

**Orion**TM

OPTIMUM RELAXATION INSTRUMENT

User Guide



NOTICE:

Read this page before using your system

Your system employs natural forms of sensory stimulation. It is intended for use as a recreational aid, to promote feelings of well-being, and as a tool for personal achievement and growth. It is not intended for use as a medical device, and no medical effects of any sort are claimed for it. It is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease. It is not intended to affect the structure or any function of the body of man.

Do not use the system unless you have read these instructions and your warranty and agree to its terms.

Who should not use this unit:

You should use the unit only under a doctor's supervision if you:

- have ever suffered from any form of seizure disorder or epilepsy.
- have ever received any type of serious head injury or concussion.
- are currently taking psychoactive drugs such as barbiturates, tranquilizers, or stimulants.
- are especially sensitive to bright light or flickering light, or find that such light can cause headaches or other discomforts.
- suffer from any form of cardiovascular problem or any health problem requiring a physician's care.

A small percentage of the population who do not have epilepsy may also experience seizures when exposed to flickering light, including the Orion, and other sources commonly found in nature.

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OPTIMUM RELAXATION INSTRUMENT

Contents

Using the Optimum Relaxation Instrument	2
Overview of User Modes	4
Controls	5
Instructions for Use	6
Special features	8
Accessing Orion's User Modes	9-12
Audio Strobe (U1)	10
Manual Control (U2)	11
Light pattern/sound pattern adjustment	11
ColorPulse (U3)	12
MicroPulse (U4)	12
Troubleshooting	13-15
Your First Week with Orion	16-17
Additional Advice for Use	18
Preset Session Descriptions	19-26
Contacting MindPlace	27

Using the Optimum Relaxation Instrument

We would like to welcome you to an exciting new experience. By making this purchase you have taken an important step towards developing your consciousness in new and wonderful ways. You'll find this to be one of the easiest and most pleasant development programs you will ever use. All you have to do is to spend a few minutes per day sitting undisturbed, immersed in this unique experience. This small amount of effort will pay enormous dividends over time in your growth and well being.

Some people experience immediate positive effects when using the Orion, while others find that it takes a little longer. The key is to develop a program of regular use, such as the one described on page 16. We also highly recommend the series of mental fitness and related titles available on compact disc which we've designed to take advantage of the many advanced features of the Orion.

Hints for enjoying and benefiting from this technology

- If possible, make a time every day for your relaxation break. One suggestion is to sit down with the Orion first thing in the morning before the rest of your family is awake. If you are on a tight schedule, then get up a little earlier than usual. You will find the tiny decrease in sleep will be more than compensated for by the benefits of daily practice. It is important that you practice in an undisturbed environment.

- It is best to wait at least one hour after eating as your digestive system will make greater demands on you, and draw energy away from the experience of relaxation. It is also best to try to use your unit at the same time every day. This way you are more likely to develop a regular routine.
- Find a comfortable position to sit in. You can sit in almost any chair or in a traditional meditation pose with your legs crossed on the floor. You can practice in a reclining position if you like. In this position, however, you are more likely to fall into a light sleep. The worst that will happen under this circumstance is that you may feel a bit drowsy at the conclusion of the session. Ideally, sit upright so you remain alert during the entire session.

With practice you will find yourself becoming skilled at holding your concentration between wakefulness and sleep. This is where you will enter a calm, focused awareness, a place where your creativity can flow more easily. There are many good books available which discuss this at length.

Set the volume low enough just to be comfortably heard, as you will probably develop a heightened sensitivity to sound as you go deeper into your session. Start with a low light level and work up to an intensity level that is comfortable to you. More does not necessarily mean better: being comfortable is what is most important.

Feel free to use relaxing music with your session. Learning, self-help, and visualization programs are also an excellent addition to your session. We have also developed a special selection of Audio Strobe® CDs for these purposes. See your dealer for more information.

We now invite you to experience the beneficial processes for yourself. Develop a comfortable routine for the next several weeks. Compare your experiences. Pay close attention to how you feel and react to situations now. Then, in a few weeks, check back and notice the difference.

Overview of User Modes

There are **23 pre-programmed sessions** in the Orion. These run at specified pulse rates. (See *Preset Session Descriptions* on page 19 for a complete list.)

In addition there are **four user modes** which provide variations on the light and sound experience.

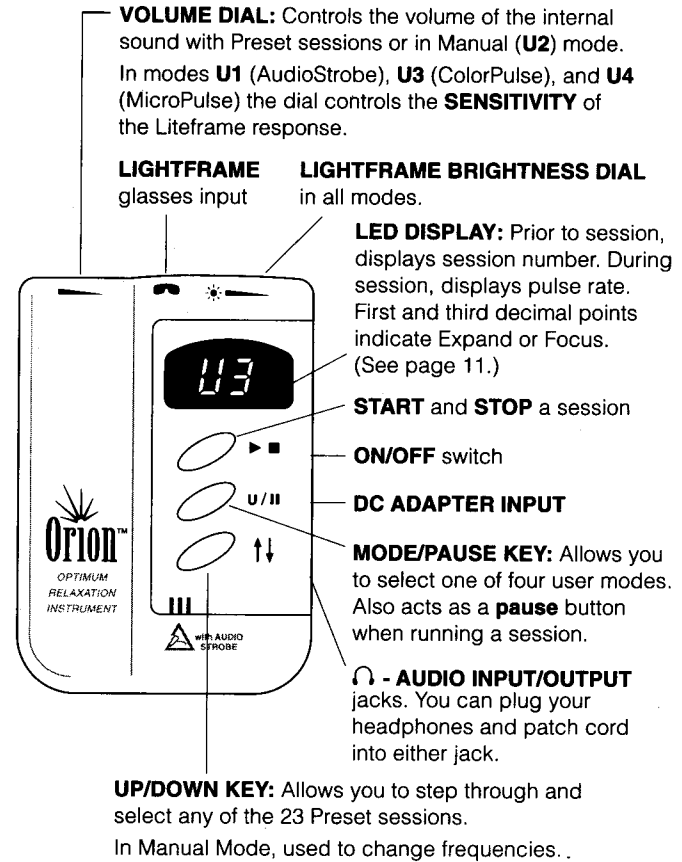
User Mode 1 (U1) AudioStrobe® - Select this to play any Audio Strobe encoded CD. Audio Strobe uses a patented technology which adds precisely synchronized patterns of light to music and other audio programs.

User Mode 2 (U2): Manual Control - This mode allows you to select any pulse rate between 1 and 30 pulses per second.

User Mode 3 (U3): ColorPulse™ - ColorPulse transforms the beat of your tapes and CDs into patterns of pulsing light.

User Mode 4 (U4): MicroPulse™ - The built-in microphone picks up external sounds around you and converts them into pulses of light. Very useful when you are too far away from a music source to connect the Orion directly, or when you are attending live music events.

Controls



Instructions for Use

Battery Operation

Slide open the battery compartment cover on the back of the unit and install three AA batteries. We suggest using alkaline batteries for longest life. Do not use rechargeable NiCad batteries; they run at a slightly lower voltage than standard batteries and may prematurely trigger the low battery warning. Always use the a matched set of batteries. Do not leave batteries in the unit for extended periods of time as they can leak chemicals that can damage the unit.

Low battery warning: When the batteries drop below a predetermined voltage level, the display will blink with the word "Lo". At this point you will not be able to run a session. Please replace the batteries.

External DC power: You may purchase an optional 7.5v 200ma adapter to help to conserve battery life. (The adapter cannot be used to recharge batteries.) Avoid using an adapter with multi-voltage choices as this could damage the unit and void your warranty. Do not use an adapter with a rating higher than 200ma or other than 7.5 volts as this may yield unpredictable results.

Headphones and Lightframes

Plug the headphones into the upper or lower audio jack (on the right side of the unit, located below the DC adapter input). Plug your Lightframe glasses into the jack located on top of the unit. (See *Controls*, page 5.)

Playing a session

1. Turn on the unit

Slide the On/Off switch to the On position.

The first thing you will see is the number "01" in the display. This indicates that Session 1, *Power Regeneration*, is ready for use. (The unit will always default to session 01 when first turned on.)

2. Select a session

You may choose any of the Preset sessions (1–23) by pressing the \updownarrow (Up/Down) key. The session number is indicated in the LED display (01, 02, 03 . . .).

Use the \updownarrow (Up/Down) key to adjust the audio pitch before starting your session. This can only be adjusted prior to the start of your session.

3. Begin a session

Select the desired session. (See *Session descriptions*, page 19.) Simply press the $\blacktriangleright \blacksquare$ (Start/Stop) key to begin. Close your eyes as soon as the session begins.

NOTE: Two blinking decimal points on the LED display indicate that a session is running. Prior to starting a session, the numbers in the LED display indicate session number; after starting, they indicate frequency, which will change as a session progresses.

4. Adjust the volume and brightness

5. Ending a session

Press the $\blacktriangleright \blacksquare$ (Start/Stop) key or turn off the Orion to end your session. To preserve battery life, always turn the unit off when you are finished.

Special Features

Soft-on/Soft-off

All pre-programmed sessions use our Soft-on/Soft-off feature. This means that at the start of the session, lights will gradually increase in brightness over a period of approximately 12 seconds, instead of coming on suddenly. Likewise, the lights fade out at the session's end.

Tone Adjustment (Sound Pitch)

You may adjust the tone (sound pitch) to your liking while the session is running by pressing the \updownarrow (Up/Down) key.

\updownarrow Up/Down key

When you press and hold the \updownarrow (Up/Down) key the numbers on the display will increase. When the display reaches the highest or lowest number available it will automatically reverse direction. If you press the \updownarrow (Up/Down) key one step at a time the numbers in the display will continue in the same direction. To reverse direction wait a moment before pressing again. Now when you press the key, the numbers will move in the reverse direction.

Pause

Press the **U/II** (Mode) key during a session to pause it. Press it a second time to continue. While a session is running, the two decimal points on the left and right of the display will blink. When these decimal points are off or *not blinking*, the session is paused.

The Lightframes and sound will continue to pulse, but will not change in rate. The session length is extended by the amount of time you are paused. This way, if you are interrupted, or if you like a session's particular pulse rate, you have the option to stay at that frequency for as long as you want.

Accessing Orion's User Modes

There are four User Modes which allow you to explore the light sound experience in different ways.

To access the User Modes

Turn on the Orion and press the **U/II** (Mode) key to step through each of the four modes. Each mode displays a "U" with a number after it.

User Mode 1 (U1): Audio Strobe® decode

Audio Strobe is a patented technology which adds precisely synchronized patterns of light to music and other audio programs. When you select this mode and play Audio Strobe encoded CDs, the coded signals will control the lights. All Audio Strobe discs carry the Audio Strobe logo. Try the Audio Strobe Sampler that came with your system, and ask your dealer to provide you with a list of additional titles.

To use AudioStrobe

1. Choose Mode U1

Plug one end of the patch cord (included with your system) into the headphone output of your CD player. Plug the other end into either of the audio jacks located on the side of the unit (below the DC adapter input). Plug your headphones into the remaining jack.

2. Select U1 and start your CD player

You may adjust the sensitivity of Audio Strobe's response to the signal by adjusting the left-hand dial. Adjust the brightness with the right-hand dial. Start by setting these approximately in the middle range. To temporarily stop a session press the pause key on your CD player.

3. Make volume adjustments on your CD player

User Mode 2 (U2): Manual Mode

Use this mode to select a light/sound pulse rate from 1–30 pulses per second, using the \updownarrow (Up/Down) key. In addition to changing pulse rate you can also toggle between two different light patterns. (See *Focus* and *Expand*, page 11.)

Manual Mode is ideal for finding out which frequencies produce the most interesting patterns, the most vibrant colors, the clearest visualizations, or the greatest mood changes. For example, if you find that 7.8 Hz seems to work especially well for you, you can work with that rate as often as you like.

To use Manual Mode

1. Choose Mode U2

2. Adjust the audio pitch

Before starting your session, use the \updownarrow (Up/Down) key to adjust the pitch. **NOTE:** In this mode the volume is preset when you adjust the pitch.

3. Begin the session

Press the $\blacktriangleright \blacksquare$ (Start/Stop) key to begin the session. Use the \updownarrow (Up/Down) key to adjust the light/sound pulse rates.

Frequencies ranging from 1 to 20 are adjustable in increments of 1/10th of a pulse per second; ranges from 20 to 30 are adjustable in increments of one pulse per second.

Light pattern / Sound pattern adjustment in Manual Mode

You can create two completely different sound and light effects with this feature. You can toggle between these two patterns by pressing the **U/II** (Mode) key during a Manual session. The left and right decimal points on the display will provide you with a visual indication of the pattern you are using. This is also true while running a pre-programmed session except that the pattern is internally controlled and cannot be adjusted by you.

Expand - The lights and sound will alternate from left to right. The decimal points on the LED will alternate as well.

Focus -The lights blink on/off in sync. The decimal points on the LED display will blink together.