SURRENDER & RELEASE

RAH

RAH Release & Surrender is the first individual chromatic neuroregulation practice developed by RAH Colour, a research platform in the psychology of perception that brings together seventeen years of study, five years of field experience, and over eight thousand observed sessions. It integrates affective neuroscience and data analysis to relieve tension in a concrete and measurable way.

The starting point is an analysis of implicit associations between colours and emotions, through the RAH test. From this, a unique palette emerges for each person, rooted in their own personal history rather than in generalised schemes. From there, a personalised exposure protocol is generated, available from the computer in the moments when it is needed.

Note: "Neuroregulator" is the descriptive term for the RAH method. It does not constitute a clinical or therapeutic treatment or a medical device within the meaning of EU Regulation 2017/745.

THE PROBLEM: STRESS HAS BECOME THE BACKGROUND CONDITION OF EVERYDAY LIFE.

72%

of people report suffering from stress, which is the most widespread psycho-emotional disorder in the country.

*Mind Health Report 2025,

28%

of the population suffers from mental health disorders, six percentage points more than the previous period.

*ISTAT 2024

20%

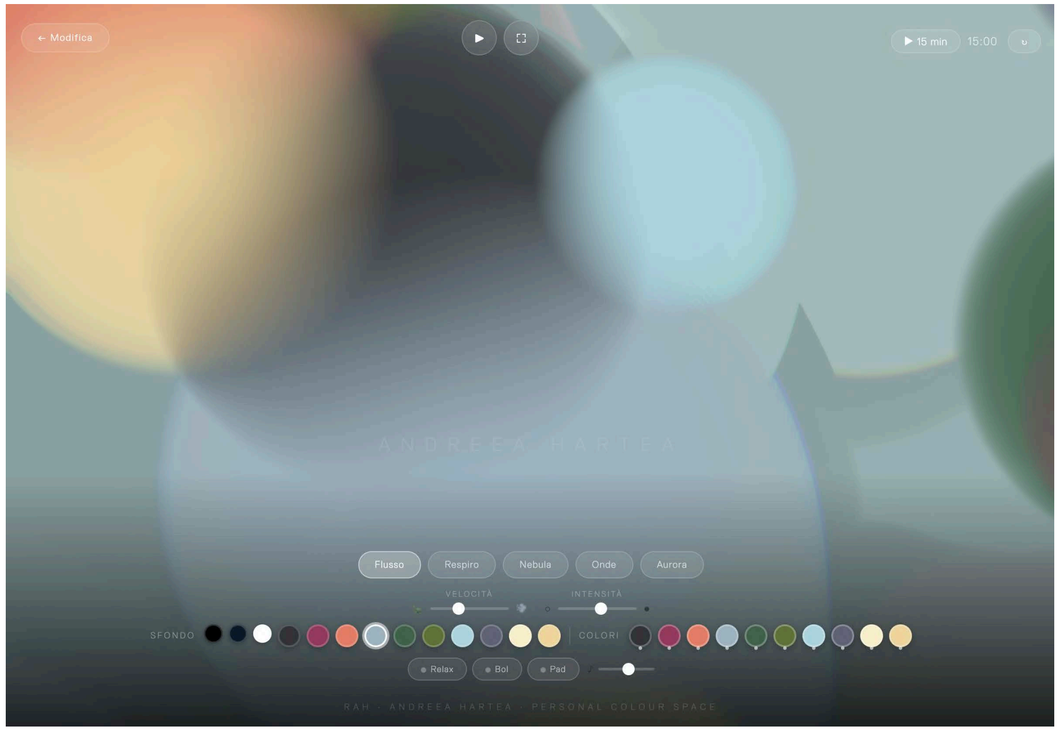
of people live with sleep disorders, including insomnia and night-time waking.

*Altroconsumo 2025

THE SOLUTION

A personalised chromatic neuroregulation tool that produces a measurable reduction in tension and anxiety in each session - without medication, without imposed schedules, available on demand, whenever it is truly needed.

*Results are based on a direct observational study (n = 1,288 sessions), measured on a PRE/POST scale of 0–10. RAH Release & Surrender is not a therapeutic treatment and does not replace professional support.



THE SCIENCE

The key principle: colour has no universal meaning, it acts directly on emotional responsiveness (1). The response is autobiographical (2): encoded in each individual's emotional memories, two people can react in diametrically opposite ways to the same chromatic stimulus (3). For this reason, it is essential to identify, for each person, the colours associated with states of calm or release. **RAH Release & Surrender** uses the personalised palette to act directly: the amygdala calms without needing mediators (4), regulating and restoring a state of inner balance.

1- Barrett, L.F. (2017). ***How Emotions Are Made***. Houghton Mifflin Harcourt. — Elliot, A.J. & Maier, M.A. (2014). Color Psychology: Effects of Perceiving Color on Psychological Functioning in Humans. ***Annual Review of Psychology***, 65.
2- Damasio, A. (1994). ***Descartes' Error***. Putnam. — Kandel, E.R. (2006). ***In Search of Memory***. Norton. (memoria episodica e codifica emotiva)
3- Ou, L.C. et al. (2004). A study of colour emotion and colour preference. ***Color Research & Application***, 29(3). — Heller, E. (2000). ***Psychologie de la couleur***. Pyramyd. (variabilità individuale della risposta cromatica)
4- LeDoux, J. (1996). ***The Emotional Brain***. Simon & Schuster. (via talamoamigdaloidea diretta) — Vuilleumier, P. (2005). How brains beware: neural mechanisms of emotional attention. ***Trends in Cognitive Sciences***, 9(12).

DEEP DIVE

THE RAH COLOUR TEST: THE FOUNDATION OF EVERYTHING

Colour, alongside scent, is the sensory stimulus that reaches the amygdala before the conscious cognitive filter. It does not need to be interpreted, read, or understood. While you are still deciding whether you like it or not, your nervous system has already responded.

It acts directly on the system we want to reach, the one that regulates emotional response, activation level, and the sense of safety in the body.

But not all colours work the same way for everyone. In fact, the same colour can calm one person and activate another. Because colour has no universal meaning: it has a biographical one. And that is where the RAH Colour Test comes in.

Before the neuroregulator can work, we need to know which colours to use for each specific person. Not the favourite colour. Not the colour that "appeals to you" or that you find beautiful right now.

What is needed is the colour that your nervous system associates, in a stable, non-conscious way, with a state of emotional safety. That colour exists. It is already there. The conscious mind often does not know it, but the amygdala does.
Every colour that emerges from the test has been physically recorded by the brain during an emotionally intense moment in that person's life. In that moment — an experience of joy, safety, belonging, deep wellbeing — the nervous system encoded the emotion together with the entire sensory context surrounding it: the sounds, the smells, the light, the colours.

That encoding is permanent. Every time that person sees that colour again, the brain reactivates the same neural circuits, with the same emotional associations. For the nervous system, seeing that colour is like reliving that event. The body recognises it, feels safe, and lets go.

The RAH Colour Test measures precisely this, through implicit associations: not what you say you prefer, but how your system responds, in milliseconds, to a series of chromatic stimuli. The relevant data point is not the choice, it is the implicit response time: the speed with which the nervous system recognises something as familiar, as safe, as its own.

From that measurement, an individual palette emerges, unique, non-transferable, rooted in that person's biographical emotional history.

And it is on that data that the RAH Release & Surrender protocol is built. The palette is not the backdrop, it is the instrument. It is the channel through which the recognition signal reaches the amygdala and initiates the modulation of the autonomic nervous system.

Without the test, there is no palette. Without the palette, there is no neuroregulation. The test is not an accessory to the method: it is its point of origin.

YOUR COLOUR IS THE TRACE YOUR MOST BEAUTIFUL MOMENTS LEFT ON YOUR NERVOUS SYSTEM.

Prisca G.

Philip K.

Stefano B.

Lucia A.

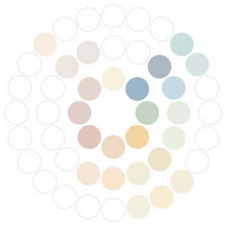
Teresa J.

Ila L.

Jessica S.

Ana Maria R.

Franco S.



Adam P.

Chiara B.

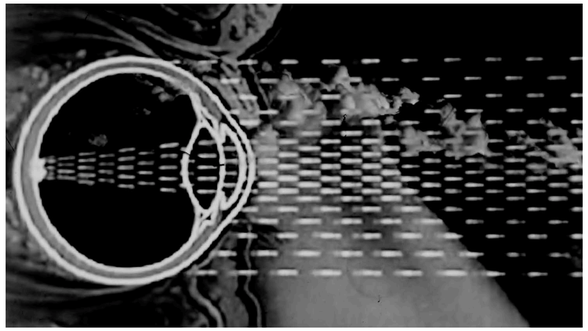
Marcella B.

HOW IT WORKS

Passive meditation: when release finds you, rather than the other way round.

There is a distinction that cognitive psychology knows very well, but that rarely enters the language of wellbeing practices, one that is worth exploring carefully in order to truly understand RAH Release & Surrender. The distinction is that between top-down and bottom-up processes. Once you grasp it, many things that once seemed mysterious begin to make sense... and some that seemed obvious at first raise an interesting question.

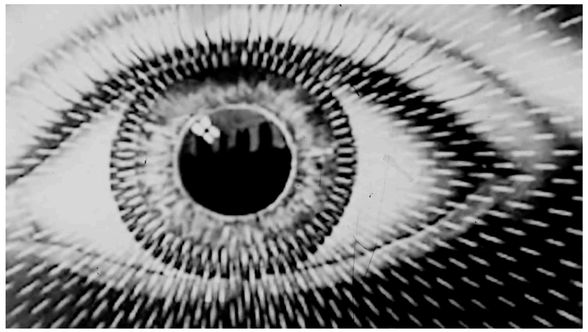
Conscious effort descends towards the body. This is what happens when you try to relax by following a guided meditation, applying breathing techniques. There is a fundamental difference, however, between voluntary relaxation, ”top-down": I decide to stop, I bring an external sensory stimulus and rise back into awareness, into the nervous system before I have had any volition, and any other form of approach.



Almost all contemporary meditative practices work top-down, and this makes them extraordinarily useful in many situations... but not always. Because there is a paradox that anyone who has lived through a day of intense pressure knows all too well: in the very moments when you most need to let go, you have the fewest resources available to do so.

The strained mind resists. The tense body resists. Even the guided voice telling you to "release the tension" demands willpower, and willpower is precisely what has been depleted first. So you try and try... and it is a bit like trying to fall asleep by focusing on the idea of sleep: the harder you try, the more it eludes you.

What does RAH Release & Surrender do differently, then? In a certain sense... could it allow you to see things in a new way, a more conscious one?



THE COLOUR THE BRAIN ALREADY KNOWS

We need to take a small step back and talk about something that RAH research has been observing for seventeen years, across more than 10.000 thousand subjects, and that the neuroscience of perception describes with great precision: the chromatic encoding of emotions.

Every time we experience an intense emotion, the brain does not simply register the emotional event itself. It records the complete sensory context in which that emotion occurred: the sounds, the smells, the temperature, the light... and the colour. This recording is neither conscious nor voluntary, it takes place in subcortical structures, in particular the amygdala, which acts as a permanent affective archive, labelling every significant emotional experience together with all the contextual elements that accompanied it. The process is automatic, involuntary, and extraordinarily precise, because evolutionarily it served a very specific purpose: to allow the nervous system to recognise quickly, the next time, whether it was approaching something dangerous or something safe. It is, at its core, one of the oldest survival mechanisms we have.

The consequence of this encoding is equally precise, and in some ways remarkable: when one of those contextual elements reappears in the environment, the amygdala recognises it in milliseconds and reactivates the associated emotional state. This happens before the prefrontal cortex has time to intervene, before the conscious mind can process, filter, or interpret the stimulus.

The visual stimulus arrives, the amygdala responds, the nervous system moves... and consciousness arrives afterwards, to put a name to what has already happened in the body.

This is why certain colours produce in us an immediate sense of familiarity, warmth, or safety, without our being able to explain it logically. You have probably walked into a room and felt instantly uncomfortable, without being able to identify anything specific that justified the feeling. Or seen a colour and felt something that resembles a memory you cannot quite place in time. This is not imagination, not suggestion, and not excessive sensitivity: it is implicit memory activating through the visual system and reaching the body before any conscious thought.

The personal colour, in the RAH method, is precisely this: the colour that carries within it the traces of a person's most significant emotional experiences, encoded throughout their individual and unique history. There is no universally calming colour, for anyone. There is only the colour that, for that specific person, has built over time an association with states of safety, openness, care, and presence. Identifying it is the work of the RAH Colour Test. Using it as a tool for neuroregulation is the work of RAH Release & Surrender.

AMYGDALA AND THE PROBLEM OF RESISTANCE

To understand more fully why RAH Release & Surrender works precisely in the moments when traditional practices seem to fall short, it is worth pausing on what happens in the nervous system during a state of high activation, because that is where the key to everything lies.

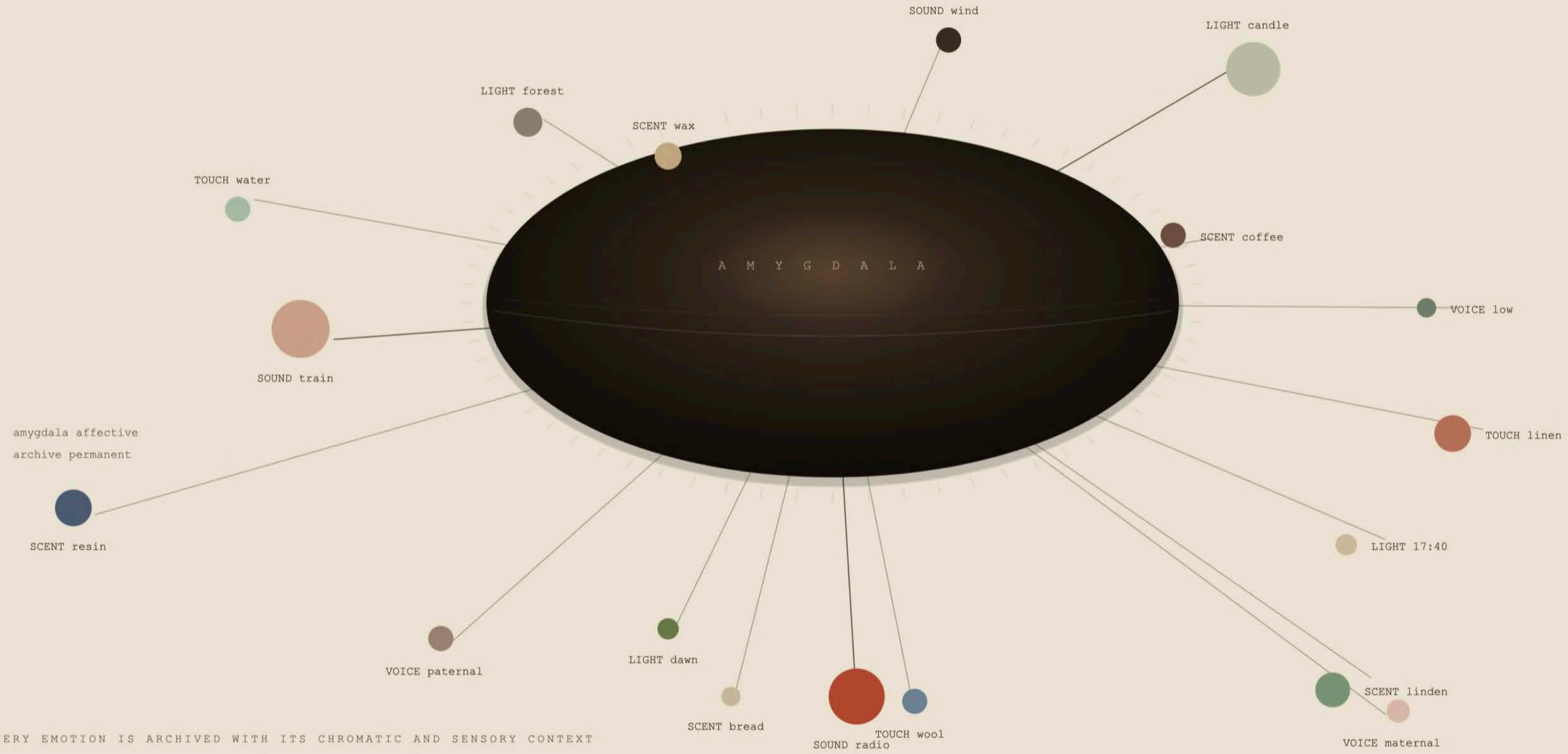
The amygdala is a bilateral structure of the limbic system whose primary function is to detect threats and prepare a response. When it perceives a danger signal, real or symbolic, physical or relational, it activates the sympathetic nervous system: heart rate increases, muscles contract, breathing accelerates, prefrontal cortex activity is reduced. This state, commonly known as activation or arousal, has a perfectly sound evolutionary logic: in a threatening situation, the organism needs to act, not to reflect. Survival depends on the speed of the response, not the quality of the reasoning.

The problem is that the contemporary nervous system often lives in a state of chronic activation with no precise object to respond to physically. There is no physical threat to confront, no predator to flee. There is an unrelenting accumulation of stimuli, responsibilities, decisions, relationships, expectations, and the amygdala remains on alert, the sympathetic system remains active, and the body carries a tension that finds no way to discharge, because there is no specific action that could resolve it.

It is a bit like having the engine running at full speed with nowhere to go, and knowing perfectly well you shouldn't keep it that way, but being unable to switch it off.

In this context, asking the mind to meditate is equivalent to asking the prefrontal cortex to intervene in a process that its own activation has partially suppressed. It is a functional short-circuit: the technique is correct, the intentions are good, but the neurobiological conditions of the moment do not support it. And the harder one tries to relax voluntarily, the more the conscious mind struggles with its own failure, which feeds the underlying tension rather than dissolving it... and frustration ends up layering on top of frustration.

RAH Release & Surrender bypasses this short-circuit because it does not begin with the mind, it begins with the stimulus. The personal colour, presented under the right conditions, sends the amygdala a recognition signal that bypasses conscious cognitive evaluation. The message arrives directly, through a pathway the amygdala has known and trusted long before the conscious mind ever formed: this is known, this is safe, this is familiar. The amygdala receives that signal and begins to modulate the response of the autonomic nervous system, not because the mind has decided to relax, but because the brain has received the right information through the right channel.



EVERY EMOTION IS ARCHIVED WITH ITS CHROMATIC AND SENSORY CONTEXT

THE DEFAULT MODE NETWORK AND THE WORK OF RELEASE

When the sympathetic nervous system calms and the body begins to exit the state of activation, another structure enters the picture, one absolutely worth knowing, especially because it is the one that helps us understand what "letting go" truly means: the Default Mode Network, the neural network that activates during rest, autobiographical recall, and internal processing.

The DMN is often described as the "mind-wandering" network: that semi-conscious state in which we are not executing a specific task and the mind moves freely among thoughts, images, and memories. But this description risks diminishing it, making it seem like something random and unproductive, when in reality the DMN performs a far more precise and fundamental function than the idea of wandering suggests. It is the network involved in the integration of emotional experiences, in the construction of a sense of identity across time, in the reorganisation of memories, and in the regulation of deep affective states. In a very literal sense, it is the neural network responsible for what we call processing, or, put even more simply, letting go.

There is, however, one condition that cannot be bypassed: the DMN activates fully only when the nervous system is in a state of relative safety.

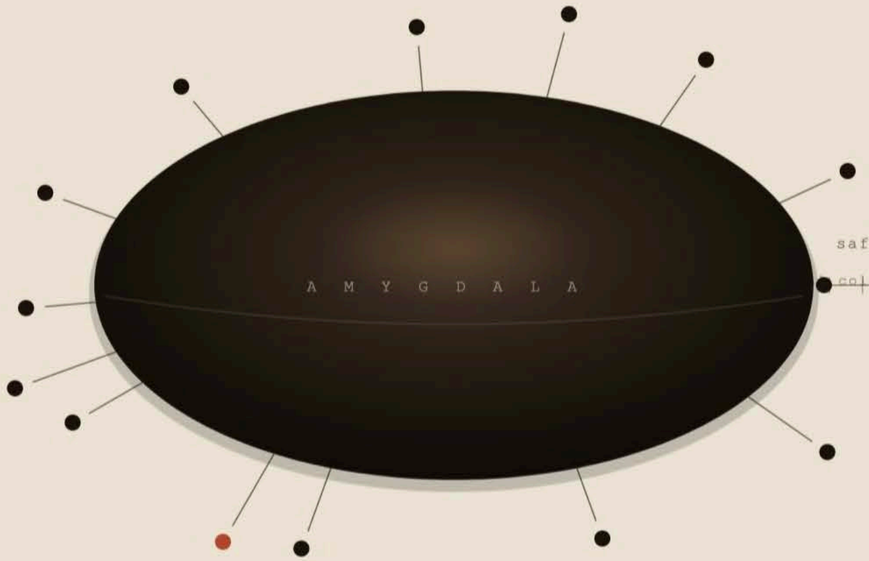
When the amygdala is on alert, the DMN is partially suppressed, because the organism is in response mode and cannot afford the luxury of integration while it needs to remain on guard.

And this is precisely why, during periods of prolonged stress, we often experience that very specific feeling of being unable to process — of carrying thoughts that find no resolution, of waking exhausted even after hours of sleep. It is not a matter of willpower or character: it is simply that the DMN has not had the neurobiological space it needs to do its work.

The transition that RAH Release & Surrender facilitates is exactly this: the shift from a state of amygdala activation to one in which the DMN can activate fully and do what evolution built it to do. The personal colour creates the conditions for that transition to occur naturally, effortlessly, without intention. It does not guide the content of the experience, does not ask you to visualise or breathe in a particular way, does not require you to hold an intention or sustain focus on anything. It simply creates the safety signal that allows the nervous system to stop resisting, and the rest happens on its own.

ALERT

sympathetic · amygdala

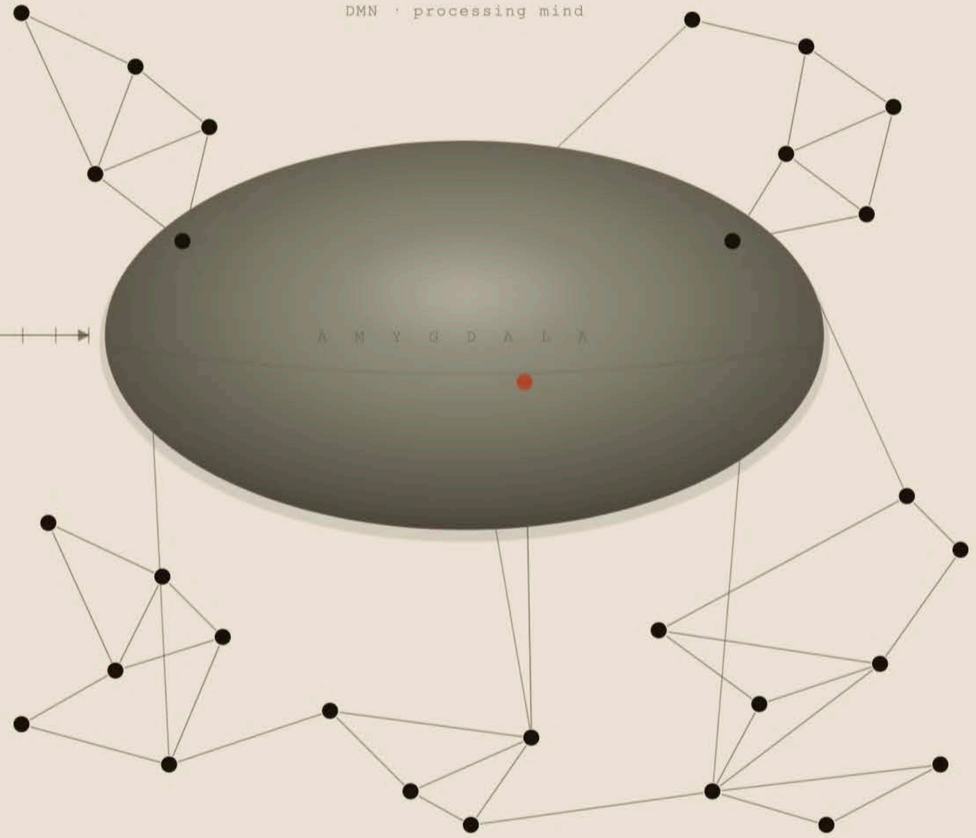


safety signal

color: neuroregulation

INTEGRATION

DMN · processing mind



DMN suppressed

release

WHEN THE SYSTEM STOPS RESISTING, THE REST HAPPENS ON ITS OWN

PASSIVE MEDITATION AS A CATEGORY

The most accurate description of what happens during a RAH Release & Surrender session is, precisely, passive meditation. Not in the sense of laziness or superficiality, quite the opposite, but in the technical and precise sense of the term: a practice that requires no voluntary action from the conscious mind, that asks for no discipline, no preparation, no favourable mental state to begin with, and no capacity to sustain attention in a moment when attention has already been exhausted by everything else.

It only requires you to look.

This characteristic makes RAH Release & Surrender a deeply complementary tool to any traditional meditative practice, and the word complementary matters: not alternative, not a replacement, complementary. It works in the moments when active meditation is not accessible: when the mind is too noisy, the body too tense, the day too full, when the very idea of having to do something in order to feel better becomes yet another burden in itself. It works when you have no desire to do anything, because it asks nothing of you. And for anyone who knows certain states of exhaustion well, that is far from a small thing.

And this is precisely its specificity and its relevance in the context of contemporary wellbeing: a tool that operates through an implicit pathway, that bypasses cognitive resistance, that activates release through the oldest and most direct perceptual channel we have. The colour the brain already knows. The emotion that was only waiting for the right signal to dissolve. A process that unfolds not because we decided it should, but because the right neurobiological conditions were created, and the nervous system simply did what it has always known how to do, when given the chance.

THE RESULTS:

RAH observational study / n=1220 sessions

−51.4%	−54.0%	8.1/10	9.4/10
Δ AVERAGE TENSION	Δ AVERAGE ANXIETY	PERCEIVED EFFECT	RECOMMENDATION

Effectiveness by context of use *5/9 contexts analyzed

Comparison of Emotional Regulation Interventions

INTERVENTION	CATEGORY	EFFICACY Δ%	SESSION DURATION	FIRST EFFECT	ACCESSIBILITY	AUTONOMY	PROF. REQUIRED
RAH Release & Surrender DIRECT STUDY	Visual neuroregulation	-51.4% T -54.0% A	15 min	Session 1/7	SAAS	TOTAL	NO
PSYCHOTHERAPY & COGNITIVE INTERVENTIONS							
CBT — Cognitive Behavioral Therapy LITERATURE	Psychotherapy	-40/-60% T -45/-65% A	50 min	4–8 weeks	HIGH COST	DEPENDENT	YES, ALWAYS
Psychodynamic psychotherapy LITERATURE	Psychotherapy	-30/-50% T -35/-55% A	50 min	8–16 weeks	HIGH COST	DEPENDENT	YES, ALWAYS
MINDFULNESS & CONTEMPLATIVE PRACTICES							
MBSR — Mindfulness Based Stress Reduction LITERATURE	Mindfulness	-30/-45% T -35/-50% A	45 min	3–4 weeks	MEDIUM	GUIDED	INITIALLY
Meditation app (Headspace, Calm) LITERATURE	Mindfulness	-15/-25% T -18/-28% A	10–20 min	2–4 weeks	LOW COST	TOTAL	NO
Yoga / diaphragmatic breathing LITERATURE	Somatic	-25/-40% T -28/-42% A	30–60 min	2–6 weeks	VARIABLE	PARTIAL	INITIALLY
BIOFEEDBACK & DEVICES							
Biofeedback HRV wearable LITERATURE	Biofeedback	-25/-35% T -28/-38% A	20–30 min	3–6 weeks	HIGH COST	PARTIAL	INITIAL SETUP
Occupational respiratory biofeedback LITERATURE	Biofeedback	-28/-35% T -35/-42% A	20 min	4–8 weeks	HIGH COST	DEPENDENT	YES, ALWAYS
Heart coherence LITERATURE	Biofeedback	-20/-35% T -22/-38% A	5 min ×3/day	1–2 weeks	MEDIUM	TOTAL	NO
PHARMACOLOGICAL							
Anxiolytic pharmacotherapy (SSRI/SNRI) LITERATURE	Pharmacological	-40/-65% T -45/-70% A	—	4–8 weeks	PRESCRIPTION	DEPENDENT	YES, ALWAYS

T= **Tension**
A= **Anxiety**

*The comparison is based on self-reported results using a PRE/POST scale and does not represent a validated cross-study comparison. Data from other interventions are from published studies; the populations and protocols differ.

RAH data: Direct observational study, RAH Release & Surrender, n = 1228 sessions, Milan 2026. PRE/POST scale 0–10. Formula % = (PRE−POST)/PRE × 100. Main groups: High + Low activation.
CBT: Hofmann et al. (2012), Cognitive Behavioral Therapy for Adult Anxiety Disorders, J Consult Clin Psychol. Clark et al. meta-analisi GAD-7.
MBSR: Khoury et al. (2015), meta-analisi 209 studi, Clinical Psychology Review. Misurazione su scala HADS e PSS.
Biofeedback HRV / respiratorio: Wheat & Larkin (2010), Applied Psychophysiology and Biofeedback; Sutarto et al. (2012), operatori industriali.
Coerenza cardiaca: McCraty & Shaffer (2015), Frontiers in Psychology. Protocollo 5 min / 3 volte al giorno.
App meditazione: Linardon & Fuller-Tyszkiewicz (2020), meta-analisi 66 RCT, J Affective Disorders. Effetto medio su ansia d=0.45.
Psicoterapia psicodinamica: Driessen et al. (2015), meta-analisi, Psychotherapy Research. Scala HAM-A.
Farmacoterapia: Baldwin et al. (2014), J Psychopharmacology. SSRI/SNRI su disturbi d'ansia generalizzata, risposta clinica a 8 settimane.
Yoga / respirazione: Cramer et al. (2018), meta-analisi Cochrane. Misure PSS e STAI.

WARNING

RAH Release & Surrender is a tool for emotional exploration, not a therapeutic treatment. Among the sessions observed, 1.71% involved users with an ADHD profile, and the protocol produced atypical responses in those cases. Its use is therefore not recommended for this population.

The phenomenon can be explained through the neuroscience of the disorder.
ADHD is characterised by atypical regulation of the arousal systems, specifically, a baseline state of cortical hypoactivation that the nervous system compensates for through a constant seeking of stimulation. This is the mechanism underlying the apparently paradoxical effect of stimulant medications, which in this population calm rather than excite. A regulatory input such as personalised chromatic exposure, which in neurotypical profiles produces a reduction in tension, is read by the ADHD nervous system as understimulation. The response is a compensatory upward recalibration, with increased restlessness and neurovegetative activation. The dopaminergic and noradrenergic circuits that modulate attention and arousal make this population structurally less receptive to downward sensory regulation practices, from meditation to guided relaxation through to calm chromatic exposure.

-Zentall, S. S. (1975). ***Optimal stimulation as theoretical basis of hyperactivity.*** American Journal of Orthopsychiatry, 45(4), 549–563.
-Zentall, S. S., & Zentall, T. R. (1983). ***Optimal stimulation: A model of disordered activity and performance in normal and deviant children***. Psychological Bulletin, 94(3), 446–471.
-Bellato, A., Arora, I., Hollis, C., & Groom, M. J. (2020). ***Is autonomic nervous system function atypical in attention deficit hyperactivity disorder (ADHD)? A systematic review of the evidence.*** Neuroscience & Biobehavioral Reviews, 108, 182–206.

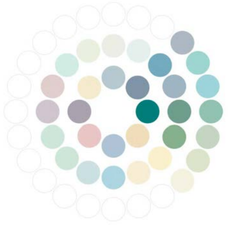
EVERY PERSON ALREADY CARRIES WITHIN THEM THE RIGHT ANSWERS FOR THEIR OWN EQUILIBRIUM. RAH RELEASE & SURRENDER IDENTIFIES THEM THROUGH COLOUR AND CREATES AN EXPERIENCE THAT GUIDES THE BODY AND MIND BACK TO A STATE OF CALM - IN THE MOMENTS WHEN WE NEED IT MOST.

Prisca G.

Philip K.

Stefano B.

Lucia A.



Teresa J.

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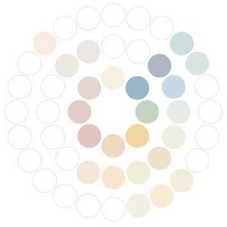


Adam P.

Chiara B.

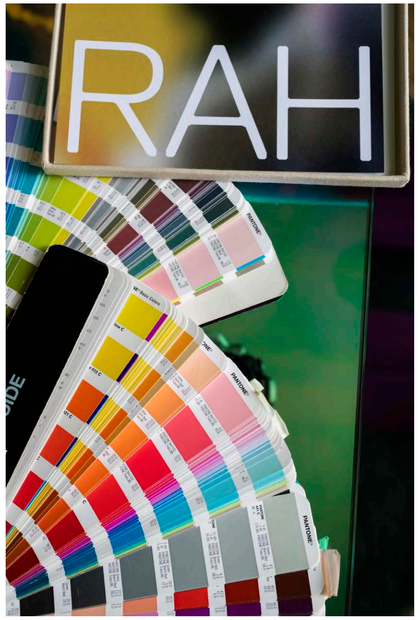
Marcella B.

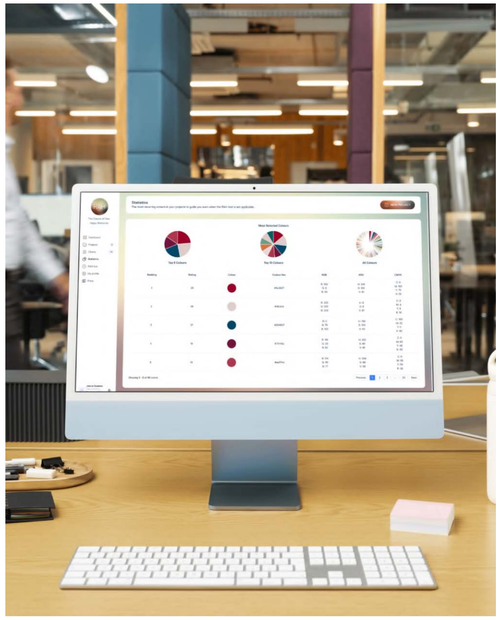
WHAT IS RAH

RAH is the first decision-making standard that translates emotional memory into measurable choices. It is a tool that has brought into the world something that was previously missing: the ability to make visible what normally remains unconscious.

Until now, colour has been treated as a matter of taste, trend, or personal inspiration. With RAH it becomes a question of emotional responsibility and relational awareness. What was once subjective and arbitrary is now legible. What once operated uncontrolled, because unmeasured, can now be understood and managed.

RAH is born from seventeen years of research weaving together affective neuroscience, perception psychology, and design. It is a method and a proprietary digital platform that use colour as a privileged language for accessing the perceptual filters through which each person interprets reality. The result is a perceptual-emotional map: a tool that reveals which colours nourish, which reassure, and which, on the contrary, generate resistance or distance.





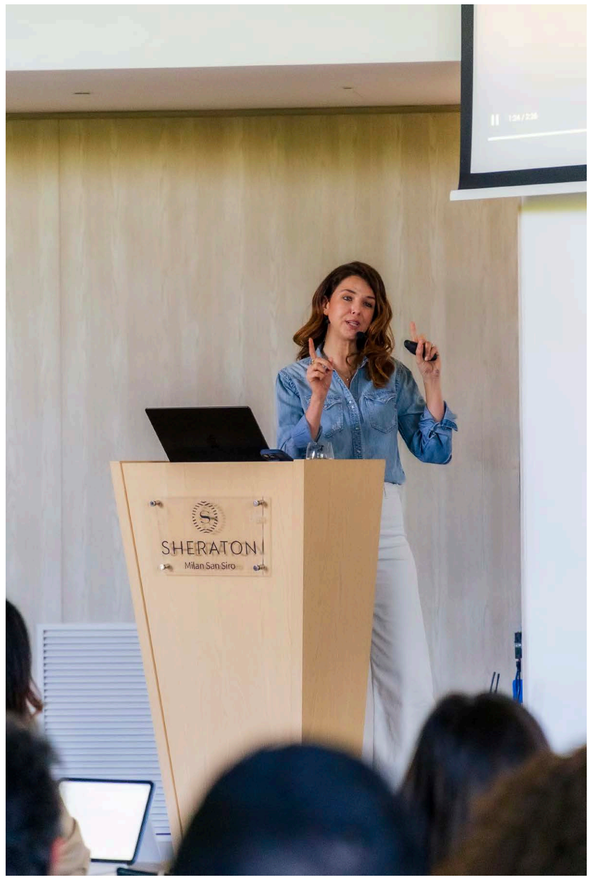
BIO

A visual artist and independent researcher, Andreea Hartea has dedicated over 17 years to the study of the emotional perception of colour, exploring the deep connections between memory, emotion, and identity.

Her path weaves together a training in Visual Arts at NABA with studies in Analogic Psychology and Dynamic Hypnosis at the Istituto CID-CNV in Milan, enriched by further study in neuroscience, neuroeconomics, and mental wellbeing. Her fascination with the human being leads her to investigate the inner world in order to understand the outer one: until 2019 she exhibited her artistic work publicly, but it was precisely through that practice that she developed the awareness of wanting to transform intuition into methodology.

In 2020 she founded RAH Colour Consulting with a precise vision: to measure subjectivity in order to use colour consciously. No longer merely aesthetics, but an intimate language capable of recounting the emotional history of each person. Through training courses, conferences, and collaborations with designers, architects, brand strategists, and wellbeing professionals, Andreea advances her mission: to restore to colour its most authentic function, a vehicle for identity, wellbeing, and awareness. In 2025 she launched the RAH digital platform to make the methodology accessible to everyone: a tool that allows individuals and professionals to explore their relationship with colour, transforming scientific data and emotional memory into conscious choices for the spaces we inhabit.

Her research and the RAH Method have been presented in internationally recognised contexts: Politecnico di Milano, Politecnico di Bari, IUAD Napoli, LABASAD Barcelona, PPG, TEDxRoma, Archiproducts, TED Milano, Edison, Mind Architect, The Colour Authority, Golden Goose Academy, ArchPrime, Bip Group.



Andreea Hartea
Founder&CEO RAH Colour

SURRENDER & RELEASE

RAH

Your neuroregulator in just 7 steps.

an essential map of the path that leads to the individual chromatic neuroregulator.

01

BOOKING

Book your protocol.

a short form, a confirmation.

02

RAH TEST INVITATION

Get the email.

also check promotions / spam. you have 6 days.

03

RAH TEST

Answer on instinct.

trust your first responses. there's no right or wrong.

04

CONFIGURATION

Your chromatic identity.

within 24 hours your personal configurator will be processed.

05

DELIVERY

Receive the neuroregulator.

via swisstransfer · secure link.

06

ACTIVATION

Turn on. Watch.

from desktop. unlimited sessions.

07

YOUR COLOURS

Individual chromatic neuroregulation.

a measurable return to calm.

* Measured on a PRE/POST 0–10 scale · RAH observational study, n=1228 sessions, Milan 2026

* Misurato su scala PRE/POST 0–10 · Studio osservazionale RAH, n=1228 sessioni, Milano 2026

Click the link to begin.
In the presentation that follows you'll find everything you need to guide you through the next steps

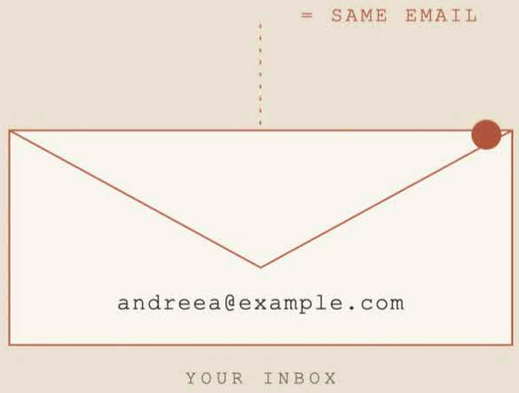
https://buy.stripe.com/fZucN48320PFgtZemv0x20m

THE FIRST GESTURE

Book by paying. In the same moment.

The email you leave at checkout becomes your reference inbox: the test arrives there. the neuroregulator*, too.

choose your email well — it'll be the key to everything.



THE PACKAGE

197 €

ONE-TIME · ALL INCLUSIVE or in installments with Klarna

Personalized RAH test

Neuroregulator · 12 months

* "Neuroregolatore" è il termine descrittivo del metodo RAH. Non equivale a trattamento clinico o dispositivo medico ai sensi del Reg. UE 2017/745.

*Garanzia soddisfatti o rimborsati: rimborso integrale entro 7 giorni dalla data di acquisto, su richiesta a info@rahcolours.com, senza condizioni.

* "Neuroregolatore" è il termine descrittivo del metodo RAH. Non equivale a trattamento clinico o dispositivo medico ai sensi del Reg. UE 2017/745.

*Satisfied-or-refunded guarantee: full refund within 7 days of the purchase date, on request at info@rahcolours.com, with no conditions.

Within 24 hours of payment, you'll receive your RAH Test invitation

TO FINISH THE RAH TEST

6

DAYS

then the next door opens ↗

IMPORTANT

also check promotions / spam

sometimes the invite ends up there

SAMPLES PRESENTED

FAMILIAR

NEUTRAL

UNFAMILIAR

RESPONSE TIME

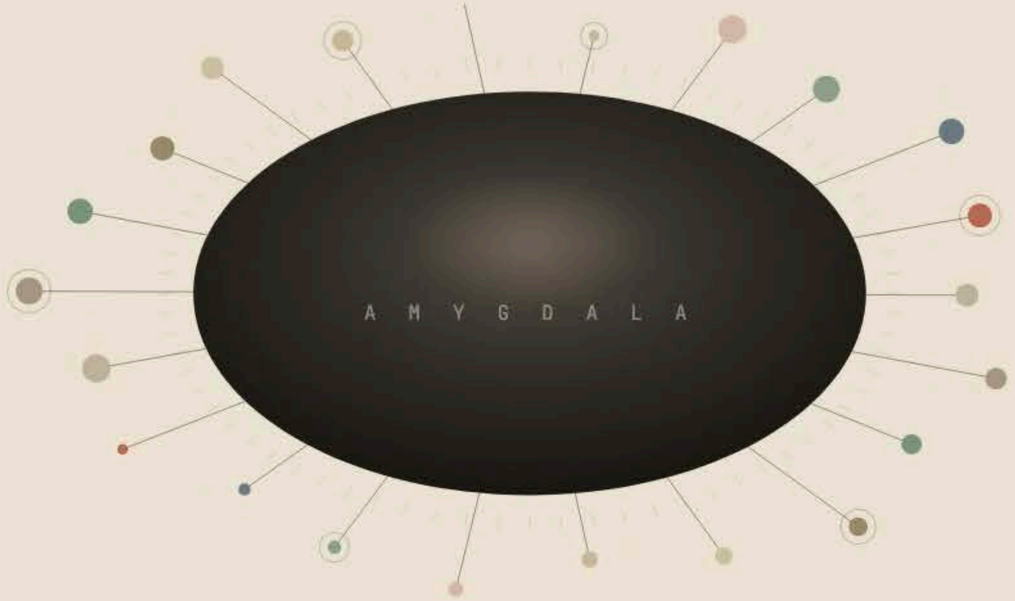
tempo risposta implicito

00 : 03

implicit response time

SAMPLE 14 / 32

does this colour feel familiar to you?



YOUR CHROMATIC IDENTITY

#C9B89A	#D6B7A6	#8EA18A	#6B7A84	#B86A52	#BFB29A	#A89684

unique · calibrated on your perceptual history

SERVER RAH
swisstransfer

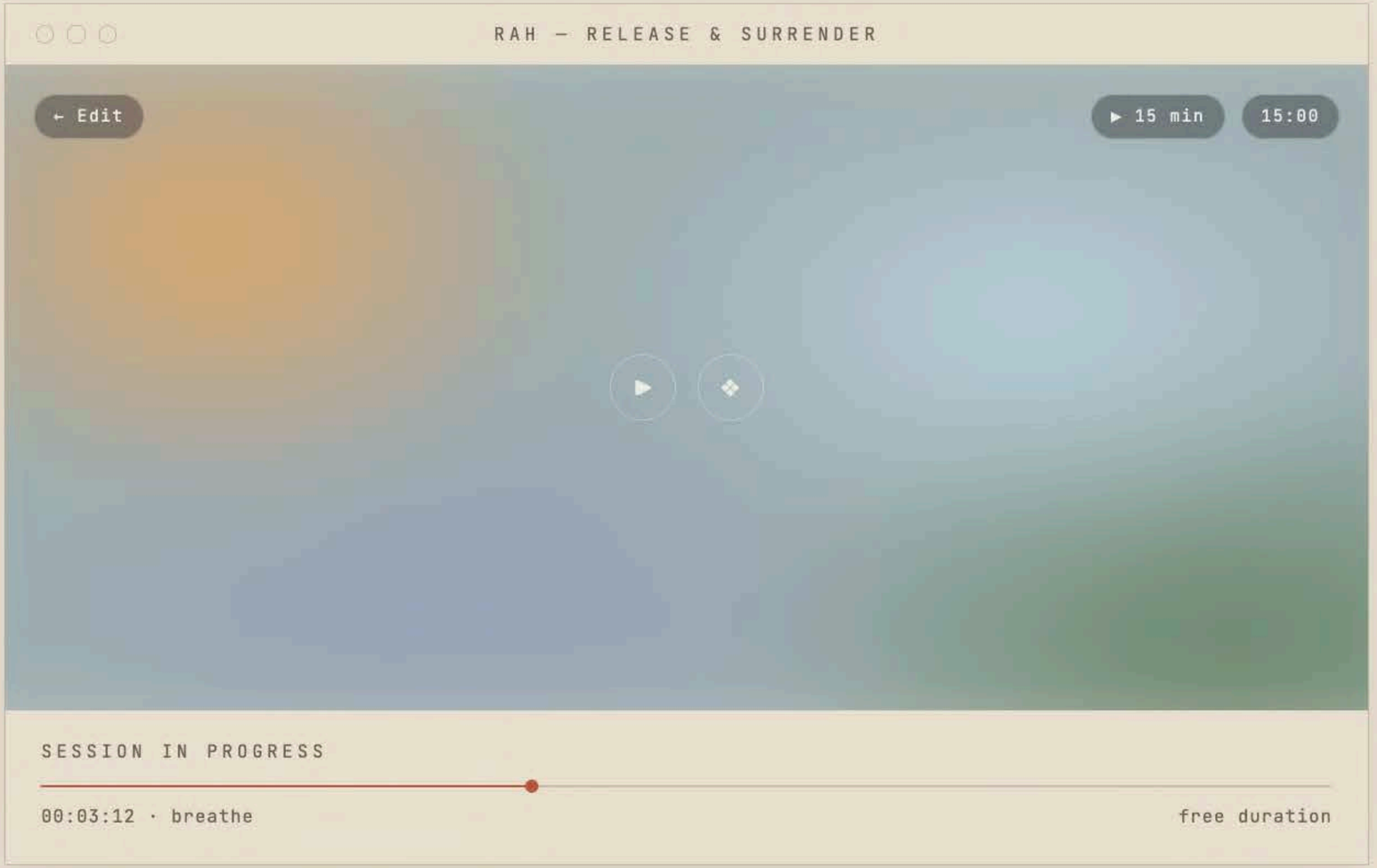
RAH DEVICE
configuration № 0001

DURATION 12 MONTHS
UNLIMITED SESSIONS
SELF-GUIDED USE

ACCESS CODE
R·A·H — ••• •••

IN DELIVERY

YOUR INBOX
personal email



ACTIVE ACCESS

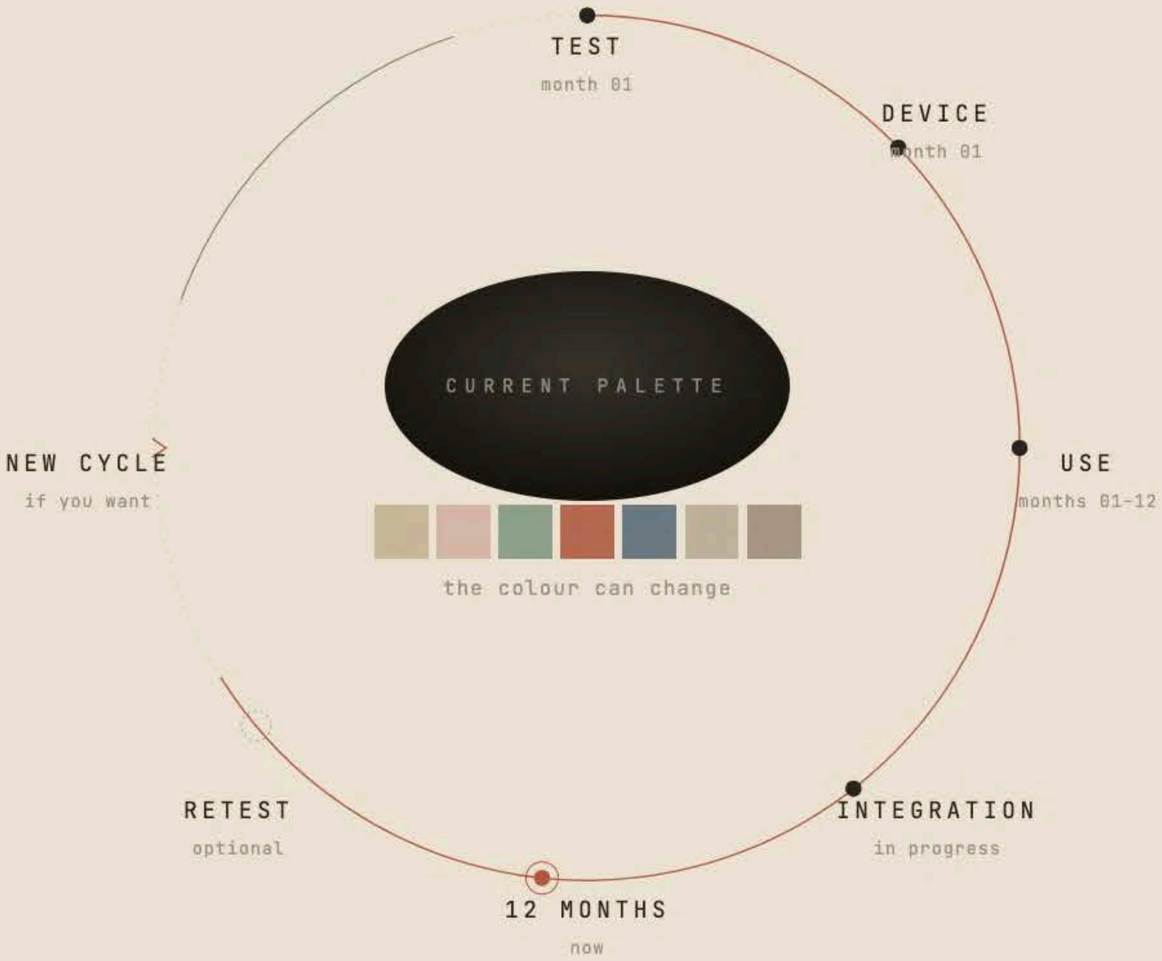
12

MONTHS

SESSIONS

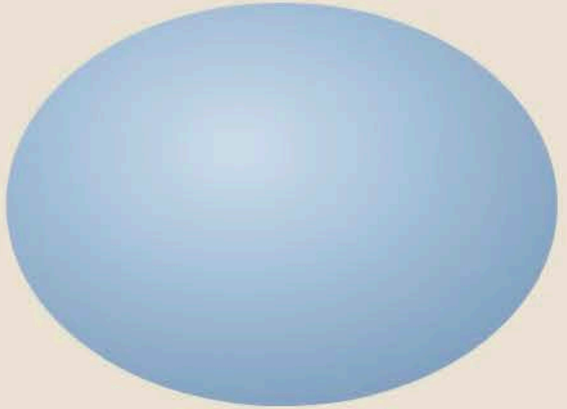
unlimited

self-guided
desktop only
whenever you want


TEST
month 01
DEVICE
month 01
CURRENT PALETTE
USE
months 01-12
the colour can change
NEW CYCLE
if you want
RETEST
optional
INTEGRATION
in progress
12 MONTHS
now

Individual chromatic neuroregulation.

A measurable return to calm.



THE PATH

01 02 03 04 05 06 07 08

● RAH · RELEASE & SURRENDER

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