ThoughtStream™ - Proteus™
GSR-Controlled Programs

www.mindplace.com
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POSITIVE LOOPS SESSIONS

Proteus 2.0 : Session Editor

File   Edit   Serial Port   Utilities   Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor	EDR 1	EDR 1	EDR 1	EDR 1	EDR 1	none
Start	12	15	12	0	220	15
2	LFO #1	LF #1 Brite	LFO #2	LF #2 Brite	Pitch	Volume
Finish	4	0	4	15	40	15

Sensitivity Settings

EDR 1 [61]   Temp 1 [5,06]

EDR 2 [1000]   Temp 2 [1,04]

Click here to adjust additional controls   ☐ Update default settings

[Update Session Table]   [Cancel]   [Send to Proteus]

No.	Time	Channel 1 Frequency Start	Finish	Brightness Start	Finish	Channel 2 Frequency Start	Finish	Brightness Start	Finish	Audio Pitch Start	Finish
1	2:30.0	21	12	0	15	21	12	15	0	110	220
2	BF Seg1	-	-	-	-	-	-	-	-	-	-
3	BF Seg2	-	-	-	-	-	-	-	-	-	-
4	10:00.0	12	4	15	15	12	4	15	15	150	150
5	2:30.0	4	14	0	15	4	14	15	0	40	110

[2]
[3]

Session Name   Time to end of selected Segment   Total Session Time

5_min_Alpa_Theta_positive_LOOP.PR: 00:02:29   00:14:53

1.   File: 15_min_Alpa_Theta_positive_LOOP.PR2

A simple positive loop biofeedback program in range of 12 to 4 Hz.
The first 2.5 min "No Bfck" segment stimulates from 21 Hz down to 12 Hz and changes the lights from green to red and sound up to 220 Hz. This is the starting position for the main biofeedback controlled segment of 10 min. When the EDR 1 sensitivity setting (default 61%) is reached the lights are green, the frequency drops down to 4 Hz and the tone will be as low as 40Hz.
The fade out "No Bfck" segment ramps in 2.5 min from 4 Hz green to 14 Hz red.

This program has been designed for self controlled total positive feedback and it reinforces the relaxation / meditation process.

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor	EDR 1	EDR 1	EDR 1	EDR 1	EDR 1	none

Start | 21 | 15 | 21 | 0 | 220 | 15 |

| 2 | LFO #1 | LF #1 Brite | LFO #2 | LF #2 Brite | Pitch | Volume |

Finish | 7 | 0 | 7 | 15 | 40 | 15 |

Sensitivity Settings

EDR 1 | 61 | Temp 1 | 5,06 |

EDR 2 | 1000 | Temp 2 | 1,04 |

Click here to adjust additional controls   ☐ Update default settings

Update Session Table   Cancel   Send to Proteus

Segment		Channel 1				Channel 2				Audio Pitch		2
		Frequency		Brightness		Frequency		Brightness				
No.	Time	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	3
1	2:30.0	10	21	0	15	10	21	15	0	110	220	
2	BF Seg1	-	-	-	-	-	-	-	-	-	-	
3	BF Seg2	-	-	-	-	-	-	-	-	-	-	
4	10:00.0	12	4	15	15	12	4	15	15	150	150	
5	2:30.0	7	14	0	15	7	14	15	0	40	110	

Session Name	Time to end of selected Segment	Total Session Time
15_min_Alpa_Beta_positive_LOOP.PR2	00:02:29	00:14:53

2.   FILE: 15_min_Alpa_Beta_positive_LOOP.PR2

AS 15_min_Alpa_Theta_positive_LOOP.PR2 but starting from 21 Hz red to 7 Hz green.

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor	EDR 1	EDR 1	EDR 1	EDR 1	EDR 1	none

Start

	21	15	21	0	220	15
2	LFO #1	LF #1 Brite	LFO #2	LF #2 Brite	Pitch	Volume

Finish

	4	0	4	15	40	15

Sensitivity Settings

EDR 1 [106]   Temp 1 [5,06]

EDR 2 [1000]   Temp 2 [1,04]

Click here to adjust additional controls   ☐ Update default settings

Update Session Table   Cancel   Send to Proteus

Segment		Channel 1				Channel 2				Audio Pitch		2
		Frequency		Brightness		Frequency		Brightness				
No.	Time	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	3
1	2:30.0	10	21	0	15	10	21	15	0	110	220	
2	BF Seg1	-	-	-	-	-	-	-	-	-	-	
3	BF Seg2	-	-	-	-	-	-	-	-	-	-	
4	15:00.0	21	4	15	15	21	4	15	15	150	150	
5	2:30.0	4	14	0	15	4	14	15	0	40	110	

Session Name	Time to end of selected Segment	Total Session Time
0_min_Theta_Beta_positive_LOOP.PR2	00:02:29	00:19:54

3. FILE: 20_min_Theta_Beta_positive_LOOP.PR2

AS 15_min_Alpa_Theta_positive_LOOP.PR2 but starting from 21 Hz red to 4 Hz green.
Default GSR sensitivity is set to 106%.

4. FILE: 25_min_Theta_High_Beta_positive_LOOP.PR2

AS 15_min_Alpa_Theta_positive_LOOP.PR2 but starting from 28 Hz red to 4 Hz green.
Default GSR sensitivity is set to 247%.

NEGATIVE LOOPS SESSIONS

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

| Control Sensor | EDR 1 | EDR 1 | EDR 1 | EDR 1 | EDR 1 | none |

Start

| 4 | 0 | 4 | 15 | 40 | 15 |

| 2 | LFO #1 | LF #1 Brite | LFO #2 | LF #2 Brite | Pitch | Volume |

Finish

| 12 | 15 | 12 | 0 | 120 | 15 |

Sensitivity Settings

EDR 1 [61]   Temp 1 [5,06]

EDR 2 [1000]   Temp 2 [1,04]

Click here to adjust additional controls   ☐ Update default settings

Update Session Table   Cancel   Send to Proteus

	Segment		Channel 1				Channel 2				Audio Pitch		2
			Frequency		Brightness		Frequency		Brightness				3
No.	Time		Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	
1	2:30.0		21	4	15	0	21	4	0	15	220	40	
2	BF Seg1		-	-	-	-	-	-	-	-	-	-	
3	BF Seg2		-	-	-	-	-	-	-	-	-	-	
4	10:00.0		12	4	15	0	12	4	0	15	150	150	
5	2:30.0		12	14	15	15	12	14	0	15	120	40	

Session Name	Time to end of selected Segment	Total Session Time
5_min_Alpa_Theta_negative_LOOP.PR	00:02:29	00:14:53

5.   FILE: 15_min_Alpa_Theta_negative_LOOP.PR2

Here you have a sample design of a negative biofeedback loop. The intro segment ramps down from 21 Hz red to 4 Hz green. Relaxation will then increase the light frequency and shift the color towards red and increase the tone pitch. At 61% (default) relative change the program stimulates reaches its maximum at 12 Hz red, 120 Hz pitch. The closing segment ramps from 12 to 14 Hz.

The negative loop feels quite different from the positive loop. It is in most cases much more difficult to reach the predefined GSR change. Compare it with a car ride simulation: the car will slow down when you get excited or loose your focus and move faster the more you relax and focus. But your first reaction to the acceleration is more tension and in that case the car will decelerate or even stop again. It needs some time to learn reacting with "relaxation" to a stress factor.
This principle may be transferred into "real" situations like controlling pain, fear or even anger. I call it "the braking of the positive loop". It has to do with learning of "letting go" in a predefined framework as you can not force focused relaxation. Being able to deal with the negative loop may be the key to shifting back and forth in different states/modes of consciousness. (without getting lost!)

6.   FILE: 15_min_Alpa_Beta_negative_LOOP.PR2

Same as "15_min_Alpa_Theta_negative_LOOP.PR2" but in 7 Hz green to 21 Hz red range.

7.   FILE: 20_min_Theta_Beta_negative_LOOP.PR2

As "15_min_Alpa_Theta_negative_LOOP.PR2" but total of 20 min and 4 to 21 Hz.
Default GSR sensitivity is set to 106%.

8.   FILE : 25_min_Theta_High_Beta_negative_LOOP.PR2

As "15_min_Alpa_Theta_negative_LOOP.PR2" but total of 25 min and 4 Hz to 28 Hz.
Default GSR sensitivity is set to 247%.

MONITORING SESSIONS

The monitoring sessions are designed to supply with information of the progress of the session but are not directly interacting. This way the session runs in a preprogrammed mode: the L/S stimulation will not change in relation to the GSR. The tone frequency and the color shift do monitor the GSR relative change.

9.   FILE : 15_min_Alpha_Monitor.PR2

The default 61% of relative GSR change is being monitored in the 10 min segment by changing to green and lower tone.

10.   FILE : 15_min_Theta_Monitor.PR2

The default 61% of relative GSR change is being monitored in the 10 min segment by changing to green and lower tone.

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor	none	EDR 1	none	EDR 1	EDR 1	none

Start

21	15	21	0	220	15

2	LFO #1	LF #1 Brite	LFO #2	LF #2 Brite	Pitch	Volume

Finish

4	0	4	15	40	15

Sensitivity Settings

EDR 1 [106] Temp 1 [5,06]

EDR 2 [1000] Temp 2 [1,04]

[Click here to adjust additional controls] ☐ Update default settings

[Update Session Table] [Cancel] [Send to Proteus]

Segment		Channel 1				Channel 2				Audio Pitch		2
		Frequency		Brightness		Frequency		Brightness				
No.	Time	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish	3
1	2:30.0	14	12	0	15	14	12	7	0	110	220	
2	BF Seg1	-	-	-	-	-	-	-	-	-	-	
3	BF Seg2	-	-	-	-	-	-	-	-	-	-	
4	10:00.0	12	7	15	15	12	7	15	15	150	150	
5	5:00.0	7	4	15	0	7	4	15	15	150	40	
6	5:00.0	4	7	0	0	4	7	15	15	40	40	
7	5:00.0	7	12	0	0	7	12	15	15	40	40	
8	2:30.0	12	21	0	15	12	21	15	0	40	110	

Session Name: D_min_Alpha_Theta_Alpha_Monitor.PR

Time to end of selected Segment: 00:02:29

Total Session Time: 00:29:50

11.   FILE: 30_min_Alpha_Theta_Alpha_Monitor.PR2

30 Min program monitoring with sound pitch and lights color.

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Select a Thought Stream sensor to control the given Proteus functions

Control Sensor	none	EDR 1	none	EDR 1	EDR 1	EDR 1
Start	15	0	15	15	120	7
5	LFO #1	LF #1 Brite	LFO #2	LF #2 Brite	Pitch	Volume
Finish	4	4	4	4	40	15

Sensitivity Settings
EDR 1 [80] Temp 1 [5,06]
EDR 2 [1000] Temp 2 [1,04]

Click here to adjust additional controls ☐ Update default settings

Update Session Table | Cancel | Send to Proteus

No.	Time	Channel 1 Frequency Start	Channel 1 Frequency Finish	Channel 1 Brightness Start	Channel 1 Brightness Finish	Channel 2 Frequency Start	Channel 2 Frequency Finish	Channel 2 Brightness Start	Channel 2 Brightness Finish	Audio Pitch Start	Audio Pitch Finish
1	2:30.0	21	12	0	15	21	12	7	0	110	220
2	BF Seg1	-	-	-	-	-	-	-	-	-	-
3	BF Seg2	-	-	-	-	-	-	-	-	-	-
4	10:00.0	12	7	15	15	12	7	15	15	150	150
5	BF Seg1	-	-	-	-	-	-	-	-	-	-
6	BF Seg2	-	-	-	-	-	-	-	-	-	-
7	5:00.0	7	4	15	0	7	4	15	15	150	40
8	5:00.0	4	7	0	0	4	7	15	15	40	40
9	BF Seg1	-	-	-	-	-	-	-	-	-	-
10	BF Seg2	-	-	-	-	-	-	-	-	-	-
11	5:00.0	7	12	0	0	7	12	15	15	40	40
12	2:30.0	12	21	0	15	12	21	15	0	40	110

Session Name: nin_Alpha_Theta_Alpha_Ride_Monitor.

Time to end of selected Segment: 00:12:24

Total Session Time: 00:29:50

12.   File: 30_min_Alpha_Theta_Alpha_Ride_Monitor.PR2

Similar to "30_min_Alpha_Theta_Alpha _Monitor.PR2" but there is an additional segment in the theta range. It will lower the intensity of the lights with a slight shift to green when relaxing and focusing.

MIXED MODES

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor: EDR 1 | EDR 1 | EDR 1 | EDR 1 | EDR 1 | none

Start 7 | 15 | 14 | 0 | 220 | 15

8 | LFO #1 | LF #1 Brite | LFO #2 | LF #2 Brite | Pitch | Volume

Finish 4 | 0 | 8 | 15 | 40 | 15

Sensitivity Settings
EDR 1 247   Temp 1 5,06

EDR 2 1000   Temp 2 1,04

Click here to adjust additional controls   ☐ Update default settings

Update Session Table | Cancel | Send to Proteus

No.	Time	Ch1 Freq Start	Finish	Ch1 Bright Start	Finish	Ch2 Freq Start	Finish	Ch2 Bright Start	Finish	Audio Pitch Start	Finish
1	2:30.0	21	12	0	15	21	12	7	0	110	220
2	BF Seg1	.	.	.	.	.	.	.	.	.	.
3	BF Seg2	.	.	.	.	.	.	.	.	.	.
4	5:00.0	12	7	15	15	12	7	15	15	150	150
5	BF Seg1	.	.	.	.	.	.	.	.	.	.
6	BF Seg2	.	.	.	.	.	.	.	.	.	.
7	2:30.0	7	4	15	0	7	4	15	15	150	40
8	BF Seg1	.	.	.	.	.	.	.	.	.	.
9	BF Seg2	.	.	.	.	.	.	.	.	.	.
10	2:30.0	4	7	0	0	4	7	15	15	40	40
11	BF Seg1	.	.	.	.	.	.	.	.	.	.
12	BF Seg2	.	.	.	.	.	.	.	.	.	.
13	5:00.0	7	12	0	0	7	12	15	15	40	40
14	2:30.0	12	21	0	15	12	21	15	0	40	110

8 | 9

Session Name: 20_min_Bio_Ride_Mix.PR2
Time to end of selected Segment: 00:09:57
Total Session Time: 00:19:54

13.   FILE: 20_min_Bio_Ride_Mix.PR2

This is a sample for a "Biofeedback Ride": a mixed mode –monitoring, positive and negative loop-, complex program for learning attention to and dealing with inner changes.

Proteus 2.0 : Session Editor

File Edit Serial Port Utilities Help

Selcect a Thought Stream sensor to control the given Proteus functions

Control Sensor: EDR 1 | EDR 1 | EDR 1 | EDR 1 | EDR 1 | none

Start 4 | 0 | 4 | 15 | 40 | 15

11 | LFO #1 | LF #1 Brite | LFO #2 | LF #2 Brite | Pitch | Volume

Finish 12 | 15 | 12 | 0 | 220 | 15

Sensitivity Settings
EDR 1 106   Temp 1 5,06

EDR 2 1000   Temp 2 1,04

Click here to adjust additional controls ☐ Update default settings

Update Session Table | Cancel | Send to Proteus

Segment		Channel 1				Channel 2				Audio Pitch	
		Frequency		Brightness		Frequency		Brightness			
No.	Time	Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
1	2:30.0	21	12	0	15	21	12	7	0	110	220
2	BF Seg1	-	-	-	-	-	-	-	-	-	-
3	BF Seg2	-	-	-	-	-	-	-	-	-	-
4	5:00.0	12	7	15	15	12	7	15	15	150	150
5	BF Seg1	-	-	-	-	-	-	-	-	-	-
6	BF Seg2	-	-	-	-	-	-	-	-	-	-
7	5:00.0	7	4	15	0	7	4	15	15	150	40
8	BF Seg1	-	-	-	-	-	-	-	-	-	-
9	BF Seg2	-	-	-	-	-	-	-	-	-	-
10	5:00.0	4	7	0	0	4	7	15	15	40	40
11	BF Seg1	-	-	-	-	-	-	-	-	-	-
12	BF Seg2	-	-	-	-	-	-	-	-	-	-
13	5:00.0	7	12	0	0	7	12	15	15	40	40
14	2:30.0	12	21	0	15	12	21	15	0	40	110

11
12

Session Name: **25_min_Bio_Ride_Mix.PR2**

Time to end of selected Segment: **00:17:26**

Total Session Time: **00:24:54**

14.   FILE: 25_min_Bio_Ride_Mix.PR2

This is another sample for a "Biofeedback Ride": a mixed mode –monitoring, positive and negative loop-, complex program for learning attention to and dealing with inner changes.