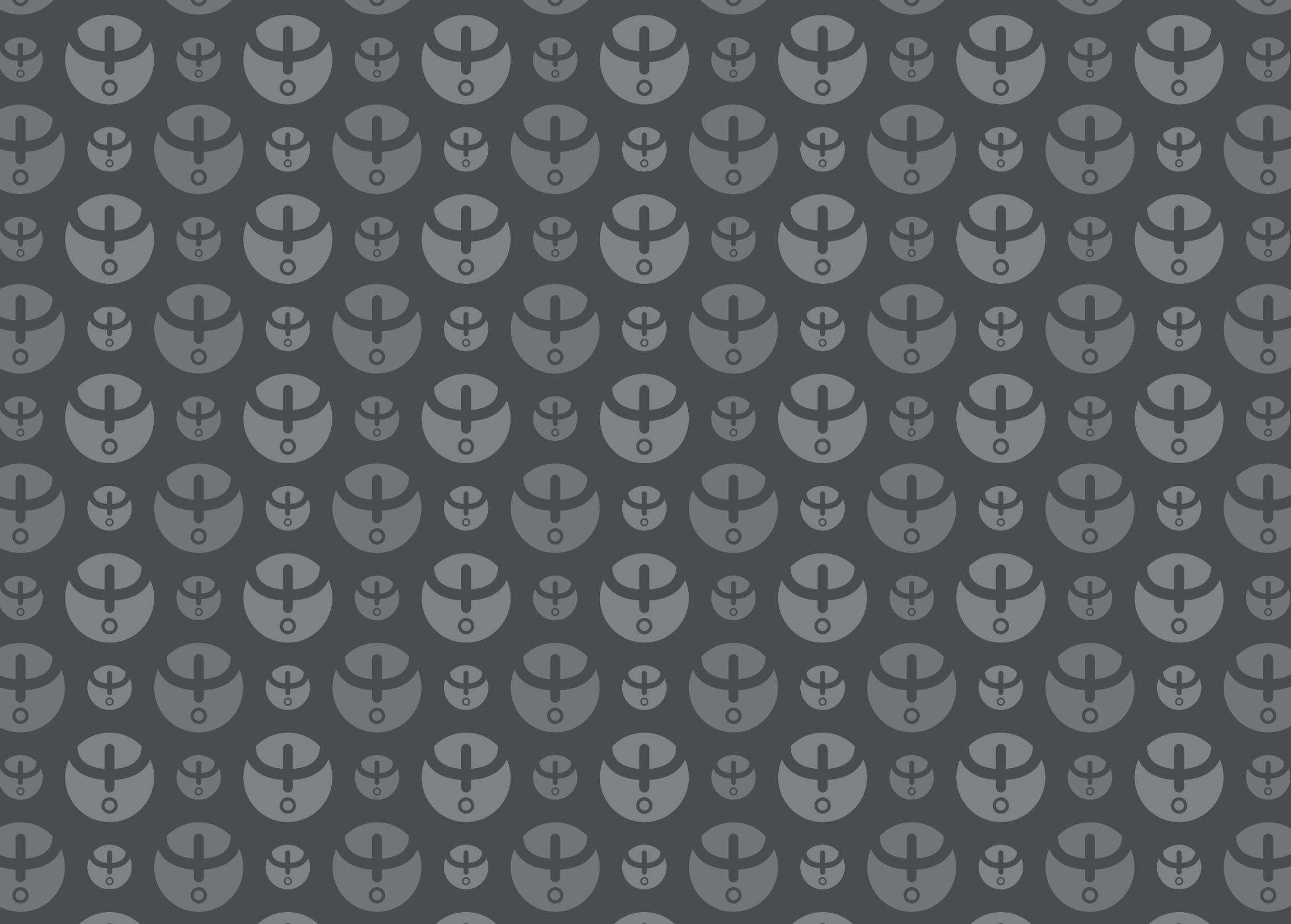


A man and a woman are lying in bed, smiling, wearing white PSiO goggles with blue and red lenses. They are wearing a pink shirt and a blue shirt respectively. The pillows they are lying on have the PSiO logo on them. A horizontal bar with a rainbow gradient is positioned across the middle of the image.

# PSiO COACHING





# PSiO COACHING







## Summary

1. Presentation
2. PSiO Programs
3. Choice of sessions
4. Instructions for use
5. The videos
6. Examples of PSiO usage protocols
7. The PSiO Evolution
8. Frequently Asked Questions
9. The PSiO pillow



# Presentation

## Light therapy and relaxation combined

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Equipped with an MP3 player, the PSiO combines music and/or calming voices with light stimulation.

### What needs are met using the PSiO?

Do you have trouble sleeping? Are you tired or even sometimes depressed?

PSiO technology offers you an innovative, simple and effective solution to regain your sense of well-being.

Depending on the time of day and the need, the sessions are adapted in terms of/tailored (with) rhythms, colors and possibly relaxing messages.

### Utilization

You can use the PSiO whenever the need for relaxation or recovery arises.



Recovery on rest area

### Do you have any of these problems?

- Difficult sleep
- Chronic fatigue and depression
- Burnout

### Use the PSiO solution

It can be divided into 1 to 3 sessions per day:

- **Morning Sessions (positive visions)**  
Morning sessions make it possible to wake up more efficiently thanks to light therapy. Allowing the user to start the day in top shape thanks to positive visualizations with the PSiO.
- **Afternoon sessions (music)**  
Energizing Power naps, create an internal environment of recovery with music while stimulating the mind. The Results are truly Energizing!

- Evening sessions (relaxing/soothing voices)

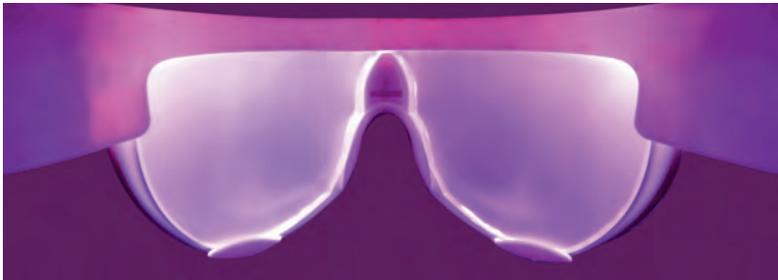
The pulsed colors associated with voices and music help stop ruminating thoughts and naturally put the mind at rest; it is the ideal alternative to sleeping pills.

**Note:** In addition to the pre-loaded sessions on your PSiO, a hundred programs tailored to your needs can be downloaded on [www.psioplanet.com](http://www.psioplanet.com).

## The benefits

Thanks to the PSiO sessions, the benefits are :

- Fall asleep easily and sleep peacefully
- -Getting back in a good/positive mood
- -Recover quickly/quick recovery



## Continuous light or pulsed light

Programs in “pulsed light” mode favor halting ruminating thoughts. They are therefore suitable for sleep problems or stress problems.

Programs in “Continuous light” programs are more frequently used to combat seasonal depression.

## Eyes open or closed ?

Even with eyes closed, light acts through the eyelids. However, it is advisable to practice :

- In the morning: open the eyes, with programs designed for awakening (voice-guided visualization).
- Afternoon: eyes open or closed, programs designed to take a break/nap (music).
- In the evening: eyes closed, programs designed to be listened to in your bed and before sleeping (relaxing voices).

## Guarantees of efficiency

For more than 20 years, PSiO technology has been used with great success in hospitals to manage stress by local/European anesthesiology clinics, the recovery rooms and sleep laboratories.

**NASA** recently purchased the PSiO to test its effectiveness in regulating jet lag and managing the stress of Astronauts. To learn more about the clinical practices and scientific studies on light stimulation and the relaxing effect induced by the PSiO, please contact us.

## Safe Use

Unlike drugs, this method has proven after 20 years of practice, no side effects have been found. This attention to detail has earned the PSiO the **French National Laboratory of Measurement (LNE)** the certificate of total safety for the eyes.



Manufacturing in high-tech laboratories

## Certifications

In addition to ISO standards, PSiO has obtained the **CE and FCC** certificates (no electromagnetic wave emissions).

## Durability

The PSiO has been designed to last. The **"PSIOPLANET"** download platform allows you to update the programs for your PSiO, even after several years. As for the stylish packaging, it is designed to become the storage box of the PSiO.





## Introduction

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You have acquired for yourself a very special device. It is one of a kind and does not replace any other existing device. The way it operation is innovative and unique. So, what is the use of your new companion on the mind?

First, it can first play an energizing function? exactly like vitamins for the mind. Thanks to the light emitted/produced in the morning programs or naps (afternoon) it can energize/rejuvenate your attention span, your responsiveness, your memory and overall cognitive functions. The research has shown that the specific wavelength: 470 nm (blue light) is a real game changer.

PSiO can also have other life changing effects. You may notice the "evening" programs, are encoded in red light, which has no impact on the biological clock/circadian rhythms. In pulsed mode, it develops an accelerated release of attention and will propel/sooth you to the sleep border state, a particularly favorable condition for the integration of positive messages encoded into audioceuticals (voice recordings) purposed for listening before you decide to sleep.

The PSiO can therefore have a calming effect, promote sleep or promote relaxation to combat stress-related disorders for your personal well-being or help you access wellness you deserve, with meditation assistance programs and positive visualization the PSiO is an all-natural recovery tool.

# Your First Session

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The discovery session is probably the best way to understand the different possibilities of the PSiO.

To find out how best to use it, ask yourself a simple question first:

I'm already fine but I want to get better? Or, I'm not good at all and finally I just want to get back to a place of well being and get well again?

## You are well and you want to get better

If you answered the first question in the positive, in this case, the titles of the morning are made just for you! This does not mean that you will not have fun listening to the evening's tracks

made for relaxing and letting go of attention. It simply means that you will feel refreshed and ready to engage with world mentally and/or physically.

When someone like you embarks to discover meditation and practices mindfulness exercises, one must bear in mind that this corresponds to a certain level of energy that not everyone is always capable of. We could even argue that most people who turn to a tool of relaxation such as the PSiO, generally do not have the energy, nor the motivation to move towards mental exercises that require concentration.

So, if you're feeling great and energized, morning sessions are right for you. And you will not be discouraged or disappointed, on the contrary.

The entire PSiO catalog is on your side. You can practice the morning sessions at your own pace, or when the need arises. It should be known that the ideal is to practice these exercises every morning at least initially to create the habit and the ritual.

Then, if the need arises, you can use the PSiO in power nap mode with the music sessions in the afternoon to recover quickly without having to fall asleep. There are different tracks of music which the dynamic light has been encoded and you can choose which type of music is best for you to accompany your pulsed light therapy sessions. These are the most effective sessions to stimulate the receptors located in your retina, directly connected to the biological clock/circadian rhythm and stimulation of diurnal hormones.

Similarly, if the need arises, you can prepare yourself for a serene and recuperative night by using the PSiO before sleep. You will find any of the evening sessions are appropriate.



## I'm not good at all and I just want to get back to a place of well being and get well again

If you find yourself answering the second question. The PSiO provides power nap sessions (Afternoon) and total relaxation sessions (Evening) which do not require any participation from your except putting it on and letting yourself completely go!

So, whats the difference? If you feel good already use the morning sessions that requires some mental effort and if you dont feel good use the afternnon and evening sessions which requires no metnal effort on your part.

Programs in more detail:

There are total of three types of sessions offered for Meditation, Relaxation and Power-naps on a easy to use MP3 platform. Note that a hundred programs exist for download on the platform for downloading "MP3 color" files, a new format invented by PSYCHOMED!

# PSiO Programs

## Morning

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### Positive visions

Morning sessions allow you to wake up more efficiently with the adequate light and start the day in good shape thanks to positive visualization experienced with your PSiO.

## Afternoon

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### Music

This are Power Naps programs which allow you to have a very short and efficient recovery break in music while stimulating the mind. Resulting in feeling highly energize!

## Evening

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### Relaxing voices

The pulsed colors associated with relaxing voices & music help you stop the incessant flow of thoughts and naturally put your mind at rest; this is the ideal alternative to sleeping pills.

# Morning sessions

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Three types of recordings are proposed:

1. [Stop the time](#)
2. [Nova Era](#)
3. [Double You \(coming soon\)](#)

## Stop the Time

These programs are the simplest found among the morning sessions ; they are designed to be used as a way to prepare the body and mind to enter a state of meditation. Inducing cardiac coherence, i.e. A harmony between the nervous system and body rhythms. Your brains version of autopilot.

The program “Stop Time Breathing 5 minutes - PHOTOSENSITIVITY”, is purely respiratory.

The “Stop Time” sessions are designed to enable participants in the Zen Latitudes courses and seminars to continue their meditative exercises at home. The P*SiO* is like training wheels for riding a bike in this case. This programs is designed specifically for use with BIO-BALANCE Cardiac Coherence Software ( Home Version and Pro ). The recordings are designed to allow short breaks well-being while sitting at a desk, in an armchair or on a carpet of soil for example.

The Stop Time series is a series of relaxation recordings specially designed for short breaks during the day and the work environment. It is practiced sitting in a well-adjusted posture and in all concentration.

Unlike the audioceuticals which carry therapeutic metaphors tailored to interact with behaviors correlated with the stress here it is about titles of relaxation only. Another difference between these two ranges of titles is the state of consciousness and the activation or not of the attention-managing part of the brain. While audioceuticals advocate letting go and subconscious listening ( hearing without listening ), Stop Time titles advocate conscious listening and focusing attention on the body and breathing. It is therefore a completely different form of relaxation.

By practicing “Stop Time” recordings during the day during short breaks and audioceuticals before going to bed. Using the P*SiO* like this will create a binaural effect where both conscious and subconscious are cleansed of tension and stress.



### Biofeedback of cardio-coherence

The Stop Time series is specifically designed to be used in synergy with cardiac coherence software that allows real-time verification of the effectiveness of the relaxation performed and stimulates the depth of concentration in attention and presence.

The idea here is to practice a cardiorespiratory break allowing to harmonize the cardiac variability directly correlated to the balance of the autonomic nervous system and at the same time to do useful work on the beliefs that poison our life (guilt, the sufferings of the past, the fear of the future, the duty, the appearance, the resentment, etc.) and regularly induce positive feelings of joy, peace, love and serenity automatically eliminating the negative feelings that ruin our everyday lives. The texts in this series come from my experience in transcendental meditation, various readings such as the book "Present Moment" by Eckhart Tolle, the books of Peter Russel and the seminary of Pietro Dos, philosopher and wellness coach.

## Nova Era

The series "Nova Era" offers guided visualization and let go to music. "Nova Era" deals with themes "trends" in personal development as those of "The Secret" and consists of a long guided visualization during which the theme is actively treated in a state of high attention, then the integrative phase extends by a simple music to listen in bed if possible and letting go of the attention.

Here is a description of the different phases of the two integrations :

### Phase 1 – Integration in conscious mode :



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

Next :

### Phase 2 – Integration in subconscious mode :



1. Recumbent position, fully relaxed, uncontrolled automatic breathing.
2. Letting go of all the attention.





## Double You (coming soon)

The series “Double You” offers themes of personal development. Beginning with **guided visualization**, the session is followed by Ericksonian **suggestions**.

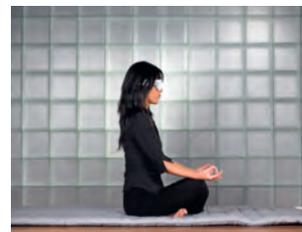
Consciousness integration is performed in a seated position, in the high level of attention and allows the cortex to receive new information in a way that will have a direct impact on your quality of life.

Integration in the subconscious mode is done in layers. First letting go of attention allows the emotional brain to integrate this information to a “meta-level” in pictorial, symbolic and metaphorical form. The adoption of this modified state of consciousness induces at the same time an optimization of mnemonic procedures including procedures worked during the first phase in the sitting position.

What is radically NEW in this approach is found in Phase 2 (low attention). Phase 1 (high attention) uses the mental effort done initially to greatly facilitate Phase 2 (low attention). In no known technique to date, this paradoxical progression had been made. However, like a muscle that relaxes better after its maximum contraction, the mind naturally opens better to letting go after a period of very high concentration!

Here is the description of the different phases of the two integrations:

### Phase 1 – Integration in conscious mode:



1. Sitting with proper posture, high focus and attention on breathing, controlled exhalation, parasympathetic rocking and feeling physically calm.
2. High attention in breathing and sensoriality, mental calm.
3. Positive visualization (mental work).

Next:

### Phase 2 – Integration in subconscious mode:



1. Recumbent position, fully relaxed, uncontrolled automatic breathing.
2. Letting go of all the attention, multi-evocations, symbolic metaphors, psychoacoustic soundings provoking subconscious listening.
3. Induction into alpha brain waves followed by theta waves, at the edge of sleep via brain training technology and automatic storage of both integrations.
4. Followed by a gentle and progressive awakening.



## Afternoon sessions

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Tired? losing focus? Take your PSiO for a “power nap” session in music and recover in minutes!

The wavelengths chosen to colorize the music, quickly raises your state of alertness. The kaleidoscopic flow of shimmering colors takes you on a journey through the senses to let go of our everyday worries, to halt rumination and find release. A novel sensory experience of colors and music that create an immersive experience that leaves you feeling rejuvenated! The

immersion blocks out any thought or thoughts other than that of the present sensations. Finally a form of meditation facilitated with a method for great recuperative effect!

“Refresh”!

# Evening sessions

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The evening sessions are all designed to be deep relaxation programs. They are classified in the evening because in general, they are intended to be listened to at a time everyone generally has availability and in preparation for a night's sleep that we all want to be effective and efficient. The soothing suggestions included in the messages found in the evening sessions carry the role of preparing you for your night of peaceful sleep.

With that said, it is clear that evening sessions can be used and used well throughout the day especially during travel on a plane. It's hard to imagine a deep relaxation session when all the hormonal machinery of the day gets going. Similarly, in the afternoon, we will try to maintain a certain tone of awakening and even if we practice a relaxation session, it will be found instead in the afternoon section.

Please find the following to help you navigate between the three types of sessions and their corresponding light types:

- **Morning session:** continuous blue light encoding.
- **Afternoon session:** mostly more than 33% pulsed blue light.
- **Evening session:** 100% encoded in pulsed red light (non-stimulating for the receptors connected to the biological clock located in the retina).

## What are the deep relaxation sessions

In the background of soft music, several voices guide you to a state of deep relaxation, a state found at the edge of sleep... Sometimes you can hear these voices speak in your left ear, sometimes your right ear, sometimes simultaneously, both fun and soothing. The Symbolic stories are addressed directly to your subconscious who perceives these messages while the attention of your conscious mind is put to rest.

Based on the suggestion techniques of Dr. Milton Erickson, these recordings are the result of fifteen years of research in psychoacoustics and psychosomatic medicine (many hospitals in Belgium and France now use it: sleep lab, recovery room, locoregional anesthesia, preventive medicine, etc.).

The RELAXATION programs are the colorized version of "audioceuticals": rebalancing recordings distributed in pharmacies in Belgium and prescribed only by general practitioners. The Ministry of Health in Belgium recommends the use of these recordings, particularly as part of an annual campaign to combat the overconsumption of sleeping pills and antidepressants.



# Audioceuticals



Audioceuticals found in the evening recordings are purley for theraptuic means. In any case they are part of care either in general medicine, alternative medicine or relaxation.

## How does it work ?

The emotional brain is designed to allow an immediate reaction in case of danger and thus prepare the body for rapid action. The emotional brain regulates all the automatic functions of our organs (heart rhythm, gastric secretion, respiration, intestinal peristalsis, caliber of blood vessels, sleep, erection, etc. ). It is closely connected nerve and glandular to them.

In case of stress or emotional imbalance, depending on the profile of people, nervous tension cannot spread and grow in the action-reaction response. Stress is expressed in our bodies and unbalance their natural funcitoning. The relaxation and the suggestion practiced in the audiceuticals thus allow a regulation of nerve tension at home. Therefore the Audioceuticals are a complementary solution to medication or personalized psychological care.

Given the hospital and medical experince we have had for several decades and the significant relaxing effects obtained in locoregional anasthesia, recovery rooms and sleep labs.



## Complementary to medical treatment

Repeated listening of specially coded messages to the subconscious influence's behavior in a profound way. An example is the unexpected influence of television commercials on our behaviors. The indirect suggestions used in these recordings is probably the most powerful method to mobilize powerful unconcious resources to help us change a behavior considered to be harmful. So, without effort on your part, you will develop the inteded behaviors of your choosing.

Allowing you to observe your worries and stress from a certain distance through conditioning relaxation patterns into your behaviours coupled with a theraputic metaphor as the theme. It appears that it is not so much the events that are stressful but especially the way we interpret them in relation to our way of living.

## Produce an impact on the subconscious

The messages are coded thus to pass the subconscious minds filters and with consistent repeated sessions, will result in profound shifts in the listeners behavior. Think of the unexpected influence television advertising has on our behaviors. The indirect suggestions used by this recording is undeniably the most effective method for installing new behaviour patterns passed the subconscious minds filters. The method operates in such way that without any conscious effort on your part, you will develop the type of behavior that you are seeking.

The method conditions the relaxation pattern related to the theme being treated, will gradually work to cement itself and then you will find the ability to take a step back from your anxieties or the source of your stress. It seems that it is not events in themselves that are a source of stress, but, above all, the way in which we interpret them with respect to our way of life.

## What is indirect suggestion ?



Dr. Milton H. Erickson

Based on the pioneering work of Dr. Milton H. Erickson, this technique has the particularity of being soft, flexible and indirect while proposing standardized suggestions. At the end of his life, Dr. Erickson spent most of his time training therapists in his garden. He did this by telling stories, working on his students while they studied his technique. And, working intuitively, he found ways to offer an effective theory for the entire group. Erickson's own daughter, Carol, herself a psychologist, has designed audio recordings in the Erickson

tradition: "My dad told the same stories over and over again. He used metaphors in a broad sense. Thus, they offered a set of positive choices, allowing a series of different people to relate to them according to their individuality. He offered something universal and more than one felt the message as if it were meant for him personally..." Carol Erickson – Interview Magical Blend – 07/1991.

## Why and how to talk to the body ?

The body and its organs are closely related to the brain and most particularly to the emotional brain that regulates all automatic functions. In the event of stress or depression and depending on the personal environment can present themselves as symptoms like from a disease in our bodies and organs, especially if the tension is allowed to accumulate. By listening to relaxation recordings and by the powerful technologies used in "Audio-ceuticals", the emotional brain can be reached and balanced to regulate tensions in our bodies more appropriately.



Marc François – BSB Studio

On the one hand psychoacoustic technologies placed in the audiocentrals (audio frequencies of 3 to 8 hertz, guided relaxation, breathing exercises) act as a powerful relaxing agent and make use of the anti-stress valve, on the other hand the suggestions practiced provoke an appeasement at the tissue level of the organs. Several studies in international journals (for example, the journal "Nature") have proved the influence of suggestion on organs. To achieve this goal, it is important that the rational brain, the active conscious, be put to rest. This is called "letting go" or "hearing without listening" the messages contained in the recording which in the opposite case would very significantly limit the subconscious receptivity.

## Induction and suggestion

Several ways to create a state of laxity of attention are used in our recordings :

- metaphors,
- multi-evocations/inductions,
- sound effects,
- binaural beats,
- Specific sound stimulations, light stimulations at certain frequencies which, in synergy, potentiate the induction in a state of receptivity in a radical way!

Then, in this particular state of floating of attention, the person has facilitated access to their unconscious mind and therefore resources they would not normally have access to. This is why the main message is delivered by the therapist in the form of stories, fairy tales, legends, stories of everyday life... The purpose of using the Erickson's confusion technique is to overcome conscious resistance to suggestions and transformations.

## Multiple voices



Joao Diaz – Speaker Brazil

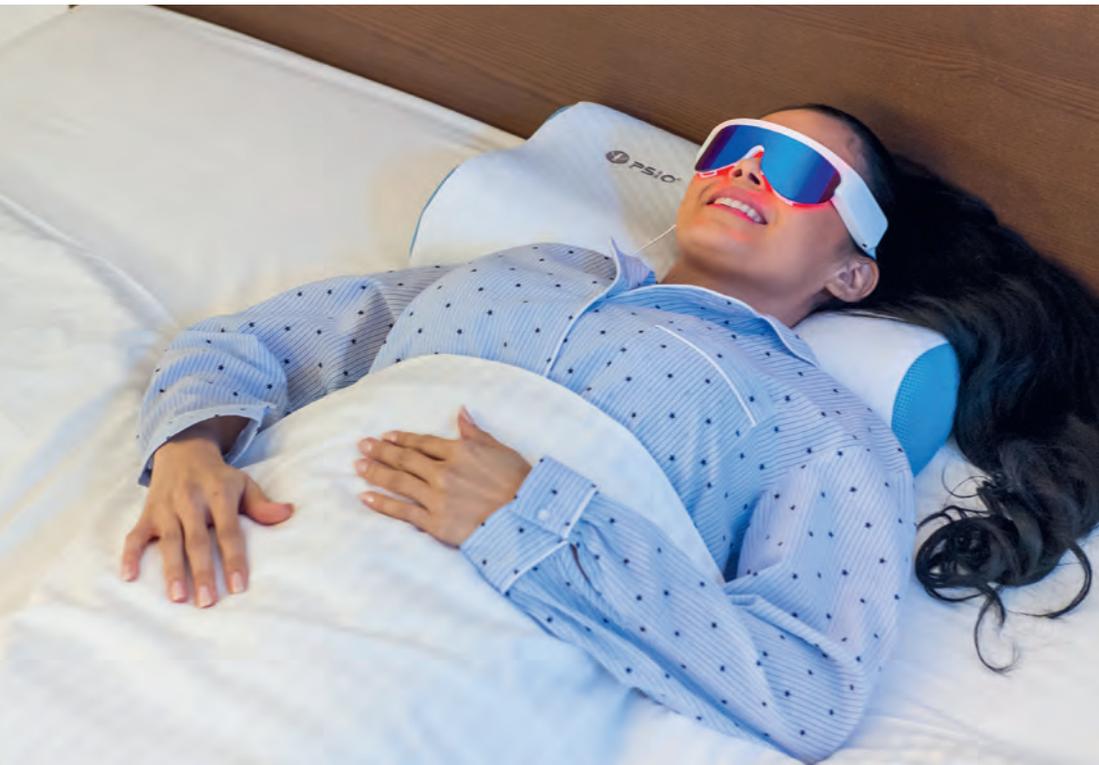


Carla Diaz – Speaker Brazil

At certain moments of the recording, two stories are heard told simultaneously. This dual induction method will help the critical and analytical parts of

the conscious mind to let go of attention and focus on suggestions that are being heard. The conscious, as a rule, “picks up” and no longer pays attention to both stories. Moreover, to avoid any conscious attempt to listen to or relate to the problem to be solved, a metaphor is used. Research has shown that the language of the unconscious is originally metaphorical.

In no case are Audioceuticals® designed to be a substitute for appropriate medical or psychological treatment, but to supplement them and provide non-personalized psychological assistance at home.



## Optimal use of Audioceuticals

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### Recommended Frequencies

You can listen to these recordings as often as you like.

- At first, we advise you to listen to it every day at bedtime or during a nap for 3 weeks.
- Then 3 times a week for 2 months.
- Then once a week for 1 month.
- Then, do not hesitate to listen to them when you feel the need.
- Before the night, these recordings are the ideal preparation for a good night's sleep and for dreams that are both pleasant and useful.

Using the PSiO as regularly as displayed above will create a “anchoring” of new behaviors, repetition can only improve and reinforce the “anchoring” taking place. This small investment of time will have a noticeable impact on your well-being that you will feel during your sleep and all of the following day. Gradually the suggestions will act more and more deeply in your subconscious and your behaviors may begin to change while distancing yourself from the problems of your own creation.

## Tips for listening to Audioceuticals

You must use a stereo headset and an MP3 or CD player (easily transportable on your bed). The efficiency of the technologies used is really optimal only with headphones. When voices begin to “speak” simultaneously, let yourself be heard without trying to listen. After a while, you will have only one desire: to let your mind travel. If you do not listen directly or rather if you let yourself be heard, while being relaxed, messages, metaphors and images can more easily reach the part of your subconscious that needs it most.

Most people who experience this type of recording enter a state of deep relaxation or fall into a recuperative sleep. Afterwards, they may only remember part of the suggested messages while they feel the benefits in their daily lives.

Our recordings have been designed for regular use. We took care to design them in such a way that they are not only effective but also interesting and especially pleasant so that you want to listen to them often. Each recording has multiple levels of metaphors and complex special effects. Much of the pleasure they can provide lies in the fact that everyone finds their own levels and dimensions of meaning.

## Preparing to let go

The “Letting Go” program, which is also the introduction to Audioceuticals®, has been designed to prepare people who have not yet experienced deep relaxation. We recommend it as recording # 1 before you start listening to Audioceuticals®, or if the effect of an Audioceuticals® sounds too loud or if you’re letting go of it you may not be listening not yet ready to go.



## WARNING

Do not use the Audioceuticals when driving a vehicle because of its effect on the level of alertness. The Audioceuticals® are in no way designed to be a substitute for appropriate medical or psychological treatment but to supplement them and constitute non-personalized psychological assistance at home.

## In the special case of use in the afternoon

In the afternoon, and especially for people in pre-depression or even in winter depression or not, the use of relaxation program will be done using programs stored in the afternoon section. What do they have different? Quite simply, it's exactly the same audio content. The title is the same,

however, the encoding of light is in blue rather than red. This allows, while stimulating the biological clock in “day” mode with the light configured on 470 nm (blue), to propose a delocalization of the attention thanks to the pulsed light and the different techniques of audio distraction of the attention that are well implemented in MP3.

A depressed person can thus practice his relaxation session without stimulating the maintenance of the stimulation of the biological clock in day mode.



## Choice of sessions

How to choose the sessions that suit you.

### Morning sessions : positive visions

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They allow you to wake up more effectively with the light and start the day in great shape thanks to the positive visualization practiced with your PSiO. These sessions are globally busy with blue light to inhibit melatonin, the hormone associated with sleep. That's why they are good for the morning. In this section you will find three series of recordings.

### Stop the time



It is a series usually composed of short recordings specially designed to be practiced with great attention. Mainly based on breathing exercises and emotional visualization, this series is particularly suitable for training cardiac coherence and balancing the nervous system. The sessions are enriched with blue light to encourage the attention which is very solicited.

### Nova Era



The “Nova Era” series deals with personal development themes such as the best-selling book “Secret” and consists of a rather long meditation during which the theme is actively treated in a state of high attention, then the integrative phase takes place extend by simple music to listen in bed if possible and let go of the attention (pulsation at the end in integration mode).

### Double You – Coming soon



The themes are personal development. Consciousness integration is performed in a seated or semi-seated manner, in the high level of attention and allows the cortex to get a structured take on this new information that will have a direct impact on your quality of life. The reality depends on how you perceive it. If you are serene and have a positive outlook, your reality will simply be improved if not transformed !

Integration in the subconscious mode is done in a layer, letting go of attention and allows the emotional brain to integrate this information to a “meta-level” in pictorial, symbolic and metaphorical form. The adoption of this modified state of consciousness induces at the same time an optimization of mnemonic procedures including procedures worked during the first part of sitting session.

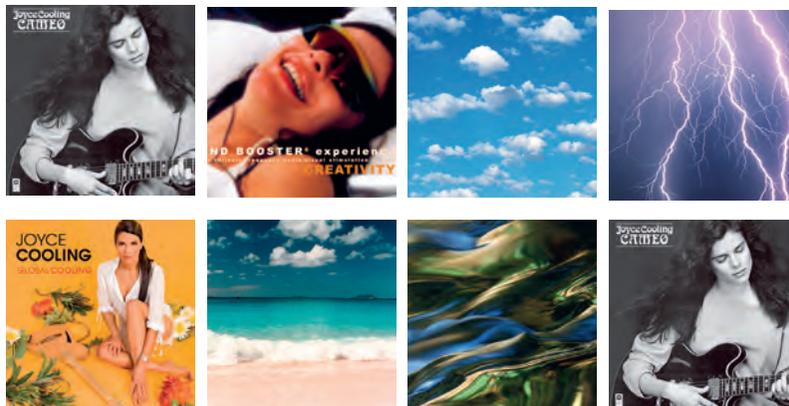
What is radically NEW in this approach is that PHASE 2 (LETTING GO OF attention) is greatly facilitated by the mental effort achieved during PHASE 1 (high attention). This paradoxical progression had not been made in any technique known to date. However, like a muscle that relaxes better after its maximum contraction, the mind is better off letting go after a period of very high concentration!

Through this double integration, we practice a positive and profound anchoring of this new mental attitude.

## Afternoon sessions : music

Real Power Naps, they allow a recuperative break in music while stimulating the spirit. Result: energizing!

Two types of Power Naps are proposed: sessions of 5 to 10 min. & sessions of 15 to 40 min.



## Short Power Naps (5 to 10 min.)

In this section you will find music recordings of various styles :

- **New age** : soft music made of long tablecloths synthesizer.
- **Latin jazz** : the music of Joyce Cooling, a Californian guitarist/vocalist largely inspired by Lee Ritenour and Bob James.
- **Lounge** : the music of Claude Challe, the well known Parisian designer, designer of the famous label Buddha Bar.
- **Classical music** : various authors in pulsed light or in continuous light mode.
- **Electro-lounge** : the music of the Prozac group, a very interesting Parisian group that gives the fishing!

Depending on the rhythm, the effect will be more or less energizing.

## Long Power Naps (15 to 40 min.)

- **PRO Relaxation** : These are "new age" music sessions designed for professionals; they are adapted to their care sessions and vary in time: 15 min., 20 min., 30 min., 45 min., 60 min.
- **Electro music & sound beats** : these are electronic music sessions of 15 minutes to 40 minutes which are enriched with sound beats on certain calibrated frequencies to lead an additional effect. The session titles indicate the desired effect.



## Evening sessions : relaxing voices

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Pulsed colors associated with voices and music stop ruminating thoughts and naturally put the mind at rest; it is the ideal alternative to sleeping pills. All these sessions are accompanied by red mainly or color in red tones or a mixture of colors mainly associated with red. Indeed, the red color does not alter in any way the secretion of melatonin (unlike blue).

Unlike sessions designed for the morning, you can fall asleep afterwards.

These sessions are also called "AUDIOCEUTICALS". The texts are designed by specialized doctors and physiotherapists. The techniques used

are inspired by sophrology and indirect suggestion (see Dr. Erickson). These are deep relaxation sessions with several voices, often a woman's voice and a man's voice that succeed one another and that at one point split into two different stories: one in the right ear, the other in the left ear. This favors the letting go of the Cartesian mind which "naturally" abandons at this moment the listening to pass mode of simple "hearing" subconscious: you hear everything but you no longer listen to the positive messages in the form of metaphorical stories (imaged). Depending on the themes, the metaphorical stories are adapted.

It is possible to influence the automatic functions of the body by visualizing certain images. Example: visualizing biting in a cut lemon automatically triggers salivary gland activation.

It has been proven that it is impossible not to visualize the evoked images. Example: try not to visualize a pink elephant...

For example, in the title "stop smoking", the doctor who wrote the text tells the story of a person who has set himself a goal: to climb a mountain. At each stage of the ascent, he can appreciate the beauty of the landscape and breathe the pure air of the freedom to stop smoking. He frees himself as he makes this effort to achieve his goal...

Each theme has therefore been the subject of a series of adapted metaphors. It's a work that has been spread over several years.

These recordings were the subject of twenty-year relaxation sessions in hospitals to help patients manage the stress of hospitalization: regional anesthesiology, recovery room, gastroscopy, sleep lab, dentistry, etc.

The examples are numerous and allow to affirm today that these recordings are effective to appease the multiple disorders related to the stress. In general, doctors prescribe them in COMPLEMENT medicine. They do not replace them but complement them thanks to the unique emotional dimension they can provide: empathy, softness, relaxation techniques

and psychoacoustics; everything is good to cause relaxation and return to nervous balance.

In Belgium, these recordings are available as a physical CD delivered by pharmacies in the country.

The Belgian Ministry of Health has seen fit to include information on this type of product in the general practitioner's manual.



## Photosensitivity

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The photosensitive titles repeat some sessions but in LIGHT CONTINUES (without blinking). Indeed, 7% of users do not appreciate the blinking (designed to facilitate the release of the mind). In addition, 0.3% of the population is epileptic. Blinking for people with epilepsy is completely contraindicated because it can cause a seizure. If the flashing is bothersome, use photosensitive recordings that provide continuous light throughout the session. If you are epileptic, do not use PSiO. If the flashing is bothersome, it may be appropriate to CONSULT YOUR DOCTOR.

Note: the morning, afternoon and evening sessions are of course a piece of advice. You are free to practice any session at any time of the day and

night. Be aware however that the effects are different, use in this way is recommended.

## Continuous light or pulsed light

Programs in the “pulsed light” mode favor stopping rumination. They are therefore suitable for sleep problems or stress.

Programs in “continuous light” mode are more frequently used to fight against seasonal depression.

## Eyes open or closed ?

Even eyes closed, the light acts through the eyelids. It is however advisable to practice :

- In the morning: open eyes, programs designed for waking up (voice-guided visualization).
- In the afternoon: eyes open or closed, programs designed for a break/nap (music).
- In the evening: eyes closed, programs designed to be listened to in your bed, before sleeping (relaxing voices).



## How to understand the PSiO effect in pulsed mode ?

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Our mind is constantly transported through areas of anticipation or memory, in spaces filled with images and ideas that often come back in a loop. It's the rumination of thoughts. Most of the time we are not there. We are not in the present moment!

We are in the past or in the future but we forget the present... We forget the sensation of life, which should be omnipresent! It's often easier said than managed, it's true. The PSiO, however, provides a very pragmatic solution to this problem. Let's see how!

### Rumination stops, sensation is born in the present moment

The PSiO guides the mind through different states of attention. What is to be expected? The sounds and lights emitted quickly saturate your auditory and visual senses. Automatically stopping mental rumination through deep contemplation of the colored visual scene before you. Short programs drive your attention away from memorized thoughts and developed consciousness states of anticipation but using **your audiovisual perceptions to bring you to the present moment.**

his method allows you to appreciate the music in a much deeper way. Some have called their experience “feeling and being the music”.

In comparison, the longer programs **put the attention of the mind in a floating state** and then slowly transition into restful state. This is why the PSiO is used for mental recovery and literally has an undeniable energizing effect.

The longer the program, the more it directs the mind gradually to **the state of attention at rest**. This particular state where one is still awake but where one would think to sleep (but if someone speaks to you or touches your arm you realize that you were not sleeping yet). It is a state of mind where we still hear everything, but where we find ourselves no longer listening... this is called **“subconscious listening”** (because the conscious is not taking part in filtering the messages as it usually does).

This state, also called “sophroliminal” by sophrologists or “crepuscular state” by others, is a state of attention where the mind rarely stops because generally it then sinks to sleep.

Thanks to the PSiO, the mind is kept **as the edge of sleep**, but remains conscious. This state has particularly interesting properties: it is known to be favourable to suggestion techniques, the spirit is more permeable, it is also known to be a recuperative state because in this state the mind and the attention are completely at rest. But attention requires considerable energy to maintain. Thus to be put at rest induces a return to of mental energy, users say feel refreshing.

Achieving this state of affairs is therefore significant for all those who are looking for a quick and efficient recovery, such as night-shift nurses, time-lag pilots, exam students or simply the business men and women who are stressed by their exhausting work.

## Let Go

How does PSiO work to be so effective? The PSiO simply uses certain frequencies of pulsed sounds and lights (which have been studied electroencephalographically) with astonishing power of distraction, to train your mind in levels of consciousness usually untamed! For example, it is difficult by the will to let go, that is to say, to relax the level of attention. Thanks to PSiO it has become child's play!

Another example: to position oneself on the border of sleep without sinking irretrievably. With PSiO (on some programs like the categories for the evening), you are taken to the edge of sleep and you stay there as much as the suggestions or the program simply keep you there.

## References: use in high stress environments

In hospitals, this technique has been used since 1994 to allow surgeons to operate without intravenous sedation for the duration of an operation under locoregional anesthesia.

As the popular saying goes, “who can do the most, can the least”! You will be able to benefit equally from the virtues of the PSiO for a simple private use (Anchoring the voice coupled with images evoked and positive suggestions for your Deep Being).

# PSiO & Audioceuticals

The PSiO uses two modes of actions combined :

- Relaxation by voice
- Beneficial exposure to light

## Dosage

- Before falling asleep
- Every day for three weeks then
- Three times a week for two months then
- Once a week for a month
- Then, whenever the need arises...

NOTE: you can alternate different programs "Audioceuticals" without risk of negative interference.

## The Goal

It's about creating a positive anchor conditioned by regular listening.

After several sessions, the user hears the suggestions but does not listen to them carefully. Integration is at this optimal stage (and maximum relaxation).



## PSiO glasses in bed

In general, at the end of the session or during the night, during a partial awakening, the user removes the glasses and drops it beside his bed.

## Difference between pulsed mode and non-pulsed mode

The "Audioceuticals" programs in pulsed mode favor the induction of the "Let go" and the stop of the rumination which will be thus faster.

## Contraindication

None but for patients with epilepsy, ONLY use "PHOTOSENSITIVE" programs to be generated in non-pulsed mode.



## Instructions for use

## Some indications to better enjoy and benefit from this technology

If possible, take the time each day to take a relaxing break. If possible, use the device in a setting where you will not be disturbed. The ideal is to use it at nap time, after work late in the day or before sleeping. Some use PSiO also in the morning on some specific programs.

## Find a comfortable position

We invite you to experience these processes that will benefit you. Develop a comfortable habit for the next few weeks. Note how your experiences are different from one moment to another, and how your reactions to anxiety-provoking situations are changed as soon as you use PSiO regularly.

## Useful tips

Always choose a suitable place for rest, where you can relax without being interrupted while having enough time to enjoy the session and a moment of relaxation then, in peace.

Untie tight clothing, remove shoes, lie down or sit comfortably in a chair. If you close your eyes during the session. The light will pass diffusely through your closed eyelids.

During the first few sessions, make sure that the light intensity regulator is positioned at a relatively low level. In subsequent sessions, we suggest gradually increasing the light intensity and the sound volume to increase the impact of the device, knowing however that the only recommended measure is your comfort. So refer to your own sense of comfort to adjust the device and to do this choose the intensity and volume that you find adequate and comfortable personally.

Since PSiO is a training and brain exercise equipment, it naturally has a cumulative effect. The more you do sessions, the more you train the muscle that is, metaphorically, your brain and the easier it will be to reach the desired states of consciousness.

After a session of PSiO, arrange yourself a period of calm or activity that does not require high vigilance like driving in a car or handling a dangerous tool!

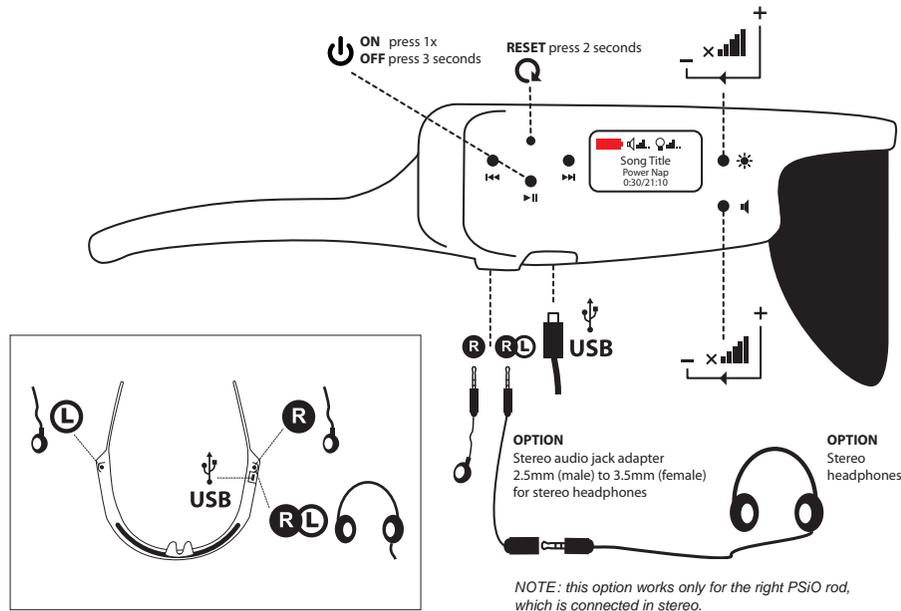


## Precautions for use

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- When downloading, never remove the cable until the download is complete! This will permanently damage the PSiO and the warranty cannot be applicable in this case.
- For the trip do not forget to remove the cards from the small headphones.
- Do not touch the glasses of the glasses. If there are fingerprints clean them with a dry cloth.
- Do not use PSiO in abnormally dusty or dirty places.
- Avoid contact with excessive moisture.
- Do not leave it exposed to direct sunlight for a long time, or inside a closed car on hot days.
- From time to time, clean the glasses with a clean cloth and water to prevent the accumulation of grease and dirt on the lenses.
- Please connect and disconnect all connections by their plug. Do not remove the connections by pulling on the wire. He could be damaged.

# Orders



# Instructions

## How to Conduct a session

1. Connect the earphones.
2. Turn on your PSiO by pushing > II (ON). On first use, if the message "Plug your PSiO" is displayed, connect the USB cable to your PSiO and the other end to the AC adapter or your computer. Allow the battery to fully charge for at least 5 hours until the battery indicator, the horizontal "cylinder" on the display, is all white. Note that by pushing this button for more than 2 seconds, any registration will disappear from the screen. Therefore, releasing this button, you turn off your PSiO (which goes to sleep).
3. Use the "Go Back" I << or "Go Forward" >> I buttons and the display to select one of the titles loaded on your PSiO.
4. Get comfortable, press > II (PLAY) to start a session, put the "PSiO" and put on the headphones.
5. If you press > II (PLAY) again, you set the PSiO to PAUSE.

## To end a session

Please press the > II button for more than 3 seconds to turn off your PSiO.

## The videos

### How to use PSiO ?

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#### On the Plan



While on the plane, it happens the plane cannot taxi or move to take off without authorization. This situation is defined by helplessness to get into problem-solving action which creates a stressful reaction.

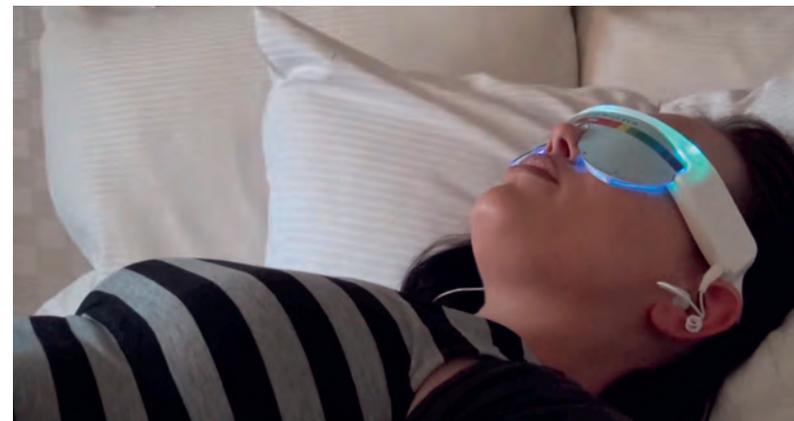
In the plane during the flight, especially 2 or 3 hours before landing, after eating, the night may begin and the recovery preparation period may begin. For this session, it will be recommended to use Audioceutical or long turbo-nap sessions.

#### In the Taxi/Uber



During the trip or between two exhausting appointments, taxi rides can be quite long. This is the perfect opportunity to use the PSiO and recover during your trip. A power nap will be suitable for recovery, you can find power naps available in long and short durations.

#### In the Hotel



Clearly the hotel is the best place for using the PSiO in the morning to wake up in top form. In the afternoons us a power nap afternoon program and at night use the evening program to prepare for the nights sleep. Users that are experincing jet lag find it wisest to use a power nap program before taking a shower, followed by going out for the night.

## After Work



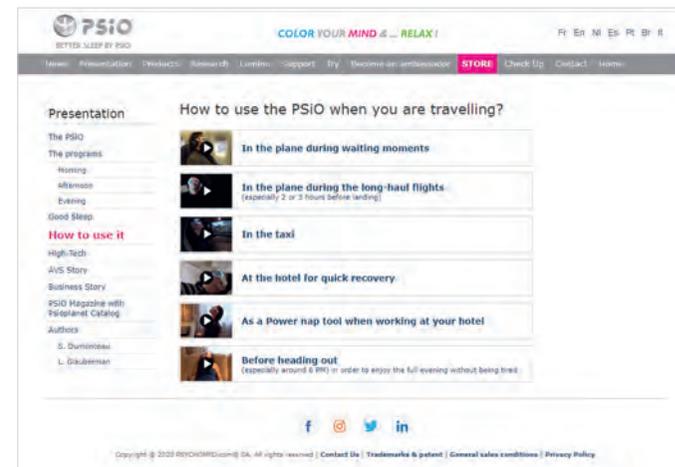
After a regular day fo work, it is ideal to have a nap rather than falling asleep. Falling asleep this early in the day can cause you to fall earlier then what you are used to and keep you from falling asslep. Which means your internal clock has been changed and now you must wait 2 to 3 hours before you find your sleep falling asleep nautally. The PSiO provides power naps for quick rest and recovery while keeping you from falling into a deep sleep.

## Before going out, why not enjoy an evening without fatigue



It only makes sense to bring extra boot energy with you before going out, the power nap is ideal. It allows you to naturally renergize and enjoy your evening even after a full day of work.

Watch the videos on [www.psi0.com/en/how-to-use.html](http://www.psi0.com/en/how-to-use.html)



# Protocol examples of use PSiO

## Introduction to Audioceuticals

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Prior to the presentation of the main protocols, I wish to explain an essential concept that will allow you to understand the protocols proposed. It's all quite intuitive however the use of the evening programs which use the Audioceuticals require the following information :

There is a precised dosage that was developed ten years ago that's to the passage of 25 medical delegates out of 5000 Belgian GPs. It was therefore an extraordinary adventure! The presentation allowed us to introduce audio medicine to Belgium's leading drug prescribers and to collect interesting remarks. For information the delegates spent twelve months on three occasions, for a total of 15,000 visits. They introduced the Audioceuticals with two other products : an antibiotic and the infamous antidepressant ; Prozac provided by the medical outsourcing company Quintiles-Innovex. It is active in Belgium and France with more than 600 medical representatives for Belgium. The Audioceuticals were proposed as audio medicine and presented by the grand conventional door of the official to the medical practices everywhere.

The results quickly showed that the very structure of the Audioceuticals (a rapid physical relaxation followed by the induction of a floating state of



attention and then a phase of suggestion in multi-evocations), often provoked a rejection from users. However, they were very stressed people to whom their doctor had specifically thought to test this new proposal. After analysis, it turned out that these people used to want to control everything. This was probably one of the reasons for their permanent anxiety, given that we do not control much in our lives. When they felt drawn to letting go of the attention, our best sentinel, they blocked and returned to their doctor explaining that these voices were anything but relaxing! Some people were almost shocked. The doctors returned to the delegates with this message expressing their distress.

We gave therefore started to develop a lighter introductory title, the title "letting go" with intention of inducing a relaxing state with less intensity. We placed one voice in the recording instead of the two actively inducing a relaxing state. Instead of moving the voice from right to left, as is the case with audiotherapy, we have focused on a stable discourse aimed at the analytical and rational consciousness of the user, who tend to be on the alert. Then it was a matter of constructing the text to obtain a certain amount of confusion that is lighter and slower in progression. The follow-up text, resides in a state of sustained attention and progressively getting more and more complex for the conscious mind to carry out. The intended results were reached quickly and rejections completely ceased. We can say with absolute confidence even the greatest of micro managers will let themselves go into a state of relaxation! The program "letting go" has therefore become essential in terms of the introduction of audiotherapy.

The general recommendation for controllers and micromanagers is to always start the stress management procedure with this title. As soon as the person "hears the message but does not listen attentively", it is considered that the attention begins to float and the sentry of the mind agrees to be put to rest. It is the case however, one must attach importance to be able to eventually move to using the regular "Audioceuticals" with multiple voices.

## Dosage



1. [Letting Go](#)
2. [Audioceuticals](#)
3. [Other complementary titles](#)

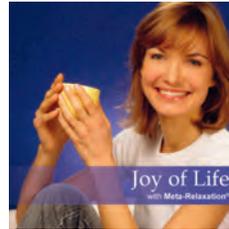
## Pulsed and continuous light modes

Some people only use letting go because they feel immediate benefits. They are afraid of losing this progress and do not dare to move on to the following titles. We must encourage them to move up a gear. The use of the programs using the continuous mode is recommended in the same way: first continuous mode then the pulsed mode which obviously by its distracting action will plunge more quickly into a state of relaxation while the mode of continuous stimulation does not.



# Usage protocols

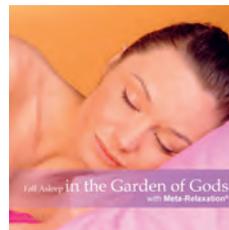
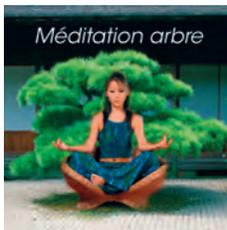
## Excessive fatigue : exhaustion and long clinic stays



- **Afternoon** : a power nap of 15 minutes or 30 minutes.
- **Evening** : an Audioceuticals according to the theme but rather of the generalist type (Letting go, Management of the stress, Joy of Life, Free One's Mind).

## Comfort of life : general relaxation

Everything is fine, you are in shape but a certain need for well-being has brought you to the PSiO glasses :



- **Morning** : Meditation Tree (coming soon)

- **Afternoon** : Mix Claude Challe 15 min. ("Power Nap")
- **Evening** : Falling asleep in the Garden of the Gods ("Audioceuticals")

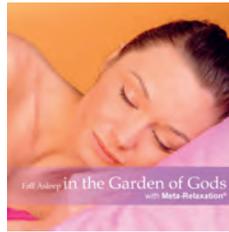
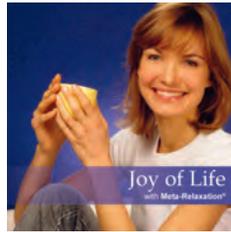
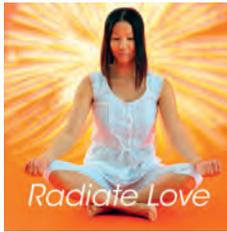
On the same diagram, you can utilize the morning titles and alternate when you have the need or the time for various titles of personal development. Power naps are the same, choose from a wide variety of music styles : classical, natural sounds, new age, jazzy, lounge, electro-lounge & electro. For evening titles, see the general themes (see above). The PSiO will put you on the path of guided meditation, the various positive visualization exercises and the great classics of relaxation. Then, if the need arises, you can also head to a group class or practice the exercises learned. Another example :



- **Morning** : The Blue Pearl (coming soon)
- **Afternoon** : Mix Joyce Cooling 15 min. ("Power naps")
- **Evening** : Letting Go ("Audioceuticals")

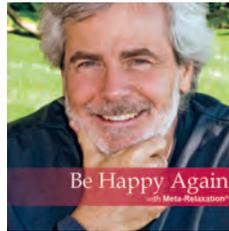
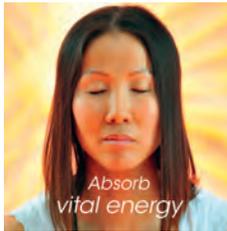
## Anti-depression / depressant

Initially, use a power nap with your favorite music in the afternoon and before dark use "falling asleep". After two weeks of consistent use you will begin to notice you are feeling much better :



- Morning: "Radiate Love"
- Afternoon: "Joy of Life" special encoded in blue
- Evening: Falling Asleep

Or



- Morning: "Absorb vital energy"
- Afternoon: Wake Up
- Evening: Be Happy Again

## In case of psychosomatic disorders

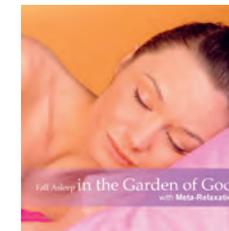
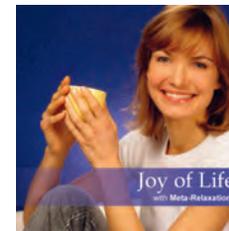
Look for you disorder in the list of themes "Audioceuticals" proposed and use this title each evening according to the dosage:

- Every day for 3 weeks
- 3 times a week for 2 weeks
- Once a week for a month

## Travel & Time Difference

**For short flights:** use the power naps with amount time you have available to you. These programs will allow you to fight the fatigue gained from the flight effectively.

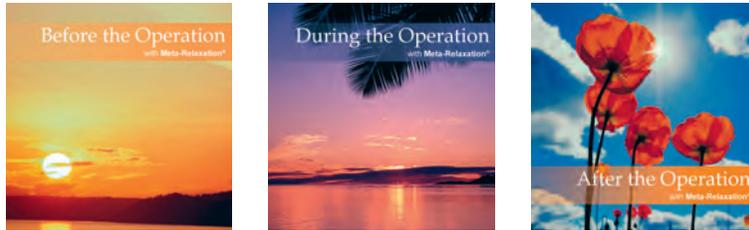
**For long flights North-South:** use an Audioceuticals after the meal (Letting go – Flying Zen (coming soon) – Stress Management – Joy of Life – Free One's Mind – Fall Asleep).



**For long east-west flights:**

- During the taxi before take-off: Use turbo naps at will
- After the meal, and it is advisable to use the bathroom: flying zen or falling asleep or stress management, etc.
- After the actual or artificial night & before arrival and landing: power naps at will.

## Preparing for Surgery



During the days preceding the operation: “Before the operation” alternating with “letting go”.

The day of the operation: the “Before the operation” program in the morning, if the timing allows.

If it is a “locoregional”, during the operation, use the recording “During the operation”.

If it is a general anesthesia, up the operating, on the stretcher and while waiting for you turn and opening the operating room: “Before the operation” or “letting go”.

In both cases, after the operation: the “After the operation” program at intensive care of return to room and in the days that follow..

## For weight management

Weight management & relaxation are intimately linked. It is a well-known fact that digestion and relaxation are activated through the same neurological pathways. Often, we go to the refrigerator not to eat or drink but unconsciously to relax. Regularly practicing guided relaxation can compensate for the sometimes irrepressible need to consume food. We eat less often, and the amount of food magically decreases.

There are five titles treated differently: Emotions and appetite – The yoga of the table – Sugar-Free – Lose Weight – Changing your mind and silhouette (coming soon) – Managing bulimia (coming soon).

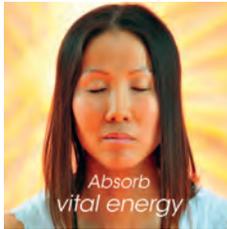


You can use each title indifferently and mix them as you go:

- Every day for 3 weeks
- Three times a week for a month
- Once a week for 3 months

The messages will be superimposed in your subconscious which will make “its market”; it will make good use of soothing images and suggestions that suit you naturally.

## Stop Smoking



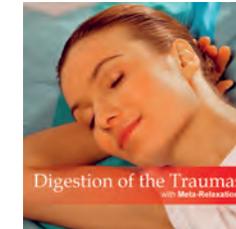
1. **Morning:** Absorb vital energy
2. **Afternoon:** Power nap to choose
3. **Evening:** every evening, until you hear without listening; as soon as you have completed this step, you can skip to the following titles:
  - Letting go.
  - Stop smoking for good



Just like food, bringing a cigarette or cigar to your mouth corresponds to a need for relaxation. Practicing relaxation will therefore automatically lead to better management of tensions and thereby a less need to direct oneself towards the act of smoking. The suggestions contained in the audioceuticals will further improve motivation and help maintain decision-making. In the worst case, the frequency and number of cigarettes will certainly decrease.

## Old Emotional Trauma

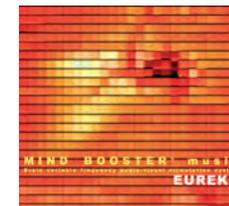
Before the night:



1. **Letting go:** every night, until you hear without listening; as soon as you have completed this step, you can skip to the following titles:
2. **Free One's mind:** for a week
3. **Digestion of the traumas:** for three weeks each day

## For students

During studies and especially during exams, the mind is subjected to a severe stress test.



### Short recuperating breaks

To make optimal use of breaks, it is the power naps with music that will be recommended. The short power naps can become an opportunity to change your mind for 5 minutes. Practice resting the analytical mind and at the same time stimulate the circadian center by the most stimulating light to awaken the faculties of the mind needed such as attention, concentration, cognition, memory.

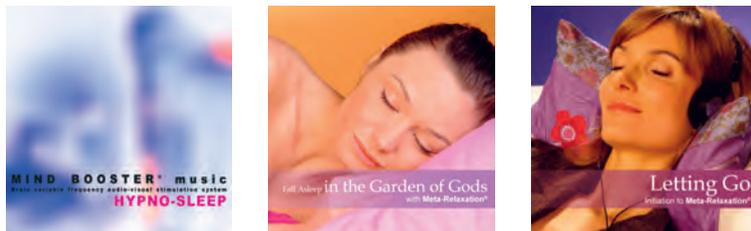
### Long recuperator break

After studying for several hours, we recommend the use of long power naps of 20 to 40 minutes. The longer sessions allow deeper rest and longer light stimulation. Following your nap you will find it easier to focus on retain information during your study.

### In case of exhaustion

It may be useful to use an “audio” specially coded in blue light (see relaxation titles by voice in your PSiO Planet) during the afternoon for some recovery from mental exhaustion felt in the middle of the day after 5-6 hours of study in a row.

### Before the night



To prepare for the night, it is recommended to use either the acoustic title “Hypno-Sleep” or a general Audioceuticals like “Letting go”, “stress management” or “Falling asleep”.

### Self esteem



Special case : Imposter syndrome and inferiority complex is a very insidious behaviour and pattern. We suggest the titles, “Memo-stimulation” ( coming soon) & “Stress Management” which contain suggestions on self-confidence and are particularly suitable for preparing the night (or as one has just seen it to recover in the middle of the day after 5-6 hours of non-stop study).

## Alcohol dependence

In the case of alcohol dependence, it has been found reducing stress also reduces alcohol consumption. The program “Stress Mangment” is often used on the one hand to reduce mental tension and promote sleep.

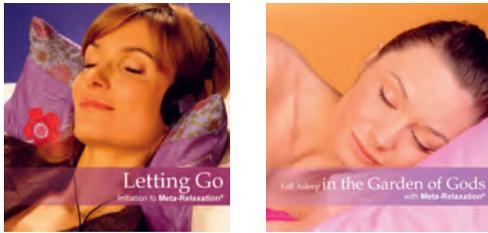


We therefore advise the use either in the afternoon version (blue light) title “Let go” during the nap or evening version (red light) the same title but before sleep. Then, as soon as you hear the messages without paying attention, you can go to the main title in this case, “Alcohol free” (coming soon) to listen in preparation for the night (see conventional dosage).

## Difficult sleep

### Falling asleep

There are different types of sleep disorders. Attaining a positive resolution is gained from using our technology if the barriers keeping you from sleep are correlated with anxiety, nervousness or worry. All these factors generate tension sometimes unconscious that prevents sleep and sometimes promotes excessive rumination. In this case, the use of "Audioceuticals" will be the most effective and most conventional method if used accordingly:



1. "Letting go": every night (until you cannot hear without listening to the voices)
2. "Fall asleep in the garden of the gods": respecting the dosage.

### The alarm clock in the middle of the night

Some people wake up systematically around 3 am or 4 am. They have already partially rested, having already slept 5-6 hours and are naturally awakened by a high level of underlying tension. The systematic use of a deep relaxation type of Audioceuticals session will be beneficial and after a practice of 3 weeks for example, sometimes less, they will spend complete nights until the early morning with a feeling of serene rest and full recovery.

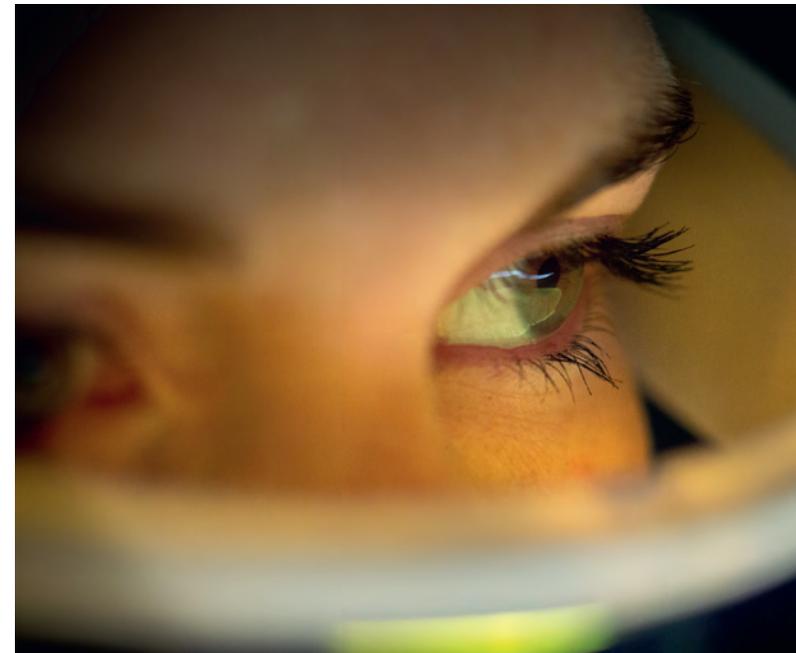
There are unfortunately people who have difficult nights with a light sleep unrelated to the degree of tension or relaxation. For these, a sleep analysis and consultation with a sleep specialist will be required.

## Eye disorders

PSiO technology brings together relaxation techniques through voice, music and light. It is NOT suitable for eye disorders.

Only pathologies correlated with stress can be indicated for the practice of relaxation. For all others, do not use PSiO.

If in doubt, always consult your doctor.





## PSiO Evolution

### PSiO path “evolutionary”

Personal development is not a process that takes a few hours, weeks, or even months. We can all realistically envision at least several years. A mental process that proposes a change in habits and behavior needs to be consistent repetition.

The biochemistry of emotions is another obstacle which in turn can only be changed if sustained practice.

This is the advantage of PSiO that allows you to replay a program as many times as necessary.

The development of “evolutionary” PSiO courses was therefore done with a didactic approach. Each month, you receive a new title to put into practice at your own pace.

For more information please contact your PSiO ambassador.



# Year 1

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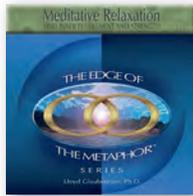
The first year starts with a series of titles for the personal development.

## Included programs

1. Meditative Relaxation (Part. 1)
2. Meditative Relaxation (Part. 2)
3. The Complete Self-Esteem Program – Self-Respect
4. The Complete Self-Esteem Program – Confidence
5. The Complete Self-Esteem Program – Assertiveness
6. The Complete Self-Esteem Program – Relationships
7. Mind/Body Connections – Boosting The Immune System
8. Mind/Body Connections – Healing And Deep Relaxation
9. Mind/Body Connections – Taking Charge of Your Life
10. Mind/Body Connections – Staying – Healthy
11. A Stress Management Program – Alleviating Anxiety
12. A Stress Management Program – Building Self-Esteem

You have reached the **MASTER GREEN level**.

## Details of titles included



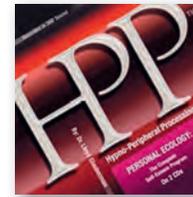
### **Meditative Relaxation – Dr. L. Glauberman**

- Month 1. Meditative Relaxation (Part. 1)*
- Month 2. Meditative Relaxation (Part. 2).*

🔴🔴🔴🟢🟡 Level 3: Medium stimulation

This level is not suited for photosensitive people.

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.



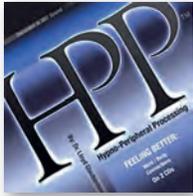
### **Personal Ecology: The Complete Self-Esteem Program – Dr. L. Glauberman**

- Month 3. Self-Respect*
- Month 4. Confidence*
- Month 5. Assertiveness*
- Month 6. Relationships*

🔴🔴🔴🟢🟡 Level 3: Medium stimulation

This level is not suited for photosensitive people.

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.



## Feeling Better: Mind/Body Connections – Dr. L. Glauberman

- Month 7. Boosting The Immune System*
- Month 8. Healing And Deep Relaxation*
- Month 9. Taking Charge of Your Life*
- Month 10. Staying Healthy.*

🔴🔴🔴🟢 Level 3: Medium stimulation

This level is not suited for photosensitive people.

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.



## Changing Emotions: A Stress Management Program – Dr. L. Glauberman

- Month 11. Alleviating Anxiety*
- Month 12. Building Self-Esteem*

🔴🔴🔴🟢 Level 3: Medium stimulation

This level is not suited for photosensitive people.

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



## Year 2

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The second year begins with a series of titles for the heart coherence from the series Stop Time and titles for a meditating apprentice from the Nova Era series (conscious and subconscious double listening).

### Included programs

1. A Stress Management Program – Coping with Anger
2. A Stress Management Program – Lifting Depression
3. Stop Time “Breathing”
4. Stop Time “Visualization”
5. Radiate Love
6. Improve the financial side of your life
7. Integrate success
8. Develop your intuition by letting go
9. Make luck happen
10. Develop your self-confidence
11. Absorb vital energy
12. Improve your strategy for influencing people vital

You have reached the **MASTER PURPLE level**.

## Details of titles included



### Changing Emotions: A Stress Management Program – Dr. L. Glauberman

Month 13. Coping with Anger

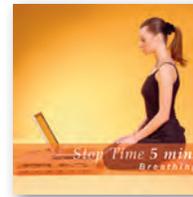
Month 14. Lifting Depression

🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.

This level is not suited for photosensitive people.

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



### Stop Time “Breathing”

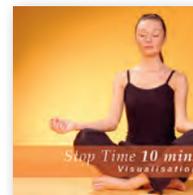
Month 15. Stop Time “Breathing”

🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.

This level is not suited for photosensitive people.

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...



### Stop Time “Visualization”

Month 16. Stop Time “Visualization”

🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.

This level is not suited for photosensitive people.

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.



## Radiate Love

Month 17. Radiate Love

👇👇👇👇 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## Integrate success

Month 19. Integrate success.

👇👇👇👇 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



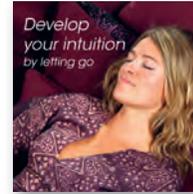
## Improve the financial side of your life

Month 18. Improve the financial side of your life

👇👇👇👇 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## Develop your intuition by letting go

Month 20. Develop your intuition by letting go.

👇👇👇👇 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## Make luck happen

Month 21. *Make luck happen.*

🌸🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## Absorb vital energy

Month 23. *Absorb vital energy.*

🌸🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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!



## Develop your self-confidence

Month 22. *Develop your self-confidence*

🌸🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## Improve your strategy for influencing people

Month 24. *Improve your strategy for influencing people.*

🌸🌸🌸🌸🌸 Level 2: Weak stimulation

Level used for meditation.  
This level is not suited for photosensitive people.

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.



## FAQ

### Important

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For anyone in good health, PSiO is safe and has been found to have no side effects in the 30 years of use among hundreds of thousands of users. However, there are situations where it is best to consult your doctor before using PSiO especially if you have heart, nervous system or brain medical condition. For example in the case of photosensitive epilepsy. Consult your doctor if you have any questions. Please not that PSYXHOMED does not provide treatment using the PSiO, it is simply a device of deep relaxation for the mind.

### Frequently asked questions

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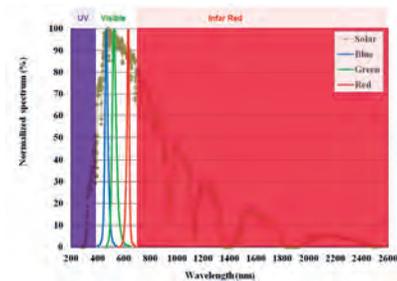
#### What is a PSiO ?

It is a variable audio-visual stimulator. This may sound complicated and its quite simple ; sending sounds and lights at very precise rhythms. Rhythms that have been known since the dawn of time to influence the state of the mind : awakening, sleep, relaxation and the meditative state as indeed correlated with cerebral rhythms themselves influence by rhythms of sounds and lights received. In a PSiO, the visual and auditory stimulation frequency varies from 3 to 15 cycles a second. This technology can positively

influence the rhythms of neuron activity and thus induce or “boost” many of the natural virtues of the mind.

## Is the light emitted dangerous ?

No, you can use it as many times as you want, unless you have photosensitive epilepsy.



This graph shows the action of the light emitted by the diodes, the red, green and blue lines. It is clear that there is no ultraviolet waves or infrared waves emitted by the light sources. There is therefore NO danger to open your eyes during a session.

### LNE Certification ( French National Laboratory of Metrology and Testing )

LNE measured the maximum light intensity of PSiO and established a report certifying that the light emitted by PSiO is about 3 times under the accepted risk for the retina. However, there are large differences in light sensitivity depending on the person. It is advisable to practice the sessions by setting the light on the minimum level at the start. If you find the light sensations too strong, just close your eyes. You will find the LNE report on this link:

[www.psi0.com/pdf/innocuite-certification-LNE.pdf](http://www.psi0.com/pdf/innocuite-certification-LNE.pdf)

## My eyelids give me the impression of blinking with the light.

Reduce the brightness of the lights to make it more enjoyable for you.

## Has this product been tested ?

Millions of users around the world use this well-known technology today. For more than 20 years, this technique has been used in university clinics as a rapid relaxation in the very stressful environments of operating theaters or sleep laboratories.

## Is it a medical product ?

No, it can in some cases soothe stress-related disorders as the sports activity also does, but it is not to be considered as “medical”. Especially as it involves no danger or side effect! No medical prescription is therefore necessary. And you just have to refer to the user manual.

## Is it a mass product or a general public ?

Yes, anyone could place it next to his/her bed on the bedside table. Its use is ideal for recovering effectively after burnout or chronic stress.

## How many programs in my PSiO ?

Yes, the download platform [www.psioplanet.com](http://www.psioplanet.com) allows you to download multiple programs with specific themes. For example, you will find programs that are kindly offered to welcome you to the world of PSiO. The effectiveness of these programs is increased by the suggestion placed therein.

## Can I download other programs ?

Yes, the download platform [www.psioplanet.com](http://www.psioplanet.com) allows you to download multiple programs proposing specific themes. For example, you will find programs that are offered to you to welcome you into the world of PSiO. The effectiveness of these programs is increased by the suggestion contained in them.

## What happens if I download an MP3 file from elsewhere ?

You can listen to it, as on an iPod®, but without colorized light. This is therefore of little interest.

## Will there be other programs in the future ?

We plan to add new titles and thousands of music titles each month.

## How many areas of use are there for the use of my PSiO ?

On [www.psioplanet.com](http://www.psioplanet.com), there are 3 possible areas of application : meditation, colorized music and relaxation.

## How many PSiO are there ?

In fact the hardware of the PSiO is the same regardless of the presentation. But different programs can be found for different uses and presentations. Some distributors offer series of programs of their choice more adapted to their customers for example. To make comparisons, look carefully at the list of programs.

## What are the programs on Psioplanet ?

3 fields of application exist : programs for the morning, programs for a nap and programs for the evening. Stimulations are different depending on the time and needs of the day or evening.

# Frequently asked technical questions

## Do I have to back up programs already on the PSiO?

Yes, it is advisable to have a backup in the unlikely case you find yourself without internet. Please copy ALL contents of the device to a folder on your computer. This will be useful if programs are accidentally erased.

## How to recharge my PSiO?

First of all, it is advisable to let your PSiO charge at least 4 hours before the first use. Make sure that the device is turned on while it is charging. You can charge your PSiO using the USB cable and charger supplied in the packaging or by connecting this USB cable to your computer.

## When should I charge my battery?

The included battery has no memory, so you can recharge it when you want without consequences on its future performance. We recommend that you charge your PSiO fully when there is still a bar on your battery indicator. If there is no more bar your PSiO can still work for about an hour. You can finish your current program, but it is better to recharge your PSiO then.

## Why use the “RESET”?

During a RESET, the microcontroller always considers the battery empty. If it is connected to the transformer and the battery is charging, when it is 100% charged, the microcontroller will receive the “battery full” signal and will resynchronize directly. From then on, the PSiO can have a normal behavior. After a RESET, when the PSiO is not connected to the charger, it is normal for the PSiO to indicate “empty battery” with its battery icon, regardless of the actual battery level. If you have to do RESET, you have to charge the PSiO until the battery indicator shows “battery full”. Then unplug it and use it again normally.

## Battery full/empty icon



When the battery is fully charged, the battery icon on the display shows 4 bars. If the battery icon shows no longer any bars, the battery is almost empty. You need to charge the PSiO by plugging it into its AC adapter.

## Battery icon being charged



After connecting the PSiO to its AC adapter or to a computer, the battery displays an electrical outlet icon. As long as this icon is displayed, the bat-

tery is charging and has not yet reached its full capacity. When the battery is fully charged, the battery icon will be all white without a power outlet drawing.

## “PSiO3” message



This message appears briefly when the RESET button has been used. The message “Plug your PSiO” replaces it after a few seconds.

## “Plug your PSiO” message



- Either your PSiO has too low a charge level of its battery. It must be plugged into its AC adapter to be recharged to 100% of its capacity.
- Either you just push the “RESET” button. This button clears the battery charge level and resets it. You must therefore connect the PSiO to its AC adapter to be recharged to 100% of its capacity.

**IMPORTANT:** if you have used the “RESET” button, you must NOT stop charging until the battery is 100% charged, ie the battery icon shows

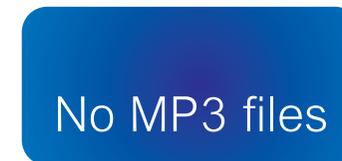
the drawing of the electrical outlet. (see the diagram “Battery icon being charged”).

## “USB PC” message



This message indicates that the PSiO is connected to a computer. He is ready for file transfers between him and the computer. In this mode, the PSiO cannot play a session the battery charges.

## “No MP3 Files” message



The PSiO cannot find any MP3 file in its memory. Please connect it to a computer to view its contents.

- If the PSiO opens correctly on your computer and there is no file on it, it means that the MP3 files have been erased. In this case you will put in the PSiO MP3 Color files that you have in your library on your computer.
- If the PSiO does not open on your computer or you cannot display its content, you will need to format it. Please follow the instructions under “Please format in FAT32”

## “Please format in FAT32” Message



Please format  
in FAT32

You must format the device, that is, erase its contents and configure it to the correct format.

Turn on the PSiO and plug it into your computer on one of the USB ports. On the PSiO screen appears the message “USB Mode”.

If you use WINDOWS:

- Open the “Computer” or “My Computer” (Windows XP) location. You will see the PSiO that appears as a new disk.
- You select it and right click. You choose from the menu that opens “Format...”
- A window opens with options, you must set “File System” to “FAT32” and “Allocation Unit Size” to “Default Allocation Size”. Make sure that in the formatting options at the bottom of this window, the “Quick Format” box is checked. You then click on the “Start” button.
- A warning will warn you that you will delete all content on the device. You click on the “OK” button.
- Formatting is done, it takes about a minute. When finished, a message will appear stating that formatting is complete. You click on the “OK” button.
- And you can close the formatting window by clicking on the “Close” button.

- You return to the “Computer” or “My Computer” slot and double-click on the PSiO device, you will see that the PSiO no longer contains any files.
- You can now place the titles in MP3 Color

If you use MAC, you will not be able to format the PSiO in FAT32. You will have to go through a computer running Windows.

## Use with Mac computers

1. If you can no longer place programs in your PSiO while it does not contain many, you must empty your trash. When deleting programs on a PSiO with a Mac computer, they go to the trash and continue to use some memory space in the device. To recover this memory space, empty the trash bin with the PSiO connected to the Mac.
2. When you eject the PSiO from the Mac, you must unplug the USB cable immediately otherwise the PSiO will reconnect automatically to the computer. If it reconnects, you can disconnect the USB cable but a warning message will appear, just click the OK button.

## What happens when I leave the PSiO on after a session ?

At the end of a program, the PSiO will turn off automatically after 5 minutes of no use. If you're pausing in the middle of a song, then the PSiO will turn off after 10 minutes.

## What happens if my PSiO goes off after a session and falling asleep ?

Just press the ON/OFF button to restart it.

## Can I stop a session and then resume it ?

You can stop a session by pressing Pause (ON/OFF button), a second press starts the session where you stopped it. If you pause for more than 10 minutes, the PSiO will turn off automatically.

## How to add new programs on my PSiO ?

On the site go to "Shop" and select the program you want to buy. Once your payment is accepted you will be prompted to download your program. You can save it directly on to your PSiO but we recommend, you create a PSiO folder on your computer where you can save all your programs to find them later. If your PSiO is not connected to your computer, connect it and copy the file to your PSiO as you would on a USB key. **WARNING!** Wait for the file to be completely copied to unplug your USB or use the "Safely remove hardware and eject media" command on your computer.

## How to eliminate purchased pieces of my PSiO without losing them in my basic list ?

Through the USB port, connect your PSiO to your computer. Turn on your PSiO. It is then recognized as a storage device named PSiO. You can now proceed to erase the files as you would with a USB key.

## My screen shuts off after 5 seconds, but the session continues, is this normal ?

To optimize battery life, the PSiO will shut off the screen after 5 seconds if inactivity. If you want to see the information displayed just press any button and the screen will turn back on. Since the function is taken into account, we advise you to use the sound and light adjustment buttons.

## Why do I have to enter my serial number when creating my account on psioplanet.com ?

When creating your user account on [www.psioplanet.com](http://www.psioplanet.com), you have the option to enter the serial number of your PSiO. We recommend that you do this either by clicking on "register the serial number of your PSiO" or "modify my data". This number will be used for your guarantee and provides access to a number of free programs.

## Where can I find the serial number?

You will find the complete serial number on the inside of the left arm of the PSiO; or on the back of your manual Quick Start.

## I have several PSiO's, how do I enter several serial numbers?

At any time, you can log on to [www.psioplanet.com](http://www.psioplanet.com) and click on "Register Additional Serial Number" or choose "Edit My Data" at the top right of the screen. You will then be able to enter up to 5 different serial numbers.

## My PSiO does not seem to work properly anymore, what should I do?

If the behavior of your PSiO does not seem correct (bad reading of the sound, the lights do not light up...) then press the reset button with the tip of a pen. The factory settings will be restored.

A "Plug your PSiO" message will appear on the screen. You must first recharge your PSiO as when first used. Do not forget to let it light up while charging.

## How can I clean my PSiO?

Use a non-abrasive moistened cloth such as the cloth that comes with glasses for cleaning.





# The P*Si*O Pillow

## How is the olfactory pillow best used ?

By using it regularly you will be able to note the power of the olfactory senses coupled with the new behavior of relaxation for added effect and conditioning.

## Connect the P*Si*O

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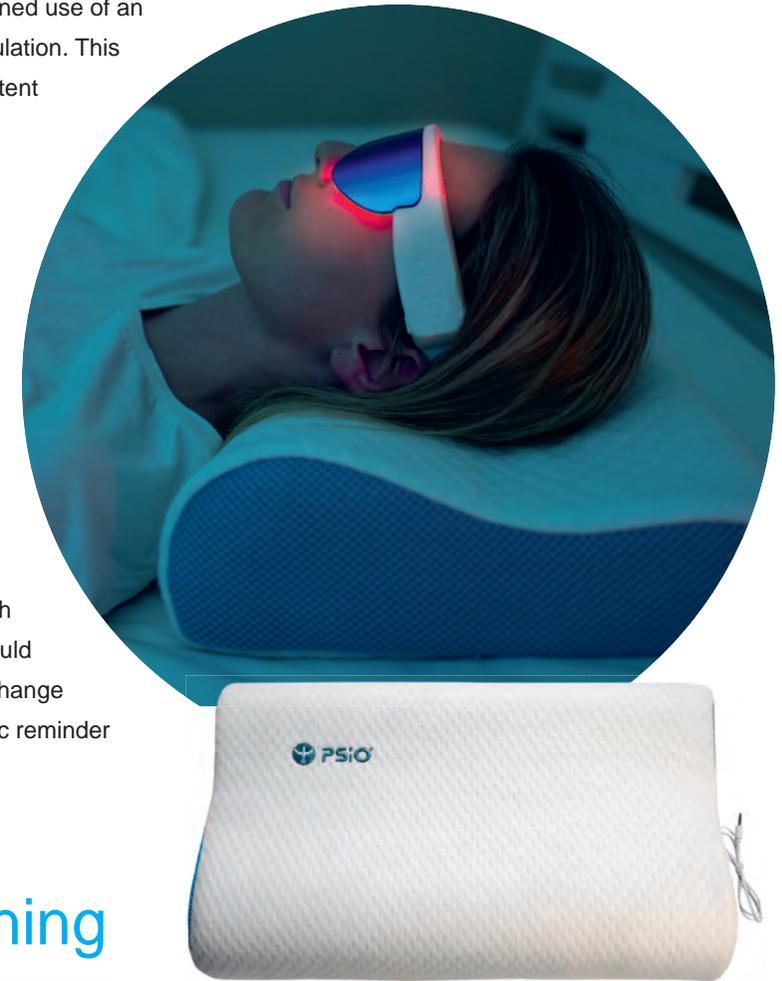
Your “P*Si*O PILLOW” musical & olfactory pillow is ready for use as soon as you connect it to your P*Si*O telescope. Depending on the audio level you want to adjust from your P*Si*O bezel ( see audio volume adjustment knob on the bezel ), adjust the hearing level so that it is comfortable. For the night, we recommend the minimum level of adjustment. Thus, you will hear in the background the messages contained in our audioceuticals and this will not interrupt the process of falling asleep.

## Operation

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Based initially on the work on Pavlov’s conditioned reflexes and the inventors of neurolinguistic programming, John Grinder and Richard Bandler,

have revived the combined use of an odor with auditory stimulation. This association is highly potent since olfactory memory combines with that of hearing to create a stronger neurological link and the creation of what is called a very effective “anchoring” of behavior. This allowed, for example, to understand how an olfactory stimulation accompanied simultaneously with positive suggestions could optimize a behavioral change and create an automatic reminder of the message.



## Conditioning

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For anchoring to be effective, it must be maintained through repetition and therefore more frequent unconscious automatism. For example, suggestions of self-confidence associated with a specific blend of essential oil will, if necessary, restore self-confidence at the desired time with the help of the breathed smell at that very moment. This is how a virtuous circle is established for use in your present life, especially when it is most needed.

# Intrinsic effects of essential oils

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In addition to the olfactory “anchor” aspect, essential oils have intrinsic virtues that coincide with the three major currents of PSiO spectacles and the three types of wavelengths of light used: the wavelength of waking, the wavelength of relaxation and the wavelength recommended for listening before falling asleep or sleep.



## Three colorful mosses

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In the packaging you will find three types of foam split in their center to soak them with the essential oil provided for this purpose. The colors of the foams are designed to optimize use:

The red foam is used with the essential oil with the corresponding red label (corresponds to sleep)

The green foam is used with the essential oil with the corresponding green label (corresponds to the relaxation)

The blue foam is used with essential oil with corresponding blue label (corresponds to the awakening)

Each time keeping the same oil avoids the olfaction mixtures.

## 3 effects :

- Calming
- Relaxing
- Dynamic

## Usage tips

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When you are about to make a session of this type with the PSiO bezel connected to the audio pillow, open it and soak the central foam housing provided for this purpose with 15 to 30 drops of corresponding essential oils.

Then close the cubicle and replace the pillowcase, making sure that the connecting wire passes through the cover. You can interchange the cubicles and change the olfaction according to your objective.

# Compositions\*

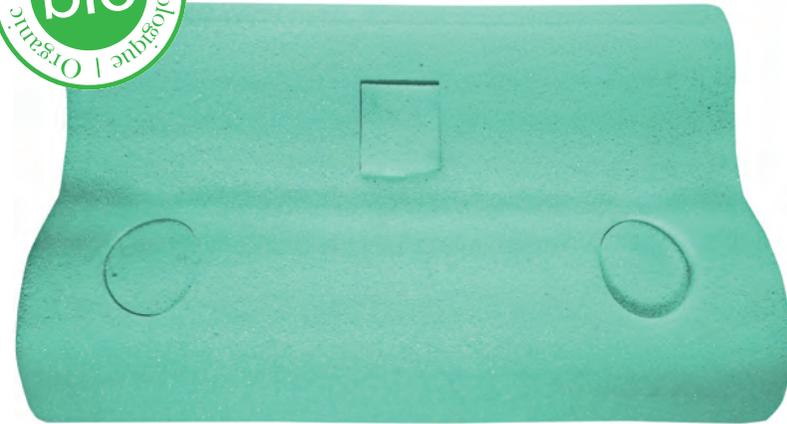
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**PSiO "Awakening"** – Olfactory blend for mindfulness and awakening: Citrus aurantium ssp amara, Lavandula angustifolia ssp angustifolia, Pelargonium graveolens, Citrus bergamia, Mentha x piperita.

**PSiO "Relax"** – Olfactory blend for relaxation and turbo-nap sessions: Citrus sinensis, Litsea cubeba, Origanum majorana, Lavandula angustifolia ssp angustifolia.

**PSiO "Sleep"** – Olfactory blend for preparatory session at a peaceful, peaceful night: Cinnamomum camphora ct linalol, Chamaemelum nobile, Boswellia carterii, Cinnamomum camphora.

\*Organic farming: these essential oils come from organic farming.





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Dear PSiO users,

I designed the PSiO to be your most intimate companion, that of your mind.

Placed on your bedside table, taken with you to work to take a resting nap, or travel by train or plane to fight fatigue or jet lag, the PSiO can be placed in your bag, briefcase or luggage and follow you so wherever you need it.

Sometimes device of well-being and easing tensions due to the stress, sometimes tool of personal development and learning to the meditation or even booster of your spirit at work thanks to the regenerative power nap, the PSiO definitely does not replace anything other because it is a device in its own right that does not really encounter alternatives. It allows to reduce all drugs (legal and non-legal) and sometimes... to do without. I often hear that PSiO has changed the lives of its users. It's a pleasure to learn that.

It was in 2003 that the concept of "Audioceuticals" was born ; then in 2014 that of "turbo-nap" was deployed. These two "inventions" have enabled the PSiO to attend many programs, to offer a wide variety of sessions and thus improve the lives of many people, whether in a clinical setting, in a hospital setting or at work at home as in companies.

I therefore hope that PSiO programs resulting from my research work spread over more than 30 years now can enhance the framework of your life course. Because it is my greatest satisfaction : knowing that the PSiO is part of your life and facilitates it, even if it is sometimes very discreet.

Also feel free to send me your feelings.

Even a short letter summarizing your satisfaction is always a pleasure.

**Stéphane Dumonceau**

*Designer*

