



MindPlace  
MARKETING

**MindLab Pro™**  
MENTAL FITNESS SYSTEM

User's Guide and  
Reference



## NOTICE:

### Read this page before using your system

Your system 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 MindLab Pro, and other sources commonly found in nature.

#### Disclaimer

MindLab Pro is not a medical device and should not be construed as a substitute for proper medical care. MindLab Pro is a tool for personal growth. As such, no medical effects of any sort are claimed to result from its use. References to "alpha", "beta", "theta", and "delta" refer to the pulse rates of the lights and sounds and do not constitute a claim of brainwave entrainment. The opinions expressed in this guide are those of the authors, not MindPlace Marketing.

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## *MindLab Pro*

### **from MindPlace Marketing**

*Congratulations!* You have just purchased the most advanced and most versatile mental fitness system available! MindLab Pro is a state-of-the-art, portable mind machine; a safe, drug-free way of guiding yourself into deep relaxation and other beneficial mental states—the optimal tool for mind exploration. It not only has capabilities that exceed virtually all light and sound systems currently available, but it has powerful expansion options as well. As you begin to explore light and sound, you will inevitably want to experiment with more sessions. The MindLab will let you do it. It can *go* with you and *grow* with you as you learn about optimal mental capability and performance.

The MindLab Pro comes with 50 unique programs stored in permanent memory. Each one was designed with a specific objective in mind. The MindLab offers you the combined resources and knowledge of 17 different experts! Work with the sessions that suit your needs best; they provide the vital “software of the mind” that will help you integrate the experiences and lessons of your daily life and make your inner travels most productive. Research has indicated that light and sound users gain the greatest benefit when a session is accompanied by an audio program specific to their needs, so for nearly every session in the MindLab you can also get a compatible audio cassette tape.

The MindLab Pro also gives you maximum flexibility. As a completely *expandable* system, it can be “programmed” from your Windows 95-compatible computer, with entire collections of light and sound programs available on diskette.

And finally, you can play external audio programs *with* internal sessions. Now you can transform your experience of your favorite music or reinforce personal development, learning, or guided imagery programs with the powerful effects of light and sound.

### How to use this guide

This user's guide is intended to help you get the maximum benefit from your MindLab Pro. As you look through the guide, you'll see that it's far more than just an operations manual; it also offers you valuable information about how to get maximum benefit from light and sound stimulation.

**Section 1, Introduction to Light & Sound.** We recommend you read *Achieving Peak Performance States* as a primer, as it offers insight into the potentials of working with light and sound.

**Section 2, Operating the MindLab Pro** explains how to use each type of programming option.

Section 2 also provides important information about the care and use of your MindLab Pro, tips for the first time user, and a special question and answer section.

Many of you will be anxious to try out your new MindLab Pro right away. You can begin immediately by referring to the Quick Start Instructions on page 13. They serve as a handy reference outline for the basic steps to running a pre-set session. Be sure to take some time later, though, and fully read the operation section carefully! Although operation is very simple once you've done it a few times, there is important information you will need to know in order to take advantage of all the programming options MindLab Pro has to offer.

## SECTION 1

# Introduction to Light and Sound

## *Achieving Peak Performance States with Light/Sound Technology*

By Rayma Ditson-Sommer, Ph.D. and Larry Minikes

In today's fast-paced world people are hard pressed to make the commitment to long term self improvement programs, despite the considerable benefits that a focused, clear mind confers. Fortunately, light and sound technology can accelerate any such program if you are willing to invest the modest amount of time required to sit undisturbed for a half-hour per day at least three to four times per week.

The common problems people face in beginning a self improvement program include:

- Finding a credible trainer or an appropriate program.
- Finding and making the time to practice.
- Finding the proper space to practice in.
- Learning associated techniques to assist in reaching deeply relaxed states.
- Most important of all, staying with the program—discipline.

You have made a big step towards your commitment to improve your experience of the world by purchasing the MindLab Pro and taking the time to learn how to best make use of it. This technology will help you begin and maintain an effective meditation or deep relaxation program which will, over time, bring you many benefits.

### The benefits of light/sound technology

- **Relaxation.** Achieve states of calmness in a shorter period of time than is possible with many traditional methods. The MindLab can add an effective new element to traditional meditation and other types of stress reduction programs.

- **Safe, effective, non habit forming** and drug-free assistance in falling asleep.
- **Creativity.** Use the complex, shifting visual images you see during a session as stimulus to your creative imagination and unlock the doors to creative breakthroughs.
- **Visualization** and development of new goals. These can include psychological goals such as increasing motivation levels, and physical goals such as increased concentration and other performance necessary for sports achievement.
- **Accelerated learning.** The MindLab will help gradually shift your mind to the state where you are most receptive to new information.

A good analogy is that using our system is like riding a bicycle to get from one point to another. The machine does not do all the work for you, like an automobile. Both technologies assist you by making more efficient use of the way your mind and body naturally function. This is not doing something to you, as drugs do; it is doing something with you. This is an important distinction.

This technology is very powerful and should be used in an earnest and responsible manner. You should take care not to rely on this too heavily and develop a false and unnecessary dependency. With regular use, you will find that a natural process is taking place. Over time, you can become so proficient at the skill of reaching deeper states that you will be able to reach them with minimum effort nearly any time you wish to, with or without the machine.

Some users will experience immediate positive effects when using light/sound technology while others find that it takes time for subtle, yet deeply effective results to be produced. We cannot overemphasize that the key lies in developing a program of regular use.

Ideally, you will make the time in your day for one (or even two) 30 minute sessions. If this is impossible, a fifteen or twenty minute session every day or several times a week will be more effective for you than occasional, irregular sessions.

Think of this as an integral part of a personal mental fitness program; that is, in the same way you might view a physical fitness program. There are many similarities, but the major difference is that there is, in fact, gain without pain. You may find yourself hitting plateaus where nothing seems to be happening for you, where you find it difficult to allow yourself to stay with it, or where you are just bored. This is OK. Work through these times and recognize them for what they are—plateaus on your road to progress.

You now own a piece of powerful hardware. Software in the form of tapes and CDs will properly complement your program. It is helpful to have some background in meditation or stress reduction programs. This will go much further in helping you accelerate your progress and stay on course.

The beauty of this technology is that it is very flexible; you can tailor a program that suits your specific needs best. There are few hard and fast rules to obey. Again, it is all about commitment and consistency.

### Hints for enjoying and benefiting from light/sound technology

If possible, make a time every day for your meditation/relaxation break. A good time is first thing in the morning. If you are on a tight schedule, then get up a little earlier than usual. You will find the slight decrease in sleep will be more than counterbalanced by the benefits of daily practice. It is important that you practice undisturbed by telephones, family, co-workers, or other unnecessary outside input.

It is best to wait at least one hour after eating so your digestive system won't draw energy away from the experience of relaxation.

Find a comfortable position to sit in; it can be in almost any chair. You can sit in a traditional meditation pose with legs crossed on the floor or pillow if you wish, or you can practice in a reclining position. The only problem with a reclining position is that you are more likely to fall into a light sleep state.

It is OK to fall asleep. The worst that can happen is that you may feel a bit drowsy at the conclusion of the session. With practice you will find yourself becoming skilled at holding your concentration between wakefulness and sleep. This is where you will find that calm, focused awareness traditional meditation programs talk about. This is the reverie state where hypnagogic imagery flows through you. Allow it to flow and just observe. There will be plenty of time to analyze your experience after you are finished with the session.

Set the volume low enough just to be comfortably heard as you will find a heightened sensitivity to sound as you go deeper into your session. Set the light intensity at a level that is comfortable to you. Higher brightness levels are desirable, but comfort, focus and concentration are the most important factors.

Adjust the internal tone to a level that is most relaxing for you. If there are music or learning tapes you would like to use, by all means use them with your Mind'sEye or you may bypass the internal sound, enjoying the lights with the external sound only. It is what you find most comforting that is important.

One goal you should try during a session is to uncritically observe your inner voice or the incessant "mind chatter" we all listen to during our waking hours. Rise above it; allow this chatter to drift by. As you attain deeper and deeper states you will find a lessening of this self talk. You will even find this inner voice subtly diminished when you are in a normal waking state. This is good as it makes for better communication between the left and the right hemispheres of the brain, allowing you to better integrate your life experience with less stress and confusion.

Become informed. Learn more about the myriad of Western and Eastern techniques designed to reduce unproductive stress, release tension, increase focus, concentration, and expand awareness. The underlying principles are quite simple. Take the time and energy to understand and experience the benefits available to you.

Proceed one step at a time; develop a comfortable routine for several weeks and then compare your experience to how you felt when you began. A suggested routine for your first week follows. Enjoy and have fun; you deserve it!

### Your first week with MindLab Pro

Unless you are already an experienced meditator we suggest that you begin your experience into light and sound here. We know you probably have the urge to try many of the programs. It's a little like being at the hors d'oeuvres table. Start this week right by developing a solid base for yourself.

#### Day 1

Spend at least one 30 minute period in a relaxed position of your choice. It can be sitting or lying down, as you prefer. Give yourself a minute to adjust and get comfortable. Start with a 25 or 35 minute Relax session. Take slow, deep breaths and allow your exhalation to be approximately twice as long as your inhalation. Breathe from your diaphragm and not your chest. You can tell you are doing this correctly by putting your hand on your stomach; it should be going in and out with each breath.

Notice your feelings, the colors you see, your thoughts and sensations, and allow them to flow through you uncritically. You might try keeping a log at the end of each session that you can refer back to. This is one way to chart your progress over a given time in an objective manner.

#### Day 2

Again, spend at least one 30 minute period using the same session. You can also try a second session if time permits, such as one of the Learning sessions. Keep up your breathing exercises—notice and focus on each breath. Visualize yourself relaxed, refreshed and more able to cope with daily pressures and petty annoyances. Record your thoughts in your daily log.

#### Day 3

Again, use the Relax session. Add a 15 minute Energize session if at all possible. Take the time to record your experience. You are learning a new way to relax and you will notice yourself feeling better with more energy to complete your day.

#### Day 4

You are now starting to develop a routine. If this is not happening for you because of an uneven schedule or other reasons, look at what you can do to make this an important and meaningful part of your day. Continue using the Relax session and add another session later in the day to your program. Start taking the time to visualize changes in your life where you feel you need them. Work on small, positive changes at first; there is no need to overwhelm yourself by trying to tackle unrealistic goals.

#### Day 5

Continue with at least one 25-35 minute program of your choice. Notice your breathing patterns in between sessions especially during stressful parts of your day; you may suddenly realize that you are a bit out of touch with your body. Focus on becoming relaxed even when you would normally be under duress. Imagine for a few moments during your workday that you are deeply immersed in a session. What do you notice?

#### Day 6

By this time you should have a good pattern in place; this is important—stay with it. Notice your muscle tension during your session. Try tensing and releasing different muscle groups and focus on your breathing. Notice how you feel at the end of this session. Compare your thoughts, sensations, feelings to your first couple of days. Pay careful attention to the differences you are beginning to feel.

#### Day 7

Are you beginning to feel eager for your next session? Are you practicing the simple but effective breathing techniques, not just during a session but during different parts of your day?

You see, the secret is that you are now on the path towards greater relaxation in your life. You will find yourself more relaxed in many different situations even when you are not actively involved in one of your sessions. The quality of your life can and will improve in as little as a few days. Imagine how good you will feel and how much better your experience of the world will be after several months or years of regular practice.

Now stick with it. Start to experiment with other sessions of varying lengths. There is no one session that is perfect for everyone. You may find you enjoy a Learn session in place of a Relax session. When you do pick one, stick with it to the end of the session. As you become more attuned to your body and your daily rhythms you will discover what works best for your individual needs.

## SECTION 2

# Operating the MindLab Pro

This section tells you everything you need to know about operating the MindLab Pro and taking advantage of all its features. If you're anxious to get started, you can jump ahead to Quick Start Instructions on page 12–13, but be sure to come back later and read this section carefully, as it provides a lot of information that will help you make the most of your MindLab Pro. For easy reference, each type of program option is explained in detail in its own section:

- **Running the 50 Pre-Set Sessions**
- **Using External Audio with Internal Sessions**
- **Download Sessions**

This is followed by *Getting the Most Out of MindLab Pro*

- **Care and maintenance**
- **The benefits of light and sound**
- **Tips for the first time user**
- **Troubleshooting**
- **Questions and Answers**

**WARNING:** People with the rare condition known as photosensitive epilepsy should not be exposed to flickering light except under medical supervision. Likewise, individuals who are uncomfortable with bright light, those with heart conditions, or those who feel at all uncomfortable with the light/sound experience should consult their physician prior to regular use, as should users who have experienced seizures of any sort.

## Setting up the MindLab Pro

### The MindLab Pro outfit

Your MindLab Pro system should include the following items:

1. Control Unit
2. LiteFrames (special glasses)
3. Headphones
4. Stereo adaptor cable
5. Battery charging adaptor

### Battery charging

The unit comes with its own internal rechargeable batteries which, if charged properly, will give you many hundreds of hours of operation.

The batteries are fully charged when you receive your system. During regular use the LED indicator on the left will light green to indicate a proper charge.

**Low battery indicator:** When the batteries require recharging, the left LED indicator will blink red several times (LO BAT) when you first turn on the unit. The MindLab Pro then turns off.

**NOTE:** If the MindLab Pro runs low during a session, it will begin to act erratically, in which case you will not see the red flashing LED.

**To recharge the MindLab:** Connect the battery charger to the jack in back of the unit (Figure 2, opposite page), and let it charge six to seven hours. Only use the charger with standard household outlets (120 volts A.C., 60 Hz.)

**Using the battery charger as a power adaptor:** You may also use the charging adaptor as a power adaptor. This is particularly convenient when you want to run a session, but receive a LO BAT warning. You need to give the batteries at least 15–30 minutes of charge in order for this to work. (You may hear a slight hum in your headphones when running the unit from the charging adaptor.)

**NOTE:** Do not charge the unit more than the suggested six or seven hours. Overcharging will lessen battery life. Make a habit of recharging the MindLab Pro only when LO BAT is indicated or after about seven hours of use.

### Connecting the LiteFrames and headphones

Plug the LiteFrames and headphones into their respective jacks in the front of the control unit. (Figure 1, below). You can attach virtually any headphones to the audio output; however, do not attach glasses designed for other light/sound machines to the MindLab Pro as they could damage the unit.

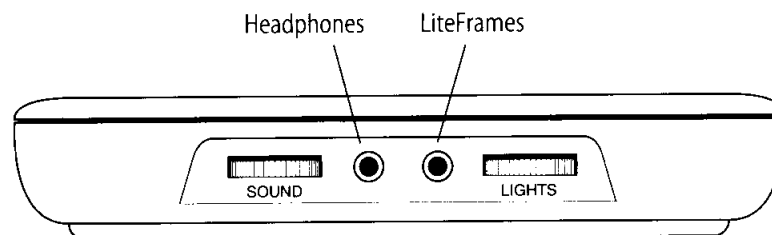


Figure 1. Front of the MindLab Pro

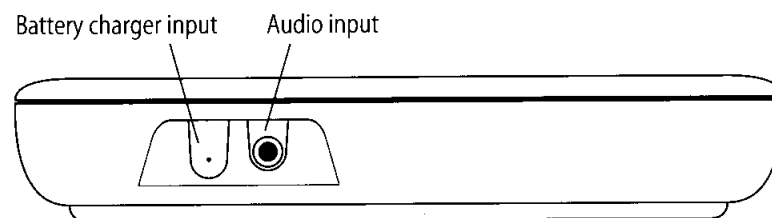


Figure 2. Back of the MindLab Pro



## Running the 50 Pre-Set Sessions

Each one of the pre-set sessions stored within the MindLab Pro has been assigned a particular BANK, PROGRAM category, and program NUMBER. This information is listed with each session description in **Section 3**.

### Selecting a session

#### How the information is listed

To select a session, you enter three pieces of information about the program:

1. The program **BANK**
2. The **PROGRAM** category (RELAX, EXPLORE, LEARN, CHANGE or ENERGIZE)
3. The program **NUMBER**

The Session Descriptions list this information together for easy reference, like so:

#### LEARN A-2

**LEARN** refers to the PROGRAM category. This is followed by a letter (**A** or **B**) corresponding to the BANK, while the number (**1, 2, 3, 4** or **5**) corresponds to one of the NUMBER keys along the bottom row of the keyboard.

### Quick Start Instructions

#### for running the 50 pre-set sessions

MindLab Pro is programmed to receive your selection information in a certain order, so be sure to follow the steps in the order given.

All you have to do is turn the unit on, select a session by pressing the BANK, PROGRAM, and NUMBER keys, select sound OPTIONS (if you wish), and press START. That's all there is to it!

## Quick Start Instructions

### 2

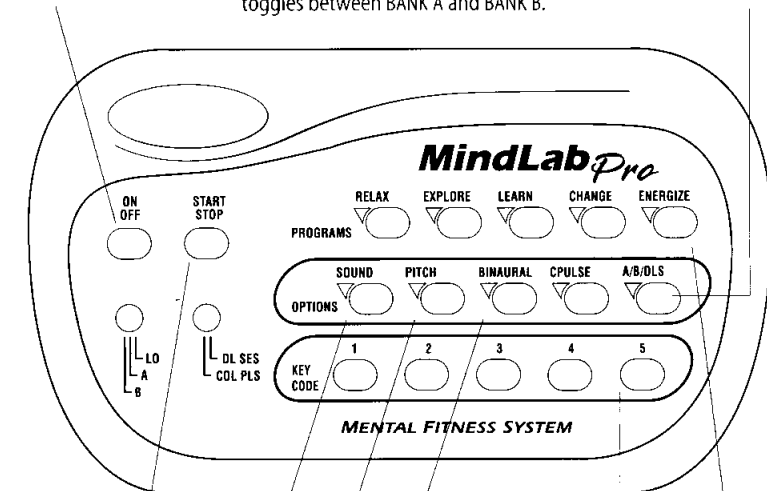
#### Select Bank

The MindLab automatically selects BANK A each time the unit is turned on. If the desired session is in BANK B, press the A/B/DLS key once. The left LED blinks on and off and then turns amber. Pressing the A/B/DLS key a *second* time moves you into DOWNLOAD SESSION BANK (right LED glows amber) if there are sessions stored in that bank; otherwise, the A/B/DLS key only toggles between BANK A and BANK B.

### 1

#### Press the ON button.

The left LED lights green and stays lit.



### 3

#### Select PROGRAM category

Press the key that corresponds to the category your session is in.

### 4

#### Select program KEY CODE

A session is assigned a program KEY CODE: 1, 2, 3, 4 or 5. Simply press the appropriate key. If you don't want to adjust the sound, go to step 6, Start.

### 5

#### Select SOUND OPTIONS

You may modify the session's pre-set sound with the sound OPTION keys. To hear the sound change as you modify, listen through your headphones.

**Sound:** Step through the four different sounds by pressing and holding down this key. Release the key when you hear the sound you want.

**Pitch:** Alternately pressing and holding the key increases/decreases the pitch of the selected sound. You can make a change to the pitch without making a sound change.

**Binaural:** Pressing and holding the key alternately increases/decreases the pitch difference between the two ears to create a variable binaural beat.

### 6

Press Start  
Adjust the volume and brightness to a comfortable level.

**Remember to keep your eyes closed during the session.**

## MindLab Pro Detailed Operating Instructions

### for the 50 pre-set sessions

Refer to the Quick Start Instructions (previous page) as you read this section; it will give you a visual overview of the steps that are covered in greater detail here.

The MindLab Pro has been designed to be as easy to use as possible; however, be sure to follow the steps in the order given. This will avoid any confusion and help you learn the steps more quickly.

#### 1 Turn on the MindLab Pro

**Press the ON key.** The LED directly below the ON key will light green and stay lit until you make the next entry. (If the light flashes red you need to recharge the batteries.)

The MindLab Pro also features **automatic power-off** to conserve battery life. When you are selecting a session the MindLab Pro will automatically turn off if an entry is not made within five minutes. If this happens simply begin again.

#### 2 Select the BANK

There are 10 sessions within each of the five program categories. Five are stored in BANK A, and five are stored in BANK B. To select a desired session, you must first select the correct bank:

**Move between banks with the A/B/DLS key.** This key acts as a three-way toggle between the MindLab Pro's memory banks—BANK A, BANK B, and DOWNLOAD SESSION BANK (DLS). DOWNLOAD SESSION BANK is indicated when the right LED glows amber.

**To select BANK A.** When the MindLab Pro is first turned on, BANK A is automatically selected. If your program is a BANK A program, you don't have to change banks. The MindLab also returns to BANK A whenever a session has been completed.

**To select BANK B.** If your session is in BANK B, press the A/B/DLS key once to switch to BANK B. The left LED will blink and then turn amber to confirm that BANK B has been selected.

**To select the DOWNLOAD SESSION BANK.** Press the A/B/DLS key a *second* time. This places you in the DOWNLOAD SESSION BANK. If no sessions are stored there, you will see the left LED flash and hear a beeping in the headphones. Press the A/B/DLS key again to toggle back to BANK A.

#### 3 Select the PROGRAM key

Press the key that corresponds to the category your session is in — RELAX, EXPLORE, LEARN, CHANGE or ENERGIZE. The left LED will blink to indicate that the selection has been made.

#### 4 Select the program KEY CODE

Press the appropriate program KEY CODE on the bottom row of the keyboard. The left LED will blink again.

**NOTE:** In actuality, it doesn't matter whether you enter the program NUMBER first or the PROGRAM first. To avoid confusion, though, we recommend that you make it a habit of selecting your sessions in the same order we follow in this guide:

#### BANK-PROGRAM-NUMBER

**If you make an error or change your mind while making the program selection,** simply turn the unit off and start again.

#### 5 Sound OPTIONS

**NOTE:** Select sound OPTIONS *after* selecting BANK, PROGRAM, and NUMBER.

You do not have to select sound "OPTIONS." Each session will generate a sound and run properly even if you don't adjust these options. If you don't want to modify the sound, simply skip to step 6, and press START.

You can modify the sound in three ways:

1. Sound
2. Pitch
3. Binaural

#### Selecting a sound

There are four different sounds available in the MindLab Pro. Every session automatically begins with one of these sounds; however, you can switch to any one of the others, adjust the pitch, or add a binaural beat. You have maximum flexibility for fine-tuning your experience.

**Listen through your headphones when making your sound selections.** To begin, press and release the SOUND key. The sound you hear is the session's "pre-set" sound, which will automatically play if no other sound is selected. To sample the other sounds, press and hold the SOUND key. This will cycle through the sound as many times as you wish, playing each one for about two seconds. When you hear the sound you want, simply release the key.

**NOTE:** The first sound you hear when you press the SOUND key is the pre-set sound assigned to the session you've selected, and is not necessarily Sound 1. The four sounds are described on the next page; however, the best way to become familiar with them is to step through them and get to know them by ear.

### To preview the preset sound for the selected session:

Press and release the SOUND key before pressing START.

- **Sound 1** - A "pure" tone, or sine wave, is used in relaxation sessions and for binaural generation.
- **Sound 2** - A pleasant chord, also relaxing, but with a higher tone and a more "upbeat" feeling.
- **Sound 3** - A pure "square" wave, resembling a reed instrument.
- **Sound 4** - A "complex" sound.
- **Sound 5** - BLANK - This fifth position provides a "blank" sound (no sound) and is used when you don't want to hear the sound of an internal session. You can detect the blank sound as a noticeable pause in between sounds #4 and #1.

**To change the pitch.** The pitch alternately increases and decreases each time you press and hold this key. You can control the pitch of each sound to create a very broad range of unique tones. Generally, lower pitches are associated with relax type programs, while higher pitches are associated with energizing. The pitch can be controlled independent of the sound. In other words, you do not have to make a change to the sound in order to make a pitch change.

**To add binaural.** When the frequency of the tones you hear in each ear is slightly different, a "beat" is created that is the difference between the two. Pressing and holding this key alternately increases/decreases this frequency differential between the two ears to create a variable binaural beat. This variation, resembling a slow warble is subtle, but noticeable. Though a number of sessions use binaural in the pre-set sound, you can add it to any of the sessions that use one of the other sounds. You can adjust its effect to suit your taste, increasing or decreasing the beat frequency.

## 6 Press Start

Put the LiteFrames and headphones on. Adjust the volume and brightness to your liking. Remember to keep your eyes closed during the session.

**CAUTION:** You should always keep the volume of the headphones at a safe level. Like any audio device, excessive volume over a period of time can damage your hearing.

# Additional Features

## Color Pulse

Color pulse allows the LiteFrames to be controlled by an *external* sound source, like a music tape or CD. The light pulses can flash to the rhythm of your favorite classical, rock or jazz music.

### Color pulse can be used in two ways:

1. Alone, in which case Color Pulse does not provide *controlled* frequency patterns as does a pre-set session; its benefits are primarily for entertainment.
2. In conjunction with an internal session.

### Using Color Pulse alone

#### 1 Connect the MindLab Pro to the audio source

The audio source can be a cassette player, CD, or radio. Connect one end of the stereo adaptor cable to the audio input in the back of the unit and the other end to the headphone output of your audio source.

#### 2 Turn on the MindLab Pro

Press the ON key. The left LED will light green.

#### 3 Press the CPULSE key

The right LED will light red.

#### 4 Press play on the audio source

It is not necessary to press the START key. When CPULSE is selected, the right LED will glow red.

You may stop the program by either pressing stop from your audio source or turning off the unit.

**TIP:** For best results set the brightness control on the MindLab Pro about half-way to three-quarters. You can fine tune the effects of Color Pulse with the volume control of the external audio device.

### Using Color Pulse with an internal session

#### 1 Connect the MindLab Pro to the audio source.

The audio source can be a cassette player, CD, or radio. Connect one end of the stereo adaptor cable to the audio input in the back of the unit and the other end to the headphone output of your audio source.

#### 2 Turn on the MindLab Pro

Press the ON key. The left LED will light green.

#### 3 Select session

#### 4 Press the CPULSE key

The right LED will light red.

#### 5 Press start on the MindLab Pro

#### 4 Press play on the audio source

You may stop the program by either pressing stop from your audio source or turning off the MindLab Pro.

## Pause control

**To pause a session: Press the fifth program KEY CODE during a session** (the far right key on the bottom row). When you select pause you will hear a low tone in the headphones. To deselect, press the key again, and this time you will hear a higher tone. Pause is assigned to this key so that you may readily find it at the edge of the keyboard while wearing the LiteFrames.

*Note that pause does not make the lights and sound stop, like the pause function on a stereo. The lights and sound will continue to pulse, but hold their frequency until you deselect.*

## Using External Audio with Internal Sessions

The MindLab Pro allows you to listen to an external recording (through a tape or CD) with one of the internal programs, whether it be one of the 50 pre-set sessions or one of the Download sessions. This is one of MindLab Pro's most powerful options, allowing you to "mix and match" or combine the benefits of light and sound stimulation with your particular interests and areas of growth. For example, you can transform the experience of your favorite music or reinforce personal development, learning, or guided imagery programs with the effects of light and sound.

### 1 Connect the MindLab Pro to an external audio source

Use the stereo adaptor cable that came with your system. Connect one end to the audio input in the back of the unit, and the other end to the headphone output of your cassette or CD player. (See Figure 2 on page 11.)

### 2 Turn on the MindLab Pro

### 3 Select the BANK (A/B/DLS)

### 4 Select the PROGRAM

### 5 Press PLAY on the audio source

### 6 Press START on the MindLab

## 7 Adjust the volume

The MindLab Pro and the external audio device have separate volume controls. Thus, by making adjustments to both volume controls you can "mix" the relative volume on the two devices to any degree of subtlety you wish.

**TIP:** Most people prefer to keep the internal sounds at a lower level relative to the external audio, so that it can work in the background as a subtle reinforcement.

**TIP:** If you don't want to hear the internal sound at all you can:

- Simply turn down the volume on the MindLab Pro OR
- Choose the BLANK sound option. (See page 16.)

## Download Sessions

The MindLab Pro has the capability of running many other collections of light/sound programs, beyond the 50 pre-set sessions that came with the unit. This is achieved with Download Session (DLS) tapes. These tapes, which come in a convenient, standard cassette format, have the session information digitally encoded on the tape. When you "download" this tape, this information is transferred to the MindLab and stored in a special memory bank.

**NOTE:** Once Downloaded, DLS sessions run internally from the unit, just like any of the pre-set sessions. However, since they are a different collection stored in a different bank, *they will require different key commands than those used for the 50 pre-set sessions.* A special instruction card is provided with each Download Session tape.

You can also download programs into the MindLab Pro from your Windows 95 compatible computer with our **optional** software **and** transfer cable. **Contact your dealer for more information.**

## Downloading a DLS tape

### 1 Set up

**Place the DLS tape into the tape player.** Be sure that it is fully rewound. Connect the tape player to the MindLab. Use the stereo adaptor cable that came with the unit. Connect one end to the audio input in the back of the unit, and the other end to the headphone output of your cassette player. (See Figure 2 on page 11.)

You can also download programs to the MindLab Pro from your Windows 95 compatible computer with our optimal software.

## 2 Adjust the tone controls of the tape player

The MindLab Pro “listens” for the digitally encoded, high pitched sounds generated from the DLS tape. To insure that the MindLab Pro “hears” this information properly, it is advisable to make the following adjustments to the tone controls on the tape player.

**DownLoading Error:** If the MindLab Pro doesn’t properly recognize the information, a DownLoading error will occur, and the right LED will blink red. If this happens, turn the unit off and start again.

**NOTE:** All tape players are different; it may be necessary to adjust the volume and/or the tone controls (bass/treble) of the player to find the level that works right. Also, make sure that your audio source, if powered by batteries, is not run down.

## 3 Turn on the MindLab Pro

**Press the ON button.** The LED directly below the ON key will light green.

## 4 Press PLAY on the tape player

The left LED will flicker red/green to indicate that downloading has begun. Do not press any other keys while downloading is happening. This typically takes only a few seconds. When finished, the left LED glows green.

- Turn off any bass boosting functions.
- Raise the treble if your player has this adjustment option.
- Set the volume control to at least half way. All tape players are different. It may be necessary to adjust the volume control up or down until you find the level that works right.
- Turn off Dolby function.

You *do not* have to adjust the volume control on the MindLab Pro for the tape to download properly.

## Playing a DLS session

### 1 Turn on the MindLab Pro

### 2 Enter the DownLoad Session bank

**Press the A/B key two times** to access the DownLoad Session bank. This key serves as a three-way toggle between the MindLab’s memory banks—BANK A, BANK B, and THE DOWNLOAD SESSION BANK. The right LED will glow amber and stay lit when you enter the DownLoad Session bank.

### 3 Refer to the instructions that come with the DLS tape

If you want to hear Dolby or bass effects during the program, simply engage them when you play the DLS session.

# Getting the Most Out of MindLab Pro

## Care and maintenance

The MindLab Pro was designed to provide years of trouble-free use with proper care. Please observe the following suggestions to help maximize the life of your unit.

1. Do not wrap the LiteFrames cable around the glasses, as this can eventually break the wire. Do not pull on the plugs while they are plugged into the MindLab Pro.
2. Do not charge the MindLab Pro for more than 10 hours. Continual overcharging will lessen battery life. (See Battery charging, page 10.)
3. If you clean the control panel, use a mild soap on a *slightly* damp cloth. Do not use alcohol or other solvents.
4. You can attach virtually any headphones to the audio output. However, do not attach glasses designed for other light/sound machines to the MindLab Pro as this could damage the unit.

## The benefits of light and sound

There are many useful and beneficial applications for your MindLab Pro system:

1. **Assistance in reaching states of deep relaxation quickly.** For example, use your MindLab while unwinding after a day’s work, to refresh yourself prior to meetings and during your lunch break.
2. **Creative visualization.** Use the complex, shifting visual images you see during a session as stimulus to your creative imagination. Bursts of creative insight also can occur spontaneously while in the theta state; use the MindLab as an aid to brainstorming.
3. **Accelerated learning.** Deep relaxation is an integral part of the famous Superlearning technique, and the theta state is necessary for twilight learning (sleep learning) to take place. You can use the MindLab Pro in combination with cassette lessons in foreign language instruction, guided imagery, and a very large range of other cassette programs.
4. **Visualizing and developing new goals.** These can include psychological goals, such as increasing motivational levels, and physical goals, such as increasing concentration and the other performance factors necessary for sports achievement.

## Tips for the first time user

1. Start with program sessions in the 20–30 minute range, increasing or decreasing length as needed.
2. Keep the lights fairly dim when you start a session, particularly when you begin using the machine. Increase the brightness gradually, always staying at a comfortable level. However, brighter settings are generally most effective.
3. Use the system at least three times a week, and preferably daily for at least the first few weeks, for best results. It's okay to use shorter programs—the key is regular use.
4. You can use the light or sound by themselves as well as together. Try sitting back and listening to a binaural beat alone. Or use the lights alone and a tape or CD of your choice played through a Walkman or other player.

## Troubleshooting

Here's a list of the most likely problems you may encounter, and suggested solutions. If these do not work, contact our office for further assistance.

**If you do need to return your system to us for warranty repair work, you must call or write for a returned merchandise authorization number (RMA#).**

### Headphones and/or glasses do not work, or only work on one side

- Check LiteFrame connection to base unit.
- Are the LiteFrames plugged into the wrong jack?
- Have you pressed the START key?
- If you have headphones that have their own volume control, make sure the volume is turned up.

### Odd sound, static, or unusual humming in the headphones

- Are the headphones plugged into the wrong jack?
- The batteries on the audio source may be low.
- Check headphone (and patch cord) connection.
- The headphone plug may need to be cleaned. There is an invisible residue that sometimes builds up, which can easily be removed by wiping the plug with a mild abrasive, such as very fine emery cloth.

### Error when downloading a DLS session

- Do not press any keys during DownLoad.
- Is cassette fully rewound? (There should be 5–10 seconds of silence before the data burst.)
- Adjust the volume of the audio source.

- Check that bass boosting and Dolby functions are off.
- Adjust the treble on the audio source.
- Check patch cord connection.

### Session stops unexpectedly

- Batteries have run down.
- You have inadvertently pressed the STOP key.

## Questions and Answers

### How often can I use the MindLab Pro?

We suggest that the MindLab Pro be used at least three times per week. It can be used on a daily basis. It provides completely natural forms of stimulation. Multiple sessions per day can cause increased drowsiness in some users. However, there is no danger of overuse.

### Does it work for everyone?

No. Anyone can deliberately resist the soothing effects of pulsed light and sound if they choose to do so. Individuals with excessive “mind chatter” and those with especially rigid mental processes may initially find the MindLab Pro less effective. Using the system for only a few minutes will also generally prove ineffective.

### Are there people who should not use it?

Yes. Individuals with the very rare condition known as photosensitive epilepsy should not be exposed to flickering light except under medical supervision. Likewise, we suggest that individuals who are uncomfortable with bright light, those with heart conditions, or those who feel at all uncomfortable with the light/sound experience, should consult their physician prior to regular use, as should users who have ever experienced seizures of any sort.

### Are there advantages to altering the sound options—SOUND, PITCH and BINAURAL—or is it simply a matter of preference?

Which sound you use is mostly a matter of preference. Pitch often corresponds to the *type* of session you are using. Higher pitches tend to be more energizing, while lower pitches tends to be more relaxing. Binaural has proven to be an effective type of sound for altering consciousness.

### Sometimes I fall asleep during a session. If it's not a session designed to put me to sleep, what should I do?

On one hand, if you fall asleep during a session, it may mean that the session is effective in giving you what you need at that time—sleep. On the other hand, if you fall asleep every time you use the MindLab, you can try several things: use a more energizing program, try sitting up if you've been lying down, turn the

brightness of the LiteFrames or the volume up, or try doing a session at a different time of the day.

**Is there any danger to running the LiteFrames and headphones at maximum volume and brightness? Are lower settings less effective?**

You should always keep the volume of the headphones within a safe range. Like any audio device, excessive volume over a period of time could damage your hearing. Use a volume that feels comfortable. There is no danger to running the LiteFrames at maximum brightness, however. Brighter lights can improve a session's effectiveness, but don't make them bright for this reason alone if it feels uncomfortable. Volume and brightness should always be set to the level that feels most comfortable to *you*.

**Can I run a session with the sound alone or the light alone?**

Yes. If you are using the MindLab as an adjunct to meditation or visualization, you may find the lights too distracting. The binaural option is very effective in this instance. TIP: Try listening to the binaural for more focus while studying. The Color Pulse feature lets you use the lights alone (while listening to an external music tape, for example). See page 17.

**Sometimes I am interrupted in the middle of a session. I can press the pause key, but when I return, is it better to pick up the program where I left off or just start over?**

If you're gone for more than a few minutes, it's more effective to start over.

**Is it required that I concentrate for a session to be effective?**

It's best to "let go" and let the light and sound take you. If your mind is very active and keeps drifting away from the light/sound session, gently bring your attention back when you notice, but don't strain to stay concentrated.