

## **Quickstart: Running ThoughtStream-controlled Proteus sessions**

The 14 sessions preloaded into the Uxx bank of your Proteus can be run as normal sessions. If you connect a ThoughtStream (USB) to it, the GSR information can control aspects of the session: for example, changing the flicker frequency and brightness, binaural beat frequency, etc. so a slower frequency could be a indication of your relaxation level.

Most of these 14 sessions include both standard light and sound segments and biofeedback controlled segments. ThoughtStream data will affect only the biofeedback controlled segments. Please refer to the document "Thoughtstream controlled Proteus sessions" for details for each session.

### Setting up:

- Using the included 3.5mm audio patch cable included with your Proteus, connect the AUX input on the Proteus to the PC jack on your ThoughtStream.
- Connect the GanzFrames and headphones to the Proteus, and hand probe to the Thoughtstream. In this case, Proteus will be generating audio feedback, not the ThoughtStream.
- Select one of the Uxx sessions (assuming that you have not overwritten that bank with other sessions; if you have, you will need to transfer them back into the Uxx bank).
- Press and briefly hold the top and bottom Proteus buttons. This should cause a decimal point on the Proteus display to flash on and off.
- Put on the hand probe and headphones, and turn both units on. Then press the start button on the Proteus, and put on your GanzFrames.

*Note: at session's end, press the top and bottom Procyon buttons again to make the flashing dot disappear; you can now play external audio through the Procyon again.*

Using U02 as an example, during the first 2.5 minutes is a gradually slowing light and sound segment, after which biofeedback control takes over. In this case, as you relax the frequency and audio pitch drops, and color changes from red to green.

### Going further:

The document "Proteus/ThoughtStream Interfacing" details how to create your own sessions, and how the biofeedback segments work. If you have a ThoughtStream USB, you can also connect it to a PC and chart your session using the ThoughtStream USB Interface software.

Enjoy!