

MindPlace KASINA

MIND MEDIA SYSTEM



Getting Started Guide

Kasina:

Pali word meaning meditation upon an object, often a colored object or bright light.

Congratulations! You now own one of the most advanced personal audio/visual stimulation devices available. To ensure the best experience, please take a few moments to read this User Guide.

1. Carefully unpack your Kasina and its accessories.

The package includes:

Kasina Console

GanzFrame™ Multi-Color eyewear

Ear-bud Style Headphones

USB Cable

Power Supply

Stereo Patch Cable

Micro SD Card in Adaptor

Soft carry case

This User Guide

2. Please read the product standard and safety statements on the front cover fold-out.

Note: The supplied GanzFrames are intended for use with your EYES CLOSED.

3. It is advisable to charge the system for a few hours before initial use. Plug the USB power supply into the mini-USB socket on the top of the console.
4. Before turning your Kasina on, remove the MicroSD card from the SD adapter and push it carefully,

contacts facing up and towards the Kasina, into the MicroSD slot at the bottom of the console. You will feel slight spring pressure and then the card will lock into place. You may need to use your fingernail to lock it in place. To remove, ensure your Kasina is turned off, then gently press the MicroSD card so that it unlatches and springs out sufficiently to grasp.

5. Plug the GanzFrames into the socket to the right of the MicroSD socket.
6. Plug the earbuds (or your own headphones) into the socket to the left of the MicroSD socket.
7. You may now turn on your Kasina by pressing the button on the top of the console for about two seconds. The LCD will display four main icons (Sessions, USB, Aux Audio, and Settings), as well as smaller icons at the top for audio volume, brightness, and battery charge level.

HOW TO...

How to reset your Kasina

To reset all settings to factory defaults, turn the unit on while holding the audio and light “-” buttons, then press the center ring when text appears on screen.

How to increase maximum volume level

Kasina ships with the maximum volume set to EU standards to prevent hearing damage. If you are not in Europe, want to use larger headphones, etc. you can increase this in Settings/Audio/Max. Volume, use the up and down keys then press the center ring to set. Once done, the maximum volume level is indicated on the volume meter by a red line.

Transfer files to your Kasina:

If you have an SD card slot in your computer, the fastest way to transfer files is to remove the micro SD card from the console, put it into the SD card adapter, and copy directly into the folder of your choice. You can also create your own folders on the card. Alternately, you can connect via USB (select USB on the main menu and press the middle button; the Kasina will appear on your Mac or PC as an external drive). Just drag and drop files into the appropriate folder. Note that files will transfer more slowly using the USB connection.

File formats and conversion

Kasina currently supports only MP3 and WAV file formats.

See the Kasina section of Mindplacesupport.com for information about how to convert other formats to MP3.

PLAYING SESSIONS

From Memory Card

Use the Up/Down buttons to select [Sessions] and press the central Select button. Notice that there are several folders below "SD Card". Use the Up/Down buttons to select a folder and press the Select button to view the tracks within, then scroll down to find the session you wish to play. Press the Select button to start the session after the ten second countdown timer appears, again to start immediately. During the session, pressing the Select button once will pause the session, keeping your place, while pressing it again resumes the session. Pressing the Right button during a session will cause it to fast-forward. Once your session has ended, or while the session is paused, use the Left button to navigate back to the main menu.

Press or press-and-hold the buttons on the left and right sides of the Kasina to adjust volume and brightness. The bars on the top of the display indicate the current volume and brightness levels.

From a Computer (USB Sound Device)

Connect the USB cable from the Kasina mini-USB port to a USB socket on your computer. Select USB Audio, and press the middle button. You can now play tracks from iTunes, Windows Media Player etc. through the Kasina. A small USB icon will appear in the USB Audio bar at the top of the screen. In some operating systems you may need to select the Kasina as the default audio device and/or respond to a message regarding the SD card (see the Kasina section of www.mindplacesupport.com for further

instructions). The Kasina will automatically recognize whether the audio is encoded with AudioStrobe® or SpectraStrobe™, displaying Mode Spectra/AS. If your audio is encoded with neither, you can select the ColorOrgan (CO), described later in this guide.

From a PC, iPod or MP3 player (Audio Device)

Connect the stereo patch cable to the Audio In (AUX) socket and to the audio device headphone jack. Select Line In and press the middle button, then 'play' on your audio device. If your music doesn't have SpectraStrobe or AudioStrobe encoding, press the Up button to select ColorOrgan. If AudioStrobe is detected, the Down button cycles through the ColorSets.

TROUBLESHOOTING AND SUPPORT

First, try turning the Kasina off (press the on/off button for several seconds), unplugging the USB cable and then turn it on again. Problems are often due to discharged batteries or cables connected to the wrong sockets. In the event of any problems, please check all of your connections and, if necessary, place your Kasina on charge for at least an hour and then try again.

To reset all settings to factory defaults, turn the unit on while holding the audio and light "-" buttons, then press the center ring when text appears on screen.

The MindPlace User Forum, a great place for answers to questions and sharing experiences, as well as manuals, tutorials, guides, downloads and other useful material can be found on the MindPlace support site...

<http://mindplacesupport.com/forum/>

DURING A SESSION

While a session is playing you will notice that the active mode is displayed. You can toggle Mode SpectraStr/AS by pressing the Up button. If you are playing AudioStrobe content, then the Colorsets govern the colors you see, and can be stepped through by pressing the Down button.

BATTERY CONDITION

At the top right of the Kasina display you will see the battery condition indicator. When connected to a power source (AC power supply or PC USB port) the indicator will repeatedly “fill” from right to left. When using Kasina away from a power source, the indicator will show approximate remaining charge.

SETTINGS

You generally won't need to visit this menu very often, instead using it to tweak various parameters. When you select or change something, be sure to press the Select button to save them. The options are:

Language

Use this menu to select which language is used for the various Kasina menus. This does not affect session names, which are in English.

General

Show File Extensions turns on or off the display of filename extensions.

Play Countdown changes the default Play countdown.

Button Backlight changes the color of the LEDs under the Control Pad.

ADVANCED OPERATION

This section describes in detail all of the Kasina settings, controls and features.

ENCODED AUDIO

SpectraStrobe

Kasina uses a new form of encoding, SpectraStrobe™ (SS) which is similar to AudioStrobe® (AS) but with six light control signals instead of just two. This allows full red, green and blue control for both the left and right side of the glasses, synchronized with the audio content. Files created with this format offer a much richer and more subtle experience than does AS.

AudioStrobe

Your Kasina is also a great AS decoder that can map the two AS signals onto any combination of red, green and blue via the ColorSets. Some ColorSets slowly change the color mapping during a session, creating a more dynamic and complex experience. See inside back cover fold-out for ColorSet details.

ColorOrgan

Just for fun there is also a ColorOrgan (CO) option which works with any audio, this mapping low frequencies onto blue, mid frequencies onto green, and higher frequencies onto red. There are three intensity levels (50%, 100%, 200%) and response rates (fast and slow fall). CO works best with music that has a beat, but can be quite interesting with other genres – please experiment! To use it, simply select and start the piece you want to play, then press the top key. You should see Mode ColorOrgan on the LCD. Use the bottom button to cycle through the six CO options.

Power Management

Use this to select display 'Display Backlight' (1-7, 6 is the default), 'Display off timeout' (default is 'never'), and 'Device off timeout' (default is 'Never off', but consider setting it to a shorter period if there is a chance you might fall asleep, etc.)

Visuals

Adjust the maximum brightness of each LED color, both left and right. Default is 100% for all LEDs.

Audio

Adjust left/right balance, Line-in Level, AUX/INT Mix Vol and Volume Max.

The Volume Max is preset to a safe hearing level. This value is the highest volume that will be displayed on the volume indicator.

KBS is another Kasina session type. See the KBS reference information at www.mindplacesupport.com for more details.

Service

This screen provides technical details about your Kasina - you may be asked to provide some of these details in the event that you require support.

Where to find your Kasina serial number

In the Settings section, select Service. Your serial number follows the letters SN.

CREATING KASINA SESSIONS

There are various software tools available for creating your own Kasina sessions.

See www.mindplacesupport.com for further details and downloads.

Kasina micro-SD Card Contents

When you turn on your Kasina and select Sessions, you'll notice six numbered folders: SpectraStrobe, AudioStrobe, KBS Sessions, Color Organ, Docs, and KASINA. Though most of your sessions will reside in the SpectraStrobe folder, there is some AudioStrobe content in that folder, to help show off how well the Kasina can decode that older technology using the different ColorSets. The Docs folder includes the Kasina Quickstart manual in a number of languages, and some bonus software. The KASINA folder has been prepared for use with Mind Workstation and NeuroProgrammer software from Transparent Corporation – please do not delete that folder or the KasinaSD.id file found inside.

The KBS folder includes sessions in the Kasina Basic Session format, as well as software for creating such sessions quickly and easily. The files in the Music section are not encoded and intended to demonstrate the capabilities of the Color Organ.

Finally, the SpectraStrobe folder is divided into six categories: Accelerate (energy, peak performance, focus, etc.), Meditate (meditation and relaxation training, mainly), Mind Art (experimental, visualization, and some intended purely for consciousness-altering enjoyment), Night Voyage (before bed, lucid dreaming), Rejuvenate (sports recovery, after a long day in the office, etc.) and finally, Trance (hypnagogia, the fascinating region between sleep and wakefulness, also used for Lozanov's 'Superlearning' and some spiritual practices).

These sessions include both simple and complex

designs. Simple sessions may include gentle nature sounds, binaural beats and the like as audio content, with frequencies ramping towards a specific target, much like conventional mind machines. Complex sessions may include ambient electronic backgrounds or more complex compositions, with sometimes very sophisticated control of the lights and resulting visual effects.

Where should you start? If you want to quickly get a sense of what the Kasina is capable of, try A Starlit Night or Patternity, in the Mind Art category. Biomarkers (Rejuvenate) is another great place to start... the frequencies encoded are designed to help guide you towards slowing your breath and heart rates into desirable 'coherent' ranges - 5 breaths per minute, and 60 bpm heart rate. Red is heart rate, blue is breath.

We hope you thoroughly enjoy these sessions, and find them beneficial. The Kasina is a work in progress, and you'll find additional free content as well as innovative, inexpensive tracks for sale; be sure to visit www.mindplacesupport.com and especially the Forums there for the latest information and discussions about how to get the most out of your Kasina.

Bon voyage!

www.mindplace.com

www.mindplacesupport.com

www.youtube.com/user/TheMindplace

www.soundcloud.com/Mindplace

www.facebook.com/Mindplace

Name	Category	Length
Before Learning	Accelerate	12:00
Designed for use before class, studies, this starts at 9 Hz and targets 4.5, 7.83, 11.25, and 18 Hz.		
Cheer Up	Accelerate	35:00
Starting at an alert 12 Hz, Cheer Up steps up to a vigorous 35 Hz before making its way back to a calm 10 Hz.		
Create	Accelerate	25:00
This session moves between 7, 14 and 10 Hz, and is intended to encourage novel thoughts from the subconscious to emerge for conscious consideration.		
Energize	Accelerate	20:00
Stepping up from 15 Hz to 30 Hz, Energize promotes alertness and vigor. Not recommended before sleep.		
Focus	Accelerate	30:00
Repeatedly ramps between 12 and 16 Hz, minimizing tendency to be distracted and promoting a flexible working state.		
Wake	Accelerate	20:00
18 Hz throughout, you may not need coffee or tea after this session. Not recommended before sleep.		

Name	Category	Length
Everglade	Meditate	20:00
A spring morning with gentle rain... time is suspended in this peaceful, calming session. Mostly low to mid range light frequencies to promote calm clarity.		
Forest and River	Meditate	16:00
Another peaceful backdrop of nature, in another locale. Frequencies start at 14 Hz and end at 4 Hz for deeper relaxation. Into meditation.		
Meditate	Meditate	50:00
Starting at a relaxed 10 Hz, Meditate reaches the target of 2 Hz after 15 minutes. A few minutes at 6 Hz on the way down provides a useful intermediate step on the path to a deeply meditative state.		
Relax	Meditate	25:00
From an alert 13 Hz this session steps down to a calm 10 Hz. Left and right sides are stimulated at slightly different frequencies to help the mind let go of nuisance thoughts.		
Relax More	Meditate	40:00
Similar to Relax but longer and with a target of 5 Hz, suited to deeper relaxation or contemplation.		
Relaxation with Wind-chimes	Meditate	15:00
The peaceful sounds of wind-chimes on a peaceful Summer afternoon. This session starts at 12 Hz and leaves you at a deep 2.5 Hz.		

Name	Category	Length
Touch of Silence	Meditate	14:36
Peaceful sounds of Tibetan bowls and minimalist piano sets a calming ambience; lights start at 10 Hz and descent to 6.25 Hz.		
A Starlit Night	Mind Art	15:00
This entrancing, ambient soundtrack and complex visual encoding evokes a clear, Moonless Summer's night, with shooting stars tracing patterns in the sky.		
Astroturf	Mind Art	10:00
Slow, shimmering washes of color accent this deeply reflective ambient soundtrack. This track would live equally well in the 'meditate' category.		
Cascade	Mind Art	11:28
Subtle, slowly shifting and sometimes hopping light patterns are interwoven with nature sounds and underlying evocative audio tapestries.		
Dreamy Sax	Mind Art	17:09
This session is based on a music piece of soothing synth chords with a bluesy and dreamy saxophone solo. Light patterns are synchronized with the change of the synth chords. The frequencies range between 10 Hz and 3 Hz while the light colors shift between a pastel orange and green.		
EcoSync	Mind Art	20:00
Another peaceful audio ecosystem, this time with light patterns synchronized with the sounds of nature.		

Name	Category	Length
Patternity	Mind Art	20:00
Rich synthesizer textures combine with lush visual effects to create a dreamy, slightly surreal and entrancing mind-scape.		
Phobos	Mind Art	6:00
Your spacecraft has just arrived in orbit around Mars, and the creatures living inside Phobos have started communicating with you using sound and light...		
Sanguine	Mind Art	10:00
A mysterious journey into a subterranean realm, lit only by shifting, multi-colored strobe candles... what is that sound coming from the next cavern?		
Soliton	Mind Art	12:03
A gently meandering excursion towards something Deeper. Emphasis on slower frequencies, softer visuals.		
Space Trace	Mind Art	15:00
You are exploring a methane ocean on a distant planet, and marveling at the life-forms you are finding and hearing there...		
Spectra	Mind Art	20:00
Gazing into a gently flickering camp-fire, you become lost in fantasy, and pass through a portal into a realm of magic.		

Name	Category	Length
Stagecraft	Mind Art	20:00
Gazing out across a land never before seen, you feel yourself lifting off the ground, gently riding the currents, always safe and amazed.		
Trainspot	Mind Art	7:02
Variation on a simple EcoSync system. The sound of low rumbling subway train or trip on a space probe lulls you into meditative mind-set.		
Weaver	Mind Art	12:00
Tribal audio art with a strong influence from ambient masters. SpectraStrobe rhythms paint a potent tapestry.		
Yonder	Mind Art	20:00
The depths of consciousness beacon in a floating flotsam of synth washes. Allow the times and troubles to melt far, far away. Out yonder.		
Dream	Night Voyage	1:00:00
Dream is a sleep session with intermittent bursts of higher frequency stimulation intended to evoke REM activity and ddreams.		
Night Shift	Night Voyage	45:00
This incorporates an evolving nature-soundscape (from day to night) and the light colors change from yellow over green and blue to violet over time. Starting at 12 Hz, this ramps to 3.5 Hz with plateaus at 10 Hz, 7.83 Hz and finally 3.5 Hz.		

Name	Category	Length
Rest	Night Voyage	30:00
Very slow and subtle modulations of light and sound, intended to quiet your mind before sleep.		
Sleep	Night Voyage	1:00:00
A gradual descent from 10 Hz, pausing at 6 Hz before continuing to very slow modulations. Low key audio modulations over a pleasant pink noise background.		
Soliton	Night Voyage	12:03
Lush, slow filter sweeps and modulations prepare you for some interesting dreams...		
Submerge-level I	Night Voyage	30:00
This session winds slowly down to 4 Hz, with soothing visual modulations overlaying the sounds of water in motion.		
Biomarkers	Rejuvenate	10:00
The frequencies encoded in Biomarkers are designed to help guide you towards slowing your breath and heart rates into desirable 'coherent' ranges - 5 breaths per minute, and 60 bpm heart rate. Red is heart rate, blue is breath; practice breathing with the blue.		
Center	Rejuvenate	30:00
Working down from an alert 13 Hz to the Schumann frequency of 7.83 Hz, Center helps you put aside your immediate concerns and enter a period of quiet contemplation and rejuvenation.		

Name	Category	Length
Clear Your Mind	Rejuvenate	16:00
Frequent hops between slower and higher frequencies, together with the relaxing sounds of Tibetan bowls to help restore your mental energy. Starts at 12.8 Hz and ends at 13.5 Hz.		
Deep Rejuvenation	Rejuvenate	24:00
With a starting frequency of 8.5 Hz and a target of just 1.45 Hz, and accompanied by binaural beats and modulations, Deep Rejuvenation can take you to a very peaceful, restorative mind-state.		
Eddies	Rejuvenate	12:30
Floating down a meandering stream, visuals are mostly gentle blues and greens.		
Fantasy	Rejuvenate	5:30
This brief session highlights the 7.83 Hz Schumann Resonance, with gentle sounds of frame drum and gamelan.		
Overtone Universe	Rejuvenate	11:04
Sounds of peaceful overtone singing accent and augment the flickering light, descending from 12 Hz to 7.83 Hz.		
Alphabet	Trance	20:00
This session was designed to gently guide you towards hypnagogia, that magical half-dream, half-awake state sought after by many explorers of deep states of consciousness.		

Name	Category	Length
BowlScape	Trance	15:20
Mysterious, deep resonances of large Tibetan singing bowls permeate a night-world of mainly blues and greens.		
Meditation with Shaman Drum	Trance	19:55
Hypnotic sounds of a Shaman's drum and binaural beats augment both synchronous and left-right stimulation, starting at 22 Hz and taking you all the way down to 2.2 Hz.		
Vapor-Chill	Trance	20:00
Is this the sound of a November wind that never stops, or a 20 minute long out-breath? You decide. Lights start at 10 Hz and gradually, gently leave you at 7 Hz.		
Zodiac	Trance	20:06
This will take you even deeper than Vapor-Chill, as the slowly shifting drone-structures and beat frequencies lead to towards the edge of sleep.		
Be sure to visit www.soundcloud.com/mindplace for additional free SpectraStrobe and AudioStrobe sessions, and www.mindplacesupport.com for the latest information and updates for your Kasina!		

