



### Quiet Focus

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.

### Meditative Relaxation

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 hyper-arousal. The *Meditative Relaxation* protocol is particularly useful to help persons turn off their racing 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.

### Full Spectrum Training

The MindReflector *Full Spectrum* training is designed to increase a broad range of desirable brain waves, while inhibiting bandwidths often associated with worry, 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.

### Alpha-Theta Training

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.