MindReflector®
MindReflector Technologies, LLC

What Is MindReflector® Neurofeedback Training?

Neurofeedback is a way to train the brain for optimal performance. Optimal performance can be described as the mind's ability to be present-oriented, adaptable, flexible, and open to change. This means the brain does not operate inefficiently or get stuck in repetitive patterns.

Because brain and mind states are correlated with EEG activity, the EEG offers a simple and easy way to record information about how the brain is functioning. For example, Delta waves often are correlated with sleep, Theta Waves may reveal states of creativity and spontaneity, Alpha Waves can correspond to relaxed states, and Beta Waves appear mostly during attention to tasks. There can be excesses and inadequacies in the production of brain waves and the relationships between them. Some brain wave frequencies can be correlated with unproductive or inefficient functioning. The EEG also reveals patterns of repetitiveness, coherence, and intensity, which can be analyzed and used to monitor other aspects of brain activity.

MindReflector software analyzes your EEG and, by means of The MindReflector Protocols, it can train your brain toward optimal performance.

MindReflector Protocols promote the production of specific relationships between groups of brainwaves. Some are encouraged, while others are not. Neurofeedback training takes place unconsciously, so there is nothing users need to do, other than close their eyes, relax and listen to music or simply watch a video or visualization.

When the brain is within the parameters of a specific protocol, the multimedia player plays continuously. When the brain is outside the specified range of brainwave production, there are interruptions in the playback. You can change the frequency of interruptions to provide a pleasant experience and train at your own pace by setting the degree of difficulty. Over time, the brain learns to adjust and stay more reliably within the intended range. In other words, your brain trains itself!

The MindReflectorÈ Protocols

Quiet Focus Training

The MindReflector *Quiet Focus* training protocol is designed to increase a person's capacity to stay in the moment, while at the same time experiencing a relaxed and responsive state. The *Quiet Focus* training is designed for persons who have problems staying focused during conversations, listening to a teacher or lecturer, reading a book, or putting a golf ball. The *Quiet Focus* state contrasts with aroused attention often induced by action movies or video games. Relaxed focus is a state considered necessary to optimize performance.

The MindReflector *Quiet Focus* training protocol is designed to promote a graded increase in a person's capacity to attend to the moment.

Quiet Focus Values

- Augment Low Beta (13.0 – 16.75 Hz)
- Inhibit Delta (.5 – 2.75 Hz)
- Inhibit Theta (3.5 – 6.75 Hz)
- Inhibit Low Gamma (31.0 39.75)

Meditative Relaxation (eyes closed is optional)

The MindReflector *Meditative Relaxation* training protocol is designed to promote deepening states of mental and physiological relaxation. At the same time, this training protocol inhibits states that interfere with relaxation, including anxiety, mental rumination, muscle tension and emotional hyperarousal. The Meditative Relaxation protocol is particualry useful to help persons turn off their racings minds and induce a state beneficial for promoting a quiet sense of well-being.

The *Meditative Relaxation* protocol is designed to promote a graded increase in a person's capacity to relax and experience deep levels of relaxation.

Meditative Relaxation Values (Eyes closed is optional)

- Augment Low Alpha (7.5 – 9.25)
- Augment High Alpha/SMR (10.0 – 11.75)
- Inhibit Low Beta (13.0 – 16.75)
- Inhibit Low Gamma (31.0 - 39.75)

The MindReflector® Protocols (continued)

Full Spectrum Training (eyes closed is optional)

The MindReflector *Full Spectrum* training is designed to increase a broad range of desirable brain waves, while inhibiting bandwidths often associated with depression, anxiety, mental rumination and hyper-arousal. The MindReflector *Full Spectrum* state is analogous to a state of relaxed openness. In this state, a person's mind is open, flexible and responsive. Although not associated with a clearly perceivable subjective state, enhancing this state increases a person's capacity to respond appropriately to environmental demands without getting stuck in those states.

The MindReflector *Full Spectrum* training protocol is designed to promote a graded increase in a person's capacity to achieve the *Full Spectrum* state.

Full Spectrum Training Values (eyes closed is optional)

- Augment Low Alpha (7.5 – 9.25)
- Augment High Alpha (10.0 11.75)
- Augment Low Beta (13.0 – 16.75)
- Inhibit Delta (.5 – 2.75)
- Inhibit Theta (3.5 – 6.75)
- Inhibit Low Gamma (31.0 – 39.75)

Alpha-Theta Training (eyes closed is recommended)

During the MindReflector *Alpha-Theta* protocol, the brain's production of both Alpha and Theta waves is increased. At the same time, states that interfere with the *Alpha-Theta* state are inhibited. Alpha waves, especially in an eyes-closed state, are correlated with deep levels of relaxation usually achieved during meditation. Combining Alpha training with increases in Theta activity is believed to produce a unique state of consciousness that promotes psychological integration and may help produce transcendental experiences useful in resolving emotional issues and assisting during choice points in life. The *Alpha-Theta* state is believed to promote self -awareness, as well as spiritual and intuitive enhancement. *Alpha-Theta* training has been used to assist in the management of addictive disorders, as well as to assist persons in their personal psychological and spiritual development.

The MindReflector *Alpha-Theta* training protocol is designed to promote a graded increase in a person's capacity to experience the *Alpha-Theta* state.

Alpha-Theta Training Values (Eyes closed is recommended)

- Augment Low Alpha (7.5 – 9.25 HZ)
- Augment Theta (3.5 – 6.75)
- Inhibit Delta (.5 – 2.75)
- Inhibit Low Gamma (31 – 39.75 Hz)