# ThoughtStream<sup>™</sup> - Proteus<sup>™</sup> GSR-Controlled Programs

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# POSITIVE LOOPS SESSIONS

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#### 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.

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### 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.

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### 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%.

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### 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

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#### 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!)

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## 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.

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### 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%.

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### 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.

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#### 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.

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## 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.

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No. 1 2 3	Time 2:30.0 BF Seg1 BF Seg2	Start 14	Finish 12 ·	Start 0 -	Finish 15	Start 14	Finish 12	Start 7 -	Finish 0 .	Pit Start 110 -	tch Finish 220 -	
No. 1 2 3 4	Time           2:30.0           BF Seg1           BF Seg2           10:00.0	Start 14 12	Finish 12 - - 7	Start 0 - - 15	Finish 15 - - 15	Start 14 12	Finish 12 · · 7	Start 7 - - 15	Finish 0 15	Pit Start 110 - - 150	tch Finish 220 · 150	
No. 1 2 3 4 5	Time           2:30.0           BF Seg1           BF Seg2           10:00.0           5:00.0	Start           14           -           12           7	Finish 12	Start 0 - 15 15	Finish 15 15 . 15 . 15 . 0 . 0	Start 14 - 12 7	Finish 12	Start 7 - 15 15	Finish 0 15 15	Pir Start 110 - - 150 150	tch Finish 220 - - 150 40	
No. 1 2 3 4 5 6	Time           2:30.0           BF Seg1           BF Seg2           10:00.0           5:00.0	Start           14           -           12           7           4	Finish 12	Start 0 - 15 15 0	Finish 15	Start 14 - 12 7 4	Finish 12 - - 7 4 7	Start 7 - 15 15 15	Finish 0	Pit Start 110 - - 150 150 40	tch Finish 220 150 40 40	
No. 1 2 3 4 5 6 7 8	Time           2:30.0           BF Seg1           BF Seg2           10:00.0           5:00.0           5:00.0	Start           14           12           7           4           7	Finish 12 - - 7 4 7 12	Start 0	Finish 15	Start 14 - 12 7 4 7 12 12	Finish 12	Start 7 - 15 15 15 15 15 15	Finish 0 15 15 15 15 15 0 0	Pir Start 110 - 150 150 40 40 40	tch Finish 220 - 150 40 40 40	3

## 11. FILE: 30\_min\_Alpha\_Theta\_Alpha\_Monitor.PR2

30 Min program monitoring with sound pitch and lights color.

⊞ Pr	oteus 2.0	: Sessi	on Edito	r							_		
<u>F</u> ile	<u>E</u> dit Serial <u>F</u>		ties Help										
Cont	trol						control the			nctions —			
Sen	sor   none	e   E	DR 1	none	I E	DR 1	EDR 1		DR 1				
Star	t 15	] Г	0	15	1 [	15	120	1 [	7				
5	LFO #	11 LF :	#1 Brite	LFO #	2 LF	#2 Brite	Pitch	V	olume				
Finis	sh 4	1 [	4	4	I F	4	40	1 [	15				
Sensitivity Settings													
EDR 1 80 Temp 1 5,06 Click here to adjust additional controls Update default settings													
EDR 1   80 Temp 1   5,06 Update Session Table Cancel Send to Proteus													
EDR	2 ] 1000   16	empzji.	,04										
			Chan	nel 1			Chan	nel 2			dio	5	
	egment		iency	-	tness	· · · ·	uency	<u> </u>	tness		tch		
No.	Time	Start	Finish	Start	Finish	Start	Finish		Finish	Start	Finish	6	
	2:30.0	21	12	0	15	21	12	7	0	110	220		
2	BF Seg1	·	•	· _	·	<u> </u>	Ŀ	· ·	·		_ ·		
3	BF Seg2	·	•	· _	·	<u> </u>	Ŀ	· ·	·		_ ·		
4	10:00.0	12	7	15	15	12	7	15	15	150	150		
5	BF Seg1	•	-	-	-	-	-	-	-	-	-		
6	BF Seg2	·	•	•	· .	-	Ŀ	-	•	-	-		
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		40	110		
	sion Name					Time	to end of		Segmen		Session Ti	ime	
hin_	_Alpha_Th	eta_Alp	oha_Rid	le_Mon	itor.		00	):12:24		(	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

I Proteus	s 2.0	: Sessi	on Edito	)r							-	
<u>File E</u> dit Serial <u>P</u> ort <u>U</u> tilities Help												
Control Selcect a Thought Stream sensor to control the given Proteus functions												
Sensor EDR1 EDR1 EDR1 EDR1 None												
Start 7 15 14 0 220 15												
8	LFO #	11 LF 1	#1 Brite	LFO #	2 LF	LF #2 Brite Pitch Volume						
Finish 4 0 8 15 40 15												
Sensitivitu Settings												
EDR 1 247 Temp 1 5,06 Click here to adjust additional controls Update default settings												
Update Council Council Destaura												
						Session Table Cancel				Send to Proteus		
EDR 2 1000 Temp 2 1,04												
Channel 1						Channel 2				Audio 8		
Segment Frequency Brightne				Frequency Brightnes				Pitch				
	me	Start	Finish		Finish	Start	Finish	Start		Start	Finish	9
	30.0	21	12		15	21	12	7		110	220	
	Seg1	·	· .	<u> </u>	·	· ·	Ŀ	· ·	·		<u> </u>	
	Seg2	Ŀ	<u> </u>	Ŀ	Ŀ	<u> </u>	Ŀ	Ŀ	Ŀ		<u> </u>	
	0.0	12	7	15	15	12	7	15	15	150	150	
	Seg1	·	· .	<u> </u>	·	·	Ŀ	· ·	·		· .	
	Seg2	·	· .	<u> </u>	·	•	Ŀ	· ·	·		· .	
	30.0	7	4	15	0	7	4	15	15	150	40	
	Seg1	·	· .	<u> </u>	·	•	Ŀ	·	·		· .	
	Seg2	Ŀ	<u> </u>	Ŀ	Ŀ	<u> </u>	Ŀ	<u> </u>	Ŀ	-	<u> </u>	
	30.0	4	7		0	4	7	15	15	40	40	
	Seg1	· ·	-	Ŀ	·	-	· _	•	•			
	Seg2	· ·	-	· .	· ]	-	-	•	· .	-	•	
فتعصر المتغا	0.0	7	12	0	0	7	12	15	15	40	40	
14 2:3	30.0	12	21		15	12	21	15	0	40	110	
Session Name Time to end of selected Segment Total Session Time												
20_min_Bio_Ride_Mix.PR2 00:09:57 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.

I Proteus 2.0 : Session Editor												
<u>File E</u> dit Serial <u>P</u> ort <u>U</u> tilities Help												
Control Selcect a Thought Stream sensor to control the given Proteus functions												
Sensor EDR1 EDR1 EDR1 EDR1 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						Update Session T		Cancel		Send to Proteus		s
Channel 1 Channel 2 Audio 11												
Se	Channel I Segment Frequency Brights					Eroquongy Brightnoog					Pitch	
No.	Segment No. Time		Frequency Brightness Start Finish Start Finish		Finish	Frequency Start Finish		Brightness Start Finish		Start	Finish	12
1	2:30.0	21	12		15	21	12			110	220	
2	BF Seg1											
3	BF Seg2	<u> </u>			<u> </u>							
H I	5:00.0	12		15	15	12		15	15	150	150	1
5	BF Seg1	· · ·										
苊	BF Seg2	· · ·	<u> </u>	<u> </u>		· ·		· · ·	· · 1	· ·	· ·	1
同	5:00.0	7	4	15		7	4	15	15	150	40	1
8	BF Seg1	· ·	· 1	· ]	· 1		<u> </u>	· 1	· 1	•	· ·	1
9	BF Seg2	· ·	· 1	-	· 1	-	· 1	· 1	· 1		· ·	1
10	5:00.0	4	7			4	7	15	15	40	40	1
11	BF Seg1	·	-		· 1		· ]		-	-	-	
12	BF Seg2	· ]	-	·	· ]	· ]	-	·	· ]	·	-	
13	5:00.0	7	12	0		7	12	15	15	40	40	
14	2:30.0	12	21		15	12	21	15		40	110	
Session Name Time to end of selected Segment Total Session Time												
25_min_Bio_Ride_Mix.PR2 00:17:26 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.