

The Cognitive Enhancement Handbook

Neurofeedback, brain entrainment, and drug-free training for peak mental performance

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This e-book is editorial and educational commentary published by California Brain Training in July 2026. It summarizes general principles of cognitive-enhancement and brain-training modalities as an aid to curious readers and clients; it is not medical, clinical, psychological, or professional advice, and it does not replace the judgment of a qualified physician or licensed clinician. Brain training is offered as a complementary modality and is not a substitute for licensed medical care, diagnosis, or treatment. Devices referenced may hold FDA 510(k) clearance for specific indications such as relaxation and muscle re-education; that is not a claim of treatment for any condition. Individual results vary. Always consult a healthcare professional before beginning any new modality, and verify claims against primary sources.

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Foreword

Most people accept their attention, composure, and mental clarity as fixed traits — good days and bad days that simply happen to them. The premise of cognitive enhancement is different and, increasingly, well-supported: the brain is trainable. The same capacity for adaptation that lets you learn a language or a sport can be pointed inward, at the mental states themselves.

California Brain Training, a cognitive-enhancement center in Upland, California led by life coach Devin Lockett, is built on that premise. It combines four complementary, drug-free, non-invasive modalities — neurofeedback, audio-visual brain entrainment, cranial electrotherapy stimulation, and biomagnetic pair therapy — with one-on-one coaching, for clients who refuse to settle for whatever mental state shows up. This handbook explains how those approaches work and how they fit together.

Read it once to understand the toolkit, then keep it as a reference as you train. The checklists at the end of each chapter are practical starting points, and every one of them assumes the same non-negotiable caveat: this is complementary work, not a replacement for medical care.

Chapter 1 — The Trainable Brain

The foundational idea behind every modality in this book is neuroplasticity — the brain's lifelong ability to reorganize and adapt in response to experience. It is why practice changes performance, why habits form, and why mental states you might assume are fixed can in fact be shaped. Cognitive enhancement is simply the deliberate application of that adaptability to focus, calm, and clarity.

This reframes the goal of brain training. You are not trying to install something foreign; you are training the brain to do more reliably what it can already do occasionally — to focus deeply, to settle quickly, to hold composure under load. The modalities differ in mechanism, but they share this aim: to make good mental states more accessible and repeatable rather than accidental.

It also sets honest expectations. Training the brain, like training the body, rewards consistency over intensity and patience over hype. There is no single session that permanently rewires anyone, and any claim otherwise deserves skepticism. What there is, is a set of drug-free tools that, applied consistently and personally, help you get more out of the mind you already have.

Field Checklist

- Treat mental states as trainable, not fixed
- Aim to make good states repeatable, not accidental
- Expect consistency, not one-session transformation

Chapter 2 — Neurofeedback and Self-Regulation

Neurofeedback is the anchor modality, and the most direct expression of the trainable-brain premise. It works by measuring your own brainwave activity and feeding it back to you in real time, so the brain can learn — through that feedback loop — to shift toward more focused, calmer, more regulated states. You are, in effect, watching your own mind and gradually learning to steer it.

The mechanism is self-regulation, not stimulation. Nothing is being done to the brain; the brain is learning to do something for itself. Over repeated sessions, the aim is that the regulated states practiced with feedback become more available without it — sharper focus and steadier calm that carry into daily life. It is a skill-building process, closer to training than to treatment.

The context in 2026 supports taking it seriously. The "experimental" label around neurofeedback and EEG-based brain training continues to fade, with insurers increasingly recognizing these protocols as medically necessary for specific conditions rather than experimental, and a peer-reviewed research base that keeps expanding. Most devices used in professional clinics hold FDA 510(k) clearance for relaxation and muscle re-education. For the cognitive-enhancement client, the practical takeaway is that self-regulation is genuinely trainable.

Field Checklist

- Understand neurofeedback trains self-regulation, not stimulation
- Aim to carry regulated states beyond the session
- Treat it as skill-building that rewards repetition

Chapter 3 — Audio-Visual Brain Entrainment

Audio-visual brain entrainment approaches the brain from a different angle: rhythm. Using rhythmic light (photic stimulation) and sound (including binaural beats), it gently guides the brain toward specific frequency states — from deep relaxation to heightened alertness. Where neurofeedback teaches the brain to steer itself, entrainment offers an external rhythm the brain can settle into.

The experience is passive and pleasant, which is part of its appeal as a complement. A session can be used to downshift toward calm before focused work, or to encourage a more alert, engaged state. Because it requires nothing of the user but attention, entrainment pairs naturally with the more active work of neurofeedback and coaching, giving a training protocol both a "steer it yourself" and a "settle into a rhythm" tool.

As with every modality here, honesty matters more than enthusiasm. Entrainment is a drug-free, non-invasive way to nudge mental state, offered as a complementary practice rather than a medical intervention. Used consistently and in combination with the other tools, it becomes a reliable way to reach a desired state — one more lever in a personalized approach to getting the most out of the mind.

Field Checklist

- Use entrainment to guide toward relaxation or alertness
- Pair it with active neurofeedback and coaching
- Treat it as a complementary state-nudging tool

Chapter 4 — Cranial Electrotherapy Stimulation

Cranial electrotherapy stimulation (CES) applies a gentle, non-invasive microcurrent to the head to support relaxation, mood balance, and mental clarity — without medication. It is among the more established of the modalities in this book, and its appeal in a cognitive-enhancement setting is its simplicity: a low-key, drug-free session that supports the calm, clear baseline the rest of the training builds on.

CES is best understood as supportive rather than transformative. It is one input among several, offered to help settle the nervous system and create conditions favorable to focus and composure. In a whole-person, drug-free protocol, that supportive role is valuable precisely because it asks little of the user and complements the more skill-intensive work of neurofeedback.

The framing, again, is complementary and honest. CES is a non-invasive modality offered alongside — never in place of — licensed medical care, and anyone with a medical condition or implanted device should consult a healthcare professional before use. Within those boundaries, it is a gentle, medication-free way to support the relaxed, clear states that make the rest of brain training more effective.

Field Checklist

- Understand CES as gentle, non-invasive microcurrent support
- Use it to support relaxation and a clear baseline
- Consult a professional first, especially with any device or condition

Chapter 5 — Biomagnetic Pair Therapy and Holistic Support

Biomagnetic pair therapy rounds out the toolkit as the most holistic of the four modalities. Paired magnets are placed at specific points on the body with the aim of supporting balance and overall wellbeing. Within California Brain Training it is offered as a holistic complement to the cognitive-enhancement protocols — a whole-body practice alongside the more brain-specific work.

Its role is best described as complementary and supportive rather than clinical. It reflects a broader philosophy running through the whole center: the mind and body are connected, and supporting general balance and wellbeing can create better conditions for focus and mental performance. Rather than treating cognition in isolation, the approach acknowledges that a settled, balanced body supports a settled, focused mind.

This is also where the handbook's consistent caveat is worth restating plainly. Biomagnetic pair therapy, like every modality here, is a drug-free, non-invasive, complementary practice — not a substitute for licensed medical care, and not a treatment for any disease. Offered honestly within those bounds, it serves as the holistic, whole-person layer of a rounded brain-training program.

Field Checklist

- Understand biomagnetic pair therapy as holistic, supportive practice
- Use it to reinforce a mind-body, whole-person approach
- Keep it framed as complementary, not medical treatment

Chapter 6 — Peak Performance on Demand

The reason clients come to a cognitive-enhancement center is rarely abstract self-improvement — it is performance. Athletes, executives, creatives, and lifelong learners want the same thing: the ability to reach a focused, composed, high-performing mental state when it matters, rather than waiting to see whether it arrives. "Peak performance on demand" is the practical promise the modalities are assembled to serve.

Getting there is a matter of integration. Neurofeedback builds the underlying self-regulation. Entrainment offers a rhythm to settle into. CES and biomagnetic support create favorable baseline conditions. And one-on-one peak-performance coaching ties it together, helping translate trained states into real situations — the meeting, the competition, the performance. No single tool delivers on-demand performance; the combination, applied consistently, is what makes a desired state more reliably reachable.

The honest version of this promise is important. "At will" does not mean guaranteed or instant; it means increasingly reliable through consistent training. Like any high-level skill, reaching a peak state on demand is earned through repetition. The modalities are the training equipment; the coaching is the guidance; the client's consistency is what turns capacity into command.

Field Checklist

- Integrate the modalities toward a repeatable peak state
- Use coaching to transfer trained states into real situations
- Treat "on demand" as earned reliability, not instant control

Chapter 7 — Building a Personal Training Protocol

No two brains are alike, so no two protocols should be identical. The final skill is assembly: turning the toolkit into a personal program shaped around your goals and how you respond. A protocol built for someone else, however well-designed, is a poor fit for the specific way your attention and composure behave.

A sound personal protocol starts from a clear goal — sharper focus, calmer baseline, better performance under pressure — and selects and sequences modalities accordingly, then adjusts based on response. This is exactly why one-on-one work matters: a personalized plan, guided by a coach who watches how you actually respond, keeps the training focused on what moves the needle for you rather than on a generic template. Consistency is the multiplier; a modest protocol done reliably beats an ambitious one done sporadically.

Finally, a good protocol knows its place. Brain training pairs naturally with the rest of how you care for yourself — sleep, movement, stress management — and functions as a complement to, not a replacement for, licensed medical care. Built personally, consistently, and honestly, it becomes a durable practice for getting more out of your mind.

Field Checklist

- Start from a clear, personal cognitive goal
- Select, sequence, and adjust modalities to your response

- Prioritize consistency and integrate with overall wellness

Conclusion: Getting the Most From Your Mind

The quiet claim at the center of cognitive enhancement is that you are not stuck with the mental states you happen to have. Focus, calm, and clarity are not fixed allotments; they are, to a meaningful degree, trainable. Neurofeedback teaches the brain to steer itself, entrainment offers a rhythm to settle into, CES and biomagnetic support create favorable conditions, and coaching ties the work to the moments that matter. None is magic. Together, applied consistently, they help you get more out of the mind you already have.

The 2026 backdrop makes this a reasonable pursuit rather than a fringe one. As the experimental framing around neurofeedback continues to fade and its research base expands, drug-free brain training is increasingly understood as legitimate skill-building. That legitimacy comes with responsibility: to stay honest about what these modalities are — complementary, non-invasive, and not a substitute for medical care — and to let consistency, not hype, do the work.

Build your protocol personally. Train it consistently. Integrate it with the rest of how you live, and keep a healthcare professional in the loop. Do that, and reaching a focused, composed, peak mental state stops being a matter of luck and starts becoming something you can, increasingly and reliably, do at will.

References

1. FDA 510(k) clearances for EEG biofeedback and cranial electrotherapy stimulation (CES) devices for specific indications (U.S. Food and Drug Administration).
2. Peer-reviewed literature on neurofeedback, EEG-based brain training, and brain self-regulation; 2026 coverage and medical-necessity developments.
3. Research on audio-visual entrainment, photic stimulation, and binaural beats as state-modulation methods.
4. General principles of neuroplasticity and skill acquisition from cognitive-science literature.
5. Standard clinical caution regarding complementary modalities as adjuncts to, not substitutes for, licensed medical care.



ABOUT THE FOUNDER

Devin Lockett

Devin Lockett is the founder and entrepreneur behind this title and the wider BiomedRx family of companies—spanning healthcare technology, wellness, media, and community initiatives. He builds brands focused on quality, service, and independent ownership. Connect and follow his work across the network.