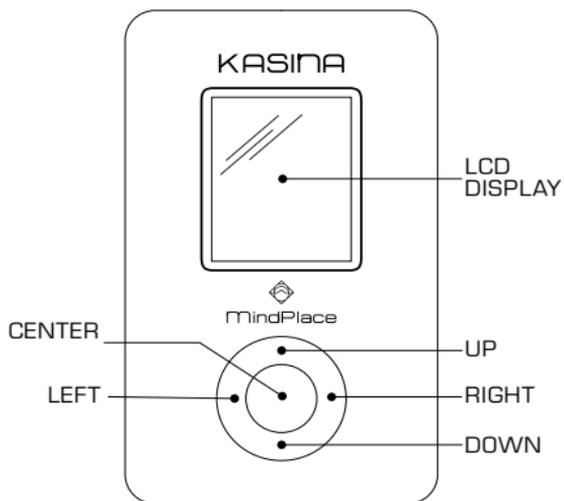
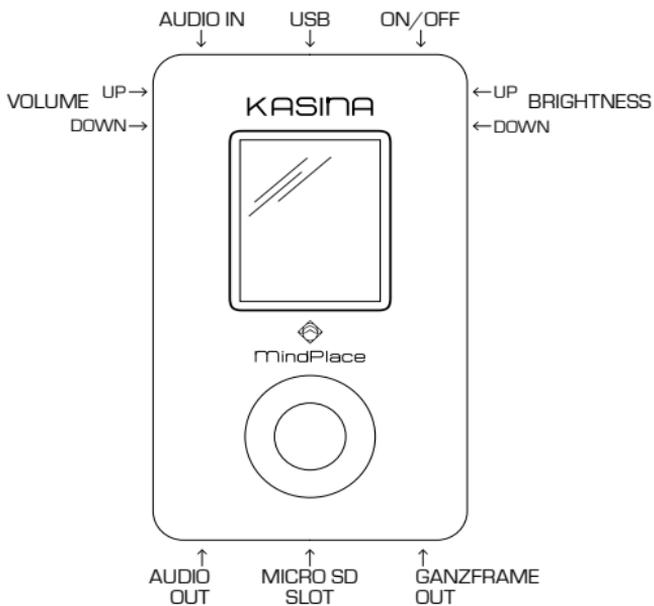


MindPlace KASINA *MIND MEDIA SYSTEM*



Getting Started Guide



KASINA:

Pali word meaning meditation upon an object, often a colored object or bright light.

Congratulations! You now own one of the most advanced personal audio/visual stimulation devices available. To ensure the best experience, please take a few moments to read this Quickstart Guide.

1. Carefully unpack your Kasina and its accessories.

The package includes:

Kasina Console

GanzFrame™ Multi-Color eyewear

Ear-bud Style Headphones

USB Cable

Power Supply

Stereo Patch Cable

microSD Card with SD Adapter

Soft carry case

This Quickstart Guide

2. Please read the product standard and safety statements on the front cover fold-out.

Note: The supplied GanzFrames are intended for use with your EYES CLOSED.

3. It is advisable to charge the system for a few hours before initial use. Plug in the USB power supply using the included USB cable into the mini-USB socket on the top of the console, then into a power outlet. A wall outlet is generally best.

4. Before turning your Kasina on, remove the microSD card from the plastic case and push it carefully into the microSD card slot at the bottom of the Kasina console. The gold contacts on the card should be facing up and forward. You will feel some slight spring pressure and then the card will lock into place. You may need to use your fingernail to push it in. To remove, ensure your Kasina is turned off, then gently press the microSD card so that it unlatches and springs out sufficiently to grasp.
5. Plug the GanzFrames into the socket to the right of the microSD socket.
6. Plug the earbuds (or your own headphones) into the socket to the left of the microSD socket.
7. Turn on your Kasina by pressing the button on the top of the console for about two seconds. The LCD will display four main icons (SESSIONS, USB, AUX AUDIO, and SETTINGS), as well as smaller icons at the top for audio volume, brightness, and battery charge level. The bar at the bottom of the screen contains directions for navigation with the Control Pad. Note that on each side of the Kasina there are buttons to increase and decrease both the audio Volume and light Brightness, respectively.
8. Have a look around the various areas of the Kasina interface by selecting the main icons and pressing the Center button on the Control Pad.

You can browse through the session category folders under SESSIONS to acquaint yourself with the contents. You probably want to jump right in and play a session!

HOW TO...

Increase the maximum volume level

Kasina ships with the maximum volume set to EU standards to avoid possible hearing damage. If you are not in Europe, want to use larger headphones, etc., you can increase this in **SETTINGS - Audio - Max. Volume**. Use the Up and Down buttons to increase or decrease, then press the Center button to set. Once done, the maximum volume level is indicated on the volume meter by a vertical red line. The Volume buttons on the side of the Kasina adjust loudness in relation to this setting, never exceeding the level set here.

Transfer files to your Kasina

If you have an SD card slot in your computer, the fastest way to transfer files is to remove the microSD card from the console, put it into the SD card adapter, mount the card on your computer and copy directly into the folder of your choice. You can also create your own folders on the card to organize related files and create playlists.

Alternatively, you can connect via USB. To do so, select USB on the main menu and press the Center button. The Kasina will then appear on your Mac or PC as an external drive. Note that files will transfer slower using the USB connection.

Convert Audio Files to Play on Kasina

Kasina currently supports only MP3 and WAV file formats. Files encoded with light signals need to have high bitrates and low compression. The settings for encoding files should be at least 256kbps Constant

Bit Rate (CBR). These settings are necessary to preserve the high frequency content in the audio which contains the light signals.

Many third party software packages are available to convert music from other formats to play on the Kasina. Audacity is a good free editor and it is recommended to learn the basics of this tool as it will come in handy in the future.

Distinguish Between Session Types

The Kasina supports 3 different session types. They are: AudioStrobe, SpectraStrobe and KBS.

AudioStrobe and SpectraStrobe sessions are audio files with light encoding embedded at high frequencies. These sessions could have the extensions “.mp3” or “.wav”, depending on the file type. All factory sessions are in MP3 format.

If you are adding new audio files to the card or playing from an external source, the Kasina will determine the file type automatically during playback. SpectraStrobe will display **Mode SpectraStr/AS** on the screen. AudioStrobe will display **Mode AS/SpectraStr**.

KBS files have the extension “.kbs”. These files are a special mind machine format to control the lights and sound on the Kasina. They use very little space on the microSD card. KBS sessions can only be played from the card and not from an external source.

For easy identification, we have separated the sessions on the SD card by session type into folders named: **AudioStrobe**, **SpectraStrobe** and **KBS**. However, you can create your own folders and place sessions you add to the card organized as you wish.

PLAYING SESSIONS

From the microSD Card

Use the Up/Down buttons to select SESSIONS from the main screen and press the Center button. Notice that there are several folders below "SD card". Use the Up/Down buttons to select a folder and press the Center button to view the tracks within, then scroll down to find the session you wish to play.

Press the Center button to start the session. By default, a ten second countdown timer will appear. You can skip the countdown by pressing the Center button a second time.

Pressing the Right button to select the session instead of the Center button will play all songs in that folder in sequence, much like a playlist. Playback will start at the location of the file you have selected with the Right button and after that session completes, the next session in the list will play without the countdown. This process will continue until the bottom of the list is reached.

Session Playback Controls

During the session, pressing the Center button once will pause the session, keeping your place, while pressing it again resumes the session. A long press of the Center button will stop the session.

Pressing and holding the Right button during a session will fast-forward through the session. If you continue holding the Right button the speed of the fast-forward will increase. Note fast-forward is not available for KBS sessions.

A long press of the Left button will stop and exit

the session. Once your session has ended, or while paused, use the Left button to navigate back to the previous folder (short press) or the main menu (long press).

Press or press-and-hold the buttons on the left and right sides of the Kasina to adjust volume and brightness. The bars on the top of the display indicate the current volume and brightness levels.

You can adjust the volume levels between the various sound sources as the session plays back. This function is described under the Audio settings section.

There are additional options for modulation of an AUX source when playing a KBS file. Options available are:

Mod AUX which modulates the incoming sound at the pulse rate specified in the playing KBS file, but has no sound from the KBS, even if sound is programmed.

Mod KBS+AUX which modulates both the incoming sound and uses the tones programmed in the KBS session, mixing them together.

Mod KBS which plays the incoming sound normally without modulation, but does use the sound and modulation programmed in the KBS session, mixing it with the audio.

When playing a KBS file, there is also an option to adjust the intensity/depth of the modulation in real time. You can choose between preset levels by pressing the Right button while the KBS session plays back. These settings will augment the settings stored in the KBS file.

From a Computer (USB Sound Device)

Connect the USB cable from the Kasina mini-USB port to a USB socket on your computer. Select USB from the main menu, and press the Center button. The Kasina will mount on your computer and will be available as a sound device. In the sound controls on your computer choose Kasina as your sound device. It will be named **Kasina AVS Audio** or **Kasina MMS Audio** depending on the Kasina firmware version.

You can now play tracks from iTunes, Windows Media Player etc. through the Kasina. You may need to select the Kasina as the default audio device and/or respond to a message regarding the SD card if the Kasina SD card auto-mounts.

The Kasina will automatically recognize whether the audio is encoded with AudioStrobe® or SpectraStrobe™, displaying **Mode SpectraStr/AS** with the form of encoding not being used in pale gray. If your audio is not encoded with light signals, you can trigger the lights with the ColorOrgan, described later in this guide.

From a PC, Smart Phone or MP3 player (Audio Device)

Connect the stereo patch cable to the AUX socket and to the audio device headphone jack. Select AUX AUDIO and press the Center button, then 'play' on your audio device. If your music doesn't have SpectraStrobe or AudioStrobe encoding, press the Up button to select ColorOrgan. If AudioStrobe is detected, the Down button cycles through the ColorSets. Audio from the AUX source is required to use the KBS/AUX Mod features described above.

UPDATING YOUR KASINA FIRMWARE

The operating system in the Kasina is periodically updated to provide new features and fixes. On the support site and forum we will post notifications of the updates and make them available for download. The new firmware will be packaged in a Zip archive which you will need a utility to extract either using the tools built into your computer or another program. The .zip file cannot be read by the Kasina directly, only the .bin file inside the .zip archive.

You can install new firmware by connecting the Kasina to a computer with the USB cable, then holding down the Center button and the Power button together while turning the unit on. The Kasina will enter a special firmware update mode which will be indicated on the display.

On Windows OS:

A drive will mount on your computer named **Kasina MMS** (or **Kasina AVS** if you installed the Kasina prior to FW1.12). Note this is different than the normally mounted drive named **Kasina SD**. On the **Kasina MMS** drive there will be only one file named "firmware.bin". Delete this file and replace it with the ".bin" file which is included in the archive you have downloaded.

Wait several seconds until the new "firmware.bin" file copies to the drive. Turn off and disconnect the Kasina from your computer. Turn it back on in the normal manner and check that the update was successful. In the SETTINGS - Service menu, on the line labelled FW you will see the version number of the currently

installed firmware.

This line should match the version number of the new firmware.

Detailed instructions with pictures are available on the support site where you download the updates.

On Mac OS:

Due to some differences in the way the Mac OS handles file copy operations, a firmware update software utility has been provided to update the firmware on Mac. It is available on the support site.

TROUBLESHOOTING AND SUPPORT

First, try turning the Kasina off (press the Power button for several seconds), unplug the USB cable and then turn the unit on again. Problems are often due to discharged batteries or cables connected to the wrong sockets. In the event of any problems, please check all of your connections and, if necessary, place your Kasina on charge for at least an hour and then try again.

To reset all settings to factory defaults, turn the unit on while holding the Volume (-) and Brightness (-) buttons, then press the Center button when the text appears on screen.

The MindPlace Support Site and Forum is great place for answers to questions and sharing experiences, as well as manuals, tutorials, guides, downloads and other useful material. It can be found at:

<http://mindplacesupport.com>

ADVANCED OPERATION

This section describes in detail all of the Kasina settings, controls and features.

ENCODED AUDIO

SpectraStrobe

Kasina uses a new form of encoding, SpectraStrobe™ (SS) which is similar to AudioStrobe® (AS) but with six light control signals instead of just two. This allows full red, green and blue control for both the left and right sides of the glasses, synchronized with the audio content. Files created with this format offer a wide range of colors and effects fully utilizing all of the capabilities of the GanzFrame glasses.

AudioStrobe

Your Kasina is also an advanced AudioStrobe decoder that can map the two AS signals onto any combination of red, green and blue via the ColorSets. Some ColorSets slowly change the color mapping during a session, creating a more dynamic and complex experience. See inside back cover fold-out for ColorSet details.

ColorOrgan

By popular demand there is also a ColorOrgan (CO) option which works with any audio. It maps low frequencies in the audio source onto blue, mid frequencies onto green, and higher frequencies onto red. There are three intensity levels (50%, 100%, 200%) and response rates (fast and slow). The ColorOrgan works best with music that has a beat, but can be quite interesting with other genres –

please experiment! The CO works on both internal and external sound sources. To use it, simply select and start the music you want to play, then press the Up button. You should see **Mode ColorOrgan** on the LCD. Use the Down button to cycle through the CO options.

DURING A SESSION

While a session is playing you will notice that the active mode is displayed on the screen. You can toggle between **Mode SpectraStr/AS** and **Mode ColorOrgan** by pressing the Up button. If you are playing AudioStrobe or KBS content, then the ColorSets govern the colors you will see, and can be stepped through by pressing the Down button.

BATTERY CONDITION

At the top right of the Kasina display you will see the battery condition indicator. When connected to a power source (AC power supply or PC USB port) the indicator will repeatedly “fill” from right to left. When the battery is completely charged, it will show 5 green bars. When using Kasina away from a power source, the indicator will show approximate remaining charge. When the Kasina battery is almost fully discharged, it will show 1 red bar. If it is not charged soon after this point, it will power itself off. Note that some USB hubs do not provide sufficient power to charge the Kasina.

The battery will slowly discharge over time if the Kasina is kept in storage. The battery may drain to a level that requires a long extended charge before the

Kasina will even power up. For peak performance, it is recommended that you charge the battery at least every 6 months.

SETTINGS

You generally won't need to visit this menu very often, but it contains options to tweak various parameters. When you select or change something, be sure to press the Center button to save the settings. The options are:

Language

Use this menu to select which language is used for the various Kasina menus. This does not affect session names, which are in English.

General

Show Extensions turns on or off the display of filename extensions.

Play Countdown changes the default Play countdown time.

Button Backlight changes the brightness of the LEDs under the Control Pad.

Power Management

Use this to enable power saving features. There are settings for 'Display Backlight' (1-7, 6 is the default), 'Display off timeout' (default is 'never'), and 'Device off timeout' (default is '5 min').

Visuals

Adjust the color balance of each LED color, if necessary, both left and right. Default is 100% for all LEDs.

Audio

You can set the volume of the “audio components” using this menu and change the relative levels that you hear.

You can also access this menu from anywhere in the interface besides the SETTINGS screen and the File Browser. This is referred to as the Audio Mixer. You can access it by pressing the Volume(+) and Volume(-) buttons together. This SETTINGS - Audio menu will appear. You can adjust the volume and other audio settings even while the session is playing. Press the Left button on the Control Pad to exit the Audio Mixer screen.

The following settings are available:

AUX Volume - Controls the volume of sounds sent to the Kasina via the AUX connector. Note that the volume setting on the device connected to the AUX input will also affect the volume heard.

KBS Volume - Controls the volume of sounds generated by KBS sessions.

INT Volume - Controls the volume of any non-KBS session or audio file played from the microSD card.

USB Volume - Controls the volume of sounds sent to the Kasina by USB audio. Note that the volume setting on the device connected to the AUX input will also affect the volume heard.

Balance - Controls the Left/Right audio balance.

Max. Volume - Sets the maximum level that the Kasina volume control can go. This level is shown by a red line on the volume indicator.

Filter 15khz - This filter, when on, attenuates

frequencies above 15khz to be passed to the headphone jack. It can be used if you hear AudioStrobe or SpectraStrobe signals in the headphones. These are normally beyond the range of hearing for most people.

After selecting the audio component volume to change, use the Up and Down buttons to make the adjustments. Press the Center button to save the setting.

Service

This screen provides technical details about your Kasina - you may be asked to provide some of these details in the event that you require support.

Where to find your Kasina serial number

In the SETTINGS section, select Service. Your serial number is located here and follows the letters SN.

CREATING KASINA SESSIONS

There are various software tools available for creating your own Kasina sessions.

See www.mindplacesupport.com for further details and downloads.

Kasina micro-SD Card Contents

When you turn on your Kasina and select Sessions, you'll notice six numbered folders: SpectraStrobe, AudioStrobe, KBS, Color Organ, Documents, and KASINA.

The majority of the Kasina sessions reside in the **SpectraStrobe** folder. These are all new sessions that harness the power of the Kasina.

Content in the **AudioStrobe** folder demonstrates the color expansion effects of the ColorSets.

The **KBS** folder includes sessions in the Kasina Basic Session format, as well as software for creating such sessions quickly and easily.

The files in the **Color Organ** folder are not encoded and are intended to demonstrate the capabilities of the Color Organ.

The **Documents** folder includes a digital copy of this Quickstart manual in a number of languages.

The **KASINA** folder has been prepared for use with Mind Workstation and NeuroProgrammer software from Transparent Corporation, as well as the KBS Editor. Please do not delete that folder or the KasinaSD.id file found inside.

The **SpectraStrobe** folder is divided into six categories:

Accelerate - energy, peak performance, focus, etc.

Meditate - meditation and relaxation training

Mind Art - experimental, visualization, and some intended purely for consciousness-altering enjoyment

Night Voyage - before bed, lucid dreaming

Rejuvenate - sports recovery, after a long day in the office, etc.

Trance - hypnagogia, the fascinating region between sleep and wakefulness, also used for Lozanov's 'Superlearning' and some spiritual practices.

Kasina sessions include both simple and complex designs. Simple sessions may include gentle nature

sounds, binaural beats and the like as audio content, with frequencies ramping towards a specific target, much like conventional mind machines. Complex sessions may include ambient electronic backgrounds or more complex compositions, with sometimes very sophisticated control of the lights and resulting visual effects.

STARTING YOUR JOURNEY

Where should you begin? If you want to quickly get a sense of what the Kasina is capable of, try 'A Starlit Night' or 'Paternity', in the Mind Art category. Biomarkers under Rejuvenate is another great place to start. The light and sounds set a pace that helps guide you towards slowing your breath and bringing your heart rate into a desirable 'coherent' range - 5 breaths per minute, and 60 bpm. Red is heart rate, blue is breath.

We hope you thoroughly enjoy these sessions, and find them beneficial.

The Kasina is a labor of love and a work in progress, and you'll find additional free content as well as innovative, inexpensive tracks for sale. Be sure to visit us online for the latest information and discussions about how to get the most out of your Kasina.

Bon voyage!

www.mindplace.com

www.mindplacesupport.com

www.youtube.com/user/TheMindplace

www.soundcloud.com/Mindplace

www.facebook.com/Mindplace

Name	Category	Length
Before Learning	Accelerate	12:00
Designed for use before class, studies, this starts at 9 Hz and targets 4.5, 7.83, 11.25, and 18 Hz.		
Cheer Up	Accelerate	35:00
Starting at an alert 12 Hz, Cheer Up steps up to a vigorous 35 Hz before making its way back to a calm 10 Hz.		
Create	Accelerate	25:00
This session moves between 7, 14 and 10 Hz, and is intended to encourage novel thoughts from the subconscious to emerge for conscious consideration.		
Energize	Accelerate	25:00
Stepping up from 15 Hz to 30 Hz, Energize promotes alertness and vigor. Not recommended before sleep.		
Focus	Accelerate	20:00
Repeatedly ramps between 12 and 16 Hz, minimizing the tendency to be distracted and promoting a flexible working state.		
Wake	Accelerate	20:00
18 Hz throughout, you may not need coffee or tea after this session. Not recommended before sleep.		
Everglade	Meditate	20:00
A spring morning with gentle rain. Time is suspended in this peaceful, calming session. Mostly low to mid range light frequencies to promote calm and clarity.		

Name	Category	Length
Forest and River	Meditate	16:00
Another peaceful backdrop of nature, at a new locale. Frequencies start at 14 Hz and end at 4 Hz for deeper relaxation into meditation.		
Meditate	Meditate	50:00
Starting at a relaxed 10 Hz, Meditate reaches the target of 2 Hz after 15 minutes. A few minutes at 6 Hz on the way down provides a useful intermediate step on the path to a deeply meditative state.		
Relax	Meditate	25:00
From an alert 13 Hz this session steps down to a calm 10 Hz. Left and right sides are stimulated at slightly different frequencies to help the mind let go of nuisance thoughts.		
Relax More	Meditate	40:00
Similar to Relax but longer and with a target of 5 Hz, suited to deeper relaxation or contemplation.		
Relaxation by Fire	Meditate	40:00
Start freq. 10 Hz, target freq. 4.5 Hz. with single in-phase lights, binaural tones, and the sound of crackling fire for a soothing campside respite.		
Relaxation with Windchimes	Meditate	15:00
The peaceful sounds of windchimes on a pleasant summer afternoon. This session starts at 12 Hz and leaves you at a deep 2.5 Hz.		

Name	Category	Length
Touch of Silence	Meditate	14:36
Shimmering sounds of Tibetan bowls and minimalist piano sets a calming ambience. Lights start at 10 Hz and descend to 6.25 Hz.		
A Starlit Night	Mind Art	15:00
This entrancing, ambient soundtrack and complex visual encoding evokes a clear, moonless summer's night, with shooting stars tracing patterns in the sky.		
AstroTurf	Mind Art	10:00
Slow, shimmering washes of color accent this deeply reflective ambient soundtrack. This track would belong equally as well in the 'Meditate' category.		
Cascade	Mind Art	11:28
Subtle, slowly shifting and sometimes hopping light patterns are interwoven with nature sounds and underlying evocative audio tapestries.		
Dreamy Sax	Mind Art	17:09
This session is based on a music piece featuring soothing synth chords with a bluesy and dreamy saxophone solo. Light patterns are synchronized with the change of the synth chords. The frequencies range between 10 Hz and 3 Hz while the light colors shift between a pastel orange and green.		
EcoSync	Mind Art	20:00
A peaceful audio ecosystem, this time with light patterns synchronized with the sounds of nature.		

Name	Category	Length
Patternity	Mind Art	20:00
<p>Rich synthesizer textures combine with lush visual effects to create a dreamy, slightly surreal and entrancing mind-scape.</p>		
Phobos	Mind Art	6:00
<p>Your spacecraft has just arrived in orbit around Mars, and the creatures living inside Phobos have started communicating with you using sound and light.</p>		
Sanguine	Mind Art	10:00
<p>A mysterious journey into a subterranean realm, lit only by shifting, multi-colored strobe candles. What is that sound coming from the next cavern?</p>		
Soliton	Mind Art	12:03
<p>A gently meandering excursion towards something Deeper. Emphasis on slower frequencies and softer visuals.</p>		
Space Trace	Mind Art	15:00
<p>You are exploring a methane ocean on a distant planet, and marveling at the life-forms you are finding and hearing there.</p>		
Spectra	Mind Art	20:00
<p>Gazing into a gently flickering campfire, you become lost in fantasy, and pass through a portal into a realm of magic.</p>		

Name	Category	Length
Stagecraft	Mind Art	20:00
Gazing out across a land never before seen, you feel yourself lifting off the ground, gently riding the currents, always safe and amazed.		
Trainspot	Mind Art	7:02
Variation on a simple EcoSync system. The sound of low rumbling subway train or trip on a space probe lulls you into meditative mindset.		
Weaver	Mind Art	12:00
Tribal audio art with a strong influence from ambient masters. SpectraStrobe rhythms paint a potent tapestry.		
Yonder	Mind Art	20:00
The depths of consciousness beacon in a floating flotsam of synth washes. Allow times and troubles to melt far, far away. Out yonder.		
Dream	Night Voyage	1:00:00
Dream is a sleep session with intermittent bursts of higher frequency stimulation intended to evoke REM activity and dreams.		
Night Shift	Night Voyage	45:00
This incorporates an evolving nature-soundscape (from day to night) and the light colors change from yellow over green and blue to violet over time. Starting at 12 Hz, this ramps to 3.5 Hz with plateaus at 10 Hz, 7.83 Hz and finally 3.5 Hz.		

Name	Category	Length
Rest	Night Voyage	30:00
<p>Very slow and subtle modulations of light and sound, intended to quiet your mind before sleep.</p>		
Sleep	Night Voyage	1:00:00
<p>A gradual descent from 10 Hz, pausing at 6 Hz before continuing to very slow modulations. Low key audio modulations over a pleasant pink noise background.</p>		
Submerge-level I	Night Voyage	30:00
<p>This session winds slowly down to 4 Hz, with soothing visual modulations overlaying the sounds of water in motion.</p>		
Biomarkers	Rejuvenate	10:00
<p>The frequencies encoded in Biomarkers are designed to help guide you towards slowing your breath and heart rates into desirable 'coherent' ranges - 5 breaths per minute, and 60 bpm heart rate. Red is heart rate, blue is breath. Practice breathing with the blue.</p>		
Center	Rejuvenate	30:00
<p>Working down from an alert 13 Hz to the Schumann frequency of 7.83 Hz, Center helps you put aside your immediate concerns and enter a period of quiet contemplation and rejuvenation.</p>		

Name	Category	Length
Clear Your Mind	Rejuvenate	16:00
<p>Frequent hops between slower and higher frequencies, together with the relaxing sounds of Tibetan bowls to help restore your mental energy. Starts at 12.8 Hz and ends at 13.5 Hz.</p>		
Deep Rejuvenation	Rejuvenate	20:00
<p>With a starting frequency of 8.5 Hz and a target of just 1.45 Hz, accompanied by binaural beats and modulations, Deep Rejuvenation can take you to a very peaceful, restorative mind-state.</p>		
Eddies	Rejuvenate	12:30
<p>Floating down a meandering stream, visuals are mostly gentle blues and greens.</p>		
Fantasy	Rejuvenate	5:30
<p>This brief session highlights the 7.83 Hz Schumann Resonance, with gentle sounds of frame drum and gamelan.</p>		
Overtone Universe	Rejuvenate	11:04
<p>Sounds of peaceful overtone singing accent and augment the flickering light, descending from 12 Hz to 7.83 Hz.</p>		
Alphabet	Trance	20:00
<p>This session was designed to gently guide you towards hypnagogia, that magical half-dream, half-awake state sought after by many explorers of deep states of consciousness.</p>		

Name	Category	Length
Bowlscape	Trance	15:20
Mysterious, deep resonances of large Tibetan singing bowls permeate a night-world of mainly blues and greens.		
Meditation with Shaman Drum	Trance	19:55
Hypnotic sounds of a Shaman's drum and binaural beats augment both synchronous and left-right stimulation, starting at 22 Hz and taking you all the way down to 2.2 Hz.		
Vapor-Chill	Trance	20:00
Is this the sound of a November wind that never stops, or a 20 minute long out-breath? You decide. Lights start at 10 Hz and gradually, gently leave you at 7 Hz.		
Zodiac	Trance	20:06
This will take you even deeper than Vapor-Chill, as the slowly shifting drone-structures and beat frequencies lead to towards the edge of sleep.		

Credits

MindPlace would like to thank main session authors Roman Frajt, Scott Hendrickson and Craig Tice (and special guest, Claudius Nagel) for creating these initial Kasina offerings.

Thanks also to our crack beta test team: Andy Broughton, Scott Hendrickson, Craig McConkey, Claudius Nagel, and Craig Tice—who all provided invaluable suggestions for improving the Kasina.

Special thanks go to Tomas Cerny for making the Kasina possible, and to Crystal Field for their fast, precise technical assistance and always great quality control.

IMPORTANT

Kasina is intended for use as a tool for enhancing consciousness and for personal growth. It is not intended for use as a medical diagnostic or therapeutic device, and no medical claims of any sort are made for it.

Note: DO NOT USE THIS PRODUCT without your doctor's specific guidance if you or any family member has ever experienced any form of seizure disorder, such as epilepsy, or if you are or have recently taken any form of psychoactive drug.

CE Regulation

This device complies with CE Council Directive 2004/108/EC; applied EMC standards include EN55022:1998+A1+A2, EN55024:1998+A1+A2, EN61000-3-2:2000 +A2, EN61000-3-3:1995 +A1.

FCC Regulation

This device has been tested and complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER AUTHORITY TO OPERATE THE EQUIPMENT

Disposal

This device contains non-recyclable components and should not be disposed of with trash.

MINDPLACE LIMITED WARRANTY AND RELEASE FROM LIABILITY

The MindPlace Kasina console is guaranteed to be free from manufacturing defects for a period of two (2) years from the date of purchase, while accessories are guaranteed for a period of one (1) year. Any defective parts will be replaced free of charge (exclusive of shipping and handling costs) during that period. Damage caused by purchaser's misuse or by accident, fire, flood, or other disasters is not covered by this warranty. Additionally, Purchaser must register their product online at www.mindplace.com or return a warranty card to us for the limited warranty to apply. This Limited Warranty is the sole and exclusive remedy of purchaser for damages arising from or relating to the purchase of any MindPlace article.

If any article must be returned to the manufacturer, the purchaser should be sure to include name, address, telephone and a description of the problem with the article. Purchaser must contact manufacturer for RMA (Return Merchandise Authorization) before returning an article for any reason.

DISCLAIMER: Except as provided above, the purchaser acknowledges that the article is purchased "as is." The manufacturer and seller (retailer from whom you purchased this Kasina) specifically disclaim all warranties, expressed or implied, including warranties of merchantability and of fitness for a particular purchase or use. The manufacture and seller also assume no liability for any loss or damage arising from theories of tortious conduct, including negligence and strict conduct.

RELEASE FROM LIABILITY: The purchaser understands that the Kasina is intended for education, entertainment, relaxation, and personal experimentation purposes only. Purchaser understands that no other claims are made for any MindPlace device or article. Purchaser understands that MindPlace cannot predict the suitability of any article for any application because of the individual physical and emotional makeup of each user. Purchaser understands that anyone with a history of seizures, hallucinations or other mental problems as well as anyone who is taking or has recently taken psychotropic drugs of any sort should not use the Kasina without first consulting their physician.

The purchaser understands that purchaser or any other person will not hold The MindPlace Company or its agents or employees liable in any way for any occurrence of any nature in connection with the use of the Kasina. In consideration of purchasing the product, the purchaser assumes all risks in connection with the use of the product, either by purchaser or by others.

LIMITATION OF DAMAGES: If, notwithstanding the foregoing, there should arise any question of liability on the part of the manufacturer or seller, the purchaser agrees that such liability will be limited to the cost of replacement of the Kasina.

PURCHASER REPRESENTATION: The purchaser represents that he/she is of legal age and is legally competent to understand and agree to the terms set forth herein, and that the terms are contractual and not merely recital. The purchaser has read or will fully read the Kasina's User Guide before using any MindPlace product. Use of these products constitutes acceptance of all the terms of this Warranty, regardless of whether or not the Product has been formally registered.

For online product registration, access the registration link under the support tab from www.mindplace.com.

US In-Warranty Replacements:

Send unit plus a brief description of the problem to:

The MindPlace Company
P.O. Box 833
Eastsound, WA 98245

COLORSETS

Select using the Down button during AudioStrobe or KBS playback.

#	Colors or Type	Pan or Fade Speed
1.	Red/Green/Blue	Pan controls Left/Right eyes
2.	Red	Pan controls Left/Right eyes
3.	Red/Green	Pan controls Left/Right eyes
4.	Green	Pan controls Left/Right eyes
5.	Green/Blue	Pan controls Left/Right eyes
6.	Blue	Pan controls Left/Right eyes
7.	Red/Blue	Pan controls Left/Right eyes
8.	Red/Green	Pan controls Color Selection
9.	Red/Blue	Pan controls Color Selection
10.	Green/Blue	Pan controls Color Selection
11.	Random	Slow Ramp (fade) random color
12.	Random	Medium Ramp (fade) random color
13.	Random	Fast Ramp (fade) random color
14.	Random	Slow Jump (no fade) random color
15.	Random	Medium Jump (no fade) random color
16.	Random	Fast Jump (no fade) random color

ColorSets are named by the convention:

ColorSet (number): (colors or type)-(pan or fade speed)

Examples: ColorSet 1:RGB-L/R, ColorSet 11:Ran-SR

Note that speeds Slow, Medium, Fast reflect the time between changes. The speed settings act to shorten or lengthen the density or number of color changes.

