

PROTEUS SESSIONS

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P01-P06

Peak Performance Sessions

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

P01

20 min Power Regenerator

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 P03, P04, P07, P09, or P17 for feelings of mental and physical regeneration.

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P02

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.

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P03

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.

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P04

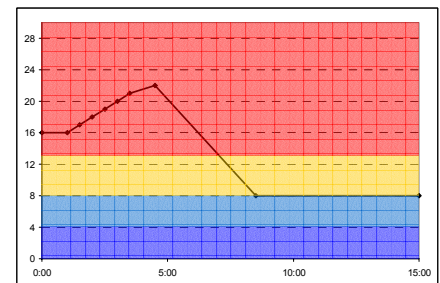
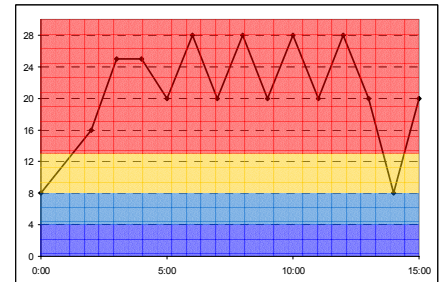
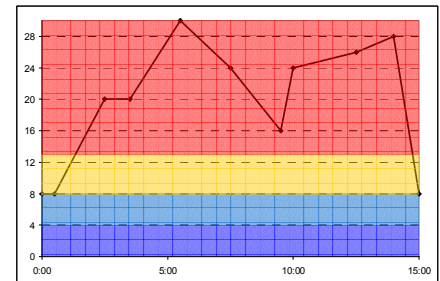
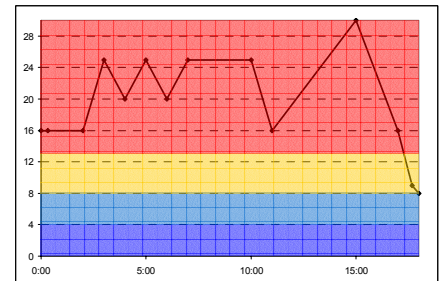
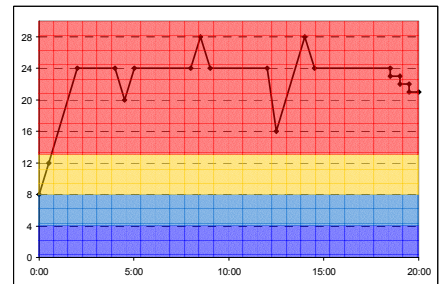
15 min Power Pause

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.

P05

15 min Athletic Warm-Up

This session will help enhance feelings of relaxed 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 relaxed 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

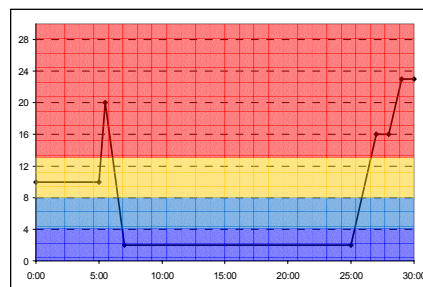


the goals you set for yourself. You may also use this session with any number of peak performance or positive affirmation tapes. You or your coach may even record your own positive affirmations and play them back while using this session.

P06

30 min Peak Composure

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.



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P07-P16

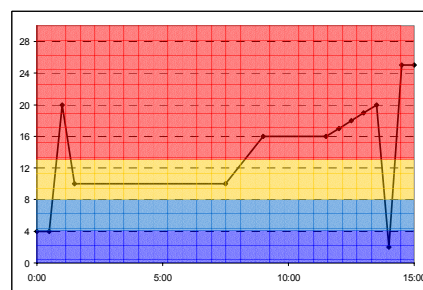
Relaxation Sessions

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

P07

15 min Quick Work Break

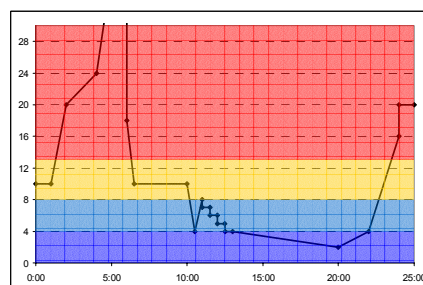
The common wisdom says you should take breaks at regular intervals if, for example, you work on a computer for extended periods of time. Combine this session with a good regimen of stretching exercise to avoid many of the chronic physical maladies that affect more and more people who sit in one place 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.



P08

25 min Mind Sauna

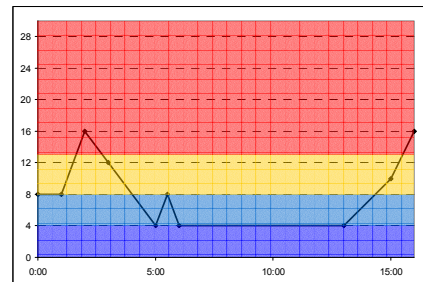
Use this with deep breathing and muscle awareness exercises. Start by breathing from your diaphragm. You will know you are doing this correctly when you feel your stomach, not your chest, moving up and down with every deep breath. As you allow your muscles to relax, tension will disappear. You may try 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. *(Note: chart peaks at 50Hz)*



P09

16 min Quick Refresher

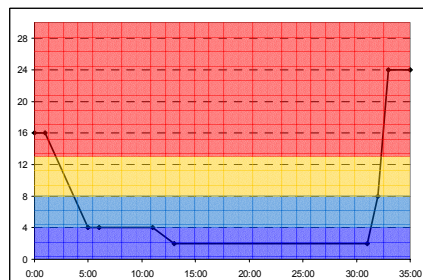
Here is help for you to refocus your energies. Use it if you are feeling you need to be able to revitalize yourself during a particularly difficult day. As you become more familiar with the subtleties of the various sessions you will find you will tend to develop favorites you use several times a week.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



P10

35 min Regeneration

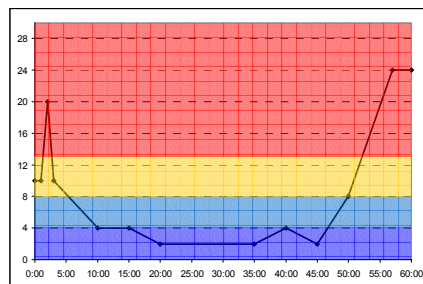
This session is long enough to allow you to reach a state of very deep relaxation and focused concentration. Some people feel this session seems much shorter than 35 minutes. A session like this has to be used on a regular basis over a period of several weeks to help you learn to properly let go and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



P11

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.



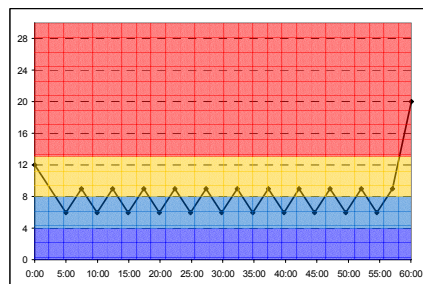
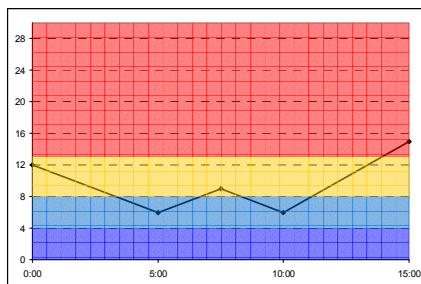
P12-16

MindLab Relax

(P12 15min) (P13 25min)

(P14 35min) (P15 45min) (P16 60min)

Basic relaxation sessions that “float” back-and-forth between Alpha and Theta states. The 35 min and 45 min sessions mix in binaural beats.



P17-P27

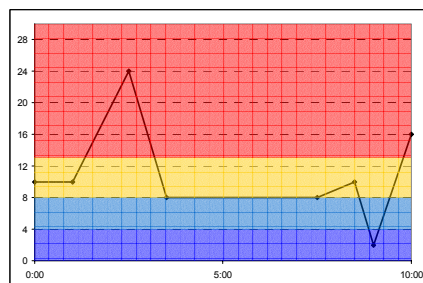
Learning Sessions

Use these sessions on a regular basis for best results. It is helpful to read books on meditation and relaxation. Learning is enhanced when you are in a relaxed, alert state. Absorbing new information and concepts and memorization also becomes easier. Many people find self-help tapes are more effective when used along with a light and sound machine. Try sessions P18, P20, P22 or P23-27 for this purpose, but make sure the session you choose is long enough to last the length of the tape.

P17

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.



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P18

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 relaxed and focused concentration.

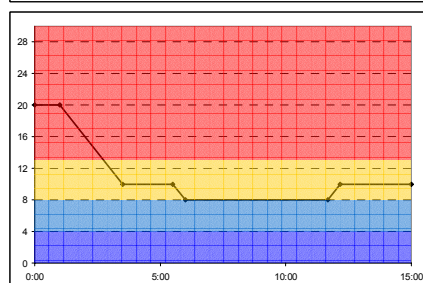
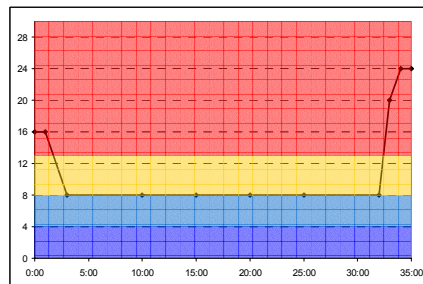
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P19

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.



P20

15 min Concentration

This session is designed to quickly bring you into a calm, focused state. A relaxed 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 relaxed as possible while maintaining your alertness. Use your breathing exercises to help you do that.

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P21

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.

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P22

20 min Visualization

Use this 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.

P23-P27

MindLab Learn

(P23 15min) (P24 25min) (P25 35min) (P26 45min) (P27 60min)

Various length sessions to ease absorption of new information and concepts and to improve memorization. Can be used before, during (without glasses) and after study sessions.

P28-P32

Well Being Sessions

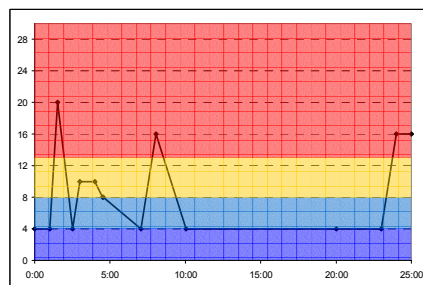
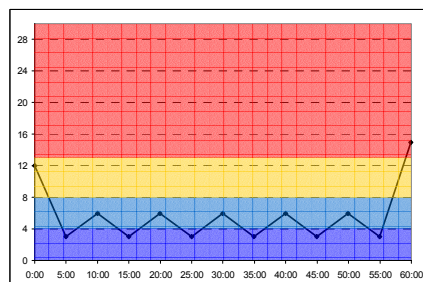
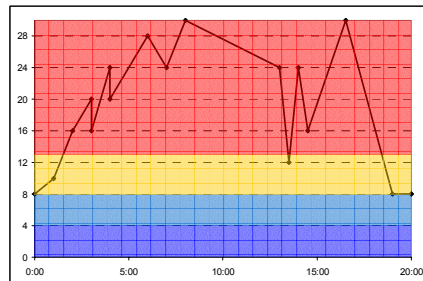
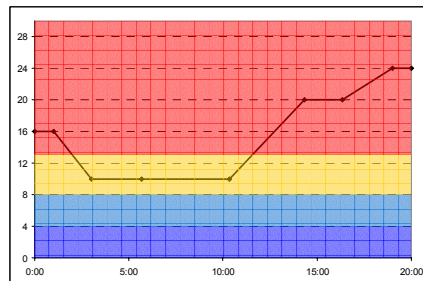
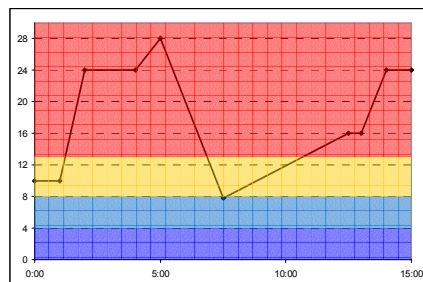
These sessions are especially useful when you are looking for a release from the tensions that build up during the day.

P28

25 min Mind/Body Awareness

There is a direct connection between health of the mind and the body. It is difficult to have a relaxed 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 relaxation 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.

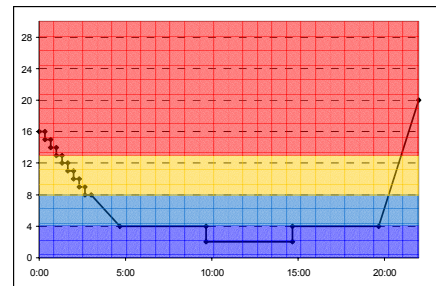
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P29

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.

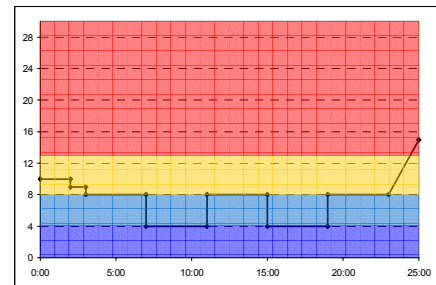


P30

25 min Deep Relaxation

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

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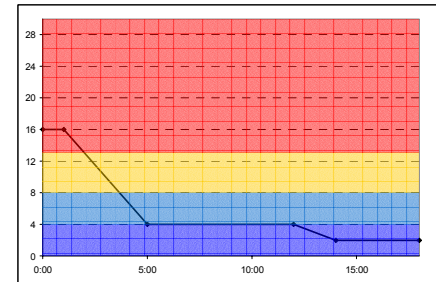
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P31

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.

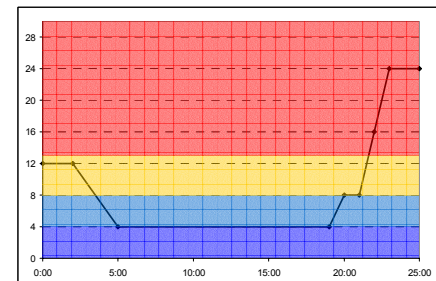
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P32

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.

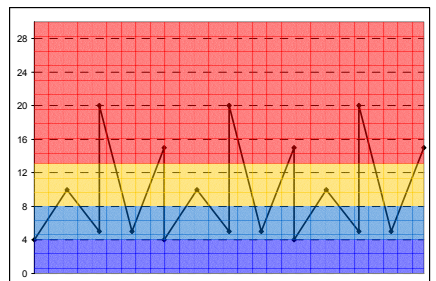


P33-37

MindLab Visualize

(P33 15min) (P34 25min) Cycle 4Hz→10Hz→5Hz 14Hz→5Hz→12Hz
(P35 35min) (P36 45min) Cycle 4Hz→20Hz→5Hz 14Hz→5Hz→15Hz
(P37 60min) Cycle 4Hz→10Hz→5Hz 20Hz→5Hz→15Hz

Use this 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. P33 & P34 are similar except that P34 does not vary brightness levels and there is no sound modulation. P35 & P36 are similar except that P36 does not vary brightness levels and there is no sound modulation. P37 is the longest and gentlest of these visualization sessions. Each cycle is repeated fifteen (15) times. The chart shown is the basic cycle for P37.

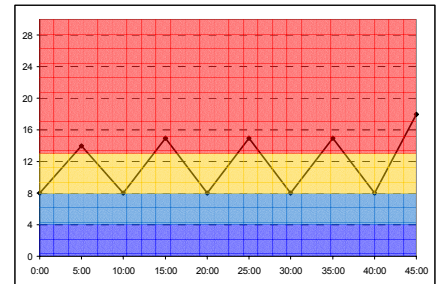


P38-P42

MindLab Energize

(P38 15min) (P39 25min) (P40 35min) (P41 45min) (P42 60min)

These sessions sweep through Alpha frequencies and touch the lower Beta frequencies. Use these sessions to calm your mind without relaxing too much. P42 (60min) varies the program by adding 18Hz peaks and alternates them with the 14Hz peaks. Chart shown is P41 (45min).

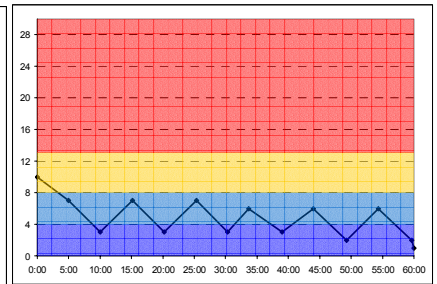
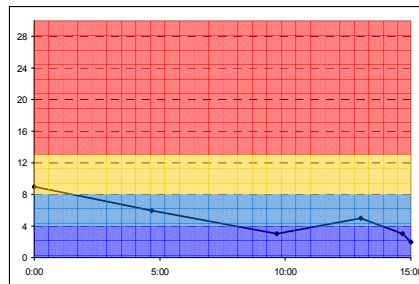


P43-P47

MindLab Sleep

(P43 15min) (P44 25min) (P45 35min)
(P46 45min) (P47 60min)

Use these sessions to fall asleep. They do not "rise" at the end to wake you up so use them when you want to fall asleep and stay asleep.



P48-P49

Pure Entertainment - Pyrotechnics

(P48 16min) (P49 9min)

Two "light show" sessions. P48 is the longer of the two and really shows off how complex a Proteus session can be. P48 moves through 113 segments (changes) in just 16 minutes! P49 is shorter (time) and does not vary the audio frequency. P49 moves through 76 segments in just 9 minutes! The visualizations produced by these sessions are unbelievable! Use these sessions to entertain and massage your brain!