

*Stories of Personal Triumph*



# *Dedicated to*

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The points of light  
who have gathered together,  
joining us on our journey  
to bring balance & harmony  
to the lives of many



*Our mission is to help people*



# *Introduction*

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Brain State Conditioning™ was developed by Brain State Technologies™ founder, Lee Gerdes, from a personal need to overcome depressive tendencies that surfaced during the creative process. He discovered that most masters: painters, musicians, composers, CEOs or athletes have some depressive tendencies that have been brought on by the need to be creative – as Beta waves decrease in one part of the brain, other wave patterns may increase in response, in another part of the brain, which allow for the germination of creative ideas. He discovered that if Beta waves returned, and the creative idea is acted upon, then the sense of being unmotivated or slightly melancholy would not manifest.

Lee further advanced his understanding of how the brain works with additional research of the highly functional minds of two Tibetan Buddhist Monks. These monks were masters at meditative techniques, having practiced deep meditation for over 40 years each. The understanding of the mastery of creative process, and the mastery of the alert-but-relaxed process of the meditation master, has led to the basis for training brain wave patterns to produce the high performance, high awareness, and highly connected mind of clients through the Brain State Conditioning™ process. Brain State Conditioning™ is based upon a state of “contentment”, and Buddhist Monks represented the most clear pattern for this state. It was discovered, that “contentment”, “balance and harmony”, and “homeostasis” are all basically the same brain state. This discovery allows us to apply algorithms to the individual in a unique way; determining optimal brain wave patterns to attain this balanced and harmonized state.

Brain State Conditioning™ is an individually tailored method of balancing and harmonizing the brain. Brain State Technologies™ methods involve collecting the brain waves of a person and producing individualized computer feedback based on the data collected. This process includes personalized exercises to balance and harmonize the brain.





I do not walk between  
The step already taken  
And the one I'm yet to take,  
Which both are motionless.

-Nagarjuna



# *Addiction*

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An addiction is a recurring compulsion by an individual to engage in some specific activity. The term is often reserved for drug or alcohol addictions but it is sometimes applied to other scenarios, such as problem gambling and compulsive overeating. Factors that have been implicated in precipitating an addiction include: genetic, biological/pharmacological and social factors.



## Addiction

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If an unaddicted addict  
Preceded his addiction,  
Addiction would depend  
On someone unaddicted.

Addicts and addictions go together.

Were addicts and addictions one,  
They could not go together;  
Were addicts and addictions two,  
How would you ever know  
They were together?  
If they go together,  
How can they not be different?

For only different things  
Can be together things.  
Without differences  
Nothing goes together.

Addicts and addictions  
Are neither together nor untogether,  
Just as all things  
Are neither together nor untogether.



F.M.,48  
Software Engineer

“My motivation to do brain training was to get rid of my nicotine addiction, and that is no longer an issue. Using this technology I discovered how to switch off my thoughts and experience bliss. That allowed me to tap into my creativity at a whole new level. Its been an extraordinary journey.”

*trained by* Hilary Bee  
Flower of Grace  
Scottsdale, AZ

V.I., 44

Insurance Administrator

“I thought I’d write you with an update of how I’m feeling now that it’s been almost a month since the sessions...

I still haven’t had a drink, though to be honest I feel as though I’m looking forward to an occasional glass of wine with dinner. We’ll see - I’m going to test the waters in a week or so. Who knows I may not like it at all! :)

The most incredible difference that the Brain State Conditioning has made in my life is that it has helped me to facilitate major lifestyle changes. I am doing kundalini yoga most everyday after work and sometimes even before work (if I get up early enough). I also started a colon & heavy metal cleanse that is going well. I am feeling pretty exhausted during the day - even though I feel my sleep patterns are better. I’m not sure what the utter exhaustion is all about...

Well, I saved the best and most incredible for last... I quit smoking on the 15th. Today is my 22nd day without a cigarette. I’m using a very low dosage patch. I’ve used the patch before, but I always had horrific cravings that were difficult to shake. After Brain State, quitting smoking has been such a breeze, I can hardly believe it. I haven’t had a single craving. Not even one! The first week, thoughts about smoking would come into my head but then they went out of my head immediately. They didn’t linger and nag at me. Basically, I just had to get through the habitual part - after a meal, in the car, etc. I chewed gum to help. Now, I rarely have to chew gum and days go by without the thought of a cigarette even entering my field. It’s truly amazing. I really attribute it all to Brain State. I’ve never heard of anyone else having such an easy time of it. And I really know that I’m done with smoking. It’s wonderful.



Other than all the above, my life feels pretty normal. Well who knows, it hasn't even been a month - I think you said that I'd see changes occurring for the first 2 months. I must admit, I do actually miss the sessions and the euphoric feeling that I had during that week! :)

I really can't thank you enough, I feel very blessed to have been able to experience this.

*trained by* Scott Meredith  
Brain Harmonizer  
Sacramento, CA

G.P., 21  
Student

“My training has stuck and I’m sure it will stick for just about everybody else. If they put in the work they will achieve much better results and in that way the training will stick forever.

I think people from rehabs are definitely a market to target. When people become drug addicts/alcoholics they will for the rest of their lives be drug addicts/alcoholics. They will continue to crave for the rest of their lives. But it does get easier as time goes on. If I look at the people in recovery in the rehab that I was at, everyone is a nervous wreck and it has only been now that I am calmer, that I have realized this. The training helps to speed up the recovery process so that you don’t feel so nervous/anxious while sorting out the main psychological reasons for being a drug addict at the same time, therefore reducing cravings and making the initial hard part of recovery so much easier. I relapsed after going to rehab and still craved meth, but the training has suppressed that a hell of a lot. There will always be triggers that might set you off and that’s where a clear brain and additional coping mechanisms that rehabs teach people come in. I have still had cravings since I’ve trained, but it has hardly been a craving in that sense. It’s just a thought that just as quickly as it enters my mind is forced out and I hardly take any notice. It also happens so very rarely that it does not concern me.”

*trained by* Rory & Penny Park-Ross  
Neuro Balance  
Cape Town, South Africa

M.S.

“I am happy to report to you that after five sessions, my client who has been very addicted to crack/meth told me he no longer felt cravings for the drug. He also is sleeping quite a bit. He told me after he left my office at 3:00 in the afternoon yesterday, he went back to his hotel and slept until 9:00 in the morning.”

*trained by* Ann Vogel  
Braintactics  
San Mateo, CA



# *Cognition*

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Cognition is a diffuse term and is used in radically different ways by different disciplines. In psychology, it refers to an information processing view of an individual's psychological functions. Wider interpretations of the meaning of cognition link it to the development of concepts; individual minds, groups, organizations, and even larger coalitions of entities can be modeled as societies which cooperate to form concepts. The autonomous elements of each 'society' would have the opportunity to demonstrate emergent behavior in the face of some crisis or opportunity. Cognition can also be interpreted as "understanding and trying to make sense of the world". In the following context, different new perspectives are employed.



## Cognition

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In seeing things  
To be or not to be  
Fools fail to see  
A world at ease.





K.W., 53

Realtor

“I no longer wake up in a fog, I am much more organized at work and I’ve been able to cut way down on my pain medication. This technology is amazing.”

*trained by* Hilary Bee

Flower of Grace

Scottsdale, AZ

D.H.

“After my 5th training session I took my dog for a walk in the park when I returned I realized that I had forgotten to look over my shoulder “just in case” throughout the whole walk. That has never happened before.”

*trained by* Clay Pulley

Optimum Performance Technologies

Las Vegas, NV

J.A.

“For me, Brain State Conditioning was in the beginning a wonderful peaceful opportunity to remember what it is like to be still and close my eyes. It was meditative, contemplative and relaxing. I began to examine the inappropriate ways I have learned to respond and as I observed those old behaviors I began to clear them and learn new more appropriate ways to respond. One hard and observable result is that after giving up sugar in February, I lost almost 20 lbs. I am appreciating a greater focus and subsequent enormous learning curve in my work and just in the nick of time. My job has changed radically and old limitations and fears are up for review and clearing. I’m grateful for the tools to meet each new (sometimes overwhelming) challenge with a greater distance on the situation. I’m learning that inappropriate anger and a feeling of helplessness can be exchanged for focus, calm and self confident questioning of other people’s inappropriate behavior.”

*trained by* Tina Moody & Linda McCarley  
Optimum Brain State  
Austin, TX

K.B.

“As I approached my 60th birthday last month I was filled with dread... my son bought me (10) brain balancing sessions with Optimum Performance Technologies. With some skepticism I participated in the training. I now look and feel 10 years younger... In fact I am 10 years younger. I feel I have a new lease on life.”

*trained by* Clay Pulley  
Optimum Performance Technologies  
Las Vegas, NV

L.A.  
Student

“Without my mom knowing what the sessions were supposed to specifically help me with, she explained that it was as if a pause was created between my impulse to do something and my action. This allowed me to approach things more rationally and not just automatically act on my impulses. My mom didn’t even know to look for this, she just noticed it. Thank you so much.”

*trained by* Tina Moody & Linda McCarley  
Optimum Brain State  
Austin, TX

P.W.

Consultant

“P.W. is a consultant who needed organization, sales capability, and clients. After brain training, his sales increased significantly as did his proficiency. Clients now benefit from his additional insights, and business has grown to the point where he has found it necessary to add staff. His golf game has also improved.”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ

S.I.

Business Woman

“My journey began when I was twenty-eight when my son was diagnosed with clinical depression. As a good mother I sought help for him through therapy. Since then I have continued the journey for myself. I came across Brain State Technologies in December 2006 when I hit an emotional block. I entered into a ninety day meditation asking for something I could do in this world that would help not only myself but others. Brain State was the answer. During my training I experienced relief from fear and have become more highly intuitive. Also, I have some learning disabilities and have opened up to addressing them. Working with Brain State and a tutor has produced significant improvement.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

J.W.

Business Owner

J.W. had a business that was struggling and facing extreme financial hardship. After brain training, he increased his confidence, his creativity, and his salesmanship to land the biggest deal of his career, with Donald Trump himself. J.W. and his wife have started couples training, and report that their marriage is stronger than ever.

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ



## M. Agency

M. Agency is an advertising agency that wanted more creativity from its staff. Brain State Technologies trained 5 key staff members for 9 sessions. The result was a significant increase in closure rate based on new and highly creative solutions. Additionally, the staff worked together more efficiently and harmoniously.

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

K.E., 33

Artist & Designer

“I left [job] to follow my vision, Lee :) There is so much I want to do and create, not just for myself, but also for/with the amazing people that I have the opportunity to share life with. Now’s the time. I never want to look back on my life and wish that I had the courage or time to do this or that. I do... and the time is now.

Brain State has changed everything for me - I cannot tell you that enough, it seems. I’m ME, but better and it’s the best feeling in the world. I will forever be a BST advocate. There are so many people around my mom and me who are in awe about all the change that’s taken place within us and most of them are so supportive, intrigued and wanting to visit BST; some are simply afraid of it all and have turned away. That is all right... hard to swallow and understand sometimes, but we all drive our realities and lives - I just refuse to let fear invade mine anymore! So, OFF WITH THEIR HEADS! I mean... OFF TO MY LIFE! (hee hee hee).”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ

E.M., 56  
Restaurant Owner

“This is only a short note to say “Thank You” for helping me to change my life. I cannot stop talking about all of you and how blessed I am to have gotten to know all of you during the course of my training. If it was only the fact that I now sleep so soundly and wake up refreshed and ready for the day, that would be sufficient. However, everyday I recognize and live a better life simply because I know that I can. Recently I needed to have a root canal performed and I have carried such fear of dental procedures since I was about 10 years old. I have always needed relaxation drugs to get me through even the easiest visits to the dentist. I had the dentist prescribe the usual Valium, but as the day got closer I realized there was no anxiety, no fear and I didn’t fill the prescription. I went into that “root canal procedure” confident, sat down in the chair and went through 2 1/2 hours of drilling and filling. Afterwards, I did not even need a Tylenol for pain and slept like a baby that night. No other explanation than I believed I could do it and I believed that because of my brain training. So, thank you all for helping me to regain that trust in self.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

S.C., 40  
Business Owner

“My experience at Brain State Technologies was truly awesome and a highlight in my life. I came to Brain State as part of the training of new individuals purchasing a license from BST. Alexa and the dedicated individuals were inspiring. My experience provided me with a deep shift. I am committed to consciousness expansion or “opening” as I like to call it. I think BST is one of the best tools for opening and have recommended it to many people, one has done BST and one is about to do his BST in Santa Fe.

I have an increase of non-physical awareness and more energy. I have always felt I have spoken from a special awareness and now I am fully conscious of being that awareness all the time. I work with soft resonating lasers (also a great and complimentary tool for opening) and I am seeing deeper shifts and “awakenings” in the people I work with as well as my being more fully open and present. I am so excited to be alive and do this work... thank you for this tremendous gift.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

C.W., 59  
Self Employed

“C.W. is a businessman acquaintance of mine, that wanted to improve his cognitive ability and manage his time better and be more organized. He reports that after three sessions, he noticed a difference in his posture and carriage, he was walking in a taller more erect stature that continues to this day. He had sleep issues after the training for about 7-10 days, but that has now subsided. He also reports that he seems to catch all the breaks in the traffic now.”

*trained by* Bill Lewis & Therese Blackwell  
Neurobasics  
Prescott, AZ

Z.D., 36

Founder: Ahuman Institute / Life Coach

“This process has done the following for me:

- improved my sleep and increased energy
- released old sabotaging thought patterns
- improved the business connections that have come into my life
- released old emotional patterns that were not serving me
- I am able to easily recognize thoughts that are not based on reality & shift them to ones that are, we all get confused about experiences we’ve kept alive even though our lives have changed.
- super charged my focus
- increased my ability to receive feedback and handle stressful conversations
- food cravings, alcohol, sugar have been released and I feel I have more choices and it is easy to make new decisions in these areas. I have really shifted my attitudes around what I eat and how I take care of myself.
- Overall I am thinking different which is changing everything!

I believe in the program so much that it is required to go through the Brain State program before I let long-term coaching clients work with me. I feel that it gives them a solid foundation to start creating their lives from and it is a waste of their money to work with me without balancing their brains first.”

*trained by* Greg & Thea Fandel  
Intention Tech  
Pacifica, CA

C.P., 32

Commodities Trader

“After I started Brain State Conditioning™, I was told to expect results within three or four days. As a professional commodities trader I’m always looking for a better edge in the market. Exactly three or four days after I finished my initial sessions I had a major breakthrough and was able to see the market in a whole new way. That was three months ago, and the last three months have been the most profitable trading months I’ve ever had.”

*trained by* Greg & Thea Fandel  
Intention Tech  
Pacifica, CA

C.V.

“I have insufficient words to describe the effects on my whole person from the Brain State sessions I have been going thru with you. Having gone to India for the 21 day retreat for Deeksha Givers, received the gifts from Amma & Bhagavan, spent extra time in yet more retreat, I had expected to return home in a fabulous state of mind. Since that was not the case and returning home felt worse than the trip to India, I knew I had to do some more work. Just didn't know what.

In noticing Clay and you go through your training or rather the effects on your persons, my curiosity was tapped.

The first session, as you may recall, followed the assessment and it was clear that most people do not experience much until after the third session. We agreed that perhaps being somewhat sensitive I might perceive something that might be helpful. I did not expect what took place during and after the first session. It was night time when I realized that cumulatively, many of those experiences were in the category of 'peak experiences'. They all seemed related to whatever was released in that session. They were difficult to write about that evening and even now as they also float away leaving me feeling glorious. I felt not just like floating, but that I would probably float forever, so get used to it! Elation seems mild by comparison. My brain was functioning like never before. I practice energy work including Cranio Sacral Therapy, Internal Organ Massage, Reiki, and several others and felt that the effects of 1 BST was like all those together and so much more!

For all the joyous popping up and down, ready to sing to the world that afternoon and night, the next two days with double sessions each were experienced more as a quiet, secure, grounded( have had trouble for years staying fully grounded) and some very unknown sensations. After a couple of days I decided I was OK with this unknown-it was new to me.



That weekend following, a friend from out of state called. In an attempt to describe some of the known and unknown experiences, I described what seemed to be a hot dog in a bun. Having experienced many workshops including Healing from the Core developed by Suzanne Scurlock-Durana, I was familiar with going to or into my 'Core'. Now, as I described to my friend in Idaho, I found that 'hot dog in a hot dog bun' was best image I could come up with. The hot dog is my core and in other events I could touch it, scrape it, perhaps go into it a bit. Now, the core-'hot dog' was huge, massively expansive and I couldn't tell where it wasn't. It dawned on me that the HD bun wasn't there anymore, at least I couldn't detect it. The feeling still is one of ... "Here I am!!!" Later, there was the wondering of where have I been all this time?

Clarity! Clarity seems a word that applies to how I feel during and after most of the sessions. After a couple I noticed tiredness late into the night. Each time I sleep well. Don't know if the sleep apnea is still here or not. The Anxiety...who knows? The Morning Energy wakes me up! The aching, burning in my joints for years only moderately improved with homeopathy is mostly gone! I sense the body requires some physical realignment to catch up, otherwise I move with greater ease in muscle and joints. Left knee, right shoulder joints still have some issues, though also improved. It's hilarious!! Joyful!! Astonishing!!! Now,...can I get my kids interested for themselves???

After the first group of sessions I saw the intro video. That visual and Lee's descriptions of the brain sounded so much like John Upledger's descriptions over the years. John U has developed The Brain Speaks, yet for some reason I haven't ever been to the point of taking that course. I have experienced that work and the moment to moment is different. The results of BST at this time in my life are extraordinary to me. On seeing the main office of BST, I was struck as if I were gazing at a most marvelous temple. The lobby seemed certainly to be the sacred altar! That ! was weird!

*Continued...*

Oh, and the self confidence and assurance is extraordinary. I am amazed at how it has lasted this long(+/- 2 wks)! Inside my body feels like some gaps have been filled in and not covered. The quality of this feeling is also extraordinary to me.

During one of the last double sessions( am loosing track of the count), I was a bit off the course of imagery. I saw events related to the birthing of the yet unborn grandchild. A voice coached me what to say to soothe its Mom and Dad and as it was bundled and presented to me, placed on my chest, I was not only in awe, the voice continued to coach me in what words & subjects this child wants to hear! This sort of thing has continued for several days. Awe is no longer adequate!

On a daily basis, I laugh, yell, sing, make sounds, feel bounding, bouncy joy, don't know what to do with myself and feel deep, deep calm, serenity, quietude, etc.

Many times, when I have experienced some process that helps me break through, I am drawn to go 'study' that process. At this time, circumstances (seem) to limit that. I am surprised how very strong that inclination is, though.

I am so very deeply grateful to the geniuses who put this together, for the Prime Creator who put us all together and help us to heal. This all is so amazing!

I look forward to the rest of my sessions and I hope that my husband will be able to distinguish for himself some healing for himself.

Thank you again, Hil! And Clay! And Lee Gerdes and company!"

*trained by* Hilary Bee  
Flower of Grace  
Scottsdale, AZ

F.J., 30

Accountant

“Originally I went to Brain State for more clarity, focus and better memory retention. All these have improved, along with a 6 to 7 point improvement in my IQ. However what has truly been a blessing for me, is the amount of emotional and mental baggage that has weighed me down for years has finally been flushed down the toilet.”

*trained by* Greg & Thea Fandel

Intention Tech

Pacifica, CA

J.R., 52

Author & Business Consultant

“My work with Brain States made a considerable shift in how my mind processes information and I could feel tangible results immediately. Very important work, and great people to do work with!”

*trained by* Greg & Thea Fandel  
Intention Tech  
Pacifica, CA

Dr. B.F., 60

Massage Therapist, Reiki Master, Business Owner

“When I started this process I was not sure what to expect. I knew from the information that a lot could happen and my expectation was that I would get all that was there for me. I knew I wanted the area in my brain that was damaged with an old head injury healed. I knew that I wanted to grow spiritually and develop my healing talents to a greater degree. What I received was so much more than I could dream. My asthma is better, I remember to breathe, I am so much more at peace, I am more focused and my memory is better. I had a knee injury that I did not know that this would help, and I am walking better. This is the greatest gift I have ever received. Thanks Raquel!”

*trained by* Raquel Younglove  
Bridge to Health & Happiness  
Cañon City, CO

C.T., 38  
Entrepreneur

“The experience I have received from this “Brain training” is nothing short of remarkable. I have on a daily basis, found new strengths of perception, focus, and overall mental clarity and control. These “Awakenings” as I call them are routinely noticed and confirmed to me by friends, business partners, and even the occasional stranger.”

*trained by* Elizabeth Mollner  
The Optimum Brain  
Corte Madera, CA

B.T., 40  
IT Recruiter

“When I first started Brain Training I noticed an immediate calming of my mind. I referred to it as a decrease in my overall irascibility factor. Some might describe this as an irritating white noise that is playing (always) in the back of my brain.

I noticed just how much the Brain Training was helping me when I stopped for a month and then came back to it. The results were immediate and even more dramatic. Where there had been disharmony and discord there was now some very welcome serenity. If pressed, I would describe this serenity as a radically reduced level of brain white noise resulting in an ability to better see the normal trials, tribulations, and challenges of life in any given day for what they really are.”

*trained by* Elizabeth Mollner  
The Optimum Brain  
Corte Madera, CA

K.V., 13  
Student

“I started training because my dad wanted me to. I have trouble concentrating in schools and finishing what I start. Also it is difficult for me to sleep the whole night through, I keep waking up worried and with fears. Now after a little over a month of training I feel like I can concentrate better, and once I turn off the TV at night, I don’t wake up until the next morning, like magic! The headaches I had are now gone and I feel more vitality during the day :) I will keep training for me, not only because my dad wants me to.”

*trained by* Judith Carlon, Paulina Julian, Benjamin Cardenas  
Omnicece Brain Training  
Guadalajara, Mexico



M.F. & D.F., 50 (Couple)

“A quick hullo from the Isle of Wight and feedback on our BST intensive during the first week in September.

Since returning from the USA, we have been having the most incredible experiences. Both D. and I are definitely calmer and more able to focus as well as assimilate information, but the big difference has come in how we are experiencing life around us. From the internet one amazing piece of information after another has “jumped out” at us. And each time this information has led to some remarkable change in our daily life. This in turn has positively impacted on both our children and in turn everything has “upgraded” to a new level of understanding and experience. Synchronicity is most definitely in operation! We feel this is directly related to having experienced Brain State Technology - having facilitated a greater awareness and access to consciousness - and thus the unquestionable benefits that are part of this awareness.

Hope you all survived the move and wishing you continued joy and growth in Brain State Technology!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

J.B.

Mother

“I wanted to give you a update on how my 8 year boy is doing since we completed the 10 Brain State training sessions. As you know, though very bright, my son was having difficulty in school and his teachers wanted to put him a special class for kids having difficulties.

Since the training he was re-tested in the areas that he had tested below grade level last August. He improved in all six areas. Two areas showed notable jumps. He improved a year and a half in reading content understanding and Four years in understanding and following directions, neither of which could be explained by his classroom experience this fall.

He continues to improve in reading and spelling at a surprising rate and we have seen some improvement in written expression, but it remains an area of concern.

His vision has improved some, though he still sees triple sometimes. We are practicing bringing the three images together and he is to the point where he can almost achieve that.

Thanks so much in your wonderful work in helping my beautiful little boy. This is so encouraging.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

D.P.  
Aerospace Engineer

“I have always had what I consider a poor memory and frustrations with “finding the right word” in conversations. To help improve this problem, I went to the Institute for Optimum Balancing.

After the first session, I noticed it was easier to focus on specific tasks and had an improvement in my memory recall! After the first 5 sessions, I noticed a significant improvement in my concentration, and a reduced problem with distractions. I could focus on the task at hand, tune out most of the mental noise of the day’s activities, and complete the tasks in a shorter amount of time, with improved confidence. Along with this was improved memory recall, and as a result, a reduction in the fumbling frustration of the “finding the right word.” This has helped in both my professional and private life. I am very happy with the results of my Brain States training, and will continue periodically with “tune-up” visits.

I look at the fact that I have been working with the same neuro-patterns for a long time. To improve my mental capabilities, I expect that I would have to modify them or generate new ones. The tune-up sessions reinforce the positive changes that have developed during the initial training.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

M.G.

Businessman

“I wanted to both thank you and catch you up on my experiences with your program on brain balancing. Having spent years understanding various methods of managing emotional triggers with external means, you can imagine I have a high degree of respect for what works and significant disdain for what does not. You may also imagine I wasn’t quite certain which category to put your program into and without actually trying it, there would have been no way for me to know. Now after working with your tools and system, I appreciate what it has done for me and am excited to contemplate what it will do for others.

As we moved through the first series of sessions, I noticed a reduced state of “brain clutter” or constant series of thoughts always humming away as I work through myriad issues around the work I do. It was a minor seeming thing though I did recognize a greater ability to focus on any single given task and though I have nothing to measure it against, I believe I was able to move through these tasks much faster.

What first impressed me though, in a very big way was a weekend I was on a business trip and I received two pieces of news that individually would have been difficult but in concert, would typically have created for me a significant reduction in capability of working through these issues due to the stresses involved. In this case however, I worked through them mentally, individually, and then executed a strong plan of action on both. The concentration I was able to muster based on our work was the single most important thing that led me through. For this I wish to thank you.

Now several months later, I am noticing that some of the work we had done back then has led me to a place where I am far more focused on things that are important to me. I don’t quite know

how to articulate this but I believe that because I worked through some of my own obstacles to things I wanted to achieve, I changed the direction of my life. While I don't have the results in hand at this moment, I can tell you clearly I am approaching my goals from a dramatically different perspective and am driven in a greater "success" pattern than I was a few months ago. I have no doubt our work was a hallmark to that effort.

I hope Sue you will feel comfortable sharing my results with others. When you first explained the value of brain balancing to me, I knew I was not a drug user. I wasn't sure if I would see any results. As I have outlined, for a predominantly functioning person, I have found results I am very happy with. More importantly, I am looking forward to what this new found "balance" will bring to my hopes and dreams. Thanks for all you have done for me."

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

S.A., 43  
Business Owner

“I have been interested in neuro feedback training for quite some time. However, I never followed through with it because it didn’t seem ‘personalized’ enough for me. Then I found Sue Shipman and the Institute for Optimum Balancing. Their system is unique in that it is specific to my neuro needs and is all about “brain balancing”. Somewhat skeptical to begin with but my results have been numerous. The most remarkable one was that I literally saw immediate results. . . . . As I was coming out of my first session I began my usual routine of mentally preparing myself to drive, I have had an issue with my clarity of vision driving at dusk & night yet when I began to drive I was totally amazed!!!! My vision had improved drastically and has stayed that way. Brain Balancing is revolutionary, I am thrilled with my results and I highly recommend it. Thanks Sue!”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

J.C., 42  
Public Speaker

“The calming effect of brain balancing has allowed me to access parts of my potential that I didn’t know existed. It allows me to push through issues that in the past would have stopped me cold. The quality and soundness of my sleep have improved which has given me more energy. The power of the visual feedback of training allows me to see the chaos I create in my brain. When I realize that I am creating that chaos, I immediately picture the feedback and I am able to calm myself, just as if I were sitting in the chair receiving brain balancing. I’m hooked.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ





# *Depression*

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Depression is a state of intense sadness, melancholia or despair that has advanced to the point of being disruptive to an individual's social functioning and/or activities of daily living.

Although a low mood or state of dejection that does not affect functioning is often colloquially referred to as depression, clinical depression is a clinical diagnosis and may be different from the everyday meaning of "being depressed." Many people identify the feeling of being clinically depressed as "feeling sad for no reason", or "having no motivation to do anything." A person suffering from depression may feel tired, sad, irritable, lazy, unmotivated, and apathetic. Clinical depression is generally acknowledged to be more serious than normal depressed feelings. It often leads to constant negative thinking and sometimes substance abuse. Extreme depression can culminate in its sufferers attempting or committing suicide.

Without careful assessment, delirium can easily be confused with depression and a number of other psychiatric disorders because many of the signs and symptoms are conditions present in depression, as well as other mental illnesses including dementia and psychosis.



## Depression

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If depression created itself,  
It would not be contingent,  
For the pain depends  
On what I'm doing now.

Were it other than me  
And I other than it,  
The pain would be caused  
By someone else.

Who am I if I create  
My own suffering?  
How can I be apart  
From pain I cause myself?

Who am I if I can feel  
The suffering you create?  
Can I be apart  
From pain you cause me?



K.C., 41  
Project Manager

“Where do I start? Brain State Conditioning has changed my life in so many positive ways, I can’t begin to list them all. Each session has yielded powerful insights and helped me harness my inner strength and guidance. Depression and mood swings have lost their hold on me, and I now feel confident that my life is on track. I highly recommend this to anyone who wants to go to the next level.”

*trained by* Hilary Bee  
Flower of Grace  
Gilbert, AZ

L.A.

“I learned about Brain State in Chiang Mai, Thailand, when I was visiting friends. I had recently lost weight and they asked me how. I told them that each time I felt stress and noticed I was reaching for food I stopped my hand- pulled it back and exuded joy at the choice. They laughed and said- well then you will love Brain State. A friend showed me an interview with Lee and I was fascinated.

Recently I decided to split my time between Nepal and Palo Alto, where I also live now. During that time I was lucky to be able to attend Tenga Rinpoche’s spring teachings for a week. At that time, after years of passing up the opportunity, I took refuge. During the spring I read several books on Tibetan Buddhism for westerners. They were helpful.

I’m a poor meditator and have made little progress on that front in my life, but tried every morning for at least 20 mins for at least a few months with no results. Basically, I had little preparation for what was allowed. I have had visions, dreams, and experiences before in my life that felt strong, different then the usual. A friend’s wife and shaman, assisted some of these experiences. I am naturally creative and it comes easily and instantly.

When I arrived back here in July I called your offices and was assured that the local provider was well trained. So I went to Ann Vogel. She was wonderful and put me through 2 alpha programs and then said I needed another program- the ATG. I didn’t understand what she was doing but it all sounded nice to try. And it was.

My expectations were set at relief from mild depression (along with a shopping list of afflictions)- I realized I was a creative addict- that I could just continue creating to stay away from the depression that followed. I had equated the execution of the ideas, the drudgery of parts of the execution, to be what I wanted to

avoid, but it was understanding that the two came at the same time and my brain associated, coupled, them as the same. I'm quite capable of doing that work, but the resistance is like trying to herd cats. So my creative efforts were undermined by my inability to do the day to day, or eventually oversee the people charged with doing the day to day. I would rather go off and continue to create, poetry, art, more businesses- I'll study anything. This is a process of many years and I have had success in the past. And if the success didn't end with a sellout, then I would just walk away and do something else!

I did put down the "oneness" on my shopping list, as per Lee's interview, but didn't expect that it would be delivered.

On the second day Ann put me on an ATG protocol and I had a series of visions that amounted to a step by step revealing- as though taking a baby by the hand and teaching it to walk. I was showed the nature of things and was able to experiment to learn about what I saw. The beauty was unspeakable. Most of that happened during the ATG and AT1. On the 29-step meditation I went down and saw and felt what was there. I was able every time to walk down slowly pause and experience, visions and light and overwhelming joy and love and walk back up and give thanks and rejoice. It was natural to time this perfectly. At the beginning there was a "down" that later gave way to other properties of phenomena being revealed, these were very intense realizations, and ending in nothingness. And then the product of nothingness. And still I could be in time in the running of the protocol- counting in the nothingness of no time.

It is so much to digest. When I left Ann's office toward the last few sessions I could watch a thought come and see the resulting emotion, feel the chemical reaction in my body. Time had changed- became more flexible. When home cooking I could see something falling, rice to the floor, and it slowed. This was just the beginning.

*Continued...*

I didn't want to talk to anyone until I understood better the magnitude of this awareness. I took out one of a few books I had with me that was Tibetan Buddhism, hoping I could get more answers. It was a book I had purchased over 7 years ago and was unable to read finding that it was strange and impossible to follow. This time I could read it and the book laid out piece by piece what I had understood in by experience. The book turned out to be one of the root texts that come with a warning as it belonging to atiyoga. It is a direct transmission from a Dzogchhen master. Again, there are no words to thank you.

*trained by* Ann Vogel  
Braintactics  
San Mateo, CA



O. L., 68

“I have had a trauma-filled life. I have experienced childhood sexual abuse, parental abandonment, two combat tours in the Vietnam War, the loss of a child, my own alcohol abuse and, most recently, the loss of a young wife to cancer. It is no wonder that I have for years seen a therapist on a regular basis and have taken medication for depression. I was skeptical when my therapist told me about Brain State Technologies. After thinking about it for some months I decided to give it a try. I began my sessions with them about the same time that my psychiatrist changed my medication. After a few sessions with Brain State Technologies, I began to feel better. But, since I had changed my medication at the same time, I was not certain whether it was the medication or the Brain State Technologies sessions that were responsible for the improvement. With the permission of my psychiatrist, I slowly backed off taking the anti-depressant. I have been off of it for over a month now and still feel an improvement in my mood. I can only conclude that Brain State Technologies has changed my life for the better. I will always be grateful to them.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

P.P., 43

Musician / Songwriter / Business Man

“When I came to BST I came feeling really trapped within what felt like a web of western medicine. I don’t think I realized how depressed I actually was. I was so tired and over treating my symptoms with more and more ‘cover ups’ via medications. That’s just how I felt. I had seen the video of Lee and the one of Jeff Meiring.

When I started my sessions, they asked for a list of 3 goals. I had 16. Insomnia, hypertension, ADD, depression, other stresses and challenges, on and on. Some things mild and some things more serious to me than others. I guess we sometimes start accepting this being the norm in our lives? But I had had enough. Just enough pain or stress or discomfort or addiction to zap my ease and passion for really living my life on purpose. However, when I arrived in Scottsdale, my intentions were strong and my excitement about the potential of this process was really really big. So I focused on the goals that I felt would impact the others in hopes that the results would sorta trickle down.

During my intensive I felt fine. I was relaxed. I didn’t sleep that well during the week, but none the less I started to feel pretty good. I thought maybe it was because I had actually taken a break from my work as opposed to it being because of the Brain State Conditioning. I said to your staff, “I’m not sure if anything is really changing or not.” They said confidently (like they knew something that I DIDN’T know) just to wait, give it some time and see what happens in a week or two. So I relaxed and enjoyed the week.

Well, the third day after leaving Scottsdale I slept the entire night through, for the first time in almost 15 years. (with no Ambien, wine or other downers). Since then I have slept every night like a baby. I’m off ALL medications. My blood pressure is almost perfect. For the most part, my stress is just gone. And I handle

stress so differently now. I feel like I've been given some invisible Tool with which to manage my life! My meditations are deep and rich and getting better every day. My songwriting and my music has shifted in such a fresh new way. My craving for wine to bring me down every night so I can rest, is zilch. Gone. (I look forward to enjoying a wonderful cabernet for the experience, not for the effect!) Intentions that I didn't even have (or know I had) like watching television or oddly, using the microwave for cooking... I've just casually noticed that those things have just been fading from my life. It's all so undeniable for me. I can not begin to say how miraculously it all seems. People keep asking me if I'm in love? Today, I am taking ZERO medications. I fall asleep when I lay my head on the pillow. I feel free to choose what I want to choose. What a peace for me. I still have things to work on, but I see them all differently now.

I'm so passionate about what Brain State Conditioning can do, I've created my own web site just to get the word out. I've even taken out advertising in local papers in Santa Fe, just to let people know that this alternative, Brain State Conditioning, exists. How could I not tell people about this option and potential solution for so many of their problems?

I am grateful beyond words for Lee, Brainstate Conditioning, and for the people who are with integrity and purpose sharing and offering this process to those of us who have been looking for a better way to help re-connect, open and expand our minds, hearts and lives (and brains). It has changed mine, that's for sure."

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

S.A., 24

“I came to Scottsdale to check out the BST process and as I was very impressed. A friend of mine offered to have me work with him. So, it’s been a very interesting ride. As per my experience in Scottsdale: I only had five sessions but I left high as a kite, in a very good way. I don’t know what happened but I left to go up to Sedona for some time and for a good week I was the person I had been trying to get to the past year. It was a very spiritual and connecting experience for me, and as I always incorporate spirituality, meditation etc. into my daily life the idea wasn’t foreign to me, but I had never experienced anything like this before. Nothing could bother me, I was a glowing ball of light and love, and I was very aware of a calm, steady vibration all through me. Like I said this lasted for about a week and then some fear started creeping back in which took me back down a bit, but I was left way higher than I had been before.

So, in regards to my goals, my self-esteem/self-confidence shot up, I no longer had self-deprecating thoughts and my self-doubt seemed to go away. Also, when a negative thought did surface, I was very aware of it and was able to shrug it off easily. These thoughts were no longer present as a static background noise, always there. I feel MUCH calmer, easier going, less anxious and fearful about life, and if I do start to get this way my tolerance for it is much lower, meaning I notice my state changing when it’s at, say a 2/10 and deal with it instead of not noticing until it is an 8/10.

One observation, however, was the amount of time it took for me to notice changes. After the initial ‘high’ of Scottsdale it took me about 2/3 weeks to notice differences - and they are very subtle yet profound. These changes work themselves into you so you don’t notice them unless you stop and assess yourself sometimes, it’s interesting, you notice the new you, but it doesn’t feel like a new you, it feels like you’ve always been that way. Mostly it’ll

happen where i'm driving and reflecting on life or myself for a moment and I notice, 'oh, I haven't felt afraid of life in a while, wow!' (for example). I've done probably five more sessions since then and my experience has always been like this afterwards: I don't notice anything for up to 2/3 weeks, or I get moody and emotionally off for a while, then I bounce back better than I was before, it seems like a natural processing of emotions to me."

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

T.

Author

“AND HERE WE ARE . . . and now I have to ask, did that childhood show up on my brain scan? Interesting to me, is what didn’t show up in my first email to you - the deep deep sadness that had been so repressed that I didn’t even acknowledge it existed. . . . that is . . . until one of the trainers at BST said . . . “now I want you to think of the things that you’d like to let go of, and think of putting them in balloons and letting them float away” . . . and of course, I said “Okay, I can do that”. . . but then, after he left the room, I couldn’t do it . . . I began to cry with the very first memory and by the third or fourth memory, it was just too painful to go there anymore. When the trainer returned and asked “how was that for you,” I wiped the remaining tears from my eyes and said “miserable.”

AND THAT (the use of the word miserable) was one of my first clues that BST was going to work in a way that I could never have imagined, because it was completely out of character for me to ever acknowledge that ANYTHING was “MISERABLE” . . . I was after all . . . the girl who could find humor in EVERYTHING. . . and “miserable” prior to that day, was not a word used to describe my life.

But by Tuesday night (after my fourth day of BST) . . . alone in my bed in the early hours or the morning, where no one could witness the tears, I decided to let myself try and recall the events of childhood once again . . . and I did . . . but hard as I tried, I could no longer find the pain, and there were no tears . . .

It scared me at first . . . as the last thing on earth I wanted to be was an emotionless human being . . . and if I could no longer feel the pain associated with things that had previously hurt too badly to even recall . . . then I must surely have lost all of my ability to feel emotion . . . then . . . amid the panic . . . came tears of joy . . .

and I realized I COULD still feel emotion . . . I could feel JOY . . .  
and I was crying tears of joy . . . because I could no longer feel the  
agonizing pain of things that only four days earlier had been too  
terrible to even recall . . .

Then I panicked again . . . had I lost the memory of those events?  
. . . Was that why I no longer felt the pain . . . surely I hadn't lost  
my memory . . . but again . . . that fear was quieted . . . as I  
recalled every detail of some of the worst days . . . but I recalled  
them without the gut wrenching pain that prior to that night  
had always accompanied them . . . perhaps not unlike my own  
therapist hearing my story for the first time . . . like her, I was still  
astounded that a little girl had been subjected to those kinds of  
things with no place to hide . . . but it just no longer hurt . . . I was  
viewing the hurts in a totally accepting way . . . seeing the events  
through eyes of love . . . sorry for the man who didn't know better  
. . . sorry for the child that had no place to hide . . . sorry for the  
way it affected my life . . . but joyous that the excruciating pain  
associated with all that had happened - simply no longer existed.

I'm only at the beginning . . . but I already know that BST literally  
has the potential to change the world. . . It's far too much for me  
to even begin to comprehend right now . . . but I will write and  
write and write, and I will share it all with you . . . how could I  
not . . .”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

J. W., 32

J.W. has had a life-long struggle with severe manic-depression and has been using everything from inhalants, beginning at age twelve, to methamphetamine until 6 months ago. During a periodic struggle with heroin, she exposed herself to staph via dirty needles and has struggled with it in her right breast and left armpit since. She went to her doctor concerning this, and has recently been given a report of improvement! The doctor shared with her that whatever she is doing to keep with it! She continues with several heel products (alertness, injury, body pure) and is continuing to improve her health. I've also noticed physical changes in that the color has come back to her eyes and she moves with much greater ease.

The most amazing part of this story is that she has not only enrolled in a nursing-assistant's program at a local college, she has tested out of several of the prerequisite classes! She has regained her interest in music (after being first chair flautist in high school) and is eager to rejoin open exchange with society.

After a period of time since training, she has revealed and reconciled much of her history, which is about as traumatic as I have encountered, and has asked for and offered forgiveness from/ to the whole family, very specific to each member.

*trained by* Matt Ward  
Tun Technologies  
Lexington, KY



B.H.

“I recently completed a treatment of 10 Brain Training Sessions. I wanted to do the sessions to relieve anxiety and depression. My primary outlook most of my life has been braced in fear and a heavy cloud of fog in my mind. I have had a steady diligence of psychotherapy, meditation and yoga for the last 20 years of my life. The fog persisted, I continued to experience despair even though my wisdom knew I had a joyful spirit. Since my Brain Training sessions, I have experienced a consistent, even clarity and crispness in my mind and I am not worrying, at all. The depression and fog have disappeared. I am experiencing my life in a brand new way with new eyes and a renewed sense of optimism. I am experiencing that Brain Training works, and it is real. I will return for intermittent treatments as I recognize other aspects of my Life I would like to work on.”

*trained by* Tina Moody & Linda McCarley  
Optimum Brain State  
Austin, TX

D.M., 44

Corrections Officer

“Before starting sessions with Bridge to Health & Happiness, I was depressed and had been for nearly two years. I could not sleep, was unproductive, unmotivated and could not snap out of it after going through a very difficult divorce. Since doing sessions, I am no longer depressed, what used to take me three days to get done, I now get done in three hours. My sleep has more than doubled. I feel hopeful, I feel happy. “Things” don’t bother me, they just roll off. I don’t feel stressed by things anymore. Working with Bridge to Health & Happiness utilizing Brain State Conditioning has completely changed my daily quality of life. I’m so much more productive, alive, focused, hopeful and motivated.”

*trained by* Raquel Younglove  
Bridge to Health and Happiness  
Cañon City, CO

S.R., 55

Marketing / Business Consultant

“My experience with the Institute for Optimum Balancing and Brain State Technologies is nothing short of miraculous. I have spent years fighting varying levels of depression. After only one session I could actually feel a difference in my overall well-being and have it last! Over the years I have tried many different types of anti-depressant drugs and even herbal supplements, without much help (too many side effects or no effect at all). The only side effect I have experienced with Brain Balancing is one of feeling like I am alive and have a definite direction and focus. The sessions are relaxing and each one has brought a new level of peace and well-being. As a business consultant with my own consulting practice and a past practitioner of massage and a Reiki Master Teacher, I would HIGHLY recommend anyone experiencing any level of disconnect or overwhelm to schedule a session with the Institute for Optimum Balancing and the brain balancing experience.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

M.M., 41

CEO of a printing company

“As you found out a little about me in the short week that we had spent together, I had been an emotional mess for a year, suffering from depression, anger, frustration, sadness etc. Of course, I blamed an event that triggered me into a downward spiral but in actuality it was likely a lifelong struggle with finding myself and letting go of fears and getting into alignment.

I had tried everything in the past year (I thought) to keep myself happy and get out of the depression. I tried seminar after seminar, I read over 20 books, walked on fire three times, talk therapy, meditation, drugs, women, oh and did I mention more personal development seminars?

All to no avail, I would feel good for a while and then right back to the lethargic depressed state. I was hating life and I had lost my passion and simple desire to get out of bed. And then through fate or divine guidance I was introduced to Brain Harmonizer. I was at my wits end and willing to try anything, so I read all I could and believed that this process could possibly have some affect on me.

After doing 15 sessions and returning home for 2 days I feel incredible. It is difficult to put into words what the quantifiable affects are, but I simply feel incredible. I have my passion for life back and I am back in the game. I now wake up before the alarm clock with enthusiasm and desire to achieve my goals and live the life I want and I don't want to go to sleep at night. I can't stop smiling, as if anyone would want to, but its strange, I now look at any situation that had disturbed me in the past with a bit of grin on my face.

There is a sense of calm about me, a knowing, feeling balanced, centered and whole. Again it's difficult to describe but I am grateful to have the opportunity to write this letter with joy. I look forward to returning to receive some additional peek performance harmonization.

I want to thank each and every one of you from my soul for helping me to get my life back.”

*trained by* Scott Meredith  
Brain Harmonizer  
Sacramento, CA

K.A.

“Thank you again for all you’ve done for me!! I am definitely feeling better. Today is the fifth day in a row that I’ve felt good all day long. I think the more good days I have in a row, the better I’m becoming. I feel like my thought patterns have definitely improved...and I think the week of sessions helped me focus on getting better...I’m really tired of being angry/sad/tired/anxious, etc. My sleep has definitely been more restful. I think the sessions, or the overall experience, helped me to realize that I’m not loving my job as much as I’d like. Sad, but inspiring to feel like I know what I want and I know it [my life] can be different.”

*trained by* Tina Moody & Linda McCarley  
Optimum Brain State  
Austin, TX

S.K., 39

Mother

“How do I begin to thank you for giving me back my life? I have been depressed, in one form or another, for most of my adult life. Years of therapy and antidepressant use have helped at various times, but the underlying feelings of hopelessness and helplessness never really went away. I came to Brain State Technologies as a last resort. My marriage was crumbling and my children avoided telling me anything they thought would upset me. I felt that I lived my life walking on egg shells.

After the first session, I was feeling more hopeful than I could ever remember feeling. Family and friends started commenting that I seemed different.... I smiled more. After the 7th session I was thinking clearly, focusing on my writing and interacting with my family in a new and healthy way. My husband and I are working at reestablishing the marriage we once had.

Thank you for giving me a fresh start.”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ





# *General Health*

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Health is the level of functional and/or metabolic efficiency of an organism at both the micro(cellular) and macro(social) level. In the medical field, health is commonly defined as an organism's ability to efficiently respond to challenges (stressors) and effectively restore and sustain a "state of balance," known as homeostasis.

Another widely accepted definition of health is that of the World Health Organization (WHO), which states that "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In more recent years, this statement has been modified to include the ability to lead a socially and economically productive life.



## Body

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I have no body apart  
From parts which form it;  
I know no parts  
Apart from a body.

A body with no parts  
Would be unformed,  
A part of my body apart from my body  
Would be absurd.

Were the body here or not,  
It would need no parts.  
Partless bodies are pointless.  
Do not get stuck in the body.

I cannot say,  
“My body is like its parts.”  
I cannot say,  
“It’s something else.”

Feelings, perceptions,  
Drives, minds, things  
Are like this body  
In every way.

Conflict with emptiness  
Is no conflict;  
Objections to emptiness,  
No objections.



A.D.

Performer

“As a performer, I receive flowers after shows; but never before have I smelled them. On Saturday evening following a show, I was given flowers and I finally smelled them. The next day, my family BBQ’d some ribs--they were the tastiest ribs ever now that my smell is coming back. I’m only in the middle of my sessions too and my headaches have seemed to subside.”

*trained by*

Paul & Leah Stone

Brain Map

Salt Lake City, Utah

D.B., 77

Artist

“D. came to me for training with his wife and son who also did training. D. is 77 years old and during the assessment and the intake, his mental function was in the 10% to 20% range. He had great difficulty speaking in coherent sentences, was easily distracted, had very poor working memory and was often spaced out as if in another dimension.

During a period of stress in 1982, a physician prescribed Halcyon. He became dependent on the Halycon. When he quit using the drug he experienced depression and anxiety. He ended up trying 34 different drugs. Eventually he settled on Mellaril for the anxiety which he took until this year. In 1995 he began to have shaking in the right hand which can be a side affect of Mellaril.

In 2000 D. had a significant financial reversal. In 2002 Parkinsons symptoms surfaced and he was diagnosed with Parkinson’s.

In 2006 and 2007 D. had multiple surgeries and a broken femur. He lost 50 pounds. D. has been through Hell in the last few years and his Brain has experienced very intense assault from the use of prescription drugs including pain killers, surgeries. financial reversal and a great deal of stress.

Here is the miracle part . On the afternoon of the 8th extended session, D. began to come back into this reality. He began to talk in complete sentences with good coherence. He was able to maintain a train of thought. He was able to access his memory and was fully present.

If you have seen the movie, The Awakening, with Robert Dinero and Robin Williams, where the character palyed by Deniro was in a walking coma and became completely normal overnight because of the use of L-Dopa which produced more Dopamine in his

Brain. It was almost that dramatic.

The next day, in the morning, he was not fully functional. In the afternoon he was back. The next morning he was back and stayed back most of the time from that point on. We did two extended sessions per day for a total of 19 sessions. At the end he was operating between 60% to 80% of normal mental function. His wife and son reported that his function would come and go but he was mostly quite functional. He would at times write down lists of phone numbers from the white pages or talk in an incoherent manner. But he was present in this reality most of the time. He drew me a picture of a Bird that he saw in a magazine in the office waiting room. It was very life like and his talent was evident. D. is an artist who has done fine work in the past but not in some time.”

*trained by* Sam Holt  
Brain Balance Technologies  
Asheville, NC

M., 43

Writer & Mother

“I would just like to write a few words about what has transpired and how incredible the technology is that every one in our affiliate office holds in their hands. Five weeks ago I was told by neurologists that my sister would most likely be a vegetable, paralyzed, unable to talk, and unable to recognize any family members. That she would be strapped to a wheel chair for the rest of her life. They explained that the hemorrhaging that she experienced in her brain had been so severe, that even if she did live, there was no way her brain could recover from the insult of the injury. They told me that her type of injury was far worse than a direct hit to the head, i.e. a car accident, or the like.

Even just two weeks ago in a meeting with the hospital staff they asked my family to question how long we would consider letting my sister live in the condition that she was living. They truly did not believe any chance of recovery was possible.

This whole episode happened to my sister just four days after I returned from February training in Scottsdale. I sent Lee an email about her brain hemorrhage and subsequent brain surgery, and he told me to contact him when she got out of ICU and that he would assist me.

With Lee’s encouragement that this could possibly help my sister, when the medical community had absolutely nothing to offer, I decided to give it a chance. It was not easy working on my sister while she lie in a coma in a hospital bed, especially as the doctors rolled their eyes at me, but because Lee had an amazing ability to hold the space for me, to give me hope that there was a chance, and believe me, he did not try to sell me the moon, together we worked through the assessment and protocols process over the last five weeks.



So today I'm up in Seattle with my sister, and she is talking, she recognizes her family members, she appears to have control over all of her limbs, she sat up on the side of the bed for 15 seconds today without assistance, and she can move her head. On mother's day she saw her twins and asked how much they weighed and asked about a birth mark on one of her babies.

I have had numerous staff come up to me and tell me they know this was a result of the Brain State Technologies. Many have told me that they will be leaving their field as nurses or technicians to do this work. They are so thrilled.

So, I know I could go on and on about the last 2 1/2 months. But I wanted to recognize Lee for his exceptional vision, courage, commitment, his true belief in infinite possibilities, for all the time he has given me during a very busy time for him in his business, his confidence, his caring, his insatiable drive to help others, and for the creation of his technology. My sister would still be lying in a coma if it wasn't for Lee, and now three little children will soon have their mother home. Thank you seems so moot. With love and gratitude."

*trained by* Ann Vogel  
Braintactics  
San Mateo, CA

E.J.

“I have been diagnosed with Thalestemia and MS...during the course of the past 4 years my condition has worsened...I was asked to come to Los Angeles and give Brain State Health an opportunity to see if it could help me and my condition. Truly after 20 sessions and the amazement of learning about my own brain capacity, I believe it is a great accomplishment to where I am today. The significance of what has changed in my life and the quality of life that I have been given is a gift. My memory has improved my stamina and the will to make changes in my life. My headaches that I have had since I was 3 years old are almost gone. My personal experience with Brain State Health has changed the course of my life, and I hope this will open the doors to changes the rest of the world...”

*trained by* Nancy Lee & Randy Kemberling  
Brain State Health Team  
Burbank, CA

R.G., 57

“The personal change that has occurred is close to a miracle in regards to my blood pressure. I have dropped 2 sets of the medications and 4 different visits to the doctor have produced the following results: 130/80 130/80 128/80 120/80. My knee had made more improvement since I was done there which was then upon my arrival a 1 out of 10 and is now a 6 out of 10 and is without continual pain like I had experienced over the last 4 years. My feet which were a 1 out of 10 and had virtually no feeling are a 4.5 out of 10 and are very much alive. I have a wonderful sense of balance and focus beyond what I had ever hoped for. My business is in an upwards climb and allowing for the fact that I was in the top 1% for 23 years this is also remarkable. As far as son goes both his mother and myself see massive change in a very positive manner and in many aspects of his life. But trust his mother and myself in saying we are super pleased. Look forward to coming back down for another session next year around the same time. To all the BrainState family we send all our love and best wishes until we meet again.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

“On January 2007 I hit the bottom of my life. After 12 years of drinking and running my own business I just felt I didn’t have any power to continue. I was lucky my sister sent me the BST link. I called Paulo on Friday and on Monday morning I was sitting in the perfect chair. I took 13 sessions during one week I spent in Amsterdam. After the first session my headache was gone. My teeth clenching was also gone. I am not drinking for 6 months now. The benefits that I noticed were:

- No headaches (had one for more than 3 months each day)
- No more drinking
- Better concentration
- Better temper, not losing control or become angry easily
- Irrational fear is gone

I’m still smoking but I feel that the urge to smoke is getting less and I’m planning to get in the chair again for more sessions soon.”

*trained by* Paulo Buijs & Matthieu Vaessen  
Alpha Up I Brain Balancing Institute  
Amsterdam, Netherlands

J.G., 42

Single Mother / Artist

“I have suffered from seizure disorder stemming from a head injury from when I was 13. After training I’m feeling confident, inspired and free of drama! I now have plenty of focus to pursue my art, set up my business, and make this career change.”

*trained by* Jim Brown

Shasta Brain Rise

Mt. Shasta CA

M.G., 49

Military Reservist/Professional

“My life contains all the normal stressors; bills, house projects, work, spouse, child, family obligations, etc. In addition, I am also an active military reservist and an Iraqi veteran. I have been in the military since 1988, serving on both active duty and reserves. Since returning from Iraq in April 2004, I have been extremely stressed, hyper-vigilant, anxious and easily set-off to explosive anger. My newfound emotions left my family unhappy, friends confused and work questioning my sanity.

Within the last few months, I knew I was getting closer and closer to a complete stress/anxiety induced breakdown, or explosion, its hard to say which way it would go. Work also noticed my increased level of stress and anger, scaring some and causing concern among others. My mind was in a constant cycle of thoughts coming and going, impossible to sort, categorize or control. It seemed like a hundred little men were all trying to gain my attention by shoving ideas, concepts or tasks to the front of my mind at the same time. Each little man wanted my complete focus, and as the little man gained my focus, another little man would shove him aside, restarting the cycle.

Now, I am able to focus on each task at hand, and the hundred little men have been replaced by one little man, who only gives me one task at a time. I find I am able to focus clearly, my anger has subsided, and I haven't verbally attacked anyone. My flashbacks and hyper-vigilance have been reduced to a manageable level. I have stopped drinking massive amounts of coffee every morning replacing it with tea. Although this may seem minor to some, I haven't missed my morning cup of coffee in years. To stop drinking coffee, simply by choice, seemed impossible prior to “Brain State Conditioning”. I have also reduced or eliminated my nightly alcohol intake. Again, this alcohol reduction is based on my choice, not my past need to slow down the little men in my head or a

desire to ward off anxiety induced insomnia.

Additionally, and perhaps most important, I can focus on my wife and son while we are together. Our family time is not shared with work, Iraq, or that deep, dark place that we don't want revealed to those we love.

I truly believe Brain State Conditioning and The Warrior Transition Project have given me back my life.”

*trained by* John Henry Parker & Nicolette Bautista  
Brain Guidance, LLC  
Sacramento, CA

Z.B., 66

Business Owner

“I had only eight sessions and achieved things I didn’t even expect. The changes started occurring during the very first session. After only half an hour of training I started to gain feeling in my heel which was numb for several years. I had swollen legs for a couple of years and this problem also went away after three days of training. My blood pressure went from 160-98 to 140 - 83. I also got rid of the pain in my neck which was bothering me for a long time.”

*trained by* Neringa Zokaitiene  
Kaunas, Lithuania



P.S., 9  
Student

“P. has been stuttering since she was four. Everyone kept telling me that she would outgrow it. Well, years later, and with years of speech therapy, she was stuttering even worse and then body ticks started as well. We tried the Speech Easy device, but they told us that with her kind of stuttering, the device would not work and we could opt for more therapy. P. and I cried the whole way home.

I started working for Brain State Technologies and asked Lee if this was something that would work for P. Lee told me to get her scheduled and we would just start sessions. After eight sessions, this child was speaking so amazingly clear and with no stuttering at all! I kept giving her my cell phone to call people, so I could hear her speak! Needless to say, our family was on the verge of tears all weekend and we are thrilled with her results.

She continues to have regular sessions on Saturdays and Wednesdays and has been doing Intensives just as any new client would. That is with 3 a day for 4 days. She has had approximately 55 sessions. Any time she is out of school I usually try to get her in. I have seen a huge improvement with her school work and we do not have to spend an hour every night with homework. She is reading and wanting me to buy her books, which is something she was not interested in before.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

J.P.R., 17  
Student

“I live in Cape Town, South Africa with my parents, who recently ventured off America-wards and returned on Christmas Day with one of your machines. I was then instructed that I should give training on the machine a try. I have been a rather sickly child for parts of my life- I had malaria five times before my 9th birthday- but mainly the last three years. I contracted glandular fever at the end of 2003 and never really shook it, leading to an immune system that couldn’t really cope with everyday activity. I was also an insomniac of the worst kind, I mean we are talking four hours on an average (good) night and being exhausted and feeling awful all day. My school has tried to fail me-unsuccessfully, thanks to good grades-three years running for poor attendance. Needless to say I wasn’t having much fun and pretty much prepared to try anything.

And you have fixed me! I sleep. I actually close my eyes and wake up an average of eight hours later. I have been to school every day this term-all four weeks of it. I haven’t caught any of the colds or stomach bugs that went around. I am calmer and I can hold my temper. I would just like to thank you, from the bottom of my heart. You have saved my sanity. You are pure genius. I wanted to proposition you with marriage, but mom says there are laws against that.”

*trained by* Rory & Penny Park-Ross  
Neuro Balance  
Cape Town, South Africa

C.H., 40  
Business Owner

“Five years ago I had a nasty accident. It affected my brain and left me plagued with a long list of symptoms. I was a shadow of my former self. I couldn’t function anywhere near the way I once did. Doctors could do nothing and there was no chance that things would improve. It felt like a death sentence. It was miserable.

I was referred to Brain State last year and have done 45 sessions over three visits. The results have been utterly astounding. Brain State has made a spectacular difference in my life. It has given me the chance at a new life, and given me a life I would never have had. Brain State has freed my brain from life sentence.

I’m your biggest fan. Seriously big thanks.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

J.A.

Construction Company Owner

“I suffered a stroke in April 2007. I could not walk without assistance. I always leaned to the left; I could not maintain my balance. I had pressure behind my left eye socket and could barely see out of my left eye. I also had a great deal of trouble sleeping. I thought that the life that I had built for myself and my family was over. My business was suffering which caused me to become depressed. My friend Art, who would come and see me every other day in the hospital told me about this new technology that he was going to Scottsdale for training, could possibly help me. He had asked the therapist while I was in rehab one day how long would it take someone to recover fully from a stroke like I had suffered. The therapist told him anywhere from 8 to 12 months minimum depending on the individual.

Art came back from Scottsdale training the first week in June. I was his first client on June 8, 2007 before he had opened up to the public. He would come and pick me up everyday and take me in for Brain State Conditioning.

After my seventh session (4 days) I was able to stand up straight and walk unassisted in a walker and I started sleeping better. After my thirteenth session I was walking without a walker, I was using a cane. The pressure behind my left eye socket and the left side of my head had decreased greatly. I could see better out of my left eye than I could before I had the stroke. I felt much calmer. I didn't let things bother me anymore the way that I use to. After about two and a half weeks of BSC I was able to walk on my own without any assistance whatsoever. I was so amazed and was such a believer in this technology. After about 4 weeks of BSC, not the 8 to 12 months that the therapist had said. I am happy to report that I am back driving and more importantly I played 18 holes of golf just 2 days ago. Shot a 94.

There are no words that can describe how I feel right now. I told my friend Art that he saved my life! He told me that I saved my life by believing that I could get better by doing BSC. I now have my life back. Thank you Art for all that you have done for me and my family. Thank you for bringing this technology at a time when it was so desperately needed.”

*trained by* Art McCullar  
NeuroFitness Center  
Farmington Hills, MI

C.E., 16  
Student

“My son had Brain State Conditioning in January, 2007 to address daily headaches, poor grades in school and sports performance (something we added at his request). Before Brain State Conditioning, he did not sleep well and would wake up groggy and miserable every morning. He also suffered almost daily from headaches and told us constantly that he hated school.

After Brain State Conditioning his headaches completely disappeared and his sleep improved significantly. He is definitely not a morning person but he is alert and ready for school every morning. For the first time in several years, he did not receive a failing progress report from his school.

My husband and I have also noticed some wonderful added benefits. He is much more pleasant and communicative! Our son’s transformation has affected our family in a very happy and healthy way!”

*trained by* Matt Buckley & Joan James  
Kinsei, Center for Mind Body Balance  
Austin, TX

L.E., 52  
Counselor

“I’ve been keeping some notes, and wanted to give you some feedback. When I left Scottsdale I was not sleeping, heavily into sugar (my addiction) and ruminating about fear-based stuff, but I wasn’t unhappy with the training because I was not needing medication for depression.

Over the course of the last three weeks I have stopped eating sugar, I’m sleeping, I’m taking better care of myself than I ever have, my habits are no longer based on fear and obsession, my relationships have improved, and I can’t sit down. There isn’t anything that gets me down--my moods and my self-esteem have evened out completely. I’ve organized every drawer and closet in my place, and get twice as much done each day as I used to. I’ve taken up jewelry making--which I love. I’ve even organized the shirts in my closet in rainbow spectrum order.

What a joy ride!! It’s like waking up in a new world.”

*trained by* BST Trainers  
Brain State Technologies  
Scottsdale, AZ

T., 20

“After the last time you saw my son, when he was doing so very well, he hit a downer and really battled to come to terms with the world he inhabits - the fashion industry, the financial pressure, personality clashes with his partner...but he came through that remarkably well although at a cost to his already precarious health.

He had an appointment with a neurologist who passed him on to a specialist physician who diagnosed him as having Grave’s Disease but the scan proved otherwise. Nevertheless he prescribed Neomercazole and insisted that T. take the full dose. Fortunately, T. used his common sense and only took half the dosage but even so his throat closed up, his blood pressure sky-rocketed, he couldn’t sleep, he couldn’t keep any food down, he became difficult to live with, his creativity flew out the window, the Reiter’s Syndrome manifested alarmingly. I investigated the drug on the Web and together with A., we helped T. decide to stop taking it and now we have our him back, with his humour and creativity, warmth and cheerfulness.

He’s still battling to sleep and food is still a problem. The other problems are also still there - but there’s a vast change in him: he’s lost the constant referral to the past; he’s living right in the present moment, choosing to use what time he has left in as positive a way as possible.”

*trained by* Rory & Penny Park-Ross  
Neuro Balance  
Cape Town, South Africa



S.A., 32

Business Man

“I have had several things that have seemed to improve (some drastically).

Things that seem to have gotten better:

Overall confidence

Fear of sharks (I am a surfer)

Anxiety from the dark

Fear of confrontation

Nervousness around women

Squash/athletic performance”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ

S.S.K., D.C., 54  
Chiropractor

“I had heard about this from a fellow chiropractor and started my sessions in early March of 2007. I have enjoyed doing these sessions very much. From the very beginning, I could feel that something significant was happening, even though I wasn’t sure what. Since then I have had significant improvement in several areas of my life, that have not responded to the yoga, meditation, and chiropractic healing that I have been practicing and receiving for over 30 years. Some of the specific results that I have felt are:

Clearer thinking  
More patience, less anger  
Sleeping better  
Less compulsive overeating  
More energy, especially mental and creative energy  
More consistency in my golf swing”

*trained by* Nancy Lee  
Brain State Health  
Burbank, CA

H.H., 38

Mother & Office Manager

“You have given my son and I a new lease on life. I was afraid of my own child and you helped him to deflate his anger and gain control over his actions. My own training helped me see the potential of my life instead of focusing on the negative. Incredible!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

P.A.S., Ph.D., 60

Transformational Psychologist

“I am a transformational psychologist with a background of living overseas as a minister’s daughter. My entire psychological life has been dedicated to becoming my own person and creating joy. This journey has taken me thousands of hours of psychological work and up until “Brain Stating” continued to be an uphill challenge.

In March of this year, I was introduced to Brain State Conditioning by Nancy Lee. I took 20 sessions and for the first time in my life I completely healed my mind-body split which stopped my 50 years of compulsive eating. In the sessions, I could not believe the work that I still had to do in my unconscious and how much grief and despair that I suffered on a daily basis. With Brain State Conditioning it is so easy and painless to go into your life’s journey and just clean everything up once and for all. I never knew I could have so much joy and be rid of so much negativity.

Then during early June, I was walking my two little poodles who are like my children and suddenly I was attacked by two husky pit bulls who killed one of my little dogs and bit my left hand eight times. It was frightening and the worst experience I have ever gone through. Little Fi Fi, the other poodle who escaped death, was completely traumatized and I completely lost my fearlessness about life, to the extent that I was afraid to go walking in my own neighborhood.

I went back and did four more sessions of Brain State Conditioning only this time I took Fi Fi with me and kept her on my lap during the sessions. My brain dropped all the trauma and Fi Fi absorbed every positive vibration my body was engulfing during the treatments. It was truly a miracle! Fi Fi bounced back like her normal self and I was back to being fearless, able to go forward with my life and walk in my neighborhood feeling completely safe. As a psychologist, I can promise you that there is no therapy

that could have healed me from this terrible attack as Brain State Conditioning so easily and quickly accomplished for both myself and little Fi Fi.

Lastly, I wish to say that the meditative state that I am able to reach in this therapy where I go to heaven and actually speak with God and the angels is beyond anything that I have ever experienced in my life! It is such a deep and delicious place and I will be forever grateful for being introduced to Nancy Lee and her gift of “Brain Stating.”

*trained by* Nancy Lee  
Brain State Health  
Burbank, CA

J.C.N., 33  
Salesman

“I have seen incredible changes in myself. I had an accident in my head, was hit many times and had severe brain damage. Have been training for over a month, and I feel that again I am more who I used to be. I feel more awake, have recovered more of my short term memory. I feel also that I have faster reflexes and that my vision has improved. What is most gratifying is seeing that all the people around me are so happy to see me again, who I always had been. I feel like I’m recovering my life after many months of being away from who I truly am. Thank you!”

*trained by* Judith Carlon, Paulina Julian, Benjamin Cardenas  
Omnicece Brain Training  
Guadalajara, Mexico

R.G., 37  
Business Man

“I have now had 30 BST sessions, starting in Oct. 2006 in Scottsdale and continuing to have sessions in Las Vegas. I’ve lost 30 lbs. and my commitment to my personal goals has increased significantly. I can see when I am going off track and correct course more rapidly. Most importantly, I have experienced a sense of joy and happiness that had eluded me for more than 10 years. This is the first time in so long that I feel happy again, and the BST is an incredible tool for transformation.”

*trained by* Pamela Timmons & Cylleria Johnson  
Winning In Wellness  
Las Vegas, NV

M.B., 55  
Office Manager

“I’m very happy to share my experience with Bridge to Health & Happiness. I must admit when I first walked into your office I didn’t know for sure what I was getting into. However, I sensed right off that your heart was sincere and that you are truly trying to help people with whatever their particular needs might be. I was especially impressed with the soothing, calming environment that you provide to put people at ease when entering the unknown. You explained completely and thoroughly what I could possibly expect from each session that was customized for my specific goals and needs. Doing 15 sessions in 5 days was a bit exhausting yet exhilarating. The most profound result I have noticed since returning home is my energy level has skyrocketed. A. and I embarked on a cleanse and diet protocol with a dogged determination and commitment level like never before! Before our sessions with you it was always such a struggle with little or no success. I’m excited to report that to date A. has lost 16 pounds and I have lost 12 pounds! At 55 years old I feel like I have my second wind with endless possibilities for the future! I’m anxious to visit you again soon.”

*trained by* Raquel Younglove  
Bridge to Health and Happiness  
Cañon City, CO



A.B., 57  
Plant Manager

“When I first started Brain State Conditioning, I must admit that I was a bit skeptical. I will say that you answered all of the questions that I had. Your knowledge of this technology is fantastic. You made me feel very special, which is a breath of fresh air and something that one doesn’t get at most facilities. I started a candida yeast cleanse after receiving 15 treatments with you. This is not an easy cleanse to do. There is no sugar, pork, grains, nuts, alcohol, starches, artificial sweeteners, dairy, so you can see I had to learn how to eat in a completely different way. There is no doubt in my mind that I would have never succeeded without the 15 sessions of the Brain State Conditioning. Something else that I noticed that there is less confusion in my thinking, more clarity in my daily life. I am looking forward to returning to your facility and receiving some more conditioning. I am so very thankful that you decided to become a technician, Raquel, you are the best and I really mean that.”

*trained by* Raquel Younglove  
Bridge to Health and Happiness  
Cañon City, CO

J.D., 75

“After a severe stroke I was sleeping no more than a few hours a night, was agitated a lot of the time, and could not read, which I love to do. After six months of sessions I now sleep eight hours, have no more agitation, and I can even read the newspaper!”

*trained by* Lynn Eleanor  
Chrysalis, Awaken Your Brain  
Portland, OR

M.S., 35  
Soccer Player

“It took me a while to notice any changes, but suddenly I noticed that I was living in a much calmer state and taking problems with a much calmer attitude. I even laughed when my daughter (two years old) got my cell phone and left it useless. Also, I feel a new connection to the left side of my body. It seems like I have now two sides of my body with the same reaction speed, I feel confident kicking the ball with my right foot, but now also, just as confident with the left. It’s a greater sense of balance and concentration.”

*trained by* Judith Carlon, Paulina Julian, Benjamin Cardenas  
Omnicece Brain Training  
Guadalajara, Mexico

C.B., 55

Business Person

“For over 25 years I have been trying to find freedom from debilitating Migraine headaches. I had tried everything, including strong drugs, dietary changes, exercise hypnotherapy, acupuncture, herbals, positive thinking, homeopathics and energy work. Many of things I tried seem to help at least partially, but I was never able to get the big breakthrough. The migraines would always come back.

After 30 sessions of Brain State Training with Brain Balance Technologies, I felt a big shift in the way that my mind and nervous system processed stress. I felt much more calm and at peace. It has been over 3 months since my training was completed. I have had a 95% reduction in the number of migraines that I have had. The freedom of living without the fear of the Migraines is absolutely priceless to me. I love Brain State training and recommend it as highly as I can.”

*trained by* Sam Holt

Brain Balance Technologies

Asheville, NC

L.S., 24  
Business Owner

“I have currently had my brain harmonized from the Salt Lake City Branch by Alex Hogan, and was totally amazed by the success. I suffered from epilepsy and was having about 4 seizures a month on a high dose of seizure medicine. After treatment I am currently not taking medicine and haven’t had a seizure for 11 weeks now. I want to learn how to help others feel the way I do. I am dying to know how I can start up my own company.”

*trained by* Alex Hogan  
Brain Harmony Technologies  
Salt Lake City, UT

K.R.  
Editor

“Hi! Just want to thank you so much for what you are doing and for what you have done for me!

After I left on Friday, I decided to remain “med free” until I felt that I noticed (or someone else lovingly told me) that I needed to return to the Adderall. I felt so balanced, focused, calm and present that I didn’t want to mess it up! I am happy to report that I am on day 11 and haven’t resorted to taking the Adderall. My husband says that he loves the focus, the balance and the “lack of crisis and cramming too much into one day” that he experienced since my return. The funny thing is that I still am “me”!!! Only better!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

A.B., 40  
Business Woman

“I wanted to let you know about my progress with the migraines. My background as a medical intuitive led me to venture out and try something different. I know you encourage us to use our intuition...and since it was my brain, I figured - what the heck!

This month as soon as I began my menstrual cycle, I trained for 5 days straight (I typically get a severe migraine on the day I start and on the day I end, pain of 7 to 8). This time I did not get ANY migraines. Not even the beginning discomfort. NOTHING! I am very pleased, after nearly 30 years of severe/ cyclical migraines - this could be a HUGE success for me. I always knew that there was a non-pharmaceutical solution out there, somewhere.”

*trained by* Rue  
Cranium Gym  
Sedona, AZ

T.S.

Electronic Applications Engineer

“My daughter was diagnosed with ADD by a physician and was under his care until she became an adult. Friends recommended she try brain balancing. After the first session I noticed she was calmer and more focused than I had ever seen before in her life. She has commented on how much better she is sleeping even with two toddlers, full time job and college classes. After seeing my daughters success I decided I needed go to the Institute for Optimum Balancing.

My personal experience with brain balancing has been outstanding. My focus and ability to recall the word I am looking for is greatly improved. When talking with colleagues and customers I was stumbling to recall simple words and thoughts. Now my thoughts and speech are clear and concise. As an applications engineer I need to stay focused on the project regardless of how often email pops up. Look up procrastination in the dictionary and there was my picture. Now I am able to focus on which email, phone call, office drop in will require a later time slot and make it happen. Brain Balancing has greatly improved my work and home life by reducing the noise that was getting in my way.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ



C.T.

Business Woman

“After my 1st session of training, following my assessment, I experienced a feeling of calmness, slept well that night, and did not wake up with a headache. I have been experiencing headaches on and off on a daily basis for as long as I can remember. Being frustrated with these headaches, the only relief I found to get was by taking Tylenol 1’s (Tylenol with 8 mg of codeine) anywhere from 2 tablets to 8 daily. Since my 2nd training session ( June 1), the headaches have been non-existent. What a great relief for me.

Other things that I have noticed since doing this training is that I feel a sense of maturity, self- confidence, or maybe it can be described as an empowerment of my thought process. I have found myself to be more assertive, in a positive way, when it comes to something that is important to me. Prior to this, I wouldn’t say a thing and let it ride.

I have been able to work through situations that have been challenging to me with a lot less anxiety and with much greater ease. One other thing that has come to light since starting this training is that the severity of my hot flashes has been reduced significantly.

This whole training process is so exciting to me and I look forward to continuing on with it, as I know that I have only experienced the tip of the iceberg.”

*trained by* Brenda Gerhard  
Neuronetwork Inc.  
Vancouver, BC

J.B., 38  
Marketing Associate

“Your staff is the greatest!

I have to admit...when I first came to your office I was embarrassed to open up to the person doing my assessment. But I have to say, everyone was just GREAT! No one ever judged me or made me feel inferior because I had these problems (ADD & obsessive compulsive). I felt so relaxed! And the results speak for themselves... I've been off ALL my medications for over 3 months! THANKYOU!!!!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ





# *Posttraumatic Stress Disorder*

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Post traumatic stress (PTSD) is an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. It is a severe and ongoing emotional reaction to an extreme psychological trauma. This stressor may involve someone's actual death or a threat to the patient's or someone else's life, serious physical injury, or threat to physical and/or psychological integrity, to a degree that usual psychological defenses are incapable of coping. It is important to make a distinction between PTSD and Traumatic stress, which is a similar condition, but of less intensity and duration. Formerly the condition was sometimes known as shell shock or traumatic war neurosis or post-traumatic stress syndrome (PTSS).



## PTSD

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If anguish created itself,  
It would not be contingent,  
For the pain depends  
On what I'm doing now.

Were it other than me  
And I other than it,  
The pain would be caused  
By someone else.





J.L.  
CPT, USAF, RET

“From the initial assessment to the final session, your staff of trainers and administrative personnel showed a refreshing professionalism, punctuality, and positivism. All of this served to create a space where I felt safe letting go of some deeply held tension. The seizures in my hand reminded me of the tense moments of flying my A-10 attack jet during air refueling, weather formation flights, and sketchy surface attack and close air support missions throughout South Korea, Arizona, and Alaska. But, there was clearly a lot more stored tension than just that incurred through my military service. The feedback I received from the BST staff and the BSC equipment has given me clear benchmarks for opening and connecting with a space of rejuvenation, relaxation, and release. Your team at BST and this process of BSC put effective tools for “letting go” into my hands. You offered this experience to me as a veteran service-member, but I must thank you as a human being. I can’t express enough, my gratitude for your hospitality, encouragement, generosity, and attention to detail!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

S.R.

Retired Non-Commissioned Officer with 20 Years in the Army

“Upon arriving I was impressed with both the facility and the staff of BST. We were introduced to our trainers and began sessions almost immediately.

One of the first things I noticed was how willing my brain was to being trained. I have had practice in the area of self empowerment and stress reduction techniques before but this was the first time I could see the results by looking at the different brain wave patterns I was producing while setting my intention through visualization and breathing techniques. For the first time I was able to see my brain and my brain was able to see itself. This combination of visual and auditory cues helped me raise and lower different brain wave patterns in different regions of my brain.

For the first few days the only thing I noticed was that I was exhausted from the training. Almost as if I had run or lifted weights. I slept very deeply and felt more at peace with myself as the trainings progressed. I have always had a good sense of balance in my life but this training has taken me to a new level of feeling and understanding the connection between my brain and how my body reacts together. I am looking forward to going home and seeing results in the areas I selected to improve.

One thing is very clear to me. How we perceive ourselves and what we allow to be stored in our brains and bodies effects how we live our lives and what kind of experience we will have. For me this experience has created a desire in me to master my experiences and not become a victim to them. I am looking forward to helping bring this technology to the Department of Defense, the Department of Veterans affairs and the Nation at large as a way to regain control and recover from adverse life experiences. If you are a combat veteran who wants to regain mastery of your mind and body I encourage you to contact the

nearest BST representative in your area. This training is non-invasive and is more like a performance enhancing application to optimize you're your brain and body

You will like it.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

M.D., 60  
Hydrologist

“I am a Vietnam veteran with PTSD. I suffer from depression, substance abuse, and extreme cluster headaches. I had been asking the Veterans Administration for the last 2 to 3 years for other approaches to PTSD than the regular “Talk Group Therapy” and countless psychotropic pharmaceuticals, some of which had left me impotent for over 3 years. Unfortunately, to no avail. I had even over the years tried private counseling, at great personal expense. It was essentially no different, basically the same approach. . . . My sleep patterns were about 12 hour per day, frequent nightmares, slovenly personal care and a lack of energy. No lust for life. And when my cluster headaches were in full swing my attitude would dramatically deteriorate.

I contacted Mr. Art McCullar of NeuroFitness Center and visited him at his office with my fiancé. We were impressed with the company video presentation and I immediately signed up for the next available sequence of sessions. After the third day of sessions I noticed a dramatic change in my sleep. I was only sleeping six to seven hours a night instead of twelve and as an added bonus my problems with impotency decreased dramatically!

My outlook on life has improved considerably and my energy level is phenomenal! I was on probation for substance abuse. After over 36 years of self-medication and inebriation I am hopeful that returning to a balanced state through BSC can help me avoid drugs and the negative consequences associated with them. My attitude is very positive and I have been drug free for quite some time. I guess I was lucky to be able to visualize peaceful conditions so well.”

*trained by* Art & David McCullar  
NeuroFitness Center  
Farmington Hills, MI

J.H.  
Marine

“After just three days of sessions I am feeling a sense of well being that is becoming absent of worry. The frequency of intrusive thoughts are diminishing and I am feeling a sense of hope that I have finally discovered a release valve for my compressed way of being. Holding back a tsunami of pent up energy on a constant and regular basis has consumed a great deal of my energy for my entire life. The marines provided an avenue to channel this energy (much like the Incredible Hulk, you are able to get out of control but deep down, you kind of like it) but when you have to bottle it up upon returning to civilian life it just steals precious moments that you just can’t get back.

I have invested over two decades in the personal development field and have learned many valuable coping skills of breathing and reforming my thoughts in order to be in the present moment. However, I have experienced great difficulty maintaining this way of being. I get relaxed and centered and then my driven thought process would distract me. That is up until the last few days of BSC sessions. Thank you for leading this exploration into our human potential.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

D.F.

“I served two tours as a Squad Leader and combat infantryman in Afghanistan and was diagnosed with Post Traumatic Stress Disorder upon returning home. After two years of intensive group and individual counseling, I was still experiencing many symptoms of the disorder; mainly lack of sleep, irritability and a high level of anxiety. After training with Brain State Conditioning I am now sleeping better than I ever have, and I am happy to say that my irritability/anger has decreased significantly. The anxiety I previously experienced is now in my control, meaning that I understand my own frustrations and can take effective measures to resolve issues, minimizing stress and anxiety. The best part of this technology is that I never had to mention a thing about my combat experiences as this is not a not a “talk therapy” solution. I am currently taking a full course load at Syracuse University and maintaining my family life with a great deal of enjoyment and ease. I am truly thankful to this project for all the relief this training has brought to me and my family. Thanks Again.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ







# *Sleep Deprivation*

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Sleep deprivation is a general lack of the necessary amount of sleep. A person can be deprived of sleep by their own body and mind, as a consequence of some sleep disorders, or deliberately. Sleep deprivation has sometimes been used as an interrogation technique or as an instrument of torture. It has been reported that sleep deprivation affects tens of millions of adults each year. Sleep deprivation (in sleep deprivation therapy) has also been used as a treatment for depression.



## Sleep

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Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are!

When the blazing sun is gone,  
When he nothing shines upon,  
Then you show your little light,  
Twinkle, twinkle, all the night.  
Twinkle, twinkle, little star,  
How I wonder what you are!

Then the traveler in the dark  
Thanks you for your tiny spark;  
He could not see which way to go,  
If you did not twinkle so.  
Twinkle, twinkle, little star,  
How I wonder what you are!

In the dark blue sky you keep,  
While you thro' my window peep,  
And you never shut your eye,  
Till the sun is in the sky,  
Twinkle, twinkle, little star,  
How I wonder what you are!



C.M., 62  
Therapist

“I’m sleeping so well every night now, for me to do that is amazing as I’ve had years and years of disturbed sleep. I used to have restless legs, and now they don’t bother me in the night. I’m so very grateful.”

*trained by* Hilary Bee  
Flower of Grace  
Scottsdale, AZ

D.A.

“When I did my initial interview with the staff of Brain State, I said that the two things I’d like to seek assistance with were a little easement on my day to day anxiety as most of it never really served me and a little help with sleeping. I was very surprised to see my sleep pattern change radically within a week and it has stayed that way. As I write this its been 6 months since I asked for these things. I now sleep 6 or more hours without even rolling over in bed and my insomnia has disappeared. As for anxiety, I’ve been facing a challenging time in my life and have worked hard to change my reaction to those challenges so its hard to say with precision just where Brain State’s effect starts and ends but I remember feeling overall changes soon after my sessions that seemed very real to me. People who know me tell me about how much I’ve changed. I have never doubted or regretted my work with Brain State and have suggested it to several friends since.”

*trained by* Tina Moody & Linda McCarley  
Optimum Brain State  
Austin, TX

R.P.

Controller

“I wanted you to know how much BST has helped me. After completing just one session I felt calmer and less stressed. Since completing 12 sessions I am able to get quality sleep, feel relaxed, and able to focus throughout the day. My sleep patterns have gone from waking up four or five times a night to one or none. There is a calmness that I feel throughout the day and the tension in my neck and shoulders have significantly decreased. I am able to complete many more tasks in a day due to being focused and organized. It has only been a week since my last session and I continue to see improvements everyday.”

*trained by* Art McCullar  
NeruoFitness Center  
Farmington Hills, MI

L.P.  
Attorney

“I can count on one hand the number of nights this year during which I have slept without awakening. It is quite common for me to wake several times during the night and to stay awake for long periods of time. I have completed 12 sessions with Neuro Fitness Center and I am happy to say that my sleeping pattern has changed. My nights of sleep are far less broken. I am only getting up once at night and thankfully I go back to sleep within minutes. My slumber is deeper and much more restful. This is a very significant improvement for me as I have struggled with broken sleep and a lesser quality of sleep for over ten years.

Before my sessions were complete, I saw a difference in the way in which I was handling both personal and professional aspects of my life. I reacted very calmly to a very serious recurring problem at work which has typically caused my stomach to flutter. Instead of the anxiety that I previously experienced in just thinking about how I would handle it, I faced it head on. And, once it was addressed, I was done with it! No second guessing my decision~ simply done! Likewise, I feel better about some of the relationships that are most important to me. I find myself being more honest about my feelings and putting myself first, without guilt! I attribute these significant changes to brain state conditioning and deeply appreciate the support that Neuro Fitness Center has provided.”

*trained by* Art McCullar  
NeruoFitness Center  
Farmington Hills, MI



D.O.

Business Person

“The most prominent changes I’ve observed are:

- A drastic reduction of anxiety and apprehension.
- A significant improvement in sleep. I am staying awake later and waking up much more refreshed. Before, when I got up in the morning, I often used to be so tired that I would go back to bed for an hour’s nap after taking my son to school. Now, I am more alert in the morning and feel more motivated to start work at 8 am.
- I’ve stopped having night-sweats.
- I’ve stopped taking sleeping tablets after 11 years.
- I have gone off alcohol after some 32 years of enjoying wine, whisky, cider & beer. Now I simply don’t enjoy the effect of what it does to me both during consumption and afterwards.
- I feel an improvement in my self-confidence.

I’m sure there are other subtle changes that are manifesting themselves and I will inform you of these as they become more apparent. I have a feeling that the treatment is not yet complete and that perhaps a second session would be in order to complete the job.

Thanks again – after trying meditation and various other self-realization training courses, I found the neuro-balancing treatment to be a simple and effective method of getting me out of the unproductive and unhealthy situation I was stuck in.”

*trained by* Rory & Penny Park-Ross  
Neuro Balance  
Cape Town, South Africa

K.Z.

Business Woman

“Although thrilled and excited by the opportunity of doing this unique kind of ‘work’ on myself, I had not been quite sure of what BST would or could do for me. But, as it is so closely tied to what I already know and do, I decided to trust Brenda, Lee Gerdes and the process and just go for it! I am now someone who:

- sleeps much better without having to get up
- has more and better-remembered dreams
- is able to see some clear symbols in the alpha-state
- has miraculously materialized several long-lost items of up to \$500 value (4 in one day, right off)
- has gotten hugely validated & been given a great boost in self-evaluation by the 1st base-line test results
- feels as though experiencing a miracle, because so much mellower, more patient in traffic and content
- has feelings of harmony, balance and inner peace
- has had several important little wishes fulfilled
- has since had a succession of fascinating women entering my life in seminars, workshops, or email
- ditto psychics or healers foretelling good things
- is experiencing blissful moments in concerts, etc.

Throughout training, Brenda explained the process in her inimitably warm, welcoming and nurturing way and treated me non-judgmentally like a colleague -- in a gentle atmosphere of ‘no right or wrong answer’.

As a result, I decided to trust Brenda, Lee Gerdes and the process and just go for it. It seemed so closely tied to what I already know and do –Yoga, meditation, EFT, NLP, Energy Work , GNM (German New Medicine), Qi Gong, Astral Travel, and facilitating past-life regressions. They are all parallel methods for supporting and achieving the same goal of ‘wholeness’.

Brenda was her own inimitably warm and welcoming self every time I came, giving me a big hug, providing me with water and protein when needed, and treating me generally more like a colleague than a superior expert. She was so happy to be doing this, that it was infectious and relaxing for me. She first always made me physically and verbally comfortable and then advised me just to go to a safe place. At lunch-time, I was sent off for an enjoyable walk along the water, or if I was low in energy, cold and tired, was tucked sweetly into fuzzy warm blankets with hot-water bottle to sleep it off. “

*trained by* Brenda Gerhard  
Neuronetwork Inc.  
Vancouver, BC

R.Y., 32  
Business Owner

“There is no doubt in that last 6 minutes, my soul completely merged with my body....Even the density in my body felt totally different, the sense of separation of self is just completely gone, no matter what.....It’s so tangibly different, body, mind, spirit..... It’s so hard to describe yet so concretely real.

I’m sleeping a very solid 7 hours of sleep a night.

Things will happen that normally might have gotten me kind of anxious....I have my first recognition like I used to, but when it comes to me giving it any effort or time or whatever. It’s like trivial things just aren’t allowed to take up my energy or time anymore. There is such a different sense of calm and quiet inside of me that I have never ever known.

And my focus and drive that have always been so much a part of me but were just melting away for these last several years, it is back....I’m just 100% alive and excited and alert and sharp again. It is soooooooooooooooooo awesome!!!!!!!!!!!!!!”

*trained by* Sam Holt  
Brain Balance Technologies  
Asheville, NC

M.A.

Contractor

“I was given a personal training protocol based on my Brain Map (Assessment). Sam, my trainer, was able to tell that I was living in a fear based reality. I had been living with a paralyzing fear and trauma for all of my life, but it had reached a point almost beyond bearing in the last few years. After identifying where the energy of the fear was located in my Brain, we proceeded with 10 Brain State training sessions. During the 7th session I felt an amazing release of energy. I literally felt balance beginning to come back into my reality. That night, I had 9 hours of restful and most of all, peaceful sleep. The first time in decades that had happened. I can't explain it. All I know is that it works and I lost the fear that was overwhelming me. And it has not returned.”

*trained by* Sam Holt

Brain Balance Technologies

Asheville, NC

R.E.R., 62

Founder of Project Return

“I have experienced two weeks of Brain State Trainings since July of 2006 plus a one-day session to improve my sleep quality. Without a doubt, they are among the most significantly healing and balancing experiences of my life. Though I do not believe this training can replace the traditional struggles for healing the wounds of our pasts, Brain State offers the capacity for some “giant stepping” along that journey.

By the second day of the first week, I knew the outcome would be positive. I simply began to feel better, more alive, after each session. By the end of those five days, there was an enhanced clarity about my life, a sense of well-being and peacefulness. I noticed that I could see colors more vividly and, though I didn’t take an eye exam, felt certain that even my visual acuity had improved.

Then, there was the single day of two sessions for sleep deprivation that, for me, were particularly important. There was literally an immediate and considerable improvement which, to this day, has not diminished, and I have not concerned myself about sleeplessness since.

Though I am far from understanding this technology, it seems that my second week of training was more focused on balancing the processes of my brain. The protocols took me deeper into those progressions which theretofore had led me into anxiety and hypertension. As the week evolved, it seemed as though I could accomplish in an hour-and-a-half session what would normally require a week-long retreat. The clarity I had found during the first week seemed to blend into an eloquence of design and confidence about the journey I have chosen to take through my “elder years.”

I must add, however, that as important as I believe this new knowledge is, and is to become as its usefulness grows, the person(s) who administer Brain State protocols are of equal importance. Sam Holt and Christine Westfeldt are the only providers of this technology whom I know, but I can affirm that their sincerity and integrity along with their ability and expertise in the healing arts are indispensable in the advancements I have made since my training began.

My deepest gratitude goes out to them.”

*trained by* Christine Westfeldt  
Brain Balance Technologies  
Fairview, NC

E.M., 43

Restaurant Manager / Writer

“I cannot tell you how much of a change “brain training” has made in my life. It totally helped me in getting a great night’s sleep every night. I also had a paralyzing fear of the dentist which is no longer a part of my life. If the benefits ended there, I would have been more than happy, but it gets better. I am an aspiring children’s writer (published once) working on my second book. After a session dedicated to sparking my creativity, a title came to me & several chapters of writing. I am looking forward to a few more sessions soon because with the last training session, I experienced a total cleansing of past hurts & challenges. After that session instead of sleeping like a baby, I practically relived my entire life and was able to visualize everything without tears or regret. It was the most poignant night of my life & since then my life is the happiest life I could ever imagine.”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ



S.H., 58  
Consulting Company

“My experience with brain balancing has been phenomenal. My memory and especially my ability to sleep has greatly improved. Better memory and sleep patterns were my main reasons and focus for doing this work, so I certainly obtained my desires in those two areas, however I have gained another bonus that has been extremely beneficial. I no longer procrastinate! I am very delighted to have this new way of operating in my life. I used to get overwhelmed with the ongoing “to do” list; now I just tackle it and get it done in no time. I can honestly say that my life has been deeply improved with my experience with brain balancing.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

H.S.

Retired

“My sleep is good, all in all better than since I was in my teens. I go to sleep fairly quickly, can nap on a plane, that sort of thing. I still wake up in the middle of the night, but at worst can take a tranquilizer and go back to sleep. Still haven’t taken a sleeping pill in several weeks. Oh, and my blood pressure on Friday - without a pill - was 124 over 90. Maybe a little high on the low end, but certainly not at the upper. With the pill, in July (before my sessions), it was something like 115 over 70. Definitely better than before I started my sessions!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

R.L.

Executive Assistant to CEO, Advertising Agency

“I was experiencing a lot of trouble with pre-menopausal insomnia and was treating it on an almost habitual basis with sleeping pills. I wanted to get away from making the pills a habit - and discontinued them. It was very difficult. I would do all the “right” things... no caffeine after 3PM, to bed the same time each night, exhausted, in the dark, comfortable room temperature - and I would just lay there every night. It became critical when I missed 3 entire nights of sleep...and then saw Lee at the office. I was fatigued, headachy and red-eyed. Lee offered to facilitate a short session (10 -15 minutes), and that night I was able to sleep! The following week I did another session (20-30 minutes) - with exceptional results! I am now having much more success falling asleep and use my meds only as a last resort.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ



# *Sports Performance*

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Sport is an activity that is governed by a set of rules or customs and often engaged in competitively. Used by itself, sports commonly refer to activities where the physical capabilities of the competitor are the sole or primary determiner of the outcome (winning or losing). Sports are used as entertainment for the player and the viewer. It has also been proven by experiments that daily exercise increases mental strength and power to study.



## Sport

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“Many men go fishing all of their lives without knowing that it is not fish they are after.”

-Henry David Thoreau





B.N., 53

TV Producer

“Life is hell, but golf game isn’t. Thought I’d bring you up to date with what’s happening with my golf game. There must be a long term residual effect from your program. We haven’t seen each other for a few months, but my golf game continues to improve. If memory serves me, when we started my handicap was around a 12. Think it got down to about a 9 at the end of the year. Currently, as of 4/1 it’s at an 8.3, and I expect it to be under an 8 when the new ones come out in May. Hitting the ball great off the tee. Irons are better than they were, and putting has significantly improved. Not missing many short ones, and it’s not unusual for me to make at least one or two 20 footers in a round. I think I’ve only been over 81 twice in about the last 12-15 rounds.

I’ve noticed that I seem to get “in the zone” more often and stay there longer. About 3 weeks ago, I had a 34 (2 under) on the front 9 at Palm Valley. Then of course I started thinking about the score rather than the next shot and immediately shot a 42 on the back. Still, 76 ain’t bad.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

X.X., 33

World Class Swimmer & Financial Services Manager

“X.X. is a world class swimmer and manager of over 150 people in a financial institution. After training for 5 sessions, she was able to beat her 30-year best time record, and two days later completed a business plan in hours that would have taken her months to complete previously. “Within the first 5 sessions, I was able to beat my own 30-year best record! The training has given me a whole new perspective.”

*trained by* BST Staff

Brain State Technologies

Scottsdale, AZ

A.A.  
Executive

“ I wish to thank you all, I now realize what you did for me.

I recently competed in the California 70.3 ironman in Oceanside. I had done 4 triathlon's, but this was my first Ironman (half). It was a cold and rainy morning on March 18th. I had drove out Friday for the 6am race Saturday.

I felt comfortable, confident and trusted my training.

Back to the race. I finished in 5:52.....I did a quarter ironman in 2:55 in November. I doubled the distance and reduced the time.....a sign of huge fitness gains....

I know my brainstate training has helped me so much...I run 8 miles in 63 minutes now...I swim easily 3000 meters without stopping and recently biked 80 miles with no pain...I did the Ironman 56 miles in 3 hours, the half marathon in 2 and the 1.2 mile swim in 40 minutes.

I also beat JR and 4 other seasoned Ironman...I could not believe it!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

B.N.

“Well, things are looking up! Made an 82 on Sat from 6500 yards on a course I have never played. Front side 39, back 43. Screwed up one hole on the back...took an 8 (ouch!)...made some dumb decisions and went from bad to worse.

However, the good news is that in the past, when I’ve had a hole like that, it bothers me for the next two or three holes and I’ll at least bogey or double bogey. This time, it didn’t bother me, and I made par on the next three!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ





## *Stress*

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In medical terms, stress is the disruption of homeostasis through physical or psychological stimuli. Stressful stimuli can be mental, physiological, anatomical or physical reactions. The term 'stress' in this context was coined by Austro-Canadian endocrinologist Hans Selye, who defined the General Adaptation Syndrome or GAS paradigm in 1936.





## Stress

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Were mind and matter me,  
I would come and go like them.  
If I were something else,  
They would say nothing about me.

What is mine  
When there is no me?  
Were self-centeredness eased,  
I would not think of me and mine  
There would be no one there  
To think them.

What is inside is me,  
What is outside is mine  
When these thoughts end,  
Compulsion stops,  
Repetition ceases,  
Freedom dawns.



I.A., 46

“I have had an issue of depression, anxiety, emotional overreactions to unfairness and being stuck in the past with regrets and sadness having overwhelming presence in my daily life. I was pathetically disabled in being punctual because, most of the time, I could not leave the house before it would be clear I would be on the late side. I have had training for 15 sessions, which provided my transformation into being a calm, lighter person. I no longer carry too much anger in me. If I get upset about something it does not stay with me to ruin the rest of the day anymore. I can clearly detect my ability to recognize my emotions in different situations and most of the time be able to control myself. My son told me that I do not get angry as I used to be, which was very nice to hear. It would have been nice if I had not lost so much precious time to sadness, anger, anxiety and depression while I raised my children. Nevertheless, I am so happy to be able to get rid of that helpless feeling, I have a strong feeling my children and husband benefit from this new state of being and so am I.”

*trained by* Paulo Buijs & Matthieu Vaessen  
Alpha Up I Brain Balancing Institute  
Amsterdam, Netherlands

B.S., 29

Super Store Supervisor

“I am a single mother of three, going to school, in the process of moving to California, and became completely overwhelmed with worry and indecision. After my training, I can reason on a much more even level and things just seem to come together much easier and quickly. The doubt and worry have subsided to almost nil, and I feel now that I am in command. Thank you very much.”

*trained by* Bill Lewis & Therese Blackwell

Neurobasics

Prescott, AZ

J.J & C.J., 22 & 50  
Mother and Student

“I cannot begin to thank you enough for what you have done for both J and me. I had no idea it was possible to live life without constant anxiety, and truthfully, didn’t know I was in that state until it was lifted. J is becoming the person I always believed he was. He still struggles with frustration and anger, but it occurs in a fleeting manner followed by the ability to reason through the issue. We have been able to talk through things I would not have imagined prior to this week. And again... I was not fully conscious of the level at which it ruled our lives until now.

The week of sessions was one of the most traumatic of the past few years. Without having done these sessions, I have no doubt that my family would fall apart. Right now I am convinced that my husband is suffering from depression and has been in this state for about 18 months, since his father died. I am hoping he will come do the 12 sessions you offered him.

I have had no sugar cravings since the 1st session; at lunch yesterday at Paradise Bakery ate only 1/2 sandwich and 1/2 cookie... I have never eaten 1/2 cookie in all my life. Haven’t weighed, but notice that my clothes are looser, even wore blue jeans yesterday that I could not get into one week prior. They weren’t hanging on me, but they fit :-). Very reduced food intake, with no obsessing.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

E.S., 16  
Student

“My family’s first introduction to BST was through me. We had heard that BST could address depression and could help test anxiety. My mom scheduled a series of sessions for me just before my week of 5 AP tests and a SAT 1.

After 3 sessions I couldn’t see much change and my dad who had accompanied me was ready to drive back to Flagstaff, but we had the room for the weekend so we stayed. By the 5th session I was very calm and for the first time in my life I could stand on one foot without falling over. By the 7th session, I felt completely at ease, not the least concerned about my upcoming tests and very clear headed.

I took all my tests, did very well and was not the least bit nervous or anxious the entire week. My dad was so impressed with how I handled myself, compared to the year before, that he agreed to schedule himself for sessions and my mom also scheduled herself and my sister who has ADHD.

To make a long story short, my sister said she felt like a vacuum had been put into her head and all the clutter was sucked out. She wants to get several more sessions to make sure the feelings are permanent.

My dad said this is the first time in his life that something too good to be true actually was true. My parents purchased a license with Dr. Larsen and Ms. Sheridan to provide BST powered sessions to those in Flagstaff. They are anxious to get the new venture up and running at full capacity and are looking forward to finding the time to complete their set of sessions.

I can say that I am a changed person. I'm not depressed; I'm not nervous and I'm not clumsy. I feel like I could benefit from continued sessions, but want to give my parents a chance to see the full impact on themselves before I continue."

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ

K.E., 30  
Business Owner

“My entire life has changed since I’ve trained with BST. I am, for the most part, stress free; I wake up happy every single day; I meditate soooo well; I am focused & prioritize work loads like never before; I feel empowered and confident all the way around; my monthly hormones are very much under control; did I mention that I wake up happy every single day? :) I am so grateful for my awakening & grateful BST training changed my life. All the best & THANKYOU!”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ



J.S.  
Real Estate Agent

“I flew to Las Vegas to have my first 10 BST sessions in Feb. 2007, and was so impressed with the results that I flew in again in April for another 10 sessions. After several of the sessions, I experienced powerful waves of bliss and contentment. I’ve also noticed that I am more compassionate and patient with family members and my insights about myself and the people in my life continue to grow.

I work in real estate, have a great husband and beautiful two year old boy, and the BST technology really expanded my capacity to excel and stay balanced in all of these areas of my life.”

*trained by* Pam Timmons & Cylleria Johnson  
Winning In Wellness  
Las Vegas, NV

L.C., 44  
Coach

“This has helped me rediscover and redefine my intuition and trust my inner knowing at a whole new level. I am sleeping much, much better, and the emotional pain in my heart has pretty much gone. While I still get emotionally triggered at times, I no longer feel in such turmoil. I am less reactive and feel more in control of my life. I am much better at stating my needs and taking care of myself. Thank you so much.”

*trained by* Hilary Bee  
Flower of Grace  
Scottsdale, AZ

D.C., 57

Barber

“After my first 5 sessions I have felt less stress. I believe this is a permanent improvement that has taken place. I have been more comfortable in my body and made choices from a wiser perspective. I love Brain Training”

*trained by* Greg & Thea Fandel  
Intention Tech  
Pacifica, CA

J.L., 52

Production Technician

“Before doing Brain Harmonizer

My symptoms were pretty common with most people of this time and era. High stress and anxiety. Feelings of inadequacy and being a loser. Fairly screwed up relationships and worst of all not feeling like I had any control over my life. My escapism encapsulated heavy pot smoking and not engaging life on its own terms. Although I have always been a hard worker, when it came to working hard for myself I was always lethargic. I did not feel I was worth it. Obviously I always looked for confirmation from others and not from myself. Anything that happened to me was always some disaster that God bestowed upon me because I was one of his most screwed up pupils. Although I was fairly psychic, I never acknowledged it and did whatever I could to push it away which often caused more problems for me.

After Brain Harmonizer.

Upon diagnosis it was determined that I had tons of creative ability but no means in which to get them into action. After three successive sessions the very first thing that happened was that it felt like someone took the plug off the bottle of my energy reserves. I literally went and climbed a mountain in Sedona and sat and pondered what was going on. The next thing I noticed that was significant for me was that I no longer enjoyed smoking. You have to understand that the whole process of rolling, lighting, inhalation and the smell was such a joy for me. What was strange was that there were no cravings to do it anymore and the smell which I enjoyed for so many years was distasteful for me. I have not even touched the herb for over four months now. This is a world record for me and the prospects of not having in my life is actually desirable.

The other very significant thing that I have observed is my lack of anxiety and fear. Although I am working part time jobs, which in

the past would of been debilitating to me worrying about how I am going to pay my debts. The effect of late has been this feeling that things will work out and be o.k.! This was confirmed when my unemployment ran out and yet I was still able to make all my bills.

Another thing that has happened is my creative side is coming out. I am writing music again which I have not done since 2000. I am engaging life again and trying new projects. Regardless whether they work out or not, I am alright with just the journey. I feel closer to spirit then at any other time in my life and the feeling of gratitude and humility for all that I have has been a over riding theme as of late. One other thing that I have noticed is people are attracted to me. I have had some wonderful encounters with folks just coming up and talking to me. They see something in me that makes them feel safe. I really like that.

Would I recommend this.....

Absolutely! I would encourage someone to do their homework first and then not to be put off by the simplicity of the sessions. But what I think it does is to clear the synaptic nerves of past programming, allowing the ability for more life affirming synaptic activity to occur. Almost like getting a new start, which for me at 52 has been a real blessing.

Thanks for everything Lee and Scott!"

*trained by* Scott Meredith/Stephanie Allen  
Brain Harmonizer  
Sacramento, CA

K.P., 37

Lawyer

“For more than 15 years, I have struggled with anxiety, stress, and smoking. These issues were drastically elevated when I decided to put myself through law school in my 30’s while still working full-time. My first bar exam experience was difficult and exhausting, and my scores reflected my lack of stamina by the final day. Unfortunately, I didn’t pass.

As the second bar exam drew closer, I decided to give Brain Harmonizer a try. Within 10 days, I noticed a marked decrease in my anxiety level, plus I suddenly lost the “taste” for smoking for the first time in over 20 years. So not only was I able to give up a nasty old habit, I found that as the bar exam approached, I was able to better focus on my studies, and instead of dealing with a rock of anxiety in my gut, I only had butterflies. During the exam, my nerves didn’t overtake me, and I felt more confident and clear-headed than I have in a very long time.

What can I say but wow! Thank you for all you have done.”

*trained by* Scott Meredith  
Brain Harmonizer  
Sacramento, CA

S.G., 25

Assistant Director of Alumni Relations, G.W. School of Business

“I want to thank BST for empowering me to get through a difficult and transitional period of my life. Right before I began training my grandmother died, I had just quit my job and was about to move to a new city to start a new life; I was sad, stressed out and overwhelmed with thoughts and emotions. Within the first three sessions I felt much calmer and in control of my emotions. Training has provided me a tool for discovering myself unlike ever before – I now hold the key to my own success and happiness!”

*trained by* Riccardo Cassiani-Ingoni  
Brain Balance Studios  
Rome, Italy

J.V., 50

Director of Omnilife

“When I first started my business I had lots of intuition and it started to expand greatly. Then with the years, I started to base my decisions on the criticism and suggestion of other people, and lost touch with that inner voice of intuition. I work a lot and have enormous amounts of stress. When I started training, I began to see that I could sleep much better, without getting up at night all sweaty with anxiety. I feel clearer, and most important, I have recovered the deep sense of confidence from reconnecting with my innate intuition. It is a great gift for me, I am very thankful for this.”

*trained by* Judith Carlon, Paulina Julian, Benjamin Cardenas  
Omnicece Brain Training  
Guadalajara, Mexico



M.S., 40

Sales Consultant and Mother of two children

“When I arrived to start the training, I felt as if I was at the end of the road with my debilitating anxiety. I believe I told you that I just didn’t know what I was going to do if it didn’t work. I had tried every other alternative to treat my panic attacks and constant anxiety – herbal remedies, chiropractic, and finally medication from my MD. The medication was helpful, but the side effects were more than I could cope with.

After the first day, I was able to sleep through the night – peacefully with no sleep medication. After the second day, my level of anxiety had diminished at least 50%

And as the days continued, a sense of calm, that had become unfamiliar for far too long, had been remembered.

It has been about 6-8 weeks now and the results have not diminished at all. A sense of tranquility has evolved in my life and I feel blessed beyond words.

One of my favorite sayings is “If the only prayer you ever say is thank you, it is enough”.

*trained by* Christine Westfeldt  
Brain Balance Technologies  
Fairview, NC

D.Z., 48

Marketing Consultant

“It’s been a couple of months now, since Sue Shipman introduced me to the Brain Training technology at Optimum Balancing. I must say, at first glance I wasn’t sure about it, however that changed quickly with the additional knowledge I gained. Today I speak from experience. With 12 sessions under my belt, let me tell you – it’s amazing work.

Of course I started with the standard assessment and moved straight into the regular Brain Training sessions. It’s so easy and extremely comfortable and peaceful. Each time I walk out of the office, I feel so relaxed and renewed.

Here’s how the technology has helped me: gained a new sense of calm; substantially less stressed; increased energy; relief of pain from a serious fall; memory improvement; much better focus; broke my writers block and I believe there are many more improvements I haven’t even touched on.

I am a proponent of this technology and immediately noted a new calm and relief from tension and stress. Just remember, as with many things in life – this is a process. And I’m here to say that the positive effects really grow with each visit.”

*trained by* Sue Shipman  
Institute for Optimum Balancing  
Gilbert, AZ

J.S., 43  
Attorney

“The intensive has helped me in many ways... I’ve given up my addiction to adrenaline. Can you imagine not being late to every appointment, not speeding in rush-hour traffic, and not guzzling six cups of coffee a day? Today I’m relaxed and in control of my time and my life.”

*trained by* BST Staff  
Brain State Technologies  
Scottsdale, AZ



# *Office Locations*

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# Arizona

## **The Balanced Brain**

Barbara Sheridan  
Flagstaff  
928.527.1777

## **The Institute for Optimum Balancing**

Sue Shipman  
Gilbert  
480.633.7292  
[www.optimumbalancing.com](http://www.optimumbalancing.com)

## **Brain in Sync**

Pamela Swanson, MEd., LPC & Barb A. Johnson  
Lake Havasu City  
928.453.5626

## **Jim Mattingly**

Office Location TBD  
480.254.2799

## **New Pathways**

Susan Stanko  
Peoria  
623.825.1547

## **A Balanced Mind**

Fred & Janet Miller  
Phoenix  
602.997.2320  
[www.abalancedmind.org](http://www.abalancedmind.org)

**Innovative Therapies**

Duffy McMahon  
Phoenix  
602.840.3385  
[www.innovativetherapiesaz.com](http://www.innovativetherapiesaz.com)

**Optimum Brain Institute**

Carol Burnett  
Phoenix  
602.463.8787  
[www.optimumbraininstitute.com](http://www.optimumbraininstitute.com)

**Cherylee Lisonbee, D.C. & Marilyn Westenskow**

Pinedale  
928.242.4389  
928.739.4658

**Neuro Basics, LLC**

Bill Lewis & Therese Blackwell  
Prescott  
928.717.1025  
[www.neurobasics.net](http://www.neurobasics.net)

**Flower of Grace**

Hilary Bee & Carol Briskin  
Scottsdale  
480.481.3137

**Brainworks**

Rob Armstead, Ph.D.  
Sedona  
928.282.0086



**Cranium Gym**

Rue & Brandy Bennett  
Sedona  
928.202.2925

**Desert Canyon Treatment Center**

Rob Armstead, Ph.D.  
Sedona  
928.204.1122

**Neuromagic, LLC**

Ambaya Martin & Zach Brutsche  
Sedona  
928.282.1756  
[www.neuromagic.net](http://www.neuromagic.net)

**Infinity Counseling and Brain Advancement**

Michael McCall  
Tucson  
520.419.3363  
[www.BrainAdvancement.com](http://www.BrainAdvancement.com)

**Tamlin Allbritten**

Yarnell  
928.427.3443

**California**

**Transformations**

Candace Pattee & Jan Carlson  
Berkeley  
510.849.9010  
510.464.1024

**Brain Wave Harmony**

Ken Clark & Oxana Kostetska  
Beverly Hills & Los Angeles  
323.806.9876  
[www.brainwaveharmony.com](http://www.brainwaveharmony.com)

**Mind Body Fitness**

Vinayak, Doctorate BioEnergetics  
Beverly Hills  
828.454.0288  
[www.themindbodyfitness.com](http://www.themindbodyfitness.com)

**Brain State Health**

Nancy Lee & Renady Kemberling, DC  
Burbank  
818.567.2420

**The Optimum Brain**

Elizabeth Mollner, RN  
Corte Madera  
415.785.1798

**Life Powers**

Beejal Parmar  
Del Mar (San Diego)  
858.546.0000  
[www.LifePowers.com](http://www.LifePowers.com)

**The Quiet Mind**

Lynn Marie Lumiere & John Lumiere-Wins  
Emeryville

510.287.8922

**Alpha Brain Training**

Loren Bennitt

Los Angeles

323.422.5933

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

**Compassionate Brain Training**

James Hopson, L.Ac

Los Angeles

310.399.1055

[www.inspiringhealth.net](http://www.inspiringhealth.net)

**Shasta Brain Rise**

Jim Brown, Ph.D. & Molly Brown

Mt. Shasta

530.926.0986

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

**Brain Harmony Biofeedback Center**

Michael Junge & Jason Gomez

Newport Beach

949.336.7566

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

**Craig Horton, Ph. D. & Jeffrey Horton**

Norca

951.371.6778

**Intention Tech**

Thea Fandel & Greg Fandel

Pacifica

650.557.1559

www.intentiontech.net

**One Harmony**

Leslie Shackelford

Palo Alto

650.324.9405

**Brain Guidance, LLC**

Nicolette Bautista & John Henry Parker

Sacramento

916.505.4419

www.brainguidance.com

**Brain Harmonizer, LLC**

Scott & Regina Meredith

Sacramento

916.451.7227

www.brainharmonizer.com

**Braintactics**

Ann Vogel

San Mateo

650.465.6093

www.braintactics.com

**The Brain Spa**

Susan Ingalls

Santa Rosa

707.696.2711

## **Colorado**

**Neuro Harmonics Institute**

Marcus Kurek

Boulder

303.444.8399

**Bridge to Health and Happiness**

Raquel Younglove

Canon City

719.431.0511

**Neuro**

Stacie Hixon

Denver

720.232.0834

**Florida**

**Brain Fitness**

Marilyn Cobb & Jeffrey Reich

Melbourne

321.591.6216

**Hawaii**

**Jonathan Reily**

Haiku

985.264.4869

**Indiana**

**Brain Balance of Indianapolis**

Kyle Mattingly & Pam Bliss

Indianapolis

317.435.1234

## **Kentucky**

### **TUNTechnologies**

Joseph “Matt” Ward & Deborah Ward

Lexington

859. 621.7342

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

## **Louisiana**

### **Michele Reimsynder**

Baton Rouge

225.936.1677

## **Michigan**

### **NeuroFitness Center**

Art McCullar & David McCullar

Farmington Hills

248.361.6730

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

## **Minnesota**

### **Neuro Strength**

Paulette Hastings

Bloomington

952.888.0011

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

**Mind Symmetry**

Alina Janssen

Minneapolis

952.201.9706

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

**Nevada**

**Optimum Performance Technologies**

Clay Pulley

Las Vegas

702.449.5504

**Mindy Booth**

Las Vegas

623.210.5604

**Winning in Wellness**

Ellen Laura

Las Vegas

702.880.8891

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

**New Jersey**

**Brain Fitness Training Center**

Kathy & Jack Rimmele

Califon

908.832.6300

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

## **New Mexico**

### **Brain Dynamics**

Kelly Bennett, Ph. D., Charley Romney-Brown,

Charlie Lamson & Alberta Lamson

Sante Fe

505.577.1862

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

## **New York**

### **Brain Fitness Training Center**

Kathy & Jack Rimmele

Manhattan

908.832.6300

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

### **North Shore Brain**

Greg Accolla

Long Island

516.671.0065

## **North Carolina**

### **Brain Balance Technologies**

Sam Holt

Ashville

828.301.7798

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



### **Whole Brain Fitness**

Jennifer Bailey  
Brevard  
828.553.9959  
[www.wholebrainfitness.com](http://www.wholebrainfitness.com)

### **Brain Balance Technologies**

Christine Westfeldt  
Fairview  
828.454.0288  
[www.brainbalancetech.com](http://www.brainbalancetech.com)

## **Oregon**

### **Chrysalis, Awaken Your Brain**

Lynn Eleanor, M.S.  
Portland  
503.730.4151

## **Pennsylvania**

### **The Evolutionary Brain**

Kean Pitcairn  
Huntingdon Valley  
215.947.8010

## **Texas**

### **Kinsei, Chiropractic & Kinesiology**

Matt Buckley, D.C.  
Austin  
512.327.1771  
[www.kinseimindbody.com](http://www.kinseimindbody.com)

### **Optimum Brain State**

Linda C. McCarley, Ph.D. & Tina Moody, M.A, M.D.IV., LPC

Austin

Linda: 512.413.4907, Tina: 512.689.4330

### **Life Enhancement Training**

Deborah & Terry Conrad

Galveston

409.762.3737

### **Threshold Brain Training**

John Fortner

Plano

972.473.3727

## **Utah**

### **Balanced Brain Center**

Marsha Kolb & Linda Hahn

Boutiful

801.931.0905

### **Brain Gate**

Dean House & Bill Wren

Orem

801.221.9999

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

### **Brain Harmony Technology**

Alex Hoggan

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801.485.0471

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**Brain Map**

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Jennifer Hakola  
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Susan Simpson, Ph.D.  
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250.752.0657

**Brain Possibilities**

Elizabeth Verge  
Toronto  
416.251.9070

www.brainpossibilities.com

**NeuroNetwork Inc.**

Brenda Gerhard & Trina Leclair

Vancouver, B.C. (Steveston)

604.616.3131

**Inner Soul-utions and Balanced Soul-utions:**

**For Wellness, Happiness**

Joy Grace

Victoria, B.C.

250.385.4859

**Mexico**

**Omnicece Brain Training**

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## *Notes on this book*

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Most of the poems in this book were found in *Verses From the Center:  
A Buddhist Vision of the Sublime*, by Stephen Batchelor.

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