

THE FRONTIERS OF THE NEW LIGHT THERAPY, RELAXATION  
AND PERSONAL GROWTH

# PSiO<sup>®</sup> Magazine

*The magazine of the PSiO<sup>®</sup> Network*

PSiO<sup>®</sup>

**Wellbeing  
Accelerator**

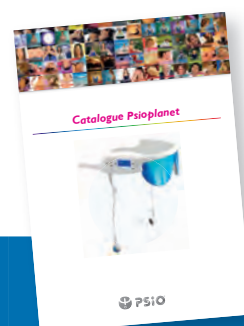
**The power of  
blue light**

**Advances in  
Psychosomatic  
medicine**

**The pioneers  
in the  
medical field**



PSIOPLANET<sup>®</sup> - The catalog



“**Success...**  
*is an  
inside  
job!*”



PSiO® 3.0



[www.psiocom.com](http://www.psiocom.com)

# PSiO® Drink « Awakening » 100% ORGANIC



**GUARANA**  
800 mg



**GINGER**  
100 mg



**ACEROLA**  
470 mg



**GINSENG**  
100 mg



**MILK  
THISTLE**  
200 mg



**LIME TREE  
SAPWOOD**  
400 mg



**PRICKLY  
PEAR**  
500 mg



**PSiO®**  
*free your mind!*





PSiO<sup>®</sup> 2.0

FINALLY AVAILABLE ON EARTH  
JANUARY 1, 2016

[WWW.PSIO.COM](http://WWW.PSIO.COM)



# Editorial

## **W**elcome to the world of PSiO®!

More than a simple catalog, the PSiO® Magazine aids the PSiO® ambassadors in their work to inform the public about PSiO®.

We feature the pioneers as well as showcase the innovative actions of ambassadors. This publication also presents studies that explain the effects of certain applications and the PSiO® network philosophy.

What is the PSiO® network and what is its mission? It is a network of highly satisfied users who feel it is important to communicate the benefits of the PSiO® applications via their families, friends, acquaintances, colleagues or health sector professionals.

The PSiO® network was developed through information sessions, open days in companies, discovery workshops or evenings between friends!

Experiencing relaxation sessions actively practicing mindfulness and positive visualization all work complementarily to activate a new neuronal metabolism. In a society fed with sleeping pills, antidepressants and anxiolytics, PSiO® presents itself as a real opportunity to achieve harmony of one's mind naturally, step by step.

This is the first time such a simple solution has

been available to the public and that it can be found on the bedside table to generate positive thinking with the effective support of light that acts as a potent catalyst.

The benefits of PSiO® applications are multiple: emotional harmony, personal growth, performance, strengthening immunity and even reprogramming behavior. And more, to be discovered! PSiO® will lead you into this very private space that is your haven of peace; a space that belongs to you alone and just waiting to take care of you...

To complete the PSiO® glasses beneficial actions, you will also find the noise-reducing PSiO® headphones, the musical and olfactory pillow and of course our PSiO® Awakening and Relaxing Drinks (May 2022).

I wish you good PSiO® sessions!

**Stéphane Dumonceau**  
Founder

## Managing Editor

Stéphane Dumonceau-Krsmanovic

## Contributors to this issue

Dr. Patrick Van Alphen

Dr. Mickaël Litchinko

Dr. Jean-Jacques Lisoir

Dr. Jacques Bailly

Bernard Meloche

## Graphics

Olivier Demierbe

## Sales cover price

\$4.50 / 6 CAD / 4.50 EUR

## Printing

Onlineprinters.com

## Commercial distribution

PSiO® Network

## Publisher

Psychomed.com S.A.

117a Vieux Chemin de Wavre

1380 Ohain

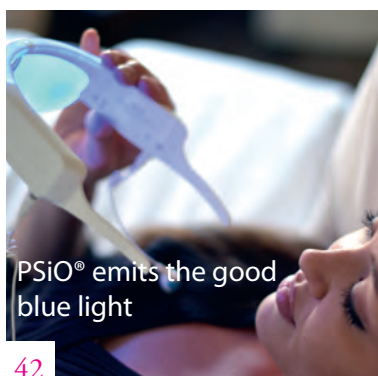
Belgium

## Wellbeing Accelerator



**Drowsy Driving** : Blue light proven to be as effective as coffee !

32



PSiO® emits the good blue light

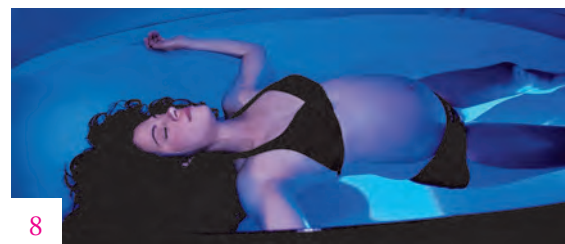
42



How PSiO® applications can influence genes ?

62

- 5 **Editorial** by Stéphane Dumonceau
- 8 The PSiO® in **Québec**
- 10 The PSiO® at **Eden Plage**, Saint-Tropez
- 12 The PSiO® in **Silicon Valley**, California
- 14 **Dr. Mickaël Litchinko**  
Pioneer in anesthesiology since 1990
- 15 **Dr. Jean-Jacques Lisoir**  
Psychosomatic Medicine
- 16 **Dr. Patrick Lemoine**  
Use of PSiO® in Sleep labs
- 17 **Dr. Patrick Van Alphen**  
Post-Anesthesia Care Unit - PACU pioneer
- 18 **Christophe Desteuque & Dominique Altché**  
E-de - Training in the use of PSiO® in healthcare settings
- 24 PSiO® technology designed for **Good Sleep**
- 29 **Pamela Shervanick**  
Integrative psychiatrist
- 31 **Dr. Andra Foster, DC**  
Chiropractic, Nutrition
- 32 **Drowsy driving**: blue light shown to be as effective as coffee!
- 34 PSiO® **Noise Cancelling** Headphones
- 36 **Relaxation** or **meditation**?
- 40 **Stéphane Dumonceau - Krsmanovic** Interview with the founder
- 42 PSiO® emits **good blue light**
- 44 Stimulation by light can **relieve from depression**
- 48 **Food for the mind**
- 52 **Aphantasy and hyperphantasy**
- 58 The third eye, **the pineal gland**
- 62 How PSiO® applications can **influence the genes**
- 67 The floor to ambassadors: **The experience of Janette Derham**
- 68 **The PSiO® Bank**
- 70 The PSiO® pillow: **musical & olfactory!**
- 77 Introduction to **the PSiO® Philosophy**
- 81 A study shows the direct relationship between **immunity and positive emotions**
- 83 Why **the PSiO® Network**?
- 84 **PSiO Drink Awakening**
- 88 The "**Cultural creators**" in the PSiO® network
- 92 The **business opportunity** of the PSiO® network
- 96 The PSiO® network **Training Courses**
- 100 The different PSiO® applications
- 104 All PSiO® available programs
- 129 The packages



8



12



14



36



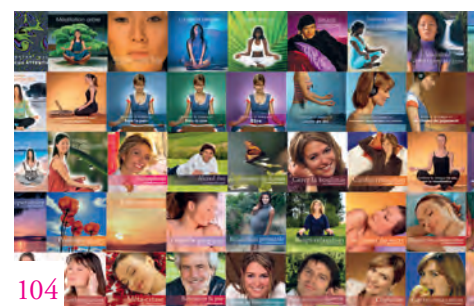
44



62



77



104



**Bernard Meloche** - Founder of Ovarium

The Ovarium Spa is a relaxation center in Montreal recognized for its quality massages, unique Floating Baths' experience and innovative care such as NeuroSpa and PSiO<sup>®</sup>, whose synergy helps calm the body and clear the mind. Thanks to Founder Bernard Meloche's dynamic presence, the Ovarium center has become the "it" place in Canada. Indeed, with rich expertise of over 30 years, the center always innovates in wellness by offering unique and excellent services to their customers. Naturally, PSYCHOMED's "Audioceuticals" are also present at the Ovarium center and namely with the "prenatal Relaxation" program. Open seven days a week from 8:30 to 22:30, the Ovarium Spa offers up to 72 PSiO<sup>®</sup> sessions per day to its customers! The mission of Ovarium Spa is to sustainably improve the health and wellbeing of the largest possible number of people, building on the competence of caring professionals and best

## The PSiO<sup>®</sup> in Quebec

advanced technologies. Thus, the PSiO<sup>®</sup> device is integrated naturally in the service offering of the center, as it joins the vision to provide a complete relaxation of body and mind, which leads to well-being and lasting inner peace, giving strength to surf on modern life. Today, the Ovarium Spa is proud to participate in the development of the PSiO<sup>®</sup> network as Quebec and Canada's head of network.

Incidentally, Ovarium is the bridge that connects PSYCHOMED, located in Belgium, to Canada and aims to work on simpler procedures accessible to the ambassadors. It provides them with premises for training, introduction to equipment and affiliation of new ambassadors.

**Bernard Meloche**  
Founder of Ovarium





Ovarium in Montreal



Among the main activities: massages

# The PSiO® at Eden Beach



## The experience of Summer 2015

During the summer of 2015, Jean-Charles Caplier, the owner of a spa in the region of Lyon, France, settled on the famous Pamplona Beach: Eden Beach. It is in this haven of peace and harmony that high-end customers can recharge and get back to balance. With an exclusive partnership, the patrons of the beach have been pleasantly surprised to be able to experience a “PSiO® discovery” session during the day at a very special rate.

This offer took place throughout the season, from July to September. And the news will surprise no one: customers want more!

Conclusion, PSiO® will return to Saint-Tropez this year!

# Gulf of Saint-Tropez



*“Joie de vivre”, serenity, sun and seashells:  
That was the summer program 2015 for Eden Beach  
and its patrons.*



Westfield Valley Fair, Santa Clara

# The PSiO® in the Silicon Valley

Imagine a device that can relax you, provide you with a healthy sleep and re-energize your senses without using any medication! Well that device is a fusion of light and sound stimulation with a high tech form factor. It is now taking by storm Silicon Valley consumers and corporate workers of the most prestigious companies!

I met a manager in San Francisco, during my presentation of “Start up” companies in June 2013. I’ve just proposed a try of the PSiO® and immediately he saw the fantastic potential of this unique device! We made an appointment the next day and in the weeks that followed we started a collaboration for the development in California.



This was just after NASA had expressed interest in integrating the PSiO® in their space programs and for the jet lag regulation of astronauts (USA-Russia flights). Having seen and tested the PSiO® at the CES in Las Vegas, thanks to a marketing campaign on the field, we also made tests on the general public in the streets of San Francisco! Through this opportunity, we were able to assess a large interest from the people of the region known to be very open to new technologies.

In early March of 2015, with the collaboration of this local team, the PSiO® was presented at the Palace of Fine Arts in the heart of San Francisco for the general public to have a hands-on experience on the usage of the PSiO® and its benefits. Over 6,000 demonstrations and trials have been performed so far in this idyllic location commemorating the new technology innovations of the iHangar with the remnants of International Exposition of 1915. The number of users and ambassadors continue to increase as is our new structure to promote the benefits of the PSiO®.

In the last quarter of 2015, the PSiO® has been presented in a nomadic pop-up store inside the affluent Westfield Valley Fair Shopping mall in Santa Clara, Silicon Valley.



SF New Tech, San Francisco



Facebook® Head Office

The intentions were to sensitize the public as well as corporate users such as IBM®, Intel®, Google®, Genentech® and Facebook® on the benefits of the P*Si*O®. Very quickly these companies were attracted by the immediate effects of the device.

Indeed, imagine using the P*Si*O® for wellbeing and wellness of consumers and corporate users for relaxation, sleep and focus in order to enhance productivity!

It is in this spirit that we are developing at the moment different protocols to improve PERFORMANCE in these companies.

**Stéphane Dumonceau**  
CEO - Psychomed.com



IBM® Head Office

# Dr. Mickaël Litchinko

Pioneer  
in anesthesiology  
since 1990



Dr. Litchinko could be considered the father of our hospital and clinical movement that began in 1990. He has an experience of 25 years in loco regional anesthesia in Nancy, France. With his colleague Dr. Diebold, a surgeon, they have performed more than 20,000 operations using PSYCHOMED's technology. And they quickly collected a significant reduction (sometimes total absence) of intravenous sedation in addition to anesthesiology. Patients were thrilled! They undergo a surgical operation in total relaxation, and in addition, thanks to the patient being calm, the operation can take place without unwanted movement of the foot, the principal fear for a surgeon who operates at a scale of the order of the millimeter, of course... Dr. Litchinko talks about his experience his vision for the hospital world:

*The hospital world is not spared by the "slow life" wave, this Zen attitude that feeds the good humanist intentions of increasingly numerous anesthetists and that integrate perfectly the new management modes of operated patients.*

*It is almost a slow revolution, at least a kind of evolution, when we talk about participatory therapy and drug evictions, being replaced by more natural methods as effective and without harmful side effects (Audiocentrals, suggestion, meditation, Reiki...). These*

*methods have benefits beyond the patient's wellbeing extending up to the person using these techniques. At a time when the number of "burn out" cases are rising so quickly, among medical practitioners, let us make sure PSiO® can provide relaxation and mindfulness to the professionals with this new way of practicing! Modern management of the patient of the XXI century is rediscovering empathy, conversational suggestion, neurolinguistic programming, relaxation therapy, etc. giving back to our profession a human dimension that, in fact, should never have been abandoned in the first place.*

*Surgery is evolving in its management, favoring outpatient in opposition to hospitalization, not only for financial reasons, but also for the patient who generally wishes to return home as soon as possible. This concept, while not really new, is experiencing a boom, forcing stakeholders to advance their technique (less invasive, more comfortable and allowing a brief interlude from the patient's life path).*

*One of the axes of this movement, apart from the safety and the minimization of the impact on the main motor and intellectual functions, remains the treatment of anxiety (pre-, intra- and post- surgery) because it often determines all the rest (pain and suffering can be greatly modulated and the global experience can be completely changed).*

*The rules of preoperative fasting have evolved, allowing the absorption of clear liquids two hours before surgery; respect for the decency and dignity is better supported; a trust agreement is naturally established with the patient who is given more responsibility from the medical staff, when generally this situation generates anxiety and feelings of helplessness felt by the patient.*

*The arrival of the patient in the operating room can be seen rather on foot than by stretcher. All these “new” techniques impose preoperative explanations, which are an additional opportunity to manage the anxiety of the future patient (verbally or through the use of modern relaxation techniques particularly dedicated to this kind of situation).*

*On the thousands of patients we operated this way, we have had no negative feedback, but on the contrary, we have only had enthusiastic testimonials, which confirm the effectiveness of the use of these techniques and we are delighted of this improvement to bring more humanity in patient care.*

**Dr. Mickaël Litchinko**



## Dr. Jean-Jacques Lisoir

Stress management expert

I have been using Audioceuticals for over 25 years now for me and for my patient (s) (now updated in the “PSiO®” technology!)

When Stéphane Dumonceau asked me to write the first Audioceuticals’ texts (stop smoking, sleep, weight management...) I was far from imagining the extraordinary effectiveness of this new method and the amazing reach it would have!

Today, many of my patient (s) have adopted this new tool to their delight; because it allowed them to attain a higher quality of life or because it solved many health problems through better management of their daily stress.

Our perseverance was rewarded with PSiO®. Consistent daily use for 15 days or three weeks will make you perceive reality in a more objective way, more “zen”...!

**Dr. Jean-Jacques Lisoir**



## Dr. Patrick Lemoine The PSiO® in sleep labs

Excerpt from the book “**Dormir sans médicaments... ou presque**” (translation: “Sleeping without drugs... or almost”) (Laffont edition)  
Dr. Patrick Lemoine:

### Glasses to sleep and wake up

I will put aside this particular device whose purpose is not to monitor but to heal. Indeed, I have a special experience so I can testify to its effectiveness.

First I experimented the PSiO® system on myself to resynchronize myself at my return from China. Indeed I am a morning person and am Chronorigid so I have great difficulty with regulating my jet lag. I found those glasses so interesting that I began to prescribe them to my worst insomniac patients, and sometimes with surprising results. Some of my colleagues consider this device as a simple gadget but in my opinion, they are wrong. In fact, this system combines several approaches through a number of programs to relax, wake up, and also boost you energy. It is at first a powerful distractor of one's attention: lights, shapes, more or less psychedelic, which we can experiment with eyes open or closed, then sounds, music and especially texts allow to induce a loss of control, that is called “letting go”, a state conducive to sleep.

Judge for yourself: a very soft female voice in the earphone of the right ear tells a story; soon after, a gentle male voice is heard to tell a different story in the left ear also. The subject tries to follow both stories simultaneously, which requires a lot of con-

centration and is not possible, and after a while, when you think you are following both stories, both earphones are reversed and there... it is hard not to fall asleep!

Personally, I have never managed to go all the way... it is a little frustrating not to know the end of the story but it's so nice to fall asleep in this way!

Some of the programs wake you up and energize, while others offer very sophisticated relaxation exercises with muscle exercises. There are also others closer to hypnosis. In short, the system is very rich and varied and it changed the way I treat my most severely affected patients. In my view, it is more than a simple gadget. I would rather refer to it as a portable device to indulge in meditation, cognitive behavioral therapy, relaxation, self-hypnosis, and more.







## Dr. Patrick Van Alphen Post-Anesthesia Care Unit (PACU) pioneer

I have created the 'weight clinic'. Meanwhile, I also introduced PSYCHOMED technology in the recovery room of the St. Pierre University Hospital in Brussels.

The success was immediate and medical staff observed that 25% of postoperative complications had fallen simply by better managing the anxiety of patients from the surgical wards. The unexpected aspect of this mini-study was also to realize that stress management of the patients also had important benefits on the staff who could relax a little instead of being continually summoned. I was very impressed with this method and then I participated in the elaboration of audio on weight management but also other topics such as emotional management of patients with psoriasis, asthma or tinnitus. For 20 years, I have had very interesting results.

## Dr. Jacques Bailly Sports medicine Football club Seraing

I used PSYCHOMED technology personally first, and then on my patients to help them through pain management. I also used the technology when I was in charge of monitoring the football players in Seraing. Even on the bus that took the players to the province of the opposing team, I advocated the use of the device for enhanced stress management before the competition. I recall players then reminding me regularly not to forget bringing the devices so that they could relax before the game! This technology is truly effective and I could not do without it as part of my practice.





**Christophe Desteuque  
& Dominique Alché**

**PSiO® Magazine: Hello Dominique! Can you tell us what is “E-de”? And how did the idea of “E-de” come about?**

Dominique Alché: “E-de” was born in August 2009 from the will of Christophe Desteuque and I; Christophe had just started his career in the civilian sector and worked as a nurse in the Emergency Department. He had already spent 15 years in the ranks of the Foreign Legion and specialized in war medicine. Proficiently trained in team intervention, he was very surprised by the difference in practice with civilian hospitals in terms of emergency management. The idea came to us quickly, to imagine training courses offering innovative pedagogy to help health professionals



# E-de

## *Training in the use of P*SiO*<sup>®</sup> in healthcare settings*

working in healthcare establishments. As for me, my mother died in a hospital center in France in an Emergency Department due to poor care; she died in 19 hours. It has been a major trauma in my life. From there, the idea of ensuring that this kind of situation does not happen again.

**What is your background, Dominique? And how did the idea of “E-de” come to fruition?**

Dominique Altché: I was a Project Manager in the aeronautical industry and Christophe was a nurse in the Civil Emergency Service; after a year and a half spent working with business incubation consultants, we decided, Christophe and I, to open E-de.

**How do you define “E-de”?**

Dominique Altché: It is a training organization specializing in the continuing education of health professionals who work in healthcare establishments such as hospitals, clinics and nursing homes. What makes us special is that all of our training is designed and delivered by active health professionals, FOR health professionals!

**How do you approach the medical world?**

Dominique Altché: Our approach revolves around five areas of expertise:

- Emergencies and Resuscitation.
- Good treatment in care and nursing practices.
- Patient nutrition.

- Managing aggression and violence in the healthcare environment.
- Non-drug therapies.

**What was your impression of PSiO® within this approach/framework?**

Dominique Altché: Within the framework of our fifth axis, non-drug therapies, we carry out numerous training courses on the theme of therapeutic suggestion in healthcare settings. Demand is growing very strongly among healthcare professionals for such therapeutic methods.

It was Martine Lasausse, who is a hypnotherapist and hypno-coach and who works with us, who told me about PSiO® glasses. She lent them to us to test them out on ourselves. Christophe and I were delighted by the effects felt by each of us and we enjoyed listening to the different programs.

I notably tested the “Falling asleep” program and I slept ten hours without waking up! Then I tested “Joy of life” and I felt such joy that it did me good for three weeks. We then decided that we wanted to offer this device not only to patients but also to healthcare staff. In fact, E-de brings meaning and deep values and we are strongly committed to helping to evolve the care process for patients and in improving the working conditions of healthcare staff. This is why Christophe contacted Psychomed and then went to Belgium to meet the founder, Stéphane Dumonceau.

We were looking for high-performance products corresponding to our values. Seeing the work of a lifetime (thirty years) and the quality of this work, we decided to offer PSiO® technology to our professional customers.

**How did they react?**

Dominique Altché: Better than we expected! We had a very positive feedback from the General Directorates of healthcare establishments and this is not necessarily what we expected: General Management, Care Department, Human Resources Department, Head Poles, Head of Services, Occupational Medicine, Director of CLUD (Pain Control Committee); all these officials came to listen to our presentation and test the equipment. There was an immediate enthusiasm for both the introduction to the patients and the healthcare teams.

**Why do you think there is so much interests?**

Dominique Altché: The explanation rests on several factors which act in synchronicity, in my opinion. The first reason is that there is a drastic shortage of nursing staff in care facilities and these staff are today found in a state of fatigue and burn-out unimaginable for the general public; there is real suffering at work in healthcare settings.

The authorities seem to be unaware of the extent

of the phenomenon. The PSiO® is therefore a tool to fight against “burn out”, to fight against pain and MSD (musculoskeletal disorders) but also to promote recovery during night work and reduce the harmful consequences for health. It’s incredible the multiple applications that PSiO® technology offers. All this in an environment where the absenteeism rate is enormous; managers are looking for solutions. In reality, they are all thinking about creating Zen rooms and here they are presented with an affordable and easy tool to use... provided there has been training in its use.

**As for patients and residents in retirement homes?**

Dominique Altché: The second reason is related to the fact that we are currently in a situation where everyone is looking for an alternative to drugs: patients and residents, as well as doctors. Probably because there have been several scandals involving pharmaceutical companies, but also because the side effects linked to taking medication, especially in the elderly, are becoming an increasing problem. This explains the general interest that we meet. For three or four years, alternative techniques such as suggestion have been introduced into hospitals in France. As a result, the groundwork was done and France ready for PSiO® technology.

**What exactly is the “E-de” proposal including PSiO®?**

Dominique Altché: it is a complete/profound training and support process which takes place in four stages:

The prerequisite is the establishment of a presentation and test of the device bringing together decision makers and heads of departments.

In case of interest, the implementation is done in several stages:

1. The first step is the creation of pilot teams with the meeting of referents: we start with motivation and desire: “who wants”? These are groups of maximum fourteen people; Two referents should be appointed to handle the devices, one for use with patients and another referent to handle devices for use with caregivers. Because if the caregivers do not use the equipment and do not know the programs, they will not be able to integrate it into their care process. We will interview the referents to understand their needs and expectations are in terms of programs but also to understand which pathologies they wish to test the PSiO®. Then we visit the departments and try to understand under what conditions the devices will be used (room, dedicated room, doctor’s office, operating room). This work is carried out in pairs by Christophe

who supervises the operations and a health professional specialized in the field concerned by the use of the devices: if the specialty is oncology, the specialist knows this field and works there; if it is night work, the specialist is for example a night nurse, if you are visiting an operating theater, the specialist is a nurse anesthetist. All this will give rise to a written report which will be sent to the advisers and to the manager of the establishment in charge of the PSiO® project.



**Patient in palliative care service**

2. The second step is the training of pilot teams carried out by our team of specialists: it takes a whole day for a maximum of fourteen people; it is a complete and tailor-made training (training in oncology and anesthesiology are obviously not the same). The key question: “how to integrate the use of devices into the specifics of the care process”. This is where our expertise comes in. During the training, we give the devices to the referents as well as a frame to develop the protocols for the use and management of the devices; then we ask them to identify and implement the monitoring of specific performance indicators.

3. The third stage consists of going to the field and to the services with the pilot teams, after the training day in the classroom, to assist them in the phase of setting up the PSiO® with patients and residents. For this, we rely on patients and resident volunteers to test the PSiO®. Indeed, the opinions issued by patients and residents at the end of the PSiO® session as well as the benefits felt allow us to show healthcare staff how and why to integrate PSiO® into their care process.

4. The fourth step consists of carrying out two follow-ups in the field: the first after two months after the training and the second five to six months maximum after the training; of course, for this to work, everything has to be planned in advance. The follow-up is done over one day and is led by our team: interview of the referents to make a complete assessment: What have they used as pro-

grams, for which pathologies? With what results? What were the difficulties encountered? For our part, we carry out feedback on what is happening in other healthcare establishments to give them the benefit of advice and good practices encountered elsewhere. Finally, our pair returns to the field, to healthcare services, to observe the practices of using the devices in real life and to interview other users. We conclude on their new needs in terms of devices and programs. Everything is also put in the form of written reports after this visit.

The goal is to continue deploying the devices to all other services in the healthcare facility. What they like is the highly organized, formalized support provided by specialists in trade; the secret is to prepare everything in advance, to be very structured in your approach!

### **Tell me about your team**

Dominique Alché: The PSiO® deployment team consists of eight people, all active health professionals who have a PSiO® at their disposal and which they use in their professional practice as well as personally.

### **Already some references?**

The Draguignan Hospital Center and the Martigues Hospital Center; the Paul Cézanne Center (Convalescence and Rehabilitation Clinic) and its EHPAD (establishment for dependent elderly disabled people) whose director is the President of the Federation of Private Hospitalization SOUTH EAST. The Saint-Vincent de Paul clinic in Lyon. Many more deployments are planned for 2017.

Congratulations Dominique and Christophe and to the whole E-de team. You are doing a remarkable job, a job that will undoubtedly be part of the history of new emotional management in clinical environments, where there is real distress. To be continued...



**Patient in recovery room**

**PSiO® Drink**  
A pleasant alternative  
to alcohol!



**PSiO®**

*free your mind!*



# The PSiO® in *Malls*

## The PSiO® pop-up store in the Woluwe Shopping Center, Belgium



the demonstration method in Pop-Up stores. What is a Pop-up Store? It is a temporary pop-up store that creates an event in a mall to promote a new product. What is the advantage of a PSiO® pop store? It is an opportunity for everyone to experience the PSiO® with the comfort of a “zero-gravity” chair which can be considered as the Rolls Royce of relaxing chairs.

After our commercial experience in wellness chain stores in France, we experienced the effectiveness of

Equipped with noise-canceling headphones to cancel ambient noise, the PSiO® then broadcasts the discovery session, a session providing a global overview on the benefits of the PSiO® technology and a sample of “power nap” followed by a “stress management” session. The Result: guaranteed deep relaxation ahead! Following this experience, stats have showed that one out of three people who have experienced the technology purchases the PSiO®! A rather amazing rate of success when knowing that people had not come to a mall to buy a new wellness system.

Therefore, we are proud to say that a new mass consumer product has seen the day! It is called the “PSiO®” (meaning “spirit” in Greek). It is the faithful companion for your mind.





PSiO<sup>®</sup> technology  
designed for

**Good Sleep**



The PSiO® technology can regulate sleep disorders at two levels. It can first help fall asleep, and it can also prevent awakening at night.

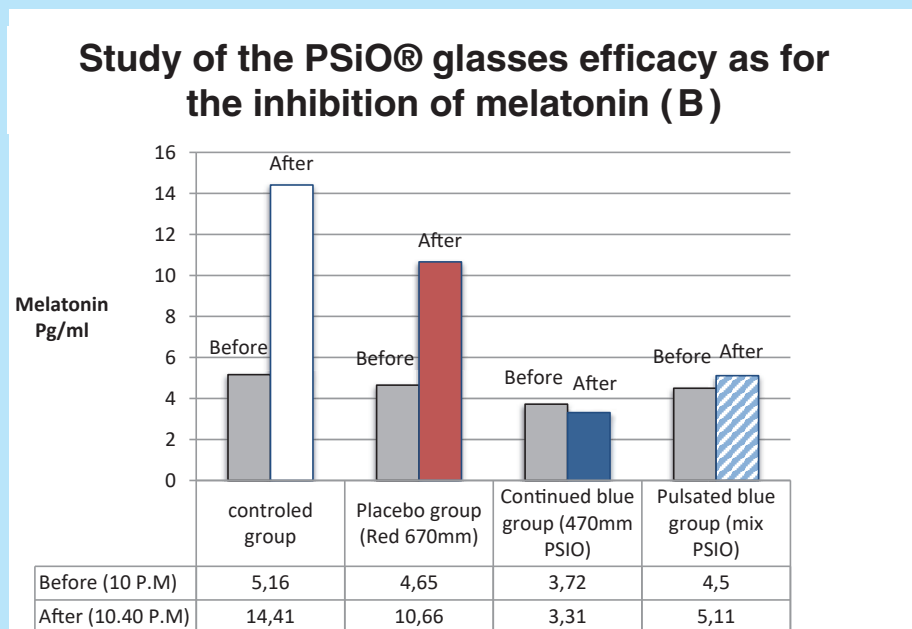
### Falling asleep

Sleep may be affected because of the famous “brain chatter”, these thoughts that come back and seemingly never stop. The cortex is composed of several layers of neurons that communicate with each other and that are responsible for all analytic and comparative thoughts. In this part of the brain, a special area is responsible for the faculty of attention. It is at this level that the PSiO® technology can intervene by acting as a powerful attention “distractor”. While it is clear that the absence of light promotes sleep, darkness unfortunately does not stop chronic over thinking. On the contrary,

the thousand thoughts generally arise in the dark and quiet of the night, often generated by stress or anxiety. The originality of the approach proposed by the PSiO® device is to paradoxically use light to distract one’s attention!

### Light as an Attention ‘Distractor’

But not just any kind of light! A study was conducted in 2014 on 100 students (1). The study showed that red light, at a 625 nm wavelength, has no significative influence on the retina receptors involved in the ‘biological clock’ activity. As evidence, melatonin secretion is in no way altered by a light emission of this kind. It is thus thanks to red light diffused homogeneously in opalescent glasses that the PSiO® operates.



The chart shows the concentration of salivary melatonin on the control group (in white), on the group exposed to red light (in red) and on the two groups exposed to continuous and pulsed blue light respectively (in blue). It is

clear that the red group does not have a significant impact (statistically speaking) on melatonin inhibition while blue light eradicates melatonin secretion. Stéphane Krsmanovic and Nicolas d’Offay - Psychomed Laboratories - 2014

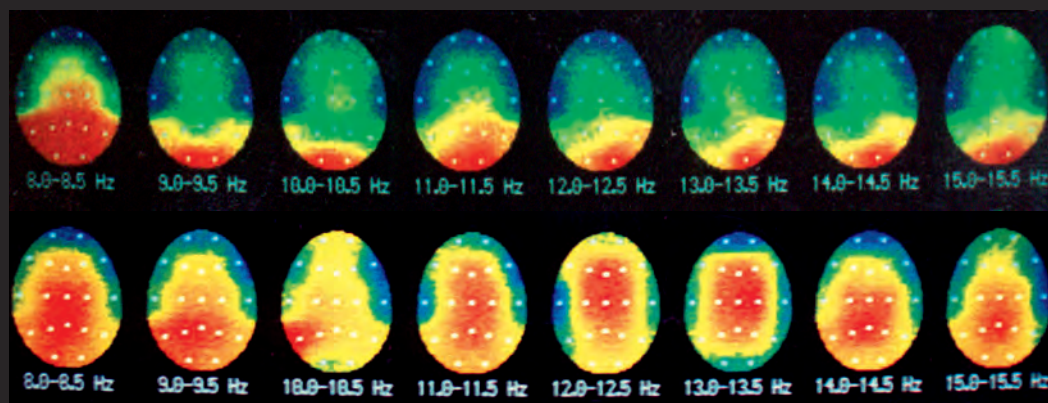
## How does light distract the attention?

Variable frequency light stimulations between 5 to 12 cycles / second have been found to have no equal in distracting one's attention. These stimulations have the particular feature of producing an immediate hypnagogic effect. Shapes and kaleidoscopic colors are spontaneously generated by the visual areas of the cortex that cannot manage to treat this flow of stimuli without meaning. The attention thus moves from inner thoughts to the external distracting light stimuli emitted by PSiO®. The level of attention eventually starts to drop gradually to ultimately reach a state of total rest. At this moment, eyes drift into orbits, visual scenes become uniform in orange tones that resemble the glow of flames from a wood fire which fades out slowly.

If the person is tired, (s)he will fall asleep naturally. At the cortical level, the result is similar to a 'zero' level of attention, similar to the state reached through meditation, except in this case it is achieved effortlessly.

In order to ensure the person reaches this state of total relaxation at the border of sleep, a MP3 player has been placed in the PSiO® device. Thus, the device broadcasts audio messages simultaneously with the action of red light that will complement the overall action to relax the person. Soft music starts in combination with a pulsed light session followed by the broadcast of two voices alternately

succeeding each other. A man and a woman talk and offer the person simple relaxation exercises. They first raise awareness on the different segments of the body, followed by muscle contraction & release, long expirations, etc. At certain specific points in the recording, two stories are told simultaneously in the right and left ear. This is a method which prevents the person's critical and analytical faculties from concentrating on the suggestions and completes the action of pulsed light to generate an even deeper "letting go" of the attention. This method of indirect suggestion was invented by the famous Dr. Erickson in the 1970th. As a general rule, the person's conscious "gives up" and stops paying attention to the two stories. The attention moves then to total rest and the mind which is still awake, finds itself for a time on the edge of sleep. It is a border state where one "hears" but does not "listen" anymore. At the end of the recording, the auditory level automatically decreases and shifts to whispered suggestions. Once the person has reached the state where his or her attention is "switched off", soothing messages are conveyed in the form of stories, fairy tales, legends, texts coming from other types of therapy and stories inspired from everyday life. It is usually at this time that the mind switches to a restful sleep. The ingredients of dreams are often borrowed to the last hours before falling asleep, and we empirically notice that people experience serene nights and pleasant dreams. A feeling of subjective rest in the morning is also regularly reported.



This view of the brain illustrates the alpha waves associated to relaxation (in red color). On the top row, before the use of PSiO®, Alpha waves are located at the back of the brain. After 10 minutes exposed to PSiO® pulsed lights, Alpha waves spread

to all the areas of the encephalon (lower row). This proves the influence of the PSiO® technology in inducing a drop of the attention.

Stéphane Krsmanovic  
1995



**DR ALBERT LACHMAN**  
Spécialiste des troubles du sommeil  
Cliniques de l'Europe

**Dr. Lachman, St-Elisabeth Hospital, Belgium**

**Dr. Lemoine, France**

## Dr. Patrick Lemoine – The PSiO® in Sleep Labs

This system has been used with great success in sleep laboratories for over twenty years in Belgium and particularly in Brugmann Clinic (Dr. Hoffman) and Saint Elisabeth Clinic (Dr. Lachman). Dr. Patrick Lemoine (sleep specialist, PhD in Neuroscience, Research Director at the Claude Bernard University in Lyon, France and professor at the Beijing Medical University in China) personally uses the PSiO® for jet lag regulation during his many travels. According to him, “it is hard NOT to fall asleep” with the PSiO®. So he naturally introduced it as part of his medical consultations and started prescribing the PSiO® with his most severe insomniac patients with often surprising results. He said: “The system has changed the way I treat my most severely affected patients” (5).

### Waking up at night

Among the many causes of insomnia, one of them can also be positively regulated by the PSiO® technology: awakenings at night due to high inner stress pursuing people even in their sleep. Indeed, after several hours of sleep and some already acquired rest, the person wakes up at night and cannot go back to sleep because of the high level of accumulated inner tension. Repeated use (it takes 3 weeks minimum) of the PSiO® relaxation sessions can, in the long term, play an effective role in ending these sleepless night. How? It is simply a matter of creating a conditioning to relaxation by using the PSiO® every night. There is probably a deep relation between the subconscious and the emotional brain. It articulates the relationship with the sympathetic and parasympathetic nervous system responsible for the regulation of all automatic functions, including sleep. Therefore,

with the regular use of PSiO®, we empirically found that night awakenings decrease or disappear if the cause of these awakenings are due to anxiety or to significant stress.

In contrast to drugs, this method has proven to have no side effects. PSiO® is also certified by the French National Measurement Laboratory (LNE) to be completely safe for the eyes. It is an effective tool that combines many techniques and technologies which, put together, generate a synergy. The PSiO® therefore positions itself as a complement to medication. In Belgium, the Ministry of Health has classified the Audio recordings contained in the PSiO® as an alternative to the overconsumption of sleeping pills and antidepressants and integrated them in the general practitioner’s manual.

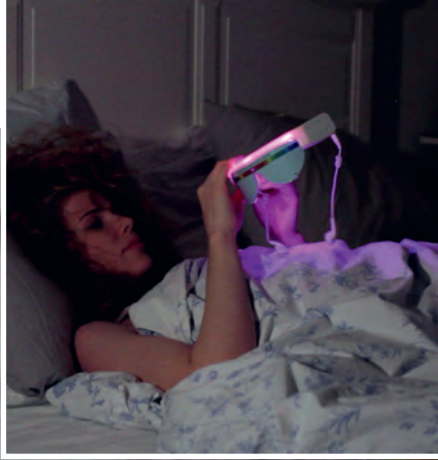
### Awakening

Awakening is somewhat correlated to sleep. In regards to awakening, the PSiO® technology proposes a different kind of light: blue light set at a 470 nm wavelength.

The company PHILIPS which is especially interested in the development of light therapy lamps and several authors of various scientific studies on the subject (1), (2) & (3), confirmed the influence of this frequency range on photosensitive receptors different than of those dedicated to vision, but also located in the retina. These receptors linked to the biological clock are specifi-



**“Dormir sans médicaments... ou presque”**  
Dr. Lemoine



Example of a session before to the night

cally responsible for the regulation of circadian rhythms and pupillary responses. These cells are in fact particularly sensitive to light and in particular to blue light (470 nm). By using the morning programs configured in continuous blue light, the PSiO® user will wake up gently with the appropriate light. This radically blocks melatonin secretion and stimulates other hormones needed for daily activity. The various audio programs proposed complementarily are meditation sessions or visualizations sessions, also guided by voice. These are programs full of light and colors to start the day feeling great!

## Power naps

PSiO® has completed the range of applications by creating an original concept: the power naps in music & light. Specially designed for environments impoverished in natural daylight or for northern countries drastically lacking light part of the year, power naps are short pulsating light sessions combined with music therapy. Different types of music are available (new age, Latin jazz, lounge, rock, nature sounds, etc.) to offer users the choice. In addition to being efficient, the PSiO® is cool and fun to use.

NASA has bought the PSiO® at the Consumer Electronics Show in 2014. Currently, a validation plan is discussed with sleep expert, Steven Lockley, Associate Professor of Medicine at Harvard

Medical School, Division of Sleep and Circadian Disorders. Another study had to be planned this year with a specialist in pulsed light and sleep researcher at Stanford University, Jamie M. Zeitzer, PhD, of the Center for Sleep Sciences and Medicine (4). The PSiO® firm is relocating to California this year to conduct new research and development.

## References

1. Study of the efficacy of PSiO® glasses on inhibition of melatonin - Stéphane Krsmanovic et Nicolas d'Offay - Psychomed Laboratories - 2014
2. Phototransduction in ganglion-cell photoreceptors - Dr. David Berson at Brown University - European Journal of Physiology© Springer-Verlag 200710.1007/s00424-007-0242-2.
3. Blue Light improve cognitive performance - Dr. Lehl & colleagues - Journal of neural transmission. Department of Psychiatry and Psychotherapy, University of Erlangen-Nuremberg, Erlangen, Germany. Published online: January 25, 2007.
4. Response of the human circadian system to millisecond flashes of light.
5. "Sleeping without drugs... or almost" - Dr. Patrick Lemoine - Robert Laffont Edition - 2015.

# Pamela Shervanick

Integrative  
psychiatrist



*I am an alternative, integrative psychiatrist and manager of Syntropy LLC, a company that is bringing alternative healing to people seeking empowering treatments that teach them how to heal themselves while bettering their lives. The P*SiO*® is a great tool for physicians like myself. It works by helping individuals choose how to re-program their brains, and thus live the life of contentment and joy that they were meant to live.*

*Only five percent of your brain is part of your conscious awareness. This means that you are completely unaware of 95% of your mental processing at all times. It also explains why no matter how determined you are to appropriate change in your life, you simply may not be able to succeed on your own. Your subconscious is programmed between six months in utero and six years of age. Essentially, this programs a “tape” of messages that are heard in our heads about our environment, feelings and relationships during our waking hours. Our emotional and physical responses are due to chemical reactions that begin in the brain; chemicals that are released as a result of our subconscious tapes responding to our environments.*

*The only way to change the “tape” that has programmed us to feel like we are a certain person with a unique personality and respond to the world in a specific way, is to access the subconscious mind and utilize neuroplasticity (the ability of the brain to mold and change.) One great way to do this is through meditation. Over the years I have learned in*

*my private practice that so many of my patients either felt that they didn’t have the discipline to meditate or the ability to stay still and not respond to the subconscious tape that would only be magnified when they sat quietly in an attempt to quiet their minds. What I love about the P*SiO*® and its programs is that it utilizes two simultaneous tools to alter subconscious thoughts – light therapy and suggestion.*

*Hypnotherapy, binaural beats (frequencies of sound that alter brain waves) and affirmations while we sleep or are in a meditative state all profoundly alter the subconscious. The programs that the P*SiO*® offers utilize all these modalities so well, and with appropriate music and/or soothing voices, brain wave changes are immediate. One can experience within a short period of time relief from a stressful physiological state and come out relaxed. In addition, with frequent repetition, those changes can make permanent physiological and chemical alterations that actually change that 95% of the cortex. Regular use of this device and its programs can mean drastic positive outcomes in the everyday lives of the people who commit to using the P*SiO*®. Improvements in health, wealth, self-confidence and the maximization of life enhancing behaviors can become reality.*

*As a practitioner it is important to me that I provide people with the means to heal themselves. The P*SiO*® is one of my favorite tools for this purpose.*

*Pamela Shervanick*



### **The PSiO<sup>®</sup> vision**

Thanks to the PSiO<sup>®</sup> and its programs, we propose to make users autonomous in the mastery of relaxation and meditation. This enables them to evolve towards a better version of themselves, to control their mind and therefore their destiny.

### **The PSiO<sup>®</sup> mission**

To provide a portable anti-stress solution to as many people as possible to help them improve their sleep and inner harmony without having to change their lifestyle.

### **PSiO<sup>®</sup> values**

Kindness, sharing, innovation, open-mindedness,  
respect & ethics.



# Dr. Andra Foster, DC

## Chiropractic, Nutrition



*As an alternative health physician, it is my goal to equip patients with the tools and techniques to improve their health. The PSiO® technology has been an integral part of my practice over the last year, allowing patients a passive way to initiate quiet mindfulness and*

*relaxation and to promote restorative sleep. Most of our patients have complex medical histories and suffer from chronic pain, autoimmune disorders, and autonomic disorders. They have been exposed to energy medicine techniques in our practice, and are quite comfortable using technologies geared toward pain control, stress reduction, relaxation, and sleep. We utilize chiropractic, microcurrent therapy, massage, and neurofeedback in addition to diet, nutrition, and exercise therapies. We began implementing the use of the PSiO® in conjunction with our current treatment modalities and have consistently found improved outcomes in our patients. Our recommendation is for daily use of the PSiO® glasses. However, since our patients are utilizing a combination of therapies, many have found relief from insomnia and reduced pain with weekly PSiO® treatments. Others have found using the PSiO® daily at home has provided better results with pain control, improved stamina, and restorative sleep. We have also documented a reduction of edema and improved circulation in the extremities of patients suffering from connective tissue disorders and autonomic disorders.*

*Over the last 25 years in practice, I have seen a rise in sleep disorders, chronic pain, and illness. This rise has been even more significant with widespread and extensive use of cell phones, social media, and internet access. There has been a noticeable change in patients' inability to disconnect from stress and perceived stressors; along with an increased sense of urgency with message and e-mail notifications. These constant notifications have removed any gaps in time which would normally allow the brain and nervous system to have a sense of peace, relaxation, and well-being. In addition, the production of stress hormones is increasing while the release of melatonin is decreasing in response to excessive use of devices emitting blue light late in the day. The population over 50 years old*

*was blessed to be raised in generations where exercise and outside activity was promoted, when only three channels were available on television, and there was only one telephone in the house that was shared by the entire family. It afforded the opportunity for these critical gaps of time during the day to reduce the sense of fear, anxiety and urgency and reduced the need for immediate gratification. With older generations, I find it easier for them to relax with the PSiO® and to achieve a state of true relaxation. While these adults are as attached to their devices as the younger generations, their brains have a memory of the times when total relaxation was achieved in their younger years while their brains were still developing. With the increase of fear that the younger generations are experiencing, the constant exposures to worldwide events and the instant messages that they are being bombarded with, the need for technologies like PSiO® are becoming essential for achieving and maintaining well-being. Most people are willing to devote fifteen to thirty minutes per day to relaxation techniques. The combined use of light and sound therapy along with double voices in the PSiO® programs has quickly shifted even the most hypervigilant of our patients into a quiet mindful state. The benefits of the PSiO® have been so profound that our patients have been able to be consistent with the treatments. In addition, the restoration of high quality sleep has benefited them by giving them increased energy and vitality to follow through with dietary and exercise recommendations. According to the Centers for Disease Control and Prevention, sleep may be as critical to good health as diet and exercise. Providing patients with the tools for success should be part of every health practitioners repertoire.*

*It is time to shift our mindset to utilize natural techniques for relaxation and sleep to lower the use of prescription pain and sleep medications. Patients should be encouraged to place a high value on disconnecting and restoring their health by caring for their mind, body, and spirit. The PSiO® technology, when used correctly, has great potential in optimizing a sense of well-being, ultimately achieving the goal of pain reduction, improved immune function and restorative sleep.*

Dr. Andra Foster, DC



# *Drowsy driving:* Blue light proven to be as effective as coffee!

Researchers from the “sleep, attention and neuropsychiatry” Laboratory (CNRS/University Bordeaux Segalen), in collaboration with Swedish scientists, recently demonstrated that a continuous emission of blue light is as effective as coffee to improve alertness and thus safe driving at night, for the first time in driving tests.

Published in the journal PLoS One, these findings could lead to the development of an anti-drowsiness electronic system integrated into vehicles. More scientific examination is necessary to test this and other benefits of the device.

Induced by sleep deprivation, drowsy driving at night reduces alertness, reflexes and visual perception of the driver. It is the cause of one third of fatal accidents on motorways.

Besides the opportunity to take a nice “power nap” with the light emitted by the PSiO<sup>®</sup> and avoid an accident on the highway, the PSiO<sup>®</sup> acts as an alternative to coffee or other biochemical stimulants that have harmful side effects. It is known that blue light increases alertness by stimulating special nerve cells in the retina, the membrane localized at the back of the eyes: the ganglion cells of the retina (IRGC). These cells are connected with the areas of the brain that control our ability to stay

awake. Their stimulation by an exposure to blue light halts the secretion of melatonin, the hormone responsible for decreased alertness at night.

The positive effect of blue light on the nocturnal vigilance has been known since 2005, thanks to American studies. But these studies were conducted only during simple cognitive tasks, like pressing a button if one perceives a light stimulus. Driving is a much more complex task.

To study the effectiveness of blue light during night driving, researchers have thought to test it in the cockpit of an experimental vehicle, where a special LED lamp was mounted on the central dashboard, emitting continuous blue light. Then they asked 48 healthy male volunteers of an average age of 33.2 years to drive for 3 nights with a break of at least a week between trials, for 400 miles on the highway.

The driving period was always between 1 am and 5:15 am, with a 15 minute break halfway through. During each of the 3 nights, each volunteer received either continuous exposure to blue light, or two cups containing 200 mg of caffeine, before departure and during the break. They were also tested for placebo effects on the third night with two cups of decaffeinated coffee.



It is important to note that their sleep was not affected after driving under continuous emission of blue light. The researchers then analyzed a criterion that reflected a decrease in vigilance: the number of inappropriate line crossings side (emergency lane and overtaking line).

## Results

It appeared that the average number of inappropriate crossing was 15 with blue light, against 13 for coffee and 26 with placebo. Continuous exposure to blue light while driving is, therefore, as effective as coffee to fight against drowsy driving as long as the driver is not bothered by this light. Indeed 8 of 48 volunteers (17%) were dazzled by blue light and could not perform the test.

Scientists are now stepping up to verify that these initial results can be reproduced on a larger number of men, but also women and elderly people. One application could be the design of an anti-drowsiness embedded system in the vehicle. One imagines that the implementation of a vigilance maintenance system will take time for manufacturers of trucks and cars. Moreover, the effect of the “PSiO® POWER NAP” is not only defined by the projection of blue light (with the right wavelength of 470 nm) but also the immediate peace of mind. A complete shutdown of neurons is welcomed to allow the brain areas assigned to monitoring the road to be able to rest especially after driving for over 5 hours! So our advice is: use the

PSiO® when traveling by car, particularly on long journeys that take you on vacation!

## Reference

Nocturnal In-Car Blue Light Exposure Improves Driving Motorway: A Randomized Controlled Trial. Jacques Taillard, Aurore Capelli, Patricia Sagaspe, Anna Anund, Torbjorn Åkerstedt Peter Philip. PLoS One, October 19, 2012.

It is known that blue light increases alertness by stimulating special nerve cells in the retina. After experimentation, continuous exposure to blue light while driving is as effective as coffee to fight against drowsy driving.





# PSiO<sup>®</sup> Noise Cancelling Headphones

**T**his headset is more than just a PSiO<sup>®</sup> accessory; it is a creation in itself as a great solution for insomnia, frequent nighttime awakenings and can even aid the recovery period from sleep!

Since 1994, sleep studies have proven the importance of noise in reducing sleep quality; noise reduction improves the qualitative part of sleep (the so-called paradoxical sleep), and 70% of its users show a better quality of life thanks to a more sound sleep.

## **Noise pollution**

Research shows that noise is a real nuisance, because during the day it significantly disrupts the recovery period from sleep during the night before. The REM sleep is reduced in proportion to the noise perceived, even unconsciously, during the day prior to sleep.

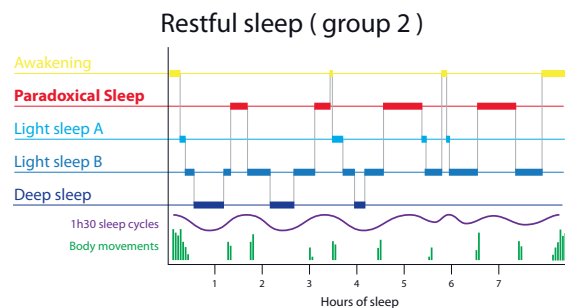
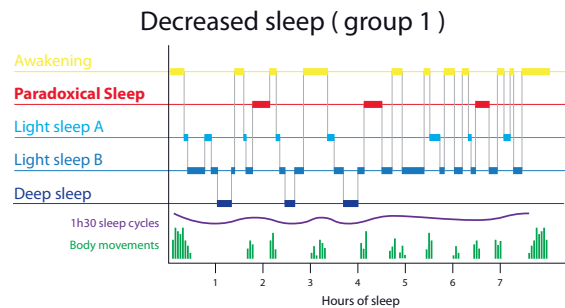




the sound reproduction is superior! The result of PSiO® is astonishing! Total tranquility ensures a good night's sleep and a serene night...

## How does sound affect sleep quality?

The graphs below show the effect of ambient noise on sleep quality at night. We clearly see here that there is a reduction in REM sleep for the group exposed to significant environmental noise (Group 1).



### 1. Passive Noise Cancellation

The PSiO® headphones already provide some form of isolation from ambient noise thanks to the closed ear cups (head sets) in which the speakers are located. We therefore speak of 'closed' headsets as opposed to open headsets that make it possible to listen to both ambient sound and the sound coming from the speakers.

### 2. Active Noise Cancellation

In addition, the PSiO® headset includes a built-in anti-noise device. How does that work? A micro-processor analyses the external ambient noise using a microphone and produces a sound wave with an inverted pattern. This results in the suppression of ambient noise and the elimination of noise pollution.

### 3. Listen

The user now has the choice to stay in this oasis of peace (eg to work or travel in peace without being bothered by environmental noise). Or take the opportunity to listen undisturbed to your favourite music or to a meditation session...

From that moment on you will fall asleep automatically.

### Quality and high reliability

The PSiO® headphones are of the same quality as leading brands in the field of environmental noise cancellation. In addition to this, you will find that

Thousands of users around the world have been using this technology ever since 1994.

Thanks to regular sessions with the PSiO® headset, you can sleep more peacefully, work more comfortably and in peace and listen to your favourite music without being disturbed by environmental noise, whether at work, on a plane, during a relaxation session or while listening to your favourite playlist.



*Relaxation*  
or  
*meditation?*

*S. Dumonceau*



First of all I would like to say a few words on “Zen’ philosophy that surrounds and justifies the different applications proposed on Psioplanet® and I would also like to give some explanation of the concepts of relaxation and meditation. We have developed some simple tools over the years to return more easily towards equilibrium, independently. Meditation and relaxation with voice are indeed the beginning of distancing maneuvers towards enlightenment. Pompously called “spiritual awakening”, this state of consciousness can be reached via these relatively simple techniques. But it would be good, first of all, to understand the difference between meditation and relaxation. Something that is easily understood, is easier to implement, and everything comes naturally after. But too few people know how these two paths differ.

## Relaxation

Relaxation is a path that starts with learning how to let go and stop chattering thoughts. Dozens of records are available on Psioplanet® to allow you to easily reach this state. Various techniques all lead to the equilibrium state. Gradually, simple breathing exercises and muscle contraction / relaxations help relax the body. Then comes the turn of the mind to enter gradually into a state of calm. The “multi-evocations” (several voices talking to you at the same time) contained in our “Audioceuticals” actively help in calming the mind because they cause a progressive drop of one’s attention.

You let yourself be guided at the edge of sleep, but you are still conscious, to a highly regenerative state. It is a state where one might expect to sleep but if someone touches you, you realize then that you were not sleeping. The neuronal area that manages vigilance is thus in total rest. It “hears” but does not “listen” anymore. This “subconscious” listening state is specially soothing for the mind and body as it is a state of homeostasis.

With soothing images and metaphors in the stories one hears in our programs, the subconscious literally does its shopping and integrates the im-



ages it needs to find some inner peace. In general, relaxation exercises are practiced lying down to allow vigilance to decrease gradually and deliberately move towards this famous border state on the edge of sleep.

## Meditation

Straightened, high concentration, meditation methods are very different from relaxation. We learn, for example, to focus on one point of the body or a sensation and while breathing adequately, we ensure the end of compulsive flow of chattering thoughts. In general, meditation exercises are practiced upright to avoid dozing off and remain focused on the sensation. Gradually, thoughts decrease and yet if they manifest themselves again, it is advisable to radically refocus attention on the sensation. We listen no longer, we hear. We no longer look, we see. We no longer interpret any data from the senses. We live through the emotional brain that alone remains active. This is the famous “Samadhi” state that led the “Buddha” in its search for the “truth” to the “illumination”, the Union with everything, a state of contemplation through non-thinking. Most people think that “meditators” do not think anymore, when in reality they continue to think, but their brain activity is shifted to the emotional areas and no longer in the superficial cortex. If we measure the



brain waves of meditators, we naturally see little activity in the cortex, which is altogether normal when we understand the purpose of this discipline and the means to reach this state.

## Understanding these two methods

Most people mix the understanding of these two methods because they both stop cortical thoughts. As you can see, the way to achieve this is yet very different, even if the goal (stopping thoughts) is substantially the same. Indeed, for relaxation, consciousness is at rest while for meditation vigilance is required.

For relaxation, no more control is needed and it is proposed to our attention to be placed in rest mode. In meditation, we must remain in control and focus our mind in the sensation (not the one that thinks) that compares the data and analyzes tirelessly.

## The cortex

This part of the brain involved in the analysis of reality is built in an architecture that consists of connections in successive loops. We have a comparing cortex. His way of understanding reality is to compare the data and constantly refine and measure. The short- and long-term memories are greatly stressed and all this activity can sometimes be very tiring. Understandably, some people prefer the relaxation methods while others prefer those of meditation. A person who is stressed and exhausted will be oriented more towards relaxation while one who wants to gain control of the mind through discipline and has energy to spare, will be oriented more towards meditation.

For some, control is a fundamental characteristic of their personality and meditation will reassure them. While for others, the fact of letting go, “going with the flow” is on contrary safer and they prefer relaxation.

**“To solicit attention then promotes the relaxation of it. Such as a muscle that relaxes more easily after a contraction, the mind relaxes more easily after concentrating.”**

Whether with passive relaxation records like “Audioceuticals” or with active state meditation recordings, the idea is to focus on yourself first. Demanding attention first is followed by the relaxation of the mind. It functions like a muscle that relaxes more easily after contraction. The mind also relaxes easily after concentrating.

## Meeting of the two methods

It is also good to engage in both types of approaches. Indeed, it appears that soliciting attention promotes the release thereafter. Like a muscle that relaxes more easily after contraction, the mind also relaxes easily after concentrating. This resembles a bit like a mental gymnastics.



These actions of the mind, if performed regularly, allow a change in the level of consciousness, and gradually, the ability to discipline the mind. This form of gymnastics allows a form of automatic distancing with any kind of worries. The “DOUBLE YOU” series is a research in this direction.

The goal of the “Double You” series is specifically to merge the two approaches (meditation and relaxation). “Double You” means approaching the “INNER SELF” via a dual approach, which I called the “double listening”. The exercises are done first in a conscious mode, in high vigilance, followed by a subconscious mode, zero vigilance. We start the sessions in the sitting position followed by the lying position in the second part of the recording. This method is the culmination of

my humble research to access the equilibrium state more easily and as quickly as possible. Experiencing this state regularly creates a balance of the mind which naturally leads to the balance of voluntary and involuntary nervous systems (the one that regulates the functioning of all organs and immunity), what is known as autopilot.

## How does PSiO® adapt to these two methods?

Simultaneously promoting advice by voice, it broadcasts sequences of colored lights whose main function is to either increase the concentration or to decrease it, according to the setting. Indeed, recordings enriched with continuous blue light (470 nm) increase alertness while those enriched with flashing red light (625 nm) promote decreased alertness.

## Immediate effect?

The PSiO® allows you to practice both techniques (RELAXATION & MEDITATION) which in different ways (advice, flash frequency or continuous light, wavelength of light) lead to the same result: attention at rest. Did you know that it is not necessary to practice for hours to feel the benefits? Even a few minutes a day will induce real improvements in your daily life: inner peace, enhanced intellect, quicker recovery from fatigue, better sleep, soothing and serene dreams at night are the first benefits that you will experience the first days of use. Over the weeks, the PSiO® become, as its name suggests (PSI = mind), “the little companion of your mind.”

**S. Dumonceau**

“ A different type of light: the recordings enriched with continuous blue light (470 nm) increase alertness while those enriched with flashing red light (625 nm) promotes reduced alertness ”



# Stéphane Dumonceau- Krsmanovic

Interview  
with the founder.  
Pascal Demeyer,  
journalist

What makes the PSiO® unique? There are quite a lot of amateurs in the field of relaxation. First, the PSiO® has a patented optical technology and has all the certifications required such as the safety certificate issued by the French Measurement Laboratory (LNE), the FCC certification (meaning no harmful electromagnetic waves).

In addition to the "ALL IN ONE" factor which places the PSiO® completely above its competitors, its exposure protocols of light and the application design were based on studies electroencephalography. There are a lot of glasses that offer pulsed light on the market yet. Most competitors have no training in the field of neuroscience. The PSiO® was not developed on improvisation but through the result of strict scientific studies.

**Pascal Demeyer, journalist: Stéphane Dumonceau, you created the PSiO®; how did you come up with this idea?**

SD: Basically, specializing in mental training for high level athletes I was looking for a technology to support and accompany them to the locations of the competitions. It was in 1984, thus 30 years ago. As part of a PhD in Psychology of Physical Education at the Free University of Brussels, I developed a prototype in 1988 from existing research including those of Dr. Lefebure in France but also those of the Belgian scientist Plateau, the inventor of cinema. It was followed by many generations of equipment for professionals (Theta + & Mentals-tim) and then for individuals (Dreamer 1, 2, 3, 4, 5 & Mind Booster) to finally come up with the development of the PSiO® in 2007.

**DP: When was the PSiO® born?**

SD: After 5 years of research and with significant support of the Walloon Government and various financial partners including Thierry Pierson (ex-Founder of Ogone), the PSiO® was born in October 2012. However, it was not until September 2015 that the PSiO® was developed into the version as we imagined it.



**DP: What does the word PSiO® mean?**

SD: PSI comes from the Greek letter “spirit”, the PSiO® aims to be the companion of the mind.

**DP: Is the PSiO® unique in the world?**

SD: you can really say it is because out of the many devices that exist in this field, the PSiO® is the only “all in one” to have an optical technology as sophisticated as this. It is indeed the only device that offers the new light therapy in continuous or pulsed mode and with the possibility to have eyes opened or closed, supported by research and studies of course. PSYCHOMED is indeed the only company to have invested in medical research and now has experience in university clinics for over 20 years.

**DP: I guess this extraordinary experience resulted in the different applications that exist?**

SD: From this research, several programs were actually developed especially to the attention of the medical world but many applications were also designed for individuals! The PSiO® offers indeed 150 programs of relaxation, meditation and colorized music in varied styles like jazz, lounge or new age.

**DP: But the applications such as “recovery”, “peaceful sleep” and “good mood” are the main indications?**

SD: Yes, these applications are at the heart of the essential virtues of the PSiO®. And the PSiO® is the only truly functional alternative to sleeping pills, antidepressants and anxiolytics. So this is why it is a truly revolutionary breakthrough in the field of wellness and prevention of major diseases due to stress. We must not forget that these drugs are widely prescribed by general practitioners. They represent a huge cost to society (not counting the cost of care due to the many contra-indications).

**DP: What is your company’s vision?**

SD: PSYCHOMED’s vision is to provide the PSiO® to all like any other “usual” product. The PSiO® should be a device placed next everyone’s bed with possible use in everyday life.

**DP: As a toothbrush? (to laugh)**

SD: Absolutely! The PSiO® is to sleep quality what a toothbrush is to dental hygiene. Our mission now is to make it known to the world via our network!

**DP: In summary, the PSiO® is the perfect companion for a peaceful sleep?**

SD: Yes, but not only: its use is not limited to sleep alone; it actually represents the most powerful relaxation tool for the mind existing to date, but an

outstanding feature is also its amazing energizing power. Under PSiO®, it’s as if your battery was reloaded at the speed of light (so to say - laugh :-). Hence the famous “power naps” in music that remove fatigue and sluggishness in a wink.

**DP: To what do you attribute this surprising effect, almost paradoxical?**

SD: Light at certain wavelengths act as a strong vitamin. A bath of light can boost a person in only a few minutes. On other wavelengths, it will be the reverse effect and a light like the sunset can calm you deeply... The PSiO® technology is really unique.

**DP: How do you explain the various programs that are included in the PSiO® catalog?**

SD: the PSiO® is primarily a deep relaxation device. In this state at the “edge” of sleep, suggestion of positive images is ideal. Suggesting a new behavior is therefore possible just like management of diabetes or smoking cessation. It is a significant psychological assistance when you are alone at home and that nervousness is felt... So we made two birds with one stone: you relax and at the same time you can listen without any effort required the best advice for a return to full equilibrium!

**DP: Recently you visited the person responsible for stress management of astronauts at NASA?**

SD: One of the directors of NASA bought one of our prototypes at CES in Las Vegas in January 2013. It is therefore natural that we took contact with them to assess the needs of astronauts and how to configure the PSiO® for a space mission but not only. Indeed, astronauts also suffer from jet lag and fatigue on Earth especially during the many flights between the USA and Russia where they will train regularly.

**DP: So we expect to see PSiO® in space soon?**

SD: Harvard validation should be done in 2016. After all these checks, seeing the PSiO® used in orbit, not only for the regulation of jet lag but also for stress management and chronic fatigue of astronauts, will be a great reward. After 27 years of work to develop and promote this original technology, thousands of letters, e-mail and positive testimonies, I have the impression that all these efforts actually make sense!

**DP: Stéphane Dumonceau, thank you for this fantastic invention!**

## PSiO<sup>®</sup> emits the good blue light

**T**he light emitted by the PSiO<sup>®</sup> has been proven to be safe (see certification LNE - French National Measurement Laboratory) as well as effective in regulating sleep/wake cycles. While there have been articles citing risks in shining blue tones especially for people with macular degeneration, today this is no longer relevant for the PSiO<sup>®</sup>.

In fact, French researchers observed that the harmfulness of blue tones does not depend on the light intensity rather limited to specific the wavelengths of light between 415 and 455 nanometers, unlike the wavelength used for the diodes in the PSiO<sup>®</sup>: the PSiO<sup>®</sup> has 3 Diodes (RGB) one emitting blue light with a dominant frequency at 470 nm. This wavelength is responsible, more than any other type of light, for the regulation of melatonin, the hormone associated with sleep (\*).

A manufacturer of optical lenses, Essilor group has also developed glasses to filter “bad blue” or blue-violet and UV frequencies and maximizing the transmission of “good blue” essential for our chronobiology while retaining the transparency of glass (Crizal Previncia glasses).

### References

- Certification LNE - French National Measurement Laboratory
- Study on the toxicity of blue light: Phototoxic Action Spectrum Retinal Pigment Epithelium was Model of Age-Related Macular Degeneration
- Study carried out on the analysis of the potential toxicity of blue light on the porcine retina. Arnault E, Barrau C, Nanteau C, Gondouin P, Bigot K, Viénot F, et al. (2013) Phototoxic Action Spectrum on a Retinal Pigment Epithelium Model of Age-Related Macular Degeneration Exposed to Sunlight Normalized Conditions. PLoS ONE 8(8): e71398. <https://doi.org/10.1371/journal.pone.0071398>
- (\*) Study on the effectiveness of PSiO<sup>®</sup> glasses on the inhibition of melatonin Stéphane Krsmanovic-Dumonceau & Nicolas d’Offay - August 2013 – Belgium







# Stimulation by light can relieve from depression

## Is coming out of depression arriving in utopia?

Current neuroscience research have revealed that depression metabolism is specifically addictive. This characteristic makes addressing depression a difficult challenge.

Positive thinking and the regular use of PSiO® applications practically induce a state of mind with soothing emotions. The use of the PSiO® is pleasant and environmentally friendly. Finally, apart from the decision to use the PSiO® and take time for yourself, the mind is thrown into an automatically redeeming universe, thanks to images, generated emotions, and soothing breath. The mind naturally begins to think positively using this simple method. This is where the imaging power of imagery come into play! The gymnastics of the neurons lead step by step to positive thinking. Gradually, the metabolism changes, and modifies the quality of neurotransmission.

In addition to suggestions and soothing images that are tirelessly distributed by this small companion for the mind that is the PSiO®, light is projected to the bottom of your retina, when you want and where you want. If this light is such a powerful vitamin that it modifies the secretion of neurotransmitters metabolism of joy

and good humor, then it becomes easy to understand why it can be affective, not only on winter depression but also on all types of depression.

The results of a recent Canadian study lead in this direction. Stimulation by light can address depression and not just the winter blues. A Canadian study suggests that light therapy, long used to help improve people's winter blues when the days get darker and shorter, can also treat non-seasonal depression. "This study is the first to show that light therapy alone is effective compared to placebo, and the first to compare a combination of light and pharmaceuticals to

Positive thinking combined with light! This is THE treatment of choice if you want out of a depression state without having to ingest destructive chemicals. A Canadian study shows the effectiveness of light therapy against placebo in depression. A real bargain for those looking for an elegant and natural way to place their mind in good hands!

light alone,” said lead study author, Dr. Raymond Lam of the University of British Columbia.

122 depressed individuals (non-seasonal) were randomly divided into four groups:

1. Medication alone group (+ placebo)
2. Single therapy group (+ placebo)
3. Mix Group: medication + Light therapy
4. Control Group/placebo (both types of treatments are inactivated)

Whichever the group, participants received medication to take and a box that emits light. According to the group, some had received either active drug or placebo and either an active or a modified light box with an inactive radiation in terms of melanopsin receptors. The control group received both placebo pill and the inactive device. I would, therefore, say that this is a great placebo group, controlling for both medication and light therapy.

“It is the combination of light therapy and antidepressants, which was the most effective” confirmed Dr. Lam.

“However, some people may prefer to try a non-drug treatment first, and may choose to start with light therapy.”

Active treatments of the study included a daily dose of 20 milligrams of fluoxetine (Prozac) and daily exposure to fluorescent light for 30 minutes after waking each morning. At the beginning of the study, the researchers used a standard questionnaire to assess the severity of depression by questioning participants about their sadness, inner tension, reduced sleep, decreased appetite, concentration difficulties, lack of energy, inability of feeling and of pessimistic or suicidal thoughts. On average, participants had scores on the Scale of Assessment of Depression Montgomery-Asberg (MADRS) of about 26-27 at the start of the study, signs of moderate depression.

After eight weeks, the group receiving both medication and light therapy had the largest drop in depression scores, with 16.9 points decline, the researchers reported in JAMA Psychiatry, published online November 18. People who received



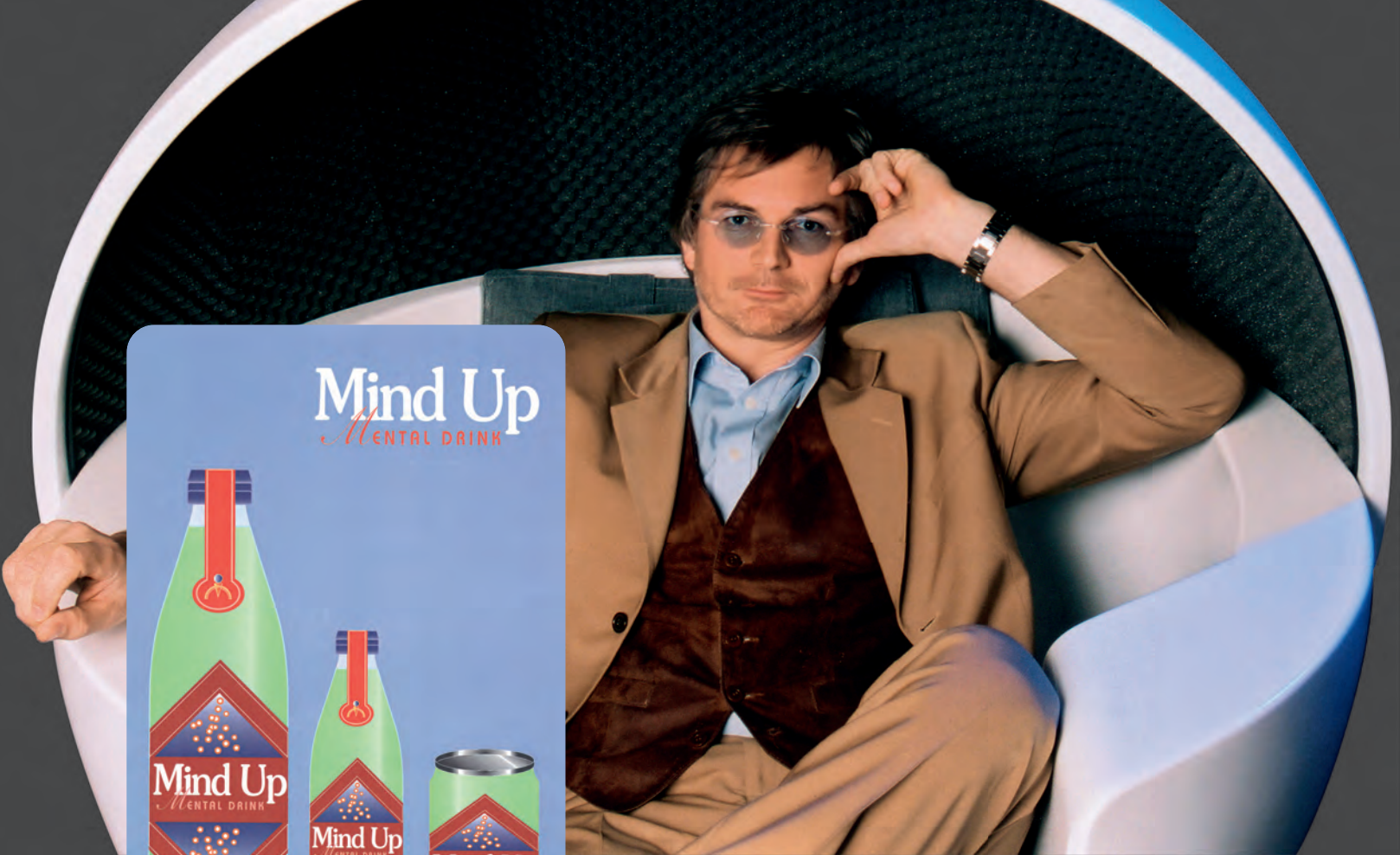
light therapy only had a decrease of 13.4 points in depression scores, while those under medication only had a decrease of 8.8 points, and the control group who only had access to inactive treatments were down 6.5 points. The exact reason why light therapy can alleviate depression is unknown; it may have contributed to a time reset of the biological clock in the brain or circadian rhythms, according to researchers' hypothesis. Or, consider that light can play a role of activator of certain hormones related to endogenous depression. In all cases, this finding is a breakthrough for the treatment of depression. A limitation to the study is that the researchers lacked data about the level of human exposure to natural light during the study, which the authors acknowledge.

Nevertheless these results are encouraging, and the PSiO® application can resolutely be added to the solving of DEPRESSION including one that is not winter related. Furthermore, the PSiO® light therapy is complemented by voice recordings to guide you to attain a calm mind. Both continuous mode and pulsed mode proposed by the PSiO® can no doubt be a significant aid in

the treatment of depression in addition to medication. Unlike other therapies, there are no contraindications for our methods. Similarly, there is no need for a prescription to acquire PSiO® for private use!

After eight weeks, the group receiving both medication and light therapy had the largest drop in depression scores, with a decrease of 16.9 points. However those receiving only light therapy also had a significant reduction: 13.4 points in depression scores, which ultimately was a small difference with the group that took more antidepressants.





Stéphane Dumonceau registered the Mind Up brand and the Mind Food concept in 2004.

# Food for the mind

A newcomer has arrived in the PSiO® network!

PSiO® DRINK Awakening was launched in September 2021 : a drink for the mind! This wake-up product fits in well with our current PSiO® relaxation programs and turbo-naps and promotes a state of consciousness with better concentration, visualization and cognition.

## History

Stéphane Dumonceau actually 'visualized' this idea from the beginning of his research with the forerunner of the PSiO®, the Dreamer. Already in 1993 his vision of this food product was already

quite clear to him. There were no 'Energy Drinks' yet. The concept became the pinnacle of his work and was actually still a bit too 'avant-garde' for the time.

After five years of research with a team of professionals (in biochemistry, organoleptic properties, design, marketing and financial analysis, etc.), he patented the MIND UP brand categorizing it as: "Nutrients for cerebral metabolism" (registered under #N°09500669). He adapted the formula over the years and it eventually evolved into a product based on natural plant extracts, broadly containing the ingredients listed in the basic patent.



Plant extracts have been added to the original formula, which is known for its 'detox' effect. Even the dyes are natural and organic. This drink contains the same concentrations of nutrients as to be found in capsules, making them much easier to absorb into the body! If you would like to achieve the same result, you will have to take about ten capsules a day to obtain such a level of vitamins, amino acids and minerals.

This is a nutritional revolution for the mind and nervous system!

## The biochemistry of performance

The beating heart of this product formula lies in the original combination of plant extracts and its intrinsic nutrients. Four of these are 'neurotropic' and stimulate the nervous system. So it is a skilful combination of ingredients or precursors of active ingredients that make a qualitative contribution to the optimization of nerve stimulation, brain growth, protein synthesis and the complex dance of the neurotransmitters.

## Simply an exceptional product

For the very first time, there is a product with a choice of plants and nutrients for the mind! An original selection of plant extracts that are precursors for some products useful for neuronal metabolism (but not being able to cross the blood-brain barrier directly) and which, after their transit, will form into a high concentration target product

similarly to a real 'nutritional supplement.

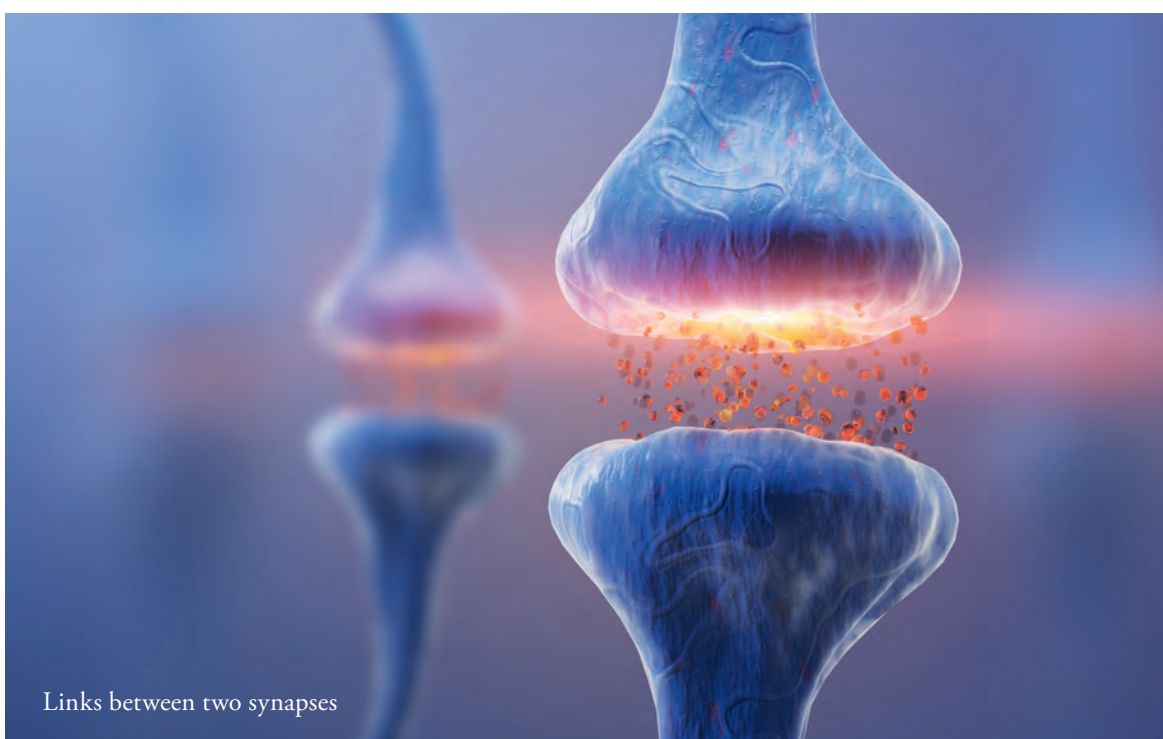
The 50 active components in this drink have been subtly incorporated into the plant extracts that nature developed hundreds of thousands, if not millions of years ago. Their assimilation is stimulated by a natural combination and by the clever composition (compared to synthetic products or products isolated in capsules).

Among them we find: Vit A, Vit B1, Vit B2, B3, B4, B5, B6, B7, B12, E, C, Glycine, Aspartic Acid, Glutamic Acid, Malic Acid, Tryptophan, Lysine, Methionine, Glutamic Acid, B-Carotene, citric acid, CA, MG, CU, FER, ZN, CHROME, K, NA, SE, CO, MANG, STR, PHOSPHOR, CHL. The original formula also combines three synergistic effects: stimulant, detox & antioxidant. This further improves the quality of blood circulation and oxygenation in the brain, hence the intended effect!

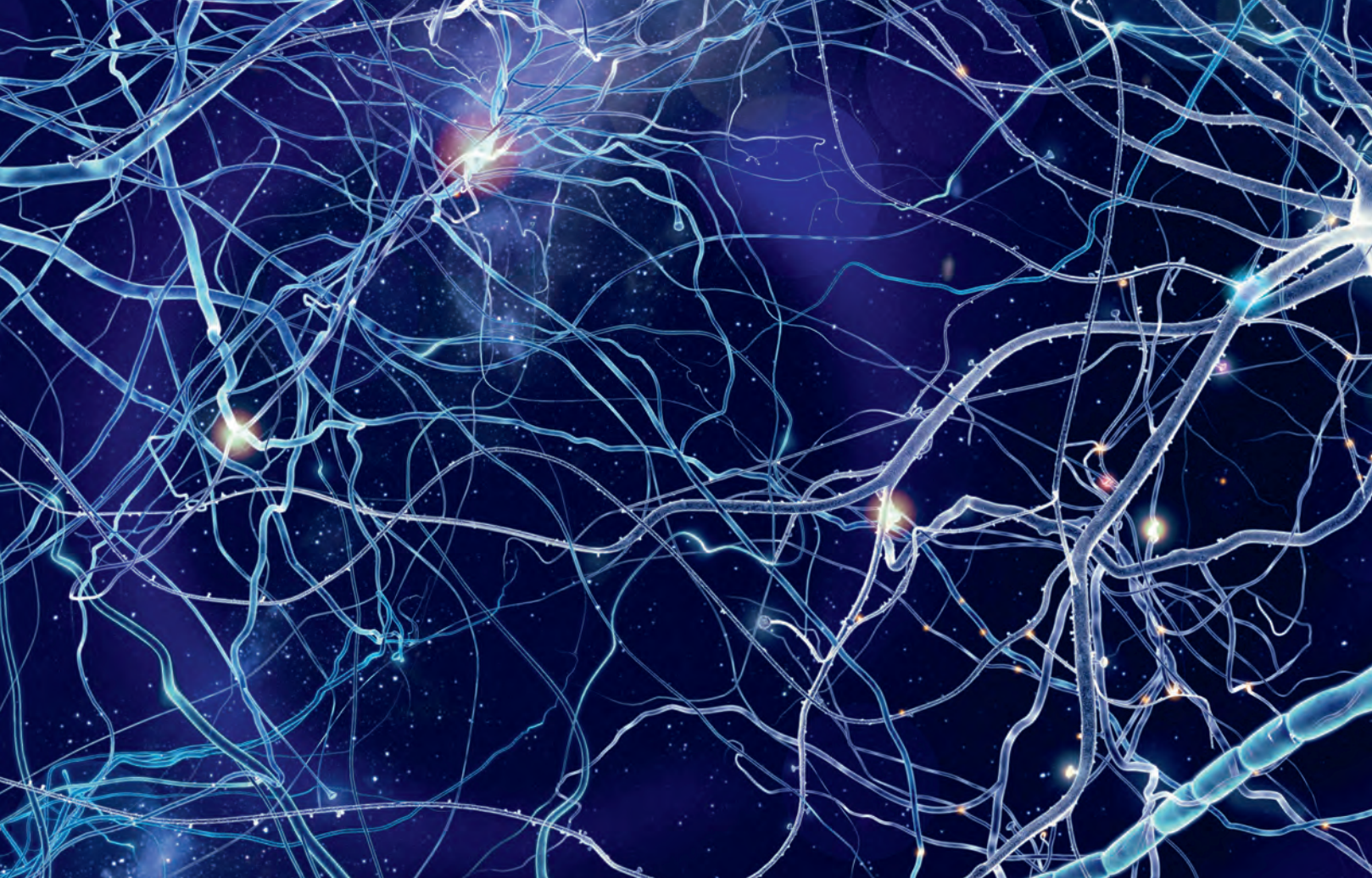
## « Food of the Spirit »

In order for the brain to grow, survive and function, it must have the necessary materials. To enable the synthesis and renewal of cell components on one hand and to cover their energy needs on the other, the brain uses specific substances that it synthesizes or finds in the bloodstream, supplied by the food we eat.

Some so-called "ESSENTIAL" nutrients can not be produced by the body and must be provided



Links between two synapses



At the top are the neural networks.

through food. If the intake is insufficient, a deficiency may occur and the metabolic chain is slowing down.

Then there are the so-called 'secondary nutrients', which are NOT ESSENTIAL, but are slowly synthesized by the body. In emergency situations, the food MUST supplement the amount the body makes itself. For these two reasons, this 'food of the mind' is very well suited for active people and for seniors.

The original formula is derived from the latest knowledge in the field of cerebral growth / kinetics and the change of point of view regarding the brain, an organ that has hitherto, and often incorrectly been considered as opponent to the body (body/mind).

## What are these new discoveries?

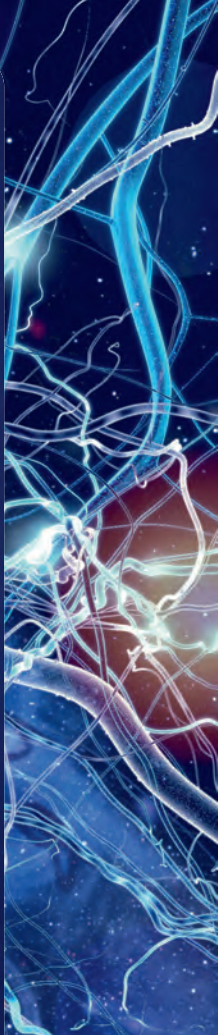
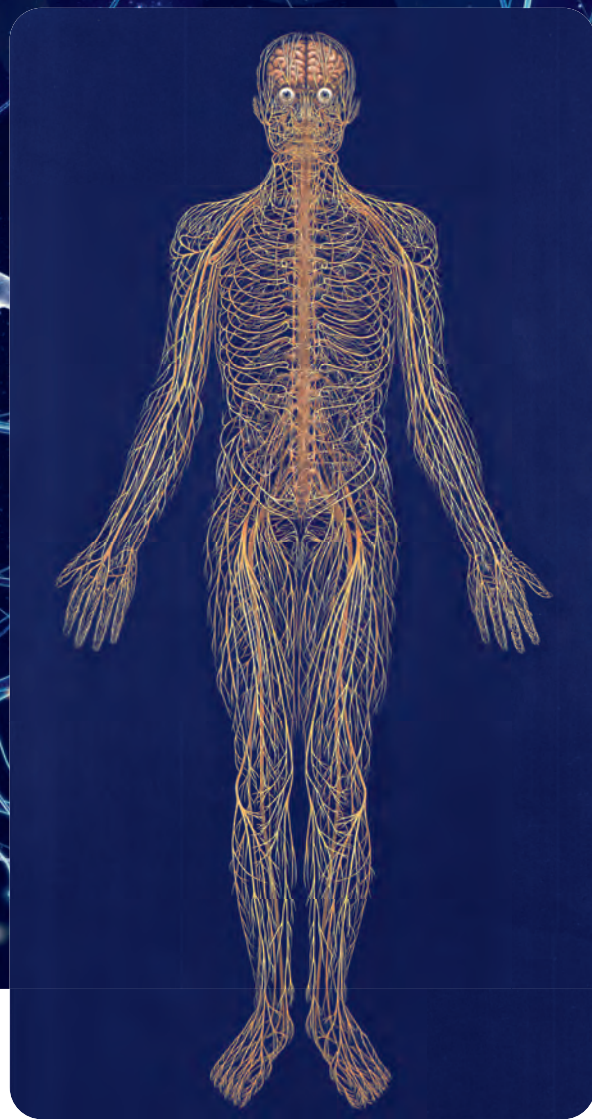
### 1. The brain does not degenerate

The brain is not a passive organ that degenerates with age, but is an organ that is constantly changing and never completed.

### 2. Energy is not just sugar

The brain metabolism consists not only of the oxidation of sugars and the supply of energy to nerve cells, but of:

- Synthesis of brain enzymes
- The development of the size of neurons
- Protein synthesis in general
- The synthesis of neurotransmitters
- The development of dendritic branches and dendritic spines (immune system)
- The number of synapses (point of contact between two nerve cells)
- The size and growth of synaptic areas
- The multiplication of the glial cells responsible



On the right the nervous system and the “body/brain” concept represented by Alex Gray ©

for a certain part of the communication (the ratio of glial cells/neurons is nowadays practically accepted as a factor related to ‘intelligence’).

- Densification of the cortex tissue
- Like all biochemical reactions in the normal ‘state’, the NATURAL brain cells of the brain exercise themselves (life in the modern world is an exercise in itself)

### 3. Body/mind are not separated

The old views according to which ‘body/mind’ are separate and ‘mind/matter’ are independent and are now obsolete:

A. Even with the limited knowledge we have of understanding processes to do with consciousness, we can safely say that neurons, through communicating with each other, determine the thought of the individual. The quality of thinking thus depends on the quality of the nervous tissue. The quality of the cortex tissue and its modelling is thus directly related to the quality of the absorbed nutrients. And the quality of thinking determines

our reality... So foods for the mind improve the quality of our reality!

B. The ‘body vs. brain’: in 4D the human body could be seen as a huge ‘mobile brain’. This is because the brain does not stop at skull level. It extends through the spinal cord and plexus through the entire body; it branches and eventually terminates at the cellular level via neurotransmission. Our thoughts and emotions are therefore perpetuated down to the most intimate level of our cells... This last point allows us to understand why, in addition to specific effects on the brain (associations of ideas, concentration, remembering), the effects of neurotropic nutrients can be felt throughout the body (feeling of general well-being, dynamism, energy).

This new drink is therefore intended for adolescents, students, people in active professions with intense intellectual work, as well as for seniors to balance their diet in terms of neuronal needs. An easy goal to achieve, because PSiO® DRINK tastes just really delicious!



## The different fields of consciousness

Blue: the visual field

Purple: the auditory field

Red: the kinesthetic field

Orange: the olfactory field

Green: the taste field

## The different levels of controls

In the foreground: the anticipatory level

The central plan: the present level

The background: the remembered level

# Aphantasy and hyperphantasy

## To view or not to view

Consciousness remains a field rarely studied and far from solving. However, it is essential to better understand how our mind works. Why is it essential? Well... First of all... we need a better understanding of how we perceive objective reality. So that we can better utilize the personal development programs. The Psioplanet catalog offers dozens of meditation, visualization, or relaxation programs. Most are created using brain imaging data.

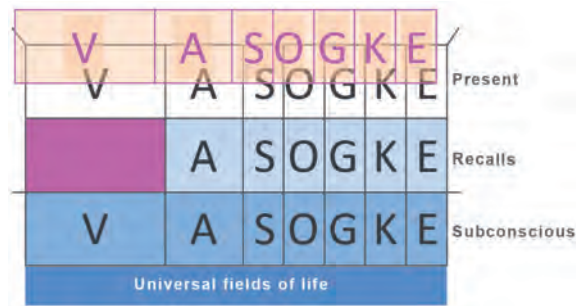
A recent discovery turns these methods of relaxation or visualization training upside down. It turns out that some people have an inability (or reduced ability) to conjure up mental images. A

study published recently in the journal *Cortex*, names this condition “aphantasy” after the Greek word “phantasia” used by Aristotle to describe the power of imagery or the visual imagination.

In 2010, Adam Z.J. Zeman from the University of Exeter in the UK and his colleagues conducted a study. After New York Times reporter Carl Zimmer popularized this study by reporting it to *Discover* magazine. The researchers were contacted by more people who could relate to the description of this “blindness of the imagination.” Some of them reported that family members also had the same deficit. It was then that Zeman and his colleagues conducted a more in-depth study in to “aphantasy”.

Aphantasy, as its name suggests, characterizes “a defect of imagination” or an inability to form mental images. When you have this characteristic, you experience a sort of inability to search for data captured in your visual field of consciousness: impossible to imagine a place, a person and/or a scene. It is precisely an inability to recall visual data by will. The ability to create mental imagery allows you to discover all the facets of an idea, concept or representation in your mind so that you can examine it in detail to solve a problem or recall a detail. This is a completely normal process for most of us. But not for everyone!

People who have aphantasia will never realize that they cannot access mental images. They live naturally without having access to this data. It should be noted that there have not yet been enough studies that exactly define this mental profile. Also, I started to study it on several people in my close circle.



V=visual | A=auditory | S=sensory | O=olfactory  
G=taste | K=kinesic | E=balance

### Missing visual memory, no imagery, or a deficit in imagery generation?

It is necessary to differentiate the visual memory which in some cases is preserved but with absent visual recall. The remembered field of consciousness is present but the capacity to generate an



### Different types of profiles in the fields of consciousness

The most common cases are voluntarily unable to recall visual data and/or form a mental imagery. There are also people who are unable to remember a melody, a tactile sensation, or the atmosphere of a particular place. There are also people who cannot remember a taste or a smell. And finally, there is still the inability to remember any movement or orientation in space. It makes a lot of difference in appreciating the field of “remembered consciousness” and diversity within.

image is not working or not well. So, we see that there is a great variety in mental profiles. Previous clinical studies have suggested that there are two main types of visual imaging deficits: 1) visual memory impairment, causing both visual agnosia and loss of imagery, and 2) visual impairment only “imagery generation”.

### One more proof that the subconscious does indeed exist!

Either way, we are in the realm of conscious memory. Visual data stored in the visual field of consciousness may or may not be called upon.

Aphantasia blocks or hinders access to this data on a voluntary basis. However, a person with aphantasia will be able to recognize a face, even a face seen once two years ago... She will be able to dream even in color and in the event of coma, see pictorial scenes.

This is irrefutable proof that unconscious or subconscious memory exists if some still hesitate to admit it today! The subconscious does indeed exist, and we have proof found in face recognition. Visual data totally inaccessible to the conscious mind due to aphantasia. The data exists but it is not accessible through the mechanism of voluntary attention.

## **An illness or another way of thinking?**

However, people with aphantasia can do a creative jobs for example, a job that requires constant creative effort to invent and improve software. How would it be possible? They would compensate for the lack of memory access by orienting themselves rationally in a network of concepts and reasoning. Where does aphantasia come from? Is it a neurological defect, a degenerative disease, a functional problem or a structural problem? A combination of psychological and neuropathological factors? Researchers are struggling to say precisely, due to a lack of a sufficient number of subjects to study. It must be said that people who have aphantasia have the unfortunate tendency to never become aware of their condition, since apparently, one can live a perfectly normal life without ever mobilizing mental images. This explains why this sighting was not highlighted earlier. In 2009, a study of 2,500 subjects evaluated the proportion of individuals claiming not to have a visual imagination at 2.1 - 2.7%, but more rigorous studies will have to be awaited to be able to be sure.

The diagnosis of "inability to visualize" has been around for a long time; we find the first traces in the literature through the descriptions of Galton in his work *Statistics of mental imagery* published in 1880. In addition, doctors agree on one fact: there is not a clear separation of people with a "mental eye" on the one hand and people who "do not have a mental eye" on the other. The most probable is there is a gradient in the sharpness of the mental images we are able to form.

Most likely, there is a gradient in the sharpness of the mental images we can form. Some will be able to scroll through real HD movies in their minds, while others will only be entitled to diffuse, blurry, evanescent images. In the case of aphantasia, obviously, you do not see anything at all.

In 2010, Zimmer and colleagues published this study by asking subjects to take a Vividness of Visual Imagery Questionnaire: Visualize a friend or loved one you see often. How precise are the contours of his face, head, shoulders and body? Visualize a sunrise and examine the details of your mental picture carefully. How accurate is the depiction of the sun rising above the horizon in a hazy sky? Although it will not be enough to draw conclusions about the forms of aphantasia and its etiological and epidemiological characteristics, the answers of the subjects remind us of an essential fact: we tend to believe that our way of thinking, reasoning and to perceive is universal. However, it is not. Behind each brain hides an imagination that is unlike any other.

## **Imagination and visualization**

The capacity to imagine exists in varying degrees: from vague images to very precise images to animated imagery capacities such as 3D films with scenarios in which the characters can be placed in virtually any purely fictitious situation. Until then everything is going "normally". The person who is able to have mental imagery does not suffer from this and those around him simply know that he is often in deep thought. We therefore speak of "remembered visual field" and "anticipatory visual field".

## **Hyperphantasy**

As with every field relating to the human psyche, there is an extreme version of this characteristic and if this involuntary capacity develops abnormally, this can, according to some, make it a pathology: researchers describe a so-called excessive, maladaptive or compulsive daydreaming disorder ("Excessive daydreaming", "Compulsive fantasy"). After the publication in 2009 by psychologists Cynthia Schupak and Jesse Rosenthal of a study describing a case history and discussing "excessive daydreaming", as well as the publication in 2002 of a study by Eli Somer on "maladaptive reverie", "A multitude of online forums and web pages have proliferated, on which thousands of anonymous people around the world testify to have secretly suffered from the same symptoms for years", reported Cynthia Schupak and Jayne Bigelsen in 2011.

Many express their surprise and relief to discover that they are not alone in with their predicament. Many also report having made repeated attempts to obtain psychological help, but mental health professionals admitted to being rather helpless in



the face of this problem. Many felt their distress was not understood, being told that daydreaming is creative and beneficial and that they should not worry. Their confusion is amplified, the researchers say by their inability to convey to the clinical community that there is a type of reverie, which consists of chronic immersion in imaginative episodes that are “overwhelming, enduring and compulsive,” which is experienced as an addiction and which carries a heavy psychological burden and limitations in the ability to invest normally in life.

Schupak and Bigelsen conducted a study with 90 people to learn more about this disorder and distinguish it from normal daydreaming. The study

describes several characteristics concerning the nature of fantasies or imagined scenarios, their triggers and their functions. The lack of control and the difficulty in limiting daydreaming activity in appropriate periods of time is the main concern expressed by the participants. Most of the latter also indicated that they had acquired this habit at a very young age. Future research should be carried out to better understand the phenomenon stated by researchers and especially to study potential methods to reduce the distress and functional impairment experienced by “excessive dreamers”.

## Meditation or visualization?

Regarding the P*SiO*® Planet catalog, it is good to question the suitability of listening to some programs more than others depending on the characteristics of one's field of consciousness profile: Pure meditation exercises will work best for people who are unable to visualize images. Indeed, these mental exercises help shutting down the comparative and analytical cortex and encourage thinking about sensory feelings and breathing. On the contrary, exercises offering a visualization of nature or scenes of holidays or peaceful states in childhood will better suit the mental profile possessing an imagery capacity. These findings were verified with cardiac coherence software on approximately five hundred people I had the opportunity to coach during my emotional management semi-

nars from 2007 to 2013. Failed visualization attempts can even stress people who are unable to view images. There are really two profiles for the rapid entry into cardiac coherence: those who directly use meditation and those who go straight to visualization. The choice of purely sensory meditation is therefore good for people who are not very good at visualization.

## Relaxation through visualization or through sounds & lights?

The exercises in "letting go" evoke situations of relaxation in soothing environments then suggestions by the image will undoubtedly work less well than sessions of rhythmic sounds or music with light flashes causing the abandonment of the at-

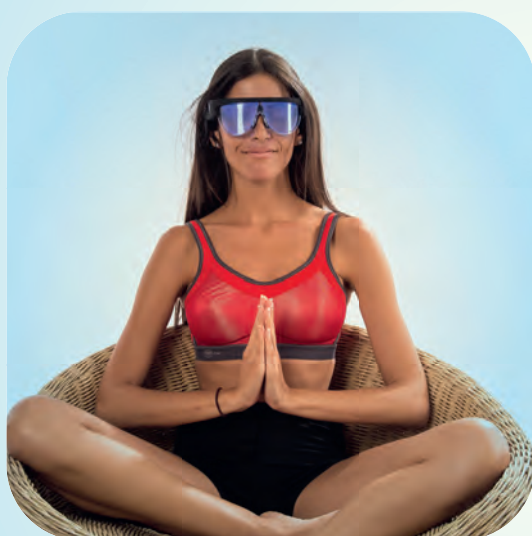




tention leading the subject towards non-thought on the verge of sleep. It is therefore best to test several types of sessions to check which one(s) will work best and fastest for you. However, for relaxation programs, the difference is not clear. Indeed, let us not forget that the aphantasy does not have access through voluntary attention to imagery, but that his subconscious has access to it. The “Au-

dioceticals” programs mainly built on subconscious suggestion will therefore work equally well for both profiles. In any case, this is my conclusion so far after 30 years of observing thousands of subjects.

### MEDITATION



« Aphantasy »

### VISUALIZATION

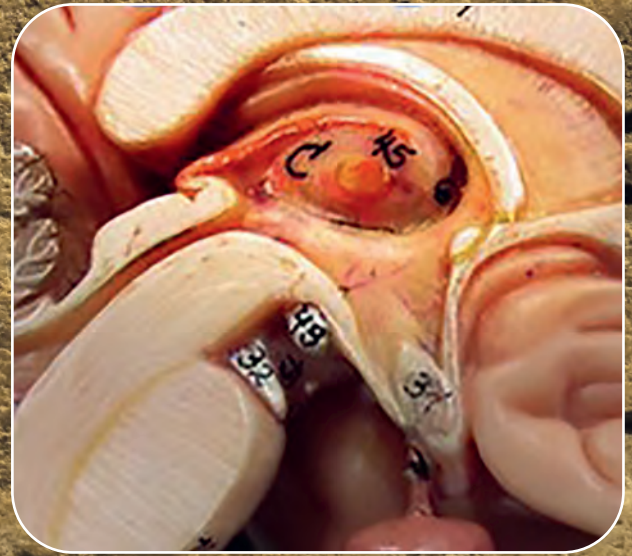


« Hyperphantasy »

## Survey

A questionnaire allows you to find out your level of aphantasy or hyperphantasy online:

<https://aphantasia.com/vviq/>



The eye of Horus and the pineal gland

# The third eye, the pineal gland

**A** **An amazing new discovery about the circadian system was made recently.** It highlights two new hormones which orchestrate the entire circadian system.

## Professor Fourtillan

The Frenchman, Professor Jean Bernard Fourtillan is behind this scientific breakthrough. He is an honorary Professor of therapeutic chemistry at the Poitiers Faculty of Medicine and Pharmacy. The study focused on the activity of the epiphysis

cerebri, or pineal gland, which is also called the third eye. Although it doesn't provide sight (cones and rods in the retina) it is like a third, non-visual organ which regulates the "sleep-wake" cycle based on light and, in particular, as has already been known for about 15 years, on the 470 nm wavelength. The relationship between the pineal gland and the optical path also explains why it has been given the name third eye. However, this is also because its nerve cells are the same as the cells of the retina. The third eye has, therefore, been rediscovered by modern science. Despite the fact

that they can't see, the pineal gland regulates the sleep-wake cycle of the blind.

In the second century of our era, the great Galen (131-201), the successor to Hippocrates, called it **ΚΟΥΚΟΥΝΑΡΙΑ** in Greek or conarium or kornarion (which resembles a cone) which means pine cone. He dissected cadavers, in particular brains, and had noticed this tiny appendage, which resembled a pine cone. Although the pineal gland is located in the brain area, it is not actually a part of it. It is outside of the blood-brain barrier.

Descartes located the pineal gland at the intersection of the soul and the body. The soul influences the body and the body also influences the soul. Also interesting is the fact that the pineal gland may have other functions. For example, at the intersection between the world in 4D (3D and time) decoded by awareness and consciousness & the subconscious world connected to the living and to the multiverse. To be continued...

## **Anatomy of the third eye and its location**

It is located at the base of the brain, below the cerebral hemispheres, above the cerebellum and, therefore, above the brain stem, behind the pituitary gland. It is located below the area where the optic nerves cross in the brain. This area is known as the "optic chiasm". It is at the very centre, on the median line, behind the hypothalamus, at less than a centimetre. It is in direct contact with the centre of the brain and the central basal ganglia of the thalamus and hypothalamus. Its two

hemispheres are fused. It processes the information from a certain type of light (primarily 470 nm) and from the absence of this specific light, into hormonal secretions. It operates somewhat on a "1 or 0" basis which is why we experience the untimely fluctuations of night hormones during the daytime if we don't get enough of this very important wavelength, which tells us whether it's day or night. It also explains the chronic fatigue syndrome experienced by people who work in light which is low in the 470 nm wavelength.

The influx from the outside passes through the nuclei located above the intersection of the optical nerves in the brain. These are the suprachiasmatic nuclei of the biological clock. It manages our circadian rhythm, i.e. our 24-hour cycle. The nuclei are very fine structures about the size of the tip of a pencil. They contain several tens of thousands of neurons each. They are located at the base of the hypothalamus and transmit sensory information from the retina via special nerve fibres of the autonomic nervous system.

The pineal gland converts the "day/night" rhythm transmitted by the suprachiasmatic nuclei into three hormones, which its cells make at night, and which are called "pinealocytes"

The gland is outside of the brain's protective barrier (the blood-brain" barrier) which enables it to distribute the hormones it makes throughout the organism according to needs and without being hindered. It is 8 to 10 mm high, the size of a small cone, in a median position behind one of the brain's ventricles, i.e., the third one, which makes the cephalo-rachidien fluid (CRF).

## **Evolution over time**

The gland grows until the age of one to two, then stabilises. It begins to grow again somewhat at puberty. Note that, with age, calcification appears which decreases its effectiveness and hormone production. These are calcified concretions due to the excess calcium in our diets (primarily from dairy products).

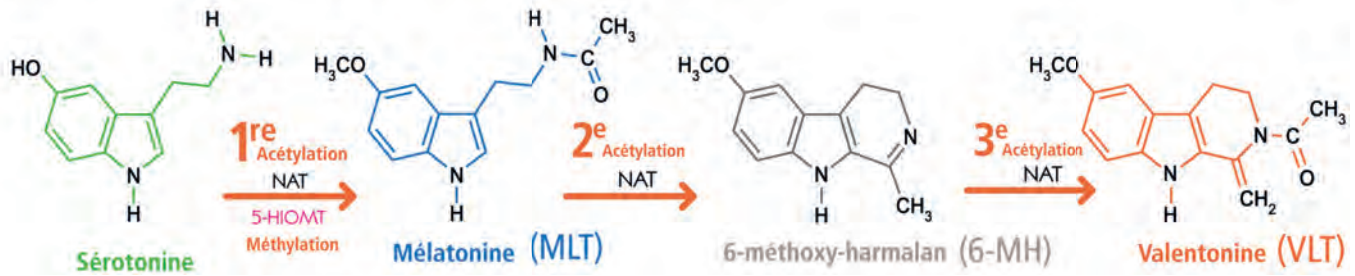
## **Arteries, veins and nutritional needs**

The pineal gland is highly vascularised via the posterior cerebral artery, which provides an extensive network of small veins around it, and, in particular, by the pineal artery. The blood from the venous return is collected in the "great cere-



22<sup>h</sup>

## The pineal gland

06<sup>h</sup>

bral vein,” also known as the vein of Galen, which recovers the blood deep in the brain. It is in surrounded by cephalo-rachidien fluid (CRF) like the entire periphery of the brain and doesn't receive any particular innervation.

The essential precursor to its functioning is the tryptophan (royal jelly, eggs, fish, cashews, dates, bananas, pumpkin and water melon seeds, almonds, peanuts, etc.). It needs at least 200 mg/day of tryptophan of which only a small portion is transformed into serotonin.

### A conductor gland

The pineal gland is an endocrine gland which appears to act as a conductor for hormonal symphonies. When it is over-active, it can impede the thyroid gland via direct action on the thyroid-stimulating hormone, the parathyroids and even the adrenal medulla. It can also decrease the production of the hypophyseal growth hormone. It manages the production of:

- Melatonin
- 6-Methoxyharmalan
- Valentone

### History and functionality

#### 1. Melatonin: a neuron protector

This hormone was discovered in 1958 by Aaron Bunsen Lerner (1920-2007), a professor of biochemistry and dermatology at Yale University in the United States. He published his discovery in the Journal of the American Chemical Society

(80, 2587, 1958). Contrary to what many scientists believed, melatonin is NOT the sleep hormone. On the other hand, it is a powerful neuron protector which prevents their ageing. It protects them against the destructive action of what is known as “free radicals”, molecules which oxidise the neurons.

#### 2. 6-Methoxyharmalan: the waking-state and cognition hormone

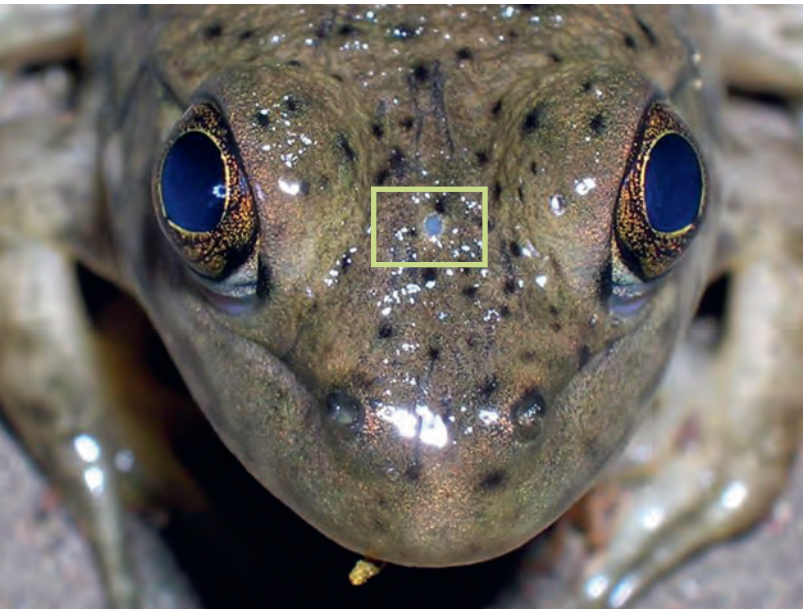
William M Mac Isaac and his colleagues discovered this second hormone in 1961. They published their finding in the Science journal (134, 674-675, 1961).

He notes that a lack of melatonin results in a deficit of a well-known substance similar to LSD (10), “harmala alkaloid, 6-Methoxyharmalan” which is known for its intense psycho-stimulant properties.

#### 3. Valentone: the true sleep hormone

In 1994, Jean Bernard Fourtillan finally discovered the sleep hormone, which he called “Valentone”, and the sleep-wake regulation system. Prior to this, in 1993, together with his team, he had developed an extremely sensitive dosing method (0.1 pictograms per ml of blood) for melatonin by coupling gas chromatography with mass spectrometry. (Published in Biol. Mass Spectrum, 23, 499-509, 1994).

The valentone discovered in the pineal gland is in very small concentrations (30 to 50 picograms per gram of tissue). The discovery was not published immediately for intellectual property rights issues (patents) while waiting for the approval of



**The third eye of some frogs and snakes is found at the top of their skull at the front of their head. In humans, it is fused with the retina.**

national and international patents from 1995 to 2015. As a result, it has only started to be disseminated since 2015.

All three, i.e. melatonin, 6-Methoxyharmalan and valentonin, constitute and regulate the sleep-wake system and provide cells with protection from oxygenated free radicals. In particular, the nervous cells in the brain, the heart and the nervous system in the digestive tract as well. They regulate the psychic and autonomic states of the body during the 24-hour cycle.

### **The biological cascade finally discovered**

This cascade is described in Professor Fourtillan's book entitled *“La Glande Pinéale et le Système Veille-Sommeil – Applications thérapeutiques”* (The Pineal Gland and the Sleep-Wake system. Therapeutic Applications) The cascade of three hormones manufactured by the pineal gland begins with tryptophan. Two enzymes (hydroxylase and decarboxylase) transform it into serotonin. Beginning at 10 in the evening, the latter is transformed into melatonin thanks to 2 additional enzymes, N-acetyltransferase and 5-hydroxyindole-O-methyltransferase. Melatonin then becomes 6-Methoxyharmalan by acetylation. Another simultaneous acetylation transforms it into valentonin.

### **Conclusion :**

Starting with the retina's exposure to the 470 nm wavelength, via the ganglion cells containing the photosensitive pigment melanopsin, the bioelectric nervous influx is transmitted via the suprachiasmatic nuclei and the optical chiasm to the pineal gland, which becomes active and regulates both day and night hormones.

More information is available on the [fonds-josefa.org](http://fonds-josefa.org) website of professors Joyeux and Fourtillan and, notably, the videos :

- **“Professor JB Fourtillan answers questions from Professor H Joyeux”**  
[youtu.be/3PkX8boc4RU](https://youtu.be/3PkX8boc4RU) - 1 hour
- **“The Pineal Gland and the Sleep-Wake system. Therapeutic Applications”**  
[youtu.be/j63t\\_HC0X3w](https://youtu.be/j63t_HC0X3w) - 37 minutes
- **“The sleep-wake system in Creation”**  
[youtu.be/Ys50zcWqfEQ](https://youtu.be/Ys50zcWqfEQ) - 14 min. 35 sec. + 2 min. 13 sec.

### **Sources**

Professor Jean-Bernard Fourtillan. *“The Pineal Gland and the Sleep-Wake system -Therapeutic Applications”*

How  
the P*SiO*<sup>®</sup> applications  
can influence...



the genes

“The emotional environment can alter the expression of genes responsible for the behavioral and neuroendocrine reactions to stress and subtly rewrite the course of our life story as well as indirectly that of our health ”



## **A**very ambitious title

PSiO® applications can affect our emotional dimension and act on our health that is led by our genes. First, the PSiO® diffuses sessions by voice to start the day in a great spirit. These are the morning sessions, designed for exercises to sustain attention. The thematic visualizations help guide the thoughts in breathing and positive emotion.

The “power naps” designed for mid-day or afternoon are purely musical performances, mostly il-

luminated with the famous wavelength of 470 nm that promotes positive mood and removes melatonin, the hormone of winter depression.

Finally, the third category of sessions (sessions designed to be experienced before sleep) cause a rapid letting go and are composed of suggestions to appease the subconscious. The voices are sweet with whispering caring tone. While some resist to let go and find them ridiculous, others find them so delicate and so nice that they soon will find themselves back into the world of their childhood, a period filled with attention on them where their parents were whispering gentle rhyme or tender words into their ears, imbued with unconditional love.

Thanks to this technological wealth supplemented by various thematic applications, the PSiO® glasses are, humbly, a breakthrough in the daily emotional burden of urban living. It is easy to have a day turn into real emotional desert with no free time and filled with the obsessions of accumulation of money and material.

Let's see how regular sessions of this kind may well

influence the expression of our genes, and therefore, not only our health but in addition that of our descendants.

## From genetics to epigenetics

In humans, as in other organisms, the genes were scrutinized in laboratories worldwide. Recently we began to understand how DNA fragments modulate living organisms. And today, the forefront of DNA research is posing questions in another direction in epigenetics! Epigenetics explore complex mechanisms around how changes in organisms are caused by modification of gene expression rather than the change in the genetic code itself.

Canadian researchers Michael Meaney, PhD, and Gustavo Turecki, M.D., Ph.D., Douglas Institute, have thus proved in turn the influence of environment on mental and physical health. What they found is truly revolutionary: it was known that genes were controlled by a series of "switches" that are activated or not with the food we swallowed, the air we breathed but... what we did not know is that getting a hug could be a switch as well!







The study is extremely interesting. The baby rats lick their mom often (licking among rats has the same function as the caress in humans) are calmer than the neglected baby rats. By analyzing the brains of young rats, the researchers attempted to analyze the physiological imprint of mothering. The results are revealing: licking influences the activity of a gene that protects rats against stress. This gene, NRC31, produces a protein that helps to reduce the concentration of stress hormones in the body. A specific portion of the gene still has to be activated, through an epigenetic switch. The analysis of the brains of rats that did not receive a sufficient ration of licking shows that the “switch” related to NRC31 gene was defective in the neurons in the hippocampus of rats. The result: even in the absence of disturbing elements, they live in a constant state of stress. One might well ask how the abuse or lack of emotional interactions would affect the brain of children. But can we extrapolate reliably from rats to humans?

### **From rats to humans, similar mechanisms**

But studies show that these mechanisms are similar in rats as in humans. Michael Meaney and colleagues conducted an ambitious study: MAVAN project (Maternal Adversity Vulnerability and Neurodevelopment), which aims to assess the development of some children whom have a mother who suffers from serious depression over a period of six years. As depressed mothers often

have trouble creating emotional bonds with their children, they are less likely to coax their babies than non-depressed mothers in the control group. They measured levels of stress hormones in children, and observed what was happening in their brains through brain imaging techniques. The levels of stress hormones were higher in those with a depressive mother.

In order to measure the epigenetic effect on the human brain more effectively, Douglas Institute researchers have completed another study, this time on the brains of dead people. They targeted the same gene in rats, to demonstrate that the quality of family interactions did indeed alter the brain activity. The study was conducted on 36 brains following 12 suicide victims who had suffered childhood abuse, 12 other suicide victims who had not suffered abuse from individuals and 12 control brains. The results were practically written in the brain: the abuse leads to epigenetic changes that, in turn, affect the operation of NR3C1 gene. As in rats, the glands that secrete human stress hormones are constantly alert. This makes abused individuals particularly susceptible to anxiety, depression and possibly suicide.

### **Preliminary conclusions**

Unlike genetic mutations that are irreversible, epigenetic marking may be changed by the emotional environment. Some drugs would repair the “defective switches.” But a simple change of emotional environment could yield interesting results if we believe the rat studies: the little rat that misses the affection from his mother, if entrusted to the care of a foster mother who licks often, can eventually develop normally. The fate of a baby rat or a baby human is never permanently sealed in its DNA.

Practicing applications such as those compiled in the PSiO® are, undoubtedly, a way of subtly rewrite the course of our life story and indirectly that of our health. Of course, the PSiO® applications are not a panacea. They are a complement to other activities such as massage, yoga, meditation, not always easy to implement activities in everyday life. But one thing at a time. These applications are certainly a way to open our minds to emotional dimension often lacking in this western society of poor living.

Summaries of the research comes from the bibliography of Michael Meaney, C.M., Ph.D., C.Q., Director of the Research Program on behavior, genes and environment at McGill University in Montreal.

Individual differences in maternal care can modify the cognitive development of a child, as well as its ability to cope with stress later in life. Michael Meaney, PhD, was one of the first researchers to highlight the importance of maternal care in the

expression of genes responsible neuroendocrine and behavioral responses to stress and hippocampal synaptic development.



Currently, Michael Meaney and his team working in several research areas:

- Molecular mechanisms by which maternal care alters gene expression, particularly those that contribute to the regulation of endocrine responses to stress, such as the glucocorticoid receptor and decorticoliberin production systems paraventricular nucleus and amygdala, which are part of the hypothalamic-pituitary-adrenal
- Effects of environmental enrichment on the development of the hippocampus and prefrontal cortex (based research stimulated synaptogenesis NMDA)
- Epigenetic programming through maternal behavior
- Epigenetic regulation of glucocorticoid receptor in the human brain have suffered childhood trauma.

Michael Meaney has authored over 180 articles and has made presentations to representatives of research institutes and specialized government agencies in health, and at scientific conferences around the world.



## The experience of Janette Derham

She's a licensed Integrative Health Coach and we interviewed her at her current business in the Netherlands, where she now lives with her family.

### **P** SiO MAGAZINE: Tell us, Janette, what you do as a Health Coach and what do PSiO glasses do to benefit your clients?

**Janette:** Well, as a Health Coach, I aid my mostly female clients with all sorts of health challenges, from weight loss to burn-out, personal issues and unsolved traumas.

Also, there is not a 'one solutions fits all' approach because everyone is unique in their ways to apply a renewed lifestyle; what is medicine for one may be poison for another. We call this bio-individuality.

The state of someone's mind influences their physical well-being. My clients always start any session by applying a PSiO programme of their choice (and there is a tremendous amount of them available), and then, after letting go and allowing the PSiO glasses to do their work, the chatter gets switched off in their brain, then they are more relaxed and stand open for a frank discussion about their challenges.

PSiO also helped help my sister Lynda who had been suffering from severe night terrors for over 20 years. Nothing worked, she had given up hope and often said she felt she was going to die. I worked and that is why I feel it's my duty to tell people about this technology. Think about it... over half the world population cannot sleep and are on sleeping tablets and since Covid people are more stressed and cannot switch off.

I myself use it as well and I love it. Quite recently I had to go get major dental work done and one of the things I fear most in life is sitting in a dentist's

chair because of visits as a child, I was petrified of the dentist. So I kindly asked him if I could bring my PSiO while he was performing the procedure. He was puzzled at first (never heard of it before) and then agreed only when it would not hinder him.

The PSiO instantly moves you into a different world, other than an anesthetic. The soothing sounds and light fluctuation inside the glasses create tranquility in your mind and bring your mind to a complete rest. It's hard to believe maybe, but I almost fell asleep in that chair! It made the whole experience bearable and I did not experience and I felt completely relaxed afterwards.

### **What would you advise people to do?**

I advise new clients to visit [psio.com](http://psio.com) and to select an ambassador in their own area. Most of my clients got immediately hooked on it and purchased one in monthly installments and then use it even if it's for a 10 minute session every day at a moment of their choice.

Personally I have my favourite programmes, sometimes with spoken word, sometimes without. I use it to relax and switch off, but sometimes just to meditate.

The PSiO is a great tool and natural therapeutic way to soothe the mind without medication or drugs!

I sometime jokingly remark to my clients: "See the light (and sound from PSiO)!" I wish everybody the chance to experience it and be a better, happier and relaxed person because of it.



EUROS : €  
DOLLARS : \$  
PSiO : Ψ

# The PSiO<sup>®</sup> BANK

**P**SYCHOMED was radically innovative and created PSiO<sup>®</sup> BANK in January 2020. What is it?

PSiO<sup>®</sup> BANK provides high added value for the PSiO<sup>®</sup> network. In brief, it is a PSiO<sup>®</sup> POINTS bank (Ψ) available to three categories of people:

**customers, ambassadors & partners**

## Customers

Can receive gifts from the company in the form of POINTS Ψ and use them to obtain seasonal discounts. All customers automatically receive 100 points.

## Ambassadors

Can receive POINTS Ψ for special events (memberships, sales calls, ELITE career bonuses, etc.)

## Different types of partners

In future, there may be:

- partner companies such as a TOUR OPERATOR who will accept our points Ψ for discounts on travel, or an organic food chain.
- Non-profit partners such as a multilateral bar-

tering network which PSYCHOMED will recognise as equivalent. For example: [www.troc.fr](http://www.troc.fr) has developed a multilateral bartering system based on a unit called the "hazelnut". Points Ψ will be accepted by the network and hazelnuts will be accepted in the PSiO<sup>®</sup> network at the same value as POINTS Ψ starting in September 2020.

All of these measures will eventually improve the exchange of goods and services between the company and PSiO<sup>®</sup> users. PSYCHOMED believes that the POINTS system will encourage people to visit the PSiO<sup>®</sup> STORE while improving the "purchasing power" of users and Ambassadors. In future, the POINTS concept should also provide benefits to Ambassadors so that the POINTS Ψ can gradually be used in other businesses.

## PSiO<sup>®</sup> BANK update

Stéphane Dumonceau has worked on fine-tuning the points system, i.e., a hybrid currency, with the international expert Bernard Lietaer.

Note that Bernard Lietaer is probably one of the best experts in the world in this field. See for yourself in this brief biography:



**Bernard Lietaer**, author of “*The Future of Money*” (translated into 18 languages), is an international expert in the design and implementation of monetary systems.

*He has worked in the field of money for over 30 years in an unusually broad range of capacities including as a banker, a fund manager, a university professor, a consultant to governments in numerous countries and to multinational corporations. He co-designed and implemented the convergence mechanism to the single European currency system (the euro) and served as president of the Electronic Payment System at the National Bank of Belgium (the Belgian Central Bank). He co-founded and managed GaiaCorp, a top-performing currency fund whose profits funded investments in environmental projects. A former professor of International Finance at the University of Louvain, he has also taught at Sonoma State University and Naropa University.*

*He is currently a researcher at the Center for Sustainable Resources at the University of California, Berkeley. He is also a member of the Club of Rome, of the World Academy of Arts and Sciences, of the World Business Academy, and of the European Academy of Sciences and Arts. Bernard Lietaer has written numerous books and articles about money systems, including *Of Human Wealth* (2011), *Monnaies Régionales* (2008), *The Mystery of Money* (2000).*

## Adjustments to P*SiO*<sup>®</sup> BANK

The characteristics of the currency  $\Psi$  are:

- 1 POINT  $\Psi$  = 1 EUR/USD/CAD/CHF
- POINTS  $\Psi$  can never be used alone for purchases. They can be used for up to 15% maximum of the purchase amount. As a result they bring the national or international currency with them. POINTS  $\Psi$  are like a hybrid currency (EURO + POINTS  $\Psi$  or US DOLLARS + POINTS  $\Psi$  for national & continental currencies.
- POINTS  $\Psi$  are equivalent to the dollar, euro, Swiss franc, Canadian dollar, etc.). PSYCHOMED is not involved in currency exchange.
- POINTS  $\Psi$  are similar to a melting “currency” (which devalues by 10% every month). This devaluation means that it is used quickly, i.e., within the following year, for a reason: to ensure that it is used as quickly as possible.
- POINTS  $\Psi$  are also generated automatically via purchases by customers and Ambassadors (+5% on the amount w/o VAT). This spontaneous generation is intended to partially offset the simultaneous devaluation of the POINTS  $\Psi$  and limit the ongoing creation of POINTS  $\Psi$  by PSYCHOMED, which has injected them into the system during its start-up years.
- PSYCHOMED initially generated over €2m in POINTS  $\Psi$ .
- POINTS  $\Psi$  are not considered to be a hybrid currency but rather as deductions on VAT or from the tax office.
- Ambassadors can give POINTS  $\Psi$  to their customers and transfer their own POINTS  $\Psi$  from their Ambassador account (in points) to customer accounts (in POINTS).

The “melting” currency concept is very old and has enabled checking that the exchange vectors circulate up to eight times faster in cities where it is used. Hybrid currencies like the ITHACA dollar in the USA have proven their benefit in terms of increasing purchasing power and encouraging local consumption. The currency  $\Psi$  is, therefore, an integral part of these successful experiences of our past.

The P*Si*O<sup>®</sup> pillow:  
musical & olfactory!





A highly useful accessory for PSiO® glasses. When you use it on a regular basis, you'll discover the olfactory power associated with the messages in our "Audioceuticals" or our mindfulness recordings.

### **Audio**

Your musical & olfactory "PSiO® Pillow" is ready for use as soon as you connect it to your PSiO® glasses. Set the volume as desired. You can set it from your PSiO® glasses. You can experience a PSiO® session without a headset or ear buds, comfortably on an ergonomic, memory foam pillow. There are more benefits to the pillow. They go beyond comfort for your neck and the small, flat integrated speakers.

### **Olfactory**

A foam cube, which is interchangeable depending on the essential oils you want to use, can be added inside the main compartment of the pillow and gradually diffuse pleasant fragrances. Initially based on Pavlov's conditioned reflex, the inventors of neuro-linguistic programming, John Grinder et Richard Bandler, renewed the popularity of combining the sense of smell with auditory stimulation. This association is very powerful since olfactory memory combines with auditory memory to create a stronger neural bond, and creates what is known as behavioural "anchoring", which is very effective. For example, it has enabled an understanding of how olfactory stimulation simultaneously combined with positive suggestions can optimise a change in behaviour and create an automatic recall of the message.

## Conditioning

The use of a smell to create conditioning has been verified following simultaneous and repeated listening to messages intended to modify behaviour. Some therapists who use suggestion have voluntarily created an association between the objective the person wants to reach and one of their senses (sight, smell, hearing, touch, taste). Anchoring means that, in everyday life, the person can call on their anchoring consciously, automatically or instinctively. Anchoring has to be maintained to be effective. The more it is maintained consciously, the more it will tend to become automatic. The anchoring will then be present at all times in the person and it will no longer need to be maintained consciously. The unconscious mind will take care of that.

For example, a positive sentence like “I did my best, I don’t have to be perfect or I’ll do better next time”, associated with a smell will enable the anchoring of an antidote to guilt. What’s more, suggestions enhancing self-confidence associated with a specific mix of essential oils will bring a feeling of confidence when needed, thanks to the fragrance smelled at that moment. It becomes a virtuous circle.

## Intrinsic effects of essential oils

However, the olfactory pillow has more benefits. In addition to their behavioural “anchoring” aspect, essential oils have intrinsic virtues which match up with the three main P*SiO*® sessions with glasses and the three types of wavelengths of light used: the awake wavelength, the relax wavelength and the sleep wavelength recommended for listening before going to sleep (see the studies on melatonin inhibition via blue and red light - S. Krsmanovic-Dumonceau & N. d’Offay 2014). In addition to a conditioned reflex related to the theme of the messages listened to, the calming, relaxing and dynamic effects on the mind are felt immediately by the user.

## Three mixes

Three types of mixes have been developed by our essential oil expert who worked at the highest levels in the industry for over 20 years.







## Compositions\*

### PSiO® “Dynamic”

An olfactory mix for a session when mindful and aware:

Citrus aurantium ssp amara, Lavandula angustifolia ssp angustifolia, Pelargonium graveolens, Citrus bergamia, Mentha x piperita.

### PSiO® “Relax”

Olfactory mix for a relaxation session or turbo-siesta:

Citrus sinensis, Litsea cubeba, Origanum majorana, Lavandula angustifolia ssp angustifolia.

### PSiO® “Sleep”

Olfactory mix to prepare for a restful night's sleep:

Cinnamomum camphora ct linalol, Chamaemelum nobile, Boswellia carterii, Cinnamomum camphora.

*\*Organic agriculture: the essential oils are grown organically.*

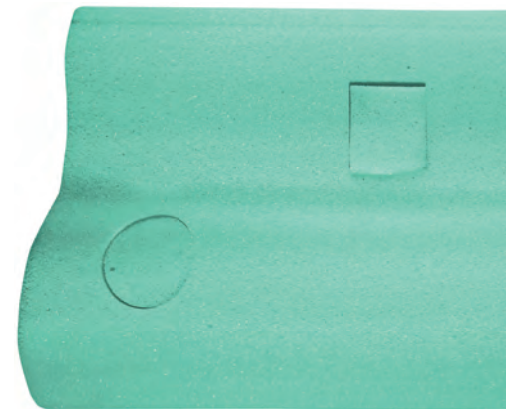
## “Organic” and memory foam



Our factory is certified ISO 9001 - ISO 14001. It produces polyether foams which contain mainly polyols and isocyanates. They are made up largely of soy foams: these are polyether foams in which some of the polyols are replaced with soy extracts. This process has been developed to respond to the “organic”

trend while achieving optimum characteristics. The memory foam of the PSiO® pillow contains soy extracts (10% to 15% renewable raw materials). It has also obtained the highest level of the “ÖKO-TEX standard 100” certificate, i.e. Class 1 (baby class), the “HYG-CEN” certificate.

We take care to exclusively use soy extracts that have not been genetically modified. All our foams also meet the new European R.E.A.CH (Registration, Evaluation, Authorisation of CHemicals) legislation.





# The protocol of PSiO<sup>®</sup> applications

## H How to use the PSiO<sup>®</sup> to catalyse a change in behaviour?

A researcher who wore glasses that inverted his environment often ran into furniture at first, but he was soon able to ride a bicycle. Let's take a look at how the brain adapts to new information and incorporates new behaviour.

### Theodor Erismann's experiment in 1962

The experiment was carried out in the middle of the 20th century by Theodor Erismann, a professor at the University of Innsbruck (Austria), who modified the field of vision of his assistant and student Ivo Kohler, so that he would see everything upside down. Both men wrote about the topic and even made a short documentary film (<https://youtu.be/jKUVpBJaINQ>).

Professor Kohler wore a pair of handmade glasses. They had mirrors inside which reversed the light that reached his eyes. Top became bottom and inversely. At first, Kohler acted quite erratically and feverishly when he tried to take an object presented to him, to move around a chair or to go down stairs. In a fight with wooden swords, Kohler would lift his stick when attacked low and lower it when the attack was high. When holding a teacup to be filled, he would turn it upside down when he saw the water coming (upwards, apparently). The sight of smoke rising from a match or of a helium balloon at the end of a string could trigger an instant change in his sense of direction, telling him what was up and where down really was.

However, by the next week, Kohler was adapting by fits and starts, then more smoothly to what he was seeing. After ten days, he was so used to always seeing the world around him upside down that, paradoxically and, fortunately, everything

became nearly normal to him. After three weeks, Kohler could carry out his daily activities in public without a problem: walk along a packed side walk and even ride a bicycle.

## Experiment on neural adaptation to inverted vision

Erismann and Kohler carried out other experiments, which were also done by other scientists. They believed that most of us are able to make this kind of “adjustment”. Images reach the eyes in a special way and if it is compatible, a person’s visual system will eventually adjust to interpret them, perceive them and see them as if they were completely normal.



Kohler wrote: “After several weeks of wearing glasses that inverted right and left, a person becomes so at ease in their inverted world, that they are able to right a motorcycle in Innsbruck while wearing the glasses!”

The study published in 1962 appeared later in peer-reviewed publications: “Experiments with goggles” and on the website of the German University of Würzburg: “The impressive abilities of our perceptions”.

## Evolution of the adaptation to disorientation in space (NASA)

A few years ago, NASA conducted a experiment with a group of astronauts to study the psychological and physiological effects of disorientation in space. The astronauts were each given a pair of glasses which inverted their vision and which they had to wear day and night. Everything was upside down! In the beginning the experiment caused extreme stress and anxiety, as expected.

However, after 21 days, one of the astronauts began to feel his vision moving upwards to the right, as if it had rotated 180 degrees.

After that, he was able to see everything normally again, as if everything was right side up. By the 30th day, all of the astronauts experienced the same phenomenon.

The experiment clearly showed that after 21 to 30 days of consistently receiving a new flow of infor-

mation, the astronaut’s brains created enough new neuron connections to completely rewire their brains. As a result, their visual and spatial perception was working 180 degrees opposite of the way their brains originally saw things.

To validate the experiment, NASA did it again with another group of astronauts. However, this time, after 15 days, they asked some of the astronauts to remove the inverted glasses for a day. As a result, it took another 30-day cycle to change their vision again. The second experience demonstrated that just one day without the inverted glasses reinitialised the adaptation process. It had to be started all over again!

The experiment confirmed that, ideally, it takes 21 days to a month to integrate new spatial and visual behaviour and that repeatedly listening to messages with imagery targeting the conscious and subconscious minds could be inspired by these experiments. The repeated listening to messages in the Audioceuticals, and the dosage of Audioceuticals, takes this theoretical time-frame into account.

## Audioceuticals dosage

### Programme n°1: “Letting go”

- *Before going to sleep*
- *Everyday for a week.*



### Programme n°2: your choice depending on the theme

- *Before going to sleep*
- *Every day for three weeks, then*
- *three times a week for two months, then*
- *Once a week for a month.*

### Tips for use

- *With a stereo player (headset or ear buds) on PSiO®, Smartphone, MP3 reader or CD player.*
- *Listen in a quiet place.*
- *Take a half hour for yourself.*
- *Let yourself go, don’t focus on the stories.*
- *Two parts: 10 min relaxation; 20 min suggestion.*






# Introduction to the PSiO® Philosophy

**T**he world we live in is magical. Open your mind, let go for a moment and... be honest with yourself. This world is totally crazy and doesn't run on any logic. The forces that run it, like gravity, electromagnetism, and the speed of light are mysterious and cannot be explained. And if they were different, we couldn't say much about that either. Radio waves and radar are closer to magic than they are to anything else. As for synchronicities (events linked by meaning but not by cause), they go well beyond the probability of chance. What kind of a world are we living in?

We are living on a huge marble that rotates majestically in space around a great ball of fire at the far end of a galaxy... in a cosmic jungle... Even the idea of infinity is a crazy one to grasp for our Cartesian minds mapped to four dimensions. The greatest physicists and cosmologists now agree that the universe is probably made up of multiple dimensions and that we have as yet absolutely no idea how it works and what goes on in it. Out there, time and cosmological rules are different.

Maybe, without us knowing it, other stories are playing out around us. Maybe our own story and our smallest gestures influence things in other dimensions and the destiny of entire worlds is being played out through our intermediary without us knowing it... (?)

It may even be that space is full of doors to other universes and that the one we see is as limited and narrow as the horizon of an ant wandering around a tree trunk...



Galaxy of the Sombrero

## Knowledge

In fact, we know very little. Over time, what we thought to be true yesterday turns out to be completely wrong. We used to think that the veins of the sick had to be cut open to cure the patient... Until not that long ago we still believed that there were several races of humans... And we long believed that the sun turned around the Earth... The Earth was flat, according to the greatest scientists of another era...



Twenty years ago we still believed that Mars could be resown! Today we know that Mars is dead forever (!) because its core no longer rotates and it no longer has a magnetic field to protect it from cosmic rays. Life will never be able to start up again on Mars. Life is a miracle in our solar system... and so are we! Let's get out of our hypnotic state and stop thinking that all of this is "normal". The reality in which we live is nothing short of amazing and fantastic!

## Change your beliefs and inner world first

We are conditioned to think in a certain way. And we are creatures of habit. This doesn't make things any better from the perspective of behavioral evolution. So, since the beginning of humanity, we have continued to teach war and competition instead of empathy and mutual aid. Some humans who are less hypnotized than the others keep the population of the planet in slavery when we could be living in total abundance. We are poor and we feel powerlessness against the global mechanisms to which we are so tightly tied. How can we change and improve human society? For example, how can we save rather than destroy the ecosystem?

But rather than wanting to change the world, shouldn't we start by changing our own vision of what is real? The outside world doesn't seem any more real to us than our inner world. Experiences

with a brain imaging device has made one thing very clear: when people were asked to think about an object, we were able to verify that the neurons that go into action are the same ones as those that work when the same object is actually in front of them and the image is decoded by looking at it... This means that which we imagine seems (psychologically speaking) as real as reality itself! The quality of our life depends on our ability to imagine the real.

In addition, it's true that reality is not that easy to know. Reality is unknowable and, in fact, depends on our channels of perception. The more sophisticated they are, the more complex reality appears to us. We only perceive an extremely small part of it. For example, a dolphin with its ultrasound sonar perceives reality very differently from us.

In addition, the reality we see also depends on our way of perceiving the world and the prejudices that we freely develop! An example of this is whether we see the glass as being half full or half empty.

In conclusion, we can say that reality depends on our perception of it but also on our desire to see things in a particular way.

We see what we want to see! That may be good news... simply because it means that... we are at least in control of something:-)!

## Visualize create!

By observing the infinitely small and the way elementary particles react when they are observed (their location varies depending on the observer) scientists have begun to ask themselves to what extent it is possible to impact reality... and if quantum changes could also alter reality at our level.

In addition, looking at time, we see that the past seems immutable, but that this is not true of the future which can change direction at any moment.

Contrary to certain beliefs of fate, there is no single possible future but rather billions of possible futures. It may be possible that reality is in fact an overlaying of infinite possibilities and that we are only aware of a single group of them:... the famous "present moment". The present moment which, by the time it becomes a conscious thought in the devolved areas of our brain has already become... a stored memory, that is, a memory which can no longer be changed.

Our actions and, before them, our thoughts could therefore determine all that is about to happen. We may be creating our future more than we know and making it, more than we might believe, a certain future. Visualization may literally crystallize reality...! This new belief is the paradigm of



the global movement embodied in the success of the movie “What the Bleep Do We Know” which makes the individual responsible and puts forward free will.

But we don't trust ourselves enough! And what's more, we do what our circle and society want us to... and that's why we always feel that we are subject to an implacable fate... when in fact we have a very good chance of changing the course of things...

It is true, on the other hand, that our ability to influence reality is limited. This limitation is set not just because we are to a large extent conditioned to react in a particular way... but also because our consciousness is particularly limited. Of any 400 billion bits, only 2,000 make their way into our consciousness. But, many of the things that we believe to be impossible... are in fact possible!

We just need to open ourselves up to the possibilities and develop our faculties of concentration... and dream reality.

## Positive and creative thought

Our behavior is also contagious. If several people change their thought model then their reality becomes different and their world changes. From wave to wave, spreading around them like the radiance of a magnificent star... that's how the world can change. On the other hand, in the past century Nazism proved that a small group of determined men (the Thule Society) can gradually tip the world order using completely crazy beliefs that today we consider to be ridiculous, and nearly absurd! (see “The Morning of the Magicians” by Pauwels and Bergier). So, of course, the principle doesn't apply solely to constructive beliefs.

The power of the mind may even be much greater than we ever dreamed of. In fact, the power of the mind may be monumental! If, as in quantum physics, an observer can modify the location of observed particles... and is able to literally create the spatial observation coordinates of the observed

object then we may be, without knowing it, living in a world of infinite possibilities but filled with diagrams and pre-programs that are stopping us from changing and evolving. Is it possible that the real present moment (the one that exists just before our perception of it) is really a juxtaposition of all the probable present states possible from among which we choose to become aware of just one?

It is an appealing theory to believe that the observer plays a part in “defining” reality. It also seems to be confirmed in practice in certain instances:

A group of 4,000 people changed the rate of acts of violence in Washington by 25% by meditating for two days. An aggregation of consciousness spreads and propagates a field of consciousness. If more of the world begins to think differently about reality, it can be changed more easily and instead of duplicating the same non-evolving and dangerous patterns of behavior from generation to generation... we can change.

If positive thoughts do effect water, as Masaru Emoto suggests through the crystals he observed, what are we to think when we consider the fact that we are made of 85% water?

## Emotion drugs

Our emotion-tinged thoughts are transported thanks to neurotransmitters and the synaptic receptors of neurons which over time adapt to the products generated by our brain. The more there are of them, the more receptors develop and the fewer there are, the more atrophied they become. Our emotions therefore dictate the structure of our intimate brain tissue and its addiction to certain biochemical substances as powerful as heroin





**Positive thinking & cardiac coherence**

(endorphins, acetylcholine, adrenaline, ACTH, etc.). Sadness, melancholy, anger, and hate create substances that modify and define neural tissue over the years, and impact its own needs. If we become depressed, it is not easy to “get out” of that state because the brain is locked into a very specific pattern of biochemical consumption and energy use. The structure of connections is itself modified. A sort of vicious circle takes over. Our mood becomes set, and so do our thoughts!

By modifying our thoughts and by generating positive emotional states like peace, serenity, joy, love, tolerance, forgiveness, non-resentment, compassion, empathy, etc., we can change the quality of neurotransmissions and the way in which the neuronal networks of our brain work. Likewise, we change the drug receptors, some of which are harmful and dangerous for the well-being of our consciousness. By regularly using exercises like the ones learned in the “Zen Attitude” class, for example, you can gradually change your neural tissue and your ability to view reality from a positive, ecological, and constructive point of view.

Refocus on the essential. Learn to “Be”... and don't just live over and over and forever on the surface. Learn to modify your emotions and induce them in yourself. You can change reality. Let's learn to dream together.

## Use of P*Si*O®

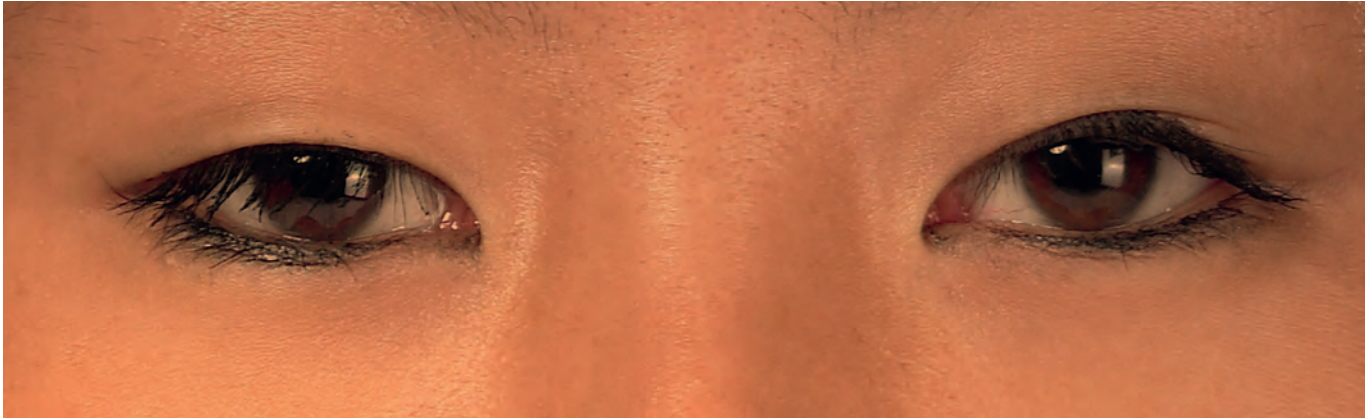
The P*Si*O® is a wonderful tool for modifying our way to apprehend reality. Due to visual zones stimulation by light sequences generated by the P*Si*O®, thoughts are silenced in the first minutes. Then, a powerful visual imagery maintains the attention to sensations and emotions. A sort of assisted meditation, actually.

Progressively, the eyes tingle in the orbit in the ten following minutes and the mind goes to the border of sleep, a rested state for the mind when the subconscious starts listening.

In this state we are hearing messages without listening. From there, thanks to the application in the P*si*oplanet® platform, the P*Si*O® provide the listening to the positive message included in the recordings. These messages will activate the automatic repair process and positive change for new behaviors.







# A study shows the direct relationship between *immunity* and *positive emotions*

**T**he physiological effects of positive and negative feelings - Glen Atkinson & Mc Craty - 1995, *The Journal of advancement in Medicine*.

The salivary immunoglobulin (S-IgA) is the principal class of antibodies in mucosal secretions. It provides the first line of defense against pathogens in the upper respiratory tract, the gastrointestinal tract and urinary tract. The rate is a standard measure of the secretory immunity. An increase in S-IgA is associated with a decreased incidence of disease and susceptibility to infections.

Similarly, NK (natural killer) cells are lymphocytes able to lyse foreign cells.

Various studies (1,2) showed increased NK cell activity and higher S-IgA levels even in times of stress in a population with positive emotions such as compassion and love for others.

And conversely, reduction of S-IgA levels, inhibition of NK cell activity and a general decrease in the number of cells are correlated with negative emotions. (3,4)

The study by Glen Atkinson and McCraty, published in the *Journal of advancement in Medicine* in 1995 on 30 subjects (13 men and 17 women, average age 38 years) shows the influence of cardiac coherence biofeedback technique as stress management on the rate of S-IgA.

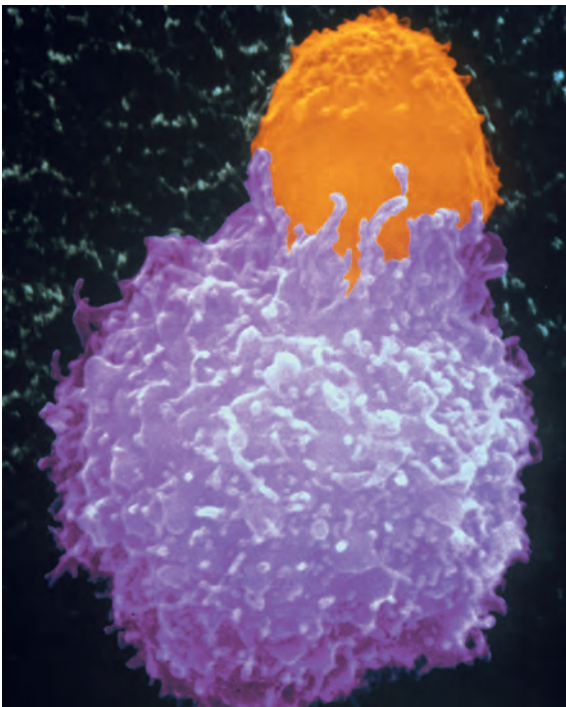
Negative feelings and positive feelings have a direct influence on immunity, and therefore, on our health! A 5 minute exposure to empathy and compassion immediately increase antibody levels in contrast to the anger and frustration.

## Experimentation

Two groups were created for this study and a control group. The first experimental group was subjected to a positive emotional state (compassion/empathy), the second in a negative emotional state (anger/frustration) and 5 min. Two induction methods were tested: the first was a method of self-induction (supplemented by Biofeedback) and the second an external induction method (by viewing videos).

Saliva samples were taken before and after the experiment and every hour for 6 hours.

A control group listened to emotionally neutral music.



**Lymphocytes T cells “cells that clean intruders”**

## Results

A 5 minute exposure to empathy and compassion immediately increase S-IgA levels unlike anger and frustration. Furthermore we note that S-IgA levels remained low for the group subjected to the anger and frustration for 5 hours after the experiment, while those subject to empathy and compassion showed increased S-IgA values for several hours after the experiment.



## Conclusion

The increase in salivary IgA after of positive emotion was mainly observed with the technique of self-induction and endured for 6 hours while that using videos showed no or little variation. Instead, the group experiencing negative emotions such as anger and frustration showed at first an immediate increase of S-IgA followed by a sharp decline, which remained for 5 hours!

The results of this study confirm those of previous studies on the effects of immune strengthening of positive emotional states and indicate the need for effective management of immunosuppressive effects of negative emotions.

## References

1. Jemmott JB and Magloire K. Academic stress, social support and secretory immunoglobulin A. *J Person Soc Psychol* 1988 ;55 :803-810.
2. Jemmott J, Borysenko Z, Borysenko M, et al. Academic stress, power motivation and decrease in secretion rate of salivary secretory immunoglobulin A. *Lancet* 1983 ;I:1400-1402
3. Knapp P, Levy E, Giorgi R et al. Short-term immunological effects of induced emotion. *Psychosomatic Med* 1992 ;54 :133-148.
4. Jemmott JB, Hellman C, McClelland DC, Locke SC, Kraus L and Williams RM. Motivational syndromes associated with natural killer cell activity. *J Behav Med* 1990 ;13 :53-73.



# Why the PSiO® network?

By **Stéphane Dumonceau-Krsmanovic**

As claimed by Steve Jobs, the danger of a business is that the design and creation strategy falls into the hands of marketing and that the primary goal is to please the greatest number. We must raise the debate and preserve our vision at all costs. We must appeal to those who pull the others up. This is the importance of pioneers. That is why we employ a fairly specific methodology. The PSiO® is, all by itself, an educational support for the mind. By using it, we learn the difference between meditation and relaxation techniques that leads to the interruption of brain chatter with two ways!

We also learn the basics of light wavelengths and how best to use blue light which is responsible for alertness and concentration. We understand why some sound rhythms have different effects on the mind than that of the same light rhythms. In short, we understand how the mind works and how to soothe it. Everyone is not ready to immediately discover all applications available on Psio-planet®, the downloading platform. This is the evolutionary side of PSiO®. One can start with colored music and then open oneself to relaxation and meditation. Conversely, we can start with the relaxation programs by voice and open to power naps with all kinds of music!

As this is a new product on the consumer market, it is difficult to get even a vague idea of the extent of the power of the PSiO®. One requires at least a 30 minute trial. The PSiO® on a shelf in a store evokes nothing. Except in special cases, it is better not to make an introduction than to make a bad introduction to the use of PSiO®. You will save time and you will not risk losing a good potential contact. Thus, the Ambassador training will gradually become the best asset of PSiO® Ambassadors and PSYCHOMED.

The PSiO® is, therefore, promoted by word of mouth. Why? Besides the fact that 'recommendation' is ideal for a new product, it should be noted that this is a product that is often used in total privacy and is placed on the nightstand, one does not speak of it and it remains invisible to the public (unlike a smartphone). Often used to re-energize or to return to balance, PSiO® leads to a virtual space that gradually becomes your secret garden, a very private space! Thus only the PSiO® sale network of ambassadors enables the efficient promotion of the jewel that is the PSiO®!

Entering the PSiO® network means to share a common philosophy and values. PSiO®, is for people open to change who see the world differently. One might think that the PSiO® network is for people who aspire to more financial freedom but it is actually much more than that. It is made for people who aspire to a more enjoyable life, more positive and rich in all areas because financial goal is not its primary objective; its mission is to improve the quality of life (while earning money, of course!) The PSiO® network enables an adventure of the 21st century with a boundless consciousness network searching for a better world!

If you wish to join the network and become a PSiO® Ambassador, you simply have to visit the [www.psiocom.com](http://www.psiocom.com) website and register via the 'Network' button. If you would like more information and/or talk to a partner in Psychomed, do not hesitate to contact me and I will be happy to answer your questions.

**Stéphane Dumonceau-Krsmanovic**  
stephane@psiocom.com



# PSiO® Drink Awakening

Acerola berries

**I**s an intelligent mix of nutrients based on compatible plants and are carefully selected.

## Components

PSiO® DRINK Awakening is patented by Stéphane Dumonceau Krsmanovic under number: 1009502A7 and 09500669). Over the years the formulation has been researched and modified and has resulted in a similar formula using plant extracts as 100% organic. The 7 plant extracts in PSiO® DRINK Awakening are an exceptional mix for awakening the mind and energizing it (**Ginseng, Ginger, Acerola, Guarana**) in combina-

tion with a detoxifying effect (**Lime Tree Sapwood, Prickly Pear, Milk Thistle**).

In addition, some natural plant extracts also have **antioxidant** or anti-aging qualities.

## The body and the mind

PSiO® DRINK Awakening optimizes the mind and the entire nervous system down to the neurotransmitters at the cellular level. Could it be harmful to the body? Absolutely not! This energy elixir is suitable not only for neuronal metabolism, but for the entire nerve axis that spreads throughout the body and branches to the extremities.





The nerves first diffuse into the plexus, into the trunks, and then into increasingly finely branched nerve fibers and finally, via neurotransmission, ending up at the cellular level. This psychotropic metabolism affects the whole body. After assimilation the detox extracts will promote the cleansing of the kidneys, liver and pancreas. Multiple toxins will be removed from the blood and when it crosses the brain barrier, they will provide nutrients to the brain more efficiently and effectively.

### Combination

Why use this combination of a 'DETOX vs. STIMULANT'? Well, the more the organs and the blood are detoxified, the more efficient the cerebral microcirculation will be. The mind can then function optimally. The combination of nerve impulse stimulants, the precursors in the neurotransmitters with antioxidants and detoxifying compounds is therefore the best formula for optimizing the mind!

### The intelligence of nature

Why ORGANIC? Certainly NOT because it's fashionable! It has taken nature hundreds of millions of years to perfect plants. Plant extracts ensure an intelligent absorption in the intestines and provide a better result than with synthetic products.



A good example of the complexity and intelligence of nature was given to us with artemisia, a plant of Chinese or African origin that became famous for its healing effect (in **99% of cases**) in combating the disease Psalmody, caused by a parasite that also causes malaria.

### Precursors

Why do we always focus on the precursors and seldom on the final results? The advantage of precursors and why they are so important here is that they are smaller and can more easily cross the brain barrier and then form the complex, larger molecules that promote neurotransmission.

### Components

Among the approximately fifty components isolated from plant extracts for PSiO® DRINK, we find notably Vit A, Vit B1, Vit B2, Vit B3, Vit B4, Vit B5, Vit B6.



On the amino acid side we find: glycine, aspartic acid, glutamic acid, malic acid, tryptophan, lysine, methionine, glutamic acid, B-carotene and citric acid. And on the mineral side: Calcium, Magnesium, Copper, Iron, Zinc, Chromium, Potassium, Sodium, Selenium, Cobalt, Manganese, Strontium and Phosphorus.

### Nutraceutical cure

The advantage of PSiO® DRINK Awakening is that, with a comparable dosage, you can drink a delicious beverage containing all the nutrients to be found by taking ten capsules; a rather tedious daily ritual that one will eventually stop...



Guarana berries

By consuming P*SiO*® DRINK Awakening every day, we guarantee optimal nerve stimulation along with a detoxifying effect on the body and a remarkable antioxidant effect. Every day you get a real cure with essential nutrients.

### **Weight management**

Another significant advantage is that each bottle of P*SiO*® DRINK Awakening contains ONLY 40 KCAL and can therefore be consumed without risk of weight gain.

### **Target audiences**

The people for whom the drink is intended are students for instance, especially during exams and the graduation period, people in an active profes-

sion and of course seniors who suffer from reduced assimilation, and who often have an unbalanced diet.

### **The usefulness of the plants used**

The 7 plant extracts in P*SiO*® DRINK Awakening are an exceptional blend for awakening the mind and boosting energy ([Ginseng](#), [Ginger](#), [Acerola](#), [Guarana](#)), and that in combination with a ‘detox’ effect ([Lime Tree Sapwood](#), [Prickly Pear](#), [Milk Thistle](#)). In addition, almost every natural plant extract also has ‘anti-aging’ cell benefits ([antioxidants](#)).



**Acerola**

Energizer &amp; Antioxidant



Contains **100% of the recommended daily amount of vitamin C**, protects cells from oxidative stress and also helps reduce fatigue.

**Ginseng**

Natural Energizer &amp; Antioxidant



Used for thousands of years in Asia for its **invigorating and stimulating properties**, PSiO® DRINK Awakening is therefore the best ally of students in times of high stress!

**Guarana**

Awakening the mind, providing Energy &amp; suppressing Appetite



The main active ingredient is **caffeine**. It **improves alertness and cognitive performance, helps fight fatigue and sleepiness**. Contains the amount needed to give you natural energy (equivalent to a cup of coffee). Contains vitamin B4, the basis of the components of ATP (the energy engine of cells).

**Ginger**

Energizer &amp; Antioxidant



Has a highly effective tonic and digestive activity, especially seen as a potent **aphrodisiac** due to its **stimulating effect on blood circulation**; it stimulates the adrenal glands, and is the heart of the energy processes (cortisol), involved in the **general formation of the mind**.

**Lime Tree Sapwood**

Detox



Recognized for its **formidable detoxifying properties** (for liver, kidneys and intestines) with no risk of demineralization because it is rich in mineral salts and trace elements. It stimulates the liver through its ability to remove waste and filter toxins from the body. It optimizes the regular secretion of bile and facilitates its removal to the intestine.

**Prickly Pear**

Detox &amp; Antioxidant



Fruit of the cactus called 'Nopal', it has **detoxifying and diuretic properties** without causing the excessive elimination of minerals!

**Milk Thistle**

Detox &amp; Antioxidant



Milk thistle contributes to the proper functioning of the liver and pancreas. One of the compounds, "silymarin", is **highly antioxidant** and protects against free radicals.

# The “Cultural creators” in the PSiO® network



Round table  
with  
**Marc Luyckx**  
and  
**Stéphane  
Dumonceau**

Marc Luyckx, doctor of theology, former director of the “Prospective Cell” of the European Commission, created by Jacques Delors, ex-dean of the “Cotrugli Business School” in Zagreb and Belgrade but also Vice-President of the Advisory Group Auroville, South India.

The change of civilization we are witnessing can only be accompanied by a change of consciousness. Stéphane Dumonceau, who has collaborated with Marc Luyckx several times in the past, invited him to a round table to talk about his book “Co-creating the New World”. In this one it evokes especially the creators of cultures, a profile that is commonly found in the PSiO® network. This passage is transcribed in this article.

**Stéphane Dumonceau:** Hello Marc! Can you tell us about cultural creators? What is it about?

Marc Luyckx: A new community appeared in the second half of the 20th century. This community of people is indeed animated by well-defined common values. These people are particularly interested in saving the planet. Eco-responsible and sensitized by a reconnection to nature; they are interested in spirituality but rather beyond religions and personal development. Spirituality has shifted to a direct personal connection to the Universe without the need for an intermediary.

**SD:** is there any interest in meditation and yoga classes?

ML: Yes, cultural creators have a great interest in these ancestral practices that advocate the return to balance of body and mind. The search for “masters” still exists but they will rather be considered as teachers so for didactic reasons and for an objective of personal autonomy. The time of the Gurus is over.

**SD:** we could say that it is more in the context of what we call today personal development?

ML: Exactly



**SD: could you still mention other characteristics relating to cultural creators?**

ML: These people give value to authenticity, to self-realization. Contrary to media stereotypes about personal development or activism, cultural creators are both oriented towards inner harmony and at the same time socially concerned: they are often activists, volunteers and contributors to causes that they consider valid for the world.

The dimension of the “I” and at the same time the “WE” has developed simultaneously... Improve your personal balance first and then worry about that of others.

**SD: Is there a common political denominator?**

ML: Cultural creators are for peace and social justice but also the recognition of women’s rights and their integration into business and politics. They do not really recognize themselves in conventional political values. Currently, they are not yet politically gathered. The central value is no longer just money and they prefer a quality of life with family or friends to overwork for more money. The quality of life is therefore preponderant; well-being and health being among the primary objectives. Ethical values and meaning are very important. In this context, wild capitalism, infinite growth in a finite world, appears to them as a true nonsense. Health wise, they prefer natural solutions and alternative medicines that have no side effects.

**SD: Thanks Marc, it’s very interesting because I see a lot of similarities with the members of our PSiO® network...****ML: Can you tell me about the PSiO® network and how do you see similarities?**

SD: The PSiO® network is a network of Ambassadors that seems to correspond in many respects to this new category of people. The PSiO® technology is a natural alternative to drugs and overuse of sleeping pills and antidepressants. The many personal development programs make it a tool for evolution without being dependent on a “master”. The PSiO® allows you to modify your state of consciousness, to perform gymnastics of the mind and to better control the attention. Whether for meditation programs or deep relaxation, there is a wide variety of themes that can address the many stressful situations in the changing world.

**ML: Why is this network growing exponentially in your opinion?**

SD: PSiO® technology is a response to change and therefore to the ambient stress that becomes a driver to question his life and the direction taken. Finally, the PSiO® network is a network of awareness and thus it provides the opportunity to ex-

pand his field of consciousness precisely facing the changing world. Becoming an ambassador makes it possible, on the one hand, to supplement one’s income (in the context of the loss of half of the purchasing power in 40 years) and on the other hand it makes it possible to diffuse a tool of well-being which gives meaning to life. Benevolence and the power of the mind are at the center of the PSiO® network but also the natural healing process. PSiO® technology responds to this quest for meaning and return to balance if necessary in this transition period full of turbulence. Finally, the PSiO® network is a network that stimulates the sharing of knowledge and allows to acquire new expertise through the many free courses to learn how to develop this new activity but also the basics of stress management.

**ML: What do you propose to cultural creators?**

SD: Cultural creators are not connected to each other. They think they are different and isolated. There is not really a social network taking over this easily identifiable population. The PSiO® network may be an opportunity to connect this community. The PSiO® CHAT for the users is an opportunity to connect and exchange in this community which is animated by common values. The PSiO® application on smartphone is another way to connect and why not match on common criteria. The PSiO® world page for prospects is probably a possible outpost helping federate cultural creators on Facebook. A podcast series with interviews and interesting content could encourage the inscription on the page via the famous “like”.

**ML: but the PSiO® community probably has a significant part of cultural creators...?**

SD: yes, the 25.000 current customers of PSiO® were recently invited to “like” the page PSiO® world, to register on PSiO® CHAT, to receive the video “the opportunity to join the PSiO® network” but also to answer the small test of 17 questions “Are you a cultural creator? “.

**ML: In a global context of changing civilization, the world is about to move into the third transition. After agrarian civilization, then industrial civilization, we are now entering the digital age and the civilization of knowledge. Do you think that your company corresponds to the change of civilization we are facing?**

SD: The new world that is emerging obviously requires another management but also a complete redefinition of the company with the human being at the center of the production tool. In this context, a particular position for the woman is promoted for two reasons: on the one hand her powerful relational capacity and on the other

hand an emotional dimension more developed at the base (more “yin”) make that the woman fits naturally in our project. In the business of tomorrow, women are at the forefront. In our network, they indeed constitute a majority or our ambassadors (75% are women), especially with their relational skills with customers. Moreover, this freelance work, which can be carried out in parallel with family management or another activity, corresponds to the situation of so-called “modern” women, often torn between child education, family life and intensive professional occupation.

**ML: What about production?**

SD: The production tool still exists as the PSiO® is a device but today, it is not the PSiO® which occupies the central place of our marketing, it is the ambassadors (humans) that occupies the central place. At PSYCHOMED, the interface with the market is the key to success because it is our window with others. Robotization on the one hand, and recent globalization have quickly depreciated the art of marketing. In the PSiO® network, everything is based on the quality of the Ambassador / customer relationship. This is what gives meaning to the place of the human in this network organization.

**ML: If I understand correctly, in the PSiO® network, humans develop themselves and by doing so, it benefits their neighbors?**

SD: effectively, by joining the network, the person chooses a path of personal development and will have the opportunity to develop him/herself through the proposed personal development seminars, recommended readings, recommended videos and proposed internships. He/she can listen regularly to our programs to learn meditation, positive visualization and deep relaxation in letting go. The point of view changes rapidly, the world view changes. The consciousness opens.

**ML: Can you tell us about the values in your network?**

SD: The PSiO® network is a network of users and Ambassadors united by common values: to replace drugs and in particular to limit the overconsumption of sleeping pills and antidepressants, to use emotional medicine, to heal oneself by self-healing, to change their values on the quality of his life, to adhere to a new form of spirituality focused on personal development and the intimate relationship with the cosmos, but devoid of religion... To develop oneself and at the same time to spread values based on kindness and on the human. This is where relationship marketing makes sense.

**ML: we could talk about humanism?**

SD: exactly! In the new knowledge economy, it is no longer uncommon to find companies that provide free training for their staff. At PSiO®, all courses are free! In addition, knowledge transfers and conversions are carried out in successive stages.

**ML: Can you explain this notion of conversion?**

SD: yes, there is for example, the Conversion from a prospect into a PSiO® user, this conversion is done on the Facebook page “PSiO® world”. There, we can find information on the field of health, psychosomatic disorders, stress management and functional disorders, the new non-religious spirituality, etc. Another example of conversion: user conversion to Ambassador. This conversion is done on the Face Book group “PSiO® Chat” which includes exchanges of experiences and knowledge between PSiO® users and between users & Ambassadors, etc. One last type of conversion is the occasional Ambassador conversion to a professional ambassador. This can be done from the “PSiO® Ambassador” group on Face Book to the “PSiO® Ambassador ELITE” professional group.

There, they will be able to learn to acquire two new expertise: wellness advice, stress management and make a job but also learn direct selling and networking, learn to manage a team for example.

**ML: Is there also an ethical dimension?**

SD: The company offers a place for each Ambassador, a place that is identical no matter when one joins the network. There is no good or bad location. From each place in the network, everyone has the freedom to develop their business with the same chances of success as everyone else. There is also an ethical charter and rules of mutual respect specified in the general network conditions.

**ML: As there is no stock to buy in your project, or social charges, finally what you describe to me is entrepreneurship for everyone but without the risks?**

SD: Absolutely, that’s exactly what it’s all about, and at the speed you want. Ambassadors are free to operate at their own pace. There is no obligation of results and the obligation of recurring orders well known in the classic MLM companies is outright banned from the philosophy of work in the PSiO® network. In our organization, we can be an occasional or professional ambassador, there is no pressure. Everyone has the freedom to develop their network without any cost (except for travel expenses): no notary fees, no rent, no stock, no employee fees: the entire sales team is free! Affiliates are paid only on the “success fee”. It is a living

network because depending on the merits of each, the treeline automatically evolves with the most pro-active ambassadors.

**ML: In the perspective of the change of corporate culture, what are the choices you made?**

SD: The company focuses its development mainly on intangible assets. We have a permanent reinvestment in research and development. In addition, the internal organizational structure is very horizontal and looks like that of a star rather than a pyramidal structure.

Everyone is the head of their business while collaborating with their sponsor or affiliates. In the same vein, instead of making a single company grow, the company has chosen subsidiary development, also in star, developing each according to the local barometer. In this way the company, while developing, keeps a human size with a realistic socio-perceptive distance. Conflict management can almost be done in “family”.

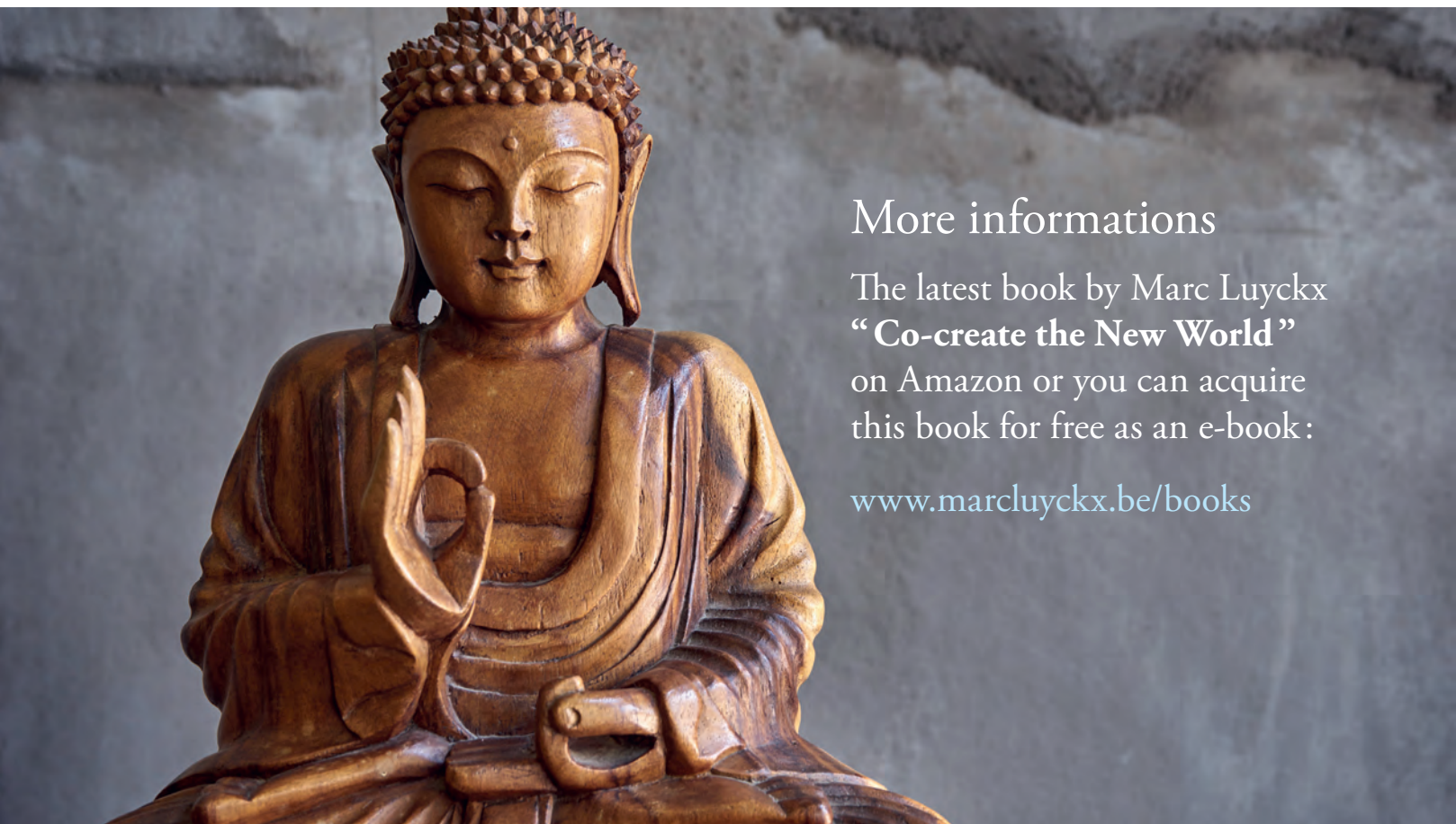
**ML: I have one last question: is the image of the brand a key point?**

SD: The solidity of the company rests above all on the image and the trust of the users. Thus, the PSiO® team is permanently in contact with its customers and ambassadors on the social networks.

Do not forget that we have 99.5% of satisfied users... A virtuous circle can thus settle between prospects and users. We also work in trust and loyalty with our suppliers.

**ML: Good luck!**

SD: Thank you Marc!



## More informations

The latest book by Marc Luyckx  
**“Co-create the New World”**  
on Amazon or you can acquire  
this book for free as an e-book:

[www.marcluyckx.be/books](http://www.marcluyckx.be/books)



Fancy a free discovery session ?

Contact Us: +1 (480) 696 2598 - [info@psiousa.com](mailto:info@psiousa.com)



Stéphane Dumonceau-  
Krsmanovic

The business  
opportunity  
of the PSiO<sup>®</sup>  
network



## Hello and Welcome to the world of PSiO®.

We designed the PSiO® device as a pair of high tech glasses, in a context of a fast-changing civilization. In today's fast changing society, humans are now facing a level of stress like never before in the history of humanity.

Chronic stress and insomnia are among the root causes of many diseases as proven by countless studies! And this phenomenon is still in its infancy: the stress only increases with general insecurity!

## The philosophy

If pharmaceutical solutions exist, they have heavy side effects. Our philosophy of health thus joins the current trend which is to target directly the cause instead of the symptoms of functional disorders in this ever growing population of people suffering from them.

## Technology

PSiO® proposes to combine technology and natural techniques that are sometimes ancestral, making it the most natural and effective solution to put an end to sleepless nights and chronic stress!

In fact, PSYCHOMED is at the base of two extraordinary and unique inventions in the world:

- **The Audioceuticals**
- **The Power naps**

My colleagues and I have seen it on ourselves! We all use the PSiO® at home to sleep better and also at work to do power naps allowing us to recharge our batteries in just 10 minutes!

## Maturity of research

Stéphane Dumonceau, PHD in Psychology, is the inventor of the PSiO® technology.

Over the last 30 years, he has test proofed the techniques in hospital and clinical settings and he has been able to refine this technology with his medical collaborators, Dr. Van Alphen and Dr. Lisoir to finally achieve its current shape!

## How does it work?

The PSiO® acts on two levels:

Falling asleep on the one hand & nighttime awakening on the other hand.

- First of all, it automatically stops brain chatter, that is, this stream of incessant thoughts that keeps people from falling asleep.
- Secondly, it reduces the deep level of nervous tension which if it is too high causes nocturnal awakenings.

That's why users talk about their life **BEFORE PSiO®** & **AFTER PSiO®**!



Suffering from sleep disorders brings you down and you are not good at anything... Sleep well and you can conquer the world! Because when you are full of energy, everything is possible!

As for power naps, it is the discovery of the wavelength which acts on the biological clock which allowed us to put an end to the afternoon sudden fatigue and stop chronic fatigues overall. Another revolution accessible today to all thanks to PSiO®!

## References

Needless to say, internationally renowned experts have approved PSiO® technology, such as Dr. Lemoine, a leading sleep specialist!

The biggest companies like NASA, IBM, FACEBOOK, CHANEL, LOREAL, SNCF or MARIOT have chosen PSiO® as preferred solution to help alleviate stress and hence increase employee's overall performance!

## The PSiO® company

Let's talk now about the company:

PSYCHOMED has grown exponentially since its beginnings in 2015 when launching the PSiO® network. This is thanks to the fact that PSiO® is promoted and distributed by a network of convinced users made up of trained and accredited ambassadors who all share common values centered on:

1. **Kindness**
2. **The search for meaning**
3. **Self development, personal & financial**

## Join us

Our philosophy is to address people who are open to new technologies, sensitive to the quality of life and well-being but also aware of the monumental market that presents itself to us.

To work while doing good around us, is it really a "job"? isn't that the right question to ask? Because when it is positive and pleasant, the notion of work disappears to become a true PASSION!

## Our organization

We also offer all tools on a turnkey basis in order to optimize the ambassadors opportunities to develop a worldwide distribution network. We therefore propose:

- A high-end management platform with your name and personal ID code.
- A practical PSiO® APP to download in your smartphone.
- MOVIES on convincing testimonials easy to transfer.
- Supervision by professionals (direct sales experts, network experts).
- Continued trainings in the shape of explanatory videos and detailed Power-Points.
- Training meetings every week.
- And to finish the PSiO® ACADEMY which is a yearly event offered by PSiO® to deepen your technical knowledge and learn about the cutting edge promotion techniques validated by professionals.

That, ladies and gentlemen, is the true opportunity of joining the PSiO® network. You will learn and become an EXPERT in the field of sleep and stress related disorders. Once acquired, knowledge never fades and creates financial leverage.

But this unique aspect is not the only asset of our proposal:

## The business model

As a reminder, this business model offers, it must be said, extraordinary working conditions: you have the possibility to generate income through your work as an advising “brand ambassador” but also to manage a team of sales people who will not only cost you nothing, but who will bring you a passive monthly income!

At no time do you have the famous undesired costs of starting a business:

- Notarial fees
- Rent / expenses
- Salaries of sales reps
- Stock to purchase

You and your team earn commissions on the turnover that you generate and your only expenses are therefore only your travel expenses. Even your commission bills are prepared for you every month and available at any time in your store! Just click on them to send it to the head office of the company which will automatically activate the payment of your commission...

Insomnia and sleep disorders affect one person in two. You understand that the market potential is huge.

But now ladies and gentlemen, I will introduce you the most interesting in this opportunity:

## Financial potential

PSYCHOMED gives back to the network of ambassadors more than 50% of the total turnover. Do you realize how big this is? How is this possible?

The explanation is simple. The promotion of the PSiO® is based on the most natural way of doing business: word of mouth! Focusing on this costless technique of diffusion, we avoid having to spend on exorbitant advertising costs and the margin is thus saved to be sent back to the Ambassadors. What a recognition for your work! This is the mechanism that allows network marketing to be profitable for ALL!

## The growth of a network of affiliates

Over time, your affiliate network will grow: first you will have 20 people, then 50, then 100. There will be dormant, active, casual and excellent affiliates in your network. It does not matter, in any case, your network will naturally grow. It will grow at a rate of 5% per month as we have been able to verify it. If you invest in this project, after 2-3 years you will have, mathematically, more than 1000 affiliates under you...

Do you realize the power of this business model?

Our pioneers who started in 2015 were able to experience this and are already gaining more than 10,000 USD / month.

## Securing your future

Another good news: Ladies and Gentlemen, is that this networked system is, strictly speaking, indestructible. On the contrary, each passing year will you see your network grow stronger... naturally!

It's practically your pension insurance on the future!

Unlike conventional salespeople who have to constantly renew their prospecting and can not rest on their achievements, in the case of the PSiO® network, your network of convinced ambassadors will increase inevitably.

Over time you will quickly evolve towards the PSiO® career and the management of your team. Direct sales will be less strategic at this time and the management of your team will gradually become the main focus of your activity.

That, ladies and gentlemen, is the magic of network marketing. You build your future and solidify your financial situation... forever.

PSiO® is becoming the daily tool par excellence for well-being and sleep!

Let's write a page of history together and join us by clicking on the link that appears under this presentation.

See you soon!





# PSiO® Network Training Courses

The training courses follow the logic, philosophy and ethics of the PSiO® network: they are addressed to passionate users and not to professional sales people.

Thus, from one user to another, this developing consciousness network intelligently ramifies in a group of people who have the same aspirations and the same expectations for personal growth.



Montpellier (France)



Brussels (Belgium)



Lausanne (Switzerland)



Rennes (France)

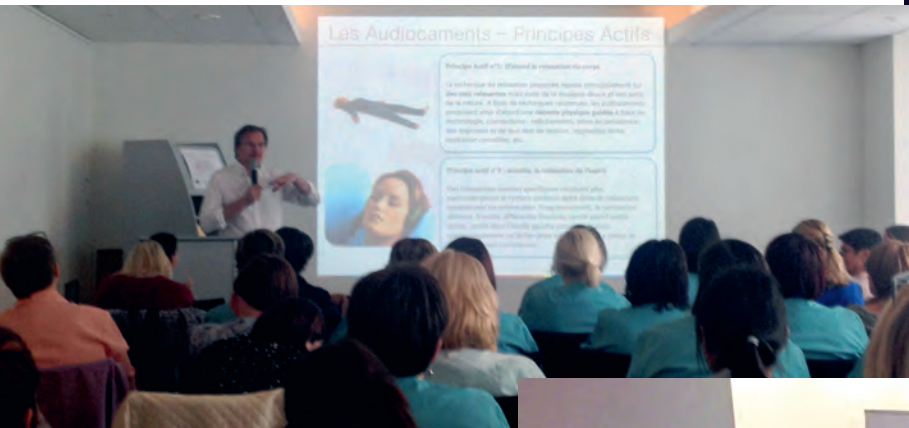




Toulon (France)



Sherbrooke (Canada)



Mouscron (Belgium)



Lyon (France)



Lille (France)



Paris (France)



Nantes (France)





# Psioplanet® Catalog



## PSiO® applications

The PSiO® applications are presented in three categories :

**The morning sessions:** **guided meditation sessions** and positive visualization to practice in obtaining the **utmost attention**

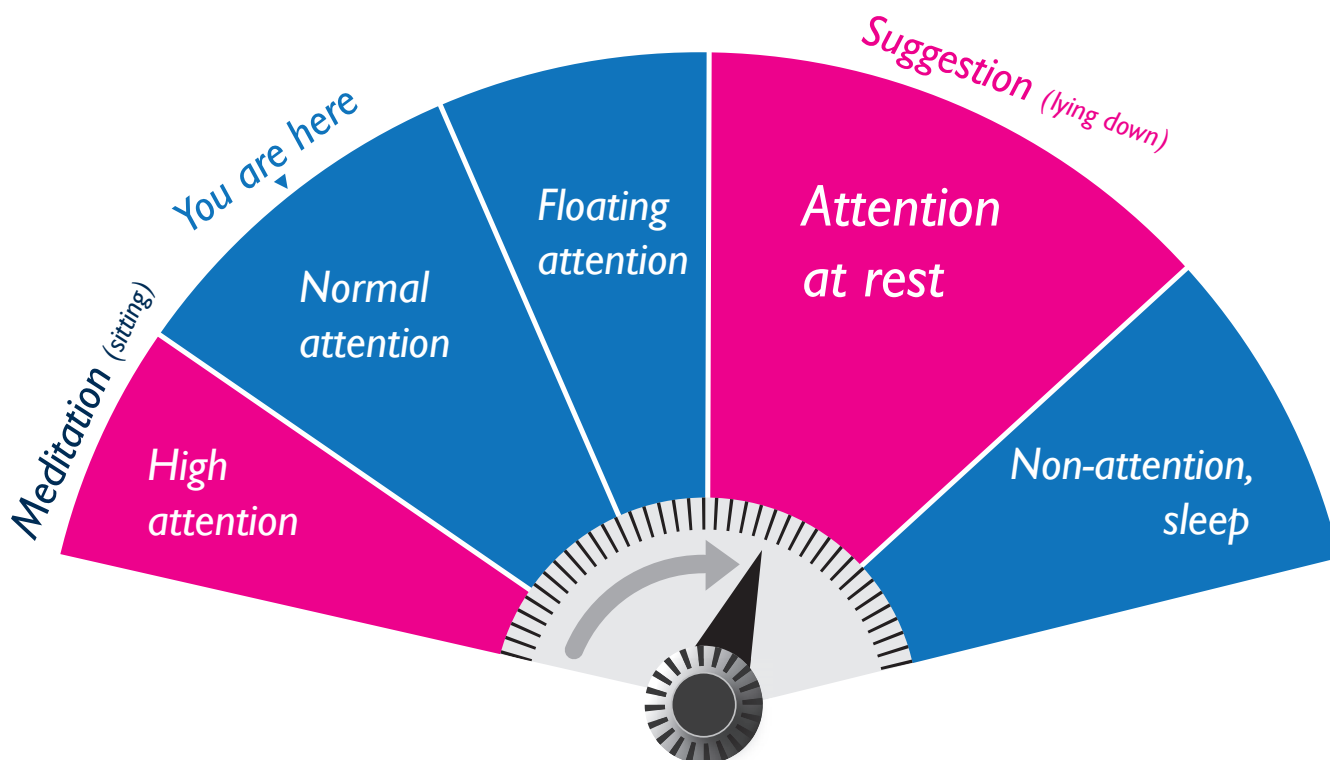
**The afternoon sessions:** generally called **power naps in music** with short (2-5 min.), medium (10-15 min.) or long (30-40 min.) settings

**The evening sessions:** **guided relaxation sessions** offering a total release taking attention and soothing suggestions of multi-evocations (25-40 min.)

### In addition, there are special adaptations

The sessions called “photo-sensitive” are MP3 recordings encoded in continuous light (not pulsed); these sessions will be available for the afternoon because the light is encoded with blue tones. There are no evening sessions in continuous mode or continuous red light, provided that the red stimulation evening is only effective in pulse mode to distract attention.

So the options are, use the blue afternoon pulsed and/or continuous. This is why you can find some titles in pulsed mode for the evening (in red) and those programs in pulsed or continuous mode for the afternoon (in blue). But only a few programs identify their goal as adapting to the resistance encountered during the first sessions.



Attention in the field of consciousness

## 1. The morning sessions



### A. The “DOUBLE YOU” series or Dual Watch

This series of programs offer two different types of integration and even opposing types of attention: conscious and subconscious; the use of these programs will prove to you that these two approaches, seemingly opposite, complement each other well.

The following describes the different phases of the two approaches:



#### **Phase 1 - Conscious Mode Integration:**

1. Sitting position, straightened, high attention in breathing, controlled exhalation, parasympathetic rocking, soothing breathing, physical calm
2. High attention in breathing and sensory, mental calm
3. Upon available mental space, positive visualization (mental work)

Then:



#### **Phase 2 - Subconscious Mode Integration:**

1. Supine (flat on stomach) position, fully released, uncontrolled automatic breathing
2. Letting go of voluntary attention, multi-evocative, symbolic metaphors, and psychoacoustic sound effects causing subconscious listening
3. Induction of alpha theta brain waves and primarily, on the edge of sleep, via brain training technology, automatic memory of the two integrations
4. Then smooth and progressive awakening

## B. The “NOVA ERA” series

This series of guided visualization is followed by relaxation with music.

The following describes the different phases of the two integrations :



### Phase 1 - Conscious Mode Integration :

1. Sitting position, straightened, high attention in breathing, controlled exhalation, parasympathetic rocking, soothing breathing, physical calm
2. High attention in breathing and sensory, mental calm
3. Upon available mental space, positive visualization (mental work)

Then :



### Phase 2 - Subconscious Mode Integration :

1. Supine position, fully released, uncontrolled automatic breathing
2. Letting go of voluntary attention

## 2. The afternoon sessions



They differ by their duration (2 to 5 min.) (5 to 15 min.) (25 to 50 min.), their contents (music, music + beats, relaxation by the voice colorized in shades of blue).

**Three types of content: music, music + beats, voice.**

The “power naps” are generally pieces of colorized music. They generate a recovery break in the afternoon and allow the mind to rest by stopping chattering thoughts while benefiting from minimum 33% to 85% of 470 nm light filtered through, which is the famous wavelength that awakens mind optimally.

This wavelength has an effect on the retinal receptors “melanopsin”, those that activate alertness of at the biological clock. Power nap of 15 minutes are the ideal time for a quick recovery nap. But there are longer power naps (up to 40 min.) filled with rhythmic beats sound ; although particularly popular with teens, this electronic music does not appeal to all ages.

There are also programs with voices set for the afternoon, either pulsed or non-pulsed (photo-sensitive). For example, there is a version of the anti-depressant “Joy of Life” in pulsed or non-pulsed illuminated with blue light.

### 3. The evening sessions



All evening sessions are developed for RELAXATION with the technique of “attention distraction”; the “Audioceuticals” series is integrated to make PSYCHOMED an exclusive brand, from just having the audio CD, to now accompanied with red & orange tones (which do not inhibit melatonin).

We plans to add music and nature sounds to these sessions to listen to before sleep.

#### How does Audioceuticals work/Active Principle:

##### Active Principle 1 : first body relaxation



The proposed relaxation technique is based mainly on relaxing voice but also on soft music and sounds of nature. A basis of recognized techniques, Audioceuticals first offer a guided physical relaxation based on

relaxation therapy, contractions, expansions, segments of awareness and their state of tension, breathing slow, controlled exhalation, etc.

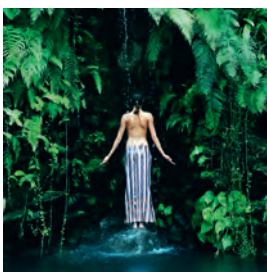
##### Active Principle 2 : then the relaxation of the mind



Specific sound frequencies inducing particularly the alpha brain waves (relaxation condition) to appear in the background. Gradually, rumination decreases. Then, different

stories, sometimes in the right ear, sometimes in the left ear helps to clear your mind. The suggestion phase can begin...

##### Active Principle 3 : targeted suggestion



This technique is based on metaphorical stories including soothing images with symbolism: a holiday landscape, a walk in the forest accompanied by birdsong, a memorable weekend by the sea, climbing a hill for a fun challenge to reach the

top, etc. Positive visualization and pleasing images actually causes immediate relief to the nervous and emotional level. The suggestions and the pictures change, depending on the theme you select.

##### Active Principle 4 : the self-repair triggers



Audioceuticals are one of the keys that open the doors to natural self-repair, such as :

- Sweet Voice
- Empathy
- Heat
- Emotions
- Intention
- Conviction

# Morning Sessions (positive visions)

## Nova Era



### Radiate Love

*Meditation (Nova Era) - 18 min.*

After a few minutes of breathing exercises using this theme, your entire deep being will be filled with love: you will breathe love and will gradually radiate love. By taking pleasure in emitting the feeling of love, you will mature (emotionally) because you will also develop romantic autonomy at the same time. Unlike a child who is totally dependent and has to receive love to be happy, this exercise enables you to develop a degree of emotional autonomy and to find great pleasure in it.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Improve the financial side of your life

*Meditation (Nova Era) - 26 min.*

This meditation session enables integration of the concept of money intrinsically tied to that of self-confidence in your deepest being. The keys to the six doors that inevitably lead to financial success are revealed during an introductory phase. The meditation session allows the conscious integration of these concepts. This technique is followed by a subconscious integration phase and a deep relaxation phase.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Integrate success

*Meditation (Nova Era) - 25 min.*

Your entire deep being breathes success in this recorded guide. Your thoughts create the reality around you. It's the new paradigm for personal growth. This exercise asks you to visualize your success or an important goal to reach in with much detail as possible, to deeply integrate the image within you, and then to radiate the success you see for yourself all around you.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Develop your intuition by letting go

*Meditation (Nova Era) - 25 min.*

Intuition is a result of the sub-conscious mind processing of information. Information is transported through your neuronal circuits at the speed of light and, within a fraction of a second, appears in your conscious mind. Because you haven't consciously thought about it, it can sometimes be surprising but, in fact, it is the result of this very ancient and totally sub-conscious self-defense and anticipation mechanisms that help you live your life better.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Make luck happen

*Meditation (Nova Era) - 15 min.*

Potential "luck" is something that is prepared, initiated, then taken. The secret of luck is radiating the positive waves using your emotional consciousness. This meditation exercise is based on positivism, the joy of living and optimism. It ends with relaxation with music and nature sounds.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Develop your self-confidence

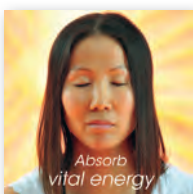
*Meditation (Nova Era) - 28 min.*

Society, culture and, at times, your family assess, compare and judge you. However, every being is unique, the way every snowflake, no matter how simple, is different. Self-confidence is like true beauty. It is internal and can only come from you. The level of your self-confidence depends on your ability to visualize yourself as being sure of yourself and with high self-esteem.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Absorb vital energy

*Meditation (Nova Era) - 17 min.*

This recording is a beautiful session of relaxing breathing exercises that work on the parasympathetic nervous system. They are followed by meditation based on the absorption of the vital energy found everywhere in the universe, and concludes with traditional relaxation accompanied by music and sounds of nature. It is very refreshing and energizing!



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



### Improve your strategy for influencing people

*Meditation (Nova Era) - 16 min.*

The power to influence your life starts with the gift of listening to others. This recording provides a visualization exercise to help you master the intelligent social skill of listening. Listen and observe. Observe others and observe yourself too. Be "receptive". Become patient and empathetic. After twenty minutes of meditation on this topic, the recording ends with simple relaxation.



**Level 2**  
**Weak stimulation**

Level used for meditation  
This level is not suitable for photosensitive people



# Morning Sessions (positive visions)

## Concentration



### Focus Attention (Music & Beats)

Performance - 29 min.

A mix of "house" rhythms, didgeridoo, and whale songs, it stimulates the overall central nervous system. Recommended before or during study, it enables a reduction, or even the replacement of amphetamine-type stimulant substances.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Concentration (Beats)

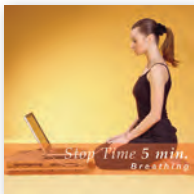
Performance - 29 min.

You may feel tired or be somewhat distracted by a topic that is preoccupying you or which will soon require special, very focused concentration on your part. The induced waves are quick and of low amplitude to achieve optimal concentration.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Stop Time



### Stop Time "Breathing"

Meditation - 5 min.

This recording provides a relaxation break when you have very little time, or five minutes at the most. It provides calming breathing exercises that regulate cardiac coherence. The effects can be immediately checked thanks to a cardiac-coherence software.



Level 2  
Weak stimulation  
Level used for meditation  
This level is not suitable for photosensitive people



### Stop Time "Visualization"

Meditation - 10 min.

You have only 10 minutes to relieve stress at work? This recording offers a breathing break plus pleasant and effective guided visualization during exactly 10 minutes. Your heartbeat will become coherent. When used on a regular basis, you will learn a conditioned relaxation reflex.



Level 2  
Weak stimulation  
Level used for meditation  
This level is not suitable for photosensitive people



# Afternoon sessions ( Music from 5 to 15 min.)

## Latin Jazz - Joyce Cooling



### The Way Out

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 5 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### It's You

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Voo Doo Chicken

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Ve

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 3 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Glad Rap

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### It's on you

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Dori

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### It's Time I Go - Photosensitive

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Cameo  
Time: 4 min.



Level 1  
Very weak stimulation  
This level is perfect for photosensitive people.  
No Flashing.



### Global Cooling

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 3 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Rhythm Kitchen

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Save This Dance For Me

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Chit-Chat

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 3 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Dolores In Pink

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### The Red Rose

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Grass Roots

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Cobra

Power-Nap  
Style: Latin Jazz  
Artist: Joyce Cooling  
Album: Global Cooling  
Time: 4 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

# Afternoon sessions ( Music from 5 to 15 min.)

## Latin Jazz - Joyce Cooling



### What We Are Waiting For

**Power-Nap**  
 Style: Latin Jazz  
 Artist: Joyce Cooling  
 Album: Global Cooling  
 Time: 2 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### JC Mix

**Power-Nap**  
 Mix of: Global Cooling, Save This Dance & Grass Roots  
 Time: 12 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people

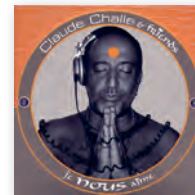
## Lounge - Claude Challe



### Wake Up

**Power Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 5 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Orgasmus

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 8 min.

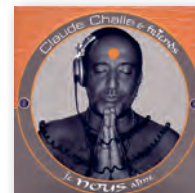
Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Carmenita

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 8 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Survival

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 5 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Je nous aime

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 6 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Soufi Night

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 7 min.

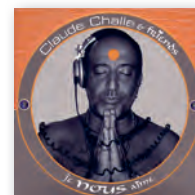
Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Behesht

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 5 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### A L'ombre De Tes Cils

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 6 min.

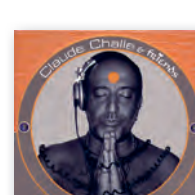
Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Psyche Paradise

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 5 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Amma

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 5 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



### Peyotee

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Album: Je Nous Aime  
 Time: 6 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people



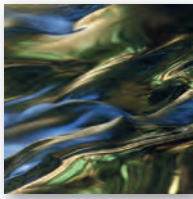
### CC Mix

**Power-Nap**  
 Style: Lounge  
 Artist: Claude Challe  
 Mix of: Carmenita, Je Nous Aime & Wake Up  
 Time: 20 min.

Level 4  
 High stimulation  
 Level used for music  
 This level is not suitable for photosensitive people

# Afternoon sessions ( Music from 5 to 15 min.)

## New Age

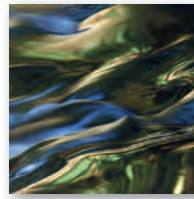


### Eleane

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2008  
Time: 8 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

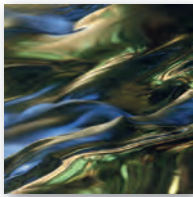


### Taking Off

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2008  
Time: 8 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

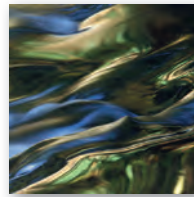


### Float 2 Relax

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2008  
Time: 9 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

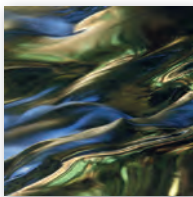


### Zen Latitudes

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2008  
Time: 10 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

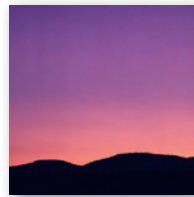


### Harmony

Power-Nap  
Style: New Age  
Artist: Psychomed  
Album: 2008  
Time: 8 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

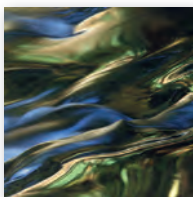


### Flight of a Bird

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2009  
Time: 8 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

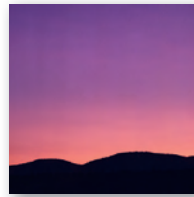


### Plenitude

Power Nap  
Style: New Age  
Artist: Psychomed.com  
Album: 2008  
Time: 8 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

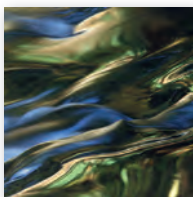


### Utopia

Power-Nap  
Style: New Age  
Artist: Psychomed  
Album: 2009  
Time: 6 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people



### Serenity

Power-Nap  
Style: New Age  
Artist: Psychomed  
Album: 2008  
Time: 10 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

## Electro



### Climax

















Power Nap  
Style: Electro  
Artist: Ivan Paduart  
Album: Climax  
Time: 3 min.



Level 4  
High stimulation  
Level used for music  
This level is not suitable for photosensitive people

# Afternoon sessions ( Music from 5 to 15 min.)

## Electro-Lounge

	<b>Amphetamin</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>2 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people		<b>Garana</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>5 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people
	<b>Turbo Wake Up</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>15 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people		<b>Blue Powder</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>3 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people
	<b>Eyes Wide Shut</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>6 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people		<b>White Mind</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>4 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people
	<b>Couleur Café</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>3 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people		<b>Sweet Speed</b> <i>Power-Nap</i> Style: <i>Electro-Lounge</i> Artist: <i>Cyrille Lascaud</i> Album: <i>2017</i> Time: <i>2 min.</i>	 Level 5 Maximum stimulation Performance level This level is not suitable for photosensitive people



# Afternoon sessions (Music from 5 to 15 min.)

## Classical Music



### ☐ Ignace-Joseph Pleyel - Concerto for Flute and Orchestra

Power-Nap  
Style: Classical Music  
Artist: Psychomed  
Time: 8 min.



**Level 4**  
**High stimulation**  
Level used for music  
This level is not suitable for photosensitive people



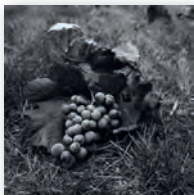
### ☐ Peter I. Tchaikovsky - Chant sans paroles

Power-Nap  
Style: Classical Music  
Artist: Psychomed  
Time: 5 min.



**Level 4**  
**High stimulation**  
Level used for music  
This level is not suitable for photosensitive people

## Classical Music - Photosensitive

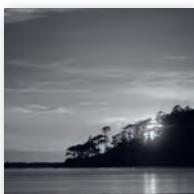


### ☐ Ludwig van Beethoven - Romance for Violin and Orchestra

Power-Nap  
Style: Classical Music  
Artist: Psychomed  
Time: 10 min.



**Level 1**  
**Very weak stimulation**  
This level is suitable for photosensitive people.  
No Flashing.

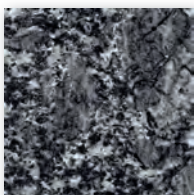


### ☐ Peter Benoit - 3rd Fantasy for Piano Solo

Power-Nap  
Style: Classical Music  
Artist: Psychomed  
Time: 4 min.



**Level 1**  
**Very weak stimulation**  
This level is suitable for photosensitive people.  
No Flashing.



### ☐ Zdenek Fibich - Poema

Power-Nap  
Style: Classical Music  
Artist: Psychomed  
Time: 18 min.



**Level 1**  
**Very weak stimulation**  
This level is suitable for photosensitive people.  
No Flashing.

# Afternoon long sessions

## Pro Relaxation - New Age

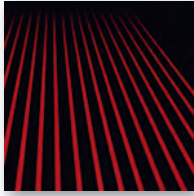
	<p><b>Relax 15 min.</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 15 min.</i></p>	<p></p> <p><b>Level 4</b>  <b>High stimulation</b>            Level used for music            This level is not suitable for photosensitive people</p>		<p><b>Relax 60 min.</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 60 min.</i></p>	<p></p> <p><b>Level 4</b>  <b>High stimulation</b>            Level used for music            This level is not suitable for photosensitive people</p>
	<p><b>Relax 20 min.</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 20 min.</i></p>	<p></p> <p><b>Level 4</b>  <b>High stimulation</b>            Level used for music            This level is not suitable for photosensitive people</p>		<p><b>Relax 15 min. Photosensitive</b></p> <p><i>Power Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed.com</i>  <i>Time: 15 min.</i></p>	<p></p> <p><b>Level 1</b>  <b>Very weak stimulation</b>            This level is suitable for photosensitive people.            No Flashing.</p>
	<p><b>Relax 30 min.</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 30 min.</i></p>	<p></p> <p><b>Level 4</b>  <b>High stimulation</b>            Level used for music            This level is not suitable for photosensitive people</p>		<p><b>Relax 20 min. Photosensitive</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 20 min.</i></p>	<p></p> <p><b>Level 1</b>  <b>Very weak stimulation</b>            This level is perfect for photosensitive people.            No Flashing.</p>
	<p><b>Relax 45 min.</b></p> <p><i>Power-Nap</i>  <i>Style: Pro Relaxation</i>  <i>Artist: Psychomed</i>  <i>Time: 45 min.</i></p>	<p></p> <p><b>Level 4</b>  <b>High stimulation</b>            Level used for music            This level is not suitable for photosensitive people</p>			

## Hyper Naps

	<p><b>Seashore 10 min.</b></p> <p><i>Style: Hyper Nap</i>  <i>Artist: Psychomed</i>  <i>Time: 10 min.</i></p>	<p></p> <p><b>Level 5</b>  <b>Maximum stimulation</b>            Performance level            This level is not suitable for photosensitive people</p>		<p><b>Seashore 30 min.</b></p> <p><i>Style: Hyper Nap</i>  <i>Artist: Psychomed</i>  <i>Time: 30 min.</i></p>	<p></p> <p><b>Level 5</b>  <b>Maximum stimulation</b>            Performance level            This level is not suitable for photosensitive people</p>
	<p><b>Seashore 20 min.</b></p> <p><i>Style: Hyper Nap</i>  <i>Artist: Psychomed</i>  <i>Time: 20 min.</i></p>	<p></p> <p><b>Level 5</b>  <b>Maximum stimulation</b>            Performance level            This level is not suitable for photosensitive people</p>			

# Afternoon sessions ( MusicBeat from 15 to 40 min. )

## Recovery/Energy



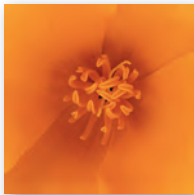
### Booster (Music & Beats)

Performance - 9 min.

With a very fast “electro” rhythm, “Booster” has a stimulating effect on the mind. Listening to this program before or during study is recommended. It may even reduce or replace amphetamine-type stimulants.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



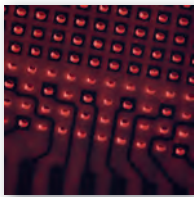
### High Resolution (Music & Beats)

Performance - 11 min.

“High Resolution” is a track resuming rapid rhythms that correspond to the processing of data during a moment of total mind rest.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



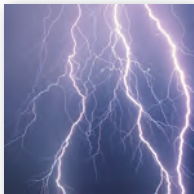
### Memostar (Music & Beats)

Performance - 10 min.

Composed with a combination of fast rhythms, “Memostar” is intended to be used after a long intellectual effort and/or learning session in order to facilitate memorization.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Nitroglycerin (Music & Beats)

Performance - 12 min.

This program takes you to the “high ALPHA” waves, with fairly rapid rhythms. It cuts the brain chatter quickly and induces a radical peace of mind while boosting energy levels. This program therefore prepares one to upcoming intellectual challenges and is suitable for recovery breaks during the day.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Creativity



### Eureka (Music & Beats)

Performance - 30 min.

This program is based on “techno” music rhythms, auditory and visual stimulation, and a mix of ALPHA and BETA waves. It promotes the association of ideas and stimulates project visualization. You will feel detached from the world without reducing your level of alertness or the energy needed for creative dynamics.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Creativity (Beats)

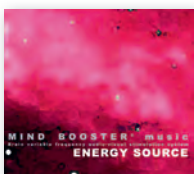
Performance - 31 min.

You want to create, imagine, rethink, shape your own reality. Use this program freely to induce idea associations, creative visualizations, intellectual constructs, creations, original thoughts, and any number of gifts of the mind generated by this unsettling and powerful program calibrated on high “alpha” rhythms.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Power Naps



### Energy Source (Music & Beats)

Performance - 15 min.

This program is in Acid Jazz style and will take you toward ALPHA waves. It will relax you quickly without altering your decision-making abilities or putting you to sleep. This program begins with a high stimulation level so it's recommended for use only when you are experiencing intense stress and want to remain alert. It is particularly appropriate when you don't have much time.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



# Afternoon sessions ( MusicBeat from 15 to 40 min. )

## Power Naps



### Break (Beats)

Performance - 15 min.

You have little time and a short siesta would really refresh you, or you would like to find deep, quick and effective relaxation. If you don't have enough time to sleep, this short program was made for you. It will relax you in just 15 minutes! Afterwards, you will feel refreshed, in top shape, and in full control!



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Data Processing



### Data Processing (Music & Beats)

Performance - 39 min.

Acid Jazz Style: this program induces theta waves. They are like dream waves (paradoxal sleep), the time during which our bio-computer does its real data processing work (visualization, comprehension, integration,...)



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Comprehension (Beats)

Performance - 40 min.

Your brain asks for help during or after studying! "Theta" brain waves are a feature of your "bio computer's" information processing. They are powerfully induced by key rhythms generated by this outstanding program, the result of significant research in electroencephalography.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Memorization



### Memo-Booster (Music & Beats)

Performance - 29 min.

Based on "ambient" style music, this program is intended for use following learning to facilitate memorization. This program is a powerful inducer of theta brain waves and it will help you with the memorization required for heavy learning.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Memorization (Beats)

Performance - 30 min.

Anchor what you have learned thanks to this amazingly effective program which has been used by students during exams for the past ten years. It induces "theta" brain waves which are associated with mnemonic consolidation and the processing of assimilated data.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Relaxation



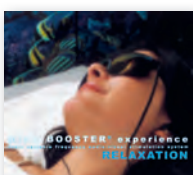
### Anti-Stress (Music & Beats)

Performance - 39 min.

Based on Latin rhythms, this program induces deep relaxation and fights stress with alpha stabilization during the last 20 minutes. This program is perfectly suited for the first sessions. It induces the same kind of state as ENERGY SOURCE with the difference that it lasts 40 minutes and can lead to a much longer-lasting level of relaxation. Ideal if you have some time to appreciate the relaxation that will follow...



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Relaxation (Beats)

Performance - 39 min.

Escape from daily reality! Here is a light, high performance program which, for forty minutes, will gently take you on a trip to the country of your deepest subconscious to finally attain the feeling of deep calm and serenity that you were looking for... within your deepest self!



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

# Evening sessions (Relaxing Voices)

## Stress Management



### Letting Go

Relaxation (audiotherapy) - 31 min.

This recording offers a guided relaxation session and then helps you to let go in order to benefit as much as possible from the technology used in this audiomedicine. Listening to this recording first is therefore essential for people who have never experienced a state of deep relaxation. We wholeheartedly recommend it before listening to your first audiomedicine.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Stress Management

Relaxation (audiotherapy) - 47 min.

After taking you on a walk through the woods, past the idyllic scenery of your holiday locations, across mountain streams glistening pure and refreshing water, two metaphoric stories will evoke a scene like you would experience in a dream. They also reach out to your intuitive intelligence, spontaneity, self-confidence and the natural stress-relieving behavior. Gradually, like a pilot in charge of your own destiny, you will be flying your own small plane through the clouds of your existence. This recording contains powerful suggestions that will dispel the concerns that have crystallized in the depths of your subconscious.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Managing Stress After a Separation

Relaxation (audiotherapy) - 36 min.

Harmony is an intoxicating room that can sometimes have an uncertain outlook for some or, once reached, have only one door, the exit... It is possible that the subconscious does not allow some people to return to a place it considers to be far too dangerous. In fact, multiple doors open up in a couple's harmony room and they often lead to unsuspected worlds that all contain wonderful treasures like sharing, joy, peacefulness, ecstasy, exchange, solidarity, and selflessness. You will learn to go beyond yourself and discover many other things that are within you and which are subtly suggested in this recording to give you confidence.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Zen Attitude

Relaxation (audiotherapy) - 38 min.

This recording is a remedy for stress. After being put in a state of physical and respiratory relaxation, pleasant voices take you to the banks of relaxation and internal tranquillity, to the good things in life! Resolutely optimistic, the themes dealt with are those of keeping a distance and letting oneself go. All this is in the framework of our individual fate and the acceptance of problems that always generate one or more solutions.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Digestion of the Traumas

Relaxation (audiotherapy) - 35 min.

Some personal events, even very ancient ones, are likely to cause some physical and psychological pains to us and this for years on. The original event can be regarded as terrible or everyday by the victim of it, but the psychological state at that very moment can have prevented the brain to "digest" or "metabolise" that particular trauma. Hence some disturbances and suffering that can only be reduced after the mind was aided in finding back its healing capacities.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Free One's Mind

Relaxation (audiotherapy) - 39 min.

This is a useful session for everyone... It teaches the mind how to get rid of the accurate, vague, concrete or abstract "ruminations" that jam our thought and tire us out. This permanent state of attention is one of the problems of our civilization. It reduces our natural capacity to imagine, to dream and to allow our mind to regulate numerous "physiological" functions. Freeing one's mind increases the personal efficiency in several everyday or extraordinary situations, and gives strength to the effect of other "audio-medications". It teaches how to loosen the grip and how to create a vacuum before going to sleep, naturally, with no side-effects.

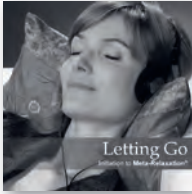


Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people

# Evening sessions (Relaxing Voices)

## Stress Management - Photosensitive



### Letting Go - Photosensitive

Relaxation (audiotherapy) - 35 min.

This recording offers a guided relaxation session that helps you to let go in order to benefit as much as possible from the technology used in audio-medicine. Listening to this recording first is therefore essential for people who have never experienced a state of deep relaxation. We wholeheartedly recommend it before listening to any other audio-medicine program.



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



### Stress Management - Photosensitive

Relaxation (audiotherapy) - 47 min.

After taking you on a walk through the woods, past the idyllic scenery of your holiday locations, across mountain streams with glistening pure and refreshing water, two metaphoric stories will evoke a scene like you would experience in a dream. They also reach out to your intuitive intelligence, spontaneity, self-confidence and the natural stress-relieving behaviors. Gradually, like a pilot in charge of your own destiny, you will be flying your own small plane through the clouds of your existence. This recording contains powerful suggestions that will dispel the concerns that have crystallized in the depths of your subconscious.



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people

## Sleep



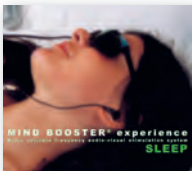
### Fall Asleep in The Garden of Gods

Relaxation (audiotherapy) - 34 min.

In your perfectly relaxed state, detached from everything, this recording will take you on an extraordinary trip, a journey to the borders of the universe, to the edge of your own personal dimension. As you listen, you will gradually, get rid of your worries and fall asleep naturally before the end of the recording!



Level 3  
Medium stimulation  
Relaxation level  
This level is not suitable for photosensitive people



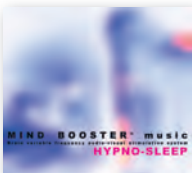
### Sleep (Beats)

Performance - 29 min.

This program will take you irresistibly into the arms of Morpheus. The induced brain waves are delta waves (wide and slow). Thanks to the repetitive stimulation, your mind first empties out, your body becomes heavy, and you are gradually overtaken by sleepiness. You will feel drowsiness grow with every minute until you eventually end up asleep on the doorstep of dreams.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people



### Hypno-Sleep (Music & Beats)

Performance - 29 min.

Starting with "ambient" music and BETA to ALPHA audiovisual stimulation at the beginning of the session, this program then takes you towards DELTA waves, the slow waves of sleep. As its name indicates, it is particularly effective if you are having trouble sleeping or falling back asleep.



Level 5  
Maximum stimulation  
Performance level  
This level is not suitable for photosensitive people

## Sleep - Photosensitive



### Fall Asleep in The Garden of Gods - Photosensitive

Relaxation (audiotherapy) - 32 min.

In your perfectly relaxed state, detached from everything, this recording will take you on an extraordinary trip, a journey to the borders of the universe, to the edge of your own personal dimension. As you listen, you will gradually, step by step, get rid of your worries and fall asleep naturally before the end of the recording!



Level 1  
Very weak stimulation  
This level is perfect for photosensitive people.  
No Flashing.

# Evening sessions (Relaxing Voices)

## Depressive states



### Joy of Life

Relaxation (audiotherapy) - 38 min.

A running river cleanses the impurities from your memories. Pleasant memories and beautiful dreams from your childhood bump into each other. Two stories take you to the country of light where "negative vibes are cleansed". This recording brings deep relaxation and a moment of intense happiness. It helps you open up to your potential for change and prepares the subconscious to live life positively. It provides a radical key to react constructively to depression!



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Be Happy Again

Relaxation (audiotherapy) - 25 min.

When your mind gets its magic powers back and becomes an artist, painting everything around it, making life more colorful, when a boat trip makes you experience the simple and essential things in life, two stories help you to open up to joy and to smile at life. This title helps worried, broken down minds to find solutions by making the necessary changes when you listen to it multiple times.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people

## Depressive states - Photosensitive



### Joy of Life - Photosensitive

Relaxation (audiotherapy) - 38 min.

A running river cleanses the impurities from your memories. Pleasant memories and beautiful dreams from your childhood bump into each other. Two stories take you to the country of light where "negative vibes are cleansed". This recording brings deep relaxation and a moment of intense happiness. It helps you open up to your potential for change and prepares the subconscious to live life positively. It provides a radical key to react constructively to depression!



Level 1  
Very weak stimulation

This level is perfect for photosensitive people.  
No Flashing.

## Dependencies



### Stop Smoking for Good

Relaxation (audiotherapy) - 33 min.

It is obvious that giving up smoking is a goal in itself, but the difficulty of not starting again is another important goal. The problem is very different because the first goal has been achieved successfully but temptation still exists. This recording is a powerful motivator for your hidden resources to avoid relapse and falling back on your former automatic reactions.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people

## Dependencies - Photosensitive



### Stop Smoking for Good

Relaxation (audiotherapy) - 33 min.

It is obvious that giving up smoking is a goal in itself, but the difficulty of not starting again is another important goal. The problem is very different because the first goal has been achieved successfully but temptation still exists. This recording is a powerful motivator for your hidden resources to avoid relapse and falling back on your former automatic reactions.

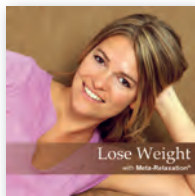


Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people

# Evening sessions (Relaxing Voices)

## Weight



### Lose Weight

*Relaxation (audiotherapy) - 38 min.*

Relax in your calm, serene, inner self. Get in touch with your energy for life so that it can help you to maximize your capacities, to make the right decisions, to shed doubt and frustration. Thanks to an efficient technique, you are once again free to choose and to find more lasting, constructive ways to achieve satisfaction, far away from fake hunger, endless hunger! Help yourself to pleasant souvenirs that enhance your qualities, try to regain confidence in yourself, the confidence you need to overcome the difficult moments more easily. It's just as easy as shaking hands!



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Table Yoga

*Relaxation (audiotherapy) - 39 min.*

Relax in your inner space of calm and serenity... make contact with your life energy so that it can help you better use all of your abilities, to make the right choices, to leave doubt and frustrations behind... Use this effective technique to rediscover the freedom to choose, to find more lasting and constructive pleasures... far from false appetites, without hunger and without end...! Use your pleasant and positive memories to rediscover the self-confidence needed to overcome hard times more and more easily... It's as easy as... making a fist...!



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Managing Bulimia

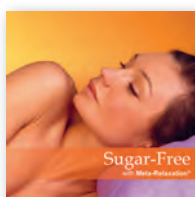
*Relaxation (audiotherapy) - 41 min.*

Bulimia is drastic way to leave the world of anxiety, emotional discomfort, and memories for a few moments... This act hypnotizes you by eating as much and as quickly as possible. Those who have experimented and do it on a regular basis want to understand how to avoid the feelings of guilt, the loss of self-esteem, and the consequences for weight gain and the digestive system that it leads to. The contents of this title, practiced "bulimically", develop the ability to put distance between you and your emotions, but without unhealthy side effects.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Sugar-Free

*Relaxation (audiotherapy) - 34 min.*

Being dependent on sugary flavours applies to food that tastes sweet. Being dependent on real sugar or foods that rapidly spike your blood sugar level can correspond to an intellectual need for substances that relaxes you and have effects on the mood. This mental routine that has become familiar can be diminished and vanish through regular practice through the induced subconscious listening of these recordings.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people

## Weight - Photosensitive



### Lose Weight - Photosensitive

*Relaxation (audiotherapy) - 38 min.*

Relax in your calm, serene, inner self. Get in touch with your energy for life so that it can help you to maximize your capacities, to make the right decisions, to shed doubt and frustration. Thanks to an efficient technique, you are once again free to choose and to find more lasting, constructive ways to achieve satisfaction, far away from fake hunger, endless hunger! Help yourself to pleasant souvenirs that enhance your qualities, try to regain confidence in yourself, the confidence you need to overcome the difficult moments more easily. It's just as easy as shaking hands!



**Level 1**  
**Very weak stimulation**

This level is suitable for photosensitive people

# Evening sessions (Relaxing Voices)

## Functional Disorders



### Cardio-relaxation

Relaxation (audiotherapy) - 42 min.

Stress directly impacts muscle tension by constricting the size of vascular walls. Relaxation is therefore recommended to complement medication to reduce stress. People who have suffered a heart attack or have chest pains may feel that the world is full of threatening signs. This perception makes it difficult for them to have a positive attitude to help them to calm down and make them feel better.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Stress Management for Headaches

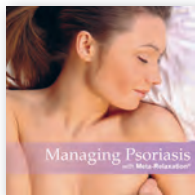
Relaxation (audiotherapy) - 58 min.

Although the physiopathology of migraines and tension headaches are very different, they both respond well to physical and psychological relaxation. Through appropriate suggestions, the muscles of the neck (where the vertebral arteries that channel blood to the brain are located) begin to relax and unconscious vasomotor disorders of smooth muscles are soothed. This program induces a state of profound relaxation that acts on voluntary and involuntary muscles.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Managing Psoriasis

Relaxation (audiotherapy) - 39 min.

Difficulty to express your emotions, the fear of displeasing others by daring to say "NO" and poor management of generosity are some of the factors that set off psoriasis or which form part of the chronic nature of some psoriatic lesions. In these situations the sub-conscious sends a message to ask you to retreat a little. This message uses your hereditary ground by setting off a reaction on your skin or in your joints, reactions that you are familiar with.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Prenatal Relaxation

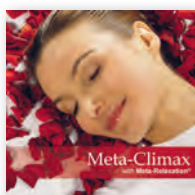
Relaxation (audiotherapy) - 55 min.

The risk of premature childbirth, the pain of labor programmed since childhood, and even the risk of breech delivery in the three last weeks of pregnancy are obstetric problems for which scientific literature turns to the role of psychological factors and the effectiveness of appropriate intervention when no biological cause can be identified. The great level of physical and psychological relaxation obtained through suggestion and sound reflects the effectiveness of suggestions directed at uterine relaxation and perineal comfort. For use after the third month of pregnancy.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Meta-Climax

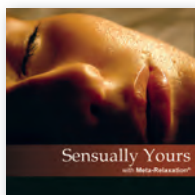
Relaxation (audiotherapy) - 49 min.

Pleasure is directly linked to your emotional and imaginative state. This is especially true for women. This program is a rich source of indirectly erotic sensory and visual images that act subtly on the subconscious. Increasing your capacity for erotic fantasy through pleasant and positive visualization is a great way to optimize your orgasmic potential, just like muscular exercise works to restore muscle tone.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Sensually Yours

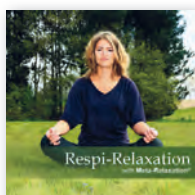
Relaxation (audiotherapy) - 39 min.

Advertising, movies, television and magazines give us a picture of a world that is so sensual and erotic that more and more men and women feel frustrated because they are not experiencing the same adventure. This mirage leads to a sense of failure in the real world. However, achieving sensual pleasures can be simple both physically and sentimentally. To let go of this mirage and to find the loving, sensual instincts in ourselves, we need to have confidence in our emotional, subconscious brain.



Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people



### Respi-relaxation

Relaxation (audiotherapy) - 49 min.

From psychogenic hyperventilation to allergic bronchial asthma, there are many respiratory disorders where psychosomatics actually spark or aggravate the situation. Profound physical and psychological relaxation obtained through suggestions and musical atmosphere reflects the immediate and lasting effects of suggestions designed to facilitate respiratory relaxation.

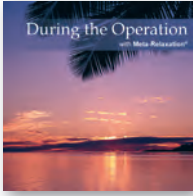


Level 3  
Medium stimulation

Relaxation level  
This level is not suitable for photosensitive people

# Evening sessions (Relaxing Voices)

## Clinical use



### During the Operation

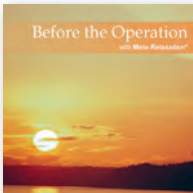
*Relaxation (audiotherapy) - 30 min.*

During a localized operation, patients can sometimes hear the comments of the surgeons and their assistants and this can be disconcerting. Surgeons administer extra sedation intravenously despite all the side effects because the high level of stress for the patients lead to their body moving.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Before the Operation

*Relaxation (audiotherapy) - 29 min.*

Stress before an operation is situated on the stress management scale as comparable in importance to the loss of a close relative. Listening to this program helps you to manage this stressful moment especially when you are waiting for your turn, in a queue, or on a bed in an impersonal corridor before going into the operating room. It helps to reduce the necessary doses of anaesthetic. So, if you can, it is better to live through these difficult moments in a way that is the least unpleasant.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### After the Operation

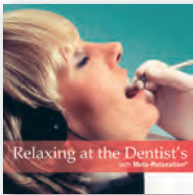
*Relaxation (audiotherapy) - 25 min.*

When used directly after the operation, this recording helps to avoid post-operational anguish as well as most of the complications we are familiar with (heartbeat problems, anxiety, nausea, vomiting, shivering, etc.). This material has been used regularly in hospitals after operations since 1994. Various suggestions aimed at optimizing the process of tissue repair such as scarring, and also pain management, make up this recording that can be listened to in the days and weeks after an operation.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Relaxing at the Dentist's

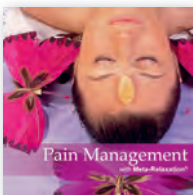
*Relaxation (audiotherapy) - 29 min.*

You are sitting in the dentist's chair waiting for your dental care and all you have to do is relax. While the dentist is operating for half an hour, or even longer, this recording enables you to spend your time in a pleasant way and to relax while your dentist works calmly. Suggestions help to reduce bleeding and to manage any discomfort or pain, while the level of sensitivity and nervous stress goes down when you are fully relaxed.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Pain Management

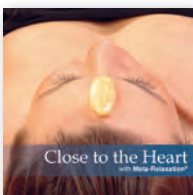
*Relaxation (audiotherapy) - 34 min.*

Play this program when you are feeling pain or want to reduce or erase chronic pain. Whatever its origin, a chronic pain is felt and it evolves according to the emotional state, the way it is experienced, eloped, fought or appreciated... Man's first medicine used some efficient psychological techniques to reduce, alter or make pains vanish without necessarily reducing, altering or making their causes disappear. The content of this recording finds its inspiration in these ancestral techniques while adding the latest audio-medical technologies to them.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people



### Close to the Heart

*Relaxation (audiotherapy) - 38 min.*

This recording is intended for those who have been diagnosed or are receiving therapy for one or both breasts and who, at some point, have felt their femininity or their lives as women threatened by the events and their consequences. We now know that scarring and all other forms of healing are intimately related to a person's emotional state, to their feelings of security and protection, and to feelings of well-being. The phrases, words, and images of this recording have been especially designed to help deal with the particularly stressful situation of a breast operation.



**Level 3**  
**Medium stimulation**

Relaxation level  
This level is not suitable for photosensitive people

# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions: one in pulsed lights and the other in continuous lights (photosensitive).

## Sport



### ACE: The HPP Golf Mastery Program (Voices)

Relaxation - 3 programs: total 48 min.

Playing your best golf means approaching your game with the right Attitude, having Confidence in your ability and then Executing consistently. When everything is in sync (ACE), the process unfolds automatically—what athletes call being in the zone.

University based laboratory research has shown that ACE significantly improves putting performance as well as making your golf game more consistent.

The HPP process taps into your most successful golf experiences and then removes emotional blocks that get in the way of your game. This scientifically developed process allows you to effortlessly and intuitively improve your game!



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people

## Stress Management



### Changing Emotions: A Stress Management Program (Voices)

Relaxation - 4 programs: total 1 h 34 min.

Changing Emotions uses Lloyd Glauberman's revolutionary HPP method to unlock the power of your unconscious mind - transforming and enhancing your natural ability to relax and feel comfortable in the world around you.

If your life is filled with anxiety, low self-esteem, anger or depression, this program offers a new and exciting approach to feeling at peace with yourself and the world.

You will also find this program an important part of your peak performance library. Better control your emotional states is a key element for success and well-being. With less stress you will instinctively make better decisions, feel healthier, and have more confidence every day.

Reduce the stress in your life, make better decisions, and feel better all day – with Changing Emotions.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people

## Weight



### Inside/Outside: Motivational Weight Loss Program (Voices)

Relaxation - 4 programs: total 1 h 31 min.

Every week we see a new diet. With so many options to choose from, why is losing weight and getting in great shape such a struggle? Because it's not about diets, it's about lifestyle patterns. Three new patterns need to be installed for successful weight loss: eat less, eat better and exercise more. That's it!!!

Inside/Outside - Motivational Weight Loss Program utilizes Dr. Lloyd Glauberman's revolutionary HPP method to program your unconscious mind to make lifestyle changes. This method "short circuits" overeating and installs more appropriate eating patterns that follow the normal rhythms of your hunger cycle. You will stay motivated and disciplined while developing a more positive self image.

You will find yourself easily eating less, eating better and exercising more. You might even find yourself working out that extra day at the gym – not because you are forcing yourself to, but because you want to.

Remove the unconscious barriers to losing weight and getting fit, and make the life changes you have always wanted with Inside/Outside.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions: one in pulsed lights and the other in continuous lights (photosensitive).

## Personal Growth



### Creating a Presence: Power Communication (Voices)

*Relaxation - 2 programs: total 47 min.*

There is nothing more important than the ability to communicate effectively. Unfortunately, many people struggle unnecessarily with the fear and frustration about public speaking.

This program employs Dr. Lloyd Glauberman's revolutionary HPP method to build confidence and alleviate anxiety associated with speaking in groups.

In addition, it activates your intuitive conversational and interpersonal skills, allowing you to be more comfortable, confident and assertive in every day situations. You will find yourself communicating your ideas easily and clearly.

Creating a Presence will allow you a new freedom to communicate your point of view and accomplish your goals.

Specific skills it teaches include: preparing for a speaking event, generating positive beliefs about your capabilities, becoming more assertive, influencing others, and building self-esteem.

Whether you are can barely stand the thought of speaking up in a group, or are looking for that extra edge to ace your next business presentation, Creating a Presence can take you to the next level.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### Feeling Better: Mind/Body Connections (Voices)

*Relaxation - 4 programs: total 1 h 48 min.*

Research has shown that our thoughts and emotions play an important role, not only in the way we feel, but whether we are healthy or sick.

Feeling Better: Mind/Body Connections stimulates the neurological and biochemical pathways - the inherent wisdom that is contained in mind/bodies - that can improve health and well-being. Coupled with the profound sense of relaxation generated by the HPP technology, this program focuses on keeping you stress free, healthy and vibrant.

In addition, building a positive belief system about yourself, developing effective lifestyle management skills and tapping into your personal power are components of the Feeling Better/ Mind Body Connections program.

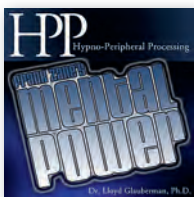
If you have been struggling to improve your health or are looking to remain in a state of well-being, this is a "must have" program for you.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### Frank Zane's Mental Power Strength Training Program (Voices)

*Relaxation - 4 programs: total 1 h 35 min.*

Frank Zane's Mental Power, by Dr. Lloyd Glauberman in collaboration with fitness expert Frank Zane, helps people become healthier and more fit through motivational strength training.

Frank Zane is a legendary body builder considered as knowledgeable as anybody about how to build muscle and strength.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### Hidden Wisdom- Breaking Through Creative Blocks (Voices)

*Relaxation - 2 programs: total 42 min.*

All of us – even the most talented – get stuck from time to time and can't breakthrough a creative block. Staring at a blank page or an empty canvas is a frustrating experience.

Hidden Wisdom utilizes Dr. Lloyd Glauberman's revolutionary HPP (Hypno- Peripheral Processing) method to remove unconscious blocks and allow new ideas to breakthrough into consciousness.

These hypnotic audio Program's work on numerous levels, which include building confidence, generating new ideas and motivating you to maximize your creative and artistic potential.

Because your unconscious does the work, there are no journals to keep or tasks to do. Just sit back, put on the headphones and listen to the multiple storytelling format. The changes you experience will be spontaneous and fluid as you seamlessly integrate these new creative patterns into your life.

No matter what type of creative inspiration you are looking for – in the arts, business or your personal life- Hidden Wisdom will set into motion a series of new ideas that will change the quality of your life in a very positive way.



**Level 3**  
Medium stimulation  
Relaxation level

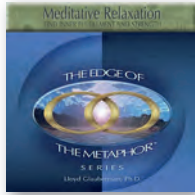


**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people

# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions: one in pulsed lights and the other in continuous lights (photosensitive).

## Personal Growth



### **Meditative Relaxation (Voices)**

*Relaxation - 2 programs: total 56 min.*

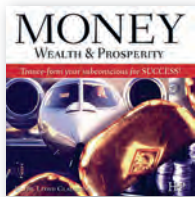
Meditative Relaxation is part of The Edge of the Metaphor series, which focuses on the core areas of our lives- Body, Mind, Spirit, and Relationships- and is structured around renewal and balance. Utilizing Dr. Lloyd Glauberman's revolutionary HPP method, this program gives you the ability to more intuitively remain balanced and focused. You can expect a more positive overall state of mind allowing you to fully participate in all areas of your life. You will also find yourself more relaxed and stress-free, able to control negative emotional states. At any moment in time we have the opportunity to change the trajectory of our life and have the next chapter in our own personal story be better, brighter, and more productive. Meditative Relaxation will help make that happen for you.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### **Money, Wealth & Prosperity (Voices)**

*Relaxation - 6 programs: total 2 h 25 min.*

Wealth is created first and foremost in our minds - through goals, beliefs, and a strong sense of self worth. It sounds simple, but many people never learn the basic tools of visualizing success, believing they deserve it and working towards this goal with the belief they will succeed. Money, Wealth & Prosperity utilizes Dr. Lloyd Glauberman's revolutionary HPP method to program your unconscious mind to make the positive lifestyle changes necessary for success. This method allows you to bypass self-sabotage, insecurity, and procrastination while providing you with more positive and appropriate attitudes about success. You will find yourself able to stay motivated and disciplined while developing the basis for financial success.. A more positive self-image. Because your unconscious does the work, there are no journals to keep or specific tasks to do. Just sit back, put on the headphones and listen to the multiple storytelling format. The changes you experience will be spontaneous and fluid as you seamlessly integrate these new patterns into your life. Whatever your goals for financial success are, this program will give you new thoughts, beliefs and feelings that will empower you to achieve your dreams.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### **Peak Experience: Harness the Energy of the Body-Mind-Spirit Connection (Voices)**

*Relaxation - 2 programs: total 57 min.*

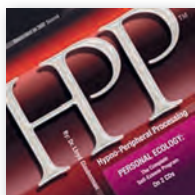
Peak Experience is part of The Edge of the Metaphor series, which focuses on the renewal of balance in the core areas of our lives — Body, Mind, Spirit and Interpersonal Relationships. Utilizing Dr. Lloyd's Glauberman's revolutionary HPP method, this program gives you the ability to more intuitively respond to the above-mentioned areas of your life. You can expect to find yourself more relaxed and energized, more fully able to participate in all that life has in store for you. At any moment in time we have the opportunity to change the trajectory of our life and have the next chapter in our own personal story be better, brighter, and more productive. Put yourself on the best path with Peak Experience.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people



### **Personal Ecology: The Complete Self-Esteem Program (Voices)**

*Relaxation - 4 programs: total 1 h 37 min.*

If you don't have confidence in yourself, how can you expect other people to? Having a positive self-attitude affects everything we do and impacts all the people around us - from friends to co-workers. Personal Ecology is a unique tool for creating and reinforcing a healthy and positive self image. Personal Ecology uses Dr. Lloyd Glauberman's revolutionary HPP method to unlock the power of your unconscious mind - removing barriers to a healthy sense of self-esteem. With HPP programs, you can expect new positive thoughts and behaviors to spontaneously appear in your life. Become calm and centered, avoid self-sabotage, and tap into your inner personal power. The first step to accomplishing your dreams is self-confidence. The first step to self-confidence is Personal Ecology.



**Level 3**  
Medium stimulation  
Relaxation level



**Level 1**  
Very weak stimulation  
This level is suitable for photosensitive people

# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions: one in pulsed lights and the other in continuous lights (photosensitive).

## Personal Growth



### Personal Power (Voices)

Relaxation - 2 programs: total 49 min.

Personal Power is part of The Edge of the Metaphor series, which focuses on the renewal of balance in the core areas of our lives — Body, Mind, Spirit and Interpersonal Relationships Utilizing Dr. Lloyd's Glauberman's revolutionary HPP method, this program gives you the ability to intuitively respond to these key areas of your life. You can expect to find yourself more assertive, able to cope with change, and attain positive outcomes in your life. At any moment in time we have the opportunity to change the trajectory of our life and have the next chapter in our own personal story be better, brighter, and more productive. Give yourself "THE POWER TO COPE" with Personal Power.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



### Procrastination - A Rhythmic Approach (Voices)

Relaxation - 4 programs: total 1 h 45 min.

It can be difficult to stay focused on the important things in life – the world is fast moving, complex, and offers many distractions. We've all had bills we forgot to pay, rushed to mail in our taxes or wish we had started that term paper just a few days earlier... Procrastination utilizes Dr. Lloyd Glauberman's revolutionary HPP method to program your unconscious mind to organize and energize your experience so that you begin to initiate important tasks in your life. This method allows you to bypass self-sabotage, insecurity, and procrastination while providing you with a more positive attitude about getting things both started and finished. You will find yourself able to stay motivated and disciplined while developing a more positive self-image – instinctively and intuitively taking the right steps to accomplish your goals. Because your unconscious does the work, there are no journals to keep or specific tasks to do. Just sit back, put on the headphones and listen to the multiple storytelling format. The changes you experience will be spontaneous and fluid as you seamlessly integrate these new patterns into your life. Procrastination: A Rhythmic Approach will give you the tools you need to accomplish your goals in life.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



### Quest For Excellence: Maximizing Performance For Business, Sports and the Arts (Voices)

Relaxation - 4 programs: total 1 h 51 min.

Enjoy Peak Performance in every aspect of your life! Successful athletes, business entrepreneurs and artists all have two characteristics in common – the ability to set realistic goals and the motivation to develop the skills and strategies necessary to attain those goals. Successful people continually create the positive outcomes that they want in life. Temporary setbacks and disappointments never deter them from continuing to SEE WHAT THEY WANT AND GO AFTER IT. The question is, how do they do this? We all have skills, internal resources and experiences that make us different and special. When we can access them and organize them in a useful way, we find the success we want. Dr. Lloyd's Glauberman's revolutionary HPP method programs your subconscious mind to do just that. Combining both conscious and subconscious processes the Quest for Excellence taps into your best and organizes your thoughts, sensations, feelings and actions so that you spontaneously find yourself in a relaxed energized and focused state when you need to perform. Quest for Excellence will give you the drive to achieve your life goals. Inner obstacles to success will spontaneously disappear - allowing your true potential to break through. If you are looking for a PEAK PERFORMANCE LIFESTYLE, it's time to let the power of the subconscious get you to the next level. Program yourself for success with Quest for Excellence.



Level 3  
Medium stimulation  
Relaxation level

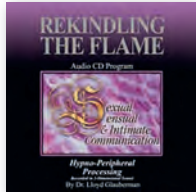


Level 1  
Very weak stimulation  
This level is suitable for photosensitive people

# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions: one in pulsed lights and the other in continuous lights (photosensitive).

## Personal Growth



### Rekindling the Flame (Voices)

Relaxation - 8 programs: total 3 h 28 min.

A great deal of information exists as to how to improve relationships. Unfortunately, insight and understanding do not necessarily translate into change. Rekindling The Flame, however, focuses on unconscious patterns of intimate communication that results in spontaneous improvement on all levels of your relationship, from everyday communication to sexual passion.

So how do you raise the temperature of your love life?

Rekindling The Flame utilizes Dr. Lloyd Glauberman's revolutionary HPP method to program your unconscious mind to make relationship changes. This method "short circuits" any frustrations or disconnects between lovers and installs more appropriate rhythms of two people communicating harmoniously.

You will find yourself less anxious, communicating more easily and becoming more sensual and sexual. You might even rediscover the excitement of when you first met! And it will all seem natural. This program works best if both parties are using the program. However, individual use will also result in relationship breakthroughs and rising temperatures!

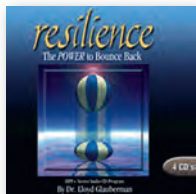
We all want to spice up our love life and feel the heat of passion burn. Remove any unconscious barriers and have the relationship of your life with Rekindling the Flame.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



### Resilience: The Power to Bounce Back (Voices)

Relaxation - 9 programs: total 3 h 23 min.

How do you get your body, mind and spirit to bounce back? How do you set the right pace so that you don't get burned out in the first place?

Resilience is a cutting edge Audio Program that uses the hypnotic storytelling technique, Hypno-Peripheral Processing, combined with Hypno-Meditation to unlock the power of your unconscious mind. Clinically developed, Resilience places you into a deeply relaxed state, ideal for the absorption of positive suggestions. You will find yourself relaxed, energized and centered - ready to tackle all of life's challenges.

The best part is - Resilience does all the hard work for you. There are no journals to keep or tasks to do. Just sit back, put on the headphones and listen to the soothing hypnotic stories. The changes you experience will be spontaneous and fluid as you seamlessly integrate these new healthy patterns into your life. Inner obstacles and bad habits will disappear, allowing your true potential to emerge.

Give yourself the tools and techniques to make it to the finish line every day with Resilience.



Level 3  
Medium stimulation  
Relaxation level



Level 1  
Very weak stimulation  
This level is suitable for photosensitive people



### Sales Mastery (Voices)

Relaxation - 4 programs: total 1 h 41 min.

One of the challenges with traditional sales and negotiations training is that it requires learning and memorizing foreign techniques rather than harnessing the natural instincts we all have.

At our core we all desire to influence others and succeed in life. We are born with natural sales strategies - watch as children probe their parents with requests and questions- to get the outcome they want. Children are masters at influencing others to get what they want. Those intuitive skills are still inside all of us.

What if you could awaken these dormant sales skills and dramatically improve your ability to sell. Dr. Lloyd Glauberman's revolutionary HPP method will stimulate your unconscious mind to do just that. Sales Mastery is a powerful program that energizes you to sell naturally and effectively, using skills you already possess.

No longer will you be trying to employ someone else's strategy for success in these areas, but you will be intuitively utilizing your own unique abilities to listen, influence, compete and close!

Whatever your sales goals are, give yourself that extra edge by programming yourself for success with Sales Mastery.



Level 3  
Medium stimulation  
Relaxation level

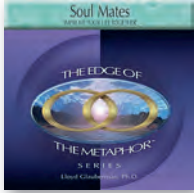


Level 1  
Very weak stimulation  
This level is suitable for photosensitive people

# Evening sessions - Dr. Lloyd Glauberman

These programs are supplied in two versions : one in pulsed lights and the other in continuous lights ( photosensitive ).

## Personal Growth



### **Soul Mates : Improve Your Life Together (Voices)**

*Relaxation - 2 programs : total 44 min.*

Soul Mates is part of The Edge of the Metaphor series which focuses on the core areas of our lives- Body, Mind, Spirit, Relationships- and is structured around renewal and balance.

Utilizing Dr. Lloyd's Glauberman's revolutionary HPP method, this program gives you the ability to more intuitively respond to the above-mentioned areas of your life. Because your unconscious does the work, there are no journals to keep or tasks to do. Just sit back, put on the headphones and listen to the multiple storytelling format. The changes you experience will be spontaneous and fluid as you seamlessly integrate these new creative patterns into your life. Specifically, you can expect to find yourself more relaxed and connected to that special someone.

At any moment in time we have the opportunity to change the trajectory of our life and have the next chapter in our own personal story be better, brighter, and more productive. Allow your relationship to develop that "special intimacy" with Soul Mates.



**Level 3**  
**Medium stimulation**

Relaxation level



**Level 1**  
**Very weak stimulation**

This level is suitable for photosensitive people



### **Tick-Tock : Creative Time Management (Voices)**

*Relaxation - 4 programs : total 1 h 39 min.*

Time is the great equalizer : we all start off with the same 24 hours each day.

What differentiates us from each other is how efficient and productive we are.

There is no shortage of programs offering to teach you how to manage your time. The problem is that most programs require you to do a variety of "school related" activities. While this works for some people, it is unsuccessful for many.

What if you could manage your time better without major changes to your life, or making yet another list of things you "should" have done.

Tick-Tock- Creative Time Management employs Dr. Lloyd Glauberman's revolutionary HPP programs to program your unconscious with effective time management techniques. In doing so you effortlessly organize your day and become the productive person you are capable of being.

With HPP programs, you can expect new goal oriented patterns of behavior to spontaneously appear in your life. You will be more organized and able to stay on-task. Better planning, increased productivity and efficiency are just some of the benefits of a better-organized life.

Isn't it time for you to use time efficiently and productively ?



**Level 3**  
**Medium stimulation**

Relaxation level



**Level 1**  
**Very weak stimulation**

This level is suitable for photosensitive people

# All the programs available for the P*SiO*<sup>®</sup>

## Morning Sessions

### Nova era

---

Radiate Love  
Improve the financial side of your life  
Integrate success  
Make luck happen  
Develop your self-confidence  
Absorb vital energy  
Improve your strategy for influencing people  
Develop your intuition by letting go

### Concentration

---

Concentration  
Focus Attention

### Stop Time

---

Stop Time "Breathing" 5 minutes  
Stop Time "Visualization" 10 minutes

## Afternoon Sessions (Music 5-15 min.)

### Latin Jazz (Joyce Colling)

---

The Way Out  
It's You  
Voo Doo Chicken  
Ve  
Glad Rap  
It's on you  
Dori  
It's Time I Go (Photosensitivity)  
Rhythm Kitchen  
Save This Dance For Me  
Chit-Chat  
Dolores In Pink  
The Red Rose  
Global Cooling  
Grass Roots  
What We Are Waiting For  
Cobra  
MIX JC  
ALBUM Global Cooling  
ALBUM Cameo

### Lounge (Claude Challe)

---

Je Nous Aime  
Behesht  
Carmenita  
Survival  
Peyotee  
Orgasmus  
Wake Up  
Soufi Night  
Psyche Paradise  
Amma  
A L'ombre De Tes Cils  
MIX CC

### New Age

---

Eleane  
Float 2 Relax  
Harmony  
Plenitude  
Serenity  
Taking Off  
Zen Latitudes  
Flight of a Bird  
Utopia

### Electro

---

Climax

### Electro-Lounge

---

Amphetamin  
Turbo Wake Up  
Eyes Wide Shut  
Couleur Café  
Garana  
Blue Powder  
White Mind  
Sweet Speed

### Classical Music

---

Ignace-Joseph Pleyel - Concerto for Flute and Orchestra  
Peter I. Tchaikovsky - Chant sans paroles

### Classical Music - Photosensitivity

---

Ludwig van Beethoven - Romance for Violin and Orchestra  
Peter Benoît - 3rd Fantasy for Piano Solo  
Zdenek Fibich - Poema

## Afternoon Sessions (Music 15-40 min.)

### Pro Relaxation

---

Relax 15 min.  
Relax 20 min.  
Relax 30 min.  
Relax 45 min.  
Relax 60 min.  
Relax - Photosensitivity 20 min.  
Relax - Photosensitivity 15 min.

### Hyper Naps

---

Seashore Hyper Nap 10 min.  
Seashore Hyper Nap 20 min.  
Seashore Hyper Nap 30 min.

### Recovery/Energy

---

Dynamiser  
High Resolution  
Memostar  
Nitroglycerin Anti-Stress

### Power Nap

---

Energy Source  
Break

## Creativity

---

Creativity  
Eureka

## Integration

---

Data Processing  
Comprehension

## Memorization

---

Memo-Booster  
Memorization

## Relaxation

---

Relaxation  
Anti-Stress

## Afternoon Sessions (voices 30-40 min.)

(Continuous mode)

### Joy of Life

---

Joy of Life - Photosensitivity

### Stress Management

---

Stress Management - Photosensitivity  
Letting Go - Photosensitivity

### Sleep

---

Fall Asleep in The Garden of Gods - Photosensitivity

### Dependencies

---

Stop Smoking for Good - Photosensitivity

### Weight

---

Lose Weight - Photosensitivity

### Functional Disorders

---

Managing Psoriasis - Photosensitivity

## Evening Sessions

### Joy of Life

---

Joy of Life  
Be Happy Again

### Stress Management

---

Stress Management  
Letting Go  
Managing Stress After a Separation  
Zen Attitude  
Digestion of the Traumas  
Free One's Mind

### Dependencies

---

Stop Smoking for Good

### Sleep

---

Fall Asleep in The Garden of Gods  
Hypno-Sleep  
Sleep

## Functional Disorders

---

Cardio-Relaxation  
Stress Management for Headaches  
Managing Psoriasis  
Meta-Climax  
Prenatal Relaxation  
Respi-Relaxation  
Sensually Yours

## Clinical Use

---

During the Operation  
After the Operation  
Before the Operation  
Pain Management  
Relaxing at the Dentist's  
Close to the Heart

## Weight

---

Sugar-Free  
Lose Weight  
Table Yoga  
Managing Bulimia

## Evening Sessions - Photosensitivity

(Continuous red mode)

### Joy of Life

---

Joy of Life - Photosensitivity

### Stress Management

---

Stress Management - Photosensitivity  
Letting Go - Photosensitivity

### Sleep

---

Fall Asleep in The Garden of Gods - Photosensitivity

### Addictions

---

Stop Smoking for Good - Photosensitivity

### Weight

---

Lose Weight - Photosensitivity

### Functional Disorders

---

Managing Psoriasis - Photosensitivity

## Evening Sessions - Dr. L. Glauberman

### Sport

---

ACE : The HPP Golf Mastery Program

### Stress Management

---

Changing Emotions : A Stress Management Program

### Weight

---

Inside/Outside : Motivational Weight Loss Program

## Personal Growth

---

Creating a Presence: Power Communication  
Feeling Better: Mind/Body Connections  
Frank Zane's Mental Power Strength Training Program  
Hidden Wisdom- Breaking Through Creative Blocks  
Meditative Relaxation  
Money, Wealth & Prosperity  
Peak Experience: Harness the Energy of the Body-Mind-Spirit Connection  
Personal Ecology: The Complete Self-Esteem Program  
Personal Power  
Procrastination - A Rhythmic Approach  
Quest For Excellence: Maximizing Performance For Business, Sports and the Arts  
Rekindling the Flame  
Resilience: The Power to Bounce Back  
Sales Mastery  
Soul Mates: Improve Your Life Together  
Tick-Tock: Creative Time Management





# Packages

## Morning Sessions

### Success

#### 8 programs

- Absorb vital energy
- Develop your self-confidence
- Integrate success
- Improve your strategy for influencing people
- Improve the financial side of your life
- Make luck happen
- Develop your intuition by letting go
- Radiate Love

## Afternoon Sessions

### New Age

#### 9 programs

- Flight of a Bird
- Utopia
- Eleane
- Float 2 Relax
- Harmony
- Plenitude
- Serenity
- Taking Off
- Zen Latitudes

### Best Of

#### 10 programs

- Global Cooling
- Grass Roots
- The Way Out
- Carmenita
- A l'Ombre De Tes Cils
- Wake Up
- Harmony
- Serenity
- Eleane
- Seashore

### Passing Exams

#### 9 programs

- Hypno-Sleep
- Energy source
- Memo-Booster
- Data Processing
- Eureka
- Fall Asleep in the Garden of Gods
- Joyce Cooling: Glad Rap
- New age: Utopia
- New age: Serenity

### Performance

#### 14 programs

- Hypno-Sleep
- Energy source
- Memo-Booster
- Data Processing
- Eureka
- Anti-Stress
- Focus Attention
- Break
- Comprehension
- Concentration
- Creativity
- Memorization
- Relaxation
- Sleep

## Evening Sessions

### Relaxation - The Best Sellers

#### 6 programs

- Free One's Mind
- Stress Management
- Digestion of the Traumas
- Zen Attitude
- Managing Stress After a Separation
- Sensually Yours

### Weight Loss

#### 5 programs

- Lose Weight
- Managing Bulimia
- Sugar-Free
- Table Yoga
- Lose Weight - Photosensitive

### Travel

#### 8 programs

- Fall Asleep in the Garden of Gods
- Stress Management for Headaches
- Hypno-sleep
- Sleep
- Radiate Love
- Wake Up
- Plenitude
- Eleane

### Functional Disorders

#### 7 programs

- Cardio-Relaxation
- Sensually Yours
- Stress Management for Headaches
- Managing Psoriasis
- Meta-Climax
- Prenatal Relaxation
- Respi-Relaxation

## 📄 Quiet Sleep & Good Mood

---

### 8 programs

Letting Go (Photosensitivity, evening)  
Fall Asleep in the Garden of Gods (evening)  
Hypno-Sleep (evening)  
Sleep (evening)  
Joy of Life (morning)  
Stress Management (Photosensitivity, morning)  
Wake Up (morning)  
Energy Source (nap)

## 📄 Tools for Wellness

---

### 10 programs

Eureka  
Data Processing  
Memo-Booster  
Anti-Stress  
Creativity  
Break  
Carmenita  
Je nous aime  
Joyce Cooling: Save this Dance  
Absorb vital energy

## 📄 Clinical Use

---

### 8 programs

Before the Operation  
During the Operation  
After the Operation  
Close to the Heart  
Lose Weight  
Managing Bulimia  
Sugar-Free  
Table Yoga



 [facebook.com/psioworld](https://facebook.com/psioworld)



[www.psioworld.com](http://www.psioworld.com)





# Interested in a PSiO® discovery session ?

Contact your PSiO® Ambassador :

Or contact the PSiO® Company at [info@psio.com](mailto:info@psio.com) and we will send you the contact details of the Ambassador located nearest to you.