



February 2008

Verifying the New Reality NXT Lynk Program

The following series of computer screens were captured from an open recorded session on the InVision Suite using a Thought Technology FlexComp encoder. We used a single EEG lead attached at CZ.



The subject was experiencing her third session with the Stress reduction program on the NewRealities NXT Lynk equipment. During the first session her beta frequencies remain high throughout the session. The second session shown more relaxation but beta remained high. The third session was done the following day.

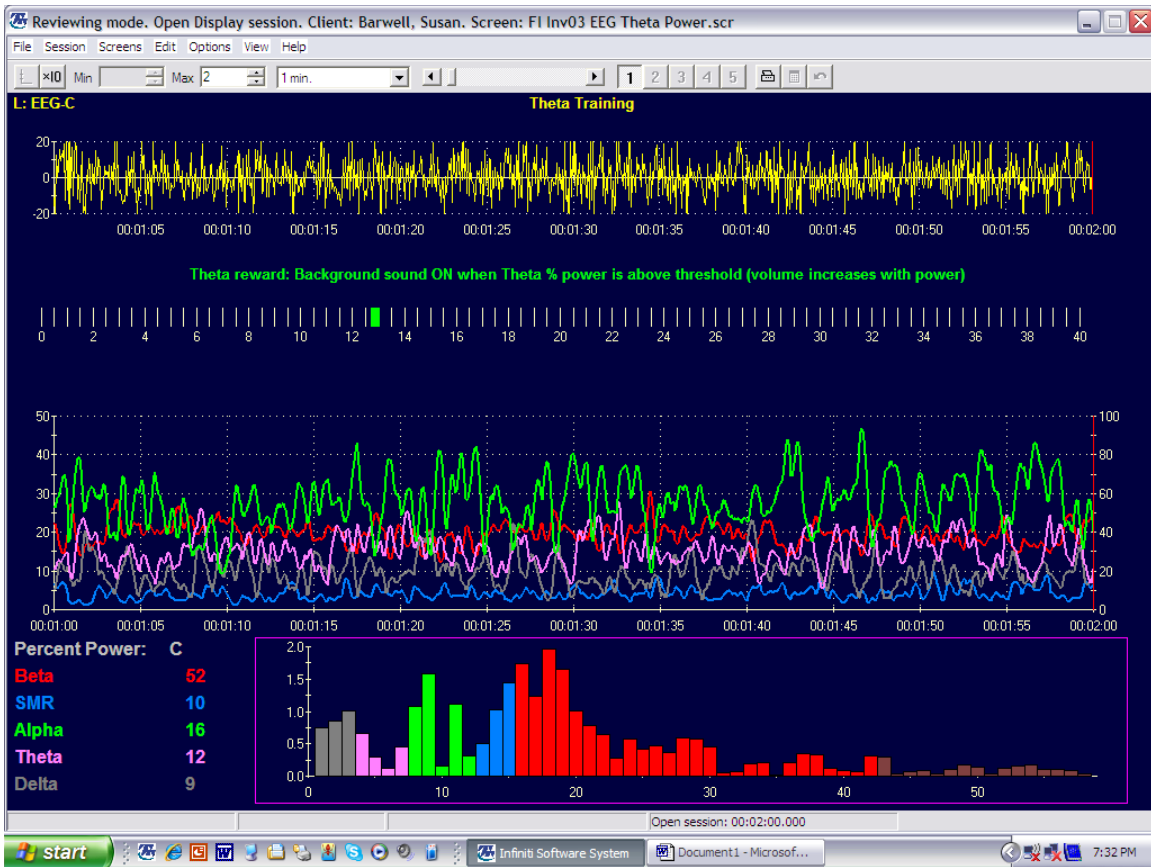
Note that from the start to about the seven and half minute mark, she remains awake but consciously relaxed (Alpha) but the beta activity remains high. There is still a lot of background conscious brain chatter going on. Then at thirteen minutes we begin to see an increase of Theta production. A much deeper relaxation,

At eighteen minute we have the first real deep relaxation with the Beta frequencies dropping below Theta and Alpha. Her brain chatter has finally shut down. This didn't happen in the first two sessions. The sixteen to eighteen minute segments are a picture of a beautiful restful subconscious relaxation. At eighteen and five seconds she awoke then slowly drifted back to a light sleep until twenty two forty when the session ended and she awoke in a restful conscious state.

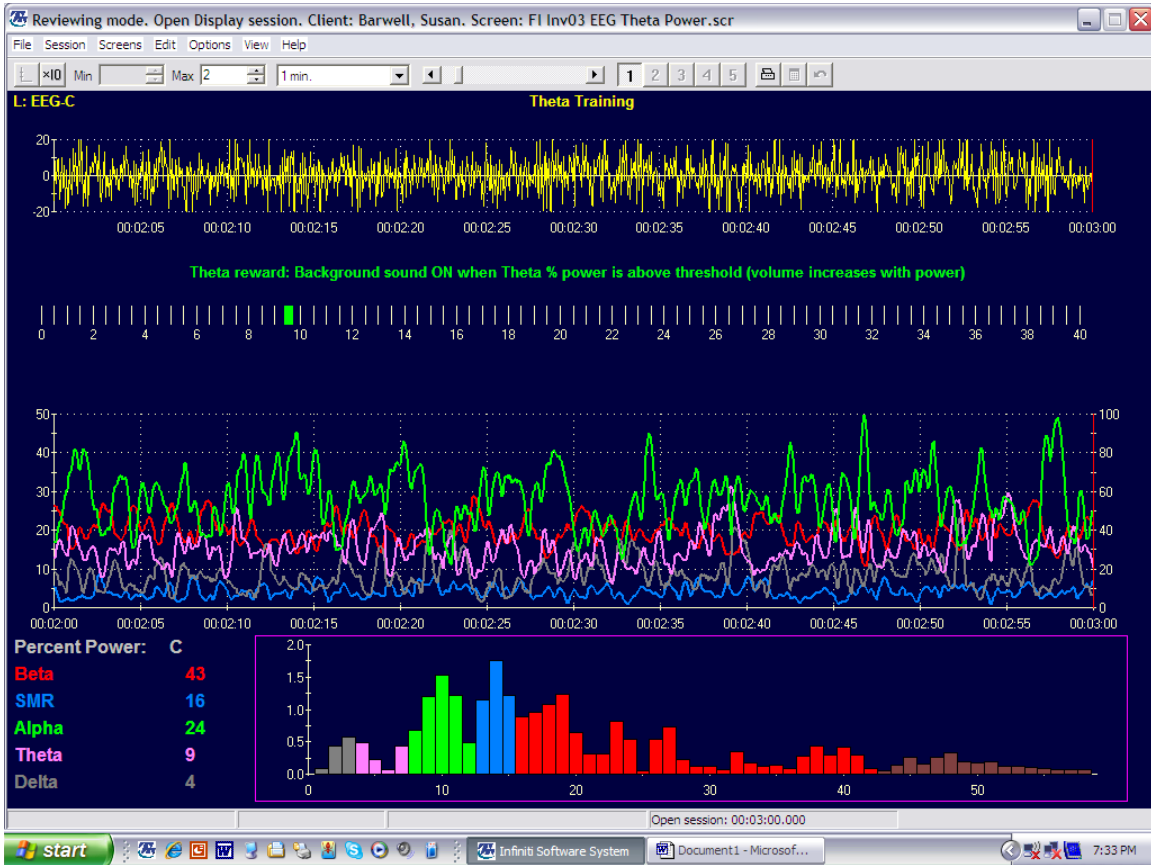
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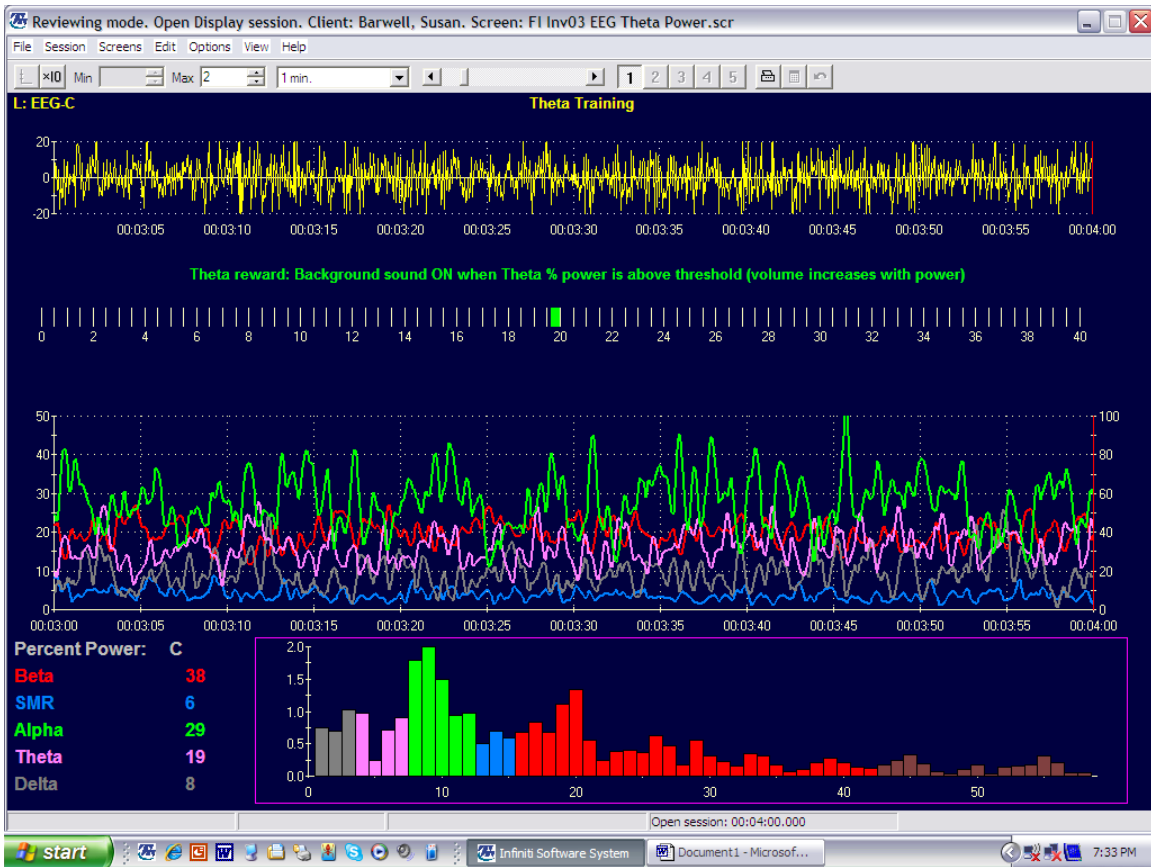
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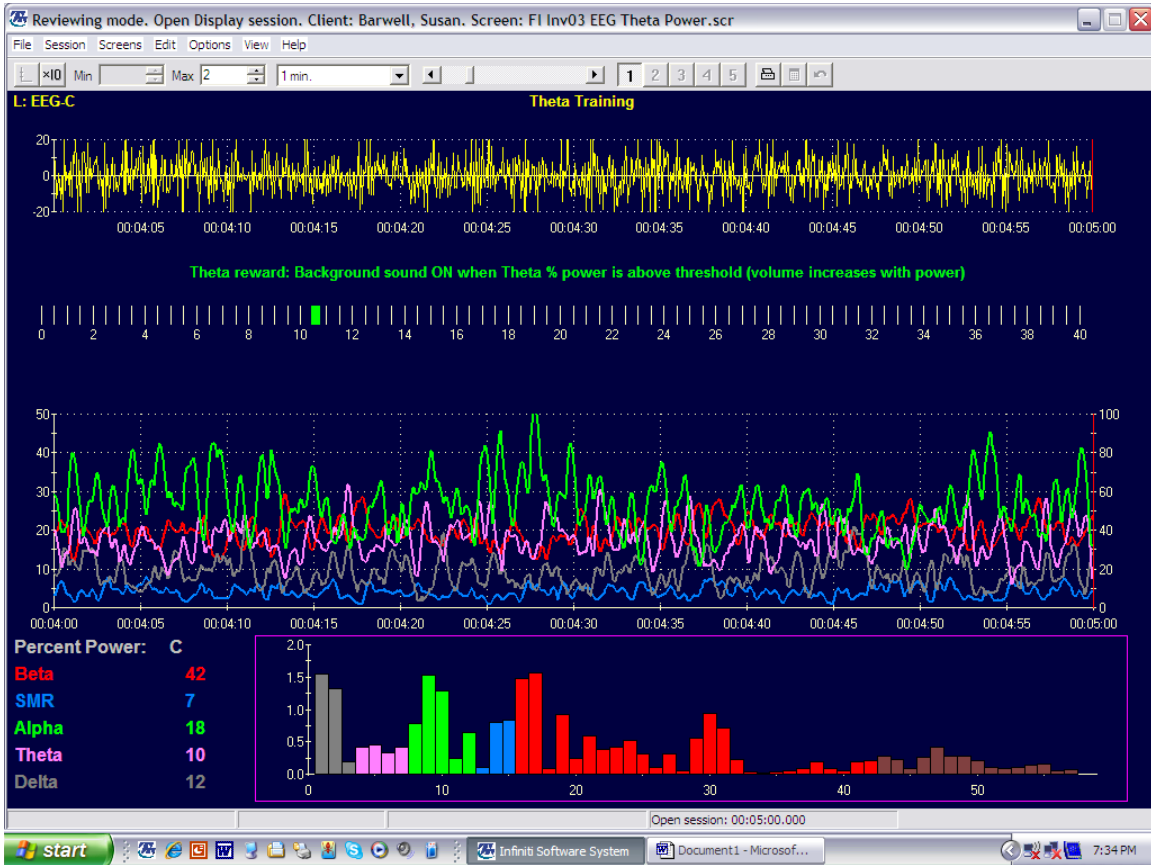
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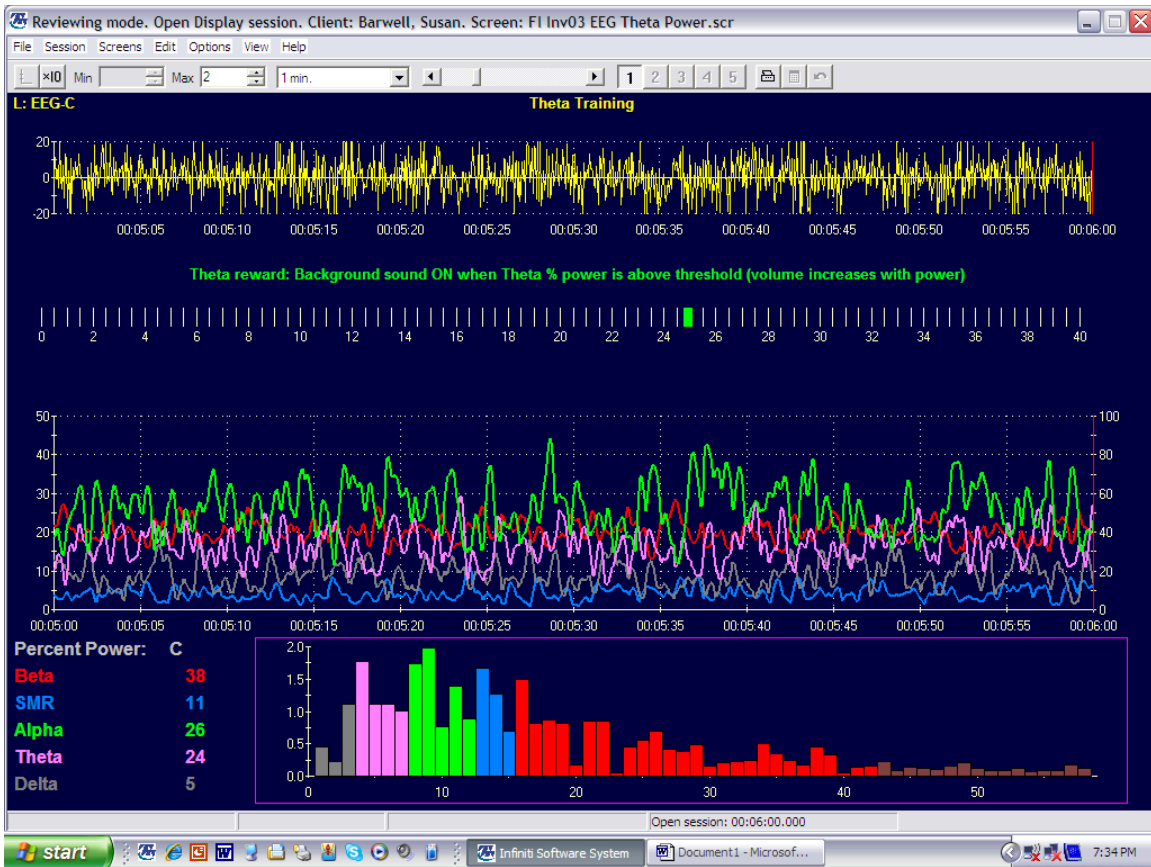
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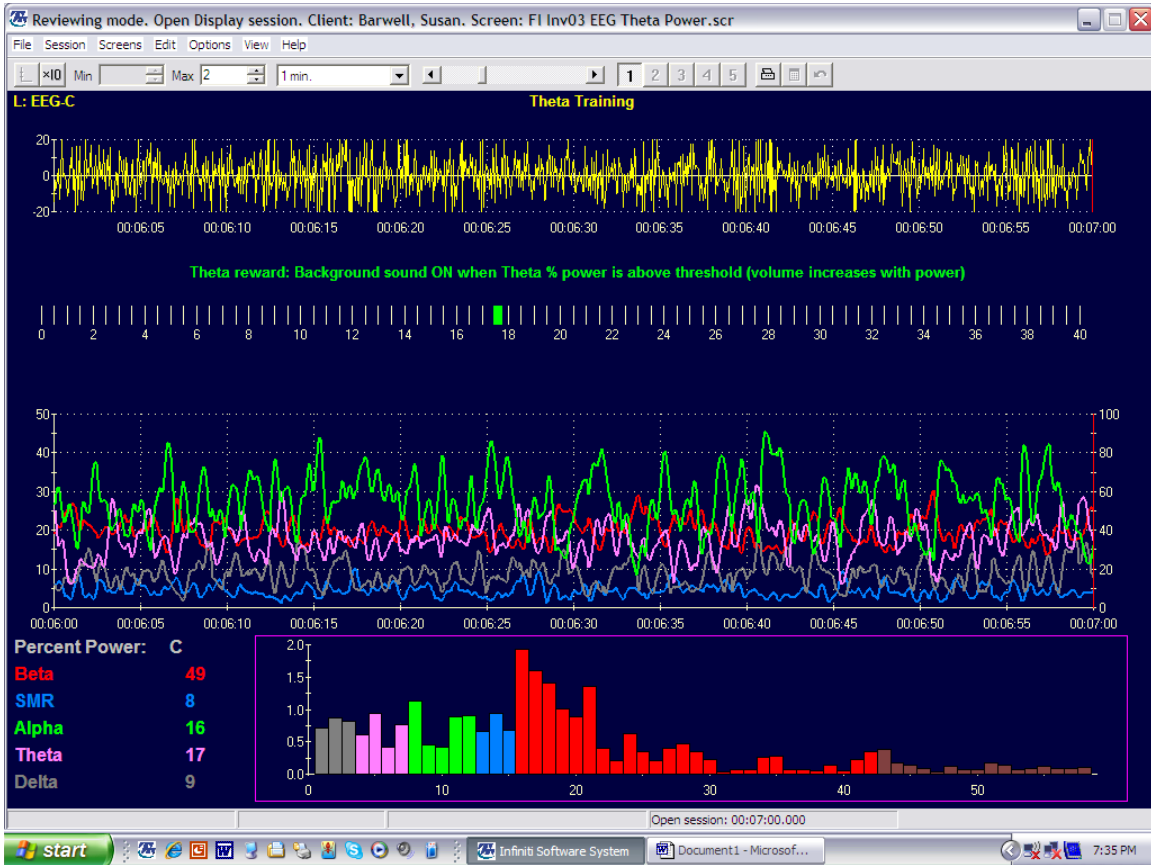
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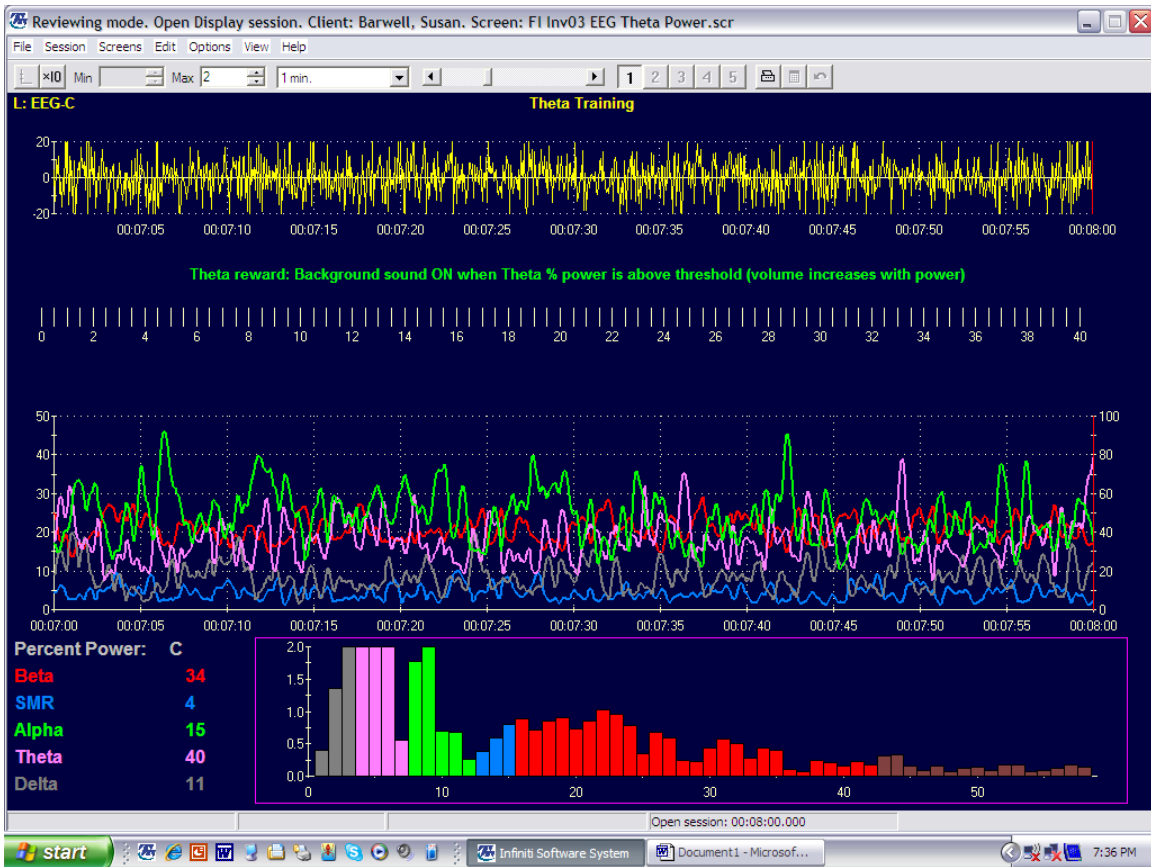
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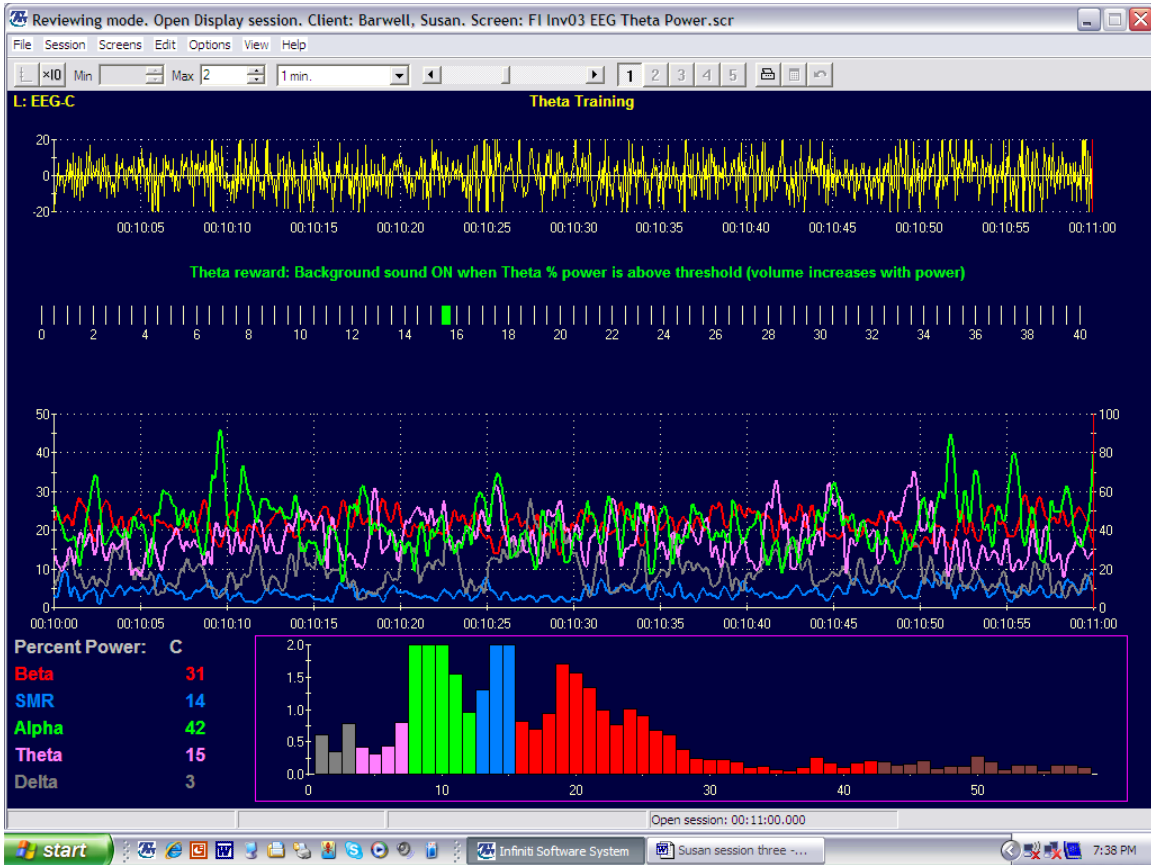
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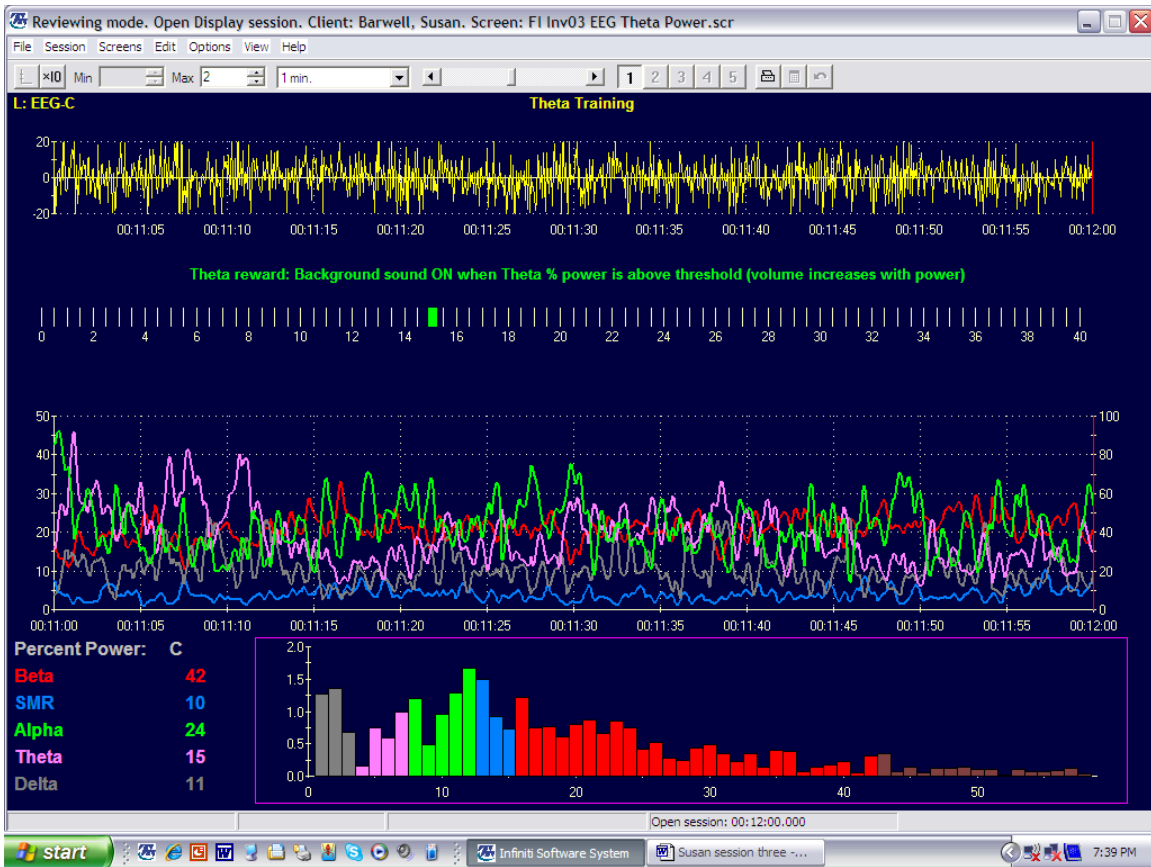
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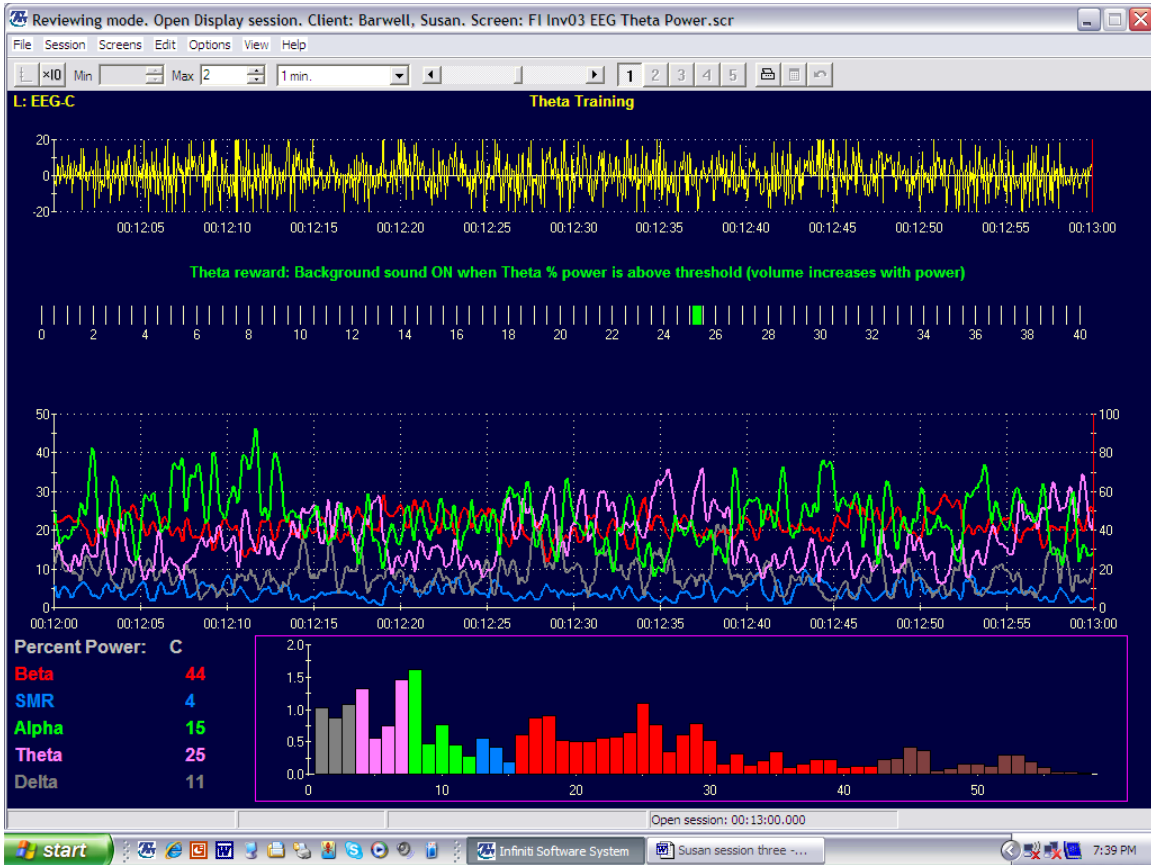
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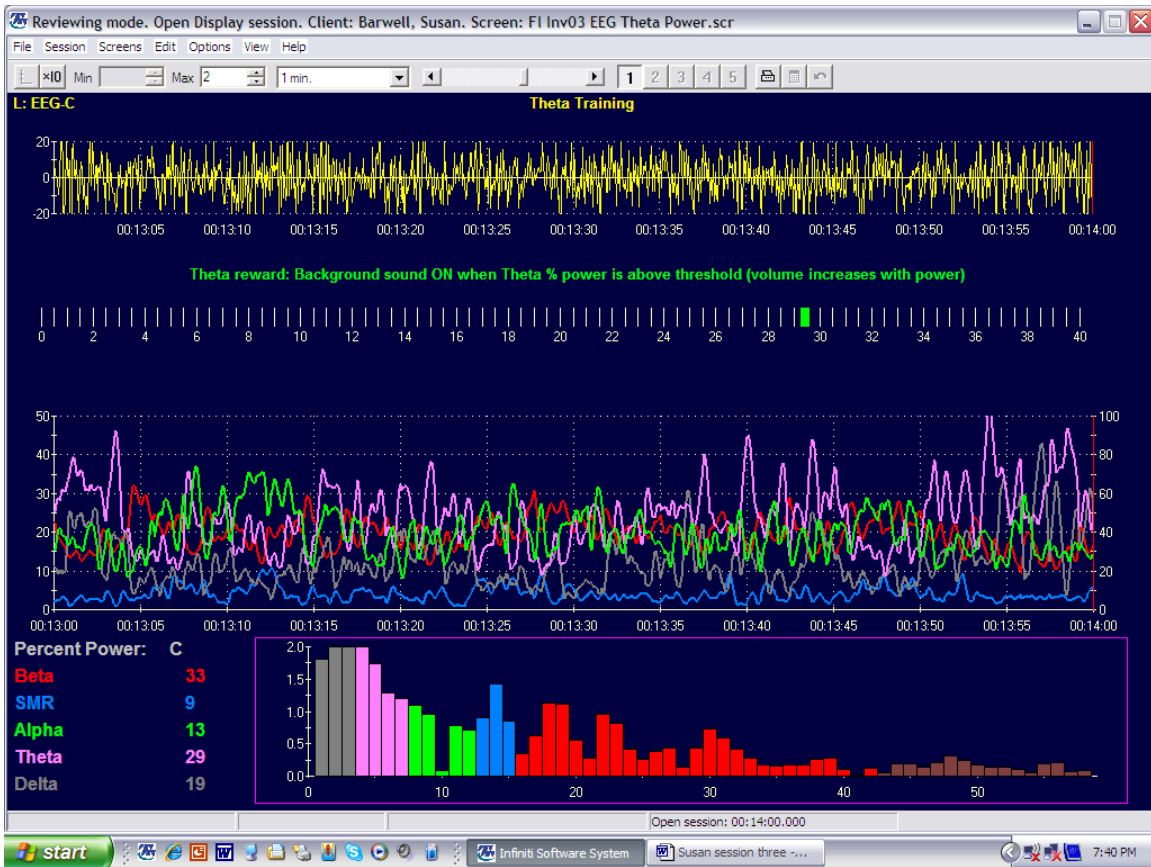
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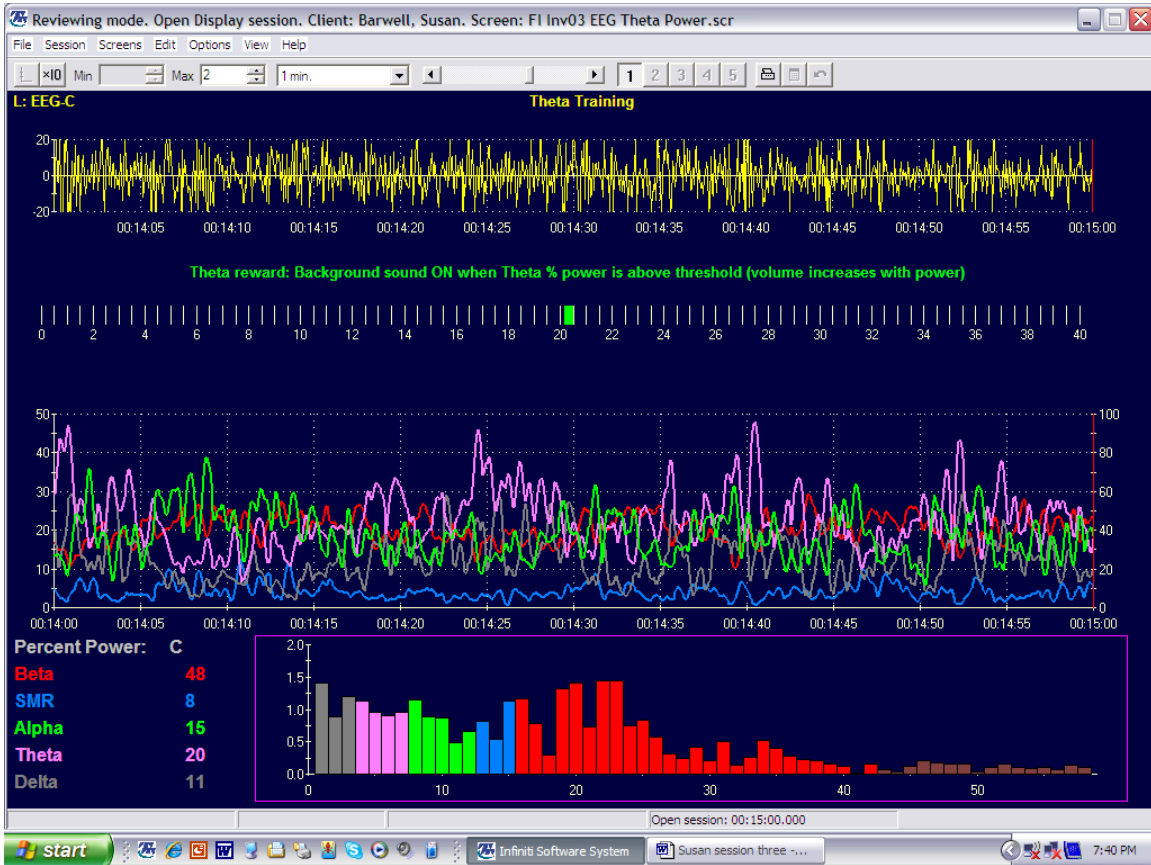
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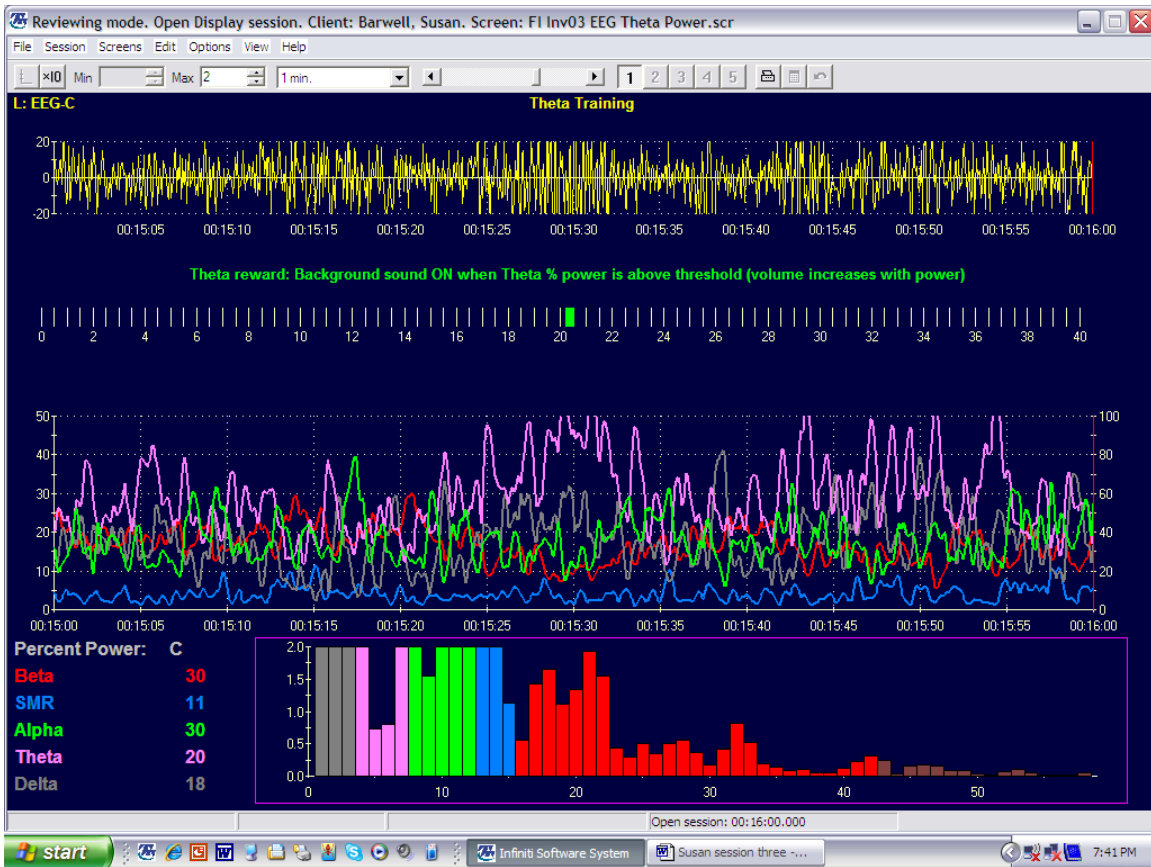
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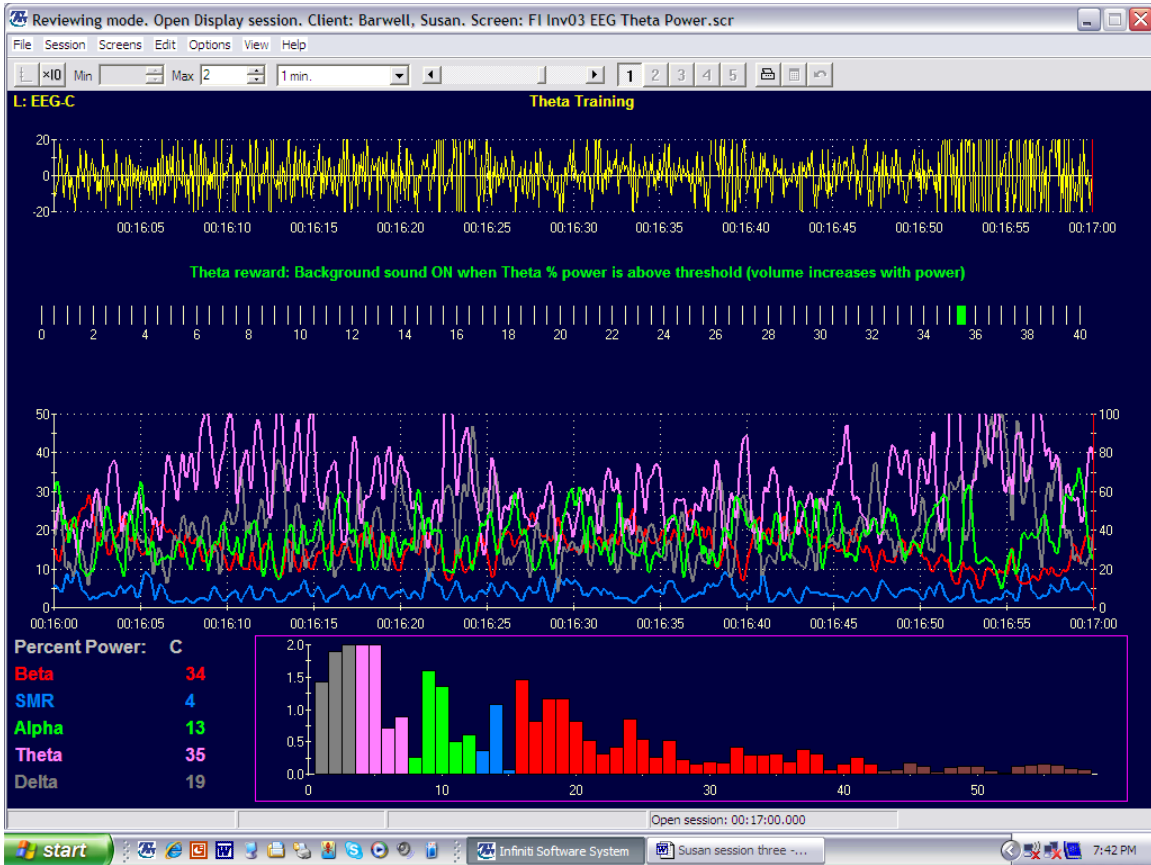
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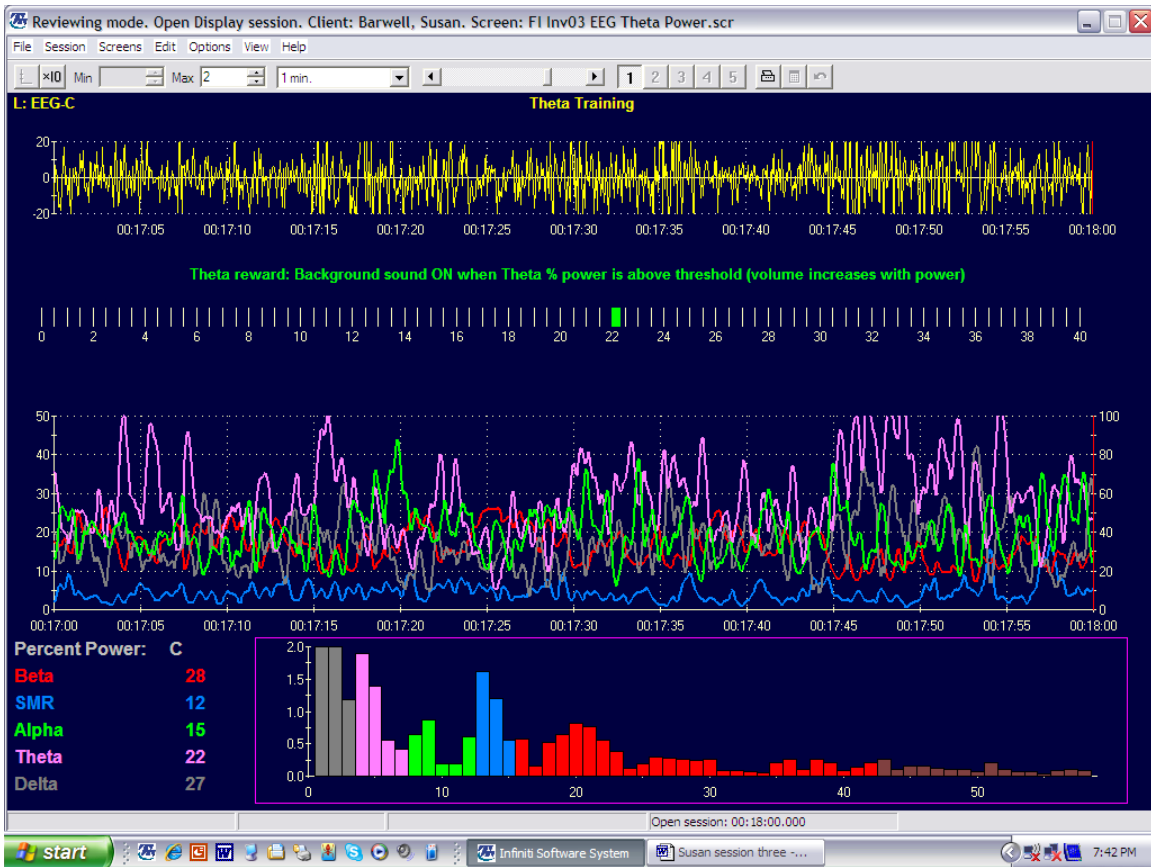
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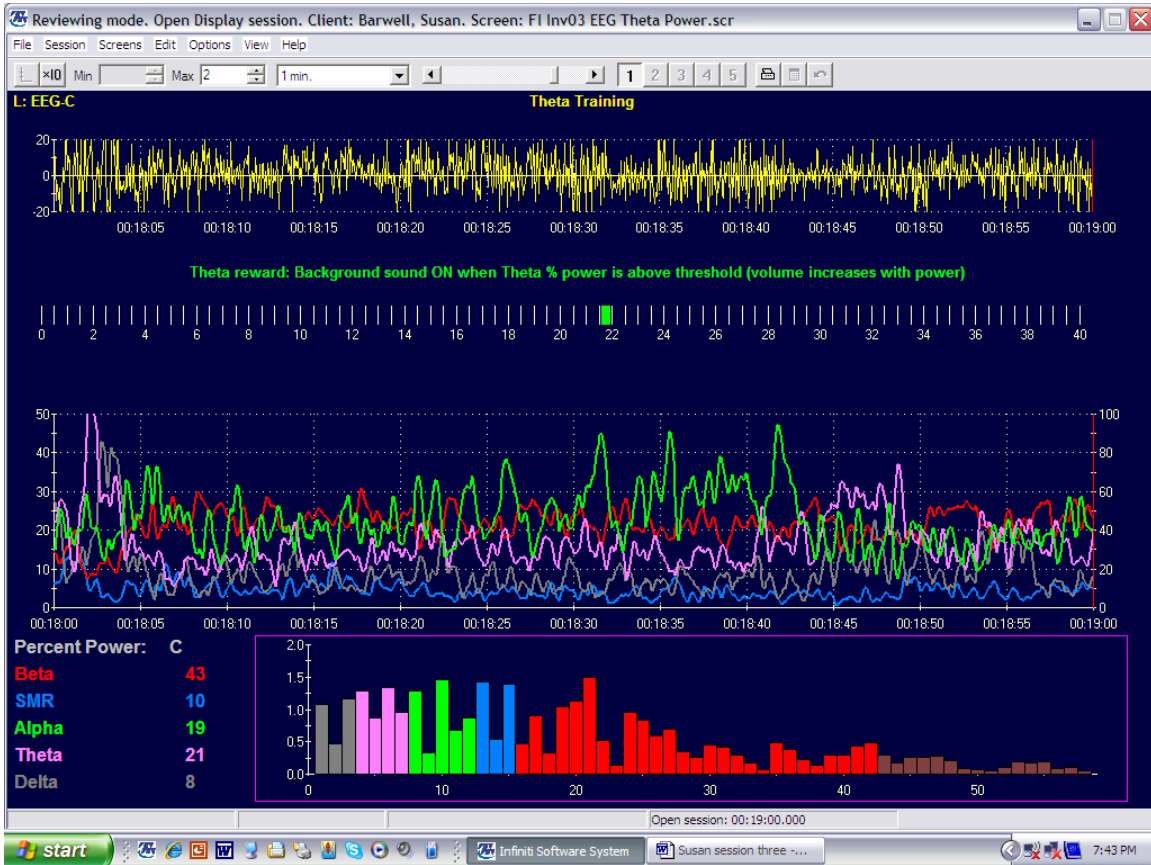
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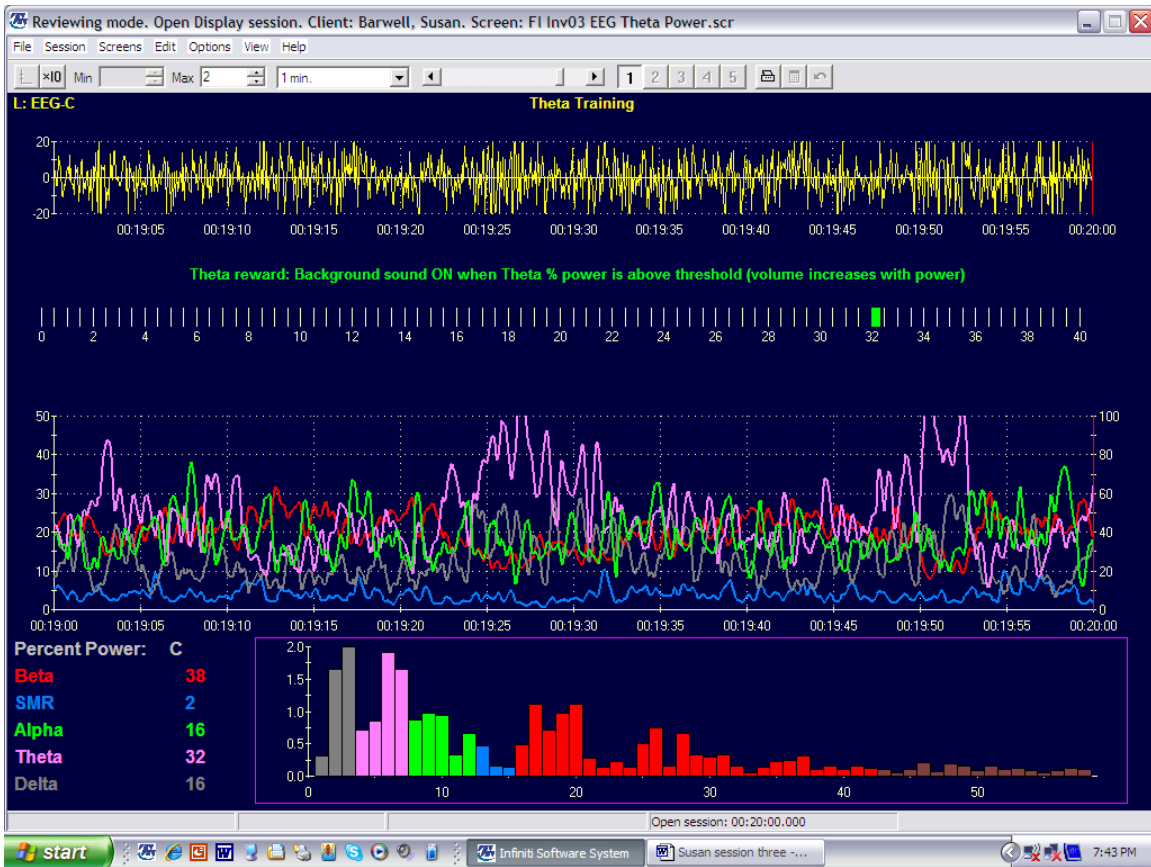
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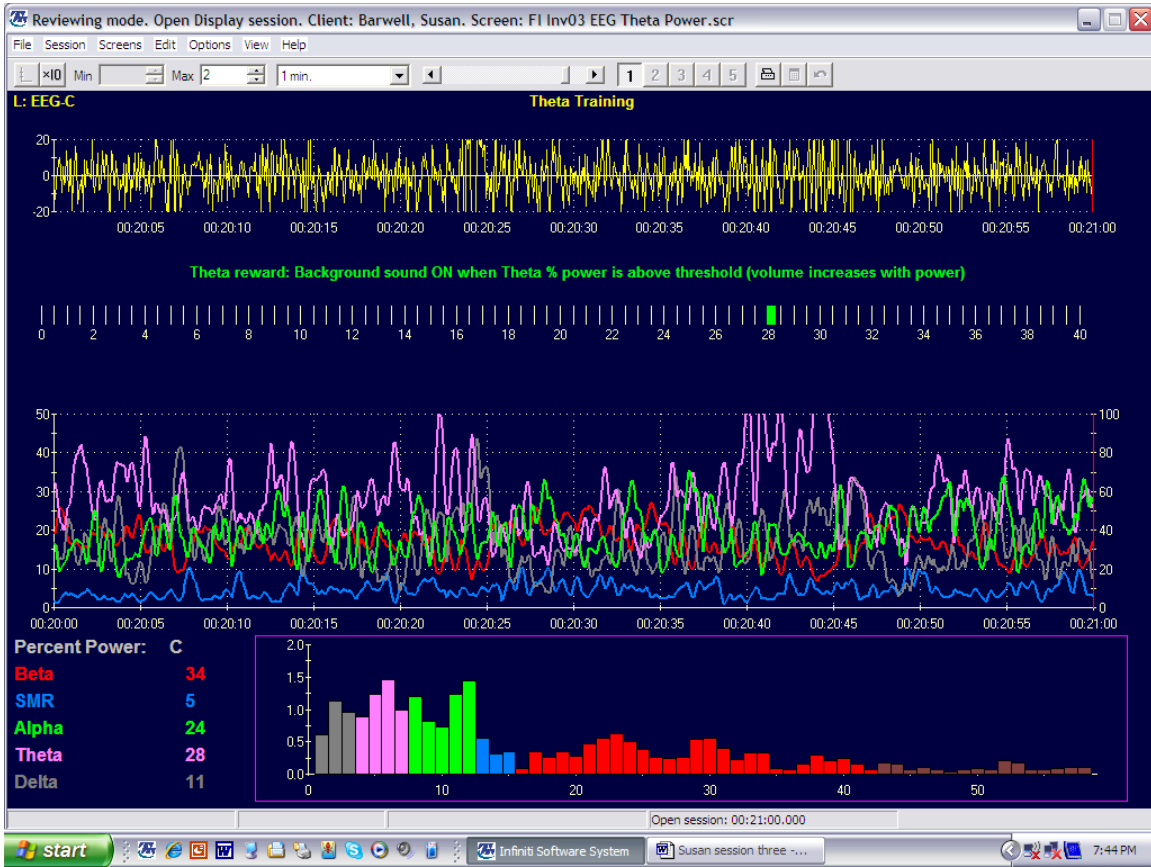
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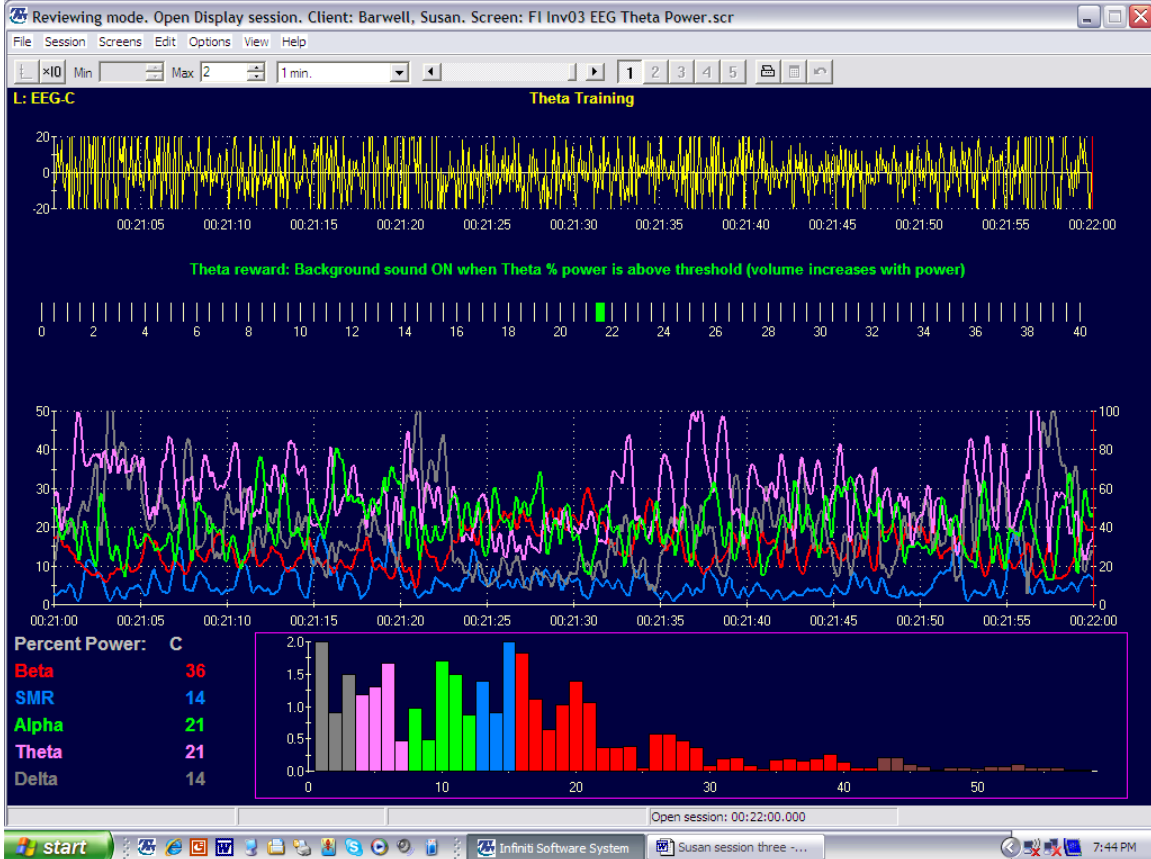
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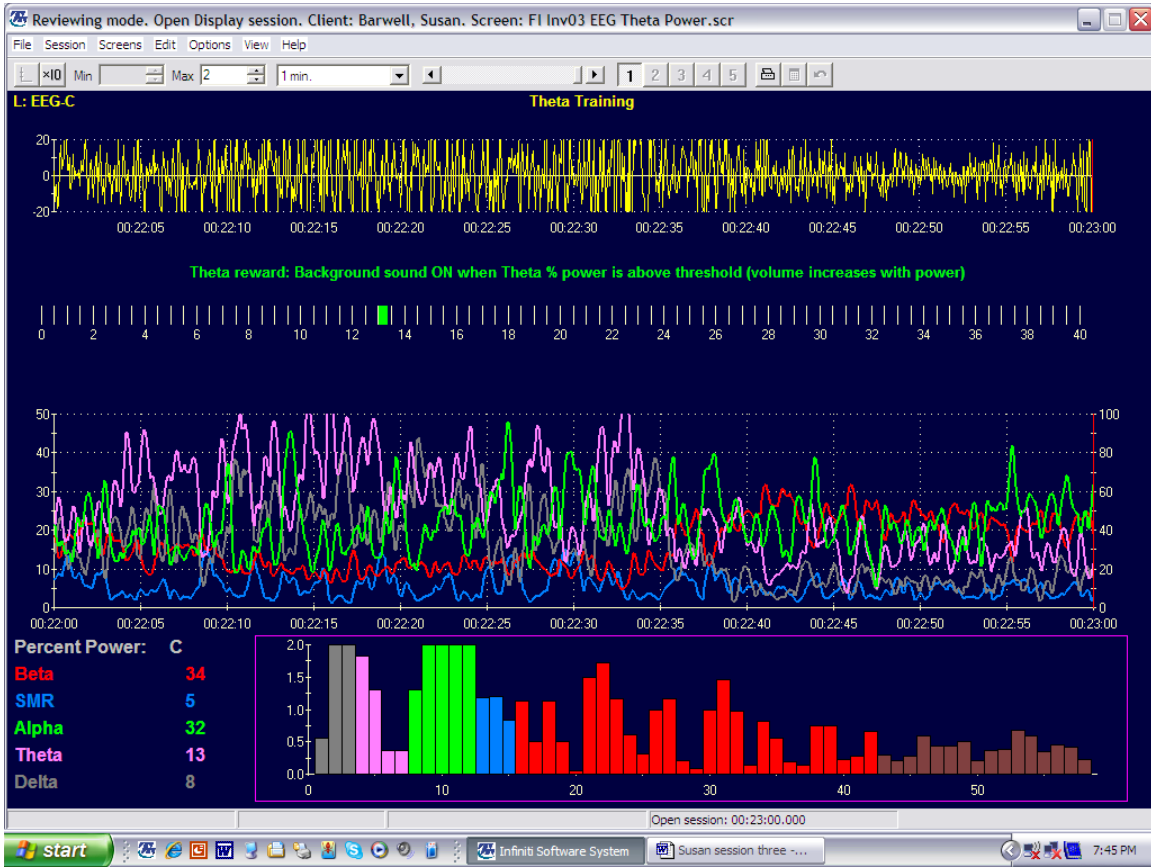
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