



# The Brain Training Conversion

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Brain enhancement is the process of developing innate abilities that allow you to retain memory. When you retain memory, you function better in society, work, home, and so on. The brain is an organ that produces thought and feelings, the anatomy that controls the center of your nervous system and vertebrates. The joining components connect to the spinal cord or column that encloses in the cranium. This gives you intellect abilities, yet the entire makeup controls the heart rate, body temperature, blood pressure and so on.

To enhance the brain you would also have to improve the central nervous system (CNS), the spinal column and your overall health. To do this you would need to guide self into relaxation more often, so that the spinal column and brain is void of surpassing stress.

**How to reduce stress:**

Music has proven to help people relax. For this reason, many treatments today, and educational practices include music. Music includes upbeat, tempo, and so on, yet the better choices is the sounds that relax the mind and body. Still, to relax you will need to learn how to meditate and focus on the sounds so that your body and mind complies, relaxing.

## **Finding Brain Enhancement Solutions**

Finding brain enhancement solutions is easy nowadays, since you can use the Internet to discover innovative schemes, proven to enhance brainpower. The latest schemes involve music, which include accelerated learning, biofeedback, and other musical involvements that guide people to relaxation.

The world is full of stressors that put pressure on common people. We have to battle employment, family, self, and other responsibilities each day, which are all stressors that increase stress. Right now, the biggest issue in the world rests on the question: how to improve memory.

To improve memory you must learn what works best for you. First, you must understand the memory to find what works for you. The memory is our abilities to retain knowledge. The ability of the brain that individualizes or organisms that retain learned information and knowledge that we gained from experiences and teaches. We have retained years of content in the mind, including impressions embedded in our memory of specific events that our knowledge or impressions retain from events, period, persons and subjects.

The memory however is restricted or reserved, since the subconscious mind will often suppress events, persons, period, and subjects. We may have bits and pieces of information, yet it does not allow us to put a whole picture together by using the conscious mind. Thus, we have to learn how to let the

memories flow, and pull from resources within the subconscious mind to find ways to relax.

Our memory abilities to retain knowledge give us the chance to retrieve experiences, persons, events, periods and more. We have the ability to recollect acts or specific instances of recall and remembering experiences and teaching. We have preserves of knowledge that holds knowledge from celebrations, past events and more. Our posthumous impressions reside in the memory, which this knowledge is retained. We have temporal extents of recollections that take us to a period to recall living memories within us. Our memory bank computes, stores information and gives us the ability to return to past learning and to original status. We have the ability to use materials or triggers to spark emotions that allow us to extract information from the subconscious mind.

Now you can find ways to enhance the brain so that you feel relaxed. Now that you understand memory, you can move to find ways to improve your memory. You have many options, yet the proven options include musical sounds that guide you to relaxation.

### **How to find ways to enhance the brain:**

On the Internet, you have many options. One of the latest schemes is the accelerated learning courses. The process is a learning course that takes you through drama, music, arts, posters and more to help you develop new skills and improve your memory. Using music accelerated learning helps you to pull up innate skills that enhance brainpower. You can find relaxation in the courses, listen to music while the teacher reads text, or you read text. The

concept falls beyond scientific understanding that has proven to enhance brainpower. Check out the latest scheme, since it opens up more advantages than just improving your memory.

Other options are open. You have CDs, DVD and other products sold online that offer you a way to improve your memory. The CDs guide you to relax, focus and to learn relaxing tactics so that the mind is not cluttered with stressors or stress that weighs it down. The fact is, the mind needs room to breathe, thus musical products give you the opportunity to make room for the mind to relax, which in turn improves the memory. Finding brain enhancement solutions is easy today. Sometimes we just have to resort to brain enhancement music to relax. Today we have many brain enhancement solutions to help the mind relax.

## **Brain Enhancement Solutions**

### **How to find brain enhancement solutions:**

The Internet is the best place to find brain enhancement solutions, since you can shop for ideas at thousands of online stores. The Internet offers you connections to ideas, tips, hints, bargains and the latest solutions in enhancing the brain.

When you want to improve the memory, finding the best brain enhancement solutions can help you get the most out of improving your overall life. Some of the leading solutions in brain enhancement include music that guides you to relaxation.

Use the Internet as your guide to find some of the top sounds offered on the market today that assist you in enhancing the brain. The search engine is the place to start searching for brain enhancement solutions. Type in the keyword and hit GO, and you will link to hundreds or thousands of pages that offer you ideas on choosing brain enhancement solutions that fit your needs.

**How some of the programs work in brain enhancement:**

Some of the latest products sold today, include the Mind Spa solutions. The programs offer you a wide selection of solutions that target beta, alpha, theta and other areas of the brain that focus on relaxing the mind. You will improve the memory, learn to solve problems easier, learning quicker, improve the creative mind, and extend your overall state of mind. The programs combine FFR, which is a frequency of succeeding responses that help you naturally to relax by entertaining the mind with audio stimulations, and rhythmic images. The programs have proven to improve memory, cognitive thinking, attention, mood and more. The programs are optional for persons diagnosed with Attention Deficit Disorders (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), yet the programs will work for anyone searching for brain enhancement solutions.

The programs today offer biofeedback solutions, i.e. the process of using monitoring devices to focus. Biofeedback combines monitoring devices, music, puzzles, games and so on to ignite reactions within the mind, including theta (low), beta, (high) and various other brainwaves that when stressed causes a person to feel on edge.

Some of the musical guides that help you to relax use soothing musical sounds to relax the mind. The latest products often claim to enhance the brain's ability to function naturally, since when the mind is relaxed, the memory improves.

### **How biomedical is applied to enhance the brain:**

Biomedical techniques are often employed in the latest brain enhancement solutions.

The process is basic sciences applied to medicine, which employs principles of biology aspects, including physiology, biochemistry, and other common scientific methods to solve problems.

The process is the study of the human body in extreme conditions, which the body's abilities is discovered based on its methods to withstand stresses, unusual situations, and environment and so on.

Today's applied brain enhancement solutions target the brainwaves by employing music, arts, photos, etc into a single CD, DVD, video, program, etc. Some of the top brain enhancement solutions include Mind Musicals, learning through accelerated programs, biofeedback, Mind Spa and so on. Using the Internet will put you in touch with some of the latest schemes, proven to enhance the brain.

To find some of the latest schemes in brain enhancement, go to the sites that offer you help with improving them memory, brainwaves in neurology, brain enhancement and so on. Each site will offer you solutions, links, ideas, tips

and more that direct you to ways to improve the memory, which is also a method of brain enhancement. Take time to read information related to the products of choice, so that you get the most from your money spent to enhance the brain. The world is resorting to brain enhancement musical to guide people to relaxation.

### **Resorting to Brain Enhancement Music**

Brain enhancement solutions have taken technology to resort to music. Many courses, CDs, DVD, videos, Mind Spas, etc all put music into action. New discoveries have found that the brain can relax when moderate music is playing. Schools are now incorporating music into their training programs to take students out of the body experiences into relaxation.

Studies show that brain enhancement involves relaxation. When the mind is relaxed, studies show that a person can retain more information and retention increases. Because of proven studies, schools, products, Mind Spas and more have come available. Still, more is involved.

Recently, students are encouraged to participate in accelerated learning, biofeedback and musical brain enhancement solutions to relax the mind. The studies show proven help with these new strategies. The brain find's relaxation, which memory is improved.

One of the latest products is the sounds of sleeping mix. This solution is customized to guide the mind to relaxing through drums, rainfalls, gulls, oceanic sounds and so on. Using a specially designed gadget a mixer is used

to permit the user to create unique mixes that produce sound effect to the sound of drumbeats. The solution employs Vibraphone solutions, rather than beats to produce sounds.

This solution provides you with free music for relaxation that produces natural sounds. When the mind comes closer to nature, it often feels a sense of relief. The body and mind must connect with nature in some way to continue to feel this relaxation. For this reason, experts, product promoters, schools and more are resorting to music in an effort to bring the person closer to nature, so that the body and mind can relax.

### **How the sounds of music promote relaxation:**

The sounds of music promote relaxation by bringing you closer to nature with proven strategies that help you to sleep peacefully, reduce stressors and stress while providing you ways to relax in your environment. Some of the activities used to guide you to relax compose meditation, yoga practices, including Tai Chi, which is one of yoga's proven tools that promote relaxation.

The musical solutions guide you through rhythmic sounds of drums that create music to self-hypnotize the mind, thus self-inducing sleep. Using proven tactics, musical brain enhancers play the sounds that stream through vibraphone that presents a calming state. The body can reduce the level of stress through calming sounds.

Some of the sounds include rainfall, which activates a white noises mechanism. The mechanism removes background noise commonly found in

the home, such as creaking, heater activation, etc to allow you to focus on relaxation music and sounds.

The latest solutions in technology has made ways to boom the sounds like thunder roaring from the skies, which masks out of the sounds in the background, such as darks barking, blasting stereos, television, traffic and more. Today's solutions put the sounds at steady paces providing you with rhythmical ocean waves that bring you closer to nature, thus giving you sensations of calming and relaxing sounds.

Resorting to music nowadays take you across bird chirping as the wind chimes sound comfortably in the background, thus promoting relaxation in a reduce stress environment. Using the musicals you can enjoy your environment listening to the natural sounds of thunder, rainfall, bird chirps and more, guiding you to relaxation. The ocean waves will take you to a relaxing vacation you will not forget.

Today you have a choice of brain enhancement solutions, including instruments, CDs, DVD, videos, training, schools and more. Take time to explore your options, since the Internet has open doors to thousands of solutions in sounds offered internationally.

## **The Sounds in Brain Enhancement**

The sounds in brain enhancement include instruments, training, CDs, DVD, videos, courses and more. You have a wide array of Mind Spas that bring music to new levels.

Music playing that involves nature-packed sounds often helps a person to feel relax. The sounds can help to reduce stress, and take the mind to open up further to learning and retaining information. For this reason, schools around the world are bringing sounds to class to help students relax.

Once the mind is relaxed, it has the ability to retain information, since retention improves. Some of the latest products sold online, including the sleep mix solutions. The musical instruments bring nature inside while using white noise solutions to block out unnatural sounds, such as traffic in the background. Using customized schemes, people can now benefit from the sounds of drums beating, rainfalls, gulls, oceanic waves and more. Instead of treating stress-related conditions with common medicines, which has proven to cause more harm than good, music is the institution of healing the mind.

The latest sleep mixers use unique schemes to allow a person to create his unique rhythms that prove to relax the mind. Using the sound of drumbeats in a unique way a person can employ unique strategies; use Vibraphone to produce the sounds of birds chirping, drums beating, oceanic waves and more. The natural sounds take you to relax.

## **How does music enhance the brain?**

Music enhances the brain by bringing the person closer to his inner being, as well as closer to nature. When the body and mind can connect with inner self and nature, it often feels a source of relief.

The musical sounds promote relaxation by and brain enhancement by targeting alpha, theta and other brainwaves. Once the brainwaves come accustom to relaxation, you can sleep restfully, reduce stress and relax more often. The mind when relaxed will retain information learnt easier. Precisely, the concept is to help you relax in your environment.

The tactics used to employ previous solutions, which has proven to help a person feel relaxed. Some of the common practices incorporated into today's brain enhancement solutions, include breathing practices, mediation, yoga, Tai Chi and more.

Musical brain enhancement solutions can guide you to relaxation by employing rhythmic sounds that move you to self-hypnotizing the mind. You will benefit from self-induced relaxation that helps you to sleep with less effort.

## **How vibraphones help you to find relaxation through brain enhancement solutions:**

Musical brain enhancers play the sounds, using vibraphone. Vibraphone is a percussion instrumental device with metal bars. The instrument functions from electronically motivated resonators that rest beneath sets of metal bars,

which when struck small mallets or other sounds being to play with the use of a bow, causing vibrations to occur.

Vibration and sounds can reduce the level of stress through calming, relaxing sounds. The sounds produce through vibraphones, include rainfall, bird chirps, oceanic waves, which starts the process of activating a noise of mixed frequencies, i.e. low-volume electrically functional or radio noise (white noise) of equality over intensity and a wide selection of frequencies. The frequencies and noise filters reduce sounds in the home, such as heater noise allowing you to relax to music and sounds.

Vibraphones produce thunderous sounds, that boom into the room. The sounds in the background are blocked, so that you can relax.

If you are searching for brain enhancement solutions now is the time to check out your options only. Why let stress weigh you down when you have brain enhancement solutions in musical devices, CDs, videos, DVD, wallpaper and more. Now, learn about the machines that enhances your brain.

## **Brain Enhancement Machines**

**The way of the future, what would it be like to use a machine designed for brain enhancement?**

Imagine sitting in a comfortable chair, pulling on a nice, lightweight version of some quasi-futuristic electrical headgear, hitting a small button within easy reach of your hand, then closing your eyes and drifting into a state of deep relaxation. Perhaps a half hour later you then shut off the machine and remove the headgear, and find that you feel slightly better than you did prior to putting it on.

**What would be the results of using a machine designed for brain enhancement?**

You are more alert than before, and feel extremely lucid. This is because your brain, thanks to the influence of the machine, is now functioning far more effectively than it was before. Your memory (referring both to your ability to memories new information as well as recall information that was previously learned) has dramatically increased. What's more, your very ability to think creatively and your problem-solving skills have expanded dramatically as well.

**Why would these results have come about from the use of a brain enhancement machine?**

The speed at which your very brain cells pass messages among themselves has increased, and in fact, a great number of those brain cells have actually increased in size. If one were to conduct a microscopic examination of the cells, it would reveal that the brain cells have developed a vaster number of

the special, branching filaments that are meant to carry information from one cell to another, called “dendrites”. In addition to this, the brain cells would also have an increased number of synapses: the junctures between brain cells that the cells use to transmit impulses. In brief, the user of a machine designed for brain enhancement would become technically more intelligent than he or she had been a mere half hour before.

**That sounds ridiculous! There is no such thing as a brain enhancement machine, is there?**

It is true that the idea of a machine designed for brain enhancement sounds more like some crazy idea from a science fiction movie or fantasy novel, but the fact is that scientists have made many efforts to develop just such a machine. A wide number of prototype and theoretically functional models of brain enhancement machines are now in existence, and they are actually being used by ever-increasing numbers of people.

**If these brain enhancement machines really do exist, then why haven't I heard of them before?**

It is certainly understandable that you may not have heard of these brain enhancement machines since while scientists have been working on them for decades, they are still considered somewhat experimental in nature. What's more, they operate by making use of certain capabilities within the brain that were comparatively recent discoveries, which naturally means that they are not widely known outside the admittedly narrow field of research known as neuroscience.

## **Why would people want to make use of a machine meant for brain enhancement?**

This is not such a straightforward question, as it might first seem. The potential uses of a machine that functions by making the subject more clear headed, quicker-thinking and, in essence, higher-functioning, are certainly more obvious within the realms of science, where people would have profitable uses for such technology. However, they may also be used by other groups of people you might not initially consider. Such as a wide variety of artists- novelists, for example, and painters and sculptors all rely on their brain's abilities to function swiftly and with great creativity, meaning that were they to make use of such a machine, they might very well increase their own productivity as well. Our future brain enhancement musical solutions have proven to relax millions of people around the world.

## **Our Future Brain Enhancement Solutions**

The world is full of chaos that builds stressors, causing millions of people to feel stressed. Technology is working hard to find solutions to help people find ways to cope. Since stress is causing thousands of people each year to miss work, school, etc, something has to give. The future is products that help us find ways to enhance the brain by reducing stress. Part of the solution is outer body experiences, music, vibraphones and so on.

### **How outer body experiences work:**

Using outer body experiences work in a way, a person imagines self-sitting in a comfortable environment, while listening to musical sounds, such as oceanic waves, rainfalls and so on. Some of the solutions involve

instruments, while others use quasi-futuristic solutions, which headgear produces sound through electronic devices. The solution has proven to help one relax.

Brain enhancement solutions today enable you to use techniques that guide you to relax the body and mind. You feel lucid after experiencing the sounds of nature, since you come closer to your creation standings. Some brain enhancement solutions involve machines. The machines function in a way that it improves your memory. Through electric solutions, your ability to recall new information and previously learned information becomes easier to recall. You develop innate skills that help you to think creatively easier, which help you to solve problems faster.

**How dendrites play a role in brain enhancement:**

Many of the solutions today speed up the brain's process to receive and send messages. The brain cells increase its volume to produce messages faster.

Dendrites and brainwaves are the prime focus in some of the brain enhancement solutions. Dendrites are branches of extended nerve cells. The anatomy branches extensions of neurons that receive electrical signals from other nerve cells, which conduct these signals to cell bodies. The solutions today focus on brainwaves and dendrites, so that it can increase the reactions of signals sent to the brain, spinal column, central nervous system, etc.

Sounds are incorporated into many of brain enhancer solutions. Using photocopy and other tactics, sounds enlighten the mind so that a person can relax. Some of the machines used today prompt clear thinking, quick thinking, and so on.

The brain is highly functioning to process information at faster rates. Some of the brain enhancement solutions involving music boost the brain's power by revealing musical sounds that help the mind relax. In recent studies, students learning with music in the background revealed an improvement of fifty-two higher scales of processing information. The verbal communications improved over thirty-six percent. According to studies, using Mozart sounds of Sonata can improve IQ of more than seven points.

We have so many solutions in brain enhancement today that it is next to impossible to find what works best for you. To help you find the best solution however, we can direct you to the Internet where you will find the latest solutions in brain enhancement.

Take time to scroll through the various sites offer brain enhancement solutions, to discover how the products, training, musicals, etc can benefit you. Taking your time to find what works for you, can help you get the most out of your time spent to relax.

If you are searching for the latest solutions, look for the mental edge products that have proven histories of enhancing the mind. Check out the reviews to hear about stories from other people who have benefited from various brain enhancement products, training, etc used. To enhance your experience after finding brain enhancement solutions right for you, review aromatherapy. The therapy can add to your relaxation. The public reaction to brain enhancement is obviously, i.e. it follows similar traits demonstrated in the past.

## **Public Reaction to Brain Enhancement**

**much warmer than expected:**

**How the general public feels in reaction to the idea of brain enhancement:**

Interestingly enough, scientists have found that the general public is highly receptive to, and even excited about, the prospect of brain enhancement. This is generally not the typical public reaction to anything produced from the field of neuroscience! However, today, many of the newer discoveries in fields generally considered to be extremely specialized subjects are in fact often eagerly reported on by a wide selection of daily newspapers. [such as, for example, the widely differing functions of the brain's hemispheres as well as the innate properties of a variety of brain chemicals such as those relatively commonly known natural opiates, endorphins]

As well as even more surprisingly in an assortment of immensely popular mass-market science magazines, Furthermore, articles on these same topics can even be found in women's and men's magazines, a variety of health periodicals and a whole host of other, often surprising media outlets.

**Why is there so much excitement surrounding the field of brain enhancement?**

Some exceptionally optimistic (or unrealistic) observers might suggest that the general public has suddenly developed an overwhelming interest in science, but these would certainly number among the very few; such a hypothesis hardly seems rational. After all, one could argue that numerous discoveries have been made in a whole host of other fields as well; nuclear

physics, math, biology, chemistry and advanced computer science, to name just a few. While these may have attracted limited attention in certain fields, none of them has made quite the same sweeping impact as the advances made in brain enhancement in the field of neuroscience.

**How does the excitement held by the general public for brain research differ from that of scientists?**

It seems, then, that the general public has attached a different and more appealing meaning to the concept of brain research. They may not be interested so much in the science as they are in the general intrigue of the thing. Perhaps they see in the field of brain research an opportunity for the ultimate quest of self-discovery. Scientists, of course, do not feel the same sort of romance in their work; even if they did, they would still likely say that they were merely objectively studying a physical organ. The general public, however, would see things differently; the idea of the brain to them is one of great meaning, as it is often what they associate with the idea of their most intimate and interesting characteristics. It is something personal; it is somewhere that is completely private, and as a result has a greater intrigue for the layperson. After all, there is no place more private to touch than another's mind.

**What are the results of this great personal connection people feel with their brains and brain research by extension?**

Naturally, given the intense personal connection people feel with their brains (no pun intended!) The layperson is enthralled by default.

### **Odds are, Mr. And Mrs. John Q:**

Publics are enthusiastic as the scientists over the contribution that such a new discovery would make to the whole field of neuroscience and brain research and enhancement in general. After all, unless they themselves are neuroscientists or at least passionate devotees of the subject, they will be less likely to understand the full implications of such a breakthrough anyway. However, they are far more likely to see in this discovery the illumination it provides to them as human beings. Discoveries to do with the brain (including the promise of brain enhancement) offer us all as individual's greater insight into our own personal emotions, thoughts, memories and, of course, intelligence. When scientists discover something new and exciting about the brain as an organ, we in turn have the opportunity to learn something new and exciting about ourselves. Discoveries in brain enhancement have made scientific headway.

### **Discoveries in Brain Enhancement Scientific Solutions**

#### **As made by scientists in the fields of brain growth aging and regeneration:**

What discoveries have been made relating to brain enhancement as they relate to how our brains grow and age? How do these discoveries relate to the promise of greater brain enhancement and growth in humans?

A certain number of discoveries have been made in the fields of brain growth, the brain's aging process and the brain's regenerative abilities that relate to the way humans learn (or, of course, the way humans do not learn, in some cases!). By studying these results and endeavoring to determine how

this data relates to the general operation of the human brain, scientists are better able to understand ways in which they may manipulate the ordinary operations and learning processes undergone by the human brain and then, ideally, turn these discoveries into a practical form of use for humans.

### **Brain growth and its relation to brain enhancement:**

Scientists have assumed for a long time that the physical size of the human brain (that is, physical size as it refers to the brain's weight, its number of brain cells and the thickness of each brain's cortex) is determined by a person's heredity. However, a series of studies into this heredity of the brain actually disproved in part this previous theory. Instead, researchers established that certain external stimulations enacted on the brain... (these external stimulations being often simply referred to as "enriched environments") actually cause a distinct and pronounced increase in brain size (that is, referring to weight, number of cells and thickness of cortex) including, most astonishingly, the size of the brain's neurons as well as the numbers of specific brain cells.

### **The aging of the human brain and its relation to brain enhancement**

For a considerable time, scientists long assumed that after it reached its maturity, not only did the growth of the human brain cease altogether but there was actually an additional steady, unavoidable loss of brain cells. This, too, was upset by studies that are more recent. New studies demonstrated that, provided it was given the proper sort of stimulation. The brain did not lose cells with increasing age as was previously believed. Instead, parts of the brain can in fact continue to grow; these can additionally produce increased intelligence and even demonstrate a greater effectiveness in the

function of the brain even after the human has reached ages as great as seventy, eighty, and even ninety years!

**The regenerative abilities of the brain and their relation to brain enhancement:**

Another supposed scientific truth that had gone largely unchallenged for several decades in the past was that while most other cells within the human body were capable of reproducing and/or regenerating themselves, the cells of the human brain were unique in that they were completely incapable of regeneration. This belief naturally meant that the brain cells all humans had developed by the age of two must by default last them for the remainder of their entire lives, as there was no hope that these could be replaced when lost.

Because it was known that there was a continuous loss of neurons, this meant in the minds of scientists that humans were by default condemned to a slow but unavoidable diminishment of their neurons, without any hope of these ever being regenerated. Again, however, this has come under question and efforts to disprove this previously accepted fact; studies of just two decades ago were among the first to prove that, provided they were placed in the right conditions, neurons were in fact capable of regeneration. This in turn suggested that, given the proper type of stimulation and enhancement, the brain would in fact be able to continuously heal itself and replace lost cells in a way that is not dissimilar to that in which our skin is able to heal after we have been cut. The new discoveries in science have proven that the brain has abilities, which have been misunderstood for years.

## **The Brain Enhancement Ability and Discoveries in Science**

### **Discoveries made by scientists in the fields of the brain's ability to operate**

A variety of studies have been conducted that have given scientists further insight into the operation of our brains. By applying a variety of technologies that will enable them to reach a better understanding of these synchronizations, they are then better able to determine the specific functions of the individual brain being studied. Once the human is aware of the specific functions and state of his or her brain, it is actually possible, using a variety of stimuli and techniques discovered and developed over the past few decades, to use the brain itself to control, alter and/or promote these various states.

### **Brain synchronization and the way it relates to the process of brain enhancement:**

The revelations of studies related to brain lateralization (that the right and left hemispheres of our cortex operate in differing modes and rhythms) led scientists to conclude that humans generally emphasize half their brains at a time, dominance flickering back and forth between hemispheres depending on the task at hand. Nevertheless, studies by neurologists have now proved that in certain extraordinary mental states. One of the longest proven strategies is through deep meditation. Another method used is through intensifying creativity, the two seem to shift the mind's hemisphere into a sole operation that works in union alongside coherent rhythm. Scientists call this state of whole-brain thinking "synchrony", and it has recently become

clear that specific devices promoting brain stimulations can rapidly boost the brain to a higher level of functioning.

**The electrochemical brain and the manner in which it relates to the process of brain enhancement:**

Scientists assert that every imaginable mental state is the result of a specific pattern of electrical and chemical activity in the brain. This brain activity, they have discovered, can be altered and shaped by external stimuli, including sounds, lights, electromagnetic fields, and physical movements. Mechanical devices that can direct these stimuli to appropriate areas in the brain can reliably trigger specific brain states: it is now possible, using these devices, for a person to guide him or her into such brain states as euphoria, reverie, and recall experiences from the distance past, stimulation of memories, deep concentration, sexual exhilaration and heightened creativity.

Brain self-regulation, and how it may be used to promote brain enhancement:

Scientists long assumed that most aspects of brain operation, including the rhythms of the brain's electrical activity and the secretion within the brain's chemicals, were, like much of the human nervous system, beyond conscious control. Then in the 1960s, certain discoveries in the field of biofeedback proved that humans could in fact learn to take conscious control of any physical system of which it is possible to make them aware.

Using biofeedback, it is possible for humans quickly to learn to alter such supposedly "involuntary" systems as their blood pressure, heart rate, even

the secretion of hormones. In addition to this, technological advances of the past couple decades have also made it possible for certain extraordinarily sensitive types of machinery to monitor and deliver **Back information on the functions of what are essentially mental states.**

By sensing the brain's electrical activity and simultaneously "feeding back" to us that activity in easily understandable images, these machines enable users to observe their brain states and then take the necessary steps to change them. In effect, humans can learn to alter and control their own thoughts, emotions, moods and even mental states at will.

Super-learning and the brain; the theory behind the promotion of brain enhancement

Studies over the course of the past two decades have indicated to researchers that the human brain is capable of far greater feats of learning, remembering and creating than were ever previously thought possible or even imagined. Under the proper conditions, normal human beings can absorb, store, process and recall vast amounts of information at will. The debates surrounding the use of machinery as it applies to brain enhancement is something to explore. Next, we can see how exercise combined with music can also enhance the brain.

## **Exercise and Brain Enhancement**

The idea of “exercise” as something necessary for brain enhancement

The idea of bodybuilding and strength training as an analogy for brain enhancement

Strenuous physical exercise causes the bodies of healthy people to get even stronger. The exercise can be focused on very specific parts of the body. For example, a weight lifter who does bicep curls but nothing else will develop large biceps but very little else. Marathon runners focus on strengthening their cardiovascular systems, and as a result they often have extraordinary endurance, powerful hearts and lungs, and the torsos of ninety-eight pound weaklings with arms and legs like rubber bands! However, bodybuilding certainly works, and it works the same way in every instance, from weight lifters to distance runners: choose that part of your body that you want most to grow in size and strength, and then use it! Moreover, most importantly, use it against increasingly difficult challenges, since it is that steady increase in difficulty, whether it comes through lifting heavier weights or running longer or faster, that stimulates the targeted muscle to grow.

How does this analogy relate to the field of brain enhancement?

Simply imagine that all of this is true of the brain as well as of the body. Substituting “brain” for “Body”, the above paragraph states, in effect, that strenuous intellectual exercise causes the brains of healthy people to get stronger. This brain-building exercise can be focused on a very specific part

of the brain- simply select the part or quality of the brain that you want to grow in size and strength, and then use it against increasingly difficult challenges.

Imagine further now that just as we have devices to stimulate the body to healthy growth and to speed up the slow process of body growth (barbells, treadmills, bikes and everything else) we also have devices to stimulate brain growth and speed the process of brain building enormously.

How do previous theories on brain enhancement and growth fit in with modern theories? How do they differ?

Long ago scientists established that absolute brain size has little to do with intelligence; when they weighted brains during autopsies, they found that the brains of supposed idiots were sometimes larger than those of great intellects, and that geniuses at times had comparatively small brains. Moreover, if brain size seemed irrelevant to intelligence, the idea that either brain size or intelligence could be changed by experiences seemed absurd. First, it was an accepted fact that intelligence was genetically determined; people with high intelligence are born that way.

Finally, it was commonly accepted that the growth in the total number of brain cells we have is completed by age two. In other words, the absolute number of one's brain cells was supposedly determined from infancy, and no matter what experiences or stimulations the brain may have received, the number of brain cells could not increase. In this, the neurons are unlike the other cells of the body, which can reproduce many times- after all, if a

muscle cell is destroyed it can be replaced by a new cell.

Oh, so is this where that bodybuilding analogy comes in? Is this how it relates to the process of brain enhancement by exercise?

It is this capability that is exploited by body builders, whose large muscles are the result of the repair and regeneration of muscle cells damaged or destroyed by strenuous exercise. No wonder scientists found it hard to conceive of any way brain structure and function could be changed by sensory input. No wonder people find it hard to believe in brain machines that can be used like body building devices, stimulating the brain and triggering brain growth and increases in mental powers. Brain enhancement natural evolutionary changes are directed toward the creation of the brain.

## **Brain Enhancement Stimulating Natural Evolutionary Changes**

As a process of stimulating the natural creation of the brain's development in how does an enriched environment that stimulates brain enhancement in the cortex contribute to the creation of the brain.

Given that an "enriched environment" (that is, an environment that provides proper stimuli for brain development) leads to both a qualitative and quantitative change in the cerebral cortex, we can easily view this as a sort of mechanically induced evolution of the brain. Studies conducted by scientists on a variety of lab rats indicated that these rats, when placed in these enriched environments that were designed to give adequate stimulation in the areas considered beneficial to the desired regions of the brain, the cortex in the rats was noted to undergo tangible qualitative and quantitative change.

What do the changes the rats underwent in terms of cortex growth and improvement signify as they relate to the evolution of the mammalian brain?

The importance of this qualitative and quantitative change in the cortex as a result of environmental enrichment can be seen when we consider a few facts about the cerebral cortex (also sometimes called the neocortex). Whatever evolution means, perhaps its most tangible result is the cortex; it is the end result of the tendency of creatures to develop their nervous systems as they increase in complexity. In the case of vertebrates, this has meant a steady shift to the top or uppermost part of the nervous system. In the earliest vertebrates, this meant a swelling of nervous tissue at the top of the spinal cord. As creatures evolved, this swelling increased in complexity, including

first a hindbrain, then a midbrain or limbic brain, then a forebrain. Only in higher mammals does there develop a new evolutionary structure, the cerebral cortex, which gains in size and importance as we go up the evolutionary ladder.

What does this mean as it relates to the significance of the cortex and its possible functions in brain enhancement?

The cortex is, then, in evolutionary terms, something very new, very different; it is the seat of our so-called higher functions. These functions include the detection of all the features of our sensory systems, as well as the learning and association of new features and the learning of all kinds. It also includes memory and recall of sequences of events that happened in our pasts, the patterning of elaborate programs of voluntary muscle actions and the formation and comprehension of speech. It includes, too, creativity and appreciation in all manners of art and of course all sensations and consciousness.

All right, but how does this relate to brain enhancement itself?

Therefore, when we consider the importance of the cortex to everything that makes us human, the implications of the studies of scientists who have focused on the expansory capabilities of the cortex are truly staggering.

Those studies clearly indicate that environmental enrichment, that is, the stimulation or sensory experience, leads to enlargement and other structural changes in the cortex. Since the cortex is the seat of intelligence, then it

makes sense to conclude that environmental enrichment, stimulation, or sensory experience then leads to the increased intelligence of the subject.

Intelligence is of course by nature a slippery concept. After all, an animal may prove to be considered intelligent when it is tested for one quality and much less intelligent when it is tested for another. However, there are still clear indications that there is a strong connection between sensory stimulation and intelligence. Thus, it makes sense to conclude that by providing similar stimuli to human subjects it is possible to produce those same favorable results in the cortex as were observed in the lab rats.

## **The Debate Surrounding the use of Machinery as it applies to brain enhancement**

### **What are the implications of the discoveries surrounding the application of machinery for the purposes of brain enhancement?**

The implications of discoveries made over the past two decades in the field of machine-driven brain enhancement should be quite clear: the brain is a much more powerful, capable and complex organ than was ever previously imagined. What we may think of as normal intelligence is likely a mere pale shadow of the brain's actual powers and faculties of its full potential. It's rather, as if we have all been given a beautiful sports car in which we have been doing little more than cruising around in first gear, never aware that there was so much more it could do for us.

The brain capabilities discovered in the past twenty years suggest that there are ways the brain can be shifted into far higher gears; that brain functioning can be substantially improved, provided that the brain can receive the right type of stimulation. There is increasing evidence that this essential brain stimulation can be supplied by mechanical devices of varying sorts.

### **What is the history of the use of mechanical devices for brain enhancement?**

In the past, the only accepted uses of machines in conjunction with the human brain have been for diagnostic or therapeutic purposes; there is documented use of one procedure known as electroencephalographs, by

which researchers could analyze brain waves in search of potential epilepsy or tumors. Scientists also used electrical brain stimulation to alleviate pain and CAT scans to get accurate images of what was happening inside the brain. Today, however, more and more scientists are becoming interested in using machines not only with a view to helping sick people get better, but also to help normal, healthy people increase their innate abilities to think, learn, remember, imagine and create.

### **How do scientists respond to the inevitable skeptics of the idea of brain enhancement by machine?**

Can a machine really make a person smarter or be used to enhance peoples' mental functioning? In fact, a wide number of machines are being used in order to stimulate the brain, and many researchers have put much time and effort into evaluating the available scientific evidence of these machines' purported influence on peoples' mental abilities. Even skeptics should be able to see that the evidence includes a number of studies showing that the first experimental users of various mind machines responded with dramatic improvements.

The improvements were seen in IQ, neuro-efficiency quotient, long-term memory, serial memory, attention, reaction time, recall, sensory acuity, hemispheric synchronization, brain-wave amplitude and various other capacities, depending on the type of machine being used and its intended purpose.

What are the potential implications of these machines? What is the potential implication held by these studies and their effect on the field of brain enhancement?

If any of these instruments could in fact reliably and consistently produce increases in brain functioning across the range of abilities mentioned above, then it would naturally become a revolutionary device, perhaps even one of the most significant devices produced since the invention of writing!

There are a wide variety of machines now out there, and most of them have in some way or another led to scientists' new, revised and greatly expanded visions of the brain as an enormous and indeed virtually untapped reservoir of powers and skills. By considering the full potential such machinery could have on the general abilities of humans as a race, it is certainly easy to understand why these discoveries have inspired many scientists and inventors to design and build any number of machines meant to tap into those concealed reserves and trigger the usually dormant mental powers. The studies are steadily showing that music is the answer.

## **Studies in Brain Enhancement**

### **How music enhances the brain:**

For the past several years, studies have taken off to reveal that music can in fact enhance the brain's functioning power. Studies took off using students as a guinea pig to prove that the brain can improve with particular music. After a number of studies, results came back. The results showed that students training with music scored higher than those that did not. The students showed over a 50% improvement on basic retention alone. The students showed over 35 points higher in math testing with music playing in the background. Verbal communications increased also.

This moved experts to conduct additional studies. The new studies revealed that when students learn through music, especially early on it can lead to enhanced brain functions, which include logic, reasoning, critical thinking, creative thinking, higher retention and so on.

At one study conducted, students were tested with Mozart sounds of sonata playing complex sounds in the background. After training, the students IQ tested before increased to over 7 points.

In one study conducted, an expert tested the brain while using a machine. A scanner was attached to the person, which music sounded in the background. The results proved fruitful, since the person's brain actively responded at both the left side and right side of the brain.

Resulting from a series of tests, experts discovered that music could increase

the IQ level dramatically. In one study, it showed that when a person read notes from piano and played the sounds that it dramatically increased all areas of the brain. The results showed that a person could use music to increase the brain's vision (Occipital Cortex), as well as the larger areas of the brain, which controls the fingers and hand muscles. (Motor Cortex) Moreover, the results showed that the brain increased with its ability to coordinate, by using the cerebellum and the basal ganglia. Hearing improved, which is controlled by the auditory cortex. Furthermore, the joints, position of senses, fingers, hands controlling unit, i.e. the sensory cortex improved as well. Both areas of the brain, including the left and right brain showed dramatic improvement during the testing.

Some experts believe that music is the way to *unblocking* emotional responses, such as anger. Through music, experts feel that one can learn to relax more, which aids the brain in thinking without interruptions.

Emotional triggers, responses, etc all play part in the reactions, such as anger, joy, fear, stress, sadness and so on. When the emotions are triggered and no resolve is in sight, often it brings chaos to a person's life. Using music, experts believe that we have the ability to control the emotions that cause such stress.

Due to the studies and the results, everyone is coming up with music-based products to help a person relax and enhance the brain. The options available include, accelerated learning, brain art, brain busters, learning strategies, improve memory solutions, brainteasers, biofeedback, brain puzzles, brain

herbs and more. According to the providers each product or training solution has music incorporated to help one learn how to relax.

We have many options available these days. If you are searching for ways to enhance the brain, relax and to reduce stress, go online and look for brain enhancement solutions. You will find a list of CDs, videos, DVD, learning strategies, training, courses and more that will open the door to helping you find what works best for you. To learn more type in the keyword brain enhancement so that you will be linked to hundreds of websites that offer you a solution in reducing stress. The idea of the application of brain enhancement machines and devices as a sort of planned evolution is outrageous in some ways, yet the concepts may offer some insight.

## **The idea of the application of brain enhancement machines and devices as a sort of planned evolution**

The story of Archimedes and the idea of the stimulus that can trigger a new idea in the brain

The old story of Archimedes is an exceptionally appropriate analogy for the idea that one simple stimulus can trigger a complete reaction in the human brain. Archimedes, of course, was meant to determine if the king's crown maker had cheated him, and was at a loss as to how he could determine if a crown was solid gold without first taking the whole thing apart. It was only when he settled into his bath and observed that the mass of his body displaced a portion of the water around him that he experienced that flash of enlightenment; what has come to be known as the "Eureka!" moment, when he leaped from his bath and ran naked into the streets, so delighted was he!

Cute story, but what in the world has it have to do with the operation of the brain?

Well, quite a bit, really! It certainly brings us to that particular question- why is it that the brain operates in the way it does? Why is it that within the variety of brains, a certain stimulus (a red cape, a blinking light, a tubful of water) can trigger in one brain an entirely new idea and in another, nothing at all, or even a total collapse?

As we contemplate this question, it should be taken into consideration that the brain, as an open system constantly exchanging energy with the

environment, far from equilibrium, is a dissipative structure; it is enormously complex, completely consumed with various oscillations and chemical and electrical waves. It is self-organizing, and structured out of networks that are so sensitive that, according to neuroscientists, they can be completely destabilized by a change in the permeability of merely two if its billions after billions of cells.

How does this complexity of the brain tie into how highly developed and evolved it is, and therefore a prime candidate for enhancement?

Due to the highly evolved and intricate nature of the brain, the insights of scientists into the working of dissipative structures should provide us valuable new information on how the brain operates. These theories give us compelling reasons to believe that, given the appropriate influx of energy, the brain as a dissipative structure can be destabilized. In addition, the brain could be made subject to internal fluctuations, and these fluctuations can be amplified until the structure spontaneously shifts, like a kaleidoscope falling into a new pattern, and the brain spontaneously transforms itself into a new state, more ordered, more coherent, more complex, more interconnected, indeed more highly evolved than before.

All right, then, where do all of these brain enhancement machines enter into it:

Perhaps by the proper use of the right devices that in some way increases the flow of energy to the brain. Whether by means of stimulating the brain with flashing lights or phased sound waves, revolving the brain through an

electromagnetic field, or floating the brain in a gravity-free environment free of external stimuli, it might be possible to amplify the brain's fluctuations and cause it to escape into a form of higher order and comprehension.

The question then becomes whether or not any of the brain-stimulation devices that scientists have invented can be used to trigger the inherent self-organizing potential of the brain and thereby stimulate it to become more complex and more coherent- that is, larger, more able, and smarter. If this is the case, then these machines become by default devices with potential of revolutionary proportions. Next, examine the brain as a dissipative structure and applying this theory to the process of brain enhancement...

## **Examining the brain as a dissipative structure and applying this theory to the process of brain enhancement**

How is it helpful to know that the human brain is a dissipative structure?

Knowing that the brain is a dissipative structure is useful, since it allows us to apply to the brain certain facts known to be true of all dissipative systems. First, we know that dissipative structures must constantly dissipate entropy. For order to develop within the system, entropy must be externalized so that the net entropy of the system and its environment will increase, thus satisfying the second law of thermodynamics, and so that the entropy does not increase within the system itself, thereby “killing” it by causing it to run down, wear out, or approach equilibrium.

We also know that the only way entropy can be dissipated is for the system to have a constant input of energy and new materials. An example is the whirlpool effect in flowing water. This must dissipate entropy, which it does by the centripetal force of the whirling vortex; but to do this, to maintain its existence, it must have a continuing flow of water into the vortex. If the influx of energy were to stop (that is, if the vortex were to suddenly be placed in a motionless body of water) the vortex itself would cease to exist.

Well, that’s just great, but how in the world does this tie in with the brain?

What this means for the brain is that the only way it can maintain itself is by receiving a constant input of energy and new materials, and scientists have repeatedly found this to be true. Children who are placed in environments

lacking in appropriate mental and visual stimuli do not develop so fast or well as the babies who are brought up in nurturing environments filled with visual and auditory enrichment. Similarly, rats placed in enriched or impoverished environments display enormous differences in brain weight and size and in the innate complexity of the brain structure, while rats placed in a non-enriched environment showed an almost immediate decrease in brain size and complexity.

Another thing we know about dissipative structures is that, as open systems in far-from-equilibrium environments, they receive unpredictable and widely varying kinds of energy input. High-energy influxes set up fluctuations in the system. Within certain limits, the structure can absorb or “Damp” these fluctuations, but if the jolts and jars become too violent, the structure may be broken out of shape and escape into a higher form of order. In the case of the brain, this escape into a higher order is experienced as having a new idea. This is what we refer to as the Eureka even, that moment where you think “aha!” It is that light bulb going on over your head; that special movement or leap into a higher level of connectedness and complexity is what we mean when we talk about learning.

Okay, so this stimulation of the brain, this input into the dissipative structure- that’s what makes it brain enhancement?

Relating this to the brain as a dissipative structure, we can say that the brain is able to accept certain amounts of energy input (such as ideas or events) and assimilate them without any serious challenge to the internal organization of the brain. “Yes, yes,” we say in response to certain ideas or

stimuli, “this all makes sense to me now.” However, at a certain level of intensity, the external events or stimuli become too intense, the brain’s fluctuations become too great to be damped, and the brain will escape from its old pattern into a new organization of higher order and coherence. First, things no longer make “sense” and then, with a shock of recognition, they make a new type of sense. Artistic creativity plays a large part in the brain’s ability to increase its functions.

## **Brain Enhancement Processes that Relate To Artistic Creativity**

### **The idea of brain enhancement and the process of brain enhancement as it relates to artistic creativity**

A characteristic of dissipative structures that is particularly important in our understanding of the brain stimulation is that, in order for transformation or creation to take place, there must be either a lot of instability and fluctuation within the system. So that even a small stimulus can bring about dissolution and reorganization, or, on the other hand, if the structure is stable, there must be some extraordinary influx of energy into the system, something powerful enough to destabilize a structure that is strong enough to resist most fluctuations.

Okay so how does this knowledge apply to the brain's ability to adapt and evolve, but most especially its ability to create?

In the first case, we can see that the greater the instability of the system, the greater the number of interactions among its various parts, the greater its susceptibility to fluctuations and disorder, and the greater its potential for evolution, transformation, diversification, evolution, and (in the case of the brain) wisdom. Thus, the theory of dissipative structures supports the long-standing assumption that artists, creative thinkers, and others who are constantly seeking to open themselves to "new" ideas are on the whole more mentally fluid, more susceptible to turmoil, chaos and disorder in the brain.

Lest this sound forbidding, remember that on the opposite side of the artistic coin, so to speak, creative thinkers also most likely have a richer and denser neural network, with greater numbers of interconnections between their neurons. As a result, also have a greater number of potential mental states; that is, a wider range of ideas, feelings, sensations and intuitions. And of course it is out of chaos, turmoil and disorder that higher levels of order and wisdom emerge; thus if the creative thinkers have less mental stability than some people, they also experience higher levels of mental connectedness, complexity and evolution.

If that's the case, then what does this theory imply for people who are less creative and might resist innovation and change?

On the other hand, we can also surmise that people who are set in their ways, who resist any new idea, who hate to try any new experience, who refer every idea or experience to their past, attempting to fit it into the structure of their brain without causing fluctuations or perturbations. Moreover, who are always sure they are right and never experience self-doubt; these people, whatever their feelings of self-satisfaction, are trying to eliminate the influx of new energy and matter into their brains. Since, as we know, open systems cannot exist without a constant flow-through of new energy, what these people are essentially trying to do is turn their brains into closed systems.

What implications could these efforts to turn the brain into a closed system have?

The idea of a closed brain is much like the idea of a steam engine, or a cup of coffee that has gone cold; even a stone! Certainly, these closed systems are not threatened by chaos or disorder, but after all, who wants to have a near-equilibrium brain? Although this sort of brain, like a rock, would never be destabilized, it would also never have a new idea or feeling, either. It would lack so much of what makes the human brain special, unique and creative. In any case, physiologically, brains such as these would in all likelihood, have far fewer neural connections and much less-developed cortical layers than would the brains of people who remain open to and welcoming of stimulation and the natural energy of ideas. Developing strategies in brain enhancement is a growing demand we all can benefit from in our lives.

## **Developing Strategies in Brain Enhancement**

### **How the brain responds to different changes:**

As we grow older, the brain starts to slow its processes. As we age, stressors throughout our life causes the brain to diminish, or fade. Because of insignificant stimulations, the brain begins to transform its creation. The brain's stability weakens, while it starts to fluctuate.

This means that diminutive stimulus could prove beneficial to the brain, since it could resort the degeneration process into organizing the brain to produce a stable structure. The brain can resist the most increased fluctuations, withstanding more than the human can understand. Yet, when the brain starts to degenerate, it leads to increasing instability, which causes interacting parts to struggle effortlessly to resolve susceptible fluctuations.

The latest brain enhancer solutions have made it possible to transform the degenerated mind. Brain enhancement solutions offer provisions in varieties to develop the brain at great levels.

### **How history unfolds revealing new facts:**

Theories from our history believed that the disordered minds, where those with artistic abilities, creative thinkers, etc, which illogical reason lead them to believe that these people are susceptible to chaos more so than those without these skills. The truth recently revealed that artistic and creative minds use their mind far more so than common folks, which enhances memory.

Creative thinkers are likely to have the neural solution in denser and richer thinking abilities. These people are likely to interconnect with the neurons quicker, which has been proven in brain enhancement solutions. Creative thinkers tend to have a wide array of abilities to use their emotions, intuition, senses, and ideas and so on. Sure, these people deal with higher levels of turmoil, but nonetheless it does not make them susceptible to mental disorders, no more so than a common person. Sifting through the chaos, creative minds find ways to solve problems, which brings forth wisdom and order. These people often have more difficulties sifting through the soap the chefs of the world deliver to them, yet the person can find ways to connect with the human mind.

We have all sorts of people in the world. We have the creative minds, or those that resist the notion to use new ideas as a way to solve problems. We have people fearing the notion of taking chances. In addition, we have people that dwell on past experiences, fearing the future. Then we have those people that are always right and everyone else is wrong. We also have people hard to satisfy, those that eliminate to find answers and so on. With so much positive and negative energy flowing in the world, is it any wonder that everyone is searching for answers to enhance the brain.

**How the problems cause stigmata to change our lives when unresolved:**

One of the popular problems we face in the world is the fact that many people search for ways to stop the brain from processing. In summary, the world looks for fantasy and fiction to help them escape the facts behind reality. The fact is we cannot escape reality. We have to face reality as it

comes to us, and find ways to solve the many problems. Still, we need ways to minimize the stress of reality to enhance the brain.

We now have solutions, regardless of the type of mind we hold. We have brain enhancer solutions that help us to cope with stress. Stress is something we all have in our lives, yet to let stress control you, is the first mistake, since the brain will shutdown gradually. We must face stressors head on, yet find ways to reduce stressors. One of those ways is through music, which are the latest brain enhancement solutions. Musical software is available, which you can download and try free for 30-days.

### **Musical Software in Brain Enhancement**

The revolutionary changes in our system have taken technology to develop software with musical elements to help a person relax. Since the world is moving rapidly, and the job place is primarily in computer sectors, thus humankind is striving to find new ways to relax the body and mind.

One of the latest solutions is the neuro programming software. This is a self-program that you can download a trial version for 30-days to test its ability to enhance the brain.

The software was intended and backed by biofeedback solutions. This neuro feedback program released upgraded versions, which split lines of the software into two separated editions. Professional and home users now have brain enhancement solutions, which help them to relax while enhancing the brain's ability to function.

Right now, I am testing the software as we speak. It seems you will need a set of headphones and LED goggles. You can bypass the goggles however. Once you download the software, you are given options. The program asks you what you want to accomplish. You can choose fighting addiction, PMS relief, energy, motivation, creativity, relaxation, depression relief, meditation, study, learning, anxiety relief, stress relief, headache relief, IQ increase, and relief from ADD or ADHD conditions, sports, skills, growth, healing, immune system, insomnia, sleep induction, fibromyalgia or chronic pain.

Right now, I am going to relaxation and meditation, since my mind is worn down from writing scores of articles each day. It seems you can select more than one option; in fact, the program enables you to select all options named. On your next option, you have three choices. The choices help the program to decide the best solutions in helping you to relax. One of your options is unsettled, stressed, or agitated. Right now I feel easily frustrated, so I believe this is a good option for me, otherwise I may have taken the calm, relax and patient option.

Next, the program gives you options in selecting time you want to spend enjoying the program. The next option discusses self-hypnosis, so it seems the program will adjust to my needs, which is difficulty relaxing while in a trance-like state of mind. The next question relates to your brain's ability. I am choosing the option that tends to be short and starts at the lower brainwaves, while this is only a part of the solution I need.

Next, the program asks the user if they've had brain injuries, closed brain

injuries, clinical depression, Fibromyalgia, chronic fatigue syndrome, trauma, and/or repressed memories. I can click yes, while not all of the conditions apply.

After you pass the program question phase, it takes you to a building session. I do not want to go into the hypnosis state, since I wouldn't be able to finish this article for you, yet I am going for the option Alpha (dissociate relaxing with simple tones)

The program also has some super tools for learning, NLP sensor modality tests, session's wizard, and more. Before you get started with a session, the program asks you to find a quiet area around your home without distractions in the background. You need to be a comfortable position also. Various other helpful tips are offered to help you get the most out of the sessions.

The program offers you something as far as sounds, which is fuzzy in the background. Some choices give you the option of playing music while relaxing to the beats the program offer you. Once I test the software further, I will give you more updates, but as of now, it seems to be a great way to relax the mind.

## **Brain Enhancement Software Free for the Taken**

The revolutionary software today has taking relaxation to a completely new level. Technology has finally come up with the solutions that combine music elements with flashes across your Window screen that guide you into self-hypnosis and relaxation. At first, the impact from flashing lights may frighten you a bit, especially if you have traumatic symptoms, but passing the fright, you will start to feel the mind go into a trance-like state.

The world is constantly placing stressors on our shoulders, making it next to impossible to relax. For this reason, technology is coming up with ideas to help developers, writers, and those that constantly work at a computer desk, find ways to relax the body and mind, in turn enhancing the brain.

The latest software allows you to listen to Ambient horns, which guide you to trance-like states. Amazingly, you do not go completely into hypnosis while working, rather your mind starts to feel relaxation. The self-program offers the state-of-the-art solutions that include Neuro programming capabilities, giving you the option to program the software to fit your mind, as well as giving you the chance to program your own mind.

The up to the minute software is designed to target the brain, offering neuro feedback. You have two versions to choose that fits either home or office use. Upgraded versions split off so that you have two options. You have the Home and Professional software, which you can download online. The software seems to do its thing, i.e. relax the mind.

The software requires headphones and LED goggles in some sessions, yet other sessions you will not need goggles or headphones. You can download the software online; try it for 30-days. You are giving options, once you download the software. The options allow the program to customize to fit your needs. The options include...addictions, energy increase, PMS relief, motivation, relaxation, creativity, depression, meditation, study, learning, anxiety, stress relief, headache relief, and IQ increase. If you have conditions, such as ADD or ADHD, you can select options to decrease the hyperactivity that you may suffer from the disorder. Sports, growth, skills, healing, immune system, insomnia, sleep induction, fibromyalgia or chronic pain is all options you can choose.

The program facilitates you to choose all options, or you can select which option best fits your needs. The following option gives you choices that assist the program in deciding the best solutions to help you find relaxation. You can choose from an unsettled mood, overly stressed, or agitated, easily frustrated and so on. You have options available even if you feel relaxed, or calm.

You can set the time you wish to enjoy the program also. If you are limited, you can choose the 20 or 30-minute sessions. Once you choose the time you want to spend on the program, you begin discussing self-hypnosis.

The program will adjust, allowing you to customize to fit your needs. If you have a hard time relaxing in a trance-like state, perhaps you can choose other options to fit your needs. The following questions pertain to your brain's ability to function.

Some neuro programs will ask questions pertaining to your past. Like, have you had brain injuries? Have you sustained closed brain injuries? Were you diagnosed with clinical depression? Have you been diagnosed with Fibromyalgia? Do you suffer chronic fatigue syndrome? Have you endured traumatic episodes? Do you repress memories? You want to choose the option that best fits you. In short, the program allows you to program the software to fit your need before the music starts relaxing your body and mind. Perhaps combining music and software was the smarter choice in brain enhancement solutions. Brain enhancement solutions that feature neuro feedback is the way to relaxation.

### **Brain Enhancement Featuring Neuro Feedback**

Downloading brain enhancement software that features neuro feedback solutions is the way to learn how to relax the mind and body. The programs enable you to customize the software to fit your needs. You can specify custom background sounds, choosing the sound for any session you choose. You merely use the customization screens. You can customize pitch of tone to fit your mood. You can delay amidst recordings, or alter the brightness to fit your needs. As well, you can adapt the audio to fit your style.

The revolutionary brain enhancement programs allow you to set your software so that it will hibernate when not in use, or you can shut down the program at any time you choose. This is the way to save energy.

You have solutions that supply you multi-facet capabilities with the latest programs. This means you have control of the applications. The programs

use neuro feedback, which is the latest technology development software. The software allows you to customize the programs to fit your needs. You have options to choose hypnosis inductions, which are featured in the scripts to assist you with relaxing while the sessions are at work. If you choose play or alert options, the program waits until you complete your session to start up the command.

The software combines music and uses NLP Sensor Modality tests to aid in deciding what prime sensor modality fits you. The command is essential for users desiring to employ visualization or else use the progressive mental encoding or programming strategies in relaxation. Since, flashes appear across your computer screen while musical instruments play in the background, having the controls give you tools to customize, providing you beneficial advantages.

The latest programs provide you with session wizards. Those new to the brain enhancement solutions should use the wizard to filter the sessions. You have integrated into the programs at “Text-to-Speech” feature, or tool custom-built in to various features, such as the NP2. This accessible tool is located at the main menu. Rather than using the built in solutions, you can also customize your own by employing the Text-to-Speech command or a microphone.

The programs offer you many voices and a wide selection of languages available online so that you can customize to fit your needs. You have the option of disabling sessions at the introductory by using the Settings menu.

Experienced users are recommended to use this option. Thus, using the wizard can help you to make the changes that fit your needs.

Opening the Main Window, you will have the ability to adjust the volume with integrated controllers.

Just click on the Open Window tab to see Volume Control and then click off at the View Menu. If you need to improve hearing, this is the best solution. If recording is blurred, use this option also.

If you discover a favorite session in the program, you have the option to save it in accord to your liking. Just right click on the session. Filters will help you monitor your favorites. Some programs have SLT (Super Learning Tools) that scale to lengthen recordings that you customize. SLT tools are idea for those desiring to recall a large bulk of data in a short span. This is a great tool for improving long-term memory. Look in the Tool menu and set the command to fit your style.

The programs today allow you to narrow your session list. You can filter the list at any time you choose. Script Editors in some programs allow you to create easy peripheral or paraliminal or dual inductions to fit your choice in hypnosis.

Brain enhancement featuring neuro feedback is the greatest programs that bring you relaxation and improved memory. Get the most out of your sessions!

## **Brain Enhancement Sessions**

Sessions in brain enhancement help you to relax. You can download free software to try out for a few days. The programs have enhanced features, which the software provides you with neuro feedback.

### **How features integrated to give you options in neuro feedback:**

The features integrated into the software's, allow you to use powerful Script Editors tools to customize the programs to fit your needs. You have a series of techniques incorporated into the programs, yet you have the ability to modify, as you desire. If you are student, you have sessions intended to fit your needs. If you are athletic or a performer, you also have, unique documentation integrated into some programs to fit your lifestyle. You have a selection of protocols in some programs that give you examples of documents that you can choose to benefit you. The protocols give you ideas on a selection of problems that you can find ways to solve while using special features in the programs.

You can specify background sounds, pitch, and brightness and so on to fit your mood with today's latest programs. WAV is integrated into some programs offered today, which allow you to export sounds, burn the sounds to CD, or convert the files to your MP3 player. Sessions allow you safely to convert to your MP3 player by employing NP2 tools designed to fit the patterns of the latest technology players.

### **How programs enable you to find ways to relax at the hardest peaks:**

If you have problems with relaxing, you can use relaxation guides within software documents to help you resolve the issue. You have the ability to use tests in the programs effectively to employ psychological strategies to explain mental programming techniques to fit your needs. In short, you program your own mental state.

Some programs enable you to relax under pressed situations, by allowing you to set your own timeframe during sessions. You have break points within the sessions that allow you to finish projects at work at go back to relaxation. Brainwave training solutions are available to help you find relief from stress, or to take a nap easier.

Programs today offer you tools to test headphones so that you get the most out of the sounds. Menu options ensure that your headphones are working adequately by testing audio and visual session.

You have options to customize your screen with today's neuro feedback software. Use tools to customize tone pitch, recordings, brightness, or adapt the session to fit your mood. Energy saving features is incorporated in today's software. Use the tools to set the program to hibernation or shut it down when you are finished.

Using multi-facets, the latest programs allow you to control sessions and tools. You can customize the programs to fit your lifestyle. Options give you the advantage of choosing hypnosis inductions. The inductions assist you with relaxing during sessions.

Instrumental musical sounds combine with modality to aid you in choosing sensors that benefit you. Some of the commands are essential, since you can control progressive visuals and audio by encoding. Wizards are available with most neuro programming software offered today, which gives you the advantage of getting the most of your relaxation and brain enhancement tools. Filters allow you to control “Text-to-Speech” features, rather you can use a microphone or the speech commands to control your sounds. You have an array of languages to choose from, and you can disable sessions during any phrase. The great advantages of today’s software offers you the ultimate solutions in brain enhancement and music combined. The programs offer you the ability to use self-hypnosis and relaxing sounds to improve your overall mind. Listen to the recordings so that you can relax.

## **Brain Enhancement Recordings**

Recordings in brain enhancement programs help you to relax. The latest programs enable you to employ headphones to block out sounds while you are working, relaxing, or studying. Tools are available, which allows you to program your headphones. Menu options allow you to adjust the headphones or test them for functioning abilities.

You have options with some programs that enable you to replace or improve your mornings by using “Wake Up,” sessions, rather than caffeine to start your day. Brainwave training tools open the doors to many options available to you.

The programs today allow you to view sessions and information from the lists. View Information options allow you to view the lists, and so on. Most programs offer easy solutions that allow you to select recording volume by using integrated features and tools. You can preview your recordings at any time.

You have scales over sessions that enable you to lengthening them at any time, customizing the scales to fit your mood. Affirmations when customized will fade during sessions so that you feel more relaxed. Using neuro feedback software today is easy, since you have much support.

Most of the programs provide you wizards and connections to live support online. You will find scores of information at forums, member areas and more. Online you will find articles, scripts, links, and background files, as

well as relevant resources that will help you learn how to use the programs.

### **How do I find these programs?**

Go to the Internet. The Internet will connect you with developers, or vendors offer you free trial versions. Test the programs before spending money, so that you know what you are getting. Rest assured however, after you try some programs you will definitely want to spend a small fortune to invest in your relaxation.

### **What features is optional in the programs?**

Program features integrated into the brain enhancement software, include Script Editors, Volume controllers, audio and visual controllers and so on. Some of the powerful tools allow you to customize the programs to fit your mood.

### **How do I employ techniques to get the most of my software?**

You have a series of techniques, or you can modify the strategies to fit your needs. Students can customize the features to meet their criteria. Those in sports, art, or music can also adapt the features to fit their criteria. Protocols are one feature included into some of today's programs. The protocols enable you to employ integrated documents, customizing them so that you can find ways to solve problems.

You have control over background sounds, pitch, and brightness, etc, with some software that offer you unique features.

### **Can I use the programs when traveling?**

The software is downloaded to your computer. If you have a laptop sure, but if you have a desktop no. However, you have unique features that allow you to use WAV to export sounds. You can burn the sounds to CD. You can also convert the files to an MP3 player. The process is simple, easy and safe.

### **How do I use the software at work?**

Download the software to your computer, hook up your headphones and relax. No one can hear the sounds, and most bosses today are making room for relaxing sounds, or brain enhancement aids. The aids improve memory, which is proven to improve overall performance. Bosses' like overall performance enhanced.

### **How do I choose the software best suited for me?**

Some software offered today, include a couple of editions. You have business software and home use programs. The Home use programs are ideal, since it gives you a wide array of options to achieve relaxation. Look for powerful scripts when discovering brain enhancement programs.

## **Brain Enhancement Scripts**

Scripts in brain enhancement programs allow you to customize the programs to fit your mood. Session Scripts offer you link to articles, background files, member area, links and more.

Using scripts with today's software enables you to choose your background sounds, or to customize your screen. Within the tools section of the latest software, you will find super tools for learning. The option allows you to lengthen your functions to suit you needs. You have NLP options to control sensor modality, which helps you to discover prime sensors that allow you to program your mental state. Session wizards are available as well, which gives you control over choosing the best options to fit your personality. You have headphone tools to test audio output effectiveness.

With some programs, the super tools control the brainwaves, or allow you to customize to fit your alpha and theta brainwaves. You can use the super tools to customize the programs to fit your needs. If you want to augment energy and motivation, then you can choose the option. Once you choose the option, you are directed to another pop up, which allows you to choose loops. The loops are the amount of time you desire to listen to the recordings.

After you make your selections, the program will recommend that you enjoy the sounds in a quiet area. You want to eliminate distractions, and feel comfortable in your position to get the most out of the sounds.

The sessions guide you through a state of mind that optimizes your ability to learn. Fade in and out phrases will appear during the sessions, nothing to worry about, since it controls the mind's ability to interpret.

Relaxation is the goal behind the features offered in today's programs. Once you click your command to activate the session, you will start the mega learning sessions that guide the mind to absorb while in a child-like state of mind. The information helps you to improve the long-term memory.

You can use headphones with some sessions, or you have options to listen to sound waves without using headphones. One of the options available in some of the programs offered today is the "Wake Up" call. Use this session, rather than digesting caffeine to start your day off right.

**How it relaxes the mind:**

The sounds of waves targeting the alpha and theta brainwaves bring you to relaxation. Rather than putting you to sleep, you can choose learning options to enhance your ability to function in the workplace.

The calming sounds enable you to focus on what you are doing, while you feel the lift of moods. The moods set you free, relieving stress so that you can improve the memory to work efficiency.

You can follow the complete steps to get the most out of relaxation. You can also choose to keep your eyes open, continue working while the sounds take you to a child-like world where long-term memory comes alive.

You have configuration commands, or you can use defaults when listening to the sounds. After periods of listening to the sounds, you will hear a woman's voice tell you are you motivated and feel excited about life. She repeats the words, so that it triggers the emotions, thus making you feel motivated, as well as excited about life.

The psychological concept is to bring you to a trance-like state, which will help you to focus, rather than dwell on negative emotions that drag you down.

Right now, the excitement of exploring brain enhancement sounds and visuals is taking me to the point of continuing to discover the many ways offered to guide to relaxation. The modality in today's software allows you to choose your patterns that fit your moods.

## **Brain Enhancement Modality**

Modality in some brain enhancement programs gives you a few options. You have the option of choosing visual, which helps you to see and show your feelings easier. You have auditory options, which improve saying and hearing. You also have kinesthetic options that improve your feeling and taking action abilities. The notion is to improve long-term memory, so that you can work, study, efficiency.

The modality functions allow you to employ tools to process information, which is based on your personality, culture, or genetic attributes. Some of the tools allow you to use sole dominant modalities to process and improve memories. If you want balance however, you have options as well. Select any option that fits your profile and let the programs take steps to helping you find relaxation.

### **How does the modality work?**

It works in a way that you can get the most out of studying, learning, working, etc, by learning which modality benefits you. You can program the mind with modality to fit prime learning abilities that give you the most powerful capabilities.

The programs today offer you hundreds of high-quality visual and audio sessions, which you can export CD, or any WAV integrated system you like. You have choices in recording with microphone or using the “Text-to-Speech” utilities. You also have scripts to modify hypnosis, or edit tools. The tools in some software allow you access to dual inductions. You can

create sessions suitable for you, by choosing the Professional editions. Some software has integrated selection options giving you control over affirmations, suggestion, scripts and sound files. You can connect with some programs, connecting to Audio Strobes device, or take advantage of extensive e-book documentations that guide you to relaxation.

### **How do kinesthetic features work?**

The kinesthetic features target sensations of the body's ROM or range of motion. The sensations will trigger perceptions or senses of motion, including weight, position of muscles, tendons, joints and so on. The concept is to stimulate the nervous system and cells to ignite the brain to produce effectively.

### **Can these programs help improve my willpower?**

Sure, the programs offer sound waves that target willpower. If you lack willpower to stop smoking, drinking, etc combine addiction options with willpower choices within the program to seek help. The sounds will relax your mind; empower the mind strangely, as you start to feel relaxed. When the body and mind is relaxed, it opens room for willpower to fight addictions or improve the memory.

### **Are there free programs offered to me?**

Online you will find trial versions. You can try out the software for a few days. The disadvantage is you will not have all the tools offered within the programs free to use. You will have a wide array of options however, which can give you an idea of how the programs work.

### **Can the programs boost my energy level and motivation?**

Energy and motivation is available with some programs. You choose options within the program that focus on boosting energy and motivation. Once you have made your selection, find a quiet area to eliminate distractions. You want to rest in comfortable position. Closing your eyes can help you get the most out of the program sounds.

### **How do I choose sounds?**

You have options with most programs to customize sounds. For the most part, you can enjoy the sounds offered to you, which are customized to fit a wide array of cultures and personalities. You also can browse to find new sounds online, download to the program and then setup, as you like. You have many options with today's brain enhancement programs, so take time to explore your choices. User sessions allow you to customize the programs to fit your needs.

### **Brain Enhancement User Sessions**

User sessions integrated into some of the brain enhancement programs give the option of choosing the session that fit your mood. For instance, if you are feeling overly stressed, you can select options that help you to manage stress.

Listening to the sounds carrying your mind into a child-like state will help improve long-term memory. Creative sounds help you to relax and to reveal the repressed memories that hinder you from using the creative mind to work

efficiently. The programs offer visual tools that help you to see things in a fuller light and to show in words how the light can benefit others.

Auditory options work to improve how you communicate. As well as how you relate to communication when talking to others, by improving hearing. Kinesthetic choices improve the way you perceive, which helps you to express feelings and take action effectively.

The programs work close with your personality, culture, or genetic attributes. Tools integrated allow you to customize the program so that you achieve balance, or effects that benefit your personality and culture, as well as genetic factors.

The programs combine voice and sounds to help you achieve your missions in life. That is if you intend to improve your creative skills, voices will repeatedly tell you that you are creative and open to create using innovative thoughts.

The advantage of today's programs is that you are not restricted. You have options that include WAV, which allows you to enjoy visual and audio sessions by exporting the relaxation sounds to CD. Recording gives you the option of using microphone or using the "Text-to-Speech" utilities.

Scripts are incorporated so that you can customize the hypnosis effects, using editing tools. Dual inductions allow you to create your own sessions in affirmations, suggestion, scripts and sound files. You have many options available with today's software.

### **How difficult is the programs to learn?**

The programs are not difficult. If you take time to explore you will find that the programs are easy to use, or you can use the wizards provided to get the most of your software.

### **What can the programs help me accomplish?**

Improving long-term memory is one accomplishment that you can achieve, using the brain enhancement programs. You can lose weight, start up exercise routines, and better your business skills or student abilities. You can fight addictions, break bad habits, and learn to relax, or improve your creative thinking abilities. You have so many options available to you with today's programs.

Do the programs work?

If you have a need, or desire to improve your life, yes the programs work. If you can follow a few set of instructions, and willfully apply yourself, yes the programs will work. If you feel some confidence, the programs will benefit you further. The programs use training and orientation stimulations to target alpha and theta brainwaves, the nervous system, brain cells, etc, so it is inevitable that most of these programs will work.

### **How can the programs help me to relax?**

Combining sounds and voice, as well as relaxing techniques the programs can help you to relax by allowing you to connect with your inner child.

Connecting with your inner child puts you in front of the long-term memory, which can only enhance your abilities to open the mind up to learning.

You have many options in today's technology advanced programs. The

programs use neuro feedback to help you relax and to improve your memory. The only sure way the programs will work, is that you take the time to put the programs to the test. Once you test the programs, you will find relaxation sitting in front of you. Brain enhancement tools offer you solutions to relaxation.

### **Brain Enhancement Tools for Relaxation**

Brain enhancement tools for relaxation are integrated into some of the programs offered today. The tools offer you the ability to customize the programs to fit your personality, culture or genetic structures. When you feel weighed down with stress, using the tools give you the advantage of discovering relaxation in a new light.

### **How do the programs work?**

The programs employ voice and sounds. Using voice and sound combined daily can help you to achieve your goals. For instance, if you want to exercise, yet find it difficult to get started, listen to the program sessions that play sounds and use voices that tell you, “You enjoy” working out. Listening to someone repeatedly tell you how much you enjoy exercise on a daily basis will inspire you to begin exercise regimens.

### **How do the programs improve memory?**

Again, when someone is repeating in your ear with sounds or waves backing them, listening on a daily basis, your memory will feel improved as stress ceases. Listening to the sounds puts you in a child-like state, proven to enhance long-term memory. Using auditory sounds can improve your

communication skills, since the programs target the alpha, theta and kinesthetic aspects of your personal makeup.

The sounds target different aspects of the brainwaves. Alpha is the set of brainwaves that places emphasis on how you relax and what the brain can do to improve the memory. The software today employs voice (neuro feedback) and sounds to trigger the alpha and theta brainwaves, which submit signals and messages to the bodily cells and the brain.

Triggering the major aspects of the brain's functionality can improve creative thinking abilities, cognitive thinking, and memory and so on.

The programs today trigger alpha and theta based on your personality type. The sounds and visuals put you in a child-like state, which takes you back to your youth. When a person feels young, it helps them to relax and feel confident. When confident passes over the mind, thus improved memory is available.

The brain composes billions of cells, which in medical terms is known as neurons. The neurons send electrical messages to other brain cells, which produce scores of electrical activities that trigger the brain. The signals and messages help the brain to detect through sensors interruptions that cause stress, or signal the body to take action. The software today uses sensors that target the brain, which assists in guiding you to relaxation.

### **How do I choose options?**

It depends on the program. Some programs give you options in selecting tone, auditory beat, noise filtering, sound filters, hemispheric synchronize, photic stimulation, and so on. You will find help with customizing alpha and theta to fit your needs, as well, support is available to help you enhance sports. You have headache relief, fibromyalgia relief, chronic pain relief, insomnia recovery, blood pressure balance; depression control, energy inspirational sounds and more.

Additional options with some programs include help with sleep induction, PMS relief, anxiety relief, stress relief, chemical deficit relief, immune enhancers, help with ADD or ADHD, and so on. Beta sounds and voices are used to control symptoms for those diagnosed with ADD or ADHD.

### **How did these programs come about?**

The programs back EEG research and testing. Using EEG's experts were able to notice reactions within the brain that caused stress, and the sounds, waves were noted to show positive reactions. Thus, researching EEG's and responses started others to believe that sounds combined with voice could improve the brain's ability to function. Of course, other research played a part also. Studies were conducted, testing students while employing music to find positive results. Understanding the brain can help you see how brain enhancement solutions can benefit you.

## **THE Brain in Enhancement Solutions**

Understanding how the brain works is the start to finding solutions for relaxing, improving memory, and so on. The brain affixes to the nervous system, which it relies on to receive signals or messages.

The nervous system is the anatomy that has many physiology views. The brain starts receiving messages from neurons, which make up billions of cells. The basic functions use the nervous system to transmit neurons that consist of cell bodies. The cell bodies extend to dendrites, axon and finally to surroundings that make up myelin sheath, or myelinated neurons.

Experts in brain enhancement studies believe that dendrites play a huge part in the brain's ability to produce healthy cells. Dendrites are branches of extensions that reach to the nerve cells to receive electrical signals from one neuron to the next. Once the signals are sent, the cells conduct signals, sending them to the cell bodies. Within this structure are minerals.

While brain enhancement researchers and experts have part of a solution, the fact is neurons conduct impulses to the synapse and to the muscles, organs and glands. At this point neurotransmitters, including serotonin, acetylcholine, dopamine, gamm-aminobutric acids, endorphins and norepinephrine kick in to help submit and conduct impulses to the synapse.

The synapse is gaps amidst nerve endings, which junction amid two nerve cells shaped like clubs, touching the tips of the nerve fibers and nearly

touching other cells that transmit signals to the brain. The synapse reaches the Central Nervous System. (CNS)

Now, here is the area of concern, which brain enhancers use neuro feedback to target the nerve cells, but will it touch the main section (CNS) that joins with the brain and spinal column, which contains four joining lobes that separate into 'two hemispheres' and contain:

The frontal lobe: this lobe is the storage site where our personality develops. The lobe holds our intellectual function abilities and motor speech. The lobe branches to the second lobe, i.e. the parietal lobe, which is where our sensations are stored and integrates with sensory information from the spatial relation. The lobe joins with the temporal lobe, which is how we can hear, taste, and smell and speaks. This lobe joins with the occipital lobe, which gives us the ability to see.

Brain enhancement software focuses on kinesthetic, which make up our personality, genetic factors and our culture. We see a pattern of potential support in some brain enhancement solutions offered today.

The lobes connect to diencephalons, which consists of thalamus, as well as hypothalamus. The two elements transmit signals, relaying sensory impulses that trigger pain, body temperature, and finally touches the cortex within the brain. The signals move to hypothalamus, which controls the body temperature, blood pressure, respiration, and emotional states. Now we see that biofeedback tactics can be used to induce hypnosis and relaxation through brain enhancement solutions.

The body's temperature, according to experts when it rises and falls plays a part in how the body and brain responses. The midbrain channels down from the hypothalamus, which consist of tectum, channeling to the cerebral peduncle, and then onto the pons, the pons consists of pons dorsalis, pons ventralis, and extends to the medulla oblongata that houses the cardiac center, vasomotor, our ability to vomit and the respiratory. We see a pattern in brain enhancement solutions, yet we do not see where the solutions cover all aspects of the brain.

The brain channels downward, until it comes in connection with the "pyramidal tracts decussate" slightly above the medulla oblongata. The elements channels to the cerebellum, which gives us coordination, movement, muscle tone, posture, and equilibrium, now we see how yogic practices were incorporated into brain enhancement solutions.

The elements extend to the blood supply, which goes to the brain from the internal carotid artery, Willis circle, and vertebral arteries and to the reticular activating scheme that coordinates sensory input, as well as regulates the level of responses to stimulus and to arousal.

We can continue to the parasympathetic activity center, where cholinergic responses start to understand the complete makeup of the brain and how it relates dramatically to the central nervous system, which humankind is yet to understand completely to deliver the ultimate brain enhancement solution. Guided relaxation is found to a degree in today's brain enhancement solutions.

## **Guided Relaxation in Brain Enhancement Solutions**

Finding solutions to relaxation, improving memory, and brain enhancement is something that nearly everyone is considering. Today, these people have easy access to CDs, videos, software, educational programs and more that employ accelerated learning, biofeedback, neuro feedback, and guided relaxation into the schism to deliver unsaturated schemes to help the mind relax.

Since the brain signals the nervous system, sending and receiving messages to body cells, nerve cells, alpha, theta and the central nervous system, the prime focus in brain enhancement is the tools that target these aspects of the human brain.

The brain functions in a way that it signals billions of cells that consist of cell bodies. The cell bodies make up dendrites, axon, which is protected by myelin sheath, or myelinated neurons, surrounding the area.

Brain enhancement solutions focus primarily on dendrites, believing that this part of the brain can interrupt the memory, relaxation states and so on. The brain enhancement solutions often target impulses that transmit signals to the brain, such as the muscles, nerve system, dendrites, and cells and so on. To get optimism result however, the solutions must also touch every aspect of the brain, which involve muscles, cells, joints, tendons, cartilages, etc that work in union with the other. One of the main areas the brain enhancement solutions must reach is the gaps that reside amidst the nerve endings working in conjunction with two nerve cells that touch the tips of the nerve fibers.

These cells also come close to touching other cells, which send out signals to the brain. This main functioning source is the synapse that touches the Central Nervous System. (CNS)

Guided relaxation and brain enhancement is discovered at these channels. The channels provide the body neuro feedback, which signals nerve cells and body cells that signals the central nervous system and joins with the spinal column past the brain. Here is the central components within our bodies that signify how our body and mind responses to stimulus.

To achieve the ultimate brain enhancement solutions, someone has to target these areas, as to reach the parasympathetic activities. These activities are part of the nervous system as well, which divides into ‘two division’ within the nervous system that controls our involuntary actions and unconscious bodily functioning capabilities over the autonomic nervous system.

Sure, brain enhancement software programs focus on kinesthetic that involve our personality, genetic contributes and culture, yet where does it cross the line to handle the aspects we long have needed to ignite the central nervous system to function properly. When the central nervous system activities fail us, we can endure headaches, loss of coordination and balance, dizziness, faints, seizures, pain, vomiting, nausea, mental confusion (Dementia), muscle weakness, memory impairment and so on.

To improve our state we’d have to find ways to control the parasympathetic activities by aligning the spinal column. The spinal column is our skeletal axis that protects the spinal cord, which affixes to the brain. Interconnecting

vertebrae affix to this area, which encloses and protects the spinal cord.  
When this is out of line, it is evident that interruptions are coming from the:

Neurons: Nerve cells

Basic structure

Nervous system

Four lobes at the brain

Thalamus relaying unit

Hypothalamus controls

Brain stem

Medulla oblongata

Cerebellum

Spinal cord (Trigger point)

CNS

Cranial nerves

Etc.

What happens when these areas are confused?

Memory impairment

Numbness or tingles

Muscle weakness

Changes in the level of consciousness, or LOC

Abnormal pupil reactions and size

Positive Babinski reflexes

Loss of coughing abilities, gagging, oculovestibular reflexes, oculocephalic,  
and corneal.

While this is merely an example of what can happen when the CNS affects the spinal cord, thus it is the start to finding the top brain enhancement solution to benefit us all. You have alternatives, so check your options.

### **Brain Enhancement Alternatives to Relaxation**

Do you feel stressed? Do you feel like the world has tumbled on your shoulders? Do you feel that you have no other recourses to pull you out of the gutter? Do these emotional responses cause you to feel fatigue, lack motivation, or feel that relaxation is out of sight? Do you see these feelings of despair causing you to feel hopeless? Is the condition affecting you mental awareness and perceptions?

If you said, yes, then you need some support to help you find new ideas to get out of the rut you are in. Technology has advanced to the point that now you can find support online, at your local library, in class, etc. Students, business personnel, homebodies, etc can all benefit from brain enhancement solutions.

### **How the enhancement solutions benefit you:**

When you feel as the world as overloaded you with stressors and that you have no alternatives in sight to help you cope. You need solutions, proven to guide you to relaxation.

Instead of assessing you life right now, go online and download free brain enhancement software that incorporates voice and sound to help you relax. Use the programs to relieve repressed memories, stress, anxiety, pain, and

more. The programs offer you solutions in opening the mind up to persuasion or suggestion that helps you to develop skills. Develop skills lead to memory improvement, which ultimately helps you to solve problems easier.

Brain enhancement software enables you to import music, downloading it to the software from online resources, or WAV capability devices, such as MP3 players. You can also export sounds to MP3 players. You have “Text-to-Speech” commands, which allow you to voice your own sounds and voice to the program or you can use microphones to command the program.

Using super features, you can select from a list of recordings. The recordings are important to users, since this gives you sounds and voice that helps you to relax. The list may include help for: addictions, business, charisma inspiration, opportunity, making appointments, success, winning attitudes, taking charge of your life, confidence boosters, creativity, focus, alert, goal setting, motivation, happiness, health, optimizing health, healing, motivation, energy, self-esteem, releasing emotions, positive thinking, etc. Use the commands that support your self-esteem especially if you answered each question above, with a yes. Other options include relationships, confidence, relaxation, slow breathing, self-esteem, sociability, stop smoking, weight loss, etc. You have willpower options and breaking bad habit choices also.

You can preview the options before beginning a session with some programs. You will need headphones and LED goggles to use with some sessions.

The programs today use repeated voices that tell you positive notes that lead you to improve memory. Using the programs each day is logical, since when you hear repeatedly voices telling you that you enjoy the feeling of good health and having healthy lungs, in time you are likely to put that tobacco down. When you hear that people respect and appreciate you, in time you will develop social skills that help you to interact with friends, family and people in the workplace.

The programs offer you supper tools for learning, sensory modality, wizards, headphone tools for testing audio sound, a selection of user sessions, recordings, scripts, sessions and tools that benefit you by helping you to relax.

Noticeably the sessions will relax pain. Even if you did not choose the chronic pain relief option, the relaxation states will reduce pain. The programs can offer you relief, so instead of having the world hate me blues, take action now to enhance your brain's power to guided relaxation. The benefits of brain enhancement programs can bring you many rewards.

## **Brain Enhancement the Benefits in Learning Solutions**

Is it possible that combining sounds with voice can give you benefits in learning effectively by improving the brain? Listening to sound waves fill your brain without background noise or interruptions, and gradually hearing voices repeat twice in the scene that you have the power over you can, will, and has proven effectively in helping you to learn faster.

The programs involve music or sound waves that guide you to relax. Careful, since some sessions will make you feel tired, and want to take a nap. Not good if you have work, to complete in little time to finalize your project. You want to choose the sounds that fit your needs. The programs enable you to customize the sounds, voices, and sessions to fit your needs and mood at the current time.

The programs offered today target beta, which involves frequencies that control awaken states, alertness, etc. The sessions trigger alpha, which involve frequencies also that guide us deeply to relax or to stay alert. Theta is targeted as well, which is our light sleeping state or ultimate relaxation stage. Delta is our dreamless sleep stage where we rest peacefully.

Beta alone when triggered can increase the mental abilities, awareness, IQ, alertness, and to reduce anxiety, rather replacing it with ambition. Beta uses rhythm sensor monitors that rate to ROM or range of motion, body motion, etc that enables us to concentrate or control our will to sleep peacefully. Stimulating beta is a sure way to find relaxation and to improve memory and enhance the brain.

Beta plays a large part in our attention, intelligence, stability, moods and so on. Alpha controls sleep. To achieve a deep, recuperative rest, alpha must be working properly. As we age however, alpha declines in its abilities, simply because most people fall short of using the brain daily to its entirety. Alpha puts us in that mental state that opens the receptors and room for suggestion. We daydream by using alpha, which ignites the imagination.

Theta allows us to nap, or relax completely. We can use theta to program the mind through brain enhancement recordings. When suppressing theta we can augment our ability to concentrate, or focus. We can feel relaxed, in a dream state or feel good while programming the mind to do as we intend.

Delta is the force that guides us into deep sleep, or dreamless states. The brainwaves move in slow bands and allow the body to heal. This is an unconscious state. When delta forces are hindering us, we can use sounds and voice to activate other elements of our brainwaves to get back on track. Still delta offers us great rewards, since we can use brain enhancement solutions to find relief from fibromyalgia, migraines, chronic pain conditions, high blood pressure, etc.

Brain enhancement software helps you to relax by employing sounds that target alpha and theta. If you experience chronic pain, the sounds trigger delta so that you can find a deeper state of relaxation.

The programs offer you tips to help you get the most out of using the software. You have super options that allow you to select options that benefit you. For instance, if you need healing support, you can choose the option.

Sounds will start which carries on a few minutes and then fades when a voice kicks in and tells you, you have the power to heal. Use the tips as guides to get the most of your brain enhancement software. Other options are open, including Mind Spas, instruments, or other musical training solutions. Take time to research, finding the best solution for you. Perhaps the latest brain enhancers take the mind over the power it can absorb.

### **Brain Enhancement the Mind that Goes over Power**

Mind over power is the previous suggestions offered to help us to relax and improve memory. The proven solution has benefited hundreds of people that have employed the solution into their life. Yet, when the world became more stressful and many disorders became evident, experts had to reevaluate to come up with brain enhancement solutions.

The solutions include involve that allow you to interconnect with sound waves and voices that guide you to relax the mind. You can customize the sounds, voices, and sessions to fit your needs or moods. Close your eyes when listening to the sounds and voice, since it opens up your mind to the power of suggestion that takes you into the power of the mind.

The sounds include ambient horns. Ultimately what seems like fans blasting in the background, only the waves are nil of background noise. The programs use white noise solutions, which is noise of mixed frequencies at low-volumes to send electrical or else radio noise of equivalent intensity over a wide selection of brainwaves. The sounds strike the beta waves that control awaken states, alertness, and so on. The sounds trigger alpha, the

frequencies that guide you into a deep sleep, or relaxed deeply state, or to help you stay aware.

You will need headphones for some sessions, while others do not require the use of headphones. In addition, to use the programs you will need LED goggles to join some of the photic stimulation sessions. The flashing lights may blind you otherwise. If you do not have goggles, you will need to adapt so that the lights do not freak you out.

The programs trigger theta, which takes you into a light sleeping state. The purpose is to guide your mind to relaxation. The sounds trigger delta to take you into a trance-like state where you feel peaceful and relaxed.

### **How do the programs benefit me?**

The sounds and voice trigger beta, delta, theta and alpha waves. These waves when stimulated promote our awareness, mental abilities, IQ, alertness, and reduce anxiety. At what time anxiety is reduced our ambitious shine through. The sounds and voice trigger our sensors and motion of the body. When these elements are triggered, it allows us to concentrate. Memory is improved by inspiring concentration.

The sounds also trigger beta, which stimulates our intelligence, attention, emotion, moods and so on. The sounds also trigger alpha, which helps us to sleep peacefully. When alpha is ignited, or stimulated it can also increase our will to open up to suggestions by improving our reception abilities. This state also allows us to daydream, which the sounds trigger to inspire our imagination.

To battle insomnia, or sleeping disorders the sounds trigger theta, which allows us to nap during the day, and completely relax. Suppressing this state of mind can increase our abilities to focus or to stay alert while feeling relaxed.

The sounds help us to program our minds so that we use power of the mind to take control over our brain's abilities. Sounds triggering delta guides one into a deep, recuperative sleep. We are not dreaming in this state. Rather, the brainwaves slowly move to healing the body through an unconscious state. When triggered, delta can help us to cope with chronic pain, fibromyalgia, migraines, or can regulate blood pressure.

As you can see, software with brain enhancement tools can offer you many benefits. You have the ability to enhance the brain's ability to function at a faster level. In addition, your body and mind will not feel worn from lack of sleep, relaxation, or excessive stress. Using voices within a program, you can learn ways to relax.

## **Brain Enhancement the Voices within**

### **How dual inductions work to fill voices within you:**

Using dual inductions, you can control the right and left-brain. The programs today use voices to draw you into a hypnotic state of mind. It is similar to an echo where two men's voices on each side of the brain work in union to guide you into relaxation. The men echo from side to side in a whispering tone to guide you into a trance-like state that allows you to relax. You have permission to feel relaxation, as it is natural. You have authorization to challenge your level of relaxation, since it is natural and effectively in enhancing the brain's abilities.

Dual inductions are first threatening, so you may feel tension. The distinctive method used makes you use both sides of the brain, which is the trigger that causes fear. It is ok to use both sides of the brain, since this is the way to improve your memory and to enhance the brain's abilities to function effectively and quickly. At this point, I feel from examining the programs a need to clean my house. As you can see the sounds, or voices, and/or voices and sound combined give you energy and motivations you to take action.

The latest programs in brain enhancement combines accelerated learning techniques, yoga practices, mind over matter practices, sounds, voice, and use each method to target the brain at all angles.

### **Brief review:**

After testing the programs, I believe that rehabilitation is part of the solution. In summary, we can use treatment, therapy, healing practices, remedies,

psychoanalysis to combine voice and sound to rehabilitate the degenerated mind. As we start to age, and as we will continue to live in an extreme demanding world our mind's start to degenerate, whom it takes the power within us to restore what is lost.

**How brain enhancement facilitates you access to pulling up innate abilities:**

Brain enhancement programs offer you aid to pull up the innate abilities instilled within you from creation. Pulling up these, abilities allow you to take back control of your mind and body. Combining the power of suggestions, programs today help you to relax and to improve memory with proven solution to benefit you in many ways and by allowing you to pull up those innate abilities.

Using voice, visuals and sounds the programs guide you to relaxation, yet you feel an enormous power awakening with you that guides you to take actions, solve problems, and relax and to take control of your mind. The programs enable you to pull up those innate abilities so that your life is more productive in all areas.

Using previous psychotherapeutic strategies, including analysis you can pull up those innate abilities quickly by applying brain enhancement solutions.

Some of the sounds include ambient horns that surround your area, producing a type of instrumental music as well as repetitive sounds that contain soothing electrical sounds to create a relaxing, calm atmosphere.

To get the most of the programs session use, you want to feel comfortable. Go to a quiet area in your home, lie down and let the sessions handle the rest. Don't feel surprised if you feel like napping while listening to the sounds, since it calms and relaxes you. The brain enhancement solutions use white mixture noise frequencies at low-volumes to create electrical sounds that blocks background noise, yet you want to reduce distractions to get the most of the programs use. To find a program that fits your need, explore the net where a web of links will channel you to brain enhancement programs of all sorts. Get prepared to optimize your mind.

### **Optimizing the Brain for Enhancement Solutions**

What does it mean to optimize the brain for enhancement solutions? What it means is to use sound, voices or visual aids to trigger the brainwaves so that they activate, working with cells to enable you to use your abilities to perform, or relax. Ambient sounds play in the background, producing a type of instrumental music that employs repetitive tones to sooth the mind through electrical sounds, which creates calm, relaxing atmosphere.

Studies indicate that when the body and mind is relaxed, memory improves. When the memory improves, the brain find's it easier to send and receive signals and messages from nerve cells and nerve bodies. For this reason, brain enhancement solutions are optimizing the brain.

Optimizing the brain is the process where you work with techniques through brain enhancement to enhance effectiveness of the brain's functions. You can use the programs, instruments, learning courses, etc offered in the line of

brain enhancement to your best ability and find relaxation with an optimizing brain. The solutions help you to use technical problems combined with best possible solutions to solve problems by connecting with the cognitive mind, creative mind, logic, reasoning mind, etc, to solve conflicts through careful competing considerations.

The process is similar to computer optimizing. Rather we are dealing with the human brain. In computer, optimizing developers and designers write concise program instructions for tasking, yet using as few lines as possible to program the scripts. This maximizes the computer, thus speeding it up, and making room for efficiency or programs executed.

Like computer optimizing, we have the ability to write our mind in few lines as possible to max out on our ability to execute abilities that benefit us.

Brain enhancement programs use specially optimized tools, scripts, features, etc to create a program with less lines, which you can execute programs easily and swiftly. The concept is to give you the same advantages, (i.e. learning faster) while developing new skills, which you already have within you, yet has not developed fully.

The human mind is made up of alpha, theta, delta and other brainwaves, as well as serotonin, dendrites, cell bodies, cells, nerve cells, nervous system, spinal cord and so on. Studies show that brain enhancement solutions can trigger several areas to optimize the brain. To optimize the brain however, users have to participate in sessions, and follow exact strategies as laid out

by the programmers to max out on program execution, including brain-executing commands.

Brain enhancement studies have gone on since the 70s, which a series of other studies took hold and lead brain enhancement solutions to the worldwide net.

**How to discover brain enhancement solutions fit for you:**

Now you have a wide array of options, yet the options follow suit behind mind over matter, power of suggestion, accelerated learning, biofeedback, etc. To explore brain enhancement solutions, you must examine the world of solutions that offer you ways to optimize the mind. Look for accelerated learning CDs, videos, DVD, courses, etc, as well as solutions in biofeedback, which include watch winders, EEG devices, respiratory regulators, etc.

If you want to optimize your brain, you will need to take action. Sitting back, thinking about taking action is getting you know where. Stay informed about the latest solutions so that you find the best options fitted for you. Go online and take advantage of free trial versions so that you can test the programs. Some programs give you 14 days to register the software, which is sufficient time to explore the features that guide you to relaxation and to optimizing the brain. Get in on the photic solutions.

## **Photic Brain Enhancement Programs**

Photic is a stimulation tool incorporated into some of the latest brain enhancement programs, which the PS tool uses a series of strategies to help you relax. Photic stimulators use your eyes by allowing you to visualize flashes across your screen to fascinate the brain. Rhythmic electric impulses send frequencies of lights that correspond to your brainwaves.

Flashing lights dance across your screen, or else strobe lights send LED lights, which require the use of goggles in some instances. You can use the lights as standalones to achieve relaxation, or else combine the lights with audio to send pulses to the brain.

Rhythmic impulses have proven down through the centuries to send the human mind into an altered state. Christmas lights, strobe lights, etc have all been employed to inspire interest of observers, which often feel relaxed after viewing the light frequencies.

Using similar tactics, brain enhancement program employ photic stimulations, using unique effects to get the mind to focus. Input coming from the lights sends intense visuals that affect the cortex and areas around the brain that ignite memory. In some instances, you must customize the light stimulators, so that it is not blinding.

Using square waves of photic stimulations, brain enhancer programs stimulate brainwaves to relax the mind, yet some people have experienced

seizures by employing harmonic procedures into a single session. LED goggles and light effects should be avoided if you endure seizures.

### **How do I use the features?**

To use the features, you will need to keep the eyes closed. The eyelids are the main target, which light passes over the lids to give a relaxing effect.

Photic stimulators compose colors to reach an effect that helps you to relax. Some of the popular colors are red, brown, orange, yellow, green, blue, indigo, violet and white. Red has showed results in increasing energy. Brown has proven to reduce symptoms from stress or depression, such as irritability. Orange has proved to ignite the creative mind, while yellow ignites insight. Green gives you a peaceful feeling that soothes the mind, similar to blue. Blue soothes also, which is great for relaxation. Indigo reduces pain, violet ignites spirituality and white ignites visualization.

### **More about colors:**

Colors, such as red will prompt the adrenaline, which increases energy. The color also produces ‘flight or fight’ responses, which can heighten anxiety. This is why photic does not use red as a standalone color, rather uses the color in conjunction with other colors.

Colors, such as brown reduces symptoms from depressive states, such as irritability. People with chronic fatigue or migraines can benefit from the colors red also. Red will also increase the immune system’s ability to function while regulating moods.

Orange will increase your appetite. The color will also slow blood flow rates, which is another color not used as a standalone. Yellow ignites insight and creativity, yet has been notorious proven to ignite anger also, so it should not be used alone as well.

Green has proven to give a peaceful effect, similar to the color blue. Green can reduce attacks from allergies, or MSG, and allergies to food.

Blue soothes the soul and is excellent for relaxing the mind and body. Blue boosts metabolism, which boosts energy. In addition, blue promotes the growth stage, and causes reactions, such as the brain releasing neurotransmitters. The pulse rate is effected by blue also, which it will slow, thus promoting natural breathing.

Indigo will cause the endorphins to release, which is great for pain reduction. Violet promotes spirituality. The color will also reduce food craving and irritations. White prompts visualization in a way that photic practices can combine a series of colors to achieve a specific goal. Brain enhancement and the links between put us in front of relaxation.

## Brain Enhancement and the Links Between

### **The link between peoples' peak experiences and learning through brain enhancement**

### **How is the brain enhancement machines connected to the brain's ability to process learning at an enhanced rate?**

When we talk about the brain machines and how they stimulate peoples' ability to learn, what we are really talking about is in fact simply a process of increasing brain coherence. Most people experience a process as one of the most pleasurable in life. It happens at what time people are making love, watching their children sleep, studying a great work of art or perceiving any sort of beauty, and generally at all moments of fulfillment, self-realization, achievement, peace and joy- the process of our brain's components rearranging themselves to accommodate them to reality in a new way. It's an occurrence that one psychologist referred to as having "peak experiences".

### **That doesn't sound too painful! What is there to know about having peak experiences?**

One characteristic of peak experiences is that they feel good. They feel so good, that most of us would willingly have as many peak experiences as frequently as possible. It is one of the most powerful human drives is toward peak experiences. Much of the energy and time we expend in our lives (in seeking or using sex, drugs, money, prestige, power, and wisdom) is devoted

to confused or misdirected attempts to have peak experiences. How great would that be, if we could have them at will?

So far this all sounds too good to be true; they feel great and they're when we learn best. Are there any downsides to seeking out peak experiences? If so, what are they?

Unfortunately, peak experiences are not that easy to come by. Throughout history there have been many attempts made by various people to devise techniques that would enable humans to trigger peak experiences, but these techniques (including types of yoga, meditation, fasting, drugs and religious practices) sometimes have harmful side effects, and virtually already demand discipline and long arduous practice. Discipline and practice are good things, in general, but in our skeptical and impatient culture, many people seek shortcuts. Too often, these shortcuts, ranging from voracious materialism to mindless occultism, end up leaving seekers dissatisfied, even more needful of peak experiences than they were when they took the shortcut. The result is then a loss of faith in the existence of peak experiences and higher states, a sneering dismissal of such levels of mental development as pure self-delusion by willowy souls too weak to face the facts about the cold, hard, brutal world.

So seeking peak experiences can be harmful. Is that where the brain enhancement machines come in? A safer way of triggering that state where we're at our most creative, peaceful, and where we learn our best.

Can people intentionally boost themselves into a higher order and induce authentic peak experiences? One way of approaching the problem is to find out what exactly are the components of the peak (or at the very least the pleasurable) experiences once these components are known, we might then be able to induce peak experiences by creating the necessary components. Here, then, we have a fascinating convergence of ideas and terms. First, religion, love, creativity and peak experiences, games, and all such intrinsically pleasurable events are linked by the fact that they give participants a sense of flow (such as is necessary for the maintenance of a dissipative structure), and this flow experience, while enjoyable, is not necessarily comfortable, since people will forsake comfort for its sake. Rather than comfort, flow has to do with problem solving and challenge; it generates a sense of novelty, wonder, and the joy of exploring a strange and new place. It is not boring, or easily mastered, but it stops short of causing anxiety, making it that perfect place at which to do all our best and clearest thinking and learning. Knowing the importance of relaxation can help you find a need for brain enhancement solutions.

The importance of relaxation when pursuing brain enhancement

How do the brain enhancement machines work to promote relaxation in the subjects?

Scientists have used the electromyography (often referred to as the EMG) to measure the electrical activity of the body's muscles (referring to muscle tension) and found that a short session in a flotation tank spontaneously

produces a more profound state of whole-body relaxation, meditation and stretching- techniques specifically designed to relax the muscles.

These mind machines and other devices like them put users into a state of profound relaxation. The relaxation occurs rapidly and spontaneously, however often some phrases used to describe the effect had by the machines are “instability”, “novelty” and “fluctuations”. Such words refer to a process that is certainly highly enjoyable for the subject, but still, the reader might think, full of perturbations and vaguely disquieting. What, then, does all this have to do with profound relaxation?

Stress and its effect of impeding logical thinking skills and normal brain reactions

Most of us are aware that humans, like all mammals, have an efficient evolutionary mechanism for enabling them to deal with a threat to their security. This mechanism is called the fight or flight response and it works as follows. Some external event triggers a rush of adrenaline and sharp increase in heart rate, causing the heart to pump blood more rapidly as muscles become rigid and tight, body temperature rises and we experience that well-known “adrenaline rush”. The threat or demand that triggers this response is a stressor, and the response itself is stress.

This response is certainly an excellent thing when we need to run in mindless terror from a predator, or fight to the death with our bare hands. Of course, it also wreaks havoc on our ability to think something through rationally and coherently. After all, who does have the space or presence of

mind to contemplate deep, profound and beautiful things when being chased through the jungle by a savage animal? With blood and oxygen forced to the muscles, away from the brain, the brain cannot operate as well as it normally would, which is the reason people have been known to make incredibly idiotic decisions when they are under a great deal of pressure and/or stress.

So how does this relate to brain enhancement and learning? How does it interfere?

Extreme stress has the same disastrous effect on the ability to learn as it does on the ability to think. People who are placed under severe stress (death of a loved one, or other traumatic event, for example) find it far harder to concentrate and learn productively compared to other people in a more relaxed state of mind.

The fight or flight response can be an automatic reaction to a single stressful event, but it can also be longer lasting.

Since stress-inducing events most of us confront in modern society consist not of rabid beasts but of subtle, insidious, or indirect pressures, which we can't directly confront or flee from...for example, jobs, a highly technological society, general fear of crime and/or violence, climate change, children, taxes, bills, and so on. most of us are never fully able to turn off our fight or flight response. As a result, we live in a constant state of low-grade, non-specific anxiety. In addition, if single, stressful events can cause us to become idiots, crippling our ability to think and learn, then perpetual

stress must need to have a similar degenerative, deteriorative effect on our brain functions.

As a result, in order to enhance our brains' abilities to learn, process and take in information, they need to be placed in the right environment; they need to be encouraged to relax. The brain enhancement machines offer our minds that chance- to let go, de-stress, and become more receptive to knowledge as a result.

## **Brain Enhancement Combining Software and Music**

Revolutionary changes are underway, which many results are sold on the market. Taking brain enhancement to a new level, technology has found a way to combine software with music to achieve relaxation. The combination crosses the line, since it allows you to program it to fit your needs, which means you have a solution that gives you multi-facet capabilities to control a series of complications. Using neuro feedback, technology developed the software that sends flashes across the screen whilst using music in the background to guide you into relaxation or self-hypnosis.

Amazingly, you feel the power of the program when you connect with headphones and goggles, or not using any devices to find relaxation.

The impact of the flashing screen will take you into a trance-like state, which you will then start to feel stress from the daywear down. Technology has incorporated into the software neuro feedback solutions that help those working at computers, long hours to cope with the stress incurred from the day. Using the software, you can connect with the sounds of ambient horns, which take you into a hypnotic state and slowly guide you to relax. The programs are ideal for relaxing while working. After testing the software, as a writer, I have seen results straightaway. While feeling over exhausted, no longer able to write, the program guided the mind to a point, nine articles were written easier, since the mind felt the results, i.e. relaxation and awareness.

Some of the latest programs have capabilities that give users choices in

customizing the software to fit your needs. Providing you with neuro feedback, the state of the art software targets the central nervous system and brainwaves.

### **How to find brain enhancement software:**

Roam the Internet. If you type in brain enhancement, you likely will come up with information, supplements, and some music-based products that offer you neuro feedback in relaxation. Typing in the keywords “brain enhancement music” is more effective and will take you to software, musical instruments and other neuro feedback products, which you can benefit from, as well you can download software to trail and then pay later.

Once you download the software, you will need to answer a series of questions. The first question is “Do you have headphones.” If you do not, don’t worry since some sessions offer you ability to listen to the sounds and relax without the use of headphones.

### **How do I choose options that benefit me?**

It depends on your mental well-being. If you are battling smoke addictions, drugs, or alcohol then select the option that helps you to fight addictions. If you want to improve energy, then select this option. If you are struggling with PMS conditions, check the option that helps you find relief. Motivation, relaxation, creativity, depression, meditation, study, learning, anxiety, stress relief, headache relief, and IQ increase are just some of the other choices offered to you in some programs. ADD or ADHD patients have options also.

If you want to improve your skills in sports, or improve growth cells, you have this option with some programs also. You can choose to improve your skills, and learning. Healing, immune system, insomnia, sleep induction, fibromyalgia or chronic pain is options with some software programs also. The program will ask you a series of questions, which you want to choose from the list the best options that fit you. For instance, if you have endured brain injuries, select this option. If you had closed brain injuries, select this option. Help is available for clinical depression, Fibromyalgia, chronic fatigue syndrome, traumatic episodes, and repressed memories and so on.

**The ability of humans to access an innate form of instant relaxation, and the way this effect is used in the construction of brain enhancement machines**

The opposite to the fight-or-flight response, an excessive relaxed response in the brain that triggers reactions in the body

Humans seem to have a second, innate reflex that is almost the mirror image of the fight-or-flight response that so debilitates their ability to think properly. Instead of mobilizing our bodies for outward activity, this second system mobilizes our bodies' resources for inward activity. The effects of this response include reduced heart rate, blood pressure and sweating, increased functioning of the gastrointestinal tract, relaxation of muscles, and increase in the percentage of oxygen and blood flowing to the brain. Also, the predominant type of electrical activity in the brain changes from low amplitude, rapid frequency beta waves, which are indicative of external attention, to the slower, higher-amplitude, more strongly rhythmical alpha an

theta waves, which characterize attention to inner expedience and are found in such states as meditation and contemplation. This reaction as been called the relaxation response, or the quieting reflex:

**Are humans the only creatures in which this ability is present? Is it even more apparent in other animals?**

The relaxation response is an innate human and mammalian characteristic. One thinks of how cats and dogs, for example, can quickly go from states of extreme arousal to deep relaxation, yawning, stretching, curling their tails about themselves, and instantly falling into a state of absolute rest. Unfortunately, perhaps because of increasing evolutionary pressures caused by urbanization and industrialization, humans seem to have largely lost the knack of instant relaxation. They have, sought however to develop many techniques or disciplines to bring on this beneficial state, including mediation, controlled breathing, progressive relaxation, biofeedback, and so on.

Interestingly, study after study has concluded that this state of relaxation is not only pleasant and stress relieving, but also leads to superior performance on both mental and physical tests. We know this instinctively when we talk about the value of being cool-headed in a tense situation or when solving problems; when we describe the superior performers in most situations as being as cool as a cucumber or loose as a goose, as well as when we claim that they made it look so easy.

What research has been done into this state of relaxation? What are the essential components of this relaxed state?

Scientists have conducted a great deal of research into this relaxation ability, and it seems that there are four key components to people being able to achieve it. These are the presence of a constant stimulus. (E.g., a pleasant sound or soft music playing in the background), a passive attitude (that is, the ability to let go of any distracting or aggravating external events), decreased muscle tonus (this referring to a comfortable and relaxed posture so that the least muscle work is needed) and a quiet environment, with a decrease in environmental stimuli.

How these principles are applied in the use of the brain enhancement machines?

The vast majority of brain enhancement machines are quite relaxing. One explanation is that they all provide the essential components of the relaxation response. In general, they produce a constant stimulus that is light, sound, body movements or vibrations, an electromagnetic field, or some combination of these elements. Users are encouraged to have a passive attitude, to assume a comfortable posture so that they have decreased muscle tonus, and to use the devices in a quiet environment. Thus, since stress hinders mental functioning and relaxation enhances it, the simple fact that the brain enhancement machines rapidly induce deep relaxation can explain several of the increases in mental functioning experienced by users of the devices.

## **The application of a technique called super learning for brain enhancement**

### **Learning the Theories in Brain Enhancement solutions:**

Recently, several tactics came to the market that helps people to enhance their brainpower. Some of the methods combine deep relaxation, which helps them to get the most of learning. Using input informational channels, students and others can achieve learning abilities faster than ever. Once the brain arouses, it can feel the power of retaining information easier.

Psychiatrists used hundreds of methods, which have also been used in worldwide schools, as well as universities. Moreover, a vast selection of researches has taken place, which help to confirm that the latest techniques can produce amazing results.

Students during tests showed improvement in absorbing information, retaining information and manipulating through problems, recalling a selection of topics studied in less time.

Psychiatrists ignited many researchers to discover various techniques that helped students to learn effectively. Students proved they could retain information deeply when relaxed, which studies produced results showing that students digested hundreds of words without a problem in a single day.

### **The Mind Boggling Solutions to Enhanced Brains:**

Today's language courses use music, relaxation strategies and so on in various schools, which students are given a vocabulary holding hundreds of words each day. In other schools where brain enhancement solutions were not used, students were given the same list and lost the information swiftly. When students have access to super learning tools, thus their retention rates improve to nearly eighty five percent and in a six month structure. The super learning has arrived. Brain enhancement is taught in various schools. Educators may argue in some areas that the tactics do not work, yet studies prove them wrong.

### **Learning the Super Way:**

Some of the elements in brain enhancement solutions are essential. The techniques allow students to study in relaxed settings, which combine synchronizing rhythms that trigger the mind and body. Some of the lessons target the entire body, which using techniques to guide students in relaxation has proven to increase the brain's ability to learn effectively.

Students are able to choose their own seat, rather than sit at arranged seating in brain enhancement programs. The students start the day off listening to selections of Mozart or strengthening rhythms that soothe the soul and mind. The music may include baroque or largo sounds. The concerts and composers help the students feel relaxed. The music played seems to relax the mind and body, as well keeps the breathing and heart rate at normal levels.

After several studies, brain enhancement solutions came into focus. The

solution proved that listening to music could slow down the heart rate and rate of breathing. Blood pressure also decreases. The brain's functions seem to stay at lower aptitudes, yet with higher frequencies of beta waves decreasing and starting alpha frequencies and so on. The alpha waves become apparently dominant to the beta waves. Students in brain enhancement courses are taught to breathe naturally. In addition, students are taught to relax and to enjoy music throughout training.

Truly you can see that brain enhancement programs can become beneficial to us all, which is why students, business personnel and others have the advantage to purchase products, such as CDs, videos, DVDs, etc, software and/or join online courses to achieve the brain power over enhanced solutions. When you enhance the brain's ability to function, you also build new skills. When you build new skills, you are on the road to success, which takes you to the journey you longed to enjoy. Take time now to explore brain enhancement solutions to see what these programs, etc can do for you.

## **Scientific Applications in Brain Enhancement**

Is it theory? Is brain enhancement solutions another theory that scientists have come up with to lead us to believe we have hope? Ultimately, are brain enhancement solutions a proven, fact-based logic that will give us hope in finding relaxation in an extremely stress-based world?

Should we consider that brain enhancement solutions employ a series of techniques that has proven to target areas of the brain, or should we take a flight to new resources that can help us to relax the body, mind and improve memory?

### **What do you think?**

Are brain enhancement solutions that employ a series of techniques combining deep relaxation with white noise solutions, photic stimulators, sounds that send electric sounds to the brain, and several other tactics a gimmick that misleads the world? Surely not, especially when many tests as been conducted with proven results that music, sounds, visuals, etc can relax the mind.

Down through the years scientist have tested, and conducted studies that showed direct results almost immediately. Using common elements of nature, technology worked alongside with scientists to develop proven schemes that guide us to relaxation and improve the memory simultaneously.

The tactics used has been promoted by scientists, medical experts, and by a

psychiatrists' who have employed in hundreds of schools and universities around the world, and in mental health facilities, these similar tactics. Researchers are spreading the news as they confirm that techniques employed in brain enhancement solutions results to outstanding increases in students abilities to absorb and process information faster. The students showed results of retaining information, manipulating and recalling a selection of topics discussed in one day.

Combing languages, visual aids, sounds, etc has proven that students can learn hundreds of words in the course of one day retain the words and recall them later with ease. During some studies, students reportedly returned good results. During super brain enhancement, with techniques used during study, students showed to retain at rates eighty-five percent higher than other students and this was six months later. The reports took a toll on those testing brain enhancement, which igniting the flames to promote.

Students are now benefiting from brain enhancement solutions in various schools worldwide. While the US hasn't yet employed brain enhancement strategies into their curriculums, some Universities and colleges are applying the techniques to their courses.

Brain enhancement has proven to augment the mind by allowing the person to relax and feel inspired to extract from their brain abilities to conquer. Sounds, or music is used in brain enhancement courses, programs, instruments, etc which send electrifying sounds that relax and calm the mind.

Brain enhancement uses techniques that guide you into deep relaxation. The techniques combine with synchronized rhythms to target the brain. At schools employing brain enhancement, once students go through preliminary instructions they are directed to whole-body relaxation techniques. Instead of forcing students to sit in one chair, students have the option of choosing any open chair in the room. Once the students are seated, sounds of musical instruments start to play, which play rhythmical soothing music. Concerts of Baroque composers play sounds that relax the mind. The players include Bach, Vivaldi and so on.

### **How does the brain work with enhancement solutions?**

The brain's mechanisms work in a way that it produces billion of cells at a single time. This means that the brain can process faster than we as humans can relate. For this reason, when the mind is relaxed certain elements slowly produce, which gives us time to process information, yet we only process bits and pieces rather than the whole.

### **The Theories behind Brain Enhancement**

The theories behind brain enhancement involve brain programming. Brain programming is integrated into a series of techniques, which promote food for thought. Disciplinary tactics, practices and theories from other solutions are embedded in brain enhancement solutions to help us program the mind. The goal behind brain enhancement is to ignite a person to change the way they react to certain situations. The way that a person reacts to external and internal stimulus is addressed.

The purpose is to help people create ways to control emotions and physiological reactions, including confidence, happiness, joy, anger, etc. The built-in tools in today's brain enhancers employ program tools that assist in increasing intelligence. Using some tactics, the program helps a person to control the mind, in turn controlling bad habits.

The theories behind brain enhancement believe that by employing electrical sounds, voice, repetitively can help a person to change the way they react by changing the human brain. The concepts are to help people put negative responses behind them and to change the patterns of the way they think, feel, or believe.

Once you get past a number of sessions, you will have the ability to focus, using the subconscious mind to achieve. Mind programs help you to reach your goals.

Innately, the mind is already pre-programmed, yet as we start to grow older, we are affected by influences, smells, tastes, sounds, lights, etc. The changes affect the brain in negative perspectives, which starts the degenerative process, which progressively moves as we fail to reprogram the mind to natural ways. Once you begin to program the mind, thinking naturally, you will start to feel relaxed. The mind will thank you for the weight you took off, and reward you with benefits, such as healing without medicines.

Your brain will thank you in other ways. Often we are victims of nutrition's, which our meats have additives that cause us to crave more. We can use our power of the mind however, regardless of man's contaminations to control

our cravings. Brain enhancement programs offer the advantages of using our mind to control cravings by guiding us to relax.

You can use the mind to make yourself happy. Studies show that when a person smiles for at least one minute, they start to feel happy inside. Using the mind, programming it can benefit you in many ways. Yet, sometimes we need aids, which are exactly what brain enhancers are, that is aids that help us to reprogram the mind.

Brain enhancement programs incorporate a series of instructions for you to follow to program the mind. Using the instructions to the fullest ability can bring you faster rewards. The programs offer you to gain back control over willpower, beliefs, imagination, senses, mental, etc by employing bio-computers interconnecting with humans and hyper-suggestibility to help you program the mind.

The programs use recordings, sessions, hyper-suggestibility, visualization, sounds, and voices, and so on to benefit you and aid you in reprogramming the mind. Options available in some programs include protocols, EEG data readings, scripts, super learning tools, play screens, sharing abilities and more.

The programs offer you customized features that allow you to adjust audio and visual settings to fit your mood, while focusing on your culture, personality and genetic elements. Using sensors, the programs connect with you.

Most programs offer you wizards, background information, links to support, learning tools, mental programs to benefit you and more. Take a quick stroll on the Internet to find the proven solution that will help you reprogram your mind. Taking action now, can make you feel younger ten years down the road.

### Sample Brain Enhancement Induction Program for New Employees

Brain enhancement is a training methodology that involves interactive learning through sounds, etc. Brain enhancement engages participants and gets them to apply their skills. Many corporations' orientation programs use a wide range of exciting alternatives to traditional training techniques.

### Collaborative skills

A typical collaborative skills workshop begins and ends with a celebration of diversity. For an icebreaker, which also serves as a brain enhancement activity, the instructor and participants might choose to fill out forms that give points for gender, job title and professional experience. The points will be important when the new employees form teams based on the highest team score possible; this can only be accumulated through diversity.

For example, if team members have seven different job titles, they could get seven points. If four out of five are human resources and the other is a personal assistant, they get only two points because they get one for each job title. The scoring will force teams to look for members who are diverse so they can get the highest score. This forces people outside comfort zones, if

everyone is from the same area they might cling to each other for support but their scores will suffer. They will get only one point for their company designation. The brain enhancement exercise encourages everyone to join different teams. Months later, ideally some relationships formed during orientation are still evident.

After the introductory exercise, activities might focus on how to start teams. New teams learn how to conduct their information-sharing meeting. In this exercise, participants can practice team orientation and conduct information sharing. Perhaps the morning might end with brainstorming or mind mapping to soothing music. Participants also learn and practice how to generate ideas and creativity, develop trust among team members, and manage change.

### The strength of diversity

By promoting diversity, corporate cultures contribute to creativity of the research and development long after new employees have learned the new ways of doing things. Emphasis on a requirement for mutual adaptation should be communicated clearly during orientation. A workshop is a great way for corporations to provide tools that will better assist employees to adjust to work groups.

### Ending with a bang

A great final activity is to have participants form teams and practice orienting this new team. They can increase each other's awareness of

collaboration, thereby relying on the principle that the best way to teach somebody is to get them to teach someone else. Team members might choose to select an aspect of collaboration that is important to them and design a skit or exercise to teach others. An especially valuable addition would be to have a company executive join each group to gain new insight on collaboration. This is also a great time for the company to welcome these new team members. Then after such a get-up-and-go mentality as is present in the presentations, teams should learn the importance of closure. They should be given a chance to conclude the class by sharing at least one new idea that everyone can benefit from.

There are many companies that provide classes in workshop components, and their employees frequently report that the active participation of new trainees helps them better adapt to and understand the new company. The valuable combination of both “green” and experienced employees studying skills together has created benefits for both sides. The enthusiasm of new employees stimulates the more experienced co-workers, and the experienced workers are valuable mentors for the newcomers. This implementation of brain enhancement allows companies to make boring orientation sessions become shiny beginnings for valuable new employees. The way students attitudes reflect on brain enhancement is spotted in schools worldwide.

## **The Way Students Attitudes Change in Response to Brain Enhancement**

The actions that students take in relation to their learning are developed everywhere, not just in the classroom. They develop at home and in the community too. As a result, the responsibility to create an environment where students have to take responsibility for their actions falls on parents as well as teachers and other school staff. While students certainly have responsibilities related to accelerating their learning, adults also have a responsibility too. They have to guide the students and be sure to create an environment in which students are encouraged to take responsibility as a result. That way students will learn more quickly, what sorts of behavior are expected of them?

Interestingly enough, by the time most children turn eight they have developed a concept of the purpose of school. Because most elementary schools have a strict structure, the majority of elementary-school aged students name expectation such as they must learn, they should do their work, they need to remember things for tests, listen, stick to the task at hand, keep out of trouble and go to school even when it gets boring!

These expectations change when students are placed in a school that is designed around the principles of accelerated learning. In those situations, students understand that they are expected to be actively engaged in the learning process, to take personal responsibility for their learning and of course, to resist the all-too likely temptation to negotiate with teachers to receive easier assignments. Additionally students are also likely to take part in productive and engaging discussions in class; they understand their

contributions are a necessary part of learning. They know they are expected to complete class assignments, but also to be participant's in-group work. Ideally, they are willing to express their ideas as well as politely listen to all ideas expressed by other students. In such a situation, they learn early on the basic principles of democratic discussion.

Of course, these expectations coincide with the expectation that they will be taught in a classroom environment that gives them the opportunity to actively explore and engage in content and ideas, engage them in fascinating and relevant assignments, and also provide an atmosphere that promotes the open exchange of ideas.

In order to be active participants in the acceleration of their learning, students will also learn indirectly about the concept of power and who possesses it, praise and who earns it, and authority and how and when they might be able to challenge it (of course, many children start learning this as soon as they hit the toddler years!).

Additionally, students will take responsibility for interacting with their fellow classmates in a caring and emotionally supportive manner, especially since they themselves would expect and value the same behavior in return. They also learn to understand and respect cultures, values and beliefs different from their own and learn to avoid the belief that their own values, beliefs and behaviors are more right or valid than those of other students. Ideally they will come to see school as a place not only to learn assigned curriculum, as elementary school students in traditional educational

environments do, but also as a place to learn about the students who are their peers; especially those who are different from themselves.

In schools that are committed to promoting brain enhancement, including accelerated learning. Students also grow to serve as ambassadors and agents for change. Their eagerness for the learning techniques make teachers more eager in turn to search for new programs and procedures, especially as these in turn promote the brain enhancement of the students. Parents' attitudes also play a part in changes we need to improve the mind.

### **Parents Attitudes Affecting Administrators Response to Brain Enhancement**

#### **The Way Parents Attitudes can affect administrators' response:**

The crucial relationship between parents and academic success of students is undeniable. Far too often, it seems that principals and teachers are one extreme or the other; either teachers or principals insist on the complete non-interference of parents in the educational process, or they mistakenly assume that parents must be involved within the actual environment of the school in order for the students to be successful. Occasionally schools feel that parents should be involved only in the school itself, and refrain from educating the children outside the set curriculum. This can lead to tensions between the home and educational environments and can put pressure on the children when one or both "sides" of the conflict attempt to exert pressure or influence in order to get their own way for more or less involvement in the child's schooling process.

Although it is certainly true that, the students of parents who are actively and deeply involved with and committed to the school itself stand every good chance of success, studies also show that a great number of activities outside the home are every bit as invaluable to the success of the children in their school. There are certain functions such as parental involvement in the homework process. These can help, but other intangibles such as the parents' ability to express their pride in their children's achievements, a desire for consistent communication with children and the educational system, pride, understanding and general enthusiasm for their children's educational experiences that contribute to their children's success in school. In these ways, parents are in a strong position to demonstrate their commitment to accelerating the learning of their own children.

It is of course also through the parents' active involvement at the school that parents are able to move from supporting the learning of their own children to supporting the learning of all the students. Most parents of course initially become involved in the school or classroom to support their own children. On reaching the realization that their own children thrive in the environment the school has set up for them, an environment in which all students are challenged and expected to excel, they move from being advocates for their own children to becoming the advocates for all the students in their child's peer group. In a school environment that encourages and expects success from all the students parents find they do not need to look out for their own children at the expense of the experience of other children in the classroom. Therefore, in this context, parents are in a position in which they may become powerful advocates for changes not only in their own children's classrooms but across the school itself.

It is important that parents understand they have significant influence when it comes to the educational policies and practices as they apply to the school's administration. Through connections in the community, the informal grapevine of PTA discussions, financial contributions and even threats to withhold support from elected officials in charge of school policy, parents are in a very real position to promote the success of change initiatives or, in contrast, easily derail them. This is another way in which parents may exert influence and have an impact on the adoption of a brain enhancement program that recognizes their own valuable contribution to the education of their children.

Bearing in mind, that they have not only an influence in the school environment...but also a responsibility to ensure the educational wellbeing of their children, and all children in the school, parents will be in a better position to demand changes for the better. In addition, parents can promote the adoption of a brain enhancement program that better fosters the education of the children as a whole.

## **The Actions of School staff that can support the process of Brain Enhancement**

Who are some of the most overlooked influences in children's lives and learning in their school environment?

Generally, when people think of the various personalities that are most responsible for the influence held over children in their educational environment, their minds immediately go to the teachers and possibly the school administrators. These are therefore the people who are most often targeted in connection with implementing brain enhancement into program, and of course people accurate in assuming that these people play a vital role in promoting the acceleration of learning for all the students, since of course these are the people who are in charge of the curriculum itself.

It is especially important, then, that parents do not fall prey to the tarp of assuming that only the people they see and interact with themselves when it comes to investigating the educational process and determining their children's school days are the be-all, end-all of influence on the children in the school. There is a whole other sub culture, if you will, within the school that parents outside are not exposed to, since they interact chiefly with the children and the schoolteachers and administrators; rarely, if ever, with the parents.

## **Who are these people?**

This often-overlooked group is nevertheless vitally important to developing and promoting the culture of the school. These are the actions of more overlooked school staff; those members who parents rarely see unless they themselves have a place within the school community. This description includes staff such as office workers, teacher's aides, cafeteria workers, school security staff, custodians and even bus drivers. All of these people have a prolonged contact with the children on a daily basis and have a profound impact on the promotion of brain enhancement. For example, teaching assistants have an effect on the culture of the classrooms in which they work. They join the teacher and students in negotiating a classroom culture. Even the ways in which parents and children are greeted at the front office of the school-by-school security invariably sends families messages.

How do these people influence the brain enhancement community?

By interacting with these people, children get an impression that parents who are not involved within the school may never know. By the attitudes of this other inner-school community, children get a distinct feeling whether or not they play a valuable role within the culture of the school beyond the classroom. They get an impression that they are a nuisance or an asset, and they also gain a more general impression whether or not the school is a kind and caring place to attend. All of these questions are easily answered, even if not verbally, in how staff members interact with students, teachers, and even parents, provided they too are active within the school.

How can parents determine if these staff members are promoting an environment for brain enhancement?

It is possible for parents to be more involved in their children's lives on this level, too. Members of community in which a school is located often fill staff positions and very often parents are recruited to fill staff positions. Because of their role as staff and community members, staff members serve as conduits of information and support between community, parents, and the school. In schools that accelerate learning for all students, staff members should exhibit behavior similar to that described for teachers and parents. Along with other members of the school community, they explore their assumptions about students and the work of teachers, administrators, and staff. Through this process, they become essential contributors to the culture of the school.

## **The ways in which the actions of district administrators can support brain enhancement**

How can actions of office administrators support brain enhancement?

District office administrators have the potential to be a great force for positive change within the school community. By definition, they serve as both internal and external influences on the efforts of the school to accelerate the learning of all students. Outside of the school, they monitor budget allowances and make executive decisions concerning the allocation of funds. In addition, studies focus on whether or not to adopt various programs (including, of course, programs of brain enhancement).

Within the school, they also have the potential to serve as an influence for the good. They have the opportunity to serve as partners with teachers and administrators, and they also have the ability to assist with professional development, curriculum development, and instructional innovations. They have the ability to institute programs according to the requirements of parents and according to the requirements of students. They can work with the parents and educators of special needs students to be sure these students receive needed services. District administrators, when they are operating to their full potential, recognize that people at the school level make the best decisions for their students and provide them support to carry out these decisions.

### **What else does the district office do?**

Outside of the school, district administrators perform other services to support schools all across the district. If they are doing their job properly, they serve as a buffer between schools and district, state, and even federal directives, shielding schools from some of these directives and providing support to implement others. Ideally, they will also maintain relationships with a wide range of companies and groups associated with the ongoing development of the schools. These groups include but are not limited to professional organizations, textbook publishers, technology providers, teachers' unions, colleges and universities, and other sources of support for schools. District administrators who are at the top of their game are also concerned that they stay current on curricular and pedagogical innovations, and then go on to share this experience freely with teachers, administrators and other school-based professionals in order to better promote growth within the school. In this way brain enhancement can be promoted across the district, rather than just in one school.

### **What is the flip side to this equation?**

Naturally, any group that has the power to affect change for the better can also affect changes that are less beneficial. While the superintendent and other district administrators are supposed to ensure that funds are used fairly and take care that schools serving low-income students receive funding that at least equals that of other schools, this is not always the case. Too often certain schools find themselves sort of funds due to an inadequate balance of money.

Similarly, although these administrators are supposed to make difficult decisions with students' best interests in mind this sometimes falls short of the goal. For example, they may remove inadequate teachers or principals, or they may eliminate programs that they feel no longer serve students even when these decisions may be unpopular short-term. Sometimes they can make accurate and intelligent decisions. Yet at other times, the decisions they make are not influenced by concern for the children. Rather by having an eye on the bottom line; programs that serve a real and valuable purpose may be cut because funds are being directed elsewhere, and administrators, who are often removed from the daily operations of the school, may not understand the devastating effects their actions can have on the school as a whole.

**How can parents ensure they get a district administration that will make the best decisions for their children?**

Remember what a powerful influence parents are! Fight for administrators who will make intelligent and progressive decisions; some parents may even be in a position to become administrators themselves, ensuring an “inside voice”, if you will, concerned for the well-being of all students.

## **Brain Enhancement Support Tools**

Brain enhancement offers support tools offering many benefits that bring rewarding feelings. Brain enhancement tools use various techniques to help you relax and to pull up innate abilities to reprogram the mind.

Brain enhancement uses a series of processes in developing innate abilities, which permit users of programs, etc to retain memory. When the memory retains processed information deeply, the brain's function helps you in society, work, and home, and so on to handle problems easier. The brain is an organ, which produces cells, dendrites, and is the anatomy that controls the central nervous system and vertebrates. The joining elements connect to the spinal cord or column that encloses in the cranium, which is the source that stores intellect abilities, heart rate, body temperature, blood pressure and so on.

Brain enhancement allows you to improve overall health, since it targets the nervous system. Brain enhancement is a guide that takes you to relaxation.

### **Using brain enhancement solutions to reduce stress:**

Music or sounds have proven to assist people for centuries to relax. For this reason, many brain enhancement treatments today employ musical instruments into lessons, programs, etc. Music in schools may include upbeat, tempo, and more, yet the choices in brain enhancement bring you the sounds with electrical elements, giving you the tools to relax the mind and body. To achieve complete relaxation, you will need to learn how to

meditate, focusing on the sounds to feel the beat of ambient musical sounds, horns, etc.

Brain enhancement solutions offer you tools, which you can download on the Internet. Use the net to discover innovative schemes, proven to enhance the brain's power. The latest tools employ music. Many of these tools are discovered in accelerated learning, biofeedback, and other musical engagements that promote guide people to relaxation.

Each day we battle stressors that come our way from family, friends, peers, work and so on. The stressors build stress, which causes us to feel overwhelmed. When the mind is overwhelmed, often it is difficult to concentrate. For this reason, scientists and developers have joined to create brain enhancers that guide the soul to complete relaxation.

Improving you memory requires learning and discovering what works best for you. The memory holds out abilities to retain, and process information. This ability of the brain individualizes who we are and shows in our actions and words the abilities it has to retain learned information and knowledge that we gained from experiences. In the mind is years of information stored in the subconscious and conscious mind. The mind houses information including impressions that we embed in our memory. The impressions house specific events, periods, persons and subjects that we have retained throughout our lives.

Most of us cannot recall details of yesterday, let alone the details of six months ago.

Brain enhancement is a solution that can offer you tools to retain information you have learnt six months ago. Using software, or attending courses, you can adapt to new ways of learning.

### **How do I find brain enhancement solutions?**

The fabulous world of webs is one of the areas to find brain enhancement tools. You have connections to thousands of online sources that direct you to links. The Internet connects you to ideas, information tips, hints, bargains, free trials and reviews.

Use the web as a guide to discover some of the top sounds offered in brain enhancement solutions. The nets search engine is the area to begin searching for brain enhancement links. Just type in the keywords, click GO, and you will be linked to hundreds of thousands of pages offering you ideas. Comparing biofeedback with brain enhancement can help you see, which option works best.

## **Comparing Brain Enhancement Solutions with Biofeedback**

In all aspects biofeedback and brain, enhancement solutions fit the same criteria, only biofeedback spreads out more. Biofeedback uses tools, such as a Watch Winder, which is a watch to help people to remember different things. No computer or pager device is required to wear this watch. Wearing the watch can give people a more independent life by reminding them to take their medicine, appointments or any reminders that they might forget to do. Likewise, brain enhancement works in the same way to deliver the same benefits.

### **How do Watch Winders give me neuro feedback?**

By getting feedback, the watch will alert to remind you to do something. The alert is in a vibration or beeping form. The watch winder will alert a person up to 30 times a day and is pre-programmed with 60 messages and it will hold up to 30 personal messages all at one time. It has a large screen face making it easy to read for people of all ages. There are two modes on it, one for the reminder mode and one for the training mode. Brain enhancement uses music to give you neuro feedback.

### **Do the watches have alarms?**

The alarms will go off up to 30 times a day alerting you take your medicine on time,

Training or retrain some people whom has had a stroke to use the bathroom or to remind people for specific appointments. Give the person wearing the watch more privacy by setting the mode to vibration or by using a beeping alert sound. Just set your watch and it will remind you to take your medicine

helping people to learn new independent living skills. The alerts can be scheduled to go off two weeks ahead of time so they don't have to be reminded to set their watch. You don't worry about alarms with brain enhancement tools.

### **How do these watch winders benefit ADD and ADHD patients?**

The watch winders help ADD and ADHD people with learning behaviors by alerting them when they are having a behavior change and to self monitor themselves. As behaviors change, the watch will alert them so they will know that something has changed. This will teach them to recognize the changes as they are happening to help train them and recognize the changes before they get out of hand. The mode has to set to the training mode in order to help monitor the changes. Brain enhancement solutions uses special electrical sounds to help people with ADD/ADHD cope.

### **How do I find these watches?**

To find more information on watch winders you can consult your doctor. Research the Internet for information about them. You can buy them on the Internet as well as most medical supply stores. Watch Winders are recommended for anyone that has a medical problem and needs to be reminded of different things throughout the day. They even have a stopwatch and countdown timer on them. Schoolteachers use this watch in the classroom to help remind the children when it is time to do certain things or when being timed for a test. Brain enhancement is now coming to focus for schools.

### **How much should I expect to pay for this watch?**

If you decide to purchase one of these reminder or training watches consult your doctor or go to the nearest medical supply store. Checking out the Internet is a good place to get more information and pricing as well. This money spent would be a great way to help your elderly parents who are trying to live independently on their own. On the other hand, if you want to give brain enhancement a shot first, you can also find products online. Let the smooth sounds of jazz take you away.

### **The Smooth Sounds of Jazz in Brain Enhancement**

Smooth jazz is sounds that have been around for decades. Artists still repeat the sounds, creating new hits to the collection of jazz to give the same effects. Brain enhancement follows this pattern, since it uses rhythm electrical sounds repeatedly to draw the mind in to relaxation.

Jazz goes back to the 50's. Jazz took off with the many Brazilian musicians leading the way. From Jiao Gilberto, Antonio Carlos Jobim, to Luiz Bonfa, the smooth jazz musical exposed to jazz records from the popular West Coast, or cool jazz style. Smooth jazz was later blended with a separate, identifiable set of the Brazilian samba rhythm, and later with the sounds and harmonic border of cool jazz music, and finally creating bossa nova.

Using similar traits or patterns brain enhancement composes musical sounds to relax people in the same ways that jazz relaxed the soul.

In the early 60's, Irving Berlin, Cole Porter, George and Ira Gerswin, Hoagy

Carmichael, and various other artists came aboard the musical area leaving impressions in homes worldwide. The smooth jazz arena filled its sounds in various homes around the world, helping millions of people to relax. During the 60's jazz music took a turn and the sweet sounds of smooth jazz came into focus. Since millions of people felt relief from the sounds of jazz, it continued to grow throughout the British invasion. During the invasion the Beatles, Motown, bossa nova all became a widely known set of jazz lyrics, and finally led to a new genre. As time moved ahead, the bossa nova, introduced by guitarist Charlie Byrd, became a popular sound in living rooms around the world. Charlie played the saxophone with Stan Getz, Jazz Samba, which took off rather quickly with electrifying sounds relaxing minds all around the world. Soon after smooth jazz players filled homes with their soothing sounds, smooth jazz continued making the charts with the bossa nova jazz style. During the mid-60's bossa nova, become commonly known in many homes. Today various artists are hitting the charts with smooth jazz for easy listening.

While Mozart musicals and ambient sounds fill the software, instruments, etc that produce brain enhancement, brain enhancement solutions cannot forget that jazz made the statement when it came to relaxing the soul and mind.

In some areas, jazz is well used in programs to help people to relax. Jazz uses ballets, salsa, tango, foxtrot, waltz, rumba and the bop to lift spirits, relax the mind and to sooth the ears with electric rhythms, just as many other brain enhancement solutions do.

The sweet sounds of jazz has made the landmark in relaxation, which scientists begin studying brain enhancement based on people's experience after hearing sounds, including jazz. Studies were conducted also, which were based on the brain's response to light, soothing voices, and this too lead to the theories that brain enhancement when combined with photic stimulations, voice, repeated musical sounds/voice, lights, etc could help people reprogram the mind and to find relaxation.

Brain enhancement programs, uses many techniques, which follow jazz guidelines, yogic practices, discovery of light effects, sounds, and more to relax the mind and body.

How to find programs offering you brain enhancement solutions:  
Go to the world wide web of craziness. Fire up your search engine; click the Go tab after typing in the keywords: brain enhancement music, brain enhancement, and brain enhancement instruments and so on. You will find using exact keywords will connect you to the programs that fit the criteria you may find of interest. You can also request the search engine to define brain enhancement to find links that direct you to the top selling solutions online.

## **The Smooth Sounds in Brain Enhancement**

Smooth sounds in sounds brain enhancement take you across the sounds of jazz, Brazilian tunes, ambient flows or horns and more. Brain enhancement uses repetitive sounds and voices to help you relax and to improve the brain's ability to function. Using a collection of electrifying musical sounds that target the brain waves and nerve system, the brain enhancement solutions bring you to relaxation. Brain enhancement employs electrical rhythm sounds repeatedly to draw the mind body to a point it relaxes and starts to reprogram.

Reprogramming features incorporated into brain enhancement solutions use photic lights, sounds and more to help you reprogram the mind to pull up innate abilities to retain information learnt from your childhood.

Some of the sounds include the sweet, soothing effects of ambient horns, or Brazil sounds that take you to early jazzmen, including Vivaldi, Jiao Gilberto, Antonio Carlos Jobim, and so on. Some of the sounds incorporate the sounds of Luiz Bonfa.

Brain enhancement uses music, since scientist discovered that electrical sounds could trigger alpha, theta and other brainwaves, thus igniting them to react in positive ways.

Mozart musicals and ambient sounds integrate into the software programs, instruments, courses, etc to produce rhythmic brain enhancement effects. Ballets of older jazzmen, tango musicians, salsa players and so on fill your

ears with the sounds of instrumental rhythms.

Brain enhancer purposes are to assist people in creating, to produce new ideas to control emotions and physiological reactions. The theories lead scientists to discover study and test the programs, which showed proven results in boosting confidence, happiness, and controlling anger. The built-in tools employ program tools, which aid in increasing intelligence, including the cognitive mind, creative mind and so on. Using a set of techniques, the programs aid people in controlling the mind. Using the programs, you can beat bad habits, boost confidence, build self-esteem, and more.

Some of the programs offered include the Mind Spas, which recent students were encouraged to use and participate in these solutions. Proven results lead to accelerated learning courses, programs, biofeedback, and musical brain enhancement tools that help people to relax the mind. Studies delivered proven results come from these old, but new strategies. The brain find's relaxation, which memory is improved.

The sleeping mixer is another of brain enhancer's solution in relaxation. The customized tool guides the mind to relaxation while using drums, the sounds of rainfalls, electrifying gulls, oceanic sounds and more. The mixer allows users to create unique mixed sounds that produce sound effect. Vibraphone is used to produce sounds. Combining white noise effects, the Vibraphone is percussion of instrumental metal bars that produce electrical driven resonators that fall beneath sets of metal bars and when struck will produce small mallets, sometimes played with bows or vibrations to alter the state of mind.

One of my favorite programs is the Neuro Programmer software. The software offers many features that help you to reprogram the mind, relax and to feel a sense of relief from stress, anxiety, depression, fibromyalgia, and so on. The program is available in Pro and Home Editions, which you can download extensions to max out on either or. You have many options with the programs and as one of the guinea pigs; I can say that the results are remarkable. In fact, in a short time you get results.

You have scripts, tools, sessions, user sessions, and other tools, such as Editor's scripts, which allow you to program the software to fit your personality, genetic factors, and culture. To learn more about brain enhancement solutions; and how they can benefit you, visit the Internet searching for free downloads.

## **Using focusing as a relaxation technique to promote brain enhancement**

What options for brain enhancement are open to people who don't want to consider the use of machinery?

There are varieties of techniques devised by researchers that had better enable people to relax and so enhance their mental clarity in the method required for brain enhancement. It is believed that we are more likely to learn, to alter old brain patterns and trigger our brains to new growth, when we are in "non-ordinary" states of consciousness; states which increase the brain's fluctuations.

This conclusion may sound odd since it contradicts the accepted notion that learning is something that comes through practice and repetition; that learning has something to do with conditioning. In fact, it is a conclusion supported by the research conducted in virtually every discipline of human studies. Educators, psychologists, and other scientists of the brain are now exploring a variety of techniques for enhancing the ability of both children and adults to learn, among them the use of drawing, guided imagery, meditation, autogenic, rhythmic breathing, singing, storytelling, dancing, music and relaxation.

All right, but what do all these do for people with regards to brain enhancement:

Studies show that all these techniques can lead to dramatic increases in the ability to acquire, remember, and make creative use of information and

ideas. The same studies then indicate to us that such techniques can lead to dramatic alterations in brain chemistry and brain structure, as well as in human behavior. The common denominator for these techniques is of course that each technique augments the brain fluctuations by increasing brain-wave amplitude and/or by decreasing brain wave frequency. There are a wide number of interesting studies that document the beneficial effects of boosting brain fluctuations, the purpose of brain and learning enhancement.

These techniques sound great. Can you give me any examples of ones that I might use on my own in order to promote that sort of relaxation that will lead to brain enhancement?

Psychologists have devised a mental technique called focusing that enables its practitioners to influence their brains so that the person gains new insightful leads that takes them to dramatic changes in behaviors. Using the tactic, therapists use focus to attempt getting the person to feel senses that relate to his/her problem. Next, the person is taken through some steps that help him/her to focus and pay attention to inner self, rather than his environment. Once the person's attention is focused on the inner self, it takes him to a passive state of emotions and he begins to feel physiological sensations. In time, he begins to feel the shifts, which releases tension. The person feels deep, sensations that give him relief physically and to help him understand his problems easier.

Is this a new technique? Do people have to follow certain steps in order to experience this?

We have all experienced both shifts in our emotions, physical status etc when we focus. For example, when you head off to work, you sometimes have this agonizing sensation, feeling uneasy has if you had forgotten your purse, or some other item you need. You start to focus, dwelling on what you forgot so that you can identify with the problem. You start to think, did I leave the coffee pot on? Did I forget to turn off the tap? Is the stove still on, or is something unlocked? Then your mind starts to reconsider that you may have forgotten something, yet rejects it as the answer since you know it cannot be what is bothering you; you have not felt that special, inner feeling of release. At last, you discover what you forgotten and you feel another shift, which helps you to relax.

**Conclusion:**

Brain enhancement offers you many solutions to achieve guided relaxation. Use biofeedback, accelerated learning information, brain enhancement and related subjects to help you find what works best for you. Regardless, most programs, instruments, courses etc, offered to you employs some sort of electrical stimulating music to help you relax. You can create your own brain enhancement solutions at home as well, learn how. Use the Internet as your guide to find solutions in creating your own effects, sounds, voices and more.