

## THE PROCESS OF BRAINWAVE OPTIMIZATION™

Although Brainwave Optimization™ technology relies on highly advanced knowledge of computers and human brain function, the process is simple, straightforward, holistic and effective.



### **The brain is the control center for the entire body.**

The brain is the control center for our entire body. It controls every cell, every organ, every tissue and the entire autonomic nervous system (composed of the sympathetic and parasympathetic nervous systems).



### **Traumas – both emotional and physical – can knock brainwaves out of balance.**

Many of us suffer from some. Measure of brain energy imbalance. When this is the case, a difficult period in our lives can exacerbate the imbalance, with unpleasant consequences.



### **The ways we behave are often our body's way of working to balance brainwaves that are out of sync.**

Because the brain is causing the person to do what he or she needs to do in order to survive, we see behaviors like addictions, rage, eating disorders, depression, anxiety, shoplifting, learning challenges, and self-harm as survival mechanisms, not as moral failings.



### **Brainwave Optimization produces a map of the brain that shows exactly where and how brainwaves are out of balance.**

Brainwave Optimization begins with an assessment of the individual's brain patterns. Performing a brain assessment is a straightforward process that involves no more than connecting one end of a set of sensors to a computer, then placing the other end on the individual's head in a variety of different locations in order to detect the energy patterns of the brain.



### **Through sensors placed at points of brainwave disturbance, the sounds of healthy brainwaves are transmitted to the brain, enticing it to seek balance and harmony. This is what we call Brainwave Optimization.**

For thousands of years, people have sought to train their own by brain by enabling it to become its own mirror through meditation. Brainwave Optimization (also called "brain training") takes a step beyond toward relaxation and self-regulation.



### **The brain hears and absorbs the healthy patterns and returns to balance and harmony.**

When the brain is balanced, it is working in an integrated fashion, free of internal conflict between its regions. Each area of the brain is active as it needs to be in support of the activity of the other areas.

For a more detailed description of what happens during Brainwave Optimization, visit our website at [www.BrianStateTech.com/how-we-help/process](http://www.BrianStateTech.com/how-we-help/process)