

# Brainicity™ Computer Setup and Operation

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## Brainicity™ Mac Computer Setup (iTunes 12)

1. Place the Brainicity™ USB drive (purchase from us) into the USB port on the computer.
2. Open Finder.
3. Copy the folder “Brainicity™-Files” to your home drive.
4. Open iTunes
5. From the top menu, select File, then Add to Library.
6. Select all of the files in the folder “Brainicity™-Files folder except for the instruction pdf file.
7. Click on the “Name” bar and click it to sort songs by alphabetical order
8. On the left side where it says “Music Playlists.,” right click and select “New Playlist.”
9. Enter the words Brainicity-Delta. Then press “Enter” to create the playlist.
10. Repeat and make the following additional playlists (the order is not important):
  - Brainicity-Theta
  - Brainicity-Alpha
  - Brainicity-Samples
  - Brainicity-C2-Scale
  - Brainicity-C3-Scale
  - Brainicity-C4-Scale
  - Brainicity-Beta
  - Brainicity-Bilateral
  - Brainicity-NH-Theta
  - Brainicity-NH-Alpha
  - Brainicity-NH-C2-Scale
  - Brainicity-NH-C3-Scale
  - Brainicity-NH-C4-Scale
  - Brainicity-NH-Beta
  - Brainicity-NH-Volume-Adjust
11. On the left side, click on “Songs”
12. Under the song list, highlight all of the Brainicity-Delta songs. Then, drag them to the Brainicity-Delta playlist.
13. Repeat for all other playlists copying the appropriate songs to the appropriate playlists.
14. Test the volume levels of the computer and inline volume control.
15. To setup an iPhone and/or iPad, just synchronize with the computer. All files and playlists will be transferred from the computer to the iPhone and/or iPad.

## **Brainicity™ Mac Computer Operation (iTunes 12)**

1. Connect the SREREO headphones and volume control to the headphone jack on the computer.
2. Start the computer
3. Open iTunes
4. Lower the volume control on the headphones.
5. Give the headphones to the subject so that the right earphone is on their right side.
4. Instruct the subject to raise the volume so that it is soft, but that they can hear it. Give these instructions immediately after playing a selection.
5. Click on one of the playlists. For example, click on Brainicity-C-Scale. Highlight the first song. Then, click on the play icon on top. iTunes will play each selection in the playlist. Then, stop after the last song is played. Alternatively, click on any one song in the main window (on the right side) and play it. Alternately, play some or all of the samples to find what the subject likes the most.

Note: the Brainicity-C-Scale selection combines several technologies as follows:

- Brainicity C4-Scale-1-C4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-2-D4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-3-E4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-4-F4 - Theta Binaural (3 minutes)
- Brainicity C4-Scale-5-G4 - Theta Binaural (3 minutes)
- Brainicity C4-Scale-6-A4 - Alpha Binaural (3 minutes)
- Brainicity C4-Scale-7-B4 - Alpha Binaural (3 minutes)

Be sure to play all 7 starting with 1.

The complete list of files:

### **Playing Samples**

Samples are 3 minutes in duration. They can be played for 3 minutes each or less. For example, play each sample for 10 seconds. Then, go to the next sample.

## Brainicity™ PC Computer Setup (Windows 10)

1. Place the Brainicity™ USB drive (purchase from us) into the USB port on the computer.
2. Open File Explorer.
3. Copy the folder “Brainicity™-Files” to your “C” drive.
4. Open Windows Media Play (under All Apps).
5. Click on “Playlists” in the top menu bar
6. Click “Organize,” then Manage Libraries, then Music.
7. Click Add Brainicity-Delta.
8. Repeat to create all other playlists:
  - Brainicity-Theta
  - Brainicity-Alpha
  - Brainicity-Samples
  - Brainicity-C2-Scale
  - Brainicity-C3-Scale
  - Brainicity-C4-Scale
  - Brainicity-Beta
  - Brainicity-Bilateral
  - Brainicity-NH-Theta
  - Brainicity-NH-Alpha
  - Brainicity-NH-C2-Scale
  - Brainicity-NH-C3-Scale
  - Brainicity-NH-C4-Scale
  - Brainicity-NH-Beta
  - Brainicity-NH-Volume-Adjust
8. Click on the “C” drive, then select Brainicity™-Files folder, then ok
9. Click on “Music”
10. Click on the title menu bar to place the songs in alphabetical order
11. Right click on each song and select Add to - the appropriate playlist.  
For example, right click on Brainicity C4-Scale-1-C4, then Add to, Brainicity-C4-Scale.
12. Double click on a song to play it.
13. Test the volume levels of the computer and inline volume control.

## Brainicity™ PC Computer Operation (Windows 10)

1. Connect the SREREO headphones and volume control to the headphone jack on the computer.
2. Start the computer
3. Open Windows Media Player.
4. Lower the volume control on the headphones.
5. Give the headphones to the subject so that the right earphone is on their right side.
4. Instruct the subject to raise the volume so that it is soft, but that they can hear it. Give these instructions immediately after playing a selection.
5. Click on one of the playlists. For example, click on Brainicity-C-Scale. Highlight the first song. Then, click on the play icon on top. iTunes will play each selection in the playlist. Then, stop after the last song is played. Alternatively, click on any one song in the main window (on the right side) and play it. Alternately, play some or all of the samples to find what the subject likes the most.

Note: the Brainicity-C-Scale selection combines several technologies as follows:

- Brainicity C4-Scale-1-C4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-2-D4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-3-E4 - Delta Binaural (3 minutes)
- Brainicity C4-Scale-4-F4 - Theta Binaural (3 minutes)
- Brainicity C4-Scale-5-G4 - Theta Binaural (3 minutes)
- Brainicity C4-Scale-6-A4 - Alpha Binaural (3 minutes)
- Brainicity C4-Scale-7-B4 - Alpha Binaural (3 minutes)

Be sure to play all 7 starting with 1.

### Playing Samples

Samples are 3 minutes in duration. They can be played for 3 minutes each or less. For example, play each sample for 10 seconds. Then, go to the next sample.

## Complete List of Files

Brainicity Alpha 1 (Low range frequency), 22 minutes (Relaxation/Dreams)  
Brainicity Alpha 2 (Mid range frequency), 22 minutes (Relaxation/Dreams)  
Brainicity Alpha 3 (High range frequency), 22 minutes (Relaxation/Dreams)

Brainicity Beta 1 (Low range frequency), 22 minutes (Activity)  
Brainicity Beta 2 (Mid range frequency), 22 minutes (Activity)  
Brainicity Beta 3 (High range frequency), 22 minutes (Activity)

Brainicity Bilateral, 22 minutes

Brainicity C2-Scale-1-C2 - Delta Binaural, 3 minutes  
Brainicity C2-Scale-2-D2 - Delta Binaural, 3 minutes  
Brainicity C2-Scale-3-E2 - Delta Binaural, 3 minutes  
Brainicity C2-Scale-4-F2 - Theta Binaural, 3 minutes  
Brainicity C2-Scale-5-G2 - Theta Binaural, 3 minutes  
Brainicity C2-Scale-6-A2 - Alpha Binaural, 3 minutes  
Brainicity C2-Scale-7-B2 - Alpha Binaural, 3 minutes

Brainicity C3-Scale-1-C3 - Delta Binaural, 3 minutes  
Brainicity C3-Scale-2-D3 - Delta Binaural, 3 minutes  
Brainicity C3-Scale-3-E3 - Delta Binaural, 3 minutes  
Brainicity C3-Scale-4-F3 - Theta Binaural, 3 minutes  
Brainicity C3-Scale-5-G3 - Theta Binaural, 3 minutes  
Brainicity C3-Scale-6-A3 - Alpha Binaural, 3 minutes  
Brainicity C3-Scale-7-B3 - Alpha Binaural, 3 minutes

Brainicity C4-Scale-1-C4 - Delta Binaural, 3 minutes (Chakra 1)  
Brainicity C4-Scale-2-D4 - Delta Binaural, 3 minutes (Chakra 2)  
Brainicity C4-Scale-3-E4 - Delta Binaural, 3 minutes (Chakra 3)  
Brainicity C4-Scale-4-F4 - Theta Binaural, 3 minutes (Chakra 4)  
Brainicity C4-Scale-5-G4 - Theta Binaural, 3 minutes (Chakra 5)  
Brainicity C4-Scale-6-A4 - Alpha Binaural, 3 minutes (Chakra 6)  
Brainicity C4-Scale-7-B4 - Alpha Binaural, 3 minutes (Chakra 7)

Brainicity Delta 1 (Low range frequency), 22 minutes (Deep Sleep)  
Brainicity Delta 2 (Mid range frequency), 22 minutes (Deep Sleep)  
Brainicity Delta 3 (High range frequency), 22 minutes (Deep Sleep)

Brainicity Sample Alpha 1 (Low range frequency), 30 seconds  
Brainicity Sample Alpha 2 (Mid range frequency), 30 seconds  
Brainicity Sample Alpha 3 (High range frequency), 30 seconds  
Brainicity Sample Beta 1 (Low range frequency), 30 seconds  
Brainicity Sample Beta 2 (Mid range frequency), 30 seconds  
Brainicity Sample Beta 3 (High range frequency), 30 seconds  
Brainicity Sample Delta 1 (Low range frequency), 30 seconds  
Brainicity Sample Delta 2 (Mid range frequency), 30 seconds

Brainicity Sample Delta 3 (High range frequency), 30 seconds  
Brainicity Sample Theta 1 (Low range frequency), 30 seconds  
Brainicity Sample Theta 2 (Mid range frequency), 30 seconds  
Brainicity Sample Theta 3 (High range frequency), 30 seconds  
Brainicity Sample Bilateral, 30 seconds  
Brainicity Sample NH Alpha 1 (Low range frequency), 30 seconds  
Brainicity Sample NH Alpha 2 (Mid range frequency), 30 seconds  
Brainicity Sample NH Alpha 3 (High range frequency), 30 seconds  
Brainicity Sample NH Beta 1 (Low range frequency), 30 seconds  
Brainicity Sample NH Beta 2 (Mid range frequency), 30 seconds  
Brainicity Sample NH Beta 3 (High range frequency), 30 seconds  
Brainicity Sample NH Delta 1 (Low range frequency), 30 seconds  
Brainicity Sample NH Delta 2 (Mid range frequency), 30 seconds  
Brainicity Sample NH Delta 3 (High range frequency), 30 seconds  
Brainicity Sample NH Theta 1 (Low range frequency), 30 seconds  
Brainicity Sample NH Theta 2 (Mid range frequency), 30 seconds  
Brainicity Sample NH Theta 3 (High range frequency), 30 seconds

Brainicity Beta 1 (Low range frequency), 22 minutes  
Brainicity Beta 2 (Mid range frequency), 22 minutes  
Brainicity Beta 3 (High range frequency), 22 minutes

Brainicity Theta 1 (Low range frequency), 22 minutes (Meditation/Sleep)  
Brainicity Theta 2 (Mid range frequency), 22 minutes (Meditation/Sleep)  
Brainicity Theta 3 (High range frequency), 22 minutes (Meditation/Sleep)

Brainicity NH Alpha 1 (Low range frequency), 22 minutes (Relaxation/Dreams) (Non-Harmonic)  
Brainicity NH Alpha 2 (Mid range frequency), 22 minutes (Relaxation/Dreams) (Non-Harmonic)  
Brainicity NH Alpha 3 (High range frequency), 22 minutes (Relaxation/Dreams) (Non-Harmonic)

Brainicity NH Beta 1 (Low range frequency), 22 minutes (Activity) (Non-Harmonic)  
Brainicity NH Beta 2 (Mid range frequency), 22 minutes (Activity) (Non-Harmonic)  
Brainicity NH Beta 3 (High range frequency), 22 minutes (Activity) (Non-Harmonic)

Brainicity NH C2-Scale-1-C2 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-2-D2 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-3-E2 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-4-F2 - Theta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-5-G2 - Theta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-6-A2 - Alpha Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C2-Scale-7-B2 - Alpha Binaural, 3 minutes (Non-Harmonic)

Brainicity NH C3-Scale-1-C3 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C3-Scale-2-D3 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C3-Scale-3-E3 - Delta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C3-Scale-4-F3 - Theta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C3-Scale-5-G3 - Theta Binaural, 3 minutes (Non-Harmonic)  
Brainicity NH C3-Scale-6-A3 - Alpha Binaural, 3 minutes (Non-Harmonic)

Brainicity NH C3-Scale-7-B3 - Alpha Binaural, 3 minutes (Non-Harmonic)

Brainicity NH C4-Scale-1-C4 - Delta Binaural, 3 minutes (Chakra 1) (Non-Harmonic)

Brainicity NH C4-Scale-2-D4 - Delta Binaural, 3 minutes (Chakra 2) (Non-Harmonic)

Brainicity NH C4-Scale-3-E4 - Delta Binaural, 3 minutes (Chakra 3) (Non-Harmonic)

Brainicity NH C4-Scale-4-F4 - Theta Binaural, 3 minutes (Chakra 4) (Non-Harmonic)

Brainicity NH C4-Scale-5-G4 - Theta Binaural, 3 minutes (Chakra 5) (Non-Harmonic)

Brainicity NH C4-Scale-6-A4 - Alpha Binaural, 3 minutes (Chakra 6) (Non-Harmonic)

Brainicity NH C4-Scale-7-B4 - Alpha Binaural, 3 minutes (Chakra 7) (Non-Harmonic)

Brainicity NH Delta 1 (Low range frequency), 22 minutes (Deep Sleep) (Non-Harmonic)

Brainicity NH Delta 2 (Mid range frequency), 22 minutes (Deep Sleep) (Non-Harmonic)

Brainicity NH Delta 3 (High range frequency), 22 minutes (Deep Sleep) (Non-Harmonic)

Brainicity NH Theta 1 (Low range frequency), 22 minutes (Meditation/Sleep) (Non-Harmonic)

Brainicity NH Theta 2 (Mid range frequency), 22 minutes (Meditation/Sleep) (Non-Harmonic)

Brainicity NH Theta 3 (High range frequency), 22 minutes (Meditation/Sleep) (Non-Harmonic)

Brainicity Volume Adjust ( 3minutes)

Note: the 7 notes of the C4-Scale are also the 7 notes of the Chakras in eastern traditions.

The files take approximately 850 mb of hard drive space.

## More Information

### Brainwaves:

Delta is seen normally in slow wave sleep.

Theta is seen in drowsiness, meditation, and creative states.

Alpha emerges with closing of the eyes and with relaxation, and attenuates with eye opening or mental exertion.

Beta is associated with active, busy or anxious thinking and active concentration.

### Introduction:

Brainicity™ Transcranial Neural Network Optimizer is a safe and drugless system that promotes new neural pathways between the left hemisphere, right hemisphere, and the limbic system of the brain for improved Brain Function, Creativity, and Stress Reduction.

Years of research of electroencephalogram (EEG) and frequency patterns, revealed a method of establishing new neural pathways between the left hemisphere, the right hemisphere, and the limbic system.

It has long been established that stress is the underlying cause of many diseases. Stress is often not well processed if the brain is lacking neural pathways between the left and right hemispheres. Brainicity™ Transcranial Neural Network Optimizer promotes new neural pathways between the left and right hemispheres of the brain to facilitate the efficient processing of stress and healing.

### Theory:

There is often limited communication between the left and right hemispheres and the limbic system of the brain, which is the emotional center of the brain. If the hemispheres of the brain are utilized separately, they may cope with experiences, especially stressful ones, differently.

An internal conflict may be created by different interpretations of the left and right brain hemispheres, potentially resulting in increased anxiety in response to a stressful situation. Without proper communication between the two hemispheres, the conflict may never be resolved and the issue or trauma may become deeply suppressed.

Brainicity™ Transcranial Neural Network Optimizer uses binaural stimulation whereby different sounds are fed into the left and right ear. The brain produces a third sound. It is this process that promotes the development of new neural pathways between the right and left hemisphere of the brain.

## **Headphone (Wired) Recommendation**

Koss UR-20 Home Headphones  
\$15.00 at Amazon.com

INLINE VOLUME CONTROL FOR 3.5MM HEADPHONES  
\$8.00 at Amazon.com

Kinps Audio Auxiliary Stereo Extension Cable 3.5 mm Male to Female, Stereo Jack Cord for Phones, Headphones, Speakers, Tablets, PCs, MP3 Players and More (16ft/5m, Black)  
\$10 from Amazon.com

Disposable Sanitary Earpiece Covers for Large Headphones 100 pcs (50 Pair)  
\$19 at Amazon.com

## **Headphone (Wireless - Requires Charging) Recommendation**

Riwbox XBT-780 Bluetooth Headphones Over Ear, Noise Isolatio V4.1 Wireless Headset with Volume Control, w/Built-in Mic and Wired Mode for PC/ Cell Phones/ TV (Black)  
\$40 at Amazon

Disposable Sanitary Earpiece Covers for Large Headphones 100 pcs (50 Pair)  
\$19 at amazon.com

Note: if wireless headphones are purchased, wired headphones should also be purchased as a backup in case the wireless headphones were not charged.

# Brainicity™ Questionnaire and Guide

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## Introduction

Why are there so many Brainicity™ files? To answer this question, we need to look at how the brain works. When you were in the womb and your brain was developing, you heard and felt your heart beating. Eventually, the brain began to ignore it. If you were to listen to the same Brainicity™ file every day, your brain would begin to ignore it and it will lose its effectiveness. Therefore, there are many files to choose from. Also, there are different files for different purposes. You wouldn't want to listen to a stimulating file if you want to sleep. Below is a questionnaire and guide to assist you in determining which file to listen to.

Delta is indicated for the deepest relaxation. Alpha and Theta is indicated for relaxation, creativity, and meditation. Beta files are highly excitatory and intended for healthcare practitioners for research purposes. Choose Delta for the best sleep.

Remember to alternative files daily. For example, if you chose Delta as appropriate for you at a given time, use Delta 1. The next day use Delta 2. The next day use Delta 3, and so on.

Scales are designed to provide a variety of frequencies and beats. In the eastern traditions, the Chakra (C4-Scale) files energize the Chakra energy system. Play all 7 files continuously in each scale. There are other Scales to choose from to prevent repetition. When playing scales, use the playlist and play all 7 files.

What should I do if I check off most of the questions in each category? The answer is to try them all one at a time.

Should I try the harmonic or non-harmonic files? The answer is to try them all one at a time.

Remember to ALWAYS play the selections SOFTLY.

## **Delta**

Delta is seen normally in slow wave sleep.

- Do you want to achieve the deepest relaxation?
- Do you want to sleep?
- Do you have a high amount of anxiety?

If the answer to most of these questions is yes, use the Delta files.

## **Theta**

Theta is seen in drowsiness, meditation, and creative states. (similar to Alpha, perhaps deeper)

- Do you want to meditate?
- Do you want to be creative?
- Do you want a deep relaxation?
- Do you want to remember your dreams?

If the answer to most of these questions is yes, use the Theta files.

## **Alpha**

Alpha emerges with closing of the eyes and with relaxation, and attenuates with eye opening or mental exertion.

- Do you want to meditate?
- Do you want to be creative?
- Do you want relaxation?
- Do you want to remember your dreams?

If the answer to most of these questions is yes, use the Alpha files.

## **Scales**

Scales are designed to provide a variety of files and technologies.

- Do you want to energize your body?
- Do you want to stimulate the flow of energy through your body?
- Do you want to reduce physical pain?
- Do you want to create harmony and flow throughout your system?
- Do you want to increase your ability to focus on tasks?
- Do you want to increase your ability to cope with stressful situations?

If the answer to most of these questions is yes, use the Scale files.