

# WHAT IS LIGHT AND SOUND BRAIN ENTRAINMENT TECHNOLOGY?

Light and Sound Brain Entrainment Technology was developed out of early bio-feedback research. It is done with a computerized unit that outputs varying visual and auditory signals by way of headsets and goggles with small light diodes that emit blinks of light, coordinating the blinking lights with the auditory sounds from the headsets.

Practitioners work with 5 different brain wave types, typically. They are:

- Delta (1-4 hz)
- Theta (5-6 hz)
- Alpha (7-14 hz)
- Beta (15-18 hz)
- Super Beta (above 18 hz)

Each level of brain activity corresponds to a Brain wave State that people typically experience when they wake up and go to sleep, and each 'State' corresponds to learning, healing, and processing that occurs in the brain at that specific State.

By using Light and Sound Brain Entrainment Technology, Practitioners influence neuropathways to negate unhelpful values and beliefs, and create helpful behaviors and emotions by impacting the unconscious. This is generally done by adding a vocal message to the light and sound impulses as they occur in varying States of relaxation.

Some uses for Light and Sound Brain Entrainment technology include:

- Sleep deprivation
- Anxiety/stress/upsets
- Writer's block
- Nervousness
- ADD/
- ADHD
- Bi-Polar Disorder
- Grief/grieving
- Stuck behaviors
- Mental clarity
- Memory
- And much more...

Light and Sound Brain Entrainment Technology is non-invasive, easy, and generally pleasant. Often there is pleasing music in the background, and the vast majority of people enjoy the experience. Benefits go far beyond the list above, and include improved performance on musical instruments or in athletic results, often a result that was unexpected.

Because blinking lights can trigger epilepsy, caution should be used when epilepsy is suspected. If there is any doubt, clients should always obtain the opinion of a qualified medical professional before attempting treatment.