

ZENWAVE

Zenlight technology (ZL)

Information guidance # 1

Basic practice of cognitive abilities development 'Attention and concentration'

ZL is a physical system that behaves randomly and obeys statistical laws. This means that when the device is left without attention in the 'white – colorful' mode, it can, for example, switch the red color six times in a row, or, for example, when in a rainbow mode, it can keep the purple color for 10-15 minutes. Such situations are rare, but they might happen, because ZL technology is subject to the laws of statistics. But our mind or environment make changes to the natural random behavior of ZL system.

Research does not presuppose a rejection of the statistical laws of human consciousness or the ability to work on completely inert and determined systems. They presuppose the ability of consciousness to influence the specific manifestation of randomness in a limited period of time, visibly altering the range of this randomness.

GETTING TO KNOW ZL

Switch the device to the ZL1 mode or ZL1 + BL 'White - colorful.' Sit in a comfortable position. Relax for a few moments and start to observe the device - what color is ZL at the moment and how it changes. Try to keep the focus on the observation for one to two minutes.

Switch the device to the mode ZL2 or ZL2 + BL 'Rainbow' and observe the device for one minute.

Then you can move on to the basic practices of working with ZL.

TRAINING attention and concentration

'For many years I studied how to reach success and found a lot of useful rules. But absolutely necessary was only one - to observe the principle of full attention. If you can pay all the attention and strength to one task, if you clearly understand what the task is, and only think about it until it is completed - you can conquer the world. You will be able to achieve any goal, overcome any obstacle, become rich, successful, happy, and live a long life'.

Brian Tracy

'We must keep our minds resistant to interference. Like your eyes should be directed to the subject, the human mind, being distracted by worldly concerns, cannot concentrate on the knowledge of the truth'.

St. Basil the Great

Scientists have found that if you are not distracted and are working on a single task, then your efficiency grows by 4 times. Getting distracted from the main task, you will need 8 hours to draw up a report, write an article or solve a problem, when achieving concentration, you will need only 2 hours. How does it work?

You turn off all messengers and your phone, put on headphones and forget about everything except your task. And after 30 minutes of continuous work of your brain on the same task, you are given a second wind and a 'second attention'! And so in all. Attention concentrating is the 'key' to the effectiveness in achieving any goals.

What is the attention and concentration?

Attention is one of our basic cognitive skills. **Attention** is a selective focus of perception on object or phenomenon. In other words, attention allows us to navigate the stimuli coming into our consciousness, process them and respond correctly. Attention allows us to focus on a particular stimulus or activity in order to realize it more profoundly. This cognitive ability is important, because we use it every day. Moreover, the rest of cognitive processes are regulated precisely by the attention: from the perception to learning and complex reasoning. This is why, the attention disturbances (increased or diminished attention) may interfere with many daily tasks. The level of attention may vary during the day or in certain circumstances without the presence of any abnormalities. This occurs due to fatigue, sleepiness, fever, use of medicines, etc.

Concentration is the ability to switch and keep the attention on one thing, phenomenon or object.

Several distinct processes of attention:

- **Awakening** - determines the level of our promptitude, how sleepy or energetic we are.
- **focusing** - the ability to focus on a particular object or activity.
- **constant attention** - the ability to respond to an object or activity for a long period of time.
- **selective attention** - ability to react to a specific object or activity in the presence of other distracting stimuli.
- **shifting focus** - the ability to change the focus of attention between two or more stimuli.
- **distributed attention** - the ability to respond to different stimuli or actions simultaneously.

Examples of attention

While driving a car, we use all the attention processes. Behind the wheel it is important to be active (Awakening), to be able to focus on the emerging objects and phenomena (focused attention), to sustain attention over a long period of time, during the whole ride (Continuous attention), not to be distracted by irrelevant stimuli (Selective attention), repeatedly change the focus of attention from your lane to the oncoming when the overtaking (Switched attention), to carry out all actions necessary to bring the car in motion, for example, pressing the pedals, steering the wheel and shifting gears at the same time (Distributed attention).

Attention is necessary for any study and work. Starting with the office work, where we read, prepare documents, communicate and ending with such occupations as air traffic controllers, athletes, doctors and of course, CEOs and business owners. Any daily activity requires the use of some or all attention processes. From morning till night we use different types of attention, to be effective. Attention disorder can lead to errors when, for example, we throw the spoon away to the trash can while empty cup of yogurt to the sink. Or when we make a wrong decision, missing all the factors, and lose something. To avoid this and to be able to read a book, watch a movie, make dinner, chat with friends, to achieve success in business - we need to focus.

The high level of attention and concentration is the first step towards more advanced practices and techniques of working with Zenlight to achieve different goals and life changes.

How to improve attention and focus by 100%

Fortunately, we can improve our attention through training with Zenlight technology. It is proved that the brain can change its structure and functions. This is a property of neuroplasticity of the brain. The plasticity of the brain can create new neural connections, increase the number of neural networks and improve their functionality. It is plasticity of the brain that is the basis for the development of attention and concentration. If you regularly train your attention, the neural connections of the brain structures involved in this process will be strengthened. Studies show that 15 minutes of daily exercise on concentration contribute to the creation of new synapses and neuronal networks that can restore, rehabilitate damaged cognitive fragments and develop health. The more we use a neural network, the stronger it becomes. This is why it is important to regularly exercise with Zenlight. Practicing using Zenlight technologies, we are strengthening the patterns of neural activation used with attention and concentration. Repeating these activation patterns may contribute to the creation of new synapses and myelination of neuronal networks that can restore or enhance our cognitive abilities.

The benefits of training attention and concentration with Zenlight

- To carry out the practice you do not need any special knowledge or skills. Anyone can perform this exercise.
- Gaming aspect of Zenlight technology makes the practice interesting for even children, stimulating their desire to train.
- Training attention with Zenlight was designed for users of all ages (children, adolescents, adults and the elderly age people).
- The practice of 'Attention and concentration' with Zenlight allows to train basic cognitive processes and abilities (awakening, focusing, continuous and selective attention).
- The effectiveness of training attention and concentration is confirmed by scientific research.
- It helps activate, stimulate and restore the brain functions involved in our ability to perceive and process information. Strengthening of this important cognitive skill can help us concentrate better and maintain concentration for a longer period of time, increase our productivity and ability of multi-tasking, as well as reduce distractibility. It improves the ability to achieve effective results in any activity.

What happens when we do not train attention and concentration?

Attention is a cognitive function that we use daily and continuously. People are not able to handle large amounts of information at a time. Attention is a mental process that helps us focus on the important things and distinguish the important from the rest. Poor attention can significantly reduce the quality of our lives.

In childhood, our capacity for attention is limited, it develops with our brain. Poorly developed control of attention of a child can lead to attention deficit syndrome and hyperactivity.

Furthermore, attention is a cognitive ability that can be disturbed as a result of a large number of disorders (e.g., dementia or depression).

The human brain is a very complex and effective organ. It is meant to protect resources, i.e. it destroys or weakens the unused or underutilized neural connections. If we do not carry out tasks or activities that require attention, the brain stops to provide the given data patterns of neural activation with support and resources. This will lead to decrease in our efficiency, difficulty with concentrating and holding attention for a long period of time, problems with multitasking, etc.

To avoid this, it is necessary to systematically activate mental abilities associated with attention. One of the most effective tools for activation and strengthening of the cognitive abilities are practice on attention and concentration with Zenlight. When training with Zenlight, we will be able to activate and strengthen the neural patterns involved in attention-related processes.

Training with Zenlight ‘Attention and concentration’

Exercise 1

‘Attention and concentration: change the color’

Turn on the device in one of the modes: ZL1, ZL1 + BL, ZL2 or ZL2 + BL. Do not forget that the modes ZL1 + BL and ZL2 + BL are used only during the morning and afternoon hours. Do not turn them on at bedtime.

Sit in a comfortable position in front of the device. Relax, focus your attention on Zenlight for a few moments, as if there is nothing else in the world. Determine what color of the LEDs you want to appear. Within two minutes focus all your thoughts on the desire to change the color of the LEDs to the selected one.

Try to hold the focus for two minutes. Keep the selected color in your mind as clearly and vividly as possible. Concentrating on the ZL, put maximum energy in your desire to see the selected color. Try to feel the selected color with your whole body, not just the visual image in your mind. You can try to keep in mind the verbal sound of the selected color.

When you try to get the color you want, try to see any pattern of this color in the glow of the device. For example, for the modes ZL2 or ZL2 + BL, if the LED color is yellow, while you have selected orange, try to see at least a glimpse of orange in yellow. Focus on that and ‘push’ the process of the growth of this color.

Exercise 2

‘Attention and concentration: the brightness’

Switch on the device in the modes ZL1 or ZL1 + BL. In these modes, when switching the LEDs they have four levels of brightness. The longer some color is on, the brighter is the LED. The task is: to cause the maximum brightness with any color shifting of the LEDs, trying as much as possible to hold the color that is on.

Sit in a comfortable position in front of the device, relax, focus your attention on Zenlight. Focus all your thoughts on the desire to hold the color that is on as long as possible to maximize the brightness of the color. Put all your energy in the intention to see the highest brightness of the color. Feel the intensification of the color with your body, just like the heat increase. Try to call in the consciousness the sound of the word ‘brighter’. Try to keep the focus for two minutes.

Exercise 3

‘Attention and concentration: acceleration’

Switch on the device in the modes ZL1 or ZL1 + BL. Sit in a comfortable position in front of the device. Relax and focus your attention on Zenlight for a few moments. Start watching how quickly ZL changes the LEDs color from the white mode to the colorful mode. Within two minutes, focus all your thoughts on the desire to accelerate the color switch. Address all your energy into this intention, not thinking about anything else. Try to feel the increase in the switching speed.

General advice on training with ZL technology

- Try all three exercises. Determine the most comfortable and interesting one for yourself. Perform one of the exercises 'Attention and concentration' daily, gradually bringing it up to 15 minutes a day. You can alternate all three exercises or choose only one of them. At first, holding the attention may seem complicated, but the attention and concentration are the most important muscles and can be trained!
- Every person eventually produces his/her own strategy of obtaining the response from ZL on his/her message of intention.
- The behavior of the device depends on your faith in your success. The more confidence you have, the more likely ZL will do what you need. In fact, in those moments you just know that ZL is going to do what you want, and it agrees with your intention in the best way. Remember this feeling of knowledge - this is the real key to success.
- Statistics show that a direct intensive volitional effect on ZL operation is of great importance in the development of concentration and attention on the first levels of interaction with ZL. In the future, the more efficient result is obtained due to the one-way concentration without putting a lot of mental pressure, but more due to the increase of intention, due to direct knowledge and confidence in that by your attention you impact ZL system.
- To be more effective in impacting the system, you need to involve the emotional component of consciousness. Each time you get a result it is necessary to cause positive emotions such as joy, delight and gratitude in your mind. Due to this the energy of our impact enhances, while on a subconscious level the confidence in our abilities and opportunities to impact ZL is generated.