

BRAINtelle2: Personalizing Your B-2 Use

Contrary to popular belief, “more” isn’t always better when it comes to using the B-2. Every brain is unique, and while we can provide you with suggestions and general guidelines for your B-2 use, our hope is that this tool will enable you to become more attentive to your own needs.

The graduated session schedule programmed into the B-2 software was put in place to give your brain the time and space needed to acclimate and integrate new information. That being said, when an increased session time option is made available, it is not mandatory or even recommended to increase your session time. As you go through B-2 sessions, there will be accompanying shifts and changes emotionally, physiologically and even perhaps spiritually, produced by the changing neural networks in your brain. Understanding that it is *your own brain* creating these changes helps you to see there is no “one size fits all” plan when it comes to the duration or frequency of B-2 use. Sensitivity levels, internal and external stressors, and experiential shifts are just a few of the things to consider when choosing your own unique and optimal session duration time and frequency of use.

The accompanying log was created to aid you as you establish the best way to utilize your B-2 to meet your specific needs and goals. It is imperative that you understand that shorter sessions will be more beneficial in the long run if you are finding you are more sensitive to the neural network shifts that are occurring. These shifts may be experienced as heightened emotionality, alterations to usual sleep patterns, a feeling of “head fullness” or headaches, and/or mood disturbances. While temporary and a good indication that your neural networks are changing, these shifts can be uncomfortable and we advise that you keep a brief log of the changes as they appear.

Keeping a Braintelle2 Log

Keeping a detailed log of your B-2 sessions will be extremely beneficial to you as you find your own “rhythm” regarding B-2 session frequency and duration.

If you are a sensitive individual, you are more *likely* to notice the shifts and changes your brain is making as a result of using the B-2. Keeping a detailed log of your session date, time of day, duration of session, frequency of sessions and any personal reflections and/or reactions will go a long way in helping you determine your own optimal B-2 use parameters.

For example, if your log entries indicate that after a 10 minute session you felt relaxed and peaceful but after a 20 minute session you felt antsy and restless, this is a good indicator that your ideal session time should be around the 10 minute mark.

Similarly, if the log indicates that you’ve done daily sessions for the course of a few weeks and your head-fullness is persistent, beyond a level of mild discomfort, it might be time to consider running sessions every other day.

Keeping a consistent log can help you see the changes that are occurring and also help you understand your physical, physiological, emotional and spiritual fluctuations as you are dealing with daily stressors. As you progress through B-2 sessions you may forget previous changes that have occurred. This log provides you with a visual reminder of your journey better enabling you to preemptively choose your B-2 session minutes during future times of stress.

Please note that your optimal session time and frequency may change as your brain, goals, needs and demands change day to day.