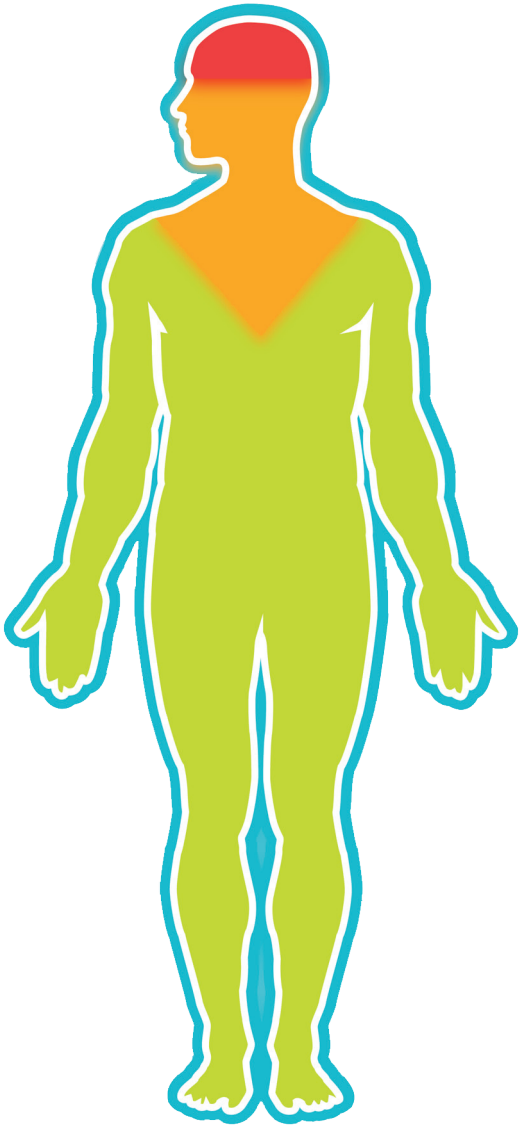
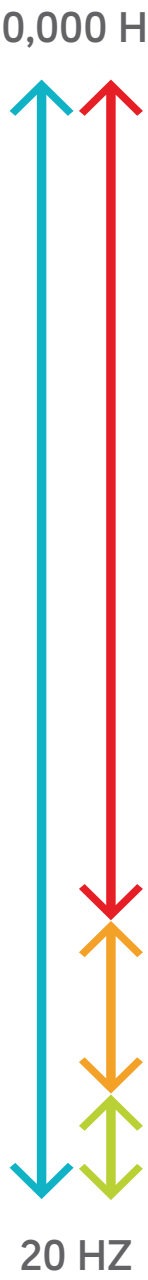
THE LISTENING PROGRAM®
by ADVANCED BRAIN TECHNOLOGIES

ZONE CHART





RED — Energizing

Frequency: 5,000 – 20,000 HZ
Tempo: 90 + BPM
State: High Activation/Energized

ORANGE — Focusing

Frequency: 1,500 – 5,000 Hz
Tempo: 60 – 90 + BPM
State: Moderate Activation/Flow

GREEN — Grounding

Frequency: 20 – 1,500 Hz
Tempo: 60- BPM
State: Deactivation/Relaxed

BLUE — Balancing

Frequency: 20 – 20,000 Hz
State: Homeostasis/Balance

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TLP LISTENING ZONE TIPS

BLUE

BALANCED INTEGRATION OF ALL ZONES

Imagine the entire body becoming stimulated and engaged, encouraging balance and preparing you for the targeting training to come. This zone provides an overall organizing experience.

- Centered
- Present
- Receptive/Open
- Ready to begin the day
- Connected
- Ability to locate sound in the environment
- Improved auditory memory
- Auditory attention to improve sustained focus and understand language
- Improved understanding of the meaning or intention of language and music
- Can tell the differences between similar sounding words
- Auditory anticipation to help you understand what is coming next
- Cohesion of language - filling in the missing parts of words or speech
- Ability to filter out distracting background noise

GREEN

SELF-REGULATION | BODY AWARENESS | COORDINATION & TIMING

Imagine the brain having more appropriate control over rapid breathing, rapid heart rate and adrenaline release (stress response) as well as having more control over arms/legs/body and sensory organs.

- Relaxation
- Stress Reduction
- Calming
- Anxiety Reduction
- Sleep Improvements
- Grounding
- Help the brain to better "rein it in" when you get upset
- Help the brain regain more control over the physical body
- More awareness of your body in space (less bumping into things, less tripping/falling, or getting too close to things)
- Better motor coordination (gross motor and fine motor)
- Helpful one to remove some "triggers" (* such as sensory, quick to anger, fear-based, bad memories)
- Shorter duration of tantrums and melt-downs (faster recovery)
- Fewer tantrums/melt-downs
- Sensory improvements (especially sound sensitivities)
- Less hyperactivity
- Improved focus (due to sensory improvements, reduction of "triggers," calming hyperactivity in the brain, better motor support)
- PTSD support

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TLP LISTENING ZONE TIPS

ORANGE

COGNITION | INTERACTION | ORGANIZATION

Imagine the mouth/ear/heart areas in the colored body image picture. Think about things you say, hear and feel, and how improvements in those areas can impact a person as well as those around them

- Memory
- Attention/focus (ACTIVE LISTENING starts) * not just listening to you but really "hearing you"
- Concentration
- Learning, Thinking
- Communication (verbal and nonverbal)
- Better recognition of facial expressions
- More expressive of feelings/emotions
- Words thought inside can finally start to be said
- Longer sentences
- Better pronunciation of words/sentences
- Academic improvements
- Bonding, Relating, Picking up on others' "vibes"
- Social awareness, Greater desire to be social
- Affection
- "Warm and fuzzy"
- Getting outside of yourselves zone
- Circle of awareness expands (goes from a few feet around you to much more of your perimeter) You begin to see those around you, and pay more attention to their feelings, likes, dislikes and how your actions and words affect those around you).
- Improved two way communication (better conversations; deeper and more meaningful)
- May start asking more questions about you (Did you have fun? How are you feeling? What did you do? Less about self, and more about others.
- May see improved care about appearance (due to having more awareness of others)

RED

CREATIVITY | ALERTNESS | ATTENTION

Imagine top of the brain/highest level of thinking. Red can make you think of high energy in a positive way. Think about things you use your brain for that require an extra level of work, effort and energy, both physically and mentally, for the support that this zone provides.

- "Responsibility zone"
- "Action zone"
- Creativity
- More thinking outside of the box
- Better problem solving (there is more than one way to do this)
- Less likely to quit so easily
- More "future thinking" - Thinking beyond the moment (if I put my backpack away now, I will be able to find it in the morning when I need it for school)
- Thinking about long-term plans and goals
- Goal setting
- Taking pride in work
- Better organization
- More independence
- More self-care
- Less need for prompting, instruction, reminding
- Thinking beyond the "moment." Realizing more that actions have consequences. Some are good and some are bad, based on the choices you make now.
- Peak performance – putting forth more effort
- Higher level motor (dance, sports, fast-moving/body control)
- Improved mental and physical energy (stamina)
- Improved decision making
- Better alertness
- Most stimulating zone (in a positive way)

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