

AVS

Auditory / Visual Stimulation

Vol. 3, #2
Summer '03

Includes:

An Interview with Christopher Oliver

"Can You Hear Me Now?" by Dr. Rayma Sommer

Setting Up a Light and Sound Spa by Jeff Labno

New Products review

& More!

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Noteworthy News...

The **Proteus** has been improved. It has been a while since the Proteus has been available, and even though this may not be earth-shattering news to most, for others it is a good sign: customers again have another choice. Rather difficult for customers to choose the right personal relaxation system if their choice is limited. Wouldn't you agree?

So what exactly makes the Proteus better this time around? Two things, really. First, for those of you with exceptional hearing, you should now be impressed with the sound quality, ie, the audio frequency generation. The sound is now more crisp and the clarity is much finer; your sessions that much more effective as a result. Give it a listen and 'hear' for yourself!

And the second improvement has to go under the category of "It's about time!" I could never figure out why the lower priced Orion had the ability to be run either with batteries or an ac adapter and the Proteus (the Orion's big brother) could only be run with batteries. Wonder no more! The Proteus now comes with an ac adapter so it too can be played either with batteries or connected to an electrical outlet. Having that option really does make a difference. And the ac adapter should be included with your system, not as an accessory.

So if you have been waiting for the Proteus to once again be available, wait no more. Just make sure when you go to make that purchase that the ac adapter is included with your purchase. That is one sure-fire way of knowing you will be receiving the new version of the Proteus, the latest model, and not the older version that lacks these upgrades.

One last item worth mentioning: why would you want to purchase the Proteus in the first place? Simple! Just compare the features of the Proteus to the features of high end units. You'll notice quite a similarity. Now compare the price of the Proteus to the price of these high end systems. Quite a difference! Before closing on this topic, many have emailed saying they had heard the Proteus, Orion and Thoughtstream were no longer available. Rubbish! All three are indeed available and ready for immediate shipping. All you need do is search the internet to find those of us who do carry them. And if you don't have the time to search, then go straight to avsjournal.com.

Announcing the **AVS In-Line Microphone**...this is a little accessory Chris Williams has been working on for several months and is now ready for retail sale. Chris previously developed Lightframe Polarity Adapters, Aware Squares and custom-made LED lightframes, and with his new in-line microphone, has met another need in the AVS community. If you are a therapist that speaks to clients while they are experiencing an AVS session, this little tool is for you.

You can connect the in-line microphone to either the external port or headphone port of most (as in I have not tried it with every model yet) AVS instruments and be able to converse with

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your client while simultaneously playing music or should you connect it to the headphone port, your client is (still) capable of receiving all the stimulation of the AVS session plus the benefit of hearing your voice for guidance.

Not all of us own the InnerQuest Pro-S Hypnotherapist model nor the Photosonix Nova Pro 100. Both of those excellent units have built-in microphone ports so the in-line mic is not necessary. But if you use a different AVS instrument in your practice and do not utilize an audio mixer (which normally cost more than twice the price of Chris' microphone), then the AVS In-Line Microphone is for you. It is designed to enhance the quality of your AVS session presentations in a cost-effective manner. If you would like more information please contact Michael at the AVS Journal.

Word has it that **Christopher Oliver** is making a sequel to his highly successful **AV3X** on DVD. If you haven't seen the AV3X yet, you are missing out on quite a unique AVS presentation. If you have, then you understand why I am excited about his upcoming sequel. Further details will be posted at www.mindmachines.com.

UPDATE: Dr. Rayma Ditson-Sommer's Chrishaven Foundation is a 501(c)3, charitable cause.

"The primary purpose is to provide needed therapeutic services for children and youth diagnosed with labels stemming from neglect, abandonment, sexual and emotional abuse, manifested through behavioral disorders. A secondary purpose is to provide education concerning these individuals, their needs and the protocols that have been successful. Many adopted children have these challenges with very little support from their parents. Having been the first, single, female adoptive parent in the United States, I have walked down the path of the adopting parent. I realize their needs and hope we can make a difference for these giving people. We are beginning a fund raising campaign to carry on a summer camp program for three weeks this summer, so any donations will be well used."

And the camp has become a reality: "12 therapists are paying their own way completely to come and study with me as they work in the camp. It should be a great way to learn for all of us. We will have art therapy, drama therapy, music therapy, audio-visual stim, vestibular stimulation and academics to try to better the lives of 12 children suffering the effects of sexual abuse, etc./ say a prayer that we make a difference in these two weeks."

These very generous therapists are not only performing a wonderful service for underprivileged children, but are also doing a valuable service for the entire AVS community: promoting public awareness to the benefits and effectiveness of avs technology. For those of you who would like to get involved in the Chrishaven Foundation, Dr. Sommer can be emailed at: OPNET2@aol.com.

Setting Up a Light and Sound Spa

By Jeff Labno

Public facilities offering light and sound sessions first appeared in the early 80's. They were generally run by one individual doing sessions in "real time", meaning there were no preset sessions at that time.

You would walk in the door and put on the light glasses and earphones. Your host may have asked you if you wanted any particular music (New Age, Dead Head, Classical, Natural Sounds...) to go along with it. You were at the mercy of the operator to decide which frequencies to use, and also other parameters such as tone, pitch, heart beat, alternating left right or front back...

Actually, these early operators did an excellent job, because they were watching you to see how your body responded to their choices. If you were smiling and in awe, then they knew they were doing just the right stuff. If you were tensing, your eyes squinting, or your forehead tightening, they knew immediately to change the parameters of your session, because you were likely to remove the headphones and glasses putting an end to your session.

Then multi-user machines became available. Some units could accommodate up to 50 different people at once. It resembled a "quasi theater" with lounge chairs, or perhaps recliners where you entered at a scheduled time to share this experience with many others. There were even motorized recliners and recliners with transducers! These units were computer-driven, and the sessions had to be programmed by the operator in advance. Then music was selected. Some of these systems cost over \$50,000. Salons sprang up in Manhattan, Los Angeles, San Francisco, Tokyo...

A small compendium of spa operators developed into an ad hoc support group calling each other from time to time sharing ideas. "Have you found the magic frequency yet? It produces the most incredible color show imaginable." "Have you advertised anywhere yet?" There were always more questions than answers. In 1987 in Cleveland Ohio, a delightful group of 30 people took part in the first light and sound conference in history sharing tools and techniques.

Then, the industry changed. Cheaper units became available. Ultimately, more affordable multi-user systems were constructed.

People offering light and sound to the public have done so in many different ways over the years. Some have their customers come to their home, or they go to their customers home or place of work. Mini-spas have appeared in shopping malls. Sessions have been offered at a

price at New Age Expos. Ideas began to evolve such as a session aboard cruise liners, while waiting for a hair cut, while getting a massage, sun tanning salons... Even roaming light and sound shows have been done, kind of along the lines of the old medicine wagons going from town to town. The creativity of light and sound spas has been incredible.

More and more, therapists are using light and sound in their practices for hypnosis or to help children cope with ADD. This group has grown enormously since the late 90's.

Today, there are mind spas all over the world. Generally, you will find simple set ups in gyms, in homes, in body worker's establishments, hot springs facilities, alternate healthcare practitioner's, holistic therapists; the list goes on and on. There is no way to keep track of all the people out there offering light and sound along with adjunctive therapies. A good way to see if there are any in your neighborhood, try doing a general search on the Internet by typing in "Los Angeles light and sound machines."

To get started setting up your own mind spa, get a business plan together. If you are unfamiliar with the basics of setting up and running a business, get advice from someone qualified to first find out if it's a good idea for you to get involved in the first place. There are many factors such as funding your project, leasing space, setting up a facility with furnishings, insurance, staffing, payroll...the list can seem endless. The details are far too vast to discuss here.

Once you've done your plan and begin your project there are some considerations you should make. People with photo epilepsy should not use light and sound machines without consulting their physician. A release form is a good idea, however, have a lawyer do it for you with the advice of a medical doctor.

You might want to set up a lounge area for people to sip tea or juice while after finishing a session. This adds a great social aspect to your business. People love to talk to each other about their experience, maybe meet new friends, and, people like to bring their friends. It helps to have diaries and drawing books there for people write or draw about their experiences and learn about the stories of others who preceded them. A library of books and magazines related to your business is also useful.

When setting up stations for your mind spa, keep in mind that diversity is the name of the game. Some will like to recline, other lay down, some even sit in chairs. Having group sessions like a theatre is very impressive, however some would prefer a private area. Mood lighting really helps to create an atmosphere of intrigue. Diverse service is also useful. People will come back more often and bring more friends if there are different services available. Not everyone likes to do light and sound. There are services which adjunct light and sound very well such as biofeedback, motion devices, subtle energy technologies, body work. The list of possibilities is as great as your own imagination.

Set up your facility so it looks good for the camera. If you do this, you will attract lots of media coverage (free advertising).

Having available different colors of light glasses adds another new dimension for your cus-

tomers. Some may want to use a different color every time they come in. A variety of available music is essential. You'll have people who prefer New Age, classical, "Dead Head", motion picture sound tracks, behavioral modification tapes, nature sounds, foreign language learning, radio dramas...Give people a choice.

When first timers arrive, it helps to have an orientation and introduction to your services. Putting a verbal orientation on cassette tape with pleasant music for people to listen to when they arrive will save you a lot of work repeating the same thing time after time. Having menus of your services for them to look at while listening to the orientation is of great value. Afterwards, a tour, then questions and answers...

Prices vary considerably around the United States depending on the community. Manhattan demands a higher price than suburban West Virginia.

What goes a long way to help your business is selling the devices that people just finished using. Now that they've tried your services, this is the ideal time for them to buy equipment for home use. A variety of equipment will maximize sales.

Running a simple retail store however is much different than the service side of your mind spa. Retail entails ordering, stocking merchandise, information calls, accounting, customer service, returns...You may be much better off having a stock of equipment for people to look at, but use a reputable company to do fulfillment for you. They will take the orders, do all the paper work, answer customer questions, do customer service, ship products, take care of faulty equipment. If they have a catalog, you can use their catalog as your catalog and expand exponentially the products you offer and expand your profitability tremendously. Let them do all the work while you enjoy the profits.

The satisfaction of seeing people's lives change is very rewarding. They will thank you for saving them from a frenetic and hectic world. You will find behavior modification works wonders while hooked up to light and sound. People with addictions respond very well to this alternative. The list of benefits is endless.

These are just some of the considerations in setting up a mind spa. There is no "correct" way to do it. If you do set one up, you will also meet some very exciting people!

Jeff Labno

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An Interview with Christopher Oliver . . .

Q: Please begin by sharing with our readers a little bit about yourself.

“I have been working with AVS for over 14 years. In 1994 I created the Space Journey Polysync tape for the original Photosonix Nova. It was bundled with the Nova until the release of the NovaPro and the end of Polysync.

I wrote sessions for the Nova Pro, Muse, Galaxy Pro, Halcyon, 515, 515H, Muse#, Nova Pro 100, and Innerpulse to name a few.

My sessions are used daily by many people in a wide range of professional settings including hypnotherapy, law enforcement, education, medical, psychological treatment, and athletics. They are also used by many individuals for relaxation, stress reduction, better sleep, peak performance, visualization, creative stimulation, meditation, and more.

Beyond light and sound I own a small recording studio. I also hold advanced Microsoft certifications for business application development, design, and programming. I have taught advanced Microsoft programming at SMU, Southern Methodist University, and do custom software architecture on a contract basis. I also do web programming and graphic design.”

Q: When did you personally begin using AVS? What instrument did you use and what was your reaction?

“During the summer after I graduated from High School. I went to "New Age Book Store" in Memphis, TN with some friends. We were carrying on and laughing about the crystals and other strange things in the store when I noticed three black metal boxes on the counter. Next to them was a sign saying "One Free Trial" and "\$20 for 20 minutes". I decided to try it for free. The unit was the Innerquest IQ Jr. It was far better than using a strobe light for light stimulation. I was sold on it. I was hooked. Soon after I bought one for \$325.00 and became the envy of all of my friends, who arrived in droves at my house to ride the "Brain Machine". The sessions were shown in the manual in graphical form. Reading, experimenting and understanding them was the beginning of my light and sound education.”

Q: How often do you personally use AVS? What is your favorite type of session and why? Do you incorporate other modalities, such as music, biofeedback or tactile stimulation into your sessions?

“I do a mix of LS and AV3X sessions each day.

When using a light and sound instrument sometimes I don't always use music. This avoids connecting a CD player. I most often use sessions with dual binaural beats which have a full 3D like sound. In other instances I connect to my studio mixer and listen to new music I am working on while doing a session. Sometimes I even wear the pvStim glasses while I am working on music.

I have a tactile instrument but I destroyed the transducers a long time ago, so I have not done any tactile since I worked with the Photosonix Sensorium. I would not mind having an IMS bed!

I also use the Virtual 515 MindMachine CD every night. I loop track 5 and play continuously for the entire night at a very low volume. It helps me sleep more soundly (pun intended!). Another benefit of using the 515 sleep session all night is that I have vivid dreams that I remember. It is extremely important to set the volume correctly for this to work properly. It should be very quiet. It should be barely audible.”

Q: What is your definition of the perfect avs instrument? What would the glasses be like? What type of audio stimulation selections would it include?

“The perfect glasses would have several selections for color and a large array of high intensity LEDs. It would be better than having 8 pairs of glasses to cover all of the colors available.

I would like to have dual binaural beats AND pulsed stimulation at the same time that can be programmed independently if desired. I would also like to have .1 HZ tuning increments for all tone frequencies.

Independent programming for L/R sides of the eyepieces (like the hemiStim glasses) BUT with an option to use frequencies independent of the sound stimulation if desired.”

Q: What considerations should someone new to AVS take into account before choosing their first instrument?

“Quality, storage for downloading sessions, programmability, programming software, dual binaural beats, and program modes are important features. I recommend the Photosonix Nova Pro 100 or the Innerpulse. If you need microphone input and two user capability get the Nova Pro 100, otherwise go for the InnerPulse.

Don't be fooled by fancy packaging or a sleek looking plastic case or a slick ad! Quality, features, and programmability are what really count.”

Q: You have created dozens of AVS sessions, many used by manufacturers. How do your session designs differ from others? What aspect of a session is most important to you, in terms of ensuring maximum entrainment affects?

“Yes, hundreds of sessions, Michael. I experiment as I develop a session. I choose to innovate. Some designers have been using the same exact sessions for 10 or more years, not me. I find ways to incorporate the new features of the machines as they become available and the devices evolve.

The very first light and sound machines to use dual binaural beats were the Photosonix Nova Pro, Galaxy Pro and the Muse. I wrote all of those sessions. Those machines were very successful and are still loved today. Other manufactures jumped on the dual binaural beat bandwagon after that. But it goes back to innovation, starting the trends and creating the breakthroughs – not tagging along or being totally stuck in the past.

Making a session work well is important. This is best done through refinement. Putting in a lot of time is also necessary. Experience helps too. Only lots of practice will get you there.

Session design is like writing a song. Being a session designer is like being a virtuoso of the light and sound instrument. There are some basic rules for the format, like "beta is NOT for relaxation", but session design is truly a scientific art form. The rules of design are based on brainwave frequency ranges and how they correspond to various states of mind. Pitch and tonality of sound also have an impact on the mind and are important to session design. To make a great session a lot of trial and refinement is involved. Testing sessions on several individuals and getting EEGs done is a great way to do it.

There are some people out there who claim to be experts and will tell you that you should never try writing your own sessions. That is total BS. Why did you buy a programmable machine in the first place? Don't expect a masterpiece on your first try. But with common sense and effort you will come up with something. It might be fun and enlightening. Why not try?
Here are two undisputable facts to keep in mind:

1. No educational institution in the world offers a doctorate degree (or any other degree for that matter) in “AVS Light and Sound Mind Machine Programming”.
2. A Ph.D. in Psychology does not make someone an expert in AVS session design. It makes that person a doctor of Psychology and the two are not the same. I once had a frustrating conversation with a doctor of Psychology who could not grasp the concept that both the pitch of the sound and the offset frequency (stimulated brainwave frequency) were both frequencies. This Psychologist almost drove me crazy!

If you have a pitch of 100 Hz that sound frequency is 100 Hz. If you have a second pitch of 110 Hz you have another pitch with a sound frequency of 110 Hz. When you send the 100 Hz pitch to the left sound channel and the 110 Hz pitch to the right the resulting entrainment of offset frequency of 10 Hz is created by this binaural beat.

The offset frequency is caused by the two pitches beating against each other as the mind computes the mathematical difference between the two, in this case 10, and this automatic mathematical computation is how the mind is entrained to the offset frequency of 10 Hz.

Even with pulsed tone sound the sound has both a pitch frequency and a stimulation frequency, like a tone of 100 Hz pulsing at 10 Hz. An exception would be using pulsed white noise which has no central pitch/tone.

AVS devices are often referred to as AVS or light and sound “instruments”, and like a guitar or piano you just need to learn how to “play” them. There is no school that can teach this. There are no college or graduate classes to take. You just have to study, experiment, and teach yourself.

What you need is a good working knowledge of the brainwave frequency ranges, an understanding of the effects different audio pitches can have on the mind, a desire to do something special, and the discipline to revise your work over and over until you get it right. I am a much better session designer than I was even a few years ago, because experience and practice cause continual improvement in any technique or skill.

It is also important to note that not all individuals will respond exactly the same to any given session. Certain sessions will work better for certain individuals. That is why you find a varied library of sessions in your machine. While you may have your favorites, you should know that other people will select totally different sessions as their favorites. I know this is true because I hear from lots of people who tell me about their favorite sessions.”

Q: Please tell us a little about the 515 and LoopLogic CDs. Why were they made and how do you use them?

“In order to provide a low priced but effective sound stimulation device I decided to put the 515 sessions in CD format. Each track on the CD corresponds to a session. Using a concept I call LoopLogic the user selects a track on the CD and then directs the CD player to repeat that track. So, for example, to do the relaxation session you just repeat track 2.

The LoopLogic HZ is a 37 track CD with each track corresponding to a brainwave frequency. Track 1 is 1Hz; track 2 is 2 Hz...Track 37 is 37 Hz. This allows a clinician to put together a custom sound session for an individual client by programming their CD player. The copyright does not allow for derivative works to be created and marketed. Use is granted only for individual custom sessions for individual clients. (Ex. Recorded to a single cassette tape for use with a particular client)

Both of these CDs are used as background sound in a room. The sound should not be so loud as to draw attention but rather blend in like a fan or a buzzing fluorescent light.

The 515CD uses the same sessions as the original 515 unit, which has been utilized by many

professionals, law enforcement organizations, public schools, personal trainers and more. For more information about these CDs visit www.mindaware.com .”

Q: Your latest release, the AV3X on DVD, has been selling well on Amazon.com and other selected websites. Could you tell us a little about it? Is there an AV3X II in the works?

“AV3X is a DVD video that works as a virtual light and sound machine. It consists of very pleasant and interesting visuals tightly synchronized to a musical score. Light stimulation is embedded in the video and dual binaural beats are embedded in the soundtrack. There are six sessions on the DVD and all six stimulate alpha-theta brainwave frequencies. The individual sessions range in time from about 6 minutes to just over 15 minutes. The total time of the six sessions is just under 70 minutes. At \$29.97 it is the lowest priced, highly effective light and sound experience available. It has also become the relaxation device of choice for many experienced AVS users. It is the easiest light and sound product you can use. It's simple, just watch the TV and feel relaxed. There is no special effort required. Jeff Labno (you regular readers should know who he is) calls it, "Couch potato meditation at its finest". With AV3X you can turn your TV into your own relaxing mind spa. It is the product that is introducing the general public to AVS technology.

The second installment of AV3X should be available by fall. There are a lot of people going crazy waiting for it, but AV3X sessions take a long time to make. :) To all of you waiting be patient - as if you don't already know.. the wait will be worth it! For more information about AV3X visit www.AV3X.com”

Q: What do you believe are the most important issues facing the AVS industry today? What would you like to see happen?

“I would like to see a lot more people using it! I would like a raised awareness of its existence. If you are reading the AVSJ you know about light and sound, but the vast majority of people out there have never heard of it. Light and sound is a FRINGE technology that most people don't know exists! That is another reason I made AV3X. Lots of people are being introduced the technology that otherwise would have never found out about it. They are enjoying it, benefiting from it and learning about how helpful light and sound technology can be.

If everyone used light and sound it would be a better world.”

Q: How can people contact you?

“Email me@christopheroliver.com”

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“Can You Hear Me Now?”

By Rayma Ditson-Sommer, Ph.D.



Athletic Equipment For Your Mind ...

Rayma's Sportslink Focus Trainer

We have all seen the cell phone commercial asking “Can you hear me now?” Seemingly they are always heard. Not so in real life! A large percentage of people do not attend to sounds enough to process them for use. Many children and adults have learning difficulties or behavioral challenges that do not totally fall into any diagnostic profile. Some seem attention deficit, others personality disordered and still others are just “out of sync”. All have problems that originate in impaired sensory integration. These include auditory processing disorders, visual development lags, poor motor development, difficult learning and strained interpersonal relationships.

There are specific diagnostic clues that merge these individuals into many specific groups. They have characteristics that overlap with many differing diagnoses. These include an inability to remember lists of things heard, poor coordination, mental confusion, interpersonal relationship challenges and many other “out-of-sync” characteristics including seemingly being “lost in space”. Our concern should not be labeling, but helping these individuals overcome their challenges.

A milieu approach developed to diminish difficulties should include audio-visual stimulation, vestibular stimulation therapy, visual perceptual training, brain synchronization and nutritional intervention. Dr. Jean Ayres, one of the leading pioneers of the concept of sensory integration, felt that all our senses must work equally. In other words, the sense of touch, smell, taste, sight and sound must work together and the above senses, along with movement and body awareness, must work harmoniously.

Ayres beliefs center on the thought that the senses send information gathered to the brain where it is interpreted and organized. This is what is called “sensory integration”. According to Ayres, if a sensory input fails and does not work in harmony with the others, the learning process and quality of life are compromised. She believed also that the vestibular system was responsible for body control and that a well-modulated vestibular activity is mandatory for maintaining a calm, relaxed state.

Some people must stimulate their brains through constant moving. These individuals are labeled hyperactive and many medicated to stop the movement. This then, delays the continuing development that is necessary for adequate function. Such people experience normal development in

disordered manner being left with learning difficulties, developmental lags, behavior disorders and a marked inability to succeed as adolescents and adults. They possess a need to control their environments throughout adulthood while damaging interpersonal relationships.

Many of these individuals have auditory processing difficulties. Some experienced loud shouting, mechanical noises, screaming or physical abuse as children and now “shut out” certain hearing frequencies. This defense mechanism, useful when needed, proves difficult to strengthen later in life when sound is necessary for normal daily living. The survival need continues into adulthood without discovery, making many therapies difficult and non-progressive. For this reason therapists must recognize the lack of processing in these clients and realize that successful outcomes may not be possible until prior work is done.

At one time it was accepted that both ears were identical. This is physically not possible. The right ear is connected to the left brain, the area where language is processed. The left ear, however, is connected to the right brain where language cannot be processed. Therefore, language must be transported over the corpus collosum (the bridge between the hemispheres) to the left brain. This is a slower connection but also a less reliable one. During the “crossover” high frequencies are lost which are required for interpreting language. It is imperative that “talk therapies”, etc., realize that auditory processing may not be taking place and visualization may be the modality more successful. In such cases, the use of a light and sound alpha program will improve the client’s ability to use visual recall.

As stated earlier, learning requires focus. Complete focus is difficult when hearing is controlled by bone conduction only. Hearing is a function of the entire body, not ears only. The bones of the body are particularly good sound conductors, actually, too good. Loud noises, loud voices are particularly distracting to those who “hear” every sound in their environment. Rooms in schools or the workplace extremely noisy for the person who cannot screen sounds and can hear everything. The scratching of a pencil on paper, breathing, shuffling of feet and chairs moving in the workplace are reasons for distraction from the task at hand.

All these sounds are abusive and the individual immediately shuts out all sound for protection. Thus, any auditory input is cancelled and the person is left to try to decide what is happening. Without auditory guidance behavior suffers and the lack of ability to focus is augmented.

In an auditory processing disorder sound is heard but the act of processing through the brain is impaired. The sounds are transmitted directly to the inner ear without any filter to dampen the intensity thus the sounds arrive in the brain without warning and produce a reflex reaction. A startle-reflex, physically lashing out, or anger can result. People experiencing this bombardment of sound have no ability to “tune out” extraneous noise around them. Every sound has the same amount of value. They try to catch a word but the noise from somewhere else distracts them and they miss part of the auditory process. They do not know what instructions were given or what the conversation was about. As a result they are blamed for not paying attention and experience:

1. Being overwhelmed.
2. Difficulty in learning.
3. Being ashamed that they cannot focus.

4. Constantly being behind in work.
5. High distraction.
6. Constant confusion by sound overloads.
7. Inferiority complexes.
8. Needing to control environment.
9. Anger.
10. Anxiety / Panic.

In order to cope with these difficulties, people with auditory processing difficulties continually:

1. Tune out.
2. Become lethargic or quiet.
3. Over react to input.
4. Jump from one topic to another when talking.
5. Attention deficit behavior.

Any program that will help these individuals must be based on many disciplines. An eclectic approach is mandatory. To date there is no one single modality for improvement but the combinations of dominant right ear training, stimulation of the vestibular system, and audio-visual stimulation will help these people improve.

Using music, light and sound and movement along with therapeutic intervention has been utilized with positive results. When using music during a session along with light and sound units the volume should be low and the following protocols used:

Learning or habit change:

1. Baroque music.
2. AVS using a beta synchrony program.
3. Vestibular stimulation.

To:

- A. Facilitate developing a resting heart rate.
- B. Wake up the right brain hemisphere.
- C. Help integrate synchrony.
- D. Occupy the right hemisphere for improved concentration.
- E. Improve focus for learning.

Relaxation or Motor movement control:

1. Contemporary or easy listening music.
2. AVS relaxation using delta.

To:

- A. Lower pulse rate.
- B. Lower blood pressure.
- C. Calm
- D. Muscle relaxation.
- E. Lessens muscle tension.

An added tip involves using a cheaper pair of earphones, cutting the wire to the left earphone and direct all sound of your voice, music or binaural beats into the right ear. This helps develop right ear dominance and accelerates results.

It is important to remember that a relaxation response and synchrony (brain balance) are necessary for therapeutic regimens to be successful. Use the information above to help your clients “TO HEAR YOU NOW”.

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Two Examples: Why People Utilize AVS Instruments...

1. As a child I was deeply inspired by Sci-fi movies that portrayed the future as such an exciting place. Advanced societies used science to cure disease and raise the consciousness of ordinary people. This Utopian vision was unrealistic even with today's advances. However, with the emergence of AVS and similar devices perhaps what we perceived as fiction may become reality.

My fascination with sci-fi led to an interest in books and articles about inner space. I read literally hundreds of books on the subject, the most practical of which involved self-improvement, through relaxation and meditation.

I gradually built up an impressive collection of written and audio material. I understood the principles, and realised that a common denominator existed between each system, however I could not get the amazing results boasted by the authors.

About 10 years ago, I stumbled across an advert for AVS devices. I tried one, a MINDLAB, hoping it would in some way help me to absorb material for exams I was taking. I found the device very effective for relaxing and habitually used it as a source of release whilst in between study sessions. In time I purchased AVS with more functionality, Polysync Pro /Nova/ Orion/ Proteus, Biofeedback devices such as Thought stream, and other items such as Sound cushions, Motivader, Bio Circuit, and CES.

I integrated the principles I had learned from the self-improvement books with the devices and designed audio material of my own for guided entrainment. By experimenting on myself I believe I have found the best method for influencing the Psyche to achieve the goals desired - friends and relatives have benefited from the technique and I continue to refine it for better results.

I have found sustained influence/change requires the presence of certain factors:

1. Harmonious rather than forced change- There is much wisdom in the expression 'know thyself' and developing rather than re-inventing oneself.
2. Strong desire for change - as opposed to wishful thinking or fantasy.
3. Persistence - linked with strong desire of determination to achieve the end result.
4. Patience - to allow time for adjustment to establish itself.
5. Personalisation of stimulus - choosing the brain state stimulus which works for you.
6. Anchoring - touching the right state is good/ being able to return to it is better.
7. Re-enforcement - a little like memory, refreshing the mind feeds the future attitude.
8. All sense involvement - we have several senses try to incorporate as many as possible.

I now create media for influencing change for a nominal charge - the tapes / CDs take quite a time to produce due to the extensive preparation work - however I feel the end result is worth the effort.

Patrick Lee
LLb(Hons) DIPCP U.K

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2. Here's an idea: as I recall, the retina is mapped out with clusters of cells which are dedicated to seeing particular shapes. For example, I think there are detectors for jagged lines (like the jaggies in low resolution digital pictures), and I think there are detectors for slanted lines, etc. It's been 30 years since I studied this stuff. But if there are only a half dozen or so types of detectors, it would be easy to provide lightframes which had the same configurations. There could be a slanted line of LED's, for example, which might theoretically stimulate only the slanted line detectors of the retina. I think it would be interesting to see what particular images were generated internally by such stimulation. Maybe I'll give this a try. It would be easy to put a black cover in front of the LED's with a slanted slit in it which would simulate the line of LED's ... much easier than getting out the soldering iron. The slit could have a diffuse covering

over it to give it uniform illumination. The level of illumination would be greatly reduced, perhaps to the point where I could view it with my eyes open. Just a few thoughts.

I will share what I learned about the lightframes. There seems to be no current-limiting resistor in the lightframe itself. My DVM was enough to power the LED's when I conducted a diode test. The connector which plugs into the I/s machine has 3 contacts. The tip contact is the power lead for the LED's on the left side of the lightframe (the ones directly in front of your left eye). The contact which is adjacent to the tip, and insulated from it, is the power lead for the LED's on the right side of the lightframe. This information is most crucial because you wouldn't want to get right and left mixed up and out of sync with the headphones, and you wouldn't want a right or left brain session to stimulate the wrong side of your brain ! The third contact, which is insulated from the second contact (and often is part of the connector's physical body), is the common ground and has continuity with all 8 LED's (the right leg of each LED in my light-frame).

The signal going to the LED's has a duty cycle of approximately 50% and a voltage of something like 5 volts (I wasn't really interested in the actual value). This was in the D01 program of my Innerpulse.

The signal going to the headphones was interesting, consisting of a group of envelopes in which were embedded sine waves of the frequency of interest. The envelopes began with a low amplitude signal which increased gradually and then decreased. It's hard to describe, but it looked like a line of flying saucers on my oscilloscope, and inside each saucer was a series of approximately 10 sine waves.

There was a low amplitude, high frequency ripple on the sound output when no program was running. It was about 10 millivolts and 40 KHz, which I suspect is related to the DAC (digital to analog converter, if one is used in the Innerpulse). I doubt that the noise is from the micro-controller because it should be running at something like 10 MHz (just a guess). Maybe I will take the unit apart some day to see what makes it tick.

It should be easy to make a pair of lightframes. You already know about the availability of LED's. I plugged "white LED" into the Alta Vista search engine and readily found several sources for high intensity LED's at low cost. These were approximately 6000 mcd in brightness, which is much brighter than you would ever want to purposely look at. They all had forward voltages of approximately 3.6 volts and 20 mA current capability, so any of them would probably work. LED's usually have fairly common voltage and current requirements, but their output (mcd) can vary widely.

Now this may seem unbelievable, and I suppose it could be pure coincidence, but today I did a 51 minute session with a hypnosis tape that I made and experienced an improvement in my vision. The tape was about playing pool and the pre-shot routine. I don't know how well it worked, but the strangest artifact became apparent ... my vision improved. It became almost 20/20. I don't know how long it may last, but this definitely happened. I noticed the same improvement in my vision a few days ago after a session and didn't think about it much. I don't know what to make of it, but it is real (if short-lived ?). It would be amazing if this I/s machine

led to a long term vision improvement for me. I hate wearing glasses and have stubbornly hoped that my eyes would get better. Have you ever heard of such a thing ? I know that my vision is better when my eyes are rested, so perhaps the machine gives my eyes a rest.

I had another experience of my eyes getting better after using the Innerpulse. Maybe it is relaxing for my eyes to be in a session, which would give the eye muscles more tone and allow them to shape the lens more easily. I wish it were a permanent thing.

I will keep you posted on my progress,

David in Washington

***Editor's note:** the above two articles are from AVS users who had goals for using their systems and experienced interesting results. Their goals are personal and unique, and as an AVS retailer, thank both Patrick and David for sharing their reasons for utilizing this technology. Being an AVS retailer, it's often thought that I am the one to suggest or point a client in the right direction. But time after time, it is the customer that shows me how best to use this technology.*

New Product Reviews:

Superbright Multimode Lightframes

Something of unique interest to the AVS community could be the new glasses that are available through Cerebrex and its project affiliates. A product of state of the art Czech engineering, these new, MindExplorer Glasses utilize a Blue/White premium, super-bright LED array.

Blue/White: Chill Glasses: This color setup works very well together, and is significantly more potent then the already fantastic red/green glasses presently bundled with the MindExplorer AudioStrobe Decoder.

This 4 LED per eyepiece configuration is further enhanced by the dual, multi-mode switches, that allows for separate utilization of the powerfully evocative full spectrum white, along with the magically, potent and mystically powerful blue in the same light frame! Further combinations of these two super-bright colors are also achieved through the multi-mode switch system. It's like having two light frames in one!

To my knowledge, nothing like this type of LED color array, in a super-bright LED format, has been done by anyone.....until NOW!

The blue/white color adds a cool, clean, powerful visual synergy that will make any AVS session a potent mix of chill-firing brilliant white, splashed with the soothing, integrative, psycho-ambient power of royal blue.

“For all of you who have children that enjoy coloring books, we have a free 49 page coloring book in pdf downloadable format. No personal information is needed to download. Just visit www.mindmachines.com and click on “Free Download” located on the entry page to our website. It is something we wanted to make available for kids. For those interested, we hope you find it enjoyable.” -Michael Landgraf

Light, Sound & Fun

The Original Light & Sound Coloring Book



Grab Your Crayons and Enjoy Light & Sound!

The Fossil Phil Way

This color flux adds a whole new dimension to the phantasmagoric light show that will be experienced on the void screen of your mind. The multi-mode switching enables firing of either color or both at once.

Never before has the phrase "seeing is believing" had so worthy an analogy then what you will experience with these optimum impact glasses. These sturdily constructed glasses are also offered in Red/Blue and Green/Blue color configurations.

At a retail list price point of \$99.00, the extreme value of this important accessory can not be over stated. They are far and away superior to any hundred dollar light frame on the market today.

Try a pair out today and you will be light years ahead of yourself.

MindExplorer Glasses will work with the MindExplorer AudioStrobe Decoder as well as all Synthetic (Orion, Proteus) and Comptronic (David Paradise) machines, as well as other common power polarity (CP) machines, such as the Photosonix Nova Pro and Galaxy Pro. They should even work with old Zygon and InnerQuest systems.

Common ground (CG) MindExplorer glasses that will work with Photosonix machines such as the Nova Pro 100, InnerPulse, Muse#, and Halcyon, as well as all Mind Gear units, will be available soon.

Blue/Green: Theta Dream Glasses: What do you get when you cross two Blue super-bright LED lamps with two Green super-bright LED lamps in a single light frame? Imagine the calm, warm surrealistic nature of a Blue pulsing super-bright LED lamp flashing in synergized sequence to the grounding pulsation of an emerald green super-bright LED lamp. What you have here are ultimate Theta Dream Glasses!

The space you enter here is the rich, deep relaxing state of a pure theta rhythm, with blue evoking magical subconscious archetypal imagery while the earthy green defines and strengthens the link to balanced, harmonic body/mind symmetry. So if you like to pull reality out of your dreams, these Blue/Green super-bright glasses with dual multi-mode switches could be your ticket to paradise.

Red/Blue: Fire and Water Glasses.: Before the advent of the super-bright LED the most powerful color glasses bundled with Light and Sound machines was the standard red. Red was, and still is, the luridly delicious, high impact photo-stim color of choice among experienced explorers. Now, the profound impact of the Red LED is further enhanced by the utilization of the super-bright Red premium LED lamp. If you thought standard red was powerful before, this new super-bright Red LED will amaze you. Couple that with the tempered, dream-like quality of the super-bright Blue, and you will bath your mind in a field of dazzling energy flecked with blue light clarity, designed to take you to the next level and beyond.

Bi-Color Light Glasses Review by Jeff Labno:

These glasses are new from the folks who make the AudioStrobe Decoder. “Bi-color” light glasses produce different effects than single color glasses. You get a different mix of colors and patterns, but what is amazing is, you get a immediate mood change when using them! There is a switch which allows you to select both colors at the same time, or just one of either color. The feedback from customers is they prefer bi-color to just one color, it makes the session much more enjoyable.

Blue-Green Glasses: Not as bright or as profound a light show as white light or red, but you do see reds and many other colors. Mostly, you see blues, greens, tans, and tones you’d see in nature. It is a very relaxing experience, a good choice if you are nervous or anxious. Michael Landgraf used his E.E.G. machine before and after doing a session noting that this color mix enhanced theta brainwave activity.

Blue-White Light Glasses: This experience produces some extremely vivid and “brilliant” colors. You get the soft hues of the blues and greens, yet the white light somehow makes these colors more brilliant and lucid. This color combination is very uplifting, you get the relaxing effect of the blue, and also the energy of the white. You might say the effect is “calmly exciting.”

AFFECTION HEADSET INSTRUCTIONS

By James Clayton Roberts

First, some cautions are in order. Do not use the headset if you are receiving medication for cardiac, neurological or psychological problems. Keep the headset out of the reach of children. Keep the headset out of reach of adults other than the purchaser. Do not use the headset until you have read, signed and sent the pre-purchase agreement to James C. Roberts. Use the headset only immediately before you go to sleep. Do not use the Affection in conjunction with drugs or alcohol. Use the headset only for a period of 20 or 40 minutes per week. Do not use the headset more than once a week. Use the headset for four once-weekly sessions, then take four weeks off (no sessions). The headset may cause mild mood swings and headaches. These are mild and temporary in normal, healthy adults. Do not connect the headset to a computer. Do not connect the headset to any other source of electricity than the headphone jack of a normal CD player, preferably a battery-powered one. Do not use if you have chronic headaches, respiratory or cardiac insufficiency, or if excitement in general produces negative effects in you.

GETTING STARTED: In order to use the headset, first you will need to bend it to fit your head size. This is easily accomplished by holding it by the aluminum band on the right in the back and pushing the right leg, gently, inward. When it fits on your head without slipping down in the back, then you may adjust the part of the frame with the LED. Hold the left leg of the frame (on the left side) and bend the short angle (where the LED is) inwards or outwards. Do not press on the LED. It is delicate

and can be broken. Next, you will need to put two AA batteries (1.5 volts each) in the battery holder on the audio cord. Place the CD marked "Signal" in the CD player.

SUBLIMINAL CD: If you have two CD players or a computer, place the CD marked "Subliminal" in the 2nd CD player or computer CD drive. It can be listened to at a volume normally used for listening to music. The first track is for self-improvement, the second track is for mystical state induction. If you don't have two CD players, the subliminal CD may be listened to before or after the magnetic session. Next, you will need an alarm clock with a time setting, and a darkened room. Set the alarm clock for a 25 or 45 minute period, as a precaution to prevent exceeding the session time limits. Place the headset on your head so that the LED is directly in front of your left eye. Turn the CD player power on. There are four tracks on the signal CD. You may choose whichever you wish. None is necessarily more powerful than the other. Push "play" on the CD player. When the selected track is over, the LED will light brightly for several seconds before the next track. If this does not alert you to the end of the session, the alarm clock will. Do not use two different tracks for a 40 minute session, replay the same track (40 minutes total per weeks, per session). Exceeding the session time limits, or having more than one session per week, will result in negative side effects. The LED may become extremely bright or extremely dark, it does not matter, as the information contained in the signal is being transmitted into your left eye. You may notice vivid dreams, changes in vision, tactile sensation, the sense of smell, taste, et cetera. You may feel pressure sensations, and these may move around inside your head. These do not require medical attention. The mild headaches, if they appear at all, may be dealt with in the manner most people deal with headaches.

If you have problems, James Roberts may be reached at: xeno_tropic@yahoo.com or (513) 932-9700

Ectotron: An Electroacupuncture and Electrophonic Hearing Device

By James Clayton Roberts

I recently developed an electrical stimulation device based on my own needs and wants, which include versatility, simplicity and economy. Over the years I have built several machines designed to stimulate the body with electricity. These have included CES (cranio-electrical stimulation), electrosleep devices, and electrophonic hearing machines. I have also purchased a few, including the BT-6 Brain Tuner, which I am very pleased with.

One motivation for going to the trouble of assembling and testing these myself is that many of the devices that are available have been, for me, prohibitively expensive. Also, the waveforms are limited to a few settings. However, my aim is not to cast doubt on the worth of other products. I am well satisfied with the ones I have purchased. I have used a bench function generator combined with a mini amplifier for a CES, which has more frequencies and waveforms than most of the machines on the market, however, I wanted more still. The Ectotron plugs into the headphone jack of a CD player. The signals are recorded on CDs. Thus, one can change the signals whenever one wants to burn

a CD. I suppose it could also be plugged into the headphone jack on a personal computer, and use audio signals generated by software. However, I would tend to discourage this, as if one's body is electrified, that may clash with computer sensitivity to outside sources of electricity. Thus, I am including with the Ectotron instructions which tell one how to make signal CDs with GoldWave audio software. I have used GoldWave to make and edit signals for my magnetic headset, the Affection, and I couldn't be more pleased. It is easy to use, and the possibilities are endless for signal creation. You get 4000 free commands, then pay a fee of around \$40 US to register it. Signals may be made with other waveform editing software, such as Cool Edit.

The signal CD provided with the Ectotron contains four signals, each around 20 minutes in length. The first is based on audio recordings of deep-implant EEG activity. The second involves VLF radio wave recordings caused by lightning strikes, solar winds, and the magnetic fields of the earth. The third is an alpha rhythm. The fourth is based on models of single neuron activity.

All the signals include the feature of stochastic resonance, added noise. I have found these more effective with the magnetic device, and they work well with electrical signals also. An important note: I had wished to make and sell a CES machine, however, FDA laws preclude it. Only manufacturers who were "grandfathered in" under newer regulations can do so. So I have to call it an electroacupuncture device, which is more apt in a way, as the electrodes can be used anywhere on the body. A headband and wristband are included, as are disposable earplugs for the electrophonic hearing feature. Electrophonic hearing was discovered by Allesandro Volta some long time ago, and it means to hear via electricity applied to the body.

Unlike the magnetic device, no pre-purchase agreement is necessary. For now, I am content to go without advertising, and make only a few. The time will come when I have the Ectotron and the Affection headset produced in number. The Ectotron and Affection machines are not offered to diagnose or treat disease. They are investigational devices for investigational and experimental use only.

For more information:
xeno_tropic@yahoo.com
<http://groups.yahoo.com/group/magnetikon>

BioExplorer: A New Tool for Acquiring and Analyzing Biosignals

BioExplorer is a new, Windows-compatible software package for use as a biofeedback training tool, as well as the acquisition and realtime analysis of biosignals. Released recently by CyberEvolution, this program is the result of more than two years intensive development by Larry Janow. Larry designed two generations of EEG-driven light and sound systems for Synetic Systems in 1993-94, and has designed a wide range of other software and hardware products in the fields of neurotechnology, biofeedback, light and sound stimulation, "ham" radio, etc. He also wrote a portion of the original Windows Media Player.

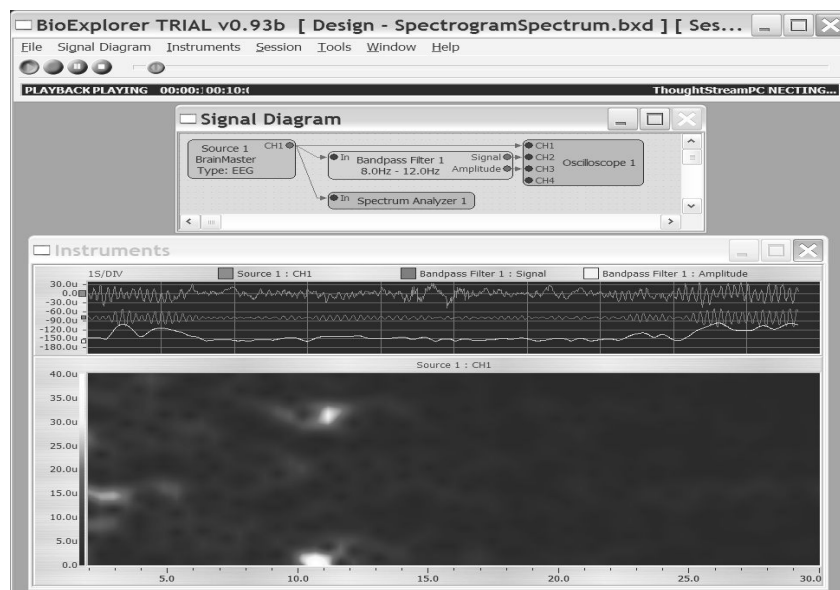
Available Modules: AND Averager Bandpass filter Bar graph Correlation Counter Difference Dominant frequency Expression Evaluator Media Player Meter MIDI NOT OR Oscilloscope Power radio Pulse Detector Source Spectrum Analyzer Standard Deviation Threshold

BioExplorer implements a modular, object-oriented approach to facilitate the rapid creation of sophisticated patches called *designs*. When creating a new design, you select objects and connect them together. Objects which display their results on screen are called *instruments*. In the example shown, a source (in this case, the Brainmaster) is sent to an oscilloscope object, both directly and through a bandpass filter set to detect alpha EEG. In the oscilloscope tracing at the top of the instruments section, the top trace displays the raw EEG, the middle one shows the filtered alpha, and the bottom trace shows the amplitude of the alpha. Below the oscilloscope display is the spectrum analyzer (which looks much better in color). While running, the displays are updated in real time and all files can be saved for later display. You can easily open saved data files into new designs, as well.

Behind the objects lie a wealth of user-selectable properties. For example, the spectrogram object can be set to display a conventional spectrogram, a computed spectral array (CSA), bins (FFT) or 3D waterfall. Color display options may be varied, and you can select frequency resolutions from 64 to 4096 bins over the selected frequency range, and five different FFT windowing options are available (Hamming, Hann, Bartlett, etc.).

The other objects provide a broad range of feedback and analysis capabilities. The MIDI object harnesses the power of the software synthesizer included with Windows to create arbitrary audio feedback protocols, and the Media Player can play animations which (for example) evolve as you relax.. Systems currently supported by BioExplorer: Abhayamudra I, Abhaymudra II, Brainmaster, Thoughtstream PC, Waverider Jr. and Waverider Pro.

You can download a free preview version of BioExplorer from www.cyberevolution.com. Purchase price is \$375.



The DAVID *Pal*

That's what we've named our latest addition to the DAVID Paradise family, the DAVID Paradise PAL (Portable And Lightweight). We're very excited about our latest creation with our newest and best preset sessions programmed into it and it's half the size of our other Paradise models. It even has heart rate variability (HRV) to help you breathe as well as a meditator would. If price was ever a consideration before, you're going to be thrilled with this - we're selling the PAL for just \$240.00 US & \$295.00 CDN.

WHAT YOU GET:

- 18 of our most effective and favorite preset sessions
- 9-volt alkaline battery
- Tru-Vu Omniscreen Eyeset
- Quality Stereo Headphones
- 9-volt Adapter
- Stereo Patch Cord

SPECIAL FEATURE: Charging capabilities - the DAVID PAL can charge your alkaline or rechargeable batteries when you're not using it. Simply set the switch to charge mode.

PRESET SESSIONS: These preset sessions are the latest designs and based on research. They are provided in three sections. Section "A" are our stimulating sessions, section "B" our meditation & relaxation sessions and section "C" our sleep and special sessions.



ON/OFF/CHARGE Switch - Turns DAVID PAL on or off and also allows you to charge the batteries. To charge the batteries, switch to "CHG".

Charge Light - Light indicates that the batteries are being charged.

Power Light - Light indicates that the DAVID PAL is "ON".

AC Adapter Jack - Insert the A.C. adapter plug into AC jack.

Session Indicator Light - Indicates the session number.

Session Indicator Light - Indicates the session letter.

Volume Control Dial Right - Adjusts the volume on the right.

Volume Control Dial Left - Adjusts the volume on the left.

OMNISCREEN Eyeset Jack - Insert OmniscreenTM eyeset plug into jack.

SELECT Key - When you first turn the DAVID PAL on, the SELECT key is used to select the session number and letter, or to select a session in expand. Once the session begins, the SELECT key is used to select the pulsed tone, white noise and/or heartbeat.

HEADPHONE Jack - Insert headphone plug into jack.

AUDIO IN Jack Plug your CD/Tape player or other audio source, using patch cord provided.

We have created a state-of-the-art brain wave entrainment device with the same quality that you have come to trust from Mind Alive (Comptronic Devices) at a price that cannot be beat.

Here is a review of the Pal by Jeff Labno:

DAVID Pal is a very small portable unit making it ideal for travelers. There are 18 programs written for clinical environments making it a great professional machine. The user's guide is quite detailed, defining the parameters of each program and spelling out the reasons to use each one.

New HRV heartbeats are used in the programs to accelerate relaxation. When you hear the heartbeat, your body takes on that rhythm which jump-starts your "relaxed" state. It works to develop a deep and slow pace of breathing right at the beginning of each program.

The control panel is simple and straightforward. There is a separate right/left volume control which helps those with hearing loss in one ear to get more balanced brainwave entrainment. It also has music modulation which produces faster flashes of light with higher pitches of music, and slower flashes of light with lower pitches of music.

For Upcoming Workshops and Seminars, Please Contact:

Vicki Gaves: info@thoughttechnology.com.

Dave Siever: info@comptronic.com or 800/ 661-6463.

Stephen Stern / Stens Corp.: sales@stens-biofeedback.com or 800/ 257-8367.

Dr. Jeffrey Thompson: drjeff@adnc.com or 760/ 942-6749.

Dr. Rayma Ditson-Sommer: OPNET2@aol.com or 602/ 912-0609.

Do you sponsor AVS related workshops, seminars or conferences? Utilize our free posting service by providing us with the usual information: who / what / when and how to contact. For deadlines on posting, please call Michael Landgraf at: 818/831-7931.

Cover design: created entirely by Christopher Oliver. Mr. Oliver is known in the AVS community for his talent in designing AVS sessions (including sessions in the Muse#, Nova Pro, Nova Pro 100, Halcyon and 515), musical compositions (Space Journey, L/S Voyager), and audio frequency CDs (virtual515 and Looplogic). Christopher's latest work, "AV3X: The TV Mindmachine", is the first DVD to deliver light and sound stimulation totally synchronized with music and visuals. Mr. Oliver can be contacted at: (469) 644-6447 or visit: www.AV3X.com.

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The place to shop for light and sound machines

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