

## Reflections on the Harmlessness of the Brainwave Optimization Process

The Brainwave Optimization process functions as a highly polished mirror for the brain. It *cannot* injure the brain, as there is nothing that is going *into* the brain from the outside. The Brainwave Optimization process is “non-judgmental” and provides a relaxing “safe” space for the brain to experience this real-time mirroring process and to allow the brain to bring itself back to a state of balance and harmony.

As an analogy: If a client is dealing with a major health crisis, they may peer into the mirror and see themselves looking awful, but the action of looking in the mirror doesn’t cause them any harm. They may be surprised or even frightened by what they see, but that will *not* cause them injury in any way. The mirror itself is actually a “barrier” to any harm coming to them.

Negative health events occur when they occur. There are many factors and variables that can contribute to and lead up to these specific events. Just because Brainwave Optimization may have been one of the last things that a client experienced before a particular event occurred doesn’t in any way mean that it was caused by the Brainwave Optimization process. In fact, if a client experiences Brainwave Optimization just before they experience a major health event, it will most likely *decrease* the amount of damage and/or severity of harm incurred by that event.

The Brainwave Optimization process includes a series of best practices to allow the technology to be as efficient and effective as possible. Should best practices not be followed, no harm will occur. For example, at a clinical trial at Wake Forest School of Medicine, we played random notes for the placebo group, and overall that group had about as much improvement for the first three weeks following sessions as the group that experienced the Brainwave Optimization process. After the three-week period, however, the placebo group returned to their original status, while the group that experienced the Brainwave Optimization process continued to get better. Even a placebo doesn’t produce harm. The Brainwave Optimization process is only reflecting frequencies originated by the brain itself.

Over 50,000 people have experienced the Brainwave Optimization process without a single incident of negative results—though temporary discomfort may be possible due to the individual experiencing new feelings that are unfamiliar to them. Indeed, positive reports continually flood in from people who have had truly life-changing results. Additionally, Wake Forest School of Medicine has now had over 120 patients with no adverse effects recorded in their contingent.

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*Brainwave Optimization with RTB™ is not intended to treat, cure, heal, or diagnose any disease, mental illness or symptom. Brainwave Optimization with RTB™ is intended to balance and harmonize brainwaves. Individual results may vary.*