



*theta*  
TECHNOLOGIES

# Mind'sEye™

*Mental Fitness System*

## User's Guide & Reference







# Mind'sEye™

*Mental Fitness System*

## User's Guide & Reference



## ***Mind'sEye User's Guide and Reference***

### ***Disclaimer***

Mind'sEye is not a medical device and should not be construed as a substitute for proper medical care. Mind'sEye 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 Theta Technologies.

### ***Copyright Notice***

© Copyright 2012 Theta Technologies. This guide and the programs described in this guide are copyrighted. All rights reserved. No part of this guide or the programs and software described in this guide may be copied, reproduced, translated, or transferred to any electronic medium without prior written consent of Theta Technologies Inc., P.O. Box 130, Fall City, WA 98024

### ***Trademarks***

Theta and Mind'sEye are registered trademarks of Theta Technologies. Other product names or books and tapes mentioned in this guide may be the trademarks or registered trademarks of their respective developers and are hereby acknowledged.

# Table of Contents

## **SECTION 1: Introduction to Light & Sound**

- 1** The Mind'sEye from Theta Technologies
- 2** Mind State Management: Software of the Mind by Frank Young, Ph.D.
- 8** Achieving Peak Performance States  
*by Rayma Ditson-Sommer, Ph.D. and Larry Minikes*
- 13** Selected references

## **SECTION 2: Operating the Mind'sEye**

- 16** Setting up the Mind'sEye
- 17** Connecting the LiteFrames and headphones
- 18** Running the 50 Pre-Set Sessions
- 19** Quick Start Instructions
- 20** Detailed Operating Instructions for the 50 Pre-Set Sessions
- 22** Sound Options
- 23** Color Pulse
- 24** Pause control
- 24** Using External Audio with Internal Sessions
- 25** DownLoad Sessions

### **Getting the most out of Mind'sEye**

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

## ***SECTION 3: Session Descriptions***

### ***Relax Sessions***

<b>31</b>	Total Tune-Up	Deborah DeBerry	<b>RELAX A-1</b>
<b>32</b>	Quick Break	Rayma Ditson-Sommer, Ph.D.	<b>RELAX A-2</b>
<b>32</b>	Clearing Your Mind	Frank Young, Ph.D.	<b>RELAX A-3</b>
<b>32</b>	Total Relaxation	Frank Young, Ph.D.	<b>RELAX A-4</b>
<b>32</b>	Blissful Relax	Frank Young, Ph.D.	<b>RELAX A-5</b>
<b>32</b>	Power Nap	Tom Kenyon	<b>RELAX B-1</b>
<b>33</b>	Serenity	Rayma Ditson-Sommer, Ph.D.	<b>RELAX B-2</b>
<b>33</b>	Relaxed Thought	Ron Isaacks	<b>RELAX B-3</b>
<b>33</b>	Musical Ecstasy	Randy Adamadama	<b>RELAX B-4</b>
<b>33</b>	Mind Tune-Up	Randy Adamadama	<b>RELAX B-5</b>

### ***Explore Sessions***

<b>34</b>	Inside Out	Dr. Jeffrey Thompson	<b>EXPLORE A-1</b>
<b>34</b>	Inner Exploration I	Randy Adamadama	<b>EXPLORE A-2</b>
<b>34</b>	Inspire and Expand	Terry Patten & Julian Isaacs	<b>EXPLORE A-3</b>
<b>35</b>	Hypnagogia	Andrzej Slawinski	<b>EXPLORE A-4</b>
<b>35</b>	Cosmic Octave	Andrzej Slawinski	<b>EXPLORE A-5</b>
<b>35</b>	Deep Descent	Bill Harris	<b>EXPLORE B-1</b>
<b>35</b>	Galactica	Dr. Jeffrey Thompson	<b>EXPLORE B-2</b>
<b>35</b>	Synchronize	Dr. Jeffrey Thompson	<b>EXPLORE B-3</b>
<b>36</b>	Meditation	Randy Adamadama	<b>EXPLORE B-4</b>
<b>36</b>	Flow	James Mann	<b>EXPLORE B-5</b>

### ***Learn Sessions***

<b>37</b>	Reconnect	Rayma Ditson-Sommer, Ph.D.	<b>LEARN A-1</b>
<b>37</b>	Re-mind	Frank Young, Ph.D.	<b>LEARN A-2</b>
<b>38</b>	Creativity	Frank Young, Ph.D.	<b>LEARN A-3</b>
<b>38</b>	Mentacize	Frank Young, Ph.D.	<b>LEARN A-4</b>
<b>38</b>	Lucidity	Frank Young, Ph.D.	<b>LEARN A-5</b>
<b>39</b>	Mind Power I	Win Wenger	<b>LEARN B-1</b>
<b>39</b>	Mind Power II	Win Wenger	<b>LEARN B-2</b>
<b>39</b>	In Sync	Rayma Ditson-Sommer, Ph.D.	<b>LEARN B-3</b>
<b>39</b>	Schumann Resonance	Rayma Ditson-Sommer, Ph.D.	<b>LEARN B-4</b>
<b>39</b>	Learning State	Rayma Ditson-Sommer, Ph.D.	<b>LEARN B-5</b>

### ***Change Sessions***

<b>40</b>	Balance	Tom Kenyon	<b>CHANGE A-1</b>
<b>40</b>	Deep Theta	Tom Kenyon	<b>CHANGE A-2</b>
<b>40</b>	Progressive Deep Relaxation	Frank Young, Ph.D.	<b>CHANGE A-3</b>
<b>40</b>	Theta I	Frank Young, Ph.D.	<b>CHANGE A-4</b>
<b>40</b>	Alternity	Frank Young, Ph.D.	<b>CHANGE A-5</b>
<b>41</b>	Innervation	Paul Scheele	<b>CHANGE B-1</b>
<b>41</b>	Dreamtime	Deborah DeBerry	<b>CHANGE B-2</b>
<b>41</b>	Journeys	Don Paris & Ilona Selke	<b>CHANGE B-3</b>
<b>41</b>	Deep Design	Thomas H. Budzynski, Ph.D.	<b>CHANGE B-4</b>
<b>41</b>	Deep Inside	Thomas H. Budzynski, Ph.D.	<b>CHANGE B-5</b>

### ***Energize Sessions***

<b>42</b>	Rejuvenator	Thomas H. Budzynski, Ph.D.	<b>ENERGIZE A-1</b>
<b>42</b>	Fourth of July	Richard Daab	<b>ENERGIZE A-2</b>
<b>42</b>	U.F.Oria	Richard Daab	<b>ENERGIZE A-3</b>
<b>42</b>	Inner Exploration II	Randy Adamadama	<b>ENERGIZE A-4</b>
<b>43</b>	Peak Performance	Thomas H. Budzynski, Ph.D.	<b>ENERGIZE A-5</b>
<b>43</b>	Sports Tune-Up	Frank Young, Ph.D.	<b>ENERGIZE B-1</b>
<b>43</b>	Super-Tuned Knowing	Ron Isaacks	<b>ENERGIZE B-2</b>
<b>43</b>	Flow	Ron Isaacks	<b>ENERGIZE B-3</b>
<b>45</b>	Maximize	James Mann	<b>ENERGIZE B-4</b>
<b>44</b>	Power Up	Terry Patten & Julian Isaacs	<b>ENERGIZE B-5</b>

### ***SECTION 4: Author Biographies***

**45-52** Author biographies





## 1

# *Introduction to Light & Sound*

## ***Mind'sEye*** ***from Theta Technologies***

Congratulations! You have just purchased the most advanced and most versatile mental fitness system available! Mind'sEye 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 Mind'sEye will let you do it. It can go with you and grow with you as you learn about optimal mental capability and performance.

### ***How to use this guide***

This user's guide is intended to help you get the maximum benefit from your Mind's Eye. 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** offers several articles that give you a thorough background in the history and science of neurotechnology and the practice of “mind state management.” It is not required that you study these articles in order to use the Mind'sEye; however, they do offer valuable insight into the potentials of working with light and sound.

**Section 2, Operating Mind'sEye** explains how to use each type of programming option. For convenient reference each one is presented in its own section:

- 50 Pre-set Sessions
- DownLoad Sessions
- Using External Audio with Internal Sessions.

Section 2 also provides important information about the care and use of your Mind's Eye, tips for the first time user, and a special Question & Answer section.

**Section 3, Session Descriptions** lists Mind'sEye's 50 pre-set sessions, conveniently grouped according to category—Relax, Explore, Learn, Change, and Energize. Each session tells you which program keys you need to enter to select the program, plus a brief description of the session.

**Section 4, Author Biographies** lists biographical information on the session authors and a list of selected references.

Many of you will be anxious to try out your new Mind'sEye right away. You can begin immediately by referring to the **Quick Start Instructions** on page 19. 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 Mind'sEye has to offer.

# ***Mind State Management: the Software of the Mind***

**by Frank Young, Ph.D.**

*People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.*  
(Csikszentmihalyi, 1990, p. 2)

In his book, *Flow: The Psychology of Optimal Experience*, one of the foremost authors on the phenomena of peak experiences, Csikszentmihalyi, outlines the state of unity between subject and object, the observer and the observed, a total blend of process and outcome. This state of complete focus can also be described as the result of a learned skill or habit. Mind State Management (MSM), the skill of matching activation state and mental focus to the task at hand, is now available to virtually anyone who is willing to learn it. Once the cherished domain of a few yogis and supreme meditators, this ability can now be learned through the recent advances in the field of neurotechnology.

## ***Describing the consciousness continuum***

Mind State Management involves many specific skills and strategies for effecting positive changes to human consciousness. Consciousness, the subjective state of awareness of one's mind state, can be viewed as a continuum from hyperactivation to virtual coma. While this description does not take into account the physiology of the brain, it does provide a useful framework upon which to map the general states of arousal which are associated to processing certain types of information and performing certain kinds of tasks. It is an oversimplification to describe all parts of the brain as if they resonate uniformly to one vibration; the brain is far more complex than that. Nor is it accurate to describe left brain functions only as primarily linear and logical, and right brain functions only as intuitive, unconscious, and spatial. The metaphor of a continuum, though, allows us a convenient way to understand the fairly consistent patterns of brain functioning common to most people.

The brain operates like a computer which is not surprising since computers were designed to emulate brain functions in the first place. There are input devices (data from our senses), coding systems (categorizations and cognitive appraisals of our perceptions based on previous experiences) and a central processing unit. There is also a power source (motivation) that pre-selects certain information for processing and ignores data considered irrelevant. There are also output devices in which data is categorized (cross-referenced in both the conscious and unconscious long-term memory systems). If the encoding is sloppy or the data has relatively low importance to functioning, it tends to be lost (forgotten). It is eventually overwritten or erased by subsequent information (new experiences).

While most of the information is stored, it is almost virtually unretrievable unless properly tagged to a retrieval path. For example, with no external cueing, try to remember who you had lunch with three Tuesdays ago. For most people this is not an easy assignment, yet the memory is there.

Imagine the distress of taking an examination and temporarily blocking the correct answers due to the stress of having to produce on demand. Imagine the difficulty in trying to fall asleep when your sleep cycle has been disrupted by jet lag. Or trying to read a chapter of a textbook when you are tired. Each of these activities require certain levels of brain state activation in order to be carried out effectively. The importance of this principle is far from insignificant. Disruptions to brain functioning can affect cognition, emotion, attitude and ultimately behavior. What is needed then is the ability to access the state that is optimal to the task at hand.

**What are brainwaves?** Essentially, our brain is a neurochemical information processor that gives off electrical signals as electrochemical circuits close and open a million each second. If this is so, why can't we detect these signals? Primarily because our skulls are too thick and the signals too weak for them to resonate outside our heads. With the exception of perhaps the most clairvoyant and telepathic among us, brainwave patterns are impossible to detect without the aid of a special

## 4 Mind State Management

---

amplifier called an electroencephalograph or EEG, which detects and records the changes in the voltage emanating from the brain. These electrical patterns tend to be similar in their general rhythm or rate of pulsation, and can be placed along the consciousness continuum.

The first pattern is described as **beta waves**, of short amplitude and very rapid pulsations of 30-14 cycles per second (Hertz or Hz). This pattern is optimal for intense mental activities such as calculations, linear logical analyses, and other highly structured functions.

The second pattern is described as **alpha waves**, characterized by a slightly larger amplitude of 13-9 Hz. This pattern typically occurs in daydreaming, relaxed awareness, guided or focused imagery and smoothly rhythmic athletic activity. There is often a euphoric, effortless feeling of “flow” as the doer is absorbed in activity, and subject and object are felt to be united.

The third pattern is described as **theta waves**, pulsations that are more ragged and irregular, in the 8-4 Hz range. While this range is rather small, a difference of 1 or 2 Hz in this zone is very noticeable, as it is proportionately much larger than it would be in the beta or alpha range. This pattern is associated with deep unconscious imagery, and thus creativity, as the person drops into a state of drowsiness and near-sleep.

The last main pattern is that of delta waves, pulsations that range between 3–1 Hz. In this range of profound relaxation, images and dreams have largely subsided, as the person slides into a state of slow wave restorative sleep. Meditators who remain aware during this state of near unconsciousness report tranquility and peace.

In this next section the intent is not merely to present a history of neurotechnology (the field of mind-machine interface), for others have done a more thorough job of documenting that history (Hutchison, 1986, 1990, 1992; Budzynski, 1991). My intent is to put mind state management in a context that allows you to see the rich human tradition from which it springs, and the way these independent sources form interdependent streams of consciousness. You can get a sense of the expansive direction in which this energy can flow, not only in your own development, but in the development of all human consciousness.

### ***Mind State Management in an historical context***

**Meditation and Prayer:** Throughout history, in virtually every culture and religion, there has been a tradition of some kind of meditation or chanting prayer. Prayer is typically used to focus and calm the mind or invoke the blessing of a deity. Usually the prayer takes about 15-20 minutes. It may involve the repetition of a simple phrase or series of actions and rhythmic sounds—jumping, swaying, dancing or chanting. The participant continues repeating the action or mantra long past the point of boredom, until a higher state or spiritual awareness occurs. If distracting thoughts occur, the participant is told not to resist them; let them pass through the mind and exit by themselves, allowing the mind to return to the mantra. These

rituals have been successful in invoking a relaxation response, but only to dedicated devotees who practiced religiously. The required discipline often had to be maintained externally through social constraints against leaving the place of meditation or the practice of prayer. The reason for such control was obvious. The tasks were inherently boring and ineffective unless practiced diligently, so the sessions needed to be practiced often enough for the benefit to be realized.

Nevertheless, over the centuries and across cultures, a general principle of the mind-body unity seems to operate:

- Stimulate the mind-body with rapid movement and loud sounds.
- Soothe and settle the mind-body with slower and quieter movement and sound.
- Transport the mind-body to altered states of consciousness through very slow pulsing of movement and sound.

The principles of mind state management are similar:

- Repeated rhythmic stimulation reduces the distraction imposed by the external world.
- Attention gradually and consistently turns to internal experiences.

If slower rhythms are better for inducing deeper states of consciousness, then it would seem that the ultimate meditation would be to cultivate total stillness and quietness—a slowing of all movement in a total focus of concentration. In fact, many forms of yogic meditation attempt to do just this. However, they flourish in cultures where patience, acceptance and the concept of “no-thing-ness” are taught from an early age. The effort required to focus the wandering and impatient mind is unbearably demanding and tedious to the undisciplined Western mind. Some would argue that this lack of patience and discipline is the very attitude that the practice of meditation is designed to overcome, the antidote to Western thinking. However, such an argument is actually a taunting tautology, describing a condition that prevents its own remedy. After we watch the dog chasing its own tail, we know he is merely playing with his dilemma. Not so with meditation. For whatever reason, most people in our Western culture will not meditate in a consistent way long enough to thoroughly learn the skills of MSM.

**Hypnosis:** The advent of formal hypnosis in the past two centuries provided a new and perhaps more readily acquired method of learning MSM. In hypnosis, a state of focus is generated by the use of language, with words, phrases, and ideas using the contradictions provided in the language itself. Words can twist and reflect upon themselves, leaving the listener confused and detached.

Hypnosis as a path to MSM was limited by two popular perceptions:

- Hypnotic suggestibility was thought to be an inherent, almost fixed, capacity rather than a learned skill which some people acquire more easily than others.
- Hypnosis was thought of as a weird state in which the hypnotist somehow took

control of a subject with a weak or suggestible mind.

As a result of these misconceptions, hypnosis held a relatively narrow path for learning MSM skills. Nevertheless, a dedicated person can usually learn hypnosis and ultimately self-hypnosis with the help of an instructor, or from books and tapes. However, for this individual the results are often hit-or-miss. Practice is abandoned before the MSM skills are properly learned and integrated.

**Mind alteration:** North American consciousness explorers in the 60s began experimenting with the mind-altering properties of hallucinogenic drugs. These did indeed alter the user's state of consciousness, but in largely uncontrolled, and sometimes dangerous ways. What's more, many of these drugs were not only illegal, but toxic, which required the body to metabolize the substance before returning to a normal state of consciousness. What people really wanted was a quick, effective, natural process for mind-state alteration.

Meanwhile, some researchers were experimenting with sensory deprivation. In float tanks, one floated in large, dark, quiet tanks of water at body temperature. The buoyancy provided by a high level of Epsom salt allowed the user to float effortlessly. All sensory input—sight, sound, smell, taste, kinesthetic feeling—was denied. This was effective in inducing relaxation, euphoria, accelerated learning, and various mind state phenomena (Hutchison, 1984, *The Book of Floating*); however, the tanks were cumbersome and not very practical.

**Ritual practices:** The 1970s brought an increasing awareness of the value rituals practiced by other cultures might offer to our secular consumer-oriented society. Besides Eastern religions and philosophies, there was a growing appreciation for North American aboriginal people and the reverence they held for nature. This resonated with the dawn of the ecology movement. The idea of using natural rituals somehow seemed to make more sense. The idea of social and mind altering ceremonies—bathing in the warmth and flicker of firelight, chanting, drumming and dancing—invoked a curiosity and earned a place in the North American cultural mosaic.

**Mind machines:** Another significant trend arose from the neuroscience experimentation of W. Gray Walter and his colleagues in a series of studies on the effects of photic stimulation. The addition of sound patterns to augment photic stimulation led to the proliferation of mind machines, most of which were still expensive and cumbersome. By the early 1980s, however, advances in computerization, miniaturization, and microchip technology allowed for the mass manufacture of light and sound machines (research reviewed in Hutchison, 1986, 1990-92; Budzynski, 1991, and other sources). Not long after, researchers and neurotechnology engineers closed the gap in mind state management by developing portable, inexpensive light and sound machines (**LSMs**). At last, those who wished to learn how to gain mastery over their mind states now had an appropriate technology:

- It would generate noticeable results almost from the outset of training (instant gratification and demonstration of effect).

- It was essentially passive in nature, requiring no active direction from the user.
- It was relatively inexpensive and portable.
- It was a safe, natural, and drug-free alternative.
- It could be used in private and be programmed to meet the user's needs.
- It could be adapted for use in social or group contexts.

LSMs were being promoted as the ultimate replacement for therapists, counsellors, and stress management consultants. They were destined to become a panacea for virtually all modern difficulties. People on both the West and East coasts began to flock to “Brain Gyms” for a mental health break.

But the fad died as quickly as it flourished. What happened? Overexcitement likely created unrealistic expectations. Consumers thought that all they had to do was turn on the devices and everything in their stressful lives would be resolved. This notion is as realistic as thinking you will become a great writer as soon as you purchase a typewriter. Another barrier was lack of portability. Mental fitness centers required the consumer to leave their home or work environment to gain access to the technology, instead of the technology coming to the consumer. Those who ran the centers, while technically adept and effective marketers, often did not have the psychological expertise to adapt the LSM technology to specific and complex needs of the user. Consumers had hardware, but without adequate guidance as to how to use it.

What was needed was the “software of the mind” to translate LSM potential into reality. A leading publication in the field of neurotechnology called for the need to develop a support system of training, instructional tools and programs—a guided hands-on approach to help the user go beyond a few novelty sessions (Hutchison, *Megabrain Report*, 1992). The real secret lay in enticing the participant to stay with the training long enough for a beneficial effect to be realized. What is often required is gentle encouragement, enthusiasm, and a set of focusing instructions that are easy to follow. Rather than having a few programs meant to meet everyone's needs, it made sense to develop customized programs for specialized purposes. And finally, since guided imagery used to meet those needs can be enhanced with LSMs, then why not offer audiotapes? The listener could absorb the process of change in an effortless manner, allowing the ideas to be absorbed in more receptive states. The resources of a pool of professionals experienced with using and customizing the skills of mind state management was needed, experts who could design and program sessions, and produce the audiotape to accompany the sessions.

In 1992, Theta Technologies began the process of developing a product that would offer all these advantages. The result is the Mind'sEye, with the collected knowledge of 17 specialists in the field of neurotechnology. Many of the session authors are experienced psychotherapists, neurolinguistic programmers, hypnotherapists, and researchers with direct experience using LSMs in their practice over the past five to ten years. They feature complex light and sound combinations, binaural beats, overlapping sounds, and other special audio-effects.

# ***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 Mind'sEye 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 Mind'sEye 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 Mind'sEye 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 some-



thing 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, books and additional courses will properly complement your personal program. We strongly recommend that you work with many of the resources that are readily available. 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 will occur if this happens 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 light/sound technology***

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.

### **Going further**

Of course, this is only a sketch of a mental fitness program. A variety of excellent sources are available and a few are listed on the next page. Please contact our office to obtain further information about our products and software releases.

Theta Technologies

P.O. Box 130, Fall City, WA 98024

[www.thetatechnologies.com](http://www.thetatechnologies.com) | [info@thetatechnologies.com](mailto:info@thetatechnologies.com)

Phone: (425) 222-6962 Fax: (425) 222-7413

---

## ***Selected references***

- Budzynski, T. H. (1991). *The Science of Light and Sound*. Fall City, WA: ThetaTech Publications.
- Cade, C. M. & Coxhead, N. (1979) *The Awakened Mind: Biofeedback and the Development of Higher States of Consciousness*. New York: Delacorte Press.
- Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York: Harper & Row.
- Glicksohn, J. (1986). *Photic Driving and Altered States of Consciousness: An Exploratory Study*. *Imagination, Cognition and Personality*, 6, 167-182.
- Hutchison, M. (1986). *Megabrain: New Tools and Techniques for Brain Growth and Mind Expansion*. New York: Ballantine Books.
- Hutchison, M. (1990). *A Short History of Light/Sound Technology*. *Megabrain Report*. 1. Summary available from Megabrain Report, or ThetaTech Publications, Fall City WA.
- Hutchison, M. (1992). *Beyond Entertainment: How to Use Mind Machines for Peak Performance and Self-Transformation*. *Megabrain Report*. 1. pp. 2-28.
- Hutchison, M. (1993). *Megabrain Power: How to Use Mind Machines and Smart Drugs to Change Your Life*. New York: Hyperion Press.
- Mavromatis, A. *Hypnagogia: The Unique State of Consciousness Between Wakefulness and Sleep*. New York: Routledge & Kegan Paul, 1987.
- Miller, E. E. (1987). *Software for the Mind: How to Program Your Mind for Optimum Health and Performance*. Berkeley, CA: Celestial Arts.
- Ritterman, M. (1983). *Using Hypnosis in Family Therapy*. San Francisco: Jossey-Bass
- Walter, W. G. (1957). *The Living Brain*. London: Gerald Duckworth & Co. Ltd.
- Wise, A. (1992). *Brainwave Patterns and the Mind Mirror*. First Annual Neurotechnology Forum. Synetic Systems, Seattle WA.
- Wise, A. (1996). *The High Performance Mind*. Jeremy P. Tarcher/Putnam.



## SECTION

## 2

# Operating Mind's Eye

This section tells you everything you need to know about operating the Mind'sEye and taking advantage of all its features. If you're anxious to get started, you can jump ahead to *Quick Start Instructions* on page 19, 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 Mind'sEye. 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 Your Mind'sEye*.

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

**WARNING:** Light and sound devices such as the Mind'sEye have proven to be entirely safe. However, 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 Mind'sEye***

### ***The Mind'sEye outfit***

Your Mind'sEye 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 7,000 hours of operation.

The batteries are fully charged when you first 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 Mind'sEye then turns off.

**NOTE:** If the Mind'sEye 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 Mind'sEye:** Connect the battery charger to the jack in back of the unit (**Figure 2**, opposite page), and let it **charge 12 to 15** hours. Only use the charger with standard household outlets (120 volts A.C., 60 Hz.) A full charge should give you a minimum of seven hours of play, or about eight to 12 sessions.

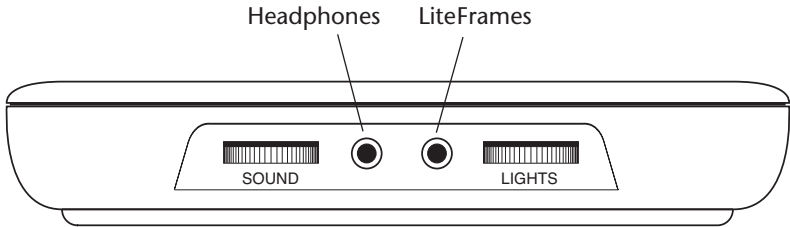
**Using the battery charger as a power adaptor:** You may also use the charging adaptor as a power adaptor. This is particularly convenient when you want to run a session, but receive a LOT BAT warning. You need to give the batteries at least 15–30 minutes of charge in order for this to work. (You may 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 12 to 15 hours. Continual over-charging will lessen battery life. Make a habit of recharging the Mind'sEye only when LO BAT is indicated or after about seven hours of use.**

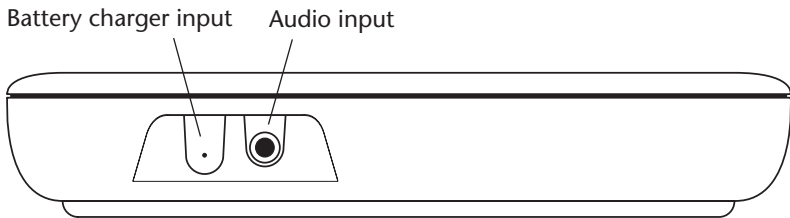


### ***Connecting the LiteFrames and headphones***

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 Mind'sEye as they could damage the unit.



**Figure 1.** Front of the Mind'sEye



**Figure 2.** Back of the Mind'sEye

## ***Running the 50 Pre-Set Sessions***

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

If you are just starting out with the Mind'sEye, you might consider trying two sessions which give a particularly good “tour” of the range of frequencies—Randy Adamadama's Inner Exploration I (page 34) and Frank Young's Re-Mind (page 37).

### ***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.

For example, if you wanted to play Frank Young's *Creativity*, you would select:

**BANK A - LEARN - NUMBER key 3**

### ***Quick Start Instructions for running the 50 pre-set sessions***

Mind'sEye's is programmed to receive your selection information in a certain order, so be sure to follow the steps in the order given.

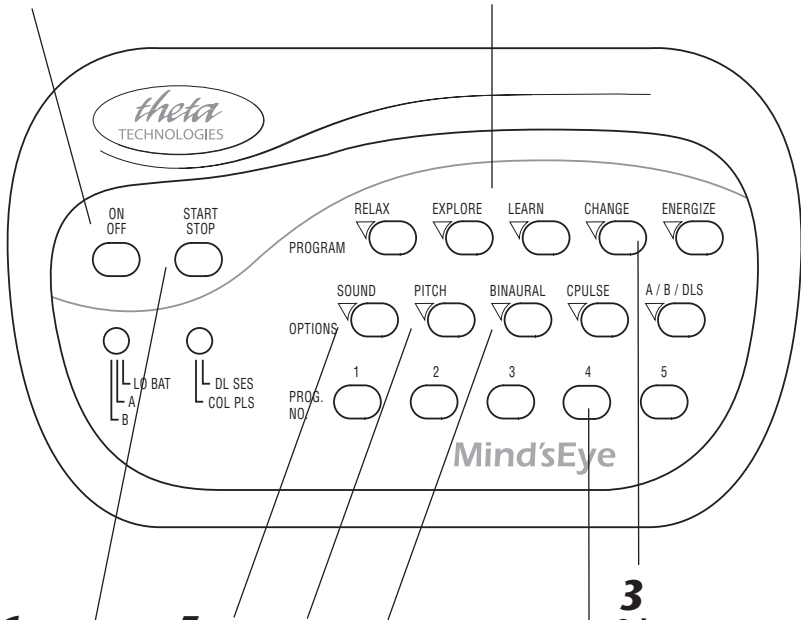
All you have to do is turn the unit on, select a session by pressing the BANK, PROGRAM, and NUMBER keys, select sound OPTIONS (if you wish), and press START. That's all there is to it! With the press of a few keys, you'll be on your way.

## Quick Start Instructions

**1**  
**Press the ON button.**  
 The left LED lights green and stays lit.

**2**  
**Select Bank**

The Mind'sEye 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.



**6**  
**Press Start**  
 Adjust the volume and brightness to a comfortable level.

Remember to keep your eyes closed during the session.

**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.

**3**  
**Select PROGRAM category**

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

**4**  
**Select program NUMBER**

A session is assigned a program NUMBER: 1, 2, 3, 4 or 5. Simply press the appropriate key.

## **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 Mind'sEye 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 Mind'sEye**

**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 Mind'sEye also features **automatic power-off** to conserve battery life. When you are selecting a session the Mind'sEye 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 the other five are stored in BANK B. To select a desired session, you must be in the correct bank:

**Move between banks with the A/B/DLS key.** This key acts as a three-way toggle between the Mind'sEye'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 Mind'sEye 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 Mind'sEye 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 NUMBER**

Press the appropriate program NUMBER key on the bottom row of the keyboard. (The first key on the left is NUMBER 1, the second key NUMBER 2 and so on.) 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 Mind'sEye. 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*. It may be sound #2, #3 or #4. The four sounds are described below; however, the best way to become familiar with them is to step through them and get to know them by ear.

### **To preview the pre-set sound for the selected session:**

Press and release the SOUND key *before* pressing START.

- **Sound 1** - A "pure" tone, described as such because of its singular sine wave, is used in relaxation sessions and for binaural generation.
- **Sound 2** - A pleasant chord, singular, also relaxing, but with a higher tone and a more "upbeat" feeling.
- **Sound 3** - A pure "square" wave, resembling the sound of a reed instrument.
- **Sound 4** - A "complex" chord.
- **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 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. The effect is known to improve a session's effectiveness. 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. There is no danger in 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.

# 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 Mind'sEye to the audio source.

The audio source can be any 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 Mind'sEye

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 on the Mind'sEye. 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 Mind'sEye.

**TIP:** For best results set the brightness control on the Mind'sEye 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 Mind'sEye to the audio source.

The audio source can be any 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 Mind'sEye

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 Mind'sEye

#### 4 Press play on the audio source

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

## ***Pause control***

**To pause a session: Press the fifth program NUMBER key during play** (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 “5” 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 Mind’sEye 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 Mind’sEye’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 Mind’sEye to an external audio source***

Use the stereo adaptor cable that came with your Mind’sEye. 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 17. )

### ***2 Turn on the Mind’sEye***

### ***3 Select the BANK***

### ***4 Select the PROGRAM***

### ***5 Press PLAY on the audio source***

### ***6 Press START on the Mind’sEye***

### ***7 Adjust the volume***

The Mind’sEye 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 Mind’sEye OR choose the BLANK sound option. (See page 22.)



# ***DownLoad Sessions***

In addition to the 50 preset programs, your Mind'sEye contains 25 additional programs that are stored in the Download Session bank. A complete list is shown on the next page.

## ***Playing a DLS session***

### ***1 Turn on the Mind'sEye***

### ***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 Mind'sEye'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 Select a program***

Select a program from the list below by entering the corresponding Program category and number.

### ***4 Press START to play***

## ***Download Bank Sessions***

<b>No.</b>	<b>Length</b>	<b>Title</b>	<b>Access Key</b>
1	20	Sleep Time One	Relax 1
2	10	Sleep Time Two	Relax 2
3	30	Theta One	Relax 3
4	15	Theta Two	Relax 4
5	30	Hemitone One	Relax 5
6	15	Hemitone Two	Explore 1
7	40	Deep Relax One	Explore 2
8	20	Deep Relax Two	Explore 3
9	10	Cat Nap	Explore 4
10	25	Visions One	Explore 5
11	12	Visions Two	Learn 1
12	30	Relax One	Learn 2
13	15	Relax Two	Learn 3
14	30	Hemitone Three	Learn 4
15	15	Hemitone Four	Learn 5
16	30	Inner Focus One	Change 1
17	15	Inner Focus Two	Change 2
18	60	Mind Magic One	Change 3
19	30	Mind Magic Two	Change 4
20	15	Sports	Change 5
21	15	Energize	Energize 1
22	30	Mind Magic Three	Energize 2
23	15	Mind Magic Four	Energize 3
24	45	Mind Magic Five	Energize 4
25	22	Mind Magic Six	Energize 5

---

# ***Getting the Most Out of Mind'sEye***

## ***Care and maintenance***

The Mind'sEye 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 Mind'sEye.
2. Do not leave the Mind'sEye continually charging. Continual overcharging will lessen battery life. (See *Battery charging*, page 16.)
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 Mind'sEye as this could damage the unit.

## ***The benefits of light and sound***

There are many useful and beneficial applications for your Mind's Eye system:

1. **Assistance in reaching states of deep relaxation quickly.** For example, use your Mind'sEye 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 Mind'sEye as an aid to brainstorming.
3. **Accelerated learning.** Deep relaxation is an integral part of the famous Super-learning technique, and the theta state is necessary for twilight learning (sleep learning) to take place. You can use the Mind'sEye 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 first 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.

#### ***Session stops unexpectedly***

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

---

## **Questions and Answers**

### ***How often can I use the Mind'sEye?***

We suggest that the Mind'sEye 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 Mind'sEye 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 effect 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 Mind'sEye, 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 Mind'sEye 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 23.

***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.

***Is light/sound recommended for small children?***

Once children reach beyond the fifth year of development they can benefit greatly from light and sound, especially when used with visualized images. The need for self-control, calmness, and self esteem is ever present in children, and the need continues to grow as they mature. The leading researcher in the use of light and sound devices in early childhood development, Dr. Rayma Ditson-Sommer, has found improved concentration, accelerated learning, and a better attitude toward school and other stress situations in children who used the programs daily.

## SECTION

## 3

# Session Descriptions

This section lists the Mind'sEye's 50 pre-set sessions, grouped according to category, and provides all the information you need to run those sessions. There are five program categories — RELAX, EXPLORE, LEARN, CHANGE and ENERGIZE, and ten different programs within each category.

Each session description lists the information needed to select that program—the PROGRAM category, the BANK, and the program NUMBER.

## ***Relax sessions***

This group of sessions features a variety of relaxation type programs, working predominately in the theta and delta range. They include everything from basic relaxation programs to those for use in unique types of situations, as well as those that couple relaxation modalities with entertainment.

### ***Total Tune-Up***

*by Deborah DeBerry*

**Program length:** 13 minutes

**RELAX A-1**

During the first half of the program Total Tune-Up meets the listener in busy beta and rapidly spirals downward through alpha and theta. It then continues downward toward deep delta. The delta state is sustained throughout the second half of the program, pulling the user ever downward.

## **Quick Break**

*by Rayma Ditson-Sommer, Ph.D.*

**Program length:** 15 minutes

**RELAX A-2**

This program was designed to provide a “quick break” for people involved in care giving and other very high stress situations. It starts in beta, but quickly drops into theta and on into delta. This short, deep rest period allows for calmness development in a short time and ends in an energizing mode which allows you to return to the job rested and ready to resume. The program can be used many times during the day.

## **Clearing Your Mind**

*by Frank Young, Ph.D.*

**Program length:** 16 minutes

**RELAX A-3**

This session progressively ramps you from beta down to delta. It can be used just before going to sleep or at other points in the day when you want to be free of intrusive thoughts so that you can better focus and concentrate.

## **Total Relaxation**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**RELAX A-4**

Total Relaxation begins at 18 Hz and every 30 seconds descends 1 Hz until it reaches 11 Hz, at which point it continues to descend in single Hz increments every 60 seconds. Upon reaching 4 Hz it remains there for 4 minutes before ascending to 10 Hz during the last 4 minutes.

## **Blissful Relax**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**RELAX A-5**

This program begins in beta (16 Hz), then ramps down smoothly and gradually into the low alpha range (7 Hz) by minute 12. It continues to theta (5 Hz), remains there from minute 15 to 19, then ramps up to 10 Hz by the end of the session.

## **Power Nap**

*by Tom Kenyon of ABR, Inc.*

**Program length:** 24 minutes

**RELAX B-1**

Power Nap drops from alpha to delta over the first half of the program and remains there for the second half.



## **Serenity**

*by Rayma Ditson-Sommer, Ph.D.*

**Program length:** 30 minutes

**RELAX B-2**

This program utilizes low levels of theta and delta to allow for deep relaxation, calmness, and sound sleep. When used for comfort and calmness development the user learns to relax, reduce feelings of discomfort, and possibly increase the flow of endorphins. Stressors are reduced to manageable levels for those who find it hard to relax.

## **Relaxed Thought**

*by Ron Isaacks*

**Program length:** 30 minutes

**RELAX B-3**

Relaxed Thought is a very relaxing, alpha-theta program with a number of beneficial frequencies. It combines extended times at theta frequencies associated with advanced situational awareness and meditation, and with alpha frequencies associated with health.

## **Musical Ecstasy**

*by Randy Adamadama*

**Program length:** 30 minutes

**RELAX B-4**

This program is designed to enhance your favorite slow to moderate music. It gently cycles between alpha and theta frequencies, and is effective for inducing an open meditative state where music can take on an added dimension.

## **Mind Tune-Up**

*by Randy Adamadama*

**Program length:** 45 minutes

**RELAX B-5**

After beginning with a three minute stabilized induction period at earth frequency (7.83 Hz), the plot of the frequencies follow the shape of a sine wave, stabilizing for a period of two minutes at the wave's peak. You'll hear a high pitched cue that indicates this is a good time for some deep breathing. It later stabilizes in the theta state, and you'll hear another high pitched cue that indicates this is a good time for meditation. The program ends with a stable period of three minutes in the alpha state, leaving the user moderately energized.

## ***Explore sessions***

These are open-ended, mind expansion and exploration sessions designed to access altered states of consciousness.

### ***Inside Out***

*by Dr. Jeffrey Thompson*

**Program length:** 20 minutes

**EXPLORE A-1**

This session begins at beta (14 Hz) and progresses through a series of ramps down to a deep delta level of 3 Hz over the course of 15 minutes. It then rises back to 14 Hz in the last five minutes.

### ***Inner Exploration I***

*by Randy Adamadama*

**Program length:** 20 minutes

**EXPLORE A-2**

Inner Exploration I chromatically explores the frequencies from 12 Hz to 1 Hz and back to 12 Hz. Each frequency plays in a synchronous mode (light and sound pulsing in unison) for 20 seconds and then in an alternating mode (light and sound alternating left/right) for 20 seconds before moving to the next frequency. Use the PAUSE key to explore moments in which you feel especially good or visually fascinated. There is a stable four minute period at the beginning of the session for induction purposes and a stable four minute period at the end of the session for integration purposes.

### ***Inspire and Expand***

*by Terry Patten & Julian Isaacs, Ph.D.*

**Program length:** 24 minutes

**EXPLORE A-3**

The program begins at a low beta frequency and slows to theta before making a series of three rapidly increasing frequency rate rises. It then moves into alpha and from there rises to mid-beta providing interesting imagery experiences created by incremental frequency shifts. In the mid section, it provides some wide swings from beta to delta frequencies, allowing the user to loosen up and integrate various energetic flows. You are encouraged to use this process to move energy from the lower to the higher chakras. Finally the program moves to the alpha range to end gently.

## **Hypnagogia**

*by Andrzej Slawinski*

**Program length:** 24 minutes

**EXPLORE A-4**

Hypnagogia is comprised of a series of 10-60 second cycles between mid-beta and mid-alpha. The gentle “rocking” of the lights back and forth lulls the user into a state of deep trance.

## **Cosmic Octave**

*by Andrzej Slawinski*

**Program length:** 30 minutes

**EXPLORE A-5**

This program is based on the principle of the “Cosmic Octave” in which moon frequencies are used. It may be of great help in recovering unconscious feelings, dreams, or inner plans and programs.

## **Deep Descent**

*by Bill Harris*

**Program length:** 30 minutes

**EXPLORE B-1**

This deep meditation program will gently take you from an alpha pattern to a deep delta state over a 20 minute period. Having arrived at this meditative state, it will then hold you in the delta state for an additional ten minutes.

## **Galactica**

*by Dr. Jeffrey Thompson*

**Program length:** 30 minutes

**EXPLORE B-2**

The basic light/sound pattern sequence of Galactica begins at a low beta rate of 15 Hz and drops through a series of plateaus in the theta dream-state range into delta at 3 Hz. Then back up and out through a two-state ramp in theta once again to end at 12 Hz.

## **Synchronize**

*by Dr. Jeffrey Thompson*

**Program length:** 30 minutes

**EXPLORE B-3**

This session goes from a 15 Hz waking beta cycle on a smooth sweep down into delta at 3 Hz, and then back up and out again to a slightly lower beta frequency of 12 Hz, providing a profound experience of steadily sinking into ever deeper regions of the subconscious mind.

## **Meditation**

*by Randy Adamadama*

**Program length:** 35 minutes

**EXPLORE B-4**

When the sound changes to a very low hum, you will be in deep meditation. Next, the light intensity will fade to 0 and will maintain one minute of darkness, signaling you to get ready to image. Then a higher tone will sound for five seconds. As soon as the low tone returns begin holding a single static image of yourself getting what you want. Hold as intensely as possible until the lights return, then abruptly let go your image.

## **Flow**

*by James Mann*

**Program length:** 35 minutes

**EXPLORE B-5**

This session is designed to naturally calm and soothe your body and mind. The light and sound frequency remains at 10 Hz throughout the session while the binaural tone ascends in pitch every five minutes. The sound pitches are designed to resonate with the seven energy centers in the body, otherwise known as chakras. It is not necessary to be familiar with the particular energy centers. By listening to the sounds in a relaxed, open manner and allowing your mind to flow freely with the sounds, it will naturally free up the tension and energy which is stuck in those parts of the body.

---

# Learn Sessions

This group of sessions allows for superlearning of detailed knowledge, general pattern learning, developing personal creativity, subliminal learning, enhancing imagery in learning and lucid dreaming.

## **Reconnect**

*by Rayma Ditson-Sommer, Ph.D.*

**Program length:** 20 minutes

**LEARN A-1**

Reconnect begins in alpha at 12 Hz, goes quickly to 4 Hz in theta and ramps back to 12 Hz over the next 10 minutes.

## **Re-Mind**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**LEARN A-2**

This session is one of the best for introducing the beginner to the realms of mind states using the technology of the Mind'sEye. Re-Mind starts in a burst of beta (18 Hz), allowing you to explore the beta environment for the first three minutes. Over the next minute the program proceeds to ramp down noticeably into the alpha realm (10 Hz). As you explore this zone, more attention is paid to visual imagery and body states featuring relaxation. While this is happening in minutes four to eight, there is a mild slope through the alpha range as the program ramps from 10 to 8 Hz, giving the user a greater opportunity to enter the alpha state.

Minute eight begins a drop to 5 Hz by minute nine. Again you are given four minutes to enter into and sensualize the theta experience as the program slopes very gently from 5 to 4 Hz.

At minute 13 there is a one-minute ramp to 2 Hz, remaining at this delta frequency from minutes 14 to 17. Then the user is given a quick review of theta at 5 Hz, alpha at 9 Hz, and beta at 15 Hz in the last minute as the session fades to soft-off near the end of the 20-minute session.

## **Creativity**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**LEARN A-3**

Creativity begins at 16 Hz. It ramps down steadily to 8 Hz at minute four, 6 Hz at minute six, 4 Hz at minute eight, and finally to 3 Hz at minute ten. There are several minutes in the low theta/borderline delta zone in which the light stimulation is almost turned off, returning only occasionally to encourage you to remain awake enough to observe whatever imagery is generated. Develop these images in theta reverie from minutes 10 to 18. The session ends with a gentle climb into the higher theta range (6 Hz). Note that the ending does not rise very far towards the alpha range. This extends the theta creative reverie phase beyond the end of the session, allowing a slide back into a theta state if you wish more time to develop creative images. In unpracticed minds, some of the best creative images do not appear until 30-45 minutes into theta training. Hopefully, with training, this imagery period will happen sooner than the 20-minute timeline of the session.

Another noteworthy feature of the session is that the level of stimulation for theta reverie is kept at 3 Hz. You are likely to see an image, go up in activation slightly while coding it, and then try to return to the deep theta level to await the next image. The mind state activation will thus flutter above 3 Hz. The substrate of the program stimulation does not fluctuate, however. The design constancy is designed to bring the user back to the steady, low theta level as soon as possible after each image is coded and parked in the alpha consciousness.

## **Mentacize**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**LEARN A-4**

The session begins in a beta frequency (16 Hz) and then ramps smoothly through the alpha range (12-8 Hz), then again into the theta zone (8-6 Hz). The ramping continues into the low theta zone before returning to end at 8 Hz in alpha.

## **Lucidity**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**LEARN A-5**

This session is designed to leave the user at the threshold of sleep, allowing for a direct transition from the session into a sleep state. It begins at 16 Hz gradually descending through alpha and theta, spending four minutes at the theta-delta border before settling into a 2 Hz ending delta state.

## **Mind Power I**

*by Win Wenger*

**Program length:** 24 minutes

**LEARN B-1**

Mind Power I can be useful for tuning up before or after studying. It cycles through alpha to mid theta before returning the user to a state of relaxed alertness.

## **Mind Power II**

*by Win Wenger*

**Program length:** 30 minutes

**LEARN B-2**

Mind Power II is similar to Mind Power I except this program descends deeper to the theta-delta border and spends more time in a gradual ascent through alpha before concluding at 10 Hz.

## **In Sync**

*by Rayma Ditson-Sommer, Ph.D.*

**Program length:** 30 minutes

**LEARN B-3**

In Sync begins in beta, proceeds through alpha for a deeper relaxation phase, then moves into theta for an extended learning period. It supplies you with ample time in theta to insure deep relaxation before learning.

## **Schumann Resonance**

*by Dr. Rayma Ditson-Sommer*

**Program length:** 30 minutes

**LEARN B-4**

The Schumann Resonance wave (7.83 Hz) is incorporated for better focused learning and performance. The program begins in alpha and drops to theta and the Schumann Resonance. In five minutes it drops to low theta for ten minutes, back to high theta and finishes in beta leaving the user ready and alert.

## **Learning State**

*by Rayma Ditson-Sommer, Ph.D.*

**Program length:** 36 minutes

**LEARN B-5**

**Purpose:** The program begins in low beta, moves slowly to alpha, then on to theta, the "learning state." Visualization is best learned in theta which insures long term recall.

## ***Change Sessions***

These repatterning sessions help people make positive changes in their lives, especially when used with self-development or subliminal tapes.

### ***Balance***

*by Tom Kenyon of ABR, Inc.*

**Program length:** 14 minutes

**CHANGE A-1**

Balance descends quickly from alpha to theta and thereafter alternates between mid and low theta states.

### ***Deep Theta***

*by Tom Kenyon of ABR, Inc.*

**Program length:** 15 minutes

**CHANGE A-2**

This session remains at a constant 4 Hz frequency throughout.

### ***Progressive Deep Relaxation***

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**CHANGE A-3**

This program descends to 4 Hz in one and two Hz increments. After remaining at 4 Hz for five minutes it ramps back up to 10 Hz to end the session.

### ***Theta I***

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**CHANGE A-4**

The first half of Theta I is spent at the high beta, mid beta, then alpha range. From there it descends to mid theta where it remains for the duration of the program.

### ***Alternity***

*by Frank Young Ph.D.*

**Program length:** 20 minutes

**CHANGE A-5**

Alternity begins at 18 Hz and descends in 2 Hz increments to 4 Hz and then rises to 10 Hz at the session's end.



## **Innervision**

*by Paul Scheele*

**Program length:** 21 minutes

**CHANGE B-1**

Innervision begins at 20 Hz and then alternates between 2 Hz decreases and 1 Hz increases until it reaches the target rate of 4 Hz. It then ascends to an ending beta state.

## **Dreamtime**

*by Deborah DeBerry*

**Program length:** 23 minutes

**CHANGE B-2**

Dreamtime begins at high beta but quickly descends to a mid theta state where the session remains throughout.

## **Journeys**

*by Don Paris and Ilona Selke*

**Program length:** 24 minutes

**CHANGE B-3**

This program is designed to enhance your integration of the changes you experience from traveling into other dimensions. It begins in beta to match your waking state of consciousness and moves in a relaxed way into the “magic window” frequency of 7.8 Hz, the Earth’s own “brainwave” frequency. The program then drops down into theta into what could be called the “working state” where the body is deeply relaxed and the mind is in the in-to-it-ive state. Most of the journey is spent in this state before ending by moving into the upper regions of beta.

## **Deep Design**

*Thomas H. Budzynski, Ph.D.*

**Program length:** 25 minutes

**CHANGE B-4**

This program gently cycles back and forth between 8 and 9 Hz throughout the entire session. This subtle movement is designed to help keep one alert in the midst of deep relaxation.

## **Deep Inside**

*Thomas H. Budzynski, Ph.D.*

**Program length:** 25 minutes

**CHANGE B-5**

Similar to the previous session except the shifts occur over a wider frequency range with more time spent at each cycle.

## ***Energize Sessions***

These sessions include revitalizing, re-energizing, and entertainment applications.

### ***Rejuvenator***

*by Thomas Budzynski, Ph.D.*

**Program length:** 11 minutes

**ENERGIZE A-1**

Take a quick time out to renew and refresh. This session changes from beta frequencies down to slow alpha and then back to high alpha.

### ***Fourth of July***

*by Richard Daab*

**Program length:** 14 minutes

**ENERGIZE A-2**

This session was designed to give the ultimate light show. During the session the lights hop quickly from frequency to frequency, alternating between bright and dim, left/right and on/off. You might see bursts of intense day-glo colors, spinning fractal-like geometric patterns, or soft, shimmering, shifting pastels and cubist landscapes.

### ***U.F. Oria***

*by Richard Daab*

**Program length:** 18 minutes

**ENERGIZE A-3**

In addition to being a wonderful light show, this session makes full use of the sophisticated sound capabilities of the Mind'sEye, employing chords, cross-fades, binaural beats, and lots of sound and pitch changes.

### ***Inner Exploration II***

*by Randy Adamadama*

**Program length:** 20 minutes

**ENERGIZE A-4**

This program chromatically explores the frequencies from 7.83 Hz to 33 Hz to 18 Hz. Each frequency plays in a synchronous mode (eyes and ears pulsing in unison) for ten seconds and then in an alternating mode (eyes and ears alternating left/right) for ten seconds before moving to the next frequency. Use the PAUSE key to explore moments in which you feel especially good or visually fascinated. There is a stable four minute period at the beginning of the session for induction purposes and a stable four minute period at the end of the session for integration purposes.

## **Peak Performance**

*by Thomas H. Budzynski, Ph.D.*

**Program length:** 20 minutes

**ENERGIZE A-5**

The light and sound cycles back and forth between mid beta and mid alpha, changing frequency at certain intervals.

## **Sports Tune-Up**

*by Frank Young, Ph.D.*

**Program length:** 20 minutes

**ENERGIZE B-1**

The session begins in high beta (18 Hz) to stimulate the competitive environment in which training, practice and competition are likely to occur. From there the program ramps down to 12, to 8, then to 4 Hz before bringing one back to a 12 Hz relaxed but alert state.

## **Super-Tuned Knowing**

*by Ron Isaacks*

**Program length:** 25 minutes

**ENERGIZE B-2**

The session utilizes seven specific window frequencies and many rapid mode changes. In many users this creates a very relaxed state in the high beta range, relaxed high energy with knowing.

## **Flow**

*by Ron Isaacks*

**Program length:** 25 minutes

**ENERGIZE B-3**

This program incorporates a series of rapid ramps and mode changes throughout the delta, theta, alpha, and beta ranges to develop the ability to rapidly change states, developing fluid transitions throughout the entire frequency range.

## **Maximize**

*by James Mann*

**Program length:** 30 minutes

**ENERGIZE B-4**

This session uses a 12 Hz pulse rate with the sound pitch set at a low 60 Hz. The 12 Hz pulse rate will keep you at a high alpha. The 60 Hz carrier voice frequency colors the session to a physical power window. Try using Maximize at the end of the day for recharging and renewal.

## **Power Up**

*by Terry Patten & Julian Isaacs*

**Program length:** 30 minutes

**ENERGIZE B-5**

Power Up is designed to create a state of focused concentration, and be fun and entertaining too. The session features interesting frequency jumps and fast ramps up and down to create many novel visual effects.

## SECTION

## 4

*Biographies***Randy Adamadama**

Randy Adamadama is a Vibration Therapist, program designer, and Machine Design consultant for Photosonix, manufactured by Microfirm. He began the first commercial venture featuring light and sound machines with the opening of Universe of You Vibrational Therapy studio in Corte Madera, California in 1986.

**Thomas H. Budzynski, Ph.D.**

Dr. Budzynski graduated with a degree in electrical engineering from the University of Detroit and served as an aerospace engineer for seven years. During part of this time he was crew chief of the inertial navigation team on the top secret SR-71 "Blackbird" project. He later left engineering to earn an M.A. and Ph.D. in psychology from the University of Colorado at Boulder.

A biofeedback pioneer, Dr. Budzynski developed several of the early biofeedback devices including the first digitally-quantifying EMG, and the Twilight Learner which was featured in an article in *Psychology Today* (Aug. 1977).

Dr. Budzynski and his noted colleague, Dr. Johann Stoyva, established new standards in biofeedback and behavioral medicine research with their landmark studies at the University of Colorado Medical Center. Dr. Budzynski served as President of the Biofeedback Research Society in 1974-75.

A noted lecturer and workshop leader, Dr. Budzynski has also traveled to European, Australian and Canadian cities to speak on behavioral medicine, stress, pain, biofeedback and neurotherapy. He has been published numerous times in his areas of expertise. His *Relaxation Training Program* has been a best selling stress management

audio cassette program for over twenty years. With Denis Waitley he developed the top selling *The Subliminal Winner* album for Nightingale-Conant. A new Pain Control program for Thought Technology combines hypnotic inductions with effective imagery. The REVITALIZER and CYBORIUM 2010 are two exciting new products.

A frequent consultant in the areas of brain mapping, stress management, biofeedback, self-help audio tapes, pain management, priming process and neurotechnology, Dr. Budzynski carries out research in these areas. He is presently the Director of Research and Training at Anabasis of Sarasota, Florida.

### **Richard Daab**

From 1986-1991 Richard Daab was an editor at *Magical Blend Magazine*. While working there he became familiar with the emerging field of neurotechnology, and established contacts with many of its participants. In 1988 he started Inner Technologies, a mail-order catalog which specialized in "tools for the expansion of consciousness". Seeing the need for a more direct way of marketing this equipment, he co-founded Theta Technologies in 1991, which distributes the Mind'sEye light and sound machine.

### **Deborah DeBerry**

Deborah DeBerry is president of the Whole Brain Learning Institute, which she founded in 1989. WBLI offers transformational seminars and audio tape programs designed to accelerate learning and strengthen the mind-body connection. Having worked closely with Dr. John-David for several years prior to his death in 1988, she continues to use his innovative sound and subliminal technology to explore issues ranging from creativity to empowerment through educational and entertainment products.

A recipient of an Outstanding Young Woman of America Award, she is a graduate of Hollins College, the Sorbonne, and Southern Methodist University, where she received her MBA. She is also a certified clinical hypnotherapist and a 1993 participant in the Leadership America program.

### **Rayma Ditson-Sommer, Ph.D.**

Dr. Ditson-Sommer is an internationally known speaker, consultant, and lecturer in the field of learning. She has an extensive background in psychology, special education, early childhood education, neuropsychology, and research. She holds degrees from Columbia University, New York City; Texas Woman's University, Denton, Texas; and Indiana University, Bloomington, Indiana, with yearlong internships at Southwestern Medical School, Menninger Clinic, and Topeka State Hospital. Dr. Ditson-Sommer has held Associate Professorships at the University of Wisconsin, Texas Woman's University, and Viterbo College, and has been a visiting professor at many institutions. After many years developing programs for the developmentally disabled individual, Dr. Ditson-Sommer is presently immersed in research programs

involving learning for the attention deficit student, the autistic child, movement studies for the cerebral palsied, gifted child programs, and literacy programs, with a purpose to discover alternative methods of learning for all.

She has conducted seminars on many college campuses, as well as other educational institutions throughout the world. These seminars have content related to accelerated learning, coping for parents and children in medical distress, attention deficit difficulties, closed head injury, spinal injuries, autism, dyslexia, illiteracy and negative self-image problems. Parent and teacher facilitation in dealing with severe developmental disabilities has been a long-time special interest.

Dr. Ditson-Sommer is the originator of the Maximal Learning System of bio-feed-in accelerated learning. She is the author of the Maxi-Learn system tapes for accelerated and wholebrain learning, and founder and C.E.O. of Wingspan Learning Consultants.

### ***Bill Harris***

Bill Harris has been involved in personal growth for over twenty years as a seeker, teacher, public speaker, author, composer, therapist and workshop leader. A student of ancient and modern research into the nature of the mind, he began his search in the TM movement in the 1960s and later became a TM Siddha. He has also been initiated into Kriya yoga by Swami Kriyananda of Ananda Village and has studied and practiced a variety of other traditional and modern transformational techniques and approaches with a variety of teachers.

Bill frequently conducts trainings in Neuro Linguistic Programming and is a long time student of contemporary psychology, quantum mechanical physics, the evolution of non-linear systems (chaos theory) and the effects of brain entrainment technologies on human evolution and healing. He is known for his ability to blend ancient and modern explanations in such a way that difficult subjects become easy to understand.

Currently a Masters Candidate in Music at the University of Portland, Bill has studied composition with world-renowned Czech composer Tomas Svoboda and Catalonian composer Salvador Brotons.

Bill is frequently invited to present at scientific forums and conferences as well as Whole Life Expos across the U.S., and is a frequent speaker for New Age and New Thought audiences. He maintains a regular schedule of workshop presentations up and down the west coast of the U.S. He is currently president and director of CentrepoinTE Research Institute and president of Bill Harris Training and Consulting. He also maintains a private therapy practice.

### ***Julian D. Isaacs Ph.D.***

Dr. Isaacs has an academic background in the areas of philosophy of mind, psychology and parapsychology. He has been active in Brain/Mind technology research and development since 1979. He was director of research for "The Other 90 Percent", a research project which aimed to develop innovative non-drug altered states induction procedures and mental skills training programs. This work included the investigation of existing altered states induction techniques and psychotechnological devices, which provided opportunity for him to evaluate a wide range of psychotechnologies. Since 1984 Dr. Isaacs has been a faculty member of the Graduate School of Consciousness Studies of John F. Kennedy University, Orinda, Ca. He has presented the *Megabrain* workshop for Michael Hutchison many times and has lectured widely on a variety of consciousness-related topics, including altered states of consciousness, social aspects of consciousness, the New Physics, subtle energy and parapsychological phenomena, and the applications of various consciousness technologies. He is currently Director of Research for "Tools For Exploration", a mail-order catalog corporation which retails products for energy, consciousness and health.

### ***Ron Isaacks***

Ron Isaacks, a gifted and caring Avatar and NLP trained psychotherapist, is the president of the Mind Flight Corporation in Colorado.

Ron has personally enjoyed using the best light and sound machines for hundreds of hours. Mind Flight is a beta test site for testing the newest machines from a number of manufacturers.

Since first using mind machines in early 1987, he has been driven to share this emerging technology with everyone. Ron has organized his business to offer affordable take home rentals of light and sound equipment to thousands of people, in addition to offering for sale what he has determined to be the finest machines.

Ron is a long time meditator (20 years), and has developed many alpha and theta range programs for meditation and relaxation, used in conjunction with audio or live quick change therapies.

### ***Tom Kenyon***

Tom Kenyon, M.A. holds a Master's Degree in Psychological Counseling with over ten years of clinical experience. He is certified in NLP, Ericksonian Hypnosis and Whole Brain Learning. Tom founded ABR, Inc. (Acoustic Brain Research) in 1983 to scientifically document the effects of sound on consciousness. Today ABR is a recognized leader in psychoacoustic research and development. The focus of his work is the use of altered states of consciousness and the benefits that these deeper states of awareness reveal.



**James Mann**

James Mann has been involved in consciousness exploration since 1968. In 1988 he began integrating light and sound machines into his research. The focus of his work is how one can use light and sound to awaken the energy centers of the body. Most of his light and sound research has been done with the PC Synergizer, the IBM compatible machine manufactured by Syntetic Systems. He has written a manual for PC Synergizer owners, *Awakening Mind I: Creating Sound and Light Sessions on Advanced Programmable Mind Machines*.

**Terry Patten**

Terry Patten is best known as the founder, president, and innovator and publisher of *Tools For Exploration*, the world's most complete and respected catalog source for consciousness technologies. He personally authors its newsletter, *Consciousness Technologies*. He is the co-author (with his wife, Leslie) of *Biocircuits: Amazing New Tools for Energy Health* (1988), and has been Managing Editor and then Contributing Editor (with Michael Hutchison) of Megabrain Report: The Consciousness Technology Newsletter (1989-current). Together with Julian Isaacs, Terry Patten was co-author of *A Double-Blind Study of the "Biocircuit, a Putative Subtle-Energy-Based Relaxation Device"* (1991). He is also founder and director of Neuro-Acoustic Laboratories. Since 1987, he has written, lectured, and led workshops on consciousness technologies and subtle energy.

**Don Paris and Ilona Selke**

Don Paris and Ilona Selke are international seminar leaders in the field of applying Quantum Physics to personal growth and consciousness expansion. Having worked with light and sound technology since its infancy, they were instrumental in introducing mind machines in both America and Europe. Their extensive work with consciousness related technologies, both internal and external, have made them very popular speakers at conferences like Global Sciences. Always up to date on the latest tools for growth, they have blended three of the most advanced processes into the *Mind Journeys* cassettes. Quantum Imaging is an interactive guided visualization process that allows you to tap directly into the blueprint of the multi-dimensional universe to create the life you want—spontaneously. Mirror Talk messages are time-reversed affirmations just above the threshold of audibility that speak directly to the subconscious mind. Binaural beats assure you of an open relaxed atmosphere in which to explore. By combining these with the Voyager you have some of the best tools for growth available.

**Paul R. Scheele**

Paul Scheele co-founded Learning Strategies Corporation in 1981. Learning Strategies Corporation, a Minneapolis-based human resource consulting firm, has worked with organizations in both the public and private sectors. Mr. Scheele serves as its chairman and director of curriculum and instruction.

Mr. Scheele earned his Bachelor of Science degree from the University of Minnesota and his Master's degree in learning and human development technology from the University of St. Thomas. He is a master practitioner of Neuro-Linguistic Programming, having studied extensively with its developers from 1977 to 1981.

Mr. Scheele has consulted with individuals and companies for 14 years. He has designed and delivered over 25 different programs relating to professional and personal development. He is the developer of PhotoReading, a course teaching adults how to mentally photograph the written page at 25,000 words per minute. In 1988, Mr. Scheele introduced *Paraliminal* tapes, a series of audio cassette learning programs that are now being distributed worldwide.

As an award-winning public speaker, Mr. Scheele addresses corporations, regional conferences and national conventions in many industries. His speeches confront human development challenges in the 1990's with practical advice and skills.

Learning Strategies Corporation is licensed by the State of Minnesota Department of Education as a private vocational school. PhotoReading is presented to corporations and the general public by licensed instructors throughout the US, Canada, Europe, Brazil, New Zealand and South Africa.

### ***Andrzej Slawinski***

Director of the Tamas Laboratory, Andrzej Slawinski works in the fields of biofeedback research, experimental music and theatre, multi-media performance, super-learning and therapy. As a professional member of the Monroe Institute he implemented the Hemi-Sync signals in his artwork. Tamas Lab's CDs and tapes, designed to enhance ones mental abilities, are distributed worldwide.

He works with clients, conducts workshops on light and sound technology, and also works with drug addict rehabilitation centers. In recent years he has conducted intensive research on audio-visual stimulation and developed the innovative AudioStrobe interface which decodes mind machine signals from a CD player and "puts light into music". A series of AudioStrobe CDs create synesthetic experiences of an astonishing intensity and quality.

### ***Dr. Jeffrey Thompson***

Since 1981 Dr. Thompson's ground-breaking work using musical sound patterns, nature sounds, and NASA space sound recordings to alter states of consciousness has gained him international recognition. His work is used by psychologists, psychiatrists, clinical hypnotherapists, physicians and bodywork professionals in 26 countries. There are multiple levels of sound frequency patterns built into the sounds and music of his many different recordings for resonating brainwaves into deep states of relaxation. Many of these frequencies were processed by extensive use of the stereo field with special 3-D processing. Some of the sounds on his recordings have been created through a process called "Primordial Processing"—using nature sounds, hu-

man body sounds, and NASA/Voyager space sound recordings from the planets in our solar system. All of Dr. Thompson's recordings are processed in full wrap-around 3-D sound imaging. Many of the sounds on each recording are processed electronically so that only the subconscious mind can recognize them. This causes a deep level relaxation/energizing response.

### ***Frank D. Young, Ph.D.***

Dr. Frank Young is a chartered psychologist in private practice in Calgary, Alberta. He was formerly senior clinical psychologist at Holy Cross Hospital in Calgary, Alberta. He serves on the faculty of the Family Therapy Institute, HCH, and as an instructor in the Canadian Society of Clinical Hypnosis. He practices sport psychology for the National Coaching Certification Program and Team Canada Judo and Team Canada Luge. Dr. Young is also on the Editorial Advisory Board of the *Journal of Strategic And Systemic Therapies*. He is an Approved Supervisor for the American Association for Marriage and Family Therapy. He has published articles and presented numerous workshops on such topics as Ericksonian hypnosis and therapy, humorous approaches in strategic therapy, anorexia and bulimia, imagery training, lucid dreaming, creativity, and performance enhancement using imagery.

Dr. Young has used light and sound entrainment devices extensively in his practice over the past five years with consistently favorable results. He has also received training with Dr. Stephen LaBerge, and is a clinical consultant to the training programs of the Lucidity Institute in Stanford, California. He is currently developing programs and custom tapes for lucidity training and other applications of light and sound devices for Synetic Systems Inc. and Theta Technologies Inc. of Seattle, WA. He has also produced commercial tapes for stress management, creativity using mind state management, and the hypnotic induction of lucid dreaming.

### ***Win Wenger***

Win Wenger, Ph.D., has headed his educational and research firm MCM, Inc., since January, 1970, and full-time since 1973. An internationally known author, researcher and trainer, he has been teaching by invitation at various sites and institutions around North America and Europe. Since 1976 he has taught every year at the Creative Problem Solving Institute in Buffalo, New York, where the most creative people on the planet rally together every June to exchange and cross-fertilize their ideas, their techniques, their perceptions and their energies. Since 1988 he has been Speaker of the Assembly for the International Society for Accelerated Learning, and a member of its Board of Trustees, based at State University of Rio de Janeiro. He has headed, since 1985, a project preparing an encyclopedia of better methods of teaching and learning—CELT—the Compendium of Enhanced Learning Methods. CELT is sponsored by SALT, the U.S.-based Society for Accelerative Learning and Teaching.

Win Wenger's B.A. (economics) and M.Ed. (teaching social studies) were obtained at University of Virginia in Charlottesville. He earned his Ph.D. at the University of

Sarasota in Florida (dissertation: *On Raising Human Intelligence: An Interdisciplinary Study On The Question Of Whether Human Intelligence Can Be Increased*).

Teaching, and the practice of making original observations and asking of basic questions, has led Wenger to make discoveries and contributions to more than a dozen scientific and formal inquiry fields.

His most popular books at the present time are *How To Increase Your Intelligence* and *A Method For Personal Growth And Development*. He has also written and published many other texts and tradebooks in a variety of fields, including two texts of classroom methods for teaching gifted children and many papers in professional journals. His next two texts to be published will be his main statement on educational methodology, *Beyond Teaching And Learning*, and a major new work, *Toward A General Theory Of Creativity And Genius*.

## ***The Mind'sEye Limited Warranty and Release from Liability***

1. **REPAIR OF DEFECTIVE PARTS.** The Mind'sEye is guaranteed from manufacturing defects for a period of one year from the date of purchase. Any defective parts will be repaired free of charge (exclusive of shipping costs) during that one year period. This limited warranty does not cover defects caused by a purchaser's misuse or accident, or defects caused by fire, flood or other natural disaster. This limited warranty will be void if A) a power supply other than that provided by the manufacturer is used, or B) lights other than those provided by the manufacturer are used. In addition, the Warranty Card must be returned to the manufacturer for this limited warranty to apply. This warranty shall be the sole and exclusive remedy of purchaser for damages arising from or relating to the purchase of the Mind's Eye.

When shipping the Mind'sEye to the manufacturer, be sure to include name, address, telephone and a description of the problem. PURCHASER MUST CONTACT FACTORY FOR AUTHORIZATION BEFORE RETURNING THE MIND'S EYE FOR ANY REASON. Shipping address is as follows: BY MAIL: Theta Technologies, P.O. Box 130, Fall City WA 98024. BY UPS: Theta Technologies, 33631 Redmond-Fall City Road, Fall City WA 98024

2. **DISCLAIMER.** EXCEPT AS PROVIDED IN PARAGRAPH 1 ABOVE, THE PURCHASER ACKNOWLEDGES THAT HE/SHE IS PURCHASING THE Mind'sEye "AS IS." THE MANUFACTURER AND SELLER SPECIFICALLY DISCLAIM ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND OF FITNESS FOR A PARTICULAR PURPOSE OR USE. THE MANUFACTURER AND SELLER ALSO ASSUME NO LIABILITY FOR ANY LOSS OR DAMAGE ARISING FROM THEORIES OF TORTIOUS CONDUCT, INCLUDING NEGLIGENCE AND STRICT CONDUCT.

3. **RELEASE FROM LIABILITY.** The purchaser is fully aware that the Mind'sEye is intended for personal experimentation. The purchaser understands that Theta Technologies, Inc. is not certain that it is suitable for all applications or users, each of whom may be affected differently by the Mind'sEye because of his/her unique physical and emotional makeup. Persons who have a history of seizures, hallucinations or other physical or mental problems should use the Mind'sEye only under medical supervision.

The purchaser further understands that Theta Technologies, Inc., its agents and employees, will not be held liable in any way for any occurrence of any kind and nature whatsoever in connection with his/her use of the Mind'sEye, or another person's use of the Mind'sEye, that may result or ostensibly result in physical or emotional damage to the purchaser or others. Furthermore, in consideration of and part payment for the Mind'sEye, the purchaser hereby personally assumes all risks in connection with his/her use of the Mind'sEye, and shall advise other users of the Mind'sEye of the experimental nature of this device, especially regarding use by those with a history of seizures. Furthermore, the purchaser assumes all risks in connection with use of the Mind'sEye with other persons.

4. **LIMITATION OF DAMAGES.** If, notwithstanding the foregoing, there should arise any question of liability on the part of the manufacturer or seller, the purchaser agrees that such liability is limited to the cost of replacement of the Mind'sEye.

5. **PURCHASER REPRESENTATIONS.** The purchaser represents that he/she is of legal age and legally competent, and understands that the terms set forth herein are contractual and not mere recital. The purchaser has read or will fully read the User's Guide before using the Mind'sEye.







P.O. Box 130 Fall City, WA 98024  
[www.thetatechnologies.com](http://www.thetatechnologies.com) | [info@thetatechnologies.com](mailto:info@thetatechnologies.com)  
(425) 222-6962