

# SIRIUS™ Quick Start Guide

1. Install 3 AA batteries.
2. Plug the headphones into either of the two audio jacks on the right side of the unit.
3. Plug the Lightframes into the jack at the top of the unit.
4. Turn the unit on.
5. Press the ↑↓ (Up/Down) key to choose a session.
6. Put the glasses and headphones on.
7. Press the ►■ (Start/Stop) key to start.  
*Close your eyes during the session.*  
 Use the dials to adjust the volume and light brightness.

## Sessions

### Peak Performance

01	20 min	Power Regeneration
02	18 min	Performance Intensive
03	15 min	Quick Break
04	15 min	Power Pause
05	17 min	Athletic Warm-Up
06	30 min	Maintaining Peak Competitive Posture

### Recreation and Relaxation

07	15 min	Quick Work Break
08	25 min	Mind Sauna
09	16 min	Quick Refresher
10	35 min	Regeneration
11	60 min	Deep Meditation

### Learning

12	10 min	Quick Alertness
13	35 min	Learning With Tapes
14	15 min	Relax Before Exams
15	15 min	Concentration
16	20 min	Creativity Enhancement
17	20 min	Visualization

### Well Being

18	25 min	Body/Mind Awareness
19	22 min	Afternoon Break
20	25 min	Deep Release
21	18 min	Goodnight
22	25 min	Release the Day
23	No Limit	Random Sweep

# SIRIUS™

*Mind State Optimizer*

## User Guide



**NOTICE:**

**Read this page before using your system**

Sirius 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 Sirius, and other sources commonly found in nature.

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# Using the Mind State Optimizer

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 important ways. You'll find this to be one of the easiest and most useful development tools 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 Sirius, 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 AudioStrobe<sup>®</sup> titles available on compact disc which are designed to enhance and extend the effects induced by Sirius.

Hints for enjoying and benefiting from this technology

- If possible, make a time every day for your tranquility break. One suggestion is to sit down with the Sirius 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. If possible, practice in an environment where you won't be disturbed or distracted.

- 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. It is also best to use your unit at the same time every day, as part of your daily 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 when 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 for you. More does not necessarily mean better: being comfortable with your experience is the most important factor.

Feel free to use music with your session. Learning, self-help, and visualization programs are also an excellent addition to your session. We also offer a special selection of Audio Strobe<sup>®</sup> CDs, designed to induce various altered and augmented states of awareness.

We now invite you to experience the beneficial processes for yourself. Develop a comfortable routine for the next several weeks. Notice how your experiences change over time, and to how your reactions to anxiety-provoking situations change with regular use.

## Overview of User Modes

There are **23 pre-programmed sessions** in the Sirius. 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.

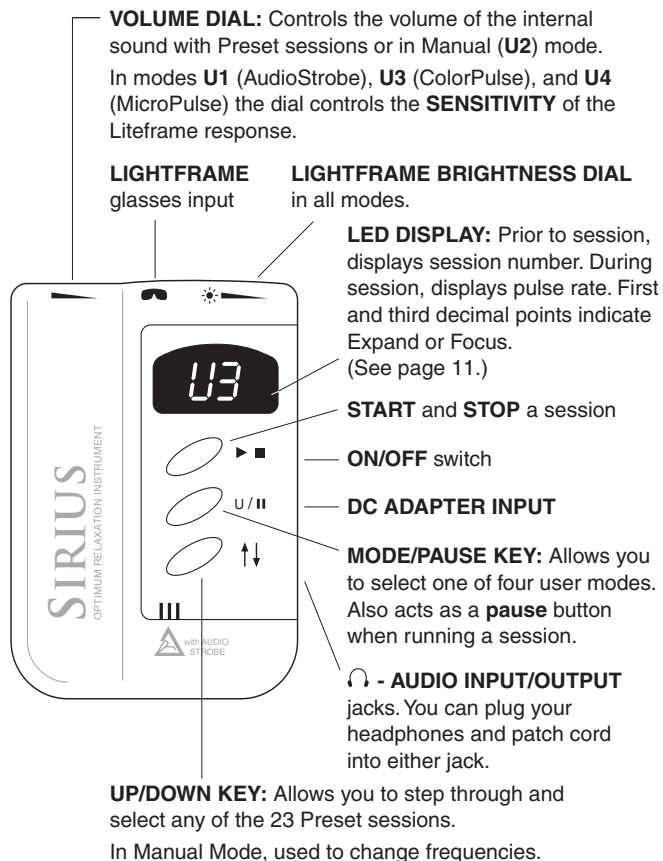
**Mode 1 (U1) AudioStrobe®** - Select this to play any AudioStrobe encoded CD. AudioStrobe is a patented technology which adds precisely synchronized patterns of light to music and other audio programs.

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

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

**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 Sirius directly, or when you are attending live music events.

## Controls



# Instructions for Use

## Battery Installation

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 may 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 USA package includes one; outside the USA this varies from country to country). Note that this supply is NOT a battery charger. If you are locating your own supply, it should be rated 200-300 ma, 5 to 7 volts DC, plug sheath is ground.

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## Headphones and Lightframes

Plug the headphones into either audio jack (on the right side of the unit, 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 ↑↓ (Up/Down) key. The session number is indicated in the LED display (01, 02, 03 . . .).

Use the ↑↓ (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 ►■ (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 ►■ (Start/Stop) key or turn off the Sirius to end your session. To preserve battery life, always turn the unit off when you are finished.

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## 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 the pulse rate doesn't change. 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 Sirius' 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 Sirius 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): AudioStrobe® decoder

AudioStrobe is a patented technology which adds precisely synchronized patterns of light to music and other audio programs. When you select this mode and play AudioStrobe encoded CDs, the coded signals will control the lights. All genuine AudioStrobe discs carry the AudioStrobe logo. Ask your dealer for a list of available 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  $\mathbf{U}/\mathbf{II}$  (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.

## User Mode 3 (U3): ColorPulse™

ColorPulse transforms the beat of your favorite tapes and CDs into patterns of pulsing light. It works best with music with a distinctive beat. You can fine-tune the light show effects by adjusting the sensitivity with the left-hand dial. Try this with spoken word tapes and CDs—the lights trigger with every spoken word. It's quite entrancing!

### To use ColorPulse

#### 1. Choose Mode U 3

2. Plug one end of the **patch cord** included with your system into your CD player, and 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.

3. **Adjust ColorPulse's sensitivity** response to music by turning the left-hand dial. Adjust brightness with the right-hand dial. Start by setting these approximately in the middle range. Volume adjustment is handled at your music source.

## User Mode 4 (U4): MicroPulse™ Mode

The built in microphone picks up sounds around you and passes them through the ColorPulse circuitry. It's very useful if, for example, you are sitting in your living room listening to music and are too far away to connect the Sirius directly to the stereo. Simply choose this mode and lie back. The sounds coming from your loudspeakers will trigger the lights so you see patterns dancing in time with the music. Increase or decrease the way the patterns change by adjusting the left-hand sensitivity dial.

## To use the MicroPulse Mode

### Choose Mode U4

The lights will begin to blink, indicating that you are in Microphone Mode. The music has to be loud enough for the sensitive circuitry to pick up the beat. You may use the sensitivity and the brightness dials to make adjustments. Start by setting these approximately in the middle range.

## Troubleshooting

**The unit does not seem to be working properly.** If for any reason your unit does not seem to operate as expected, first try replacing the batteries. Do not use NiCad cells.

**The sound is not working correctly or only coming through one ear.** Check the headphones. Make sure you have the headphone plug pushed all the way into the jack. Also, try the other audio jack. If sound continues to be a problem try a different pair of headphones to determine if there is a problem with the unit.

**The Audio Strobe or ColorPulse mode is operating in an erratic manner.** If the Audio Strobe or ColorPulse functions seem to operate improperly or not as expected first try changing your CD or tape player volume. Also experiment with the sensitivity and brightness levels. If it still seems to function incorrectly, try using another CD player before assuming the problem is with the Sirius.



**The glasses are not working correctly or light is only coming through one side.** If only one side of the glasses seems to operate, make sure you have pushed the jack all the way in. Make sure you have the glasses plugged into the correct jack at the top of the unit.

**I cannot adjust tone while in the Manual Mode (U2).** In User Mode 2 tone can only be adjusted prior to the start of your session. Use the ↑ (Up/Down) key to adjust the tone before starting your session. Once the session starts, the ↑ (Up/Down) key is used to adjust the pulse rate of the light and sound.

**The word “Lo” is displayed and the unit stopped functioning.** This indicates the batteries have reached the useful end of their life. Replace them with fresh Alkaline cells.

**I hear a funny clicking sound in the headphones.** You probably have the headphones plugged into the Light-frames jack!

**Can I open my eyes during a session?** No. Sirius is designed to be used with your eyes closed.

**My eyelids seem to flicker with the lights.** Reduce the brightness of the lights so they are more comfortable for you.

**I cannot change the volume of the Audio Strobe CDs.** Remember to adjust the loudness using the volume control of your CD player, not the Sirius.

**Why are there only Audio Strobe encoded CDs and no tapes?** Audio Strobe only works with CD technology, as the digital signals which control the lights are hidden in the very high frequency range. Tapes are much lower quality and

cannot record digital signals. However, we have included ColorPulse and the Microphone Modes so that you can experience a somewhat similar effect with regular tapes and CDs.

**What is the best way to sit during a session?** Place yourself in a comfortable position and allow yourself a few moments to settle in before beginning a session. Keep your legs and arms uncrossed to maintain an open position. This will help to reduce muscle tension.

If you continue to have difficulty or believe the unit is faulty, please contact the dealer from whom you purchased the unit for warranty repair or replacement.

## Your first week with Sirius

**Day 1** - Spend at least one 20 minute session in a comfortable position of your choice. It can be sitting or lying down. Give yourself a few minutes before beginning to adjust and get comfortable. Read the descriptions and start with a session that appeals to you. There is no one magic session for everyone. As unique human beings we will each prefer different selections.

Once you decide on your session, start by taking a few deep breaths, exhaling slowly and completely. Breath from your diaphragm rather than your chest. When you are doing this correctly your stomach will move in and out with each breath. Pay attention only to your breathing: focus completely on it. Notice your feelings, your thoughts and sensations, and allow them to flow through you uncritically.

**Day 2** - Again, spend at least one 20 minute period with the Sirius. Focus on each breath. Visualize yourself tranquil, refreshed and more able to cope with daily pressures and annoyances.

**Day 3** - Today, in addition to focusing on your breath, learn to start focusing inward. Put all your concentration at an imaginary point slightly above and between your eyes. Stay with this point of concentration throughout your entire session.

**Day 4** - Now you are starting to develop a daily routine. If this is difficult, look at what small changes you can make for this to be an important part of your day. Run one of the longer sessions if you like, and see how that feels.

**Day 5** - Continue with at least one 20–30 minute program of your choice. Stay with your schedule. Notice your breathing patterns, especially during stressful parts of your day. Are you out of touch with your body? Just practice your breathing exercise during these times.

**Day 6** - By now you should have a good pattern in place; this is important—stay with it. Notice your muscle tension during your session. Try a simple exercise of tensing and releasing different muscle groups. Continue to do this until you have gone through your entire body. Remember to pay attention to your breathing. Notice how you feel at the end of this session. Compare your thoughts, sensations and feelings to your first couple of days. Do you notice any differences?

**Day 7** - Through your exercises you are learning to introduce greater tranquility in your life. You will find yourself more tranquil under many different situations. The quality of your life can improve in as little as a few days. Imagine yourself after several months of regular practice: how good you will feel, how much better your experience of the world will be.

Now continue to develop a focused yet tranquil awareness during your sessions. Allow yourself to flow with your experience wherever it takes you. Watch your creative energies begin to blossom as you enter deeper and deeper states of consciousness. Little by little you will notice subtle yet powerful changes transforming your experience of the world around you. Enjoy, you deserve it!

## Additional Advice for Use

- Do not use the Sirius in unusually dusty or dirty environments.
- Keep away from excessive moisture.
- The unit is built to withstand moderate shock; however, we suggest you keep it in the protective carrying case when not in use.
- Do not leave it exposed to direct sunlight for an extended period of time, or inside a closed automobile on hot days.
- Remove the batteries if you are not using the unit for long periods, as batteries can leak and permanently damage the unit.
- Clean the glasses on occasion with a clean cloth and rubbing alcohol to avoid buildup of oils and dirt on the surfaces.
- Please plug and unplug all connectors by the leads. Do not pull the connectors out by pulling on the wire; this could damage the wires.

## Preset Session Descriptions

A decade of experience developing and refining the use of light and sound technology has gone into the Sirius. The proprietary preset sessions are the result of years of extensive research, in both universities and in the private sector.

Sessions have been grouped into four categories—Peak Performance, Tranquility, Learning, and Well Being.

### Peak Performance

These sessions will help you maintain clear and focused states throughout the day. Try using these when you feel your energy level waning.

#### **01      20 min      Power Regeneration**

Studies of peak performance suggest that you perform better with a “power nap” as part of a daily routine; in other words, a break completely away from your duties and responsibilities. You will be able to perform more efficiently and actually find yourself accomplishing more. With time you might also find that your desire for stimulants like coffee, tea or sweetened soft drinks will decrease. Use this session, or sessions 3, 4, 7, 9, or 12 for feelings of mental and physical regeneration.

#### **02      18 min      Performance Intensive**

This fast-paced session is great if you feel the need for a “mood boost.” We suggest that you use it with your favorite high beat music. This is a session you can use several times in a row if you choose.

**03      15 min      Quick Break**

Use this session during your day to quickly feel refreshed and regenerated. It is a very useful session to use when you know you have a very long and busy schedule ahead of you. A 15 minute break a few times per day is an investment in focus, clarity, and decision making.

**04      15 min      Power Pause**

This is a slightly more stimulating version of session 03. It will help clear your mind of all thoughts for a few minutes and increase your mental clarity. You can choose to use fast-paced music instead of the internal sounds.

**05      17 min      Athletic Warm-Up**

This session will help enhance feelings of tranquil concentration prior to exercise or physical competition. A number of athletes do exceptionally well in practice only to falter in competition. Top performers are able to maintain consistent performance under all circumstances. The key is a tranquil yet focused state allowing your mind and body to work in harmony. Physical training is only half the battle towards success in competition. Sit quietly and visualize yourself (and your team) attaining the goals you set for yourself. You may also use this session with any number of peak performance or positive affirmation tapes. You or your coach may even record your own positive affirmations and play them back while using this session.

**06      30 min      Maintaining Peak Competitive Posture**

Use this session between athletic competitions for visualization, success, and peak performance. It is best to use it with either positive affirmation or guided visualization scripts written and spoken by yourself, your coach or trainer, or with any of the fine recorded products available on the market. You do not have to be involved in sports competition to enjoy the positive effects of this session.

**Tranquility Induction**

Use these sessions on a regular basis for best results. It is useful to read books on meditation and tranquility techniques and to incorporate these techniques into a daily practice.

**07      15 min      Quick Work Break**

The common wisdom says you should take breaks at regular intervals if, for example, you work on a computer for extended periods of time. Combine this session with a good regimen of stretching exercise to avoid many of the chronic physical maladies that affect more and more people who sit in one place too long. In addition, we suggest that you use this session during your break times. It is also great after lunch and before you go back to the keyboard.

**08      25 min      Mind Sauna**

Use this with deep breathing and muscle awareness exercises. Start by breathing from your diaphragm. You will know you are doing this correctly when you feel your stomach, not your chest, moving up and down with every deep breath. As you allow your muscles to relax, tension will disappear. You may try lying down while using this session with relaxing music. There is a quick two minute boost at the end of the session to bring you “back up” again.

**09      16 min      Quick Refresher**

Here is help for you to refocus your energies. Use it if you are feeling you need to be able to revitalize yourself during a particularly difficult day. As you become more familiar with the subtleties of the various sessions you will find you will tend to develop favorites you use several times a week. Because they are convenient to use, some of the 15–20 minute sessions like this one will get a lot of use.

**10      35 min      Regeneration**

This session is long enough to allow you to reach a state of very deep tranquility and focused concentration. Some people feel this session seems much shorter than 35 minutes. A session like this has to be used on a regular basis over a period of several weeks to help you learn to properly let go and allow yourself to become deeply tranquil. This is also a good session to use with tranquility or self-help tapes.

**11      60 min      Deep Meditation**

Make time for yourself! Use this session when you know you will remain undisturbed. This is the longest session offered and for beginning users it may seem too long. It is excellent as a training session if you are trying to learn how to meditate for extended periods. You may find your meditation practice will go more smoothly even without the help of this machine.

**Learning**

Learning is enhanced when you are in a tranquil, alert state. Absorbing new information and concepts—and memorization too—becomes easier. Many people also find self-help tapes are more effective when used along with a light and sound machine. Try sessions 13, 16, or 17 for this purpose, but make sure the session you choose is long enough to last the length of the tape.

**12      10 min      Quick Alertness Break**

This is a perfect session to help you remain focused on your studies. It is designed to be used once every 40 to 60 minutes. This session will help you to better integrate the material during your study period.

**13      35 min      Learning with Tapes**

This session is specifically designed for use with language tapes. It uses the techniques pioneered by a Bulgarian researcher, called superlearning. It involves developing a state of tranquil and focused concentration.

**14      15 min      Relax Before Exams or  
Pressure Situations**

It will leave you with a sense of calm, focus and confidence. Concentration can be broken when you are feeling uneasy. Everyone has had the experience of taking an exam, feeling pressured and forgetting material they easily remember when the pressure is taken off. This session is ideal for use before an exam or presentation.

**15      15 min      Concentration**

This session is designed to quickly bring you into a calm, focused state. A tranquil body allows the mind more ability to be alert and attentive. Your main focus when using this session should be to allow your body to become as tranquil as possible while maintaining your alertness. Use your breathing exercises to help you do that.

**16      20 min      Creativity Enhancement**

This session sweeps through a series of frequencies to help stimulate your thought processes. Use it frequently for maximum benefit. Try this one for several days in a row for help with problem solving. Try not to push for a solution: try to allow one to come on its own. Sometimes letting go is the best method.

**17      20 min      Visualization**

Use when you feel tired and want a session that moves through a series of frequencies for stimulation and visualization. If you are a visual person, you will see all kinds of kaleidoscopic imagery. The session is quite enjoyable with very pleasant after-effects.

## Well-Being

These sessions are especially useful when you are looking for a release from the tensions that build up during the day.

**18      25 min      Body/Mind Awareness**

There is a direct connection between health of the mind and the body. It is difficult to have a tranquil mind while your body feels tense. Alternatively, it is difficult to allow your body to relax if your mind is overactive or you are filled with emotional anxiety. This session is best used with a recorded program designed for tranquility of your body and mind. If no tape is available, do a body awareness exercise of going through each muscle group and becoming aware of tight spots. Work to release and relax your entire body over this 25 minute session. Use it often if this is your main area of concern. Pay attention to your body and notice if you find it becoming looser as the weeks progress.

**19      22 min      Afternoon Break**

Mix this session with some gentle, soothing music or nature sounds to reduce the tensions caused by your daily life. The session is long enough to help you to become deeply refreshed, but not so long as to cut too heavily into your other daily responsibilities. One of the most difficult problems to overcome is making the time each day to use the unit in a meaningful way. If you find this to be the case try any of the 15–25 minute sessions and commit yourself to using them. If you can spare a few extra minutes you may find this session becomes one of your favorites.

**20      25 min      Deep Tranquility**

Try this session first if you are really sensitive or just starting out on the machine. This is one of the most gentle sessions in the unit. Just sit back and allow yourself to gently flow.

**21      18 min      Goodnight**

This is a great session to use at the end of your day. Lie down, and set the lights at a low level. It is fairly short because we do not want you to fall asleep while still wearing the glasses and headphones.

**22      25 min      Release the Day**

Use this with the lights set to a low to moderate setting. This is an end of the day session for calming and internal balance. It is best used when you have planned no more social interaction for the remainder of the evening, including TV. Perhaps after using it you will want to read a book for a while or just go directly to sleep.

**23      No time limit      Random Sweep**

This session will never run the same way twice. It is designed to move from frequency to frequency in a random pattern. The frequency changes every few seconds. Experiment with it and enjoy the interesting visual and audio effects.

We hope these sessions will bring you much pleasure in the years to come.

**Contacting Mindplace**

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*Visit our website for additional contact information*

**<http://www.mindplace.com>**