



# **BrainVibe**

## **User Manual**

## CONTENTS PAGE

INTRODUCTION.....	3
INTRODUCTION TO AFFIRMATIONS.....	4
AFFIRMATIONS AND VIBRATIONS.....	5
CREATE YOUR OWN BRAINVIBES STEP BY STEP.....	6
HOW TO CREATE A PLAYLIST .....	11
<u>TO RUN YOUR BRAIN-VIBES.....</u>	15

**\*PLEASE NOTE: ON THE MAIN SCREEN OF THE ROYALVIBE APP, THERE ARE "HOW-TO" VIDEOS LOADED TO ASSIST YOU, SHOULD YOU NOT FULLY UNDERSTAND HOW TO RUN YOUR BRAINVIBES**

## INTRODUCTION

Every thought creates an energetic vibe measured in frequency when 1 neuron fires an electrical impulse within the brain.

Every frequency created within the brain is linked to a specific image and experience that creates an emotion and therefor, a feeling.

Neurons that fire together create a long-term relationship by wiring closer as to reduce the amount of energy used to create the thought pattern.

“Neurons that fire together, wire together” is a Neuro-pathway. A Neuro-pathway is a belief of “That’s how it is”.

By consecutive firing of the same neurons, the pathway can be altered and a new belief and feeling can be created.

The subconscious mind sees the finest detail and therefor images used for neuroplasticity must be chosen carefully, E.g. if you have an image of spectacles, you will believe that bad eyesight is acceptable and spectacles are required. Thus bad eyesight will follow.

If your need is to have balance, you could indoctrinate your thought pattern by having a ballerina/ gymnast on a balance beam to demonstrate her perfect balance, etc.

**IMAGES DO NOT NECESSARILY HAVE TO BE OF YOURSELF, BUT RATHER OF YOUR DESIRED OUTCOME.**

If you identify a desire and use neuroplasticity for the indoctrinating of the belief, your mind will perceive to create excitement for the outcome that you desire.

Nerves control and co-ordinate all functions in the body and the subconscious mind controls the nerves. Therefore, the entrainment of the

sub-conscious mind is required to instruct the nerves for the correct outcome.

## **“THE MIND THAT PERCEIVES, CAN ACHIEVE!”**

### ***Introduction to Affirmation:***

The most powerful affirmations have to come from you and your mind. Your subconscious mind knows the language of your mind. To get the most out of your affirmations, you, yourself have to create them.

As humans and individuals, we are presented with many opportunities to affirm our identities. We do this, by selecting and participating in that which we choose. In the same way, we can select and choose the health state which we want to be in. By visualizing our healthy organ state, visualizing and choosing the correct lifestyle and mind-set, we can become our ideal self.

Positive affirmations can allow us to make monumental progress toward retraining our thought processes, retraining our brain. By making positive affirmations a daily practice, we can correct our health discomforts. By correcting our negative mind-set toward our health, we can live with greater possibilities of a healthier, happier future.

Self-affirmation is the process we go through as individuals to affirm or validate our cognitive self-image relating to our ideal self, but what exactly is a “healthier, happier you”?

Your level of emotion such as happiness can really impact on your levels of health. Unhappy emotional states such as depression, anxiety and stress have been proven to be linked to poor health conditions. The negative state dampens your immune system which increases inflammation in the body, leading to diseases and adverse health conditions.

## **AFFIRMATIONS AND VIBRATIONS:**

Every thought and feeling has a vibration that can be measured. By increasing our vibrations, we aim to increase the power of intention.

Some of you may be familiar with the “Law of Attraction” and the concepts of manifestation. “Whatever a man thinks he becomes.” “Whatever thought is repeated, it attracts that person/ circumstances/ product in the life of the person”

### **Creating:**

Be sure to choose pictures that won't have any negative connotations for you. For your affirmations use powerful keywords and phrases in the present tense, not past, whilst making sure that they seem like matter of fact statements like “I AM FIT” not “I will be fit”

When you have chosen the visuals and affirmations for each set (3) make sure to save a version with pictures on both sides, left and right placements of the version with the pictures with your affirmations on the opposite side and the sound Mp4 file.

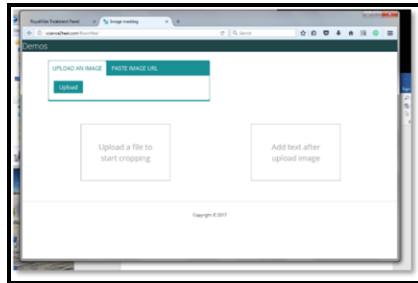


## CREATE YOUR OWN BRAINVIBES STEP BY STEP:

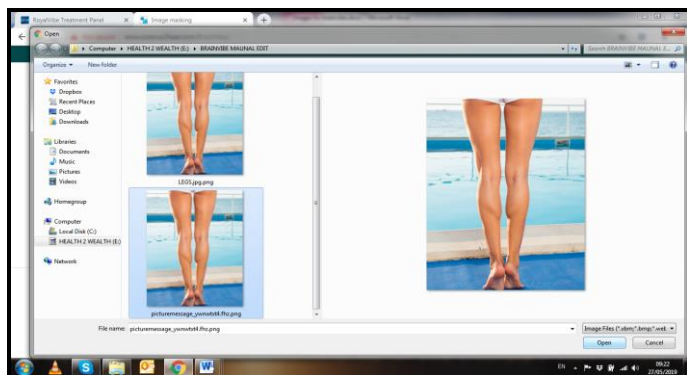
Go to → [www.science2heal.com/BrainVibe/](http://www.science2heal.com/BrainVibe/)

(\*NB-Make sure you type in the URL exactly as it states-Capital B, Capital V.)

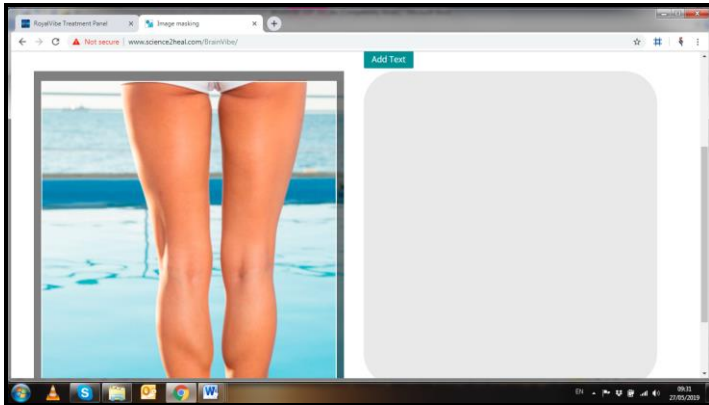
- ✓ Click on Upload



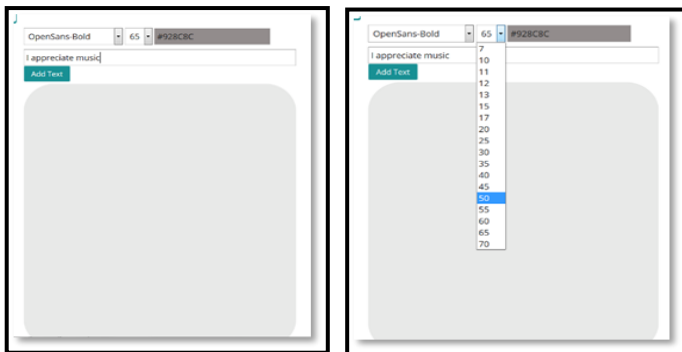
- ✓ Find and choose the image that you want to use. And click on Open. Your chosen image will appear in the box on the left hand side.



- ✓ You can now make adjustments to the image.
- ✓ Below the image there is a slider that you can use to zoom in or out of the image.

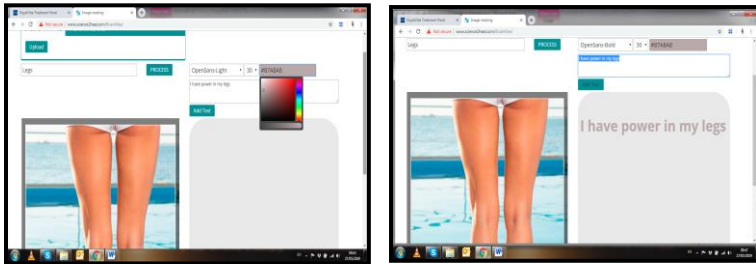


- ✓ You can then also move your image up or down or left to right to get it to the position that you want.
- ✓ The text input is focused and only supports your required intent and not that which is “nice to have”. The focus is on efficiency. You can start typing text in the open box. Then you can choose what size and type you want the font to be.



- ✓ You can then choose the colour of text that you want.

- ✓ When you have made all of the choices you can click on the blue Add Text button to add your text.



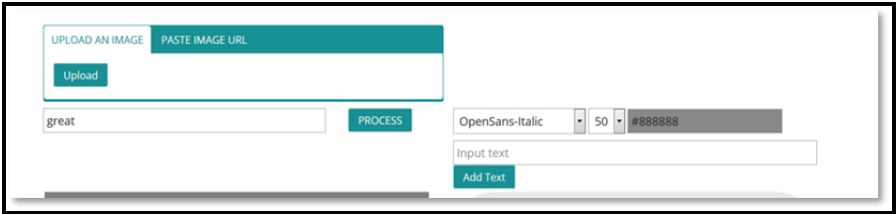
- ✓ If you made a mistake or are unhappy with some of your text, you can simply click and hold on that text and just drag it to the outside of the box. The text will fade away. You can retype it, and insert it again if you want to.



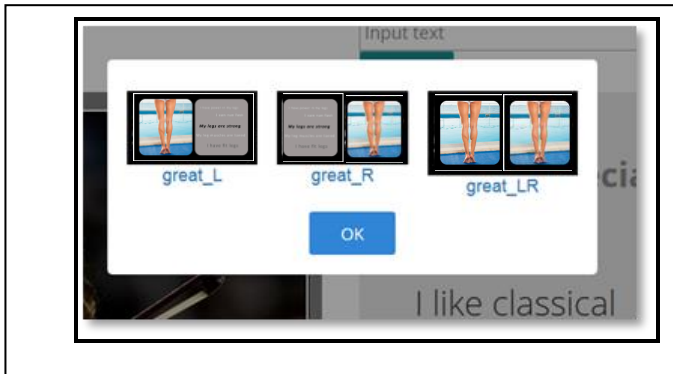
- ✓ If you are satisfied with the image and text you have added, you can then type in a title for your image

( **\*\*Note: there must be no spaces in the title, eg. "icanrunfast"...** )  
and click on the blue PROCESS button.





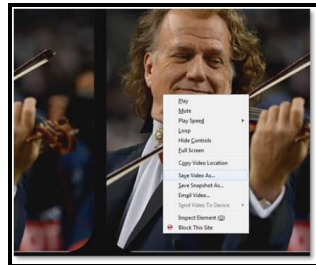
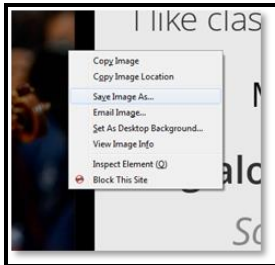
- ✓ Please be patient. This takes a while to load.
- ✓ See automatically generated Left (L), Right(R) and Left-Right (LR) thumbnails. Clicking on each name in blue will open in a new tab on your browser.



- ✓ NB: Be sure to keep each tab open until you have uploaded the images to your playlist on HealthAdviceHub so that you do not lose them.



- ✓ Right-click and Save Image As...
- ✓ Right-click and Save Video As...

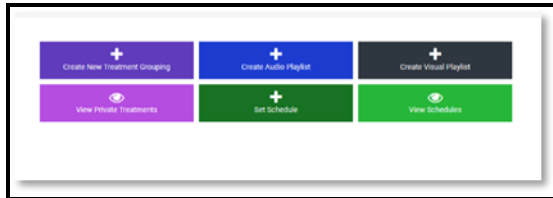


- ✓ Save the files on your Computer. Remember to keep those tabs open until you've finished so you don't lose them.
- \*NB\* The chosen name of the Vibe, next to "Process" must be one word only.

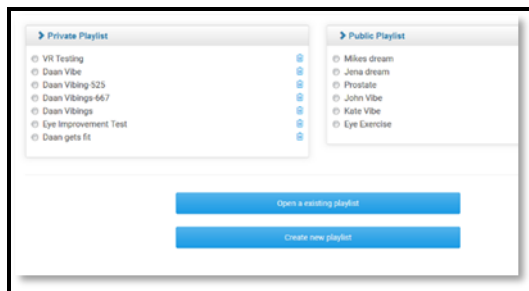
## HOW TO CREATE A PLAYLIST:

Now go to [www.healthadvicehub.com](http://www.healthadvicehub.com) and login.

- ✓ Go to Create Visual Playlist

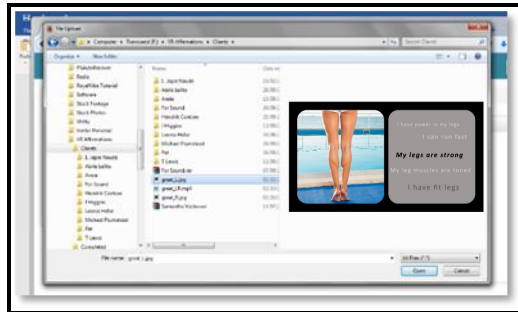
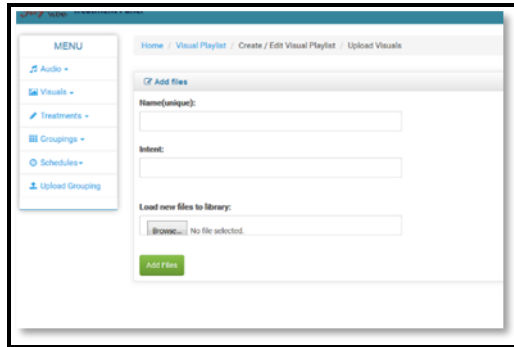


- ✓ Click on either Open a existing playlist or on Create new Playlist

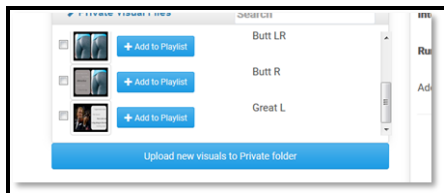


- ✓ Then click on Upload new visuals to Private folder

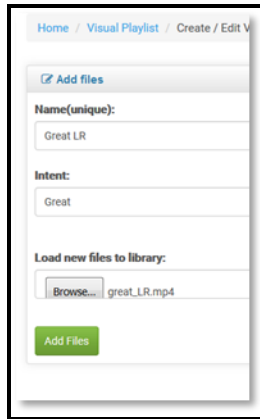




- ✓ Type in the name of the file (e.g. Legs\_L) and Intent, then, click on browse
- ✓ Find the images that you saved. Select one (that matches the name you chose i.e. L) and click Open.
- ✓ When you are done click on **Add Files**

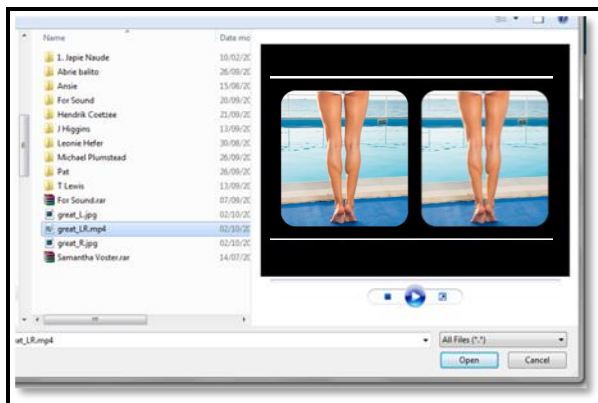


- ✓ You will see your image under **Private Visual Files**.



The screenshot shows a web interface for adding files. At the top, there are navigation links: "Home / Visual Playlist / Create / Edit V". Below this is a section titled "Add files" with a checkmark icon. The form contains two input fields: "Name(unique):" with the value "Great LR" and "Intent:" with the value "Great". Below these is a section "Load new files to library:" with a "Browse..." button and the text "great\_LR.mp4". At the bottom of the form is a green "Add Files" button.

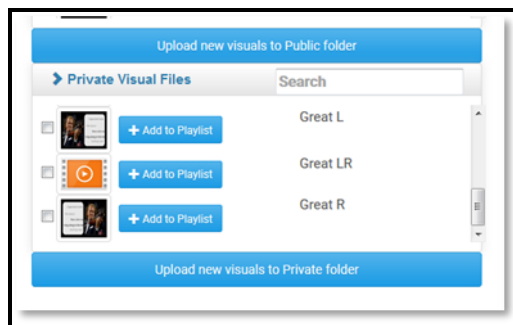
- ✓ Now simply repeat the above steps for the Right (R) and LeftRight (LR) versions of your image. Click on Upload new visuals to Private Folder to go back to the uploading options.
- ✓ Give your image the correct name and intent; find it on your Computer and Add Files.



- ✓ Note that the LR files are mp4 (Video) format and the preview thumbnail shows as an orange box with a play button, not an image. If you click on it, you will see the video as loaded correctly.

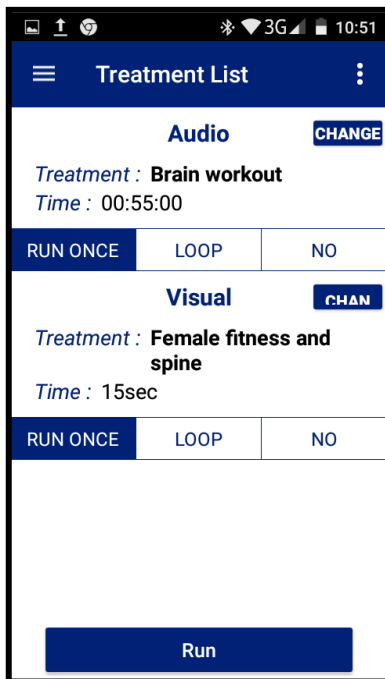
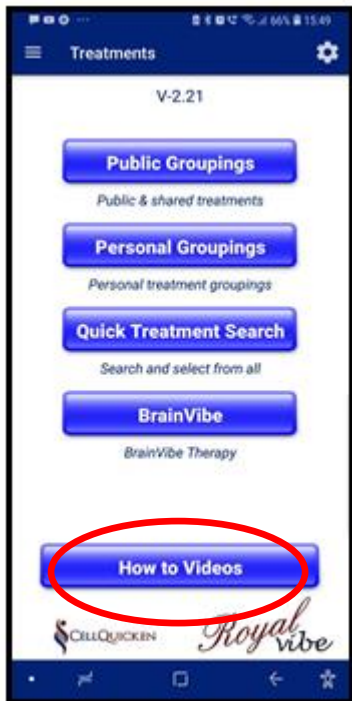


- ✓ After you've loaded all 3 of your images you can then go create another 3. Or you can add these ones to your current Visual Playlist or a new one. You are ready to go make your own BrainVibes.



## HOW TO RUN A BRAINVIBE:

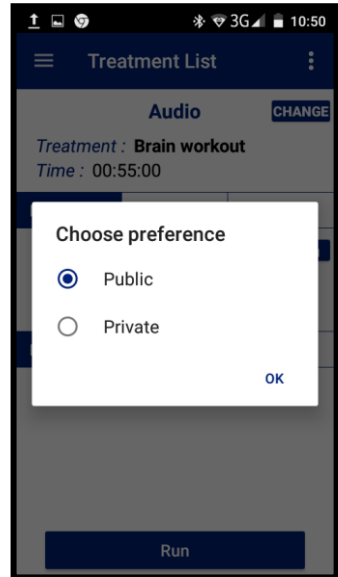
If you want to run a BrainVibe, click on BrainVibe button as the below diagram. After which you will get to the next screen.



\*PLEASE NOTE: ON THE MAIN SCREEN OF THE ROYALVIBE APP, THERE ARE "HOW TO" VIDEOS LOADED TO ASSIST YOU, SHOULD YOU NOT FULLY UNDERSTAND HOW TO RUN YOUR BRAINVIBES

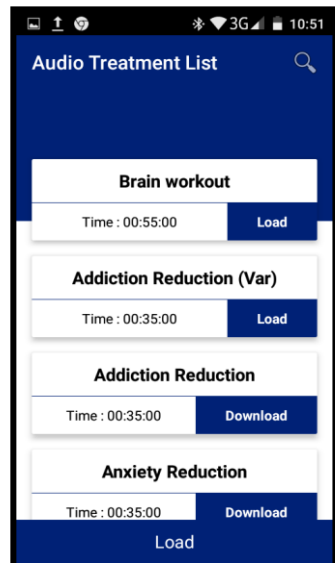
**Step 1:**

Click on the word “Change”, next to “Audio”. You will now get a pop up indicating “Public” or “Personal”, click on the word “Public”



**Step 2:**

Now choose your required Audio. Please note; if it does not say “LOAD”, you need to download the file first.

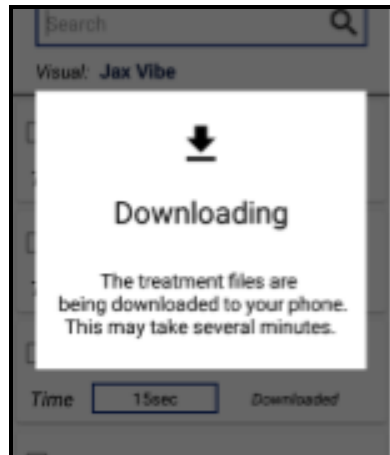
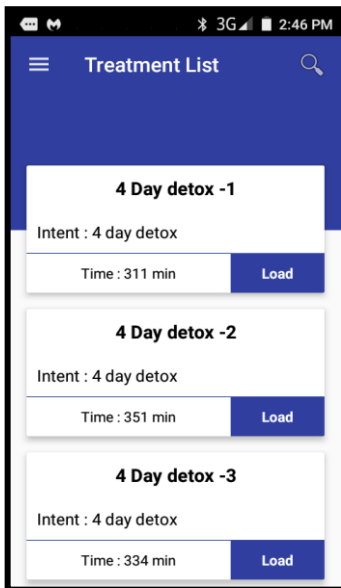




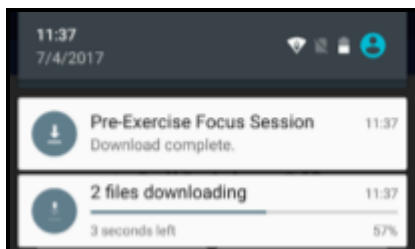
## DOWNLOADING THE PLAYLISTS:

Before you can run a VR treatment you must first ensure that it has been downloaded to your phone. (This is safest with a Wi-Fi connection as this will take a lot of data.)

Select the desired Treatment by clicking on the word Download in the blue block below. Then click on the blank circle next to the treatment name. You will see this window (on the right) pop-up stating that the files are being downloaded. This does take a while and depends on the speed of your internet connection.



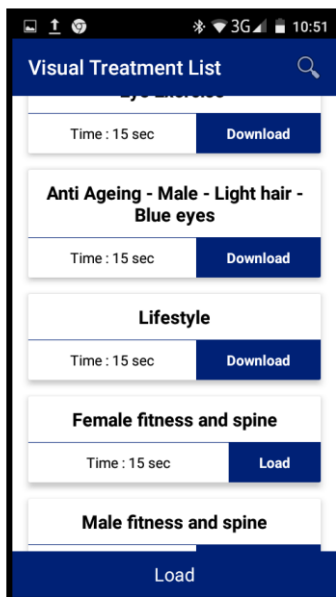
On your phone's notifications you will be able to see the progress of the downloads.



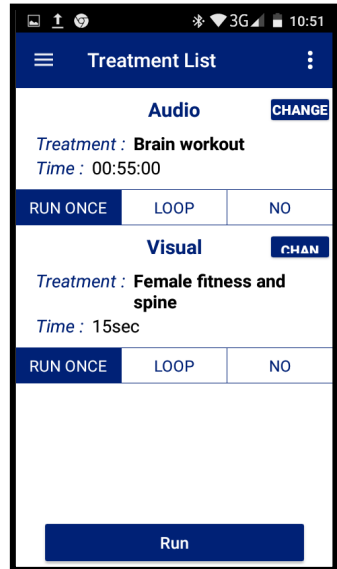
When it has been completed, the word **Download** next to the treatment will change to **Load**. *(This might only change after you select another treatment and then the same one again.)*

### **Step 3:**

Now choose your required Visual. Click on the word change next to Visual. In the pop up you may now choose from your personal designed or public Visual list. (See diagrams below) Please note, if it does not say “LOAD”, you need to download the files first.



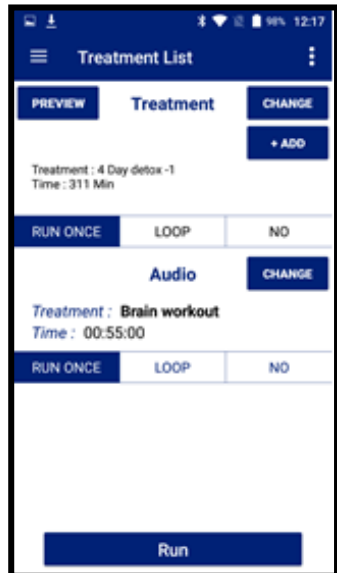
Once you have chosen both the Audio and Visual files, you will notice your selections appearing on the screen as example below.



**Step 4:**

Click on the word “Run” at the bottom of the screen.

Please note, the duration of the audio determines the length of the Vibe Program being run. (I.e. if the audio is 10 minutes long the Visual and Treatment will run until that has finished).

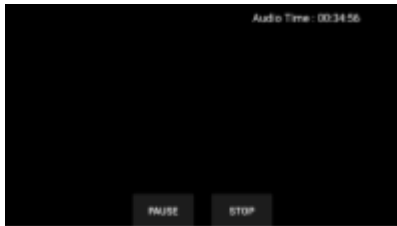


## **FINAL STEPS TO RUN:**

Once you have chosen and downloaded the desired Audio and Visual Playlists, make sure that **Run Once** is selected for both audio as well as visual.

Select **RUN**.

Your phone's screen will rotate and you will either see a black screen as the app is busy initiating the treatment. This should only take a few seconds.



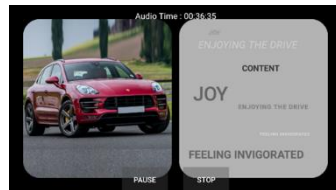
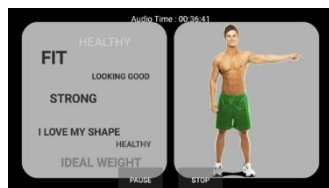
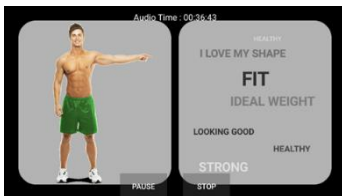
Once initiated you will see a 30 second countdown.

You can now place the Phone inside the VR headset and plug in the earphones. (Refer to your Virtual Reality Glasses Manual).

Treatment has started once you see your chosen intro picture with Audio Time on the top counting down. This picture fades out for 3 minutes to get your mind into a resting state. On the right you might see a small line flickering. This flickering is your pictures behind the intro that have started to flash.



The pictures flash very quickly. Simply sit back and relax while the Brain Vibe is retraining your belief system until finished. Here are some examples of the images you might see.



**HAPPY “VIBING”!**