

User Guide and Reference



MENTAL FITNESS SYSTEM

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 Galaxy, and other sources commonly found in nature.

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Using the Galaxy

We would like to welcome you to an exciting new experience. By making this purchase you have taken an important step towards developing your consciousness in new and wonderful ways. You'll find this to be one of the easiest and most pleasant development programs you will ever use. All you have to do is to spend a few minutes per day sitting undisturbed, immersed in this unique experience. This small amount of effort will pay enormous dividends over time in your growth and well being.

Some people experience immediate positive effects when using the Galaxy, while others find that it takes a little longer. The key is to develop a program of regular use.

Hints for enjoying and benefiting from this technology

- If possible, make a time every day for your relaxation break. One suggestion is to sit down with the Galaxy first thing in the morning before the rest of your family is awake. If you are on a tight schedule, then get up a little earlier than usual. You will find the tiny decrease in sleep will be more than compensated for by the benefits of daily practice. It is important that you practice in an undisturbed environment.
- It is best to wait at least one hour after eating as your digestive system will make greater demands on you, and draw energy away from the experience of relaxation. It is also best to try to use your unit at the same time every day. This way you are more likely to develop a regular routine.

- Find a comfortable position to sit in. You can sit in almost any chair or in a traditional meditation pose with your legs crossed on the floor. You can practice in a reclining position if you like. In this position, however, you are more likely to fall into a light sleep. The worst that will happen under this circumstance is that you may feel a bit drowsy at the conclusion of the session. Ideally, sit upright so you remain alert during the entire session.

With practice you will find yourself becoming skilled at holding your concentration between wakefulness and sleep. This is where you will enter a calm, focused awareness, a place where your creativity can flow more easily. There are many good books available which discuss this at length.

Set the volume low enough just to be comfortably heard, as you will probably develop a heightened sensitivity to sound as you go deeper into your session. Start with a low light level and work up to an intensity level that is comfortable to you. More does not necessarily mean better: being comfortable is what is most important.

Feel free to use relaxing music with your session. Learning, self-help, and visualization programs are also an excellent addition to your session.

We now invite you to experience the beneficial processes for yourself. Develop a comfortable routine for the next several weeks. Compare your experiences. Pay close attention to how you feel and react to situations now. Then, in a few weeks, check back and notice the difference.

About the Galaxy

What Can It Be Used For?

There are a variety of useful and beneficial applications for your Galaxy system. These include:

- Assistance in reaching states of **deep relaxation** quickly. For example, use your Galaxy while unwinding after a day's work, to refresh yourself prior to meetings, and during your lunch break.
- **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; use the Galaxy as an aid to brainstorming.
- **Accelerated learning.** Deep relaxation is an integral part of the famous Superlearning technique, and is necessary for twilight learning (sleep learning) to take place. You can use the Galaxy in combination with cassette lessons in language instruction, guided imagery, and a very large range of other cassette programs.
- **Visualizing** and developing new goals. These can include psychological goals, such as increasing motivational levels, and physical goals, such as increasing concentration and other performance factors necessary to sports achievement.

How Often Can I Use It?

We suggest that the Galaxy be used at least three times per week, and 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.

Overview of User Modes

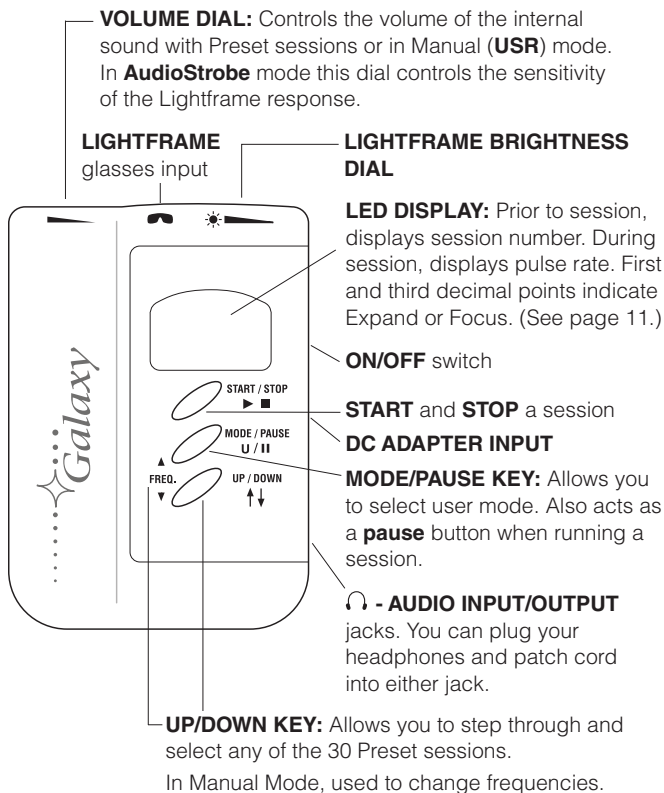
There are **30 pre-programmed sessions** in the Galaxy. These run at specified pulse rates. (*Session Descriptions*, page 14.)

In addition there are two user modes which provide variations on the light and sound experience.

Manual Control (USR): This mode allows you to select any pulse rate between 1 and 30 pulses per second.

AudioStrobe® (AS): Select this to play any AudioStrobe-encoded CD. AudioStrobe is a patented technology which adds precisely synchronized patterns of light to music and other programs.

Controls



Instructions for Use

Slide open the battery compartment cover on the back of the unit and install three AA batteries. We suggest using alkaline batteries for longest life. Do not use rechargeable NiCad batteries, as they run at a slightly lower voltage than standard batteries. Do not leave batteries in the unit for extended periods of time as they can leak chemicals that can damage the unit.

External DC power: You may purchase an optional 6v 300ma adapter to help conserve battery life. (The adapter cannot be used to recharge batteries.)

Plug the headphones into the upper or lower audio jack (on the right side of the unit, located below the DC adapter input). Plug your Lightframe glasses into the jack located on top of the unit. (See *Controls*, page 6.)

Playing a preset session

1. Turn on the unit

Slide the On/Off switch to the On position. The first thing you will see is the number “01” in the display. This indicates that Session 1, *Regeneration*, is ready for use. (The unit will always default to session 01 when first turned on.)

2. Select a session

You may choose any of the Preset sessions (1–30; see *Session descriptions*, page 14.) by pressing the \updownarrow (Up/Down) key. The session number is indicated in the LED display (01, 02, 03 . . .)

3. Begin a session

Once you've selected the desired session, simply press the $\blacktriangleright \blacksquare$ (Start/Stop) key to begin. Close your eyes as soon as the session begins.

NOTE: Two blinking decimal points on the LED display indicate that a session is running. Prior to starting a session, the numbers in the LED display indicate session number; after starting, they indicate frequency, which will change as a session progresses.

4. Adjust the volume and brightness

5. Ending a session

Press the $\blacktriangleright \blacksquare$ (Start/Stop) key or turn off the Galaxy to end your session. To preserve battery life, always turn the unit off when you are finished.

Session Features

Soft-off

All pre-programmed sessions use the Soft-off feature. This means that at the end of the session, lights will gradually decrease in brightness over a period of approximately 10 seconds.

Tone Adjustment (Sound Pitch)

You may adjust the tone (sound pitch) to your liking while the session is running by pressing the \updownarrow (Up/Down) key.

Pause

Press the **U/II** (Mode/Pause) key during a session to pause it. Press it a second time to continue. While a session is running, the two decimal points on the left and right of the display will blink. When these decimal points are off or *not blinking*, the session is paused.

The Lightframes and sound will continue to pulse, but will not change in rate. The session length is extended by the amount of time you are paused. This way, if you are interrupted, or if you like a session's particular pulse rate, you have the option to stay at that frequency for as long as you want.

External Audio Input

You can connect your favorite audio source, such as a cassette or CD player, to the Galaxy by plugging one end of the stereo adaptor cable into the auxiliary input of the Galaxy and the other end into the audio output or headphone jack of the audio source.

User Mode USR: Manual Mode

Use this mode to select a light/sound pulse rate from 1–30 pulses per second, using the two bottom keys. In addition to changing pulse rate you can also toggle between two different light patterns by simultaneously pressing the two bottom keys. (See *Focus* and *Expand*, page 11.)

Manual Mode is ideal for finding out which frequencies produce the most interesting patterns, the most vibrant colors, the clearest visualizations, or the greatest mood changes. For example, if you find that 7.8 Hz seems to work especially well for you, you can work with that rate as often as you like.

To use Manual Mode

1. Choose Mode USR

2. Adjust the audio pitch

Before starting your session, use the \updownarrow (Up/Down) key to adjust the pitch.

3. Begin the session

Press the $\blacktriangleright \blacksquare$ (Start/Stop) key to begin the session. Use the two bottom keys to adjust the light/sound pulse rates.

Frequencies ranging from 1 to 20 are adjustable in increments of 1/10th of a pulse per second; ranges from 20 to 30 are adjustable in increments of one pulse per second.

4. Light pattern / Sound pattern adjustment in Manual Mode

You can create two completely different sound and light effects with this feature. You can toggle between these two patterns by simultaneously pressing the two bottom keys during a Manual session. The left and right decimal points on the display will provide you with a visual indication of the

pattern you are using. This is also true while running a pre-set session except that the pattern is internally controlled and cannot be adjusted by you.

Expand - The lights and sound will alternate from left to right. The decimal points on the LED will alternate as well.

Focus - The lights blink on/off in sync. The decimal points on the LED display will blink together.

User Mode AS: AudioStrobe

AudioStrobe is a patented technology which adds precisely synchronized patterns of light to music and other audio programs. When you select this mode and play AudioStrobe-encoded CDs, the coded signals will control the lights. All genuine AudioStrobe discs carry the AudioStrobe logo. Ask your dealer for a list of available titles.

To use AudioStrobe

1. Choose Mode AS

Plug one end of the patch cord (included with your system) into the headphone output of your CD player. Plug the other end into either of the audio jacks located on the side of the unit (below the DC adapter input). Plug your headphones into the remaining jack.

2. Select AS and start your CD player.

You may also adjust the sensitivity of the AudioStrobe's response to the signal by adjusting the left-hand dial. Adjust the brightness with the right-hand dial. Start by setting these approximately in the middle range. To temporarily stop a session press the pause key on your CD player.

3. Make volume adjustments on your CD player.

Troubleshooting

The unit does not seem to be working properly. If for any reason your unit does not seem to operate as expected, first try replacing the batteries. Do not use NiCad cells.

The sound is not working correctly or only coming through one ear. Check the headphones. Make sure you have the headphone plug pushed all the way into the jack. Also, try the other audio jack. If sound continues to be a problem try a different pair of headphones to determine if there is a problem with the unit.

The glasses are not working correctly or light is only coming through one side. If only one side of the glasses seems to operate, make sure you have pushed the jack all the way in. Make sure you have the glasses plugged into the correct jack at the top of the unit.

I cannot adjust tone while in the Manual Mode (USR). In Manual tone can only be adjusted prior to the start of your session. Use the $\uparrow\downarrow$ (Up/Down) key to adjust the tone *before* starting your session. Once the session starts, the $\uparrow\downarrow$ (Up/Down) key is used to decrease the pulse rate of the light and sound.

The AudioStrobe mode is operating in an erratic manner. If the AudioStrobe seems to operate improperly or not as expected first try changing your CD or tape player volume. Also experiment with the sensitivity and brightness levels. If it still seems to function incorrectly, try using another CD player before concluding the problem is with the Galaxy.

I cannot change the volume of the AudioStrobe CDs. Remember to adjust the loudness using the volume control on your CD player, not the Galaxy.

I hear a funny clicking sound in the headphones. You probably have the headphones plugged into the Lightframes jack, or batteries may be low and need replacing.

Can I open my eyes during a session? This won't harm your eyes, but the Galaxy was designed to be used with your eyes closed.

My eyelids seem to flicker with the lights. Reduce the brightness of the lights so they are more comfortable for you.

What is the best way to sit during a session? Place yourself in a comfortable position and allow yourself a few moments to settle in before beginning a session. Keep your legs and arms uncrossed to maintain an open position. This will help to reduce muscle tension.

If you continue to have difficulty or believe the unit is faulty, please contact the dealer from whom you purchased the unit for warranty repair or replacement.

Care and Maintenance

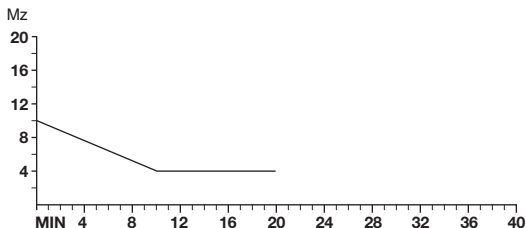
- Do not use the Galaxy in unusually dusty or dirty environments.
- Keep away from excessive moisture.
- The unit is built to withstand moderate shock; however, we suggest you keep it in the protective carrying case when not in use.
- Do not leave it exposed to direct sunlight for an extended period of time, or inside a closed automobile on hot days.
- Remove the batteries if you are not using the unit for long periods, as batteries can leak and permanently damage the unit.
- Clean the glasses on occasion with a clean cloth and rubbing alcohol to avoid buildup of oils and dirt on the surfaces.

- Please plug and unplug all connectors by the leads. Do not pull the connectors out by pulling on the wire; this could damage the wires.

Galaxy Session Descriptions

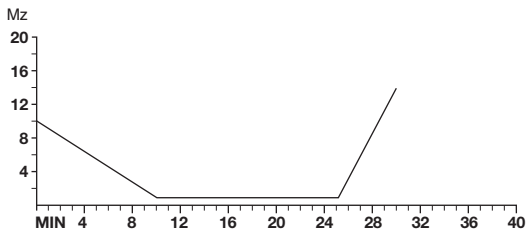
Session 1

Regeneration - This is a good session to use at the end of the day or any time you want to become deeply refreshed. 20 minutes.



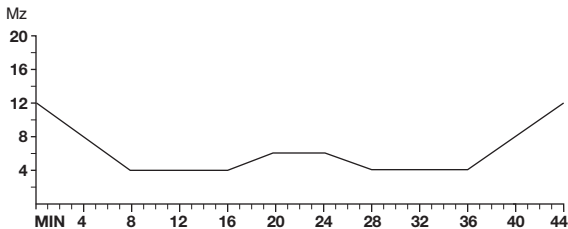
Session 2

Deep relax - Use for deep relaxation or accessing the twilight learning state. 30 minutes.



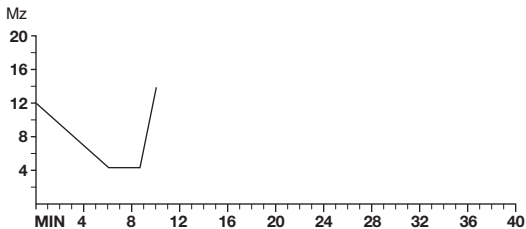
Session 3

Theta One - Use this with language and other learning tapes.
44 minutes.



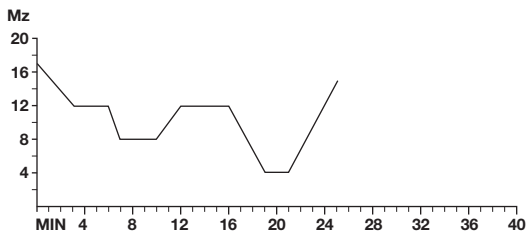
Session 4

Cat Nap - Take a few minutes to unwind—move into a dream-like state releasing the tensions of the day. 10 minutes.



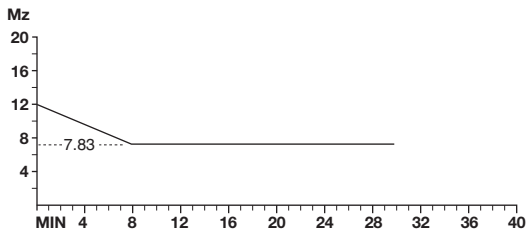
Session 5

Visions - Useful for creative visualization prior to brainstorming new ideas and for general relaxation. Quick perk-up at end. 25 minutes.



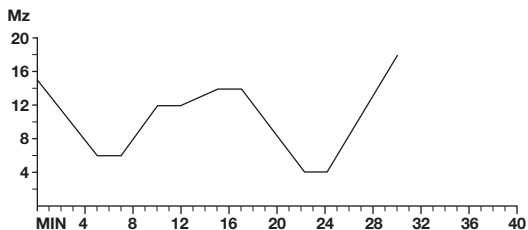
Session 6

Earth Resonance - Very relaxing and especially useful for meditators and others who prefer a gentle, harmonious experience. 30 minutes.



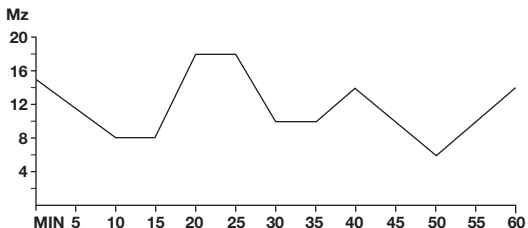
Session 7

Inner Focus - This program will allow you to move into a very relaxed space. Users report this session captures their imagination. 30 minutes.



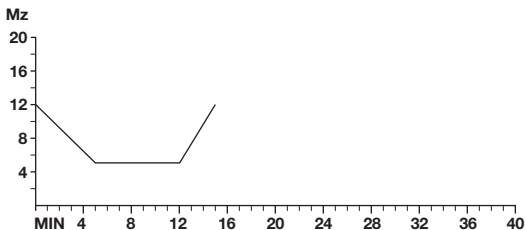
Session 8

Mind Magic 1 - Developed for use on airplanes in order to counteract jet-lag. Users have reported feeling the equivalent of several hours sleep after just one session. 60 minutes.



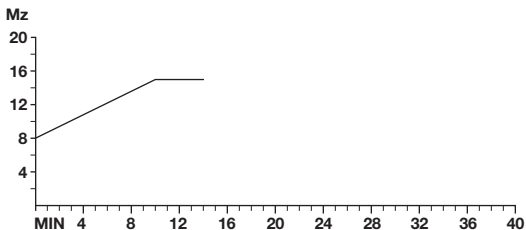
Session 9

Sports - Users describe this program as being both energizing and relaxing. Session 9 allows for mental focus creating that competitive edge. 15 minutes.



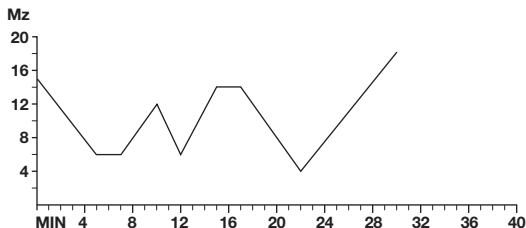
Session 10

Energize - Try the sound at higher volumes and focus your attention on it. Higher light brightness is also useful. Just the right length for that afternoon break. 15 minutes.



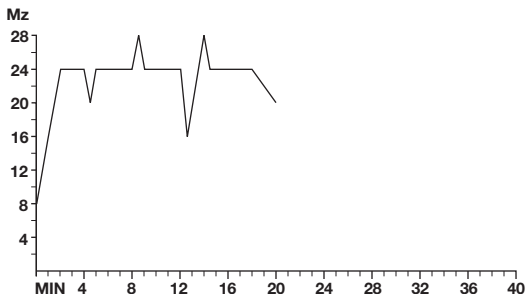
Session 11

Mind Magic 2 - A shorter version of Mind Magic 1. Helpful for peak performance in any activity. 30 minutes.



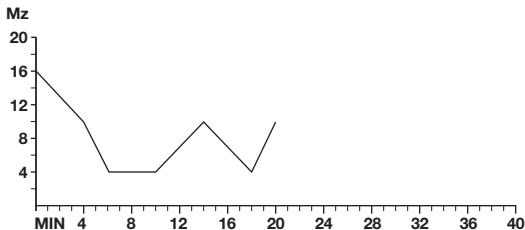
Session 12

Power Regeneration - Studies on peak performance point to the fact that you are able to perform better if you take a power nap. Use this session for feelings of mental and physical regeneration. 20 minutes.



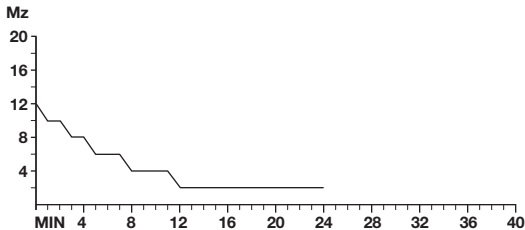
Session 13

Wave Pattern Breathing - Deep and rhythmic breathing is an excellent way to access the relaxed, centered and focused state of awareness so vital to stress management and optimal performance situations. 20 minutes.



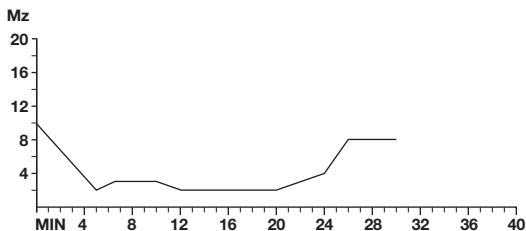
Session 14

The 24 Minute Nap - The 24 Minute Nap was created to help those who have their sleep cycles disrupted. Use it whenever you feel tired, worn down, jet-lagged or out-of-sorts. 24 minutes.



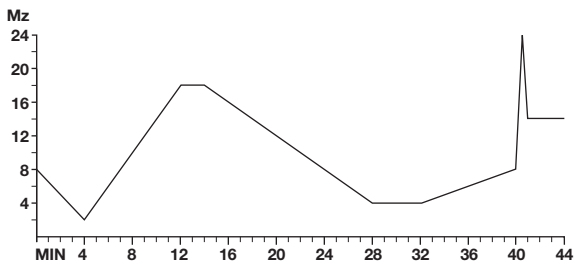
Session 15

Comfort Through Calmness - This program utilizes low levels of theta and delta to allow for deep relaxation and calmness. Stressors are reduced to manageable levels for those who find it hard to relax. 30 minutes.



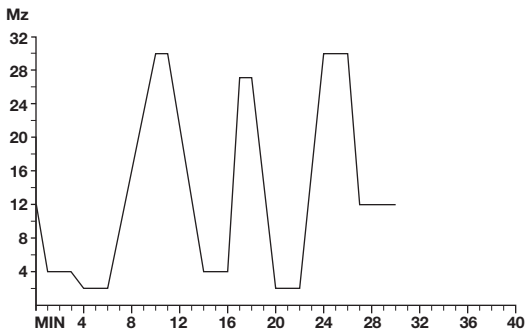
Session 15

General Tune-Up - Try using this program to enhance your favorite slow to moderate music. It's effective for inducing an open meditative state where music can take on an added dimension. 45 minutes.



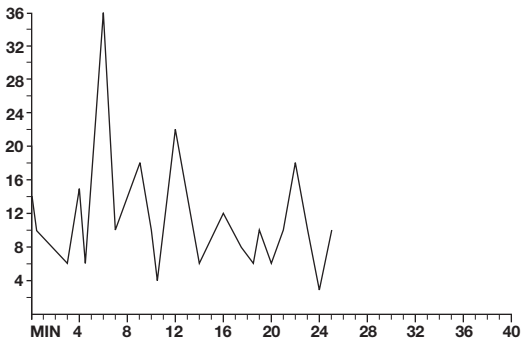
Session 17

Fluid Movement - This program incorporates a series of rapid ramps and mode changes to develop fluid movement and the ability to rapidly change states. 30 minutes.



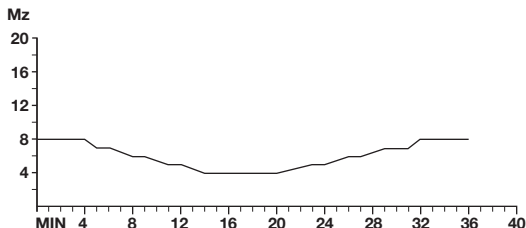
Session 18

Forever - Forever uses wide swings to allow the user to loosen up and integrate various energetic flows. Experiment with moving energy from the lower to the higher chakras. 25 minutes.



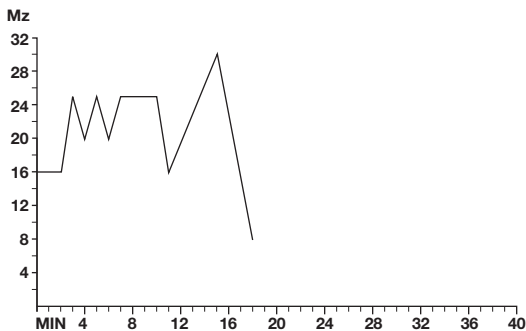
Session 19

Meditation - This program is a good opportunity to explore inner states of consciousness. There's no need to pay any attention to the Galaxy light or sound; just let go, relax, and enjoy whatever presents itself in your awareness. 34 minutes.



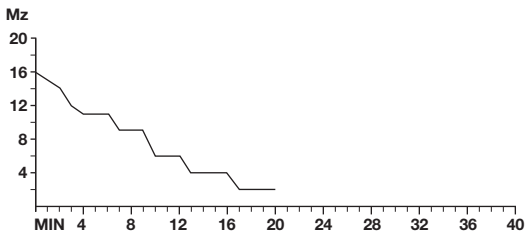
Session 20

Performance Intensive - This high-speed session is great if you feel the need for some quick stimulation. Use it with your favorite high-beat music. A good drum beat in the background will increase the feelings the beat of the lights give you. 18 min.



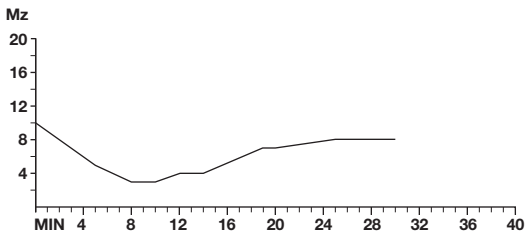
Session 21

Lucid Dreaming - Use this session before bedtime to help cultivate lucid dreams. Explore a universe beyond limitation, the ultimate virtual reality. 20 minutes.



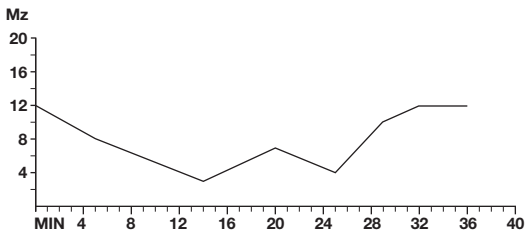
Session 22

Whole Brain Learning - Light and sound stimulation can be highly effective in increasing one's learning potential. Combine this program with a learning tape or use it after studying to mentally review the material. 30 minutes.



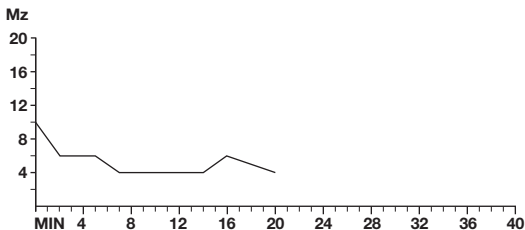
Session 23

Clearing Your Mind - Ample time is spent in the lower frequencies allowing the user time to process and let go whatever may be in the way of deep and restful relaxation. 36 minutes.



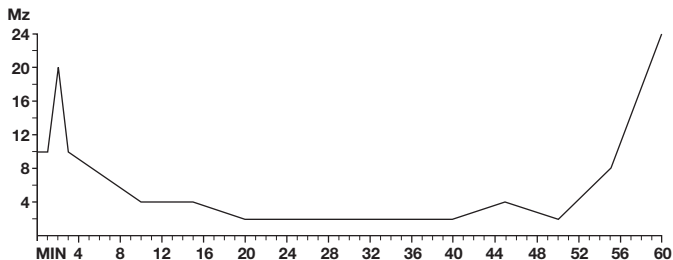
Session 24

Transformation Now - Use this program when you feel “stuck” or want to get to higher levels of awareness quickly. You may use it as often as you wish, and using it at night has increased dream activity with many persons. 20 minutes.



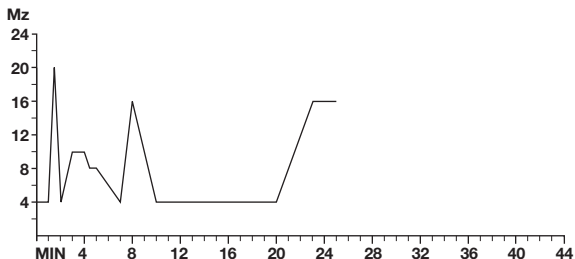
Session 25

Long Meditation - This is an excellent training session if you are trying to learn how to meditate for extended periods. 60 minutes.



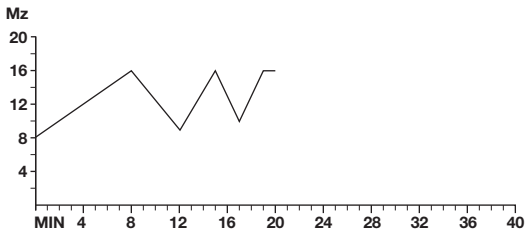
Session 26

Body/Mind Awareness - This session is best used with a recorded program 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 in your body. 25 minutes.



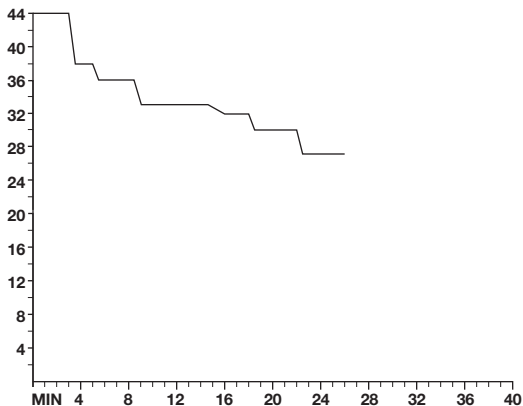
Session 27

Brain Brightener - The light and sound cycles back and forth enhancing visual displays and providing increased stimulation. To “exercise” the brain use this program daily over a period of several weeks. 20 minutes.



Session 28

High Energy Knowing - This session utilizes specific window frequencies and many rapid mode changes. In many users this creates a very relaxed, high energy, knowing state. 25 min.



Session 29

Fourth of July - Very high energy with lots of color display. Designed for enhancing productivity. Because Fourth of July contains over 100 frequency changes, it is not graphed. 12 minutes.

Session 30

U.F.Oria - This session will never run the same way twice. It is designed to move from frequency to frequency in a random pattern. Designed to produce especially vivid imagery. Recommended for artists or would-be artists. Great for pure entertainment—why watch another TV rerun? No time limit.



theta

TECHNOLOGIES

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Quick Start

1. Install 3 AA batteries.
2. Plug the headphones into either of the two audio jacks on the right side of the unit.
3. Plug the Lightframes into the jack at the top of the unit.
4. Turn the unit on.
5. Press the $\uparrow\downarrow$ (Up/Down) key to choose a session.
6. Put the glasses and headphones on.
7. Press the $\blacktriangleright \blacksquare$ (Start/Stop) key to start.

Close your eyes during the session.

Use the dials to adjust the volume and light brightness.

Sessions	MIN.		MIN.
1 Regeneration	20	16 General Tune Up	45
2 Deep Relax	30	17 Fluid Movement	30
3 Theta One	44	18 Forever	25
4 Cat Nap	10	19 Meditation	34
5 Visions	25	20 Performance Intensive	18
6 Earth Resonance	30	21 Lucid Dreaming	20
7 Inner Focus	30	22 Whole Brain Learning	30
8 Mind Magic 1	60	23 Clearing Your Mind	36
9 Sports	15	24 Transformation Now	20
10 Energize	15	25 Long Meditation	60
11 Mind Magic 2	30	26 Body Mind Awareness	25
12 Power Regeneration	20	27 Brain Brightener	20
13 Wave Pattern		28 High Energy Knowing	25
Breathing	20	29 Fourth of July	12
14 24 Minute Nap	24	30 U.F.Oria	No time limit
15 Comfort Through Calmness	30		