

neuroVIZR

YOUR 7-DAY LUCID MEDITATION
EXPERIMENT WITH NEUROVIZR

INTRODUCTION:

The following **7 Day Meditation Experiment** is a fascinating exploration of Mind and Meditation. Great for beginners and matured practitioners alike. The idea is to “taste test” different styles of traditional meditative techniques against the background of modern evolving cognitive science. As an “experiment”, it is not a test and there is no pass/fail outcome. Just some learning and maybe a bit of fun.

For the next 7 Days, we will engage in a variety of meditation related personal experiments. Some involve the neuroVIZR and some don't. Enjoy.

Lastly, for a LOT more detailed information, please refer to our Free Lucid Meditation Guide available as a download in our neurovizr.com website.

USEFUL INFORMATION:

Let's first better understand what a neuroVIZR Brain Engagement “session” actually means. At the most basic level, the NV “session” is focused on the Light/Sound experience itself. As much as that is relatively accurate, it is really only part of the truth. Consider the following explanation of a complete NV “session”:

1. BRAIN PRE-PRIME:

- a. It is what you do “before” the Light/Sound;
- b. It could be one of the “Warm Up” elements in the session screen;
- c. It could be the verbal “Play Intro” which gives you some perspective;
- d. It could be one of the Brain Optimizer/Dehabitators described below;
- e. It could be some personal Breathwork not offered in our app;
- f. Basically, a Pre-Prime is anything that helps you get more involved in the main Light/Sound Experience that will follow.

2. BRAIN PRIME:

- a. This is the stage of the Light/Sound Experience itself;
- b. Think of it as the LESSON that guides your brain into the neuroplastic process;
- c. In most sessions, relax & enjoy it like passively watching a movie in your mind;
- d. In the NV Meditation Light/Sound Experiences, it is advised to actively participate in the manner recommended in the “Play Intro” feature found on your screen.

3. BRAIN TIME:

- a. Surprise! The complete session is not over yet;
- b. Analogy – you just ate a delicious meal (of Light/Sound) – now is the time to digest it;
- c. Attention is the primal “psycho-active agent”;
- d. So, make max use of the Brain Time aspect of the complete experience;
- e. Brain Time is especially important for our 7 Day Mediation Experiment;
- f. Brain Time is when you begin the integration of the Brain Prime aspect;
- g. If Brain Prime is the LESSON, then Brain Time is the LEARNING;
- h. It could be any of the Cool Down choices provided in the app;
- i. The BEST Brain Time action is to simply feel what you feel and follow that feeling;
- j. In this 7 Day Meditation Experiment, there will also be some specialized Brain Time processes as well.

Some of the experiments will involve using the neuroVIZR app sessions found in the **Brain Optimizer > Brain Dehabitators**. These are Brain Pre-Prime processes. You will know which to use personally for yourself by selecting the session based on this reference information:

1. DEHABITUATE GAMMA:

- a. Poor cognitive functions;
- b. Previous mild head injuries.

2. DEHABITUATE BETA:

- a. Inability to relax;
- b. Mental fatigue;
- c. Poor cognition;
- d. Brain fog;
- e. Cannot pay attention;
- f. Panic attacks;
- g. General anxiety.

3. DEHABITUATE ALPHA:

- a. Too much daydreaming;
- b. Difficulty focusing;
- c. Being too relaxed & lacking alertness;
- d. Anxiety;
- e. Obsessive compulsive.

4. DEHABITUATE THETA:

- a. Attention deficit;
- b. Hyperactivity;
- c. Problems focusing & finishing;
- d. Learning disabilities;
- e. Previous head injuries.

5. DEHABITUATE DELTA:

- a. Attention deficit;
- b. Hyperactivity;
- c. Learning disabilities.

6. DEHABITUATE HI/LO:

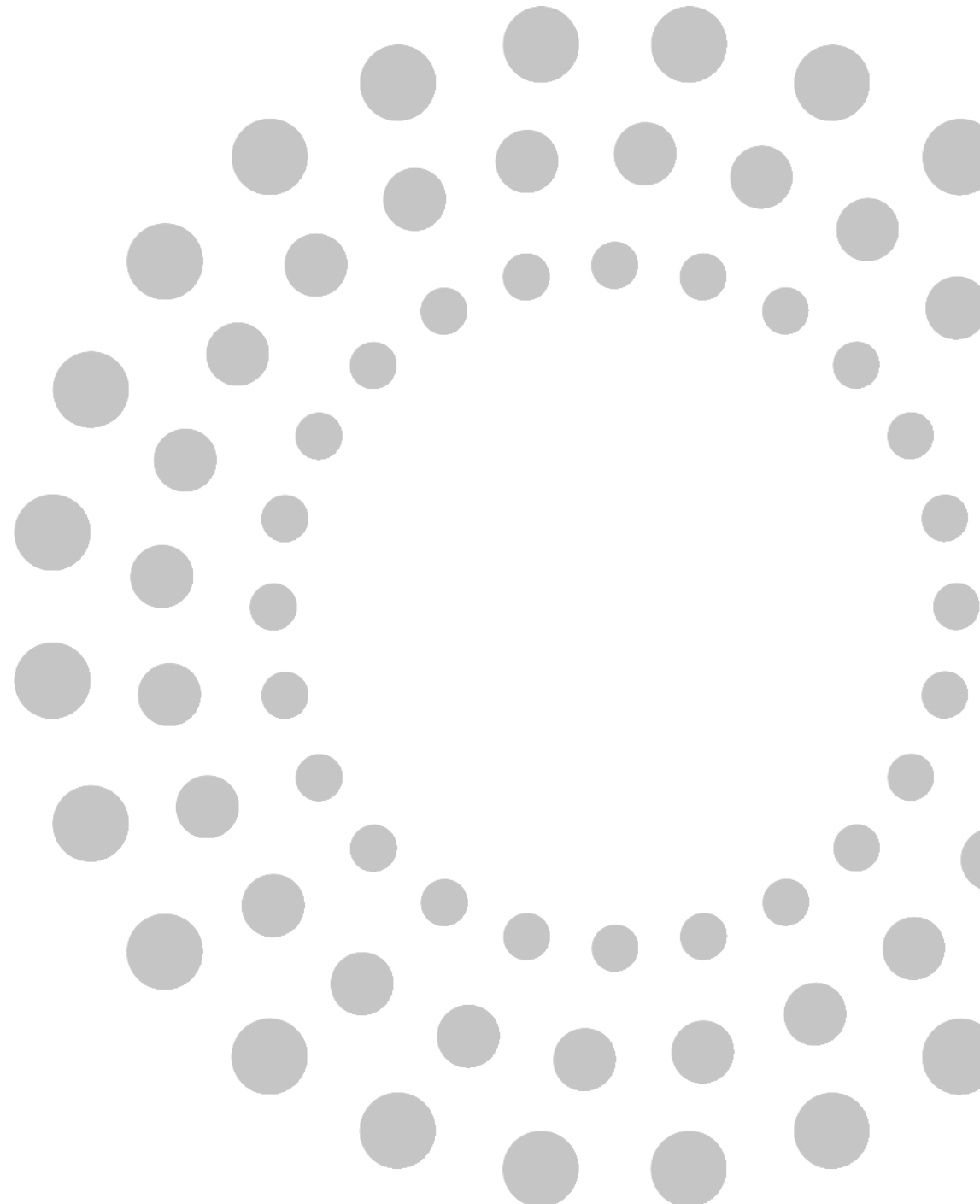
- a. If you don't know what to choose because of many big overlaps, this is just a spectrum wide shotgun to soften and shake things up.

7. DEHABITUATE HI:

- a. If the Alpha, Beta & Gamma all seem to somehow overlap use this session.

8. DEHABITUATE LO:

- a. If the Alpha, Theta & Delta all seem to somehow overlap use this session.



DAY 1: LOCK & LOAD

THE CONCEPT:

- Let's start at the beginning with a basic **"Attention without Tension"** experiment.
- Most every meditation tradition considers the ability to shift your Attention at will to be a great foundation for all other progressive stages and techniques. Actually, some fundamental approaches never go beyond that step.
- As reference, we can use the Buddhist approach called Samatha or Tranquility. The primary goal of Samatha meditation is to cultivate a deeply concentrated and tranquil mind. This state of calmness and focus serves as a foundation for further meditative practices, particularly Vipassana.
- In formal Buddhist tradition, there are actually 8 progressive stages of the Tranquility practice. Here, we are experimenting with the simple first stage.
- In our Lucid Meditation Collection within our app, this type of meditation is targeted in the Grounded session.
- The essential goal of the "Lock & Load" experiment is to explore what it is like to shift your Attention to something super simple and do so **"without effort"**. Hence, Attention without Tension. Just relax and accept.

THE SCIENCE:

Relaxation and Calmness: Alpha waves are commonly associated with a relaxed, yet alert state of mind. During Samatha meditation, an increase in alpha wave activity has been observed, indicating a state of calm alertness and reduced stress.

Alpha states are expected as one begins to relax with eyes closed. Alpha brain waves are like blinders on a horse. They block out stimulation from outside of your focus. Let the alpha brain waves do the work for you instead of trying to force your mind to stay in focus. Alpha brain waves are a beginner meditators best friend.

THE EXPERIMENT :

Brain Pre-Prime:

- Do a few minutes of simple stretches of any kind. Don't rush.

OR

- Choose one of the Brain Dehabitators (described above).

Brain Prime:

- Select from Mind States > Focus > Still Point session (11 min).

OR

- Select Meditation > Grounded session (20 min).

Brain Time:

- Light a stick of incense and gently watch it burn down.

OR

- Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 2: HEART INSTEAD OF HEAD

THE CONCEPT:

- Let's flip the idea right away. Remember it's an experiment.
- Loving-Kindness and Compassion (LKC) Meditation aims at developing feelings of love, compassion, and kindness towards oneself and others.
- This approach moves away from the "thinking head" and into the "feeling heart".
- In some ways, it's like sincere prayer but without words or ideas.

THE SCIENCE:

Theta Waves (4–8 Hz) - LKC meditation often shows increased theta activity, particularly in the frontal and midline regions, such as the anterior cingulate cortex (ACC) and prefrontal cortex.

Theta waves are associated with relaxation, emotional regulation, and inward-focused attention, all of which are central to cultivating feelings of compassion and kindness.

Gamma Waves (>30 Hz) - High-amplitude gamma activity is reported, especially in meditation experts (e.g., experienced Tibetan monks) during states of loving-kindness and compassion.

Gamma waves are linked to heightened cognitive processing, empathy, and the integration of emotions

THE EXPERIMENT :

Brain Pre-Prime:

- Reflect on those that are suffering, confused or misunderstood.

OR

- Choose one of the Brain Dehabitators (described above).

Brain Prime:

- Select from Mind States > Moods > Heart Space (11 min).

OR

- Select Meditation > Gregorian session (20 min).

Brain Time:

- Select from Cool Down > Nature Sounds (30 seconds).

OR

- Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 3: WATCHING THE PARADE GO BY

THE CONCEPT:

- Everyone is talking about Mindfulness Meditation, so, let's give it a try.
- Mindfulness involves maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and surrounding environment.
- There are many styles of Mindfulness Meditation and different traditions put their own spin on them.
- Mindfulness Meditation, in the Buddhist tradition is known as Vipassana or Insight Meditation. The term «Vipassana» means «clear seeing» or «insight,» and the practice is aimed at understanding the impermanent, unsatisfactory, and selfless nature of all phenomena.
- So, life is like a parade from the Mindfulness point of view and you can just be peaceful and watch the parade go by all by itself. It won't last forever.

THE SCIENCE:

Theta waves (4-8 Hz) are linked to deep relaxation, creativity, and emotional processing. Research has found that mindfulness meditation can enhance theta wave activity, which correlates with a deeply relaxed state and introspective thought. This increased theta activity is often seen during deep meditative states and is associated with the meditative process of observing thoughts and sensations without attachment.

THE EXPERIMENT :

Brain Pre-Prime:

Look up at the sky and simply notice the moving clouds or the wind swaying the trees.

OR

Choose one of the Brain Dehabitators (described above).

Brain Prime:

Select from Mind States > Relax > Gentle Moves session (11 min).

OR

Select Meditation > Mindfulness session (20 min).

Brain Time:

Walk outside or in Nature and quietly notice the myriads of things

OR

Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 4: JUMPING DIMENSIONS

THE CONCEPT:

- There are many aspects of expanded consciousness many of which have alluring descriptions of exalted states of mind and exotic qualities of being.
- Mystics throughout time and from all cultures claim experiences that can only be called “cosmic” or “transcendental”.
- The average person will never venture into these “mental landscapes” yet certain meditation practices can yield hints or fleeting glimpses of such wonder and delight.
- Without any real expectation, we can experiment a bit with such meditation promises.

THE SCIENCE:

Delta Waves (0.5–4 Hz) - Delta activity is often increased during deep mystical experiences, particularly in states of profound stillness or transcendence.

Delta waves are linked to deep unconscious states, profound relaxation, and access to non-ordinary states of awareness. They may support the dissolution of self-boundaries (ego dissolution) and connection with a perceived universal consciousness.

THE EXPERIMENT :

Brain Pre-Prime:

Practice simple breathing techniques or pranayamas of which you may be aware.

OR

Choose one of the Brain Dehabitators (described above).

Brain Prime:

Select Meditation > Transcendental session (20 min).

OR

Select Meditation > Mystic session (20 min).

Brain Time:

Make a hot bath with euphoric essential oils and candles.
Sink in.

OR

Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 5: INNER ASPECTS OF NATURE

THE CONCEPT:

- It is only recently that contemporary urban culture has removed most of us from an intimate experience and relationship with untamed Nature.
- Across the span of time, most peoples had lives woven into the texture and truths of “the wilds” which were never far from our doorsteps.
- Rituals and magical associations were common to all lives and techniques to commune with the “living energy” of all things were considered normal.
- Famously, shamans were given the special honor and responsibilities of managing these dynamic realms.
- Far from an escape from worldly things, these “meditations” aimed to merge into Nature instead of escaping from it.

THE SCIENCE:

Theta Waves (4–8 Hz) - Theta waves are highly associated with shamanic states, especially during trance-like experiences induced by rhythmic drumming or chanting.

Theta waves are linked to deep relaxation, meditation, and introspection.

They facilitate access to the subconscious, including imagery, visions, and archetypal experiences commonly reported in shamanic journeys.

Theta states often coincide with a dissociation from ordinary reality, enabling the practitioner to enter «non-ordinary» realms.

THE EXPERIMENT :

Brain Pre-Prime:

- Sit with and “connect” with an animal (pet?) or plant. Feel, don’t think.

OR

- Choose one of the Brain Dehabitators (described above).

Brain Prime:

- Select Meditation > Shaman session (20 min).

OR

- Select Mind States > Create > Dreams-capes (11 min).

Brain Time:

- Listen to Trance type music including rhythmic drumming.

OR

- Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 6: BEGINNERS MIND – ZEN MIND

THE CONCEPT:

- It gets pretty tricky for new meditators when they encounter some of these “formless” types of meditation.
- “Sitting Zazen” is a well-known image. Cross legged on a pillow. Not moving a muscle. Back screaming in pain. And the Zen Master standing by and watching with a wooden rod ready to whack you if you wiggled.
- Most of us will never venture that far however the “Zen Garden”, “Tea Ceremony” approach to spirituality and meditation has long captivated people even at a philosophical level. I can just imagine now the sound of a bamboo flute in the mountains.
- Zen Meditation is filled with nuances and progressive stages that must be guided by an experienced teacher. Here, in simplicity, we can approach it as an “Open Mind” without targeting anything in particular. It is both restful yet mentally crisp and clear.

THE SCIENCE:

Gamma Waves (>30 Hz) - Increased gamma activity is observed during advanced Zen meditation practices, particularly in moments of heightened awareness or insight.

Gamma waves are associated with neural integration and cognitive clarity, reflecting the unity of mind and body emphasized in Zen.

They are linked to the experience of «kensho» (a sudden awakening or insight) or states of non-dual awareness, where the separation between self and the external world dissolves.

THE EXPERIMENT :

Brain Pre-Prime:

Carefully, make yourself a hot drink (tea, coffee?). Sip and savor it.

OR

Choose one of the Brain Dehabitators (described above).

Brain Prime:

Select Meditation > Zen session (20 min).

OR

Select Mind States > Focus > Crystal Clear (11 min).

Brain Time:

Walk about your room or outdoors and feel each step one at a time.

OR

Simply keep your eyes closed, feel what you feel and follow the feelings.

DAY 7: BUSY AIRPORT AS YOUR TEMPLE

THE CONCEPT:

- If you think that meditation requires a perfect quiet room, a comfy meditation pillow, sandalwood incense and darkness, you may be progressively painting yourself into a very tight corner in life.
- For sure that type of environment is lovely and very conducive...but, then there is the rest of your life and all the places and times in which we must encounter an uncontrolled terrain.
- From the beginning, not making a very sharp separation from “now, I am meditating” and “now, I am not meditating” is a very wise attitude.
- Having a “whole bunch” of things happening at once is much closer to our daily experience than the perfect meditation room (or cave).
- In many cases our life is not like “watching an ordered parade” as it is “escaping a riot”.
- So, letting things swirl and dance and bump into each other with acceptance and letting go of aversion can lead to profound states of wisdom and insight.

THE SCIENCE:

A completely open mind state is characterized by elevated alpha and theta activity, supporting relaxation, acceptance, and non-resistance.

Advanced states may involve enhanced gamma for neural integration and moments of insight, while delta waves may underpin deeper stillness and timeless awareness.

Reduced beta activity reflects the cessation of effortful control. Together, these brainwave patterns facilitate a state of effortless being and pure awareness.

THE EXPERIMENT :

Brain Pre-Prime:

Just sit and passively “hear” (not actively “listen”) to any and all sounds and passively “see” (not actively “look”) any and all actions around you.

OR

Choose one of the Brain Dehabitators (described above).

Brain Prime:

Select Meditation > Tibetan session (20 min).

OR

Select Mind States > Explore > Ollie Impossible (11 min).

Brain Time:

Turn on the TV and the radio and the blender, etc. – all at one time – and just let it all happen on its own without any attempt to adjust or control it.

OR

Simply keep your eyes closed, feel what you feel and follow the feelings.

