

# Biocybernaut Webinar August 19 Marks 50 Years of Alpha Brain Training Research

*The Biocybernaut Institute  
Neurofeedback Training Is Becoming the  
Executive World's Best-Kept Edge*

SEDONA, AZ, UNITED STATES, August 19, 2026 /EINPresswire.com/ -- Biocybernaut Institute will host a free public webinar on Tuesday, August 19, 2026, at 4:00 PM PDT, presenting five decades of peer-reviewed brainwave research and its application to executive performance and decision-making. Registration is free at <https://www.biocybernaut.com>.

In its 50th year of operation, Biocybernaut Institute is presenting its research record publicly for the first time in a free live webinar. Founded July 4, 1976 by Dr. Hardt, the Institute has trained more than 6,000 people across five decades, accumulating more than \$30 million in research investment, \$8.6 million of which came from federal grants and scholarship programs. The webinar on August 19 is intended to open that body of work to the public and to the business community directly.

Making an Invisible State Measurable

Biocybernaut Institute's technology converts a trainee's brainwave activity into real-time audio feedback and periodic numerical



Dr. James V. Hardt serves as the President and founder of Biocybernaut Institute, Inc. He holds a Bachelor of Science Degree in Physics from Carnegie Institute of Technology, a Masters Degree in Psychology from Carnegie-Mellon University, and a Ph.D. in P



Tony Robbins, Biocybernaut Training Alumni

scores, making otherwise unobservable mental states directly measurable. Dr. Hardt began formal academic research on voluntary Alpha brainwave control in 1971 at Carnegie Mellon University. The Institute has spent more than five decades developing and validating the training technology and protocols, both of which are patented.

Its research portfolio represents more than \$30 million in cumulative investment, of which \$8.6 million was in grants and scholarship programs, including a dedicated program on Alpha training for executive stress. The Institute's campuses are in Sedona, Arizona and Bavaria, Germany.

## Documented Outcomes

The Institute's program produces measurements leaders in data-driven fields find familiar: numerical scores, session by session, that move in response to the trainee's own brainwave activity. The Institute reports several documented outcome measures. In studies using standard psychometric IQ testing, participants showed average gains of 11.7 IQ points; a one-year follow-up found those gains had held. Creativity, measured in a study of Stanford Research Institute scientists, rose by an average of 50 percent. Emotional intelligence showed average gains of 15.8 points. A 2012 peer-reviewed study in the journal *Advances in Mind-Body Medicine* reported statistically significant improvement on 27 of 33 psychological measures.

The Institute is careful to note that the IQ result has been validated at one-year follow-up; the creativity and emotional-intelligence results were measured at the end of training and have not yet had the same long-term follow-up. Independent academic research has linked individual Alpha frequency to general cognitive ability (Grandy et al., *NeuroImage*, 2013), and a 2023 double-blind randomized controlled trial found that Alpha-rhythm neurofeedback normalized abnormal Alpha activity and significantly reduced stress-related symptoms



**The BioCyberonaut Alpha One Training Is One Of The Most Valuable Things I've Done In My Life.**

**Tony Robbins**  
Author, entrepreneur, philanthropist, and life coach

▶ PLAY VIDEO

The BioCyberonaut Alpha One training is one of the most valuable things I've done in my life.

**“**

“The BioCyberonaut Alpha One training is one of the most valuable things I've done in my life. By the end of the week, all three of us were able to enter a state of Alpha... There's no problem that can't be solved in Alpha.”

**Tony Robbins**

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“BioCyberonaut training doubled my understanding of the dimensionality of consciousness. For me, BioCyberonaut technology is better than having your own Zen Master because it is always there and checks your meditation every second. BioCyberonaut's brain wave feedback training is a better meditation teacher than working directly with a Zen Master.”

**Zen Master Ryuho Yamada Roshi**



**“**

“If you do this training, it's not an observer situation, but a participation one. You're going to change. If you're doing this training there's going to be a real transformation in 7 days. It's going to happen. It's spirituality meets technology meets science.”

**Dr. Michael Beckwith**



**“**

I've done a lot of personal development...over the last 17 years for myself. I've gone to many seminars and gone through the books and courses and mentors and retreats...I've even done neurofeedback before I did the BioCyberonaut training. I've even used psychedelic drugs like ayahuasca, as well. And I can confidently say that of everything that I've done, BioCyberonaut Alpha One Training was the most powerful experience that I've ever gone through for my personal development.

**Stefan James**

For over four decades, Biocybernaut has pioneered alpha brainwave training, helping thousands achieve profound cognitive enhancement and emotional transformation. From world-renowned thought leaders to CEOs, Olympic athletes to those overcoming personal

(Nicholson et al., Brain Communications, 2023).



Most leadership development works on what you say and do. We work on the brain state you're doing it from."

- *Brian Alcorn, Biocybernaut Institute*

### The Control Condition

The Institute's methodologically strongest evidence comes from federally funded research (NIMH grant MH32612) in which Dr. Hardt ran a genuine double-blind: the Beta feedback control was made acoustically identical to the Alpha feedback, matched in volume and score display, so that

trainees could not distinguish which frequency band the session was rewarding. Same chambers, same Trainers, same hours. The benefits followed the Alpha feedback and not the Beta.

A parallel finding comes from the Institute's 1978 paper in Science (Hardt and Kamiya, volume 201, pages 79-81): anxiety reductions were proportional to how much each person had increased their own Alpha, were not explained by muscle relaxation or slowed breathing, and were concentrated most strongly in the individuals who had entered with the highest anxiety levels.

### Leaders and Researchers Who Have Trained at Biocybernaut

In 1985, as part of the U.S. Army's Trojan Warrior Project, Dr. Hardt moved his EEG Alpha technology to a classified military installation and trained two twelve-man Green Beret teams, along with command staff that included a Captain and a Colonel. The base commander requested the equipment remain for nearly three additional months after training concluded. Dr. Hardt later published the results (Hardt, 1998), and the project was chronicled in the book *In Search of the Warrior Spirit*.

Gunnar Hurtig, a Stanford MBA who trained at Biocybernaut, was subsequently recruited by Hitachi to lead its Western regional semiconductor sales. In roughly three years, he grew that business from approximately \$3 million to more than \$200 million in annual revenue.

Among the most specific and independently verifiable accounts from Biocybernaut-trained executives is the report of a cognitive shift two people documented separately, without contact with each other, using identical language: the capacity to carry on a full, complex spoken conversation while simultaneously composing a complete, flawless written communication to a different person. James Lang, a serial entrepreneur and investor, reported this shift after his Biocybernaut training. Tony Robbins, who trained separately with his wife Bonnie Pearl, put his account on the public record: 'I can now type an email to one person while having a conversation with another person and the email will be flawless.' Robbins added: 'There's No Problem that can't be solved in Alpha. I recommend it to Anyone

who wants to grow immensely.' The Institute's Trainers recognize this parallel-processing capacity as a consistent marker of deep Alpha integration. Two independent accounts describing the identical testable capability, from people with no shared context, is among the most unusual forms of convergent evidence in this field. A sitting Governor of a U.S. state who trained at the Institute later became a member of the United States Cabinet.

## The Brain State That Makes or Breaks Consequential Decisions

The Institute's research identifies high-Beta brainwave activity as the state associated with overthinking, tunnel vision, reactive judgment, and the accumulated cognitive load that compounds across a demanding work period. Senior leaders make their most consequential decisions precisely when depletion is greatest: at the end of a long negotiation, in the compressed hours of a crisis, under the weight of a demanding quarter. Training the brain to return reliably to Alpha under those conditions is, in the Institute's framing, a risk-management practice applied to the quality of the decisions themselves.

What makes the Alpha state difficult to produce by intention, in ordinary circumstances, is that it cannot be summoned reliably by willpower. Directing a stressed brain to relax rarely works. Biocybernaut's method is indirect: rather than instructing the brain, the feedback shows the brain, moment by moment, how much Alpha it is producing. The brain learns, through repeated exposure to the feedback, to produce more. The approach is supported by the control evidence described above: the benefit tracks the brainwave, and only the brainwave.

## What the Training Week Involves

The program runs for seven consecutive days. Each day includes a morning education session in which a personal Trainer reviews the trainee's brainwave and mood data from the previous day; rotating sessions inside private feedback chambers, where the brainwave work is done; and an evening debrief designed to anchor the training into long-term memory. Trainees typically spend up to ten hours a day at the center, in an environment cleared of distraction: no phones during sessions, no caffeine, no alcohol. Healthy meals and nutritional guidelines are provided.

The Sedona campus sits at 4,360 feet, roughly two hours above Phoenix in the high desert. Cleaner air and lower electromagnetic background are features the Institute considers part of the training environment.

Each trainee works one-to-one with a personal Trainer for the duration of the week. Biocybernaut Trainers complete a proprietary development program before guiding others; their role is to help each trainee interpret their own brainwave data, recognize the emotional patterns that pull the brain into Beta, and coach the return to Alpha. The Institute regards

this one-to-one human guidance as inseparable from the technology.

The program also includes a parallel Track of computerized mood and feeling assessments, administered multiple times daily. The assessments include measures designed to surface emotional material that may not be fully conscious. Trainees work with their Trainer to identify and process what surfaces. The Institute's research documents a consistent pattern: the emotional material that pulls a brain into high-Beta, once identified and processed, reduces the brainwave interference that was impeding Alpha growth.

### Why the Changes Tend to Last

The Institute reports that trainees continue to improve after the program ends. Once the brain has been trained to find and increase Alpha on its own, it uses that capability as a new default mode. Longitudinal follow-up from the Institute's trainee base has found that trainees report continuing gains in focus, emotional regulation and creative output in the months following training. The IQ data, with its one-year follow-up showing maintained gains, is the most formally documented illustration of this pattern.

### August 19 Webinar: Free Public Registration

[Dr. James Hardt](#) will present live on August 19, 2026, at 4:00 PM PDT. The presentation will cover the Institute's research record, the measured outcomes and documented accounts described in this release, and a direct overview of how the training program works. Registration is free at <https://www.biocybernaut.com>. Trainees who have completed prior programs at the Institute are invited to connect with Dr. Hardt individually after the webinar.

"The brain state a senior leader makes decisions from is the variable that governs every other performance variable -- and for most of business history it has been invisible," said Dr. James Hardt, Founder, Chairman and President, Biocybernaut Institute. "Fifty years of instrumentation, two patented technologies, and more than \$30 million of research have gone into making that variable visible and trainable. The August 19 webinar is an opportunity to see the data directly."

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### About Biocybernaut Institute

Biocybernaut Institute is a high-performance training organization founded by Dr. James Hardt, with campuses in Sedona, Arizona and Bavaria, Germany. Its trainings use two independent, synergistic Tracks. Track 1 is a series of research-guided neurofeedback programs based on electroencephalography (EEG); the Institute discovered and combined the essential brain training parameters and patented both the technology and the methodology. Track 2 uses computerized assessment of moods and feelings, including measures drawn from the unconscious, with coaching by a personal Trainer that integrates a trainee's brainwave data

and growing emotional self-understanding for faster, deeper and more permanent learning. For more than five decades, in three countries, Biocybernaut has developed the brainwave technology and taught voluntary brain-state and emotional self-regulation through its seven-day Alpha One, Higher Alpha and Theta programs, working with executives, scientists, mathematicians, athletes, performers, veterans and individuals pursuing personal growth. Over 6,000 people have trained with the Institute to date. More at <https://www.biocybernaut.com>.

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