

# Brain Brightening Procyon Sessions

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This album consists of eleven sessions, which are designed to be used over a period of several weeks to produce lasting improvements in your ability to concentrate, focus and be creative. They may also help lift your mood and energy levels.

No.	Session	Description
0	Quick Brain Brightening	A mini Brain Brightening session - 12 minutes
1	Brain Brightening 1	The seven full Brain Brightening sessions. Use these daily, in the morning or afternoon, for a powerful mental workout.  I suggest progressing to a new Brain Brightening session each day, and then repeating them on a seven day cycle.  Each one targets slightly different frequencies, and they each last 18 minutes.
2	Brain Brightening 2	
3	Brain Brightening 3	
4	Brain Brightening 4	
5	Brain Brightening 5	
6	Brain Brightening 6	
7	Brain Brightening 7	
8	Mind Calming 1	Three Mind Calming sessions designed to help you unwind and relax, and emerge feeling refreshed and focused. Each session goes a little deeper, and they each last 18 minutes.
9	Mind Calming 2	
10	Mind Calming 3	

## About these sessions

One of the challenges of any light and sound machine is to ensure it doesn't become a novelty gadget, gathering dust on the shelf. Research indicates that devices like the Procyon can create tremendous mental and physical benefits for people, but this typically happens only when these machines are used regularly and consistently.

I have made all of these sessions relatively short, to make using them on a regular basis as convenient as possible. Instead of being a group of unrelated sessions to dabble with now and then, this set is designed to provide a brainwave training system, to be used consistently over a period of weeks and months.

In designing this Brain Brightening album, I drew on neuro-feedback studies and audio-visual stimulation (AVS) research to produce a series of sessions that focus primarily on the SMR and beta ranges of brainwaves, which research shows are frequency ranges that are likely to have significant cognition-boosting effects.

I created these sessions both for my personal use – to promote creativity and mental sharpness in

myself – and also for several clients I've treated, who wanted help relieving the “mental fog” they were chronically experiencing. The clients in question did indeed report that they felt much sharper and more focused after a couple of weeks of using this protocol.

I hope these sessions will offer you a system, a protocol, for making the Procyon a tool that you make use of daily.

### **The seven core “Brain Brightening” sessions**

These seven sessions are based on research by Thomas Budzynski PhD and others, showing that regular usage of light and sound stimulation over a period of weeks can boost grade point average, lift depression, and in essence, create sharper, more focused mental abilities in the user.

As a treatment protocol for relieving chronic fatigue, depression, ADHD, and age-related cognitive decline, I recommend using the seven core Brain Brightening sessions at least five times a week for two months. If you choose to use the sessions every day, or even twice a day, this is also fine, and may produce better results.

Using the Brain Brightening sessions in the morning or afternoon is recommended instead of in the evening, as these sessions may disrupt sleep if used too close to bedtime.

None of the sessions is more advanced than any of the others. Each session simply targets slightly different brainwave frequencies in a different order, so as to provide a variety of different challenges and “mental stretches” for your brain. This is the same principle as varying the exercises that you do at the gym in order to develop all-round fitness. I suggest using a different one each day, rotating through all seven sessions repeatedly.

After two months, notice what the benefits have been for you. You may then choose to continue the protocol indefinitely (people have safely used light and sound machines daily for years).

Alternatively, after the initial two months, you can reduce down to a maintenance protocol, by either using the sessions 2-3 days a week, or by repeating the two month protocol twice a year. There is no research as to which choice is better, so you will need to find what works best for you.

When you don't have time for a full 18 minute Brain Brightening session, you can use the Quick Brain Brightening session as a substitute – this session lasts 12 minutes.

### **The three “Mind Calming” sessions**

These three sessions are an excellent way to unwind in the late afternoon or early evening. They are all similar in structure, but each one goes slightly deeper into the brainwave frequencies associated with deep rest and relaxation. As with the Brain Brightening sessions, I suggest alternating between each of them so that your brain doesn't get too used to any particular session.

All of the Mind Calming sessions begin and end by spending some time stimulating SMR brainwaves, which are associated with calm alertness.

I've personally found it very effective to use one of the Brain Brightening sessions early in the day, and one of the Mind Calming sessions in the early evening.

### What to do during the session

1. These sessions will be most effective when used with eyes closed.
2. In my experience, in any light and sound session it's a good idea to put some deliberate, conscious attention on the flickering light and the sounds.

Your mind may naturally wander over the course of the session, but at least for the first few minutes I recommend being *actively interested* in the light patterns – to pay attention to any shapes or ghostly after-images you notice. By doing this, you're signifying to your brain that this is a stimulus you want to engage with.

3. If you want to feel more alert, it's best to use a session sitting upright, rather than lying down. Being horizontal primes your brain to feel sleepy, whereas being upright primes your brain to feel more alert.
4. I recommend doing a simple breathing exercise for several minutes during each session. For example, try several minutes of square breathing, where you repeatedly:
  - Breathe in for the count of four
  - Hold for four
  - Out for four
  - Hold for four

Deep, slow, rhythmic breathing like this has a variety of physical and cognitive benefits, and I recommend doing some reading in this area if you'd like to find out more.

5. It's okay to practise a deep relaxation exercise when using a session that's designed to boost energy and alertness. In fact this can produce very useful results.

By deeply relaxing each part of your body, step by step, whilst simultaneously experiencing the brainwaves of high focus and alertness, you'll be training yourself to develop a peak performance state of “relaxed attentiveness”.

6. You can also feed music, radio or an audiobook into the Procyon's auxiliary socket.

### Technical details

- All of the Brain Brightening sessions target the SMR range and the beta range.
- The Mind Calming sessions primarily target the SMR range and high alpha. In the middle of each session they dip into the alpha-theta range.
- You can read about Thomas Budzynski's research into AVS here:  
<http://www.mindplacesupport.com/Downloads/Biolight-paper.pdf>

## Uploading tips

You can upload these sessions as a complete album to the memory bank of your Procyon. Be sure to unzip the zip file first, and then you can upload the “Brain Brightening.PRb” album file through the Procyon editor. See your manual or [the support site](#) for more information on how to do this.

If you choose “append” when uploading these sessions to the Procyon, and if you haven't uploaded any other sessions apart from the built in ones, then you should find the numbering of these sessions on the Procyon very simple to remember:

Session **50** will be Quick Brain Brightening

Sessions **51-57** will be the seven core Brain Brightening sessions.

Sessions **58-60** will be the three Mind Calming sessions.

I find this set-up useful, because it means I can use the Procyon without having to check a list to remember which session to use. I find this encourages me to use the Brain Brightening and Mind Calming sessions more regularly and systematically.

If you have uploaded other user-generated sessions to your machine, the numbering will be different.

If you want to try this “easy to remember” set-up I've mentioned above, you can always:

1. Upload [the original factory sessions](#) again and choose “overwrite” to reset your Procyon's memory bank to the default 49 sessions.
2. Then upload the Brain Brightening album and choose “append”.

**Copyright notice** – you are free to distribute these Brain Brightening sessions so long as you do not charge money for them, and provided you include the “Brain Brightening Instructions” pdf file with the session files.