

# 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 alternate 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 per day.

Should I try the harmonic or non-harmonic files? The answer is to try them all one per day.

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.