs excluded.

**Universal adapter for iOS and Android**

# Boundless relaxation

## PROFIT FROM THE ADVANTAGES OF A MOBILE **brainLight**-SYSTEM

For some it is a means to relax no matter where they are, for others a motivation machine, a learning support or even a fountain of youth – **brainLight** mobil has something to offer for everyone:

- Usable anytime and anywhere
- Many areas of application: Learning languages, relaxing before and during seminars, advanced trainings and exams, during waiting periods as well as on longer train or bus rides, tuning into your home time, or for quality breaks and many more ...
- Small and convenient
- All programs immediately and everywhere available, even offline (Bluetooth needs to be active for visualization-glasses and headphones)
- Favourite titles easily accessible
- New **brainLight**-Programs to all topics available per download
- Search function
- Background information for all programs, topics and authors
- Extraordinary listening pleasure through excellent, natural and audiophile high-end sound and optimal adaptability of the In-Ear-Headphones
- A high relaxation quality through the opaque visualization-glasses (blocking out any outside disruptive, visual elements) as well as the comfortable fit of the headphones
- AND a positive side-effect: The quality of your phone calls will increase, when using the **brainLight** headphones

Anytime and anywhere



## HIGH-END HEADPHONES OPTIMALLY ATTUNED TO **brainLight**-SESSIONS

- Angled shape optimal when laying down
- Natural, rich, audiophile sound
- Resting on the ear for extremely comfortable fit
- Useable wirelessly via Bluetooth
- With active hybrid noise cancellation through active noise cancellation (ANC) as well as very good noise insulation and closed design
- ANC (Active Noise Cancellation) even when used with connector cable

## TECHNICAL DETAILS

- Bluetooth 5.0 and higher
- aptX Low Latency High-Res-Audio Bluetooth 5
- Range: 10 m (approx. 10.9 yards)
- Battery life: with ANC up to 25 hours, without ANC up to 35 hours
- Maximum standby time: approx. 400 hours
- Charging time: 2.5 Stunden
- Battery capacity: 700 mAh
- Frequency range: 20 – 20.000 Hz
- Color: Black
- Weight: 300 g
- Water resistant: IPX4

## DELIVERY CONTENTS

- Headphones
- USB-C charging cable
- Headphone cable 3.5 mm
- User manual
- Storage case

## PRICES

**brainLight** KH 100 BT:  
116,81 €

Storage case for **brainLight** KH 100 BT:  
21,01 €

All prices are net prices. shipping costs excluded.

### Over-Ear-Headphones KH 100 BT

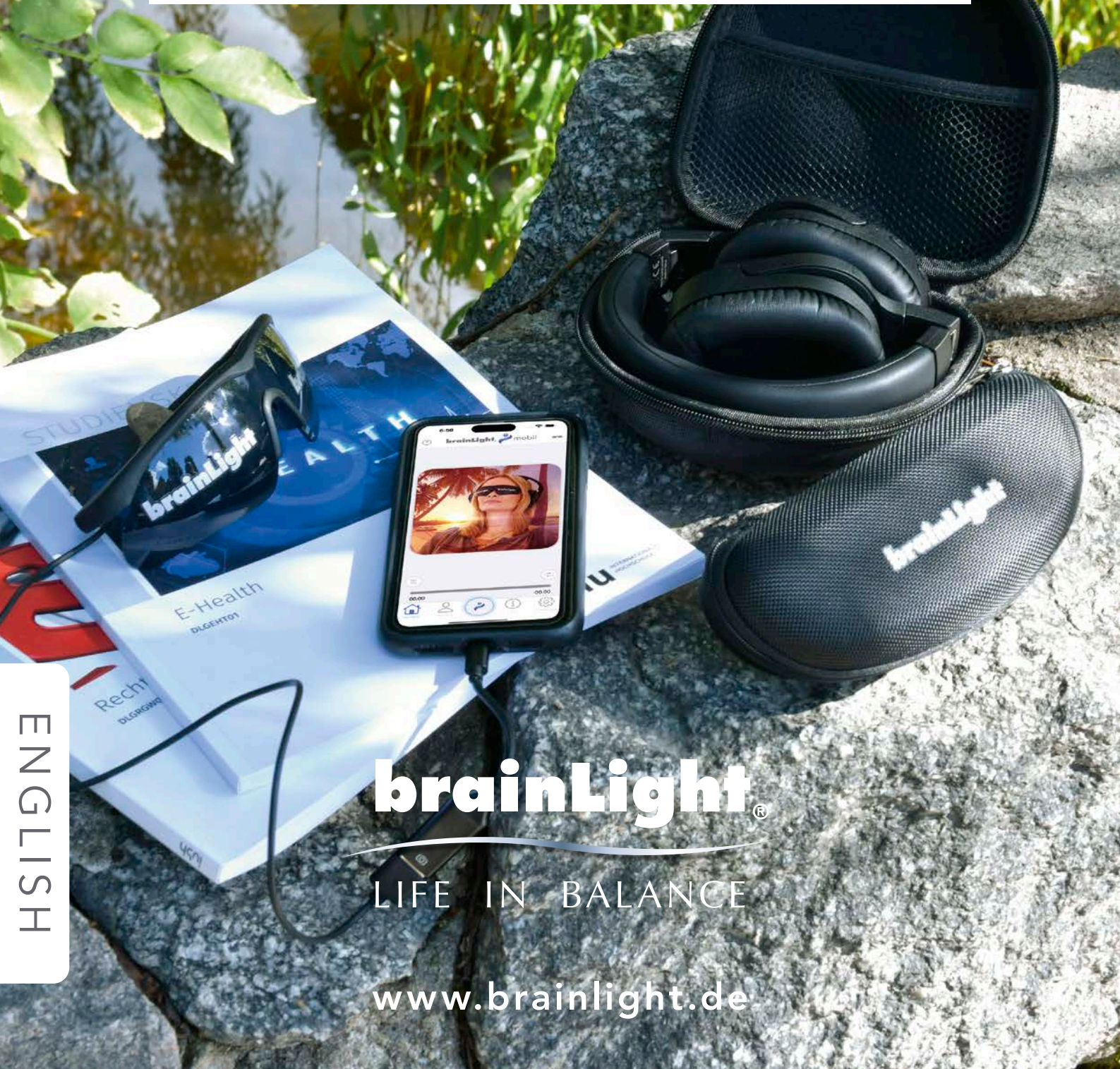


### Storage Case for KH 100 BT





Relaxation technology Made in Germany! Repeatedly awarded international prizes.



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[www.brainlight.de](http://www.brainlight.de)