



brainsalon

Change your state of mind – in just minutes

WELCOME!

And congratulations on making the decision to discover the powerful Brain Salon series!

The Brain Salon is a collection of six powerful brainwave entrainment sessions, each designed to bring about a specific state of mind – in just MINUTES.

Simply slip on your headphones – and sink into one of our immersive, scientifically-engineered audio sessions. Within just 30 minutes, you'll notice a significant shift in your state.

Effects will last anywhere from a couple of hours to the whole day.

With Brain Salon, you can now completely control your own mind, changing precisely how you feel – literally on-demand!

Use the Brain Salon sessions to achieve any state you desire:

- **Ultra Deep Sleep** – Enjoy your best night's sleep ever
- **Power Chill** – Get into a relaxed state and recharge those batteries
- **Creative Spark** – For complete imagination and inspiration
- **High Energy Espresso** – Energize your mind/body, with digital caffeine
- **Happy Pill** – Improve your mood with an all-natural high
- **Razor Sharp** – Switch your focus powers to full-speed

All of this, from the people that brought you the world's most powerful brainwave meditation program, the Brain Evolution System.

The Brain Salon Series

This package contains 6 MP3 audio files. Simply play the relevant file to listen to each session.

You can listen with or without headphones. If you are comfortable wearing headphones however, then do - they will typically enhance the effectiveness of a session. Any regular pair of comfortable stereo headphones will suffice, so long as they provide clarity without distortion.

Some sessions can be looped, meaning that you can play the track on repeat for continued effect. For example, if you're studying hard for a period of time, you may wish to play 'Razor Sharp' on loop, to help keep your mind focused. For tracks that aren't designed to be looped, leave 30 minutes before listening to the same track again. Always use in moderation.

That's enough talk. Ready to get started? Let's discover how to use each of the individual sessions – and begin changing your state, just by clicking the 'Play' button on your MP3 player!

Ultra Deep Sleep

Headphones: Not essential

Can loop: No

Eyes: Closed

Prepare yourself for the best night's sleep – ever! You'll probably never hear the end of this session, as it gently guides you into a deep, reinvigorating slumber.

As you close your eyes, this session quickly lulls you down into deep delta sleep, where the body recovers and grows. The session starts at a waking frequency, soon taking you down deep into delta, with stops at significant beneficial frequencies such as the de-stressing 10Hz, the grounding 7.83Hz Schumann resonance (SR), and the deeply relaxing 5.5Hz. You'll soon find yourself in a deep, healing sleep. If you're particularly stressed, try listening to Power Chill before starting.

Whenever you just need a really great night's sleep – this is absolutely the session for you.

Power Chill

Headphones: Not essential

Can loop: Yes

Eyes: Open or closed

Get ready to chill out, with this deeply relaxing and re-energizing session. You'll return from the session feeling incredibly tranquil, recharged and grounded – with a big improvement in your mood, too!

This session uses a proven technique for inducing deep relaxation, playing one frequency for two minutes, then alternating to a second after a 30-second ramp, then reversing the process. The first half of the session switches between a serotonin-boosting 10Hz and the grounding and rejuvenating 7.83Hz Schumann resonance. The second half of the session goes even deeper, alternating between the relaxing 7.83Hz and 6.3Hz, a frequency associated with releasing anger and irritability. The session ends on a chilled out 10Hz.

Whenever you need a break from a stressful situation, whenever you get home from work, whenever you just want to really recharge those batteries – this is the session for you.

Creative Spark

Headphones: Not essential

Can loop: Yes

Eyes: Open or closed

Switch on your imagination, and dive into genius with this inspirational session! You'll return from listening brimming with ideas, thoughts, concepts, and solutions – with fresh mental connections you never before considered.

This unique session works the opposite to most sessions. It attempts to to 'dis-entrain' the brain, breaking stuck thinking patterns and allowing a fresh way of thinking. The recording contains random and chaotic isochronic tones spanning 7.83 to 18 Hz, played over a background of gamma-embedded noise. Use this session to sit back and allow fresh ideas and new connections to form. Finishes at the illuminating 14Hz sensorimotor rhythm frequency.

Whenever you need a little inspiration, whenever you want to find that impossible solution, whenever you'd like to see your mind think like a creative genius – this is the session for you.

High Energy Espresso

Headphones: Not essential
Can loop: No
Eyes: Open or closed

Get ready to switch on your mind – and conquer the world! You'll love the awakened buzz and general pick-me-up feeling this session gives – the perfect antidote to a lethargic mind. It's morning caffeine in audio format!

An invigorating, brain-sharpening session, this audio starts at 14Hz, a beta feel-good frequency and SR harmonic. It then steps up in six-minute harmonic increments, gradually up to gamma 39Hz, leaving you feeling mentally stimulated and full of energy. A binaural beat track supports the main frequencies for those wearing headphones. Uplifting background music with embedded amplitude modulation provides a further layer of entrainment. Excellent for use as a morning alarm clock, ahead of a big night out, or to inspire those tired trips to the gym.

Be careful not to overdo it: listening late at night can cause sleeping problems, and leave the session for a while if you start feeling anxious. Power Chill should help resolve any irritability.

Whenever you want to speed up your thinking, whenever you need that physical and mental edge, whenever you need to sharpen your presence – this is the session for you.

Happy Pill

Headphones: Not essential
Can loop: No
Eyes: Open or closed

Enjoy a brilliant boost in your mood – with this digital happy pill! Find yourself reveling in the beauty of life, letting go of all problems and stress – and just generally being a brighter, better, happier, more fun self!

As soon as this session begins, the 10Hz frequency kicks in, helping to release your worries, brighten your mood, and encourage release of the happy hormone, serotonin. This is followed by progressive patterns of euphoria-inducing beta frequencies, each building on the last, helping you to get you energized and feeling great. The uplifting background also gives this session an added kick. An excellent way to start the day - but don't use it too late, as it may disrupt your sleep patterns.

Whenever you want to cheer up before a big day, whenever you want to release stress and problems, whenever you want to really boost your happiness levels – this is the session for you.

Razor Sharp

Headphones: Not essential

Can loop: Yes

Eyes: Open or closed

Instantly switch your mind to laser-sharp focus mode – and get on with the task at hand with absolute speed and clarity. Perfect for getting through big chunks of work, complex studying periods, or any activity where intense attention is required.

This session shifts from the 14Hz sensorimotor rhythm through beta to 40Hz gamma, and repeats the pattern over and over, constantly “revving up” the mind with each repetition. The process is stabilized with a 10Hz background alpha beat, allowing the brain a place to relax instantly, whenever a let up allows. Use this session any time, and for as long as required to get the job done. Take in a High Energy Espresso on long-hauls for a welcome lift. Works without headphones, but the best benefits can be found with them. The session finishes at a fast, revving 18Hz beta. For use mainly with eyes open, engaged in activity – with benefits to be gained from periodically closing your eyes briefly and relaxing.

Whenever you want to put your mind into super focus mode, whenever you have intense chunks of work to complete quickly, whenever you need to sharpen your brain and get on with the job – this is the session for you.

Listening Note

If you are experiencing anxiety, do not use beta sessions, as they may agitate an unsettled mind. Beta sessions include High Energy Espresso and Razor Sharp. Instead, first settle the mind, using a session such as Power Chill. Then listen to the beta sessions as required.

Learning More & Support

You can learn more about Brain Salon by visiting our support website:

<http://www.brainsalon.com/support>

You can also use that link to get in touch with our support team, should you have any queries regarding how to use the sessions correctly.

Precautions & Disclaimers

Those with an epileptic predisposition may be adversely affected when using brainwave entrainment technology. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic fits. Consult your doctor directly if you have any questions or concerns regarding brainwave entrainment technology, and its effect on epilepsy.

Under no circumstances should you drive a car or operate dangerous machinery while listening to ANY session within the Brain Salon series. This technology can produce very hyper-relaxed states that may endanger you in situations that require your direct attention.

It is not uncommon for repressed emotions or memories to surface as you acquaint yourself with the cause and effects of your brain/mind system. These upwellings are a healthy part of processing and improving how and why we function in some of the ways we do. This emotional processing can lead towards vast improvements in personal development. In highly sensitive situations, it's advisable to seek professional assistance from an appropriate practitioner if you have difficulty processing particular emotions on your own.

None of the statements contained in this manual have been evaluated or verified by the FDA. The Brain Salon series is not intended to diagnose, cure, treat or prevent any disease.

Always use brainwave entrainment sessions in moderation.

Read the full precautions and disclaimer at <http://support.braineve.com/>



IMPORTANT WARNING: Refer to usage instructions prior to listening. Do NOT use these audio sessions if you suffer from epilepsy or any psychiatric disorder; such individuals should not use brainwave entrainment, except under the direction and supervision of a licensed medical physician. Do NOT use if you are pregnant, prone to seizures, photosensitive, under the influence of medication or drugs, or you wear a pacemaker.

We only recommend using the program if you are over 18 years of age. Under no circumstances should you drive a car or operate dangerous machinery while listening to this product. These audio sessions are not intended to prevent or cure any disease. If in doubt, consult with your doctor before use. No results are implied or guaranteed. Use of this program is at your own risk.

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