

BRAIN EVOLUTION SYSTEM



USER'S GUIDE

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enable you to tap into peak performance states of mind, on-demand.

BrainEv uses brainwave entrainment technology to help you achieve powerful brain states, cumulatively enhancing your mental command. By following the stated listening program, you'll soon encounter noticeable improvements in your "mental muscle."

This program will enable you to enjoy greater mental and emotional control. It will help you to relax more, and handle stresses with ease. It will assist you in performing better, and becoming more creative. It will aid you in thinking more efficiently, with greater flexibility and clarity. In short, the Brain Evolution System will help you perform and live at your very best.

The design of the Brain Evolution System is different from other brainwave entrainment programs, in that it doesn't use a singular method to achieve entrainment. Instead, BrainEv uses multiple techniques at once, via its exclusive 3-Point Dynamic Entrainment Audio Process (3P DEAP).

This process is "dynamic" because it does not use one continuous entrainment stimulus at any one time. Instead, the system moves and undulates, just as brainwaves do naturally. Rather than drive the brain to one stagnant entrainment plane, the fresh approach of BrainEv helps to limber and strengthen the capabilities of the brain, in a way that is akin to the challenges (and rewards) of an ongoing personal fitness plan.

INSTRUCTIONS FOR USE

The program consists of six levels, each lasting 30 minutes. You should sit each level for one whole month before moving onto the next. Start with Level I, listening once a day, for six days a week. Take one day off per week for reflection, perhaps using that time to take notes on the process, or simply indulge in silent meditation. After the month is complete, shift to the next level.

- To begin each session, find a place away from distraction, so that you can complete your daily listening session without interruption.
- Arrange your body in a way that will be comfortable for the next 30 minutes. (To promote relaxation, you may wish to stretch a little first to relieve any physical tensions.)
- You can listen sitting upright, reclining, or laying down. Keep your arms and legs uncrossed to help keep you relaxed.
- Do not listen while performing any activity. Ensure that you dedicate this 30 minute period to the program and yourself only.
- Begin each disc at a comfortable volume, without any augmentation to the audio output. (In other words, switch off bass boost or other audio features.)
- Use good quality, stereo headphones where possible, without additional audio features such as bass boost or noise cancellation.

As you listen to each level, do not try to concentrate on anything. Just close your eyes, listen to the rich soundscapes, and allow your mind to wander. As thoughts arise, observe them and simply allow them to dissipate. As you listen, take slow, deep breaths and exhale completely. If your thoughts get too busy, simply shift your focus onto the pattern of your breathing, to assist in relaxation.

Keeping note of your experiences in a journal can help you track your development with the system. Noting the comments of others will also help you to track personal improvements you may otherwise miss.

To get the best from the Brain Evolution System, check out the support site online at <http://support.brainevo.com/> or visit the forum at <http://brainevoforum.com/>

WELCOME

Congratulations on getting started with the Brain Evolution System! This program has been developed as a "gym for the mind," helping you to develop a strong, sharp and flexible brain. With practice, BrainEv will

HISTORY OF BRAINWAVES AND BRAINWAVE ENTRAINMENT

Brainwaves are the signatures of what is happening inside the mind. They are electrical rhythms that operate at different frequencies, depending on your state. For example, if your brainwaves are at the 2Hz frequency, you are likely to be in a deep sleep.

Brainwaves themselves were officially discovered by Austrian psychiatrist Hans Berger in 1908. This paved the way for analyzing brainwave patterns in real time (ie, with EEG machines), as subjects were stimulated in various forms.

In the mid-1930s, scientists discovered that a brain's electrical rhythms tended to assume the rhythm of a stimulus. In other words, if you stimulate a subject with a blinking light at 10Hz (10 pulses per second), soon a subject's brainwaves will entrain to match that 10Hz frequency. This was the birth of brainwave entrainment science.

Using audio to stimulate brainwave patterns gained full recognition in 1959, when a Dr Chatriya observed an identical EEG response to clicks at a frequency of 15 per second. (15Hz.)

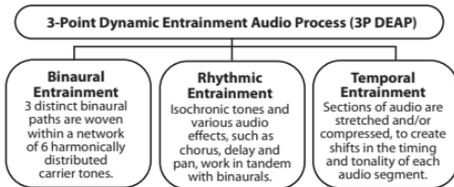
It is believed that almost any rhythmic or frequency-based stimuli can be used to invoke the entrainment of brainwaves to some degree, whether it be sound, light, touch or anything else the brain can perceive through its senses. By changing brainwave frequency, you can temporarily change the current state of mind, helping a subject to feel more awake, be more creative, or improve concentration levels. Frequent, progressive use, as with the BrainEv program, has been found to provide many cumulative, longer-term benefits, including greater mastery of brain functions.

The Brain Evolution System makes groundbreaking use of specialized audio technologies to accomplish brainwave entrainment, as explained in the following section.

To learn more about the history and science behind brainwave entrainment, visit <http://brainwavecollege.com/>

THE BRAIN EVOLUTION SYSTEM'S TECHNOLOGY

The Brain Evolution System utilizes several major brainwave entrainment methods, combined to create a highly effective entrainment experience. Each level was developed under the exacting specifications of the 3-Point Dynamic Entrainment Audio Process (3P DEAP).



3P DEAP is made up of three main brainwave entrainment techniques, unified to deliver the greatest possible impact across a wide spectrum of entrainment stimuli. Here's a quick overview of each technique:

BINAURAL ENTRAINMENT

The binaural entrainment process involves sending separate audio signals to each ear, when used with stereo headphones. These separate signals are called carrier tones. Here's how they work: if the left ear has a carrier tone of 410Hz, and the right ear has 400Hz, this generates a 10Hz "binaural" tone. The brain detects this 10Hz binaural tone and entrains itself to this frequency.

RHYTHMIC ENTRAINMENT

The rhythmic entrainment process uses pulses to stimulate entrainment. These are applied as isochronic tones, as well as digitally processed effects, such as chorus, delay and panning. These additional entrainment layers work directly in tandem with the binaural process.

TEMPORAL ENTRAINMENT

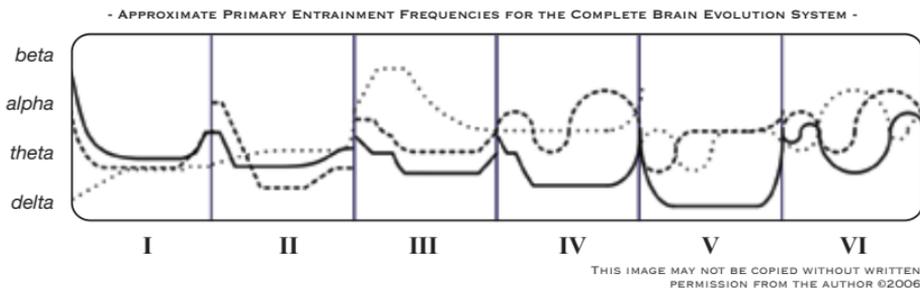
The temporal entrainment method relates to the distinction of timing. To increase the effectiveness of the preceding two methods, the system utilizes the brain's distinction of time and speed, to direct it toward the various entrainment rates that ebb and flow through each level. The temporal entrainment method is also used to shift the rhythms of the body (such as breathing and heart rates), to speed up or slow down in unison with each level's entrainment stimuli.

To learn more about the science behind 3P DEAP, visit <http://brainev.com/research-benefits>

LEVEL I - TRANSCENDENCE

Level I plays an important role in preparing the listener for the dynamic entrainment arrangements featured throughout each level that follows. Compared to the rest of the series, the entrainment frequencies in Level I are the easiest for the brain to entrain to - allowing your brain to acclimatize to the system before being introduced to the later levels.

The general focus of Level I is to acquaint you with your primary meditative ability: that is, the ability to slow down rhythms of the body, release thoughts from distraction, and to simply relax. These meditative skills are important abilities to acquire as they help you get the most out of each session, while improving every facet of your life that requires patience and focus.



EXPLANATION OF LEVELS & PRIMARY ENTRAINMENT MAP

BrainEv is a six month, progressive program, with each of its six levels designed to be listened to in a specific order. Each level has been engineered by following a highly detailed "entrainment map."

Entrainment mapping is a graphical approach to developing exactly how each level in the program is laid out. It's a method that is unique to the Brain Evolution System. Every sound event within the program has been timed to the millisecond, bound by the precise foundations of the entrainment map.

Each horizontal line in the map above represents one of three entrainment tiers, which define the emphasis of a particular entrainment stimulus at any point in the series. The tiers of emphasis are: Prime, Major and Minor.

Prime Tier (Solid Line) - This designates the prime entrainment frequencies that stand at the forefront of the audio. These layers are strengthened with additional entrainment techniques that supplement the effects of this tier.

Major Tier (Dashed Line) - Entrainment events and frequencies in this lesser tier are mixed to compliment those in the Prime tier. Additional audio layers are applied at frequencies that compliment the mean entrainment rates between Prime and Major tiers.

Minor Tier (Dotted Line) - Entrainment events and frequencies in this tier are mixed to compliment those in the all other tiers.

The end result is a subtle yet powerful mix of dynamic brainwave entrainment pathways that swell and subside gently to stimulate brainwave patterns across an epic symphony of entrainment mediums.

Visit <http://support.brainev.com/> to view the support videos for each level.

Veterans of meditation will find value in this level as it allows a quick and easy descent into theta brainwave states, along with a sampling of delta frequencies.

LEVEL II - LUCID ECHOES

Levels I & II work together to refine your ability to meditate and limit how mental and emotional distractions affect the clarity of your thinking.

This level's role in the Brain Evolution System is to build on the meditative foundation instilled by Level I, by taking the entrainment deeper into theta levels. There are, however, elements in this soundscape that present slightly more distraction than the previous level. These effects are applied to present the dichotomy of choice between allowing calm to exist in the mind - versus agitation.

LEVEL III - INFINITY

This level's role in the Brain Evolution is to prepare you for the more dynamic and complex entrainment structures of the remaining three levels.

Level III continues the system's descent towards deeper entrainment rates, while challenging the brain to operate at multiple (and potentially conflicting) frequencies without losing focus or calm.

Level III begins with an entrainment path that ramps up to a beta plateau, while layers of alpha, theta and delta stimuli operate beneath. This arrangement is engineered to challenge the brain/mind to maintain a deep, focused calm, even when faster entrainment stimuli is present.

LEVEL IV - CRYSTAL RAIN

This is the first level which presents a high degree of non-linear entrainment, while emphasizing entrainment paths that are distributed in a balanced form. As you can see on the map, Level IV's Prime Tier provides the deepest, most relaxing entrainment rate in the series thus far. In this level, the Major Tier is organized around a central entrainment rate which serves as the gateway between the alert brain and deeper inward awareness..

LEVEL V – NEPTUNE’S CAVE

Of the entire series, this level provides the deepest descent into extremely low brainwave rates within the delta range. Prime and Major Tiers are applied to maintain a degree of quiet wakefulness to bridge the gap between conscious and subconscious modes.

Portions of the entrainment stimuli are geared towards facilitating the release of brain chemicals that promote feelings of wellbeing, while stimulating the body’s rejuvenation processes and immune system*.

LEVEL VI: FUSION

This disc concludes the six month journey by integrating the sounds and entrainment functions of the previous five levels. You’ll notice that Level VI’s Prime, Major and Minor Tiers all center around the “gateway” entrainment frequency found in Level IV. This is designated to move the brain, in undulating sweeps, from attentive focus to the deep, undistracted awareness that leads to creativity and the mind’s intuitive power.

GRADUATION & BEYOND

After you complete this six month journey, revisit each disc (from Level I – VI) over a period of six days (or more) to complete your graduation. Use this time to re-evaluate how your brain and mind respond to each disc and then feel free to use each disc, as you see fit, from then on.

Additionally, we recommend that you revisit all levels, over a period of six days, at least every few months, to maintain the gained benefits.

After graduation, you may also wish to experience Level 7. This is offered exclusively to existing customers after six months of using the program. Contact support for further information.

For further assistance in using BrainEv, including individual level videos and research data, visit <http://support.braineve.com/>

You may also wish to visit the official forums at <http://braineveforum.com/>

*PRECAUTIONS AND DISCLAIMERS

Those with an epileptic predisposition may be adversely affected when using brainwave entrainment technology. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic fits. Consult your doctor directly if you have any questions or concerns regarding brainwave entrainment technology and its effect on epilepsy.

Under no circumstances should you drive a car or operate dangerous machinery while listening to the Brain Evolution System. This technology can produce very hyper-relaxed states that may endanger you in situations that require your direct attention.

It is not uncommon for repressed emotions or memories to surface as you acquaint yourself with the cause and effects of your brain / mind system. These upwellings are a healthy part of processing and improving how and why we function in some of the ways we do. This emotional processing can lead towards vast improvements in personal development. In highly sensitive situations, it’s advisable to seek professional assistance from an appropriate practitioner if you have difficulty processing particular emotions on your own.

Do not mix the Brain Evolution System with similar long-term brainwave entrainment products. Inspire3 cannot determine what will happen when mixing multiple brain enhancement technologies, as this introduces too many variables that could counter the effectiveness of the system.

None of the statements contained in this manual have been evaluated or verified by the FDA. The Brain Evolution System is not intended to diagnose, cure, treat or prevent any disease.



IMPORTANT WARNING: Refer to usage instructions prior to listening. Do NOT use this program if you suffer from epilepsy or any psychiatric disorder; such individuals should not use brainwave entrainment, except under the direction and supervision of a licensed medical physician. Do NOT use if you are pregnant, prone to seizures, photosensitive, under the influence of medication or drugs, or if you wear a pacemaker. We only recommend using the program if you are over 18 years of age. Under no circumstances should you drive a car or operate dangerous machinery while listening to this product. This product is not intended to prevent or cure any disease. If in doubt, consult with your doctor before use. No results are implied or guaranteed. Use of this program is at your own risk.