

# ABOUT NEUROPLASTICITY & THE NEURO LIGHT



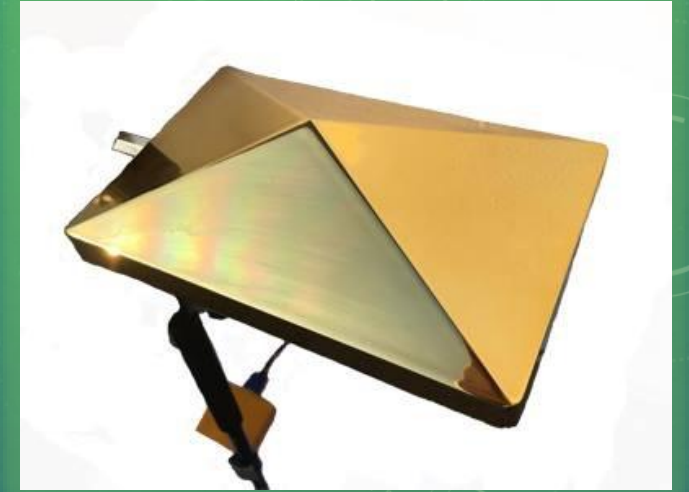
THE NEURO LIGHT  
- TOTAL BRAIN WELLNESS -

## BASIC PROPOSITION



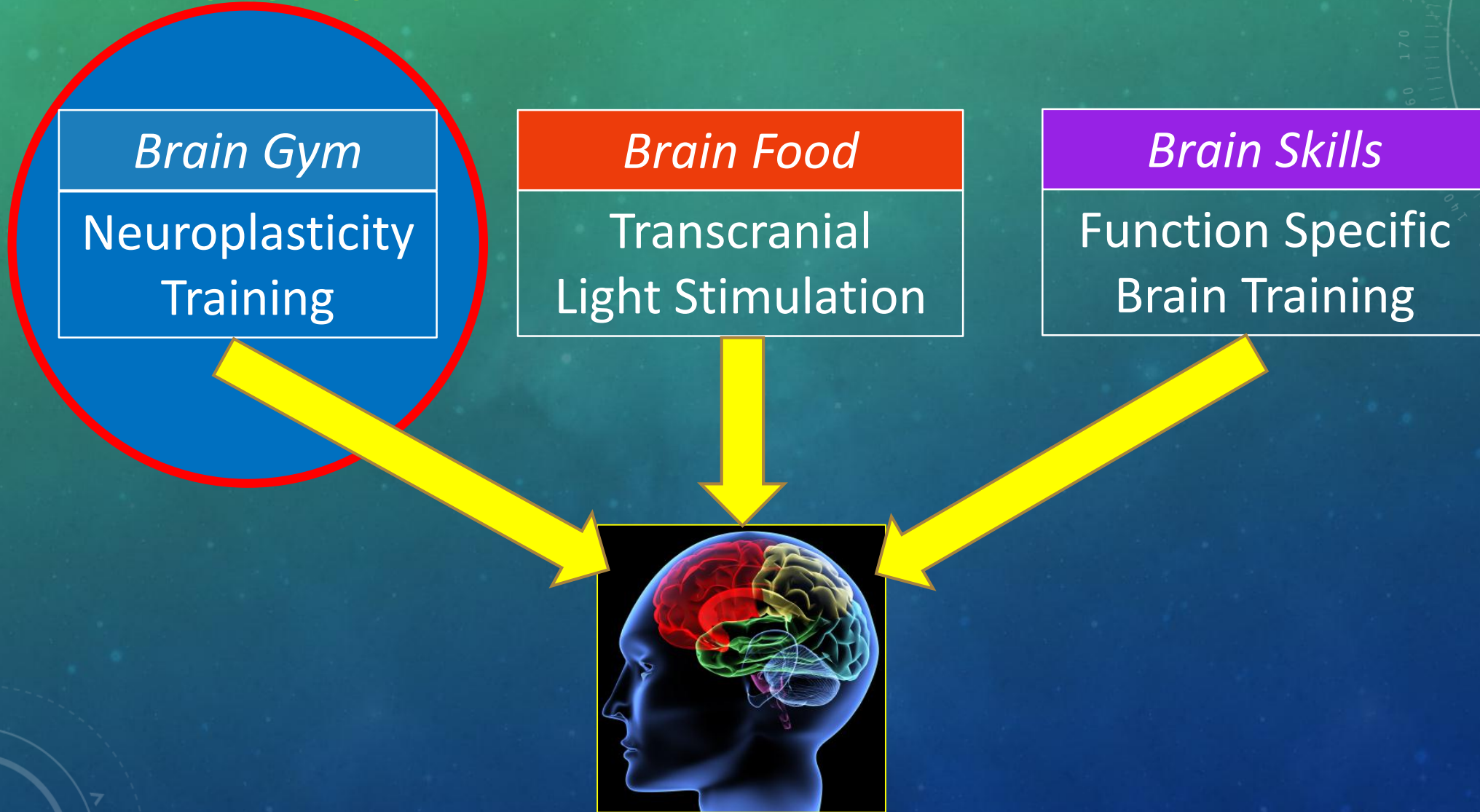
- Contrary to long held medical theory, the **Human Brain** is capable of **dynamic change** throughout our **entire lifespan**.
- This **dramatic fact** opens the doors for **new avenues** of **increasing and sustaining Brain Wellness**.

## THE NEURO LIGHT: *TOTAL BRAIN WELLNESS*



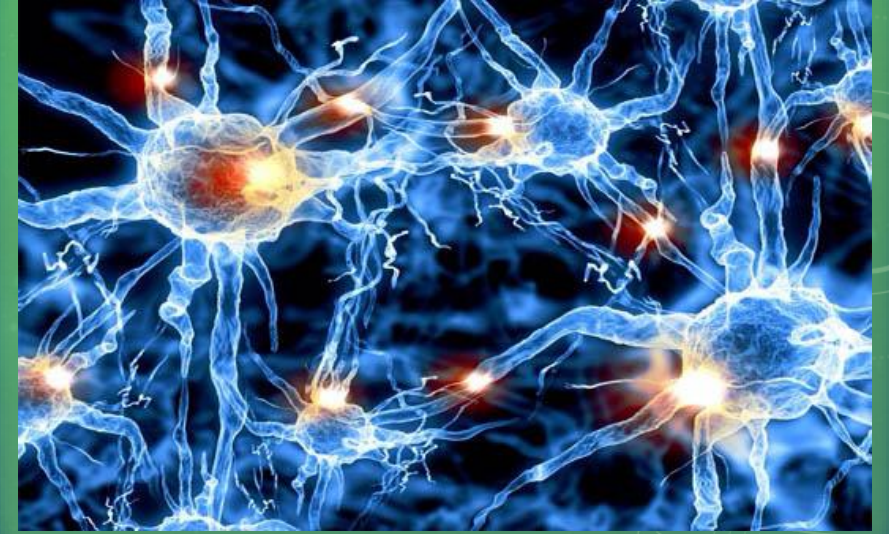
- The **Neuro Light** is a **multi-component device** capable of positive effects in **Brain Wellness related functions**.
- The device is a combination of **unique hardware and software** designs.

# THE NEURO LIGHT



# BRAIN GYM

## NEUROPLASTICITY TRAINING

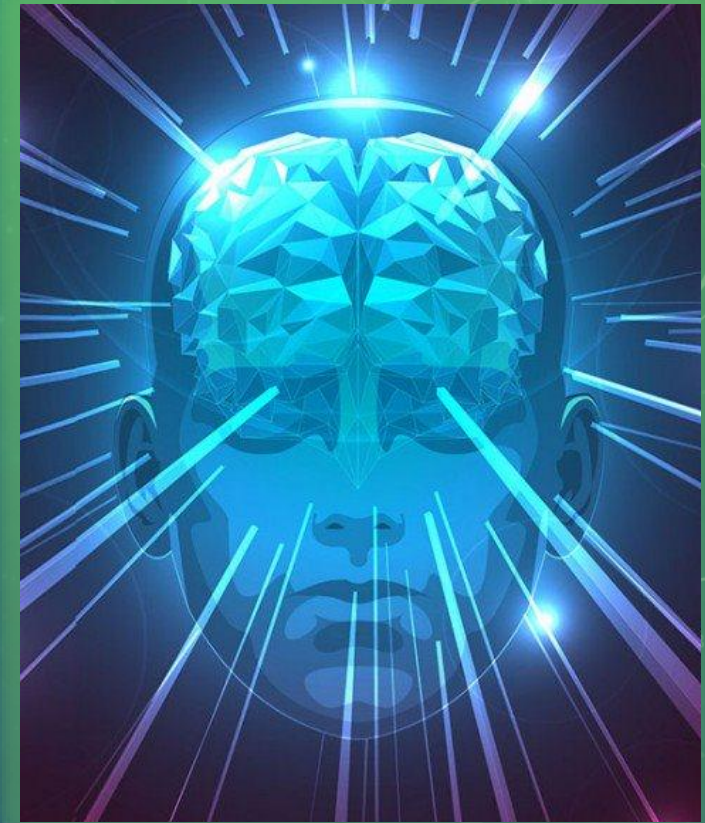


- The **theory of Neuroplasticity** can be summed up as:
  - “If you **FIRE** it, you **WIRE** it”.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

- The **brain responds** to **incoming stimulation** as a source of **information and guidance** in the **formation** of **novel patterns** of **adaptive behavior**.
- **Photonic (LIGHT) stimulation** is a **powerful and efficient** type of brain stimulation.



# BRAIN GYM

## NEUROPLASTICITY TRAINING



- The Neuro Light recognizes that **every individual** has their own **potential** for **Neuroplastic change**.
- The **potential** relates to **age**, **vitality** and **possible pathology**.
- The term to describe this is Neuroplastic Capacity.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

- The **BRAIN GYM** focuses on **Neuroplastic Capacity**.
- There are **three sections** in the **BRAIN GYM**:
  - 1) Neuroplastic Capacity **ASSESSMENT**
  - 2) Neuroplastic Capacity **TRAINING**
  - 3) **Network Reinforcements**





# BRAIN GYM

## NEUROPLASTICITY TRAINING



- There are **three ways** that **Neuroplastic Capacity** can **increase**:
  - **1) Synaptic Plasticity** – new pathways using pre-existing neurons
  - **2) Neurogenesis** – new neurons to serve new pathways
  - **3) Functional Compensatory Plasticity** – new pathways are formed in areas of the brain that do not normally service these functions  
*(especially important in aging, brain trauma and diseased brains)*

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- The Neuro Light has **three** (3) levels of **Neuroplasticity Training**:
  - **Foundation**
  - **Intermediate**
  - **Advanced**

An individual **progresses** through the **levels of training in stages**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

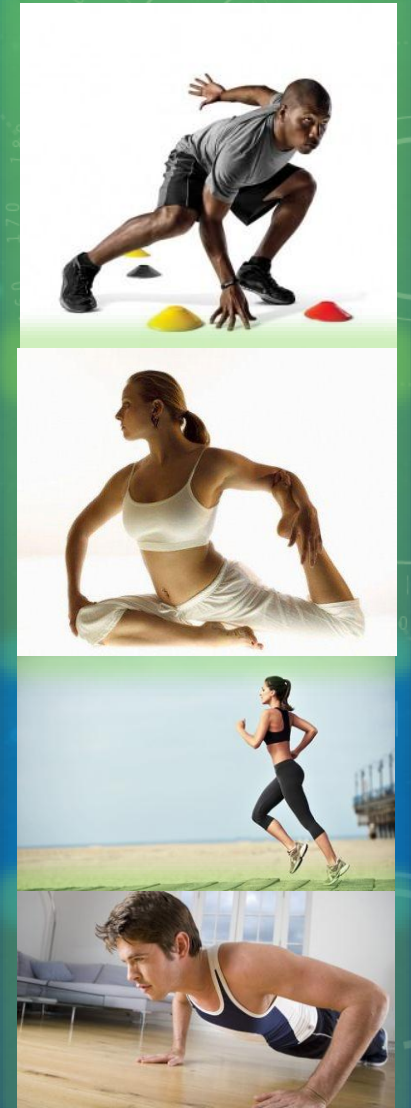


- Each level type of **Neuroplastic Capacity Training** has **elements** designed to increase **Neuroplastic Capacity** in an **integrated dynamic**.
- The **analogy of physical exercise** is helpful.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

- **Physical exercise analogy** as related to the **Neuroplasticity Training** in the **Neuro Light** :
- *Coordination* > **Signal Frequency**
- *Flexibility* > **Signal Pattern**
- *Endurance* > **Signal Change**
- *Strength* > **Signal Intensity**



# BRAIN GYM

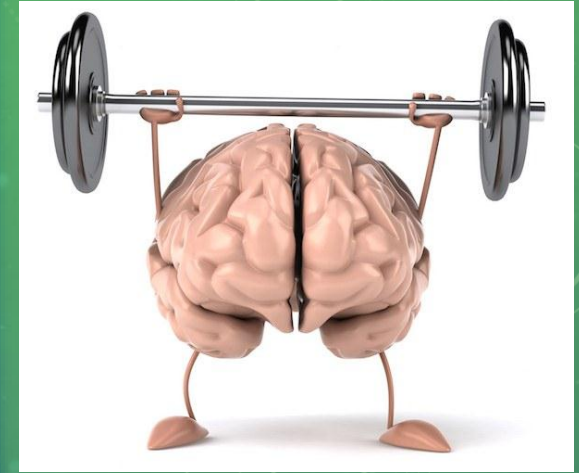
## NEUROPLASTICITY TRAINING



- These **three** (3) levels of **Neuroplastic Capacity** (*Foundation, Intermediate, Advanced*) are basic concepts to help in understanding the **application** of the **Neuro Light**.
- No one knows exactly how to **measure** the **Neuroplastic Capacity** of a person.
- The **best you can do** is make an **Assessment** which approximates the **Wellness** of the brain.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- The **results** of a **Neuroplastic Capacity Assessment** allow you to:
  - 1) focus on **good choices** of specific **Neuroplastic Capacity Trainings**.
  - 2) have **guidance** in what **Network Reinforcements** and/or **Brain Skills Trainings** to choose.
  - 3) All Brain Skills Trainings are **coded to match** the **levels** of **Neuroplastic Capacity**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- There are **3 ways** to do a **Neuroplastic Capacity Assessment**:
  - 1) **Subjective** Assessment
  - 2) **Q & A Interview** Assessment
  - 3) **Neuro Light Experience** Assessment

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- **Keep in mind** that the **Neuroplastic Capacity** of a person is **complex**.
- **No assessment** is **100% perfect**.
- **Results** of any assessment should be used as **broad guide** subject to **reassessment based on real experience**.



# BRAIN GYM

## NEUROPLASTICITY TRAINING

First  
*impressions*

- #1 Subjective Assessment:
  - These are your **basic impressions** of the **person**.
  - Use the analogy of physical exercise as a **basis** for your **assessment**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #1 Subjective Assessment:
  - Because of the **Mind-Body relationship**, more than just an analogy, you can **use their physical body** to help **inform** your **Subjective Assessment**.
  - It is well known that **physical exercise and activities** have a strong **correlation** to levels of **Neuroplastic Capacity**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #1 Subjective Assessment (examples)
  - **Coordination** – are they mentally smooth and graceful?
  - **Flexibility** – do they seem open minded and fluid in thought?
  - **Endurance** – can they maintain a higher level of communication over time?
  - **Strength** – are they able to project intensity with balanced behavior?

# BRAIN GYM

## NEUROPLASTICITY TRAINING



## Evaluation

- #1 Subjective Assessment
- Rate each category at a level of Neuroplastic Capacity (example):
  - **Coordination** – Foundation
  - **Flexibility** – Intermediate
  - **Endurance** – Intermediate
  - **Strength** – Foundation

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #1 Subjective Assessment
- **OK.** Now based on your Subjective Assessment you know:
  - 1) In the **BRAIN GYM**, what **Neuroplastic Trainings** will be helpful.
  - 2) in the **BRAIN SKILLS**, what **Brain Training** sessions will likely to be appropriate.

# BRAIN GYM

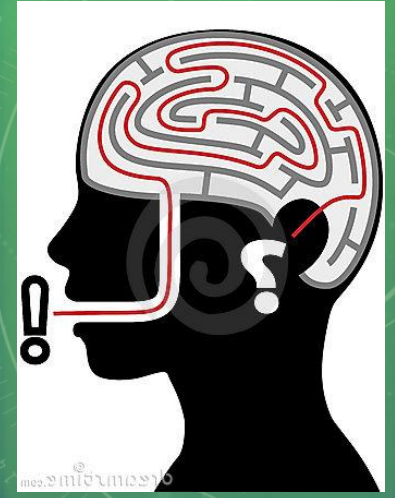
## NEUROPLASTICITY TRAINING



- #2 Q & A Interview Assessment:
  - **This style** of assessment can **stand on its own** or **supplement** your Subjective Assessment.
  - The Q & A can be **helpful in clarifying areas** where you may not feel so confident in your Subjective Assessment.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #2 Q & A Interview Assessment (examples)
  - **Coordination** – how well can you balance and entertain multiple thoughts?
  - **Flexibility** – can you easily move in and out of different emotions and ideas?
  - **Endurance** – is it easy for you to keep your focus and concentration?
  - **Strength** – do you feel you have the mental power and memory you need?

# BRAIN GYM

## NEUROPLASTICITY TRAINING

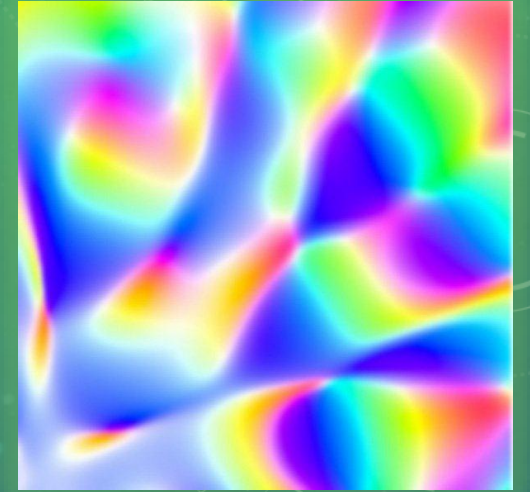


- #2 Q & A Interview Assessment
- Similar to the Subjective Assessment...  
rate each category at a level of Neuroplastic Capacity (example):
  - **Coordination** – Advanced
  - **Flexibility** – Intermediate
  - **Endurance** – Intermediate
  - **Strength** – Foundation



# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #3 NEURO LIGHT Experience Assessment:
  - In the **BRAIN GYM** section of the **Neuro Light**, there are **specific Neuroplastic Capacity Assessment processes**.
  - These **Light Experiences** are **another way** of **helping** you to make an **assessment** of a person.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

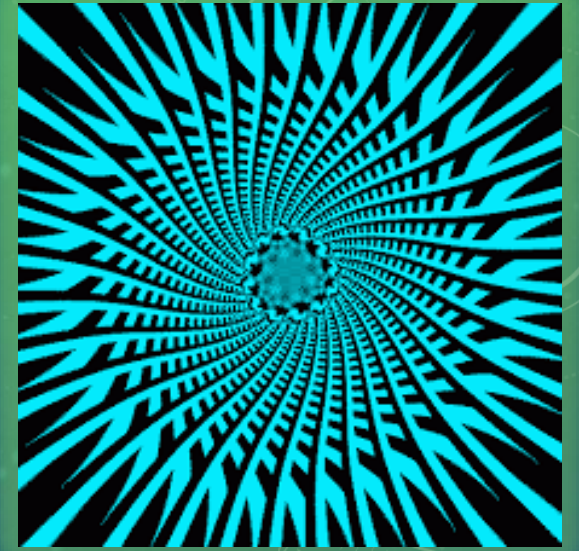
- #3 NEURO LIGHT Experience Assessment:
  - Each of the 4 aspects of basic Neuroplastic Capacity have their own Light Experience assessment.
    - Coordination, Flexibility, Endurance, Strength



# BRAIN GYM

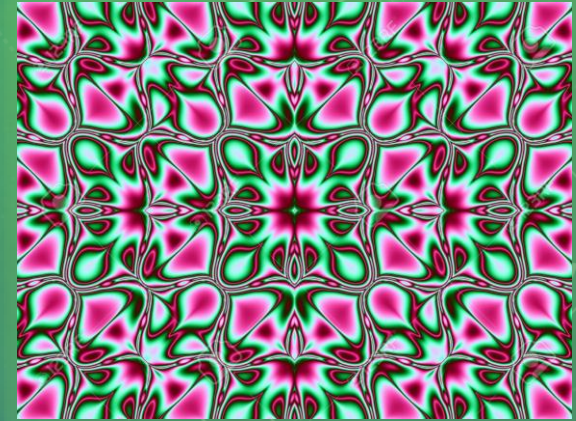
## NEUROPLASTICITY TRAINING

- #3 NEURO LIGHT Experience Assessment:
  - The structure of each **Light Experience** is the same:
    - A) it **begins** with a **short period of darkness**
    - B) then a **Light Experience** of about **30 – 40 seconds**
    - C) another period of **darkness** for about 20 seconds
    - D) a **second Light Experience** of about 30 – 40 seconds
    - E) another period of **darkness** for about 20 seconds
    - F) a **third Light Experience** of about 30 – 40 seconds
    - G) a final period of **darkness**



# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #3 NEURO LIGHT Experience Assessment:
- **Before** the **Light Experience**, the person is **told** that there will be **three short Light Experiences** separated by **short periods of darkness**.
- They are **told** that **there will be one of the three** that is **“most comfortable”**.
- **After** the three **Light Experiences**, they will **choose one** as **“most comfortable”**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- #3 NEURO LIGHT Experience Assessment:
  - The **sequence** of the **3 Light Experiences** is always the **same**.  
(Intermediate, Foundation, Advanced)
  - **Do not tell the person in advance** what **the levels** are in the **Light Experiences**

# BRAIN GYM

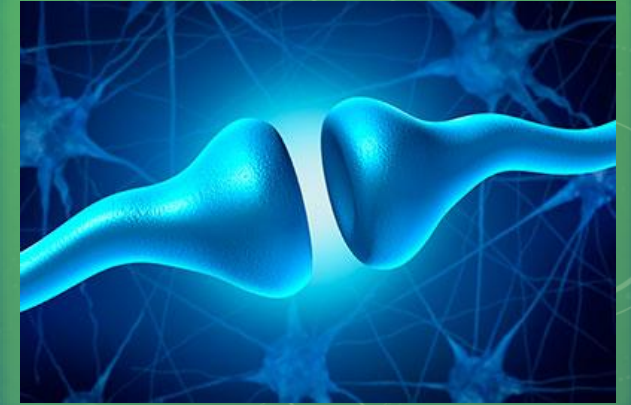
## NEUROPLASTICITY TRAINING



- #3 NEURO LIGHT Experience Assessment:
  - Based on the choices made by the person of the “most comfortable”, you can assign a level (*Foundation, Intermediate, Advanced*) of **Neuroplastic Capacity** in that particular area (*Coordination, Flexibility, Endurance, Strength*).

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- Having **performed** one or more **Neuroplastic Capacity Assessments**, you now know where to focus the following steps:
  - 1) **what Neuroplastic Capacity Trainings** to use
  - 2) **what Brain Skills Trainings** to use

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- **Keep in mind** that the results of the **Assessments** are general **guidelines** and **NOT strict rules**.
- The **combination** of Subjective, Q & A Interview and NEURO Light Experience **Assessments** will give a good **general impression**.
- Be **creative** and attempt to achieve the **most** while doing the **least**.



# BRAIN GYM

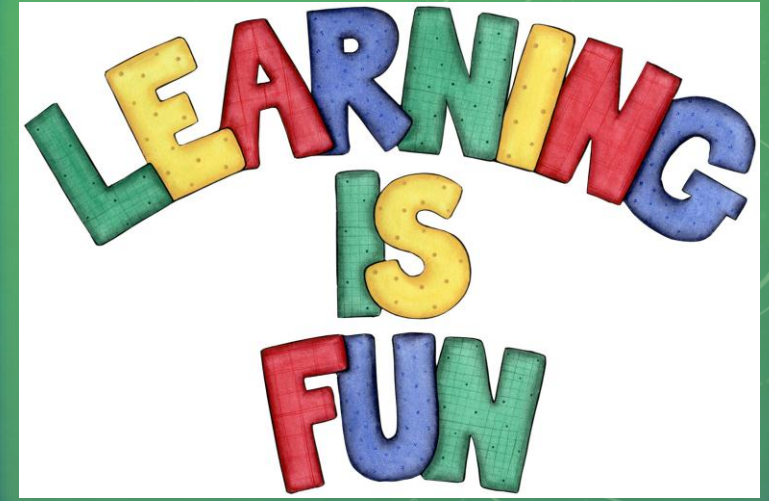
## NEUROPLASTICITY TRAINING



- **Following** your Neuroplastic Capacity **Assessment(s)**, a typical session could be:
- 1) one (or two) **11 minute Neuroplastic Capacity Trainings**  
**Choose** the one (or two) that appear to **benefit from fortification**
- 2) one **11 minute Network Reinforcement or Brain Skills Trainings**
  - Choose the one (or two) that **match** the **Assessment** level of **Capacity and** that **correspond** to their general **goals**

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- It is **better** to approach the **NEURO LIGHT processes** as an **experience of EXERCISE & LEARNING**.
- They are **NOT medical treatments or therapies**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

- **After finishing** the various Light Trainings, do a **Summary Discussion** with the person.
- **Ask them** about their feelings and experiences and **LISTEN to what they say**.
- **Do NOT project** your ideas and concepts onto them.



# BRAIN GYM

## NEUROPLASTICITY TRAINING



- The **Mirror** approach works **very well**:
- 1) **Listen** to what they say
- 2) **Pick out** the “**hot word**” in their statement
- 3) **Feedback** that “**hot word**” in the form of a question or just repeat it
- 4) They **WILL respond** further based on the “**hot word**”
- 5) **Repeat** this same cycle 4 or 5 times with **new “hot words”**
- 6) An **appreciation** or **understanding** will typically **present itself**

# BRAIN GYM

## NEUROPLASTICITY TRAINING



- **Final Step** – convert the “**understanding**” into an **Action Strategy**
- 1) They have a **basic reason or goal** in mind which is why they are having Neuro Light sessions
- 2) **Ask them** if the “**understanding**” that has emerged from the session has **any possible correlation** with their **reason or goal**
- 3) **Ask them** to **commit** to some (small?) **Action** in the following days that may **help in integrating** the session **experience** into their actual **daily life**.

# BRAIN GYM

## NEUROPLASTICITY TRAINING

- The Neuro Light is capable of **generating** select **types of Photonic signals** related to *Frequency, Pattern, Change, Intensity*.
- These **Neuroplastic “exercises”** result in **increased capacity** for higher levels of **FIRE it – WIRE it** responses in the brain.



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

Remember that for **easy** and **accurate** selection, the **80 Function Specific Brain Training** programs in the **Brain Skills** are subdivided to **correspond to the same levels** found in the **Brain Gym** (Neuroplasticity Trainings)

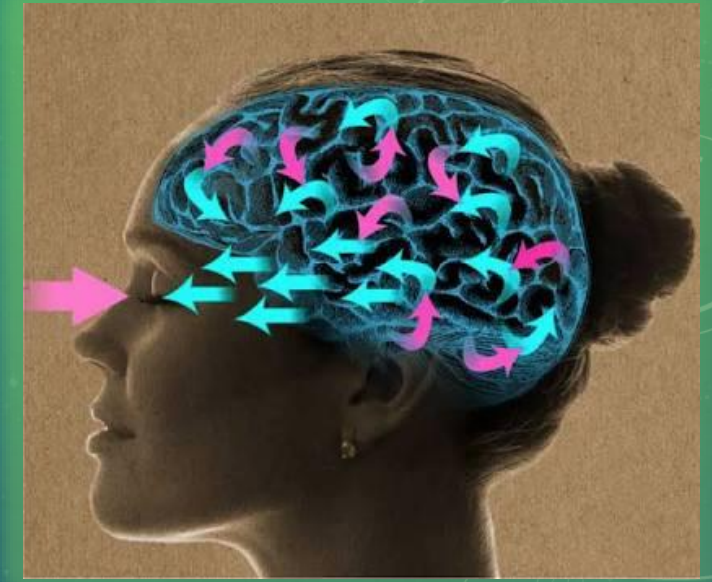
- **Foundation**
- **Intermediate**
- **Advanced**



# BRAIN SKILLS

## FUNCTION SPECIFIC BRAIN TRAINING

- For **further ease of selection**, the **Brain Training** sessions in **Brain Skills** are also in general **ZONES**:
  - **Peace**
  - **Cognition**
  - **Mood**
  - **Dependency**
  - **Exploration**





# THE NEURO LIGHT – FULL INTEGRATION – TOTAL BRAIN WELLNESS

