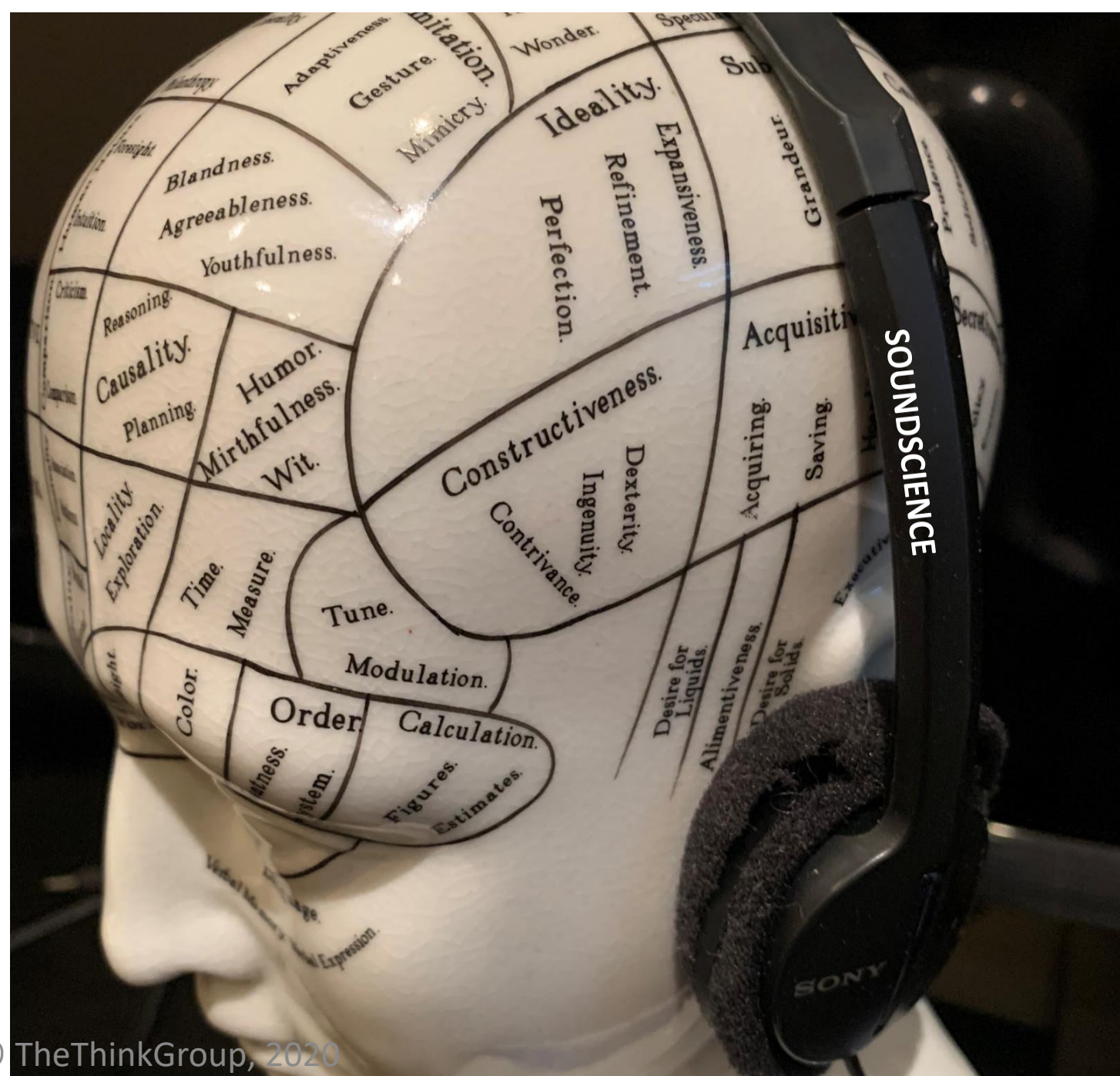


MENTAL HEALTH AND SAFETY

ENERGISE AND REVITALISE WITH

SOUNDSCIENCE™



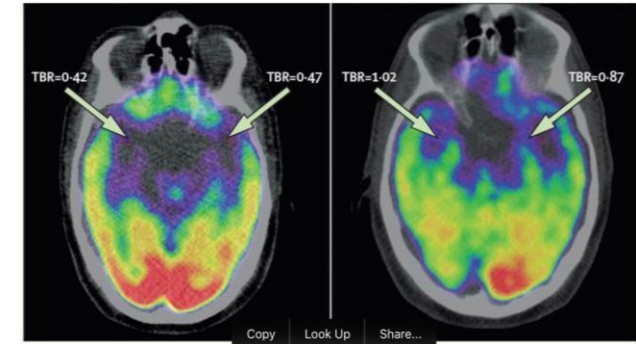


INTRODUCTION

Your dominant brainwaves at any given time determine your overall state of mind.

This program uses sound technologies to facilitate optimal brain wave activity and neurological function in the listener. All are based on the latest scientific research and clinical protocols to deeply relax the brain.

Soundscience sessions incorporate powerful entrainment pulses plus high/low frequencies, especially engineered sounds, music, and other neuroacoustic technologies. All are designed to promote many optimal brain-mind states and associated benefits over time.



The difference in brain activity is shown for a subject that is calm (left) and a subject that is stressed (right).

BENEFITS

Soundscience works holistically and produces many benefits and changes related to improved brain function. Most of these develop subtly at first, becoming progressively more apparent over time.

People experience increased energy and motivation: enhanced creativity, comprehension, memory and intuition; deeply relaxed, calm and meditative states; improved sleeping patterns.

Many experience the pleasant physical effects of endorphins, serotonin and other neuro chemicals.

Regular users of relaxation sessions have even reported extraordinary states of consciousness more typically associated with advanced long term meditation.



CHANGING THE BRAIN

Neuroplasticity is a breakthrough discovery which helps explain the unparalleled effectiveness and many benefits of Soundscience.

It shows the brain can constantly change its structure and function at any age in response to new thoughts and activities including brainwave training.

It is this proven ability of the brain to change its habitual functioning, and rewire itself to create new and more beneficial neural circuits, that allows Soundscience to create substantial improvements in health and wellbeing.

THE LEARNING BRAIN



This is a picture of a cross section of the nerve fibres in the brain we call white matter. The orange centres are the axons which transmit messages and the white sheaths surrounding them are called MYELIN.

Myelin wraps around axons as we experience and learn.

The number of agitations (wrap arounds) will determine the ability of the brain to remember and execute the learning.

Myelin wrapping is slow and easily discarded by the brain if not reinforced.

Soundscience uses this knowledge to embed the learning through agitating specific nerve fibre regions wrapping process' to encourage recall and learning.





SOUNDSCIENCE PROGRAM

Like yoga, gym or other exercises this program engages a process of retraining and optimizing the brain over time. Although many report significant effects and benefits from their very first session, over time these become increasingly permanent as the neuroplastic brain continues to make beneficial changes on its own without the sounds.

The ‘Law of repetition” facilitates permanent brain changes. Although timeframes will vary due to individual factors, the more you listen over time the deeper and stronger the responses and benefits will become.

Participants use their i-phone to listen the the Soundscience program of their choice. These can be 10, 20 or 30 minutes at any time and for a minimum of 30 days. After this, use is on an ‘as needed’ basis to help maintain optimal brain fitness and function.