



## Q MindFit with PorterVision

Q MindFit is a powerfully effective mind development tool designed to help you achieve physical, mental, and emotional balance. This state-of-the-art light and sound brain training device is activated by specifically-encoded Self-Mastery Technology® (SMT) audio-sessions, all designed to maximize your brain's potential while giving you laser-like focus on your goals and dreams.

### How to Use Q MindFit

Simply slip on the Q MindFit headset, start the audio and lower the visor, close your eyes and relax. You'll enjoy an empowering Self-Mastery Technology® audio-session that is strategically encoded to deliver the most productive power nap imaginable.

**Visor:** The visor is equipped with soothing blue lights that pulse at frequencies known for brain balance and profound relaxation.

**Earphones:** In the earphones you will hear relaxing sound pulses and Dr. Patrick Porter's affirming messages. Additionally, precise light frequencies strategically directed in the ear help calm the nervous system and relax muscles.

### Features:

- Light pulses train the brain to produce a healthy balance of brain wave activity.
- Imbedded tones guide the brain to an extraordinary level of focus and performance.
- Created guided visualization audio-sessions help you become the designer of your own life.
- The music on the SMT audio-recordings is designed to create a full 360-degree experience that floods the mind with calming thoughts and images.



### KEY BENEFITS:

- Diminishes brain fog and negative mind chatter
- Reduces stress levels
- Provides more energy
- Eliminates sleep disturbances
- Enhances memory and focus
- Improves quality of life



Be advised that for those who experience strobe light induced epilepsy/seizures, it is recommended that you not use the visor over the eyes during sessions, but you may still enjoy all of the other benefits of the Q MindFit. Just leave the visor rotated up by the headband.

Live Life eXponentially!

**WORKS IN**  
EMPOWERPLUS™  
Q96  
**SYNC WITH**

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