

Using this top of the line Light&Sound relaxation device is very easy. It really is. We do however, strongly suggest the following preparation before you get to the “easy” part:

1. Do, get acquainted with Light&Sound relaxation and all it’s about. You can do this via information on the internet thru our or other web sites, or via books available on the subject.

2. Do, please take extra care to read about the warnings inside the front cover, the warnings are there as important information, seriously aimed at informing and protecting you and your loved ones.

## To set up

**Step 1.** Choose a comfortable sitting area.

**Step 2.** Connect the glasses into the LIGHT jack and the headphones into the SOUND jack.

## To play a session

**Step 1.** Turn the Nova Pro 100 unit on: press the ON switch on the left side of the unit.

**Step 2.** Press the SELECT switch to cycle thru the session categories.

Stop at the category you want.

**Step 3.** Press the UP and DOWN switches to cycle thru the sessions in the selected category. Stop at the session you want.

**Step 4.** Press PLAY.

The Nova Pro will start a 10 second countdown before starting to play the session.

Connect yourself to the Nova Pro 100 by putting the glasses and headphones on and explore the light intensity level (with your eyes closed) and volume control level until you find your personal comfort level (brighter and louder is not better).

**Step 5.** Close your eyes and get comfortable. Sit back and enjoy.

## To pause or stop a session

To **pause** a session, press PLAY. The right hand decimal point appears on the display. The session will now **pause** and play only the segment parameters that were playing when you paused it. To continue a session after pausing, press PLAY again.

To **stop** a session double click on PLAY.



## NOVA Pro 100 Owners Manual



# Please read this first, it's important:

## A Welcome from Photosonix:

Thank you for selecting the Nova Pro 100. It is a quality product with state of the art features, and will give many years of service and exciting adventures as you learn to use it to influence your mood, mental state, and energy level.

Pulsating light and/or sound patterns have been used for thousands of years in almost all cultures to evoke emotional responses, from exciting a crowd to assisting in meditation to encouraging sleep. The techniques are part of folk knowledge, and science is just beginning to find out why they work. So as you begin to use light and sound stimulation you are embarking on a voyage on discovery and exploration.

Use of these technologies is completely safe for most people, and no side effects are known, but they are not for everyone — please read the warning on this page carefully:

## Warning:

Use while seated or lying down. Be sure that **you** or **anyone** else who will use the Nova Pro 100 are **not** subject to any form of epilepsy or visual photosensitivity, using a pacemaker, suffering heart disorders, currently taking stimulants, tranquilizers or psychotropic medications, including alcohol or drugs.

Even if you have never had a seizure, there is a small chance that you are photosensitive and this device can cause one.

For more seizure information, see our web site at [www.photosonix.com](http://www.photosonix.com) and look up the Medical Disclaimer, Seizure links.

While using the machine, if you feel uncomfortable or bothered by the flashing lights, stop your session.

Your Photosonix unit is designed for avocational and entertainment use. No medical claims are made for Photosonix products, express or implied. The Photosonix products are **not** medical devices and should not be used for the relief of **any** medical condition. Please consult with your practitioner prior to use for any other purpose as the machine is not intended as a replacement for medical or psychological treatment. This device is not intended to affect the structure or any function of the body of man.

# Recharging the battery:

The system can operate 3-6 hours powered from the internal battery. Recharging the battery takes about 5 hours, by connecting the AC adapter to the unit with the unit power off. You can run the Nova Pro 100 with the AC adapter connected, but do not count the time as recharge time. A good practice is to recharge overnight. To prolong battery life, recharge the battery before it is completely run down.

The constant voltage charging circuit of the Nova PRO 100 protects the battery when the AC adapter is left on, so it will not hurt to leave the AC adapter plugged in longer than the required charge time. Running down the battery will not lose internal memory of your personal preference settings or custom programs. In the event you misplace your AC Adapter and need a replacement, the NP100 runs on a 9V 300-500mA AC Adapter with a 2.1mm plug with positive inside.

## Warranty provisions:

***THE Nova Pro 100 is constructed with high quality components, high standards of workmanship, and thoroughly tested before shipment. Nonetheless, failures are possible and warranty service may be required.***

***WARRANTY DURATION*** Photosonix systems are warranted to the original consumer purchaser for a period of one year from the original purchase date.

***SERVICE AND REPAIR: For warranty service and/or repair information as well as the cost of out of warranty repairs, please contact our customer service.***

You can do so via telephone 1-800-258-2566 (in the USA), by visiting our web site <[www.photosonix.com](http://www.photosonix.com)> and link to the repair information page and also via email <[repairs@photosonix.com](mailto:repairs@photosonix.com)>

***IF ADVISED TO SEND A UNIT IN, BE SURE TO INCLUDE A LEGIBLE RETURN ADDRESS AND PHONE NUMBER. WE STRONGLY RECOMMEND THAT YOU INSURE THE PRODUCT PRIOR TO SHIPPING.***

# Setting Ramps

Ramps (smooth changes of pitch and frequency) can be set in the manual mode on the Nova Pro 100. This feature is in the manual mode OPTIONS function. Press DOWN from P01 to oPc, press ENTER. At the end of the countdown the Nova Pro is in the manual mode. Press the SELECT switch to OPTIONS. The ramp time display comes on displaying “rno” (no for no ramp) mode. Use the up key to reach the desired ramp time. The r00 display is an immediate response ramp at zero time, r30 is 30 seconds, r02. is two minutes. Frequency and pitch changes are not executed immediately, instead a ramp of the specified time is started when ENTER is pressed. The display shows the commanded ramp target, with a blinking select LED while you are adjusting the parameters. After 15 seconds it reverts to the current value.

## **To enter a ramp:**

**Step 1.** Select a ramp time.

**Step 2.** Enter the commanded ramp target frequencies and pitches.

**Step 3.** Press ENTER to execute the ramp.

Note: Ramps can also be commanded via the COM port.

# General notes about the displays

There are 10 LEDs and a 3 digit display to give you information about what the Nova Pro 100 is doing.

The two LEDs at the bottom, FUNCTIONS and SESSIONS tell whether you are viewing a session function or session selection.

The 8 top LEDs tell which session category (in SESSIONS select) or which session function (in FUNCTIONS) is being displayed.

The LEDs blink for special modes of operation:

- When parameters are being selected for PPP.
- When commanded parameters are displayed instead of current parameters (for ramps).

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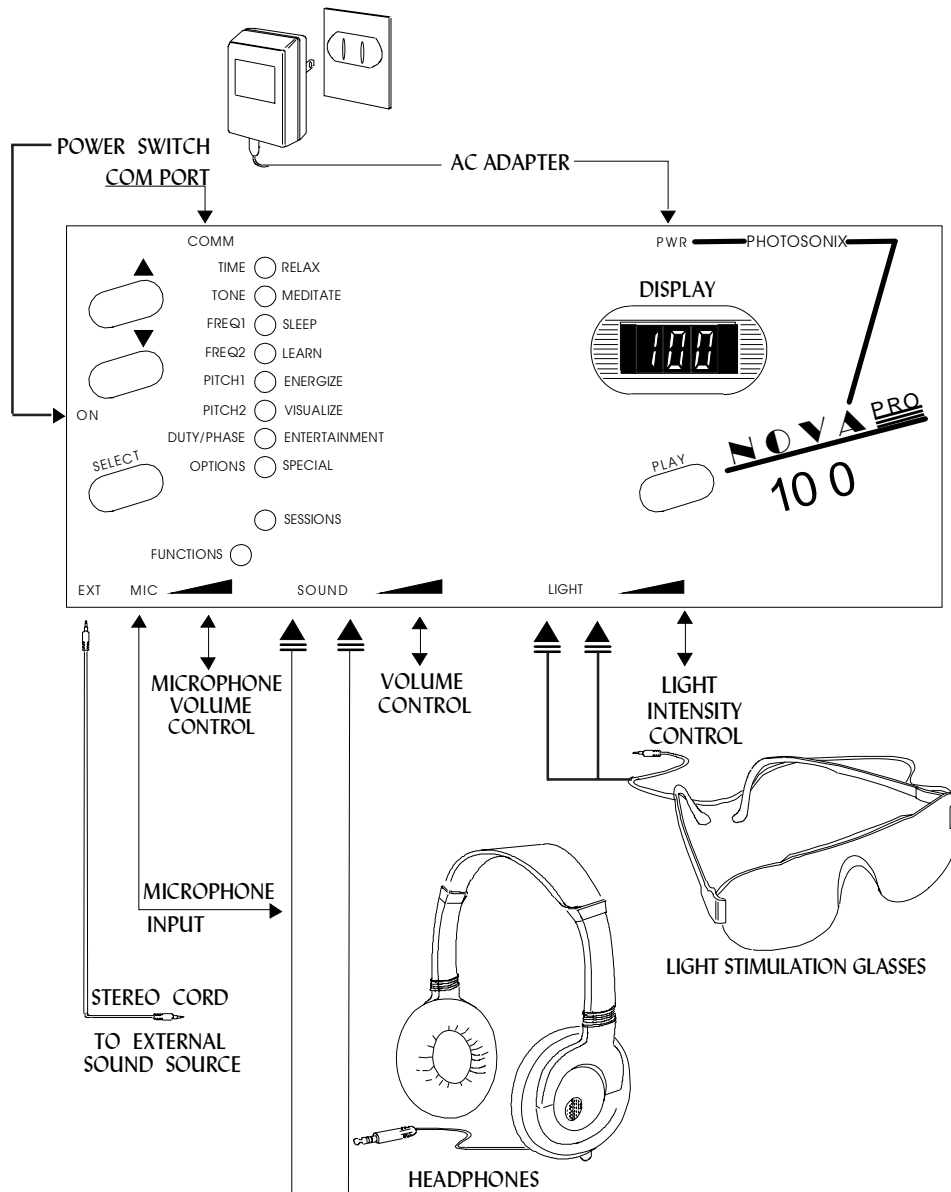
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# Features



# Real Time Control via COM port

The Nova Pro 100 can be connected to a COM port of a computer via its download cable and the COM port jack on the unit. When in manual mode (entered by selecting SPECIAL in the session select mode, going DOWN to oPc and pressing ENTER) the Nova Pro 100 will accept commands either from its keyboard, or from the COM port. It is possible to mix commands from the two sources, the latest command from whatever source takes precedence, but this is not recommended.

L/S Designer has a special dialog box (Download menu, select Command Mode) for demonstrating real time control. The dialog box shows the messages sent to control the unit.

## Microphone input

By popular demand from therapists who do voiceover in seminars and demonstrations, microphone input with volume control is provided for voiceover during a session.

A balanced input amplifier with 1% resistors for noise cancellation accepts dynamic mikes, or electret mikes with their own power source, with 1/8 inch mono connectors. We have used and tested several different models with good results, please see our web site for the current model available. Connect the microphone to the MIC jack of the Nova Pro 100. Use the microphone volume control next to the MIC jack to set the volume. Like with any other sound set up with a microphone, enlist the help and ears of others to gage and set the volume based on the situation (room size, how many people are connected to the device, how far apart and away from the device they are) to make sure you are reaching everyone at a comfortable level.

## Audio Strobe

**How it works:** Signals are recorded on a music CD at a high, inaudible frequency, to control the lights in a light/sound system. An AudioStrobe\* decoder detects these signals and uses them to drive the lights of a light/sound system, absolutely in sync with the music.

For best results, use the AudioStrobe while no session is running on the Nova Pro 100. AudioStrobe CDs are available from Tools for Exploration and other sources.

### For an amazing AudioStrobe experience:

**Step 1:** Connect your CD player to the external input of the Nova Pro 100, with your headphones and glasses connected to the Nova Pro 100 normally.

**Step 2:** Turn the Nova Pro 100 on and press the DOWN key twice from P01 to get to the AuS (AudioStrobe) mode.

**Step 3:** Play the CD. The AudioStrobe signals from the CD control the lights. The maximum intensity of the lights is controlled by the LIGHT thumbwheel on the Nova Pro 100, the threshold by the volume control of the CD player.

\* AudioStrobe (licensed from Tamas Laboratories) is a registered Trademark of Tamas Laboratories in Germany, who holds the German patent on the technology.

# About “dl” (downloading) sessions

The Nova pro 100 has room for up to 100 downloaded sessions, or a total of 1000 segments of storage space, that can be added via the cable from your computer. The download choices are controlled from the PC with either Light/Sound Designer or Light/Sound Librarian. With the Nova Pro 100 you received the free L/S Designer software. The L/S Librarian and the additional session libraries we offer are free to download from our web site <www.photosonix.com>. Both L/S Designer and L/S Librarian give you the choice of which category you want to download the sessions into. The downloaded sessions are displayed in each category above the built in sessions (like the relaxation category built in sessions are displayed as r01-r15). When you download sessions they will be displayed with a period after the category designation. Example: sessions downloaded in the relaxation category will be displayed as r.01, r.02 etc through the number of relaxation sessions downloaded.

**User tip:** Use L/S Librarian to print a list of the sessions you are downloading. Keep the list as a reference of the current dL sessions in your system. Make a separate library file for each download category.

## Light Sound Designer™

Light/Sound Designer 100 is a program for the PC with Windows 3.1, Windows 95 or Windows 98, that allows you to design sessions in a spreadsheet format on the PC, save them to disk, display them graphically, and download them to the Nova Pro 100 via a COM port of the PC.

The L/S Designer that is included with your Nova Pro 100 has 100 sessions with it. The sessions are included as a variety of examples for you to look at in detail (LS Designer displays every session's segment and the corresponding segment parameter). These sessions can be altered to your personal preference, saved and downloaded into the NP 100 as a download session. You can also use LS Designer to design new sessions.

Light/Sound Designer includes a 3.5" diskette. You also received a COM port cable. The cable is a 25 pin serial (female) port. If you have a 9 pin COM port on your computer you will need a 9 to 25 pin modem adapter from your local computer store. Computer manufacturers do not label the ports but LS Designer (and Librarian) will tell you if a port is found when attempting to download. More documentation is in the on line HELP files. If you have the diskette, instructions for installation on your PC are in the README.TXT file, and are repeated here:

**Windows 3.1:** In Program Manager, click FILE, then RUN, then type a:setup (or b:setup), then press ENTER or click OK.

**Windows 95 and 98:** Click START, then RUN, then type a:setup (or b:setup), then press ENTER or click OK.

In either case, continue the installation by following the instructions on the screen.

# About the sessions

The 100 sessions in the Nova Pro 100 combine the rhythm, pitch and musical effect of sound with kaleidoscopic effects from light stimulation to encourage relaxation and mood changes. The effects can vary from energizing thru meditative to sleep-inducing depending on the type of stimulation, just as music can produce any of those effects.

The session names and descriptions relate the effect that was intended for the session — different persons will experience different actual effects, and the effect may vary from day to day.

The titles give a general guide to the type of effect that can be expected. Some of the sessions use fast-changing microloop sequences to give special effects.

The sessions are grouped by different general objectives, and the running time and primary tone selection are given for each session.

In the study of mental states through the electroencephalogram, four different states or types of waveforms have been characterized by neurologists:

Beta	13-30+Hertz	Awake and alert
Alpha	8-12 Hertz	Relaxed
Theta	3-7 Hertz	Reverie, Imagery, near sleep
Delta	0.5-2 Hertz	Sleep

A session's general aim is to help you reach one of those states. Although different frequency combinations in any one session will work differently for many individuals the above are the four general categories and the frequency range which they fall into.

## To play a session:

To play a session all you need to do is turn the NP100 on, plug the light frames and the headphones, select a session and press PLAY. The system will count down for 10 seconds and start to play the session. **Close** your eyes, put on the light frames and the headphones, sit back and enjoy. It really is that simple.

**USER TIP:** We strongly suggest that you adjust the light intensity and the sound volume to your personal comfort level **before** playing a session. Brighter and louder is **not better**.

**Always** keep your eyes **closed** during a session. If this is your first experience with photosonic (Light/Sound) stimulation, start with the short or half hour sessions once a day or several times a week. Don't overdo it — an hour a day is tops. Experiment and find the sessions that work best for you.

**OPTIONAL:** Via the enclosed patch cord, you can connect your NP 100 EXT jack to a music source (tape, CD player) and listen to your favorite music while enjoying the session.

# Session library guide

## Relaxation


Session	Time	Frequency Range	Tone
1. Relax Break	15 min	5-21Hz	surf
2. Relax and Back	46 min	3-14Hz	dbb
3. Power Relaxation	15 min	10-11Hz	dbb
4. Stress Killer	36 min	2-11Hz	dbb surf
5. Gates of Calmness	27 min	3.5-12Hz	mixed
6. Calmdown	5 min	2.5-18Hz	dbb
7. Daily escape	10 min	7-12Hz	dbb
8. Timeout	5 min	4-15Hz	dbb
9. Waves of Calm	10 min	7.83-12Hz	dbb
10. Relax Wave	22 min	7-15Ha	bbs
11. Alpha Zone	15 min	8.5-11Hz	dsb
12. Lite/low Relax	25 min	3-13Hz	dbb
13. Alpha Theta Relax	24 min	8-28Hz	tone
14. Coffee Break	15 min	7-40Hz	tone
15. Deep Rest	43 min	1-38Hz	dbb

## Meditate

Session	Time	Frequency Range	Tone
1. Meditation of Earth	32 min	4-24Hz	tone
2. Earth Grounding	33 min	4-24Hz	dbb
3. "om" Meditation	33 min	4-24Hz	bb surf
4. Mind Awake, Body Asleep	43 min	2.5-15Hz	dbb
5. 4 Octave Chakra Balancing	38 min	7,14Hz	dbb surf
6. Kundalini Meditation	40 min	7,14Hz	bb surf
7. Cosmic Consciousness	35 min	3.5-21Hz	dbb
8. Square Breathing	50 min	1-40Hz	dbb
9. 7.83 Hz low Meditation	23 min	7.83-15Hz	dbb
10. Deep Meditation	45 min	5-13Hz	dbb
11. Deep Low Meditation	36 min	.25-15Hz	dbb
12. Deep 'n back	34 min	.25-13Hz	bsb
13. Delta Blast	38 min	1.5-16Hz	dbb
14. Remote Viewing	43 min	3-22Hz	dbb


# About binaural beats

When the ears hear tones at different frequencies but close in pitch, a mechanism in the sound processing machinery of the brain detects the difference between the frequencies and perceives "binaural beats", stimulation at the difference between the frequencies. The effect is most pronounced at low frequency differences and low carrier frequencies. If you are not familiar with the effect, in the manual control mode try the sample below.

 Binaural beats tone sample. You can use the manual (oPc) session to sample bb sound. In oPc use select to reach the frequency parameters. Set the frequency to 1.0Hz, the pitch to 128 and the tone to bb. Listen to the sound one ear at a time - note that the tones are almost the same - the left ear is at 128 Hz, the right at 129 Hz. Now listen with both ears at once, and you will hear beats at the one Hertz difference frequency. If you put on the glasses, you will find that the lights are synchronized to the difference frequency or binaural beat offset.

# About dual binaural beats

In dual binaural beats, each ear hears a mixture of two tones. This results in chords, and makes the sound richer and fuller. In addition to the chord effect, there is a "beat" effect —when closely spaced tones at two different frequencies are mixed, the result is a "beat" phenomenon - the resulting sound is the average frequency pulsed at the difference frequency. If the two frequencies are far apart, they will be perceived as two distinct tones. As they get closer together, the beat phenomenon becomes more pronounced. To experience the dbb tone effect try the sample below.

 Dual binaural beats tone sample. Dual binaural beats can also be sampled in the manual (oPc) settings. Set tone to dbb, FREQUENCY1 to 4.0Hz and the pitch 1 to 128 and FREQUENCY 2 to 4.0Hz and pitch 2 to 256. You will hear the binaural beat offset from both frequency generators - the right ear is hearing 128 and 256 hertz, the left ear 128+4 = 132 hertz and 256+4 = 260 hertz, so there are two separate binaural beat offsets, both at 4 hertz. With PITCH2 still selected, go DOWN one note at a time — you will continue to hear the 4 hertz binaural beats, but at 160 hertz you will become aware of the mixed tone beat phenomenon — at 144Hz it is very pronounced and overrides the binaural beats.

You need not be an expert on dbb tones in order to enjoy the sessions. dbb tones are powerful and entertaining. The PHOTOSONIX products are the only tools on the marketplace utilizing dbb tones in various session design. With the Nova Pro 100 you have one of the best opportunities to enjoy the power of this feature.

# Frequency choices

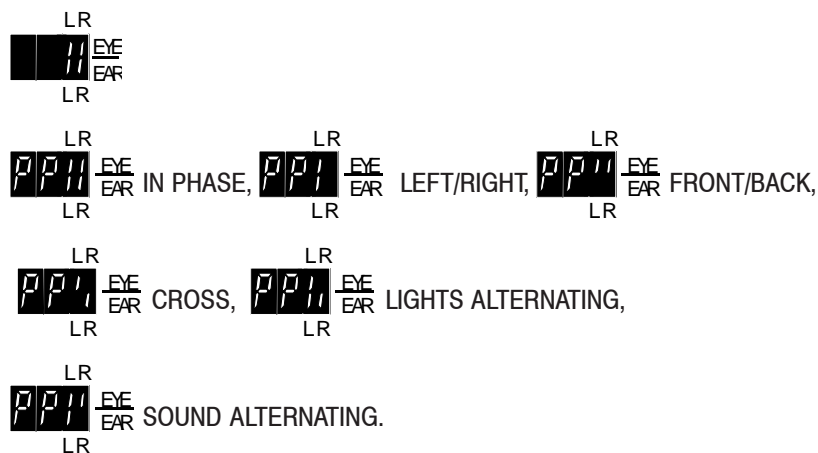
Stimulation frequency is also extended downward by two octaves, from one hertz to 1/4 hertz. Three new frequencies, 3/4, 1/2 and 1/4 hertz (only three frequencies, but it is two octaves). Frequencies go in steps of 1/4 hertz through 2 hertz, 1/2 hertz through 10 hertz,

1 hertz through 20 hertz and 2 hertz through 42 hertz.

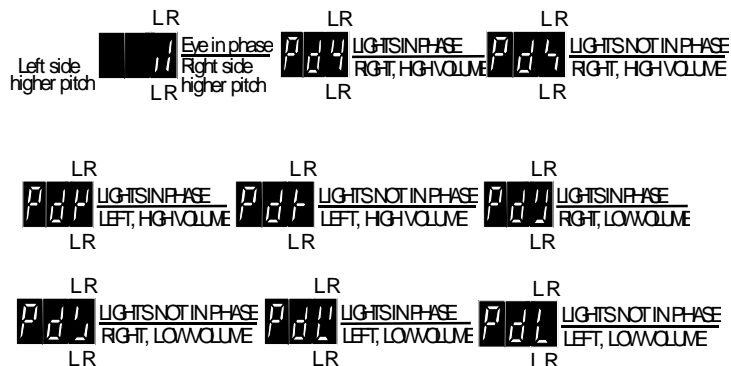
The Schumann resonance at 7.83 hertz is also included.

# Phase choices

In PF, PS, PC and bb tone PHASE controls which eyes and ears are on at the same time.



In dbb and dSb tone PHASE controls which eyes are on at the same time, and also the sound generator #2 controls.



# Session library guide

## Sleep

Session	Time	Frequency Range	Tone
1. Relax into Sleep	43 min	1-12Hz	tone
2. Pleasant Dreams, Sleepy Head	37 min	2.5-10Hz	dbb
3. Knockout!	42 min	1-14Hz	dbb
4. Catnap	34 min	3-16Hz	dbb
5. Mr. Sandman	37 min	3-16z	dbb
6. Deepsleep	42 min	.50-8.50Hz	dsb
7. Zonko	45 min	1-10Hz	tone
8. Taps	23 min	1-15 Hz	tone
9. Quick Nap	44 min	2-15Hz	dsb
10. TKO	45 min	1-10Hz	mixed

## Learning

Session	Time	Frequency Range	Tone
1. Quick Pre-Study	15 min	4-12Hz	dbb surf
2. Quick Post-Study	16 min	1-12Hz	dbb surf
3. Assisted Suggestion Assimilation	51 min	6-12Hz	bb surf
4. Learning Preparation	28 min	4-20Hz	tone
5. Logical Learning	40 min	4-24Hz	dbb
6. Language Learning	44 min	5-12Hz	dbb
7. Memory/Recall	30 min	4.5-14Hz	bb surf
8. Focus	5 min	10-24 Hz	dbb
9. Unstick	10 min	1.5-24Hz	dbb
10. Theta Conditioning	22 min	1-20Hz	tone
11. Total Recall	43 min	1-20Hz	dbb
12. Baroque Beat	43 min	1-24Hz	dsb
13. Accelerated Learning	44 min	5-16hz	tone

## Energize

Session	Time	Frequency Range	Tone
1. Pre-Workout	18 min	1-21Hz	dbb
2. AM Pumper	17 min	1-14Hz	dbb
3. Afternoon Power Booster	24 min	2-24Hz	tone surf
4. Revup	5 min	7-42Hz	dbb
5. Varoom	10 min	1-42Hz	dbb
6. Wired	5 min	21-42Hz	dbb
7. Napznap	30 min	2.5-28Hz	dbb
8. Turbo	15 min	10-34Hz	dsb
9. Sportswave	30 min	16-30Hz	tone
10. Alpha Beta Corridor	43 min	1-36Hz	dbb
11. Beta2	43 min	1-40Hz	dbb
12. Hi N-R-G	18 min	1-30Hz	dbb
13. UMPH	23 min	14-42Hz	dbb

# Session library guide

## Create/Visualize

Session	Time	Frequency Range	Tone
1. Music Creativity	23 min	3-24Hz	chord
2. Hyper Alert Creativity	28 min	20-40Hz	dbb
3. Problem Solving	28 min	7.8-30Hz	surf
4. Imagination Stimulation	52 min	5-42Hz	dbb
5. Quick Inspiration	16 min	4.5-12Hz	chord
6. Active Visualization	31 min	4-12Hz	dbb
7. Mental Image Development	22 min	4.5-42Hz	tone
8. Dreamy Visuals	47 min	4.5-11Hz	dbb surf
9. Hemispheric Cross-Talk Full Range	31 min	1-42Hz	tone surf
10. Reset	10 min	1-42Hz	tone surf
11. Mindspin	4 min	1.5-30hz	dbb
12. Visualize	43 min	1-15Hz	dbb
13. Right Brain Boost	43 min	3-26hz	dbb
14. Left Brain Boost	43 min	3-40Hz	dsb

## Entertain/Fun

Session	Time	Frequency Range	Tone
1. Black Hole	19 min	1-42Hz	dbb
2. Primal 3's and 1's	27 min	3-36Hz	dbb
3. Nirvanaphoria	35 min	1-24Hz	bb surf
4. Orbital Motion & Spin	25 min	3.5-12Hz	dbb
5. Photo Coaster	16 min	1-42Hz	dbb
6. Mr. O's Wild Ride	28 min	1-42Hz	tone surf
7. Sensual Magic	15 min	7-42Hz	dbb
8. Kaleidoscope	40 min	1-40Hz	tone
9. A Muse Ment Park	27 min	1.5-40Hz	mixed
10. Salt 'n Pepper	10 min	1-42Hz	dbb

## Special Applications

Session	Time	Frequency Range	Tone
1. Low Range Aerobic Jumper	20 min	4-10Hz	mixed
2. Full Range Aerobic Jumper	20 min	7-13Hz	mixed
3. High Range Aerobic Jumper	20 min	10-18Hz	chord
4. Remedy Session	30 min	10Hz	bb surf
5. Hut-Ten-Hut!	21 min	10,18Hz	chord
6. Banish the Winter Blues	18 min	30-40Hz	chord
7. Left Brain	15 min	3-24Hz	dsb
8. Right Brain	15 min	3-24Hz	dsb
9. Left Hemisphere	20 min	7-42Hz	dsb
10. Right Hemisphere	18 min	7-42Hz	dsb
11. Increase Personal Magnetism	43 min	3-42Hz	dbb

# Tone choices

There are 7 sound tones, utilizing the two frequencies F1 and F2 and pitches P1 and P2.

· **PFR** PFr, pulsed frequency. Pitch P1 is pulsed at frequency F1. The selected pitch is pulsed at the selected frequency. The pulsed tones provide a beep beep sound at the selected frequency F1 while the lights are blinking at the F1 rate.

· **PSu** PSu, pulsed surf. A surf sound is pulsed at frequency F1.

· **PCh** PCh, a pulsed chord with controllable chord separation from a minor third to a full octave(a two note chord is pulsed at the selected frequency).

· **bb** bb, binaural beats sends different pitches to two ears (pitch P1 to the left ear, Pitch P1 plus frequency F1 to the right ear) and the sound source direction detection mechanism in your auditory system picks up the difference frequency F1, while the lights blink at the F1 rate.

· **bbS** bbS, binaural beats with surf, a soothing surf sound is the background for binaural beats.

· **dbb** dbb, in dual binaural beats there are four tone generators running at once, the left ear receives pitches P1 and P2 mixed together, the right ear receives pitch (P1+F1) mixed with pitch (P2+F2). This gives two binaural beat ranges at the same time, and provides for monaural beat possibilities.

· **dSb** dSb, dual monaural beats, Monaural beats occur when two closely spaced pitches are mixed in the same ear, beats are heard at the difference of the pitches. The dual monaural beat tone, new and unique to the Nova Pro 100, sends P1 and P1+F1 to the left ear, creating monaural beats at F1, and P2 and P2+F2 to the right ear, creating monaural beats at F2. In addition, the left eye lights blink at the F1 rate, the right eye lights at the F2 rate, for a true dual stimulation frequency experience.

# Pitch choices

The Nova Pro 100 pitch is extended two octaves at the low end, to 16 hertz (a total of 14 new pitches). The total pitch range is 16Hz to 960Hz, 6 octaves of the just scale, 7 notes/octave. Also, the pitch 2 relative to pitch 1 mode is extended to cover P1 minus 1 to 15 hertz, as well as the P1 plus 1 to 15 hertz provided on the Nova Pro. The low frequencies have a very powerful effect with the standard headphones, for even stronger effects you can use more expensive headphones. We have tested our UltraBass headphones with great results and recommend them (please see our web site for more info) and also the Sony MDR-V6.

# Personal preference setting:

All parameters in the NP 100 have built-in default values that are in effect until you change them. Some selections, can be distinctly personal and you may prefer some value other than the built-in value. The **PERSONAL PREFERENCE PROGRAM** setting is where the system remembers your choices.

You can select a session you like the best and enter it in the PPP setting and the Nova Pro 100 will remember the setting and always come up with that session when turned on. For example, if you want to select Relaxation session 3, just manipulate **SELECT**, **UP** and **DOWN** in the PPP setting until those parameters display the values you want. To reach the PPP setting press **DOWN** from P01 until **PPP** (Personal Preference Program) is displayed. Then press **PLAY** - the session category **LED** will blink. Use the **SELECT** key to choose a session category and the **UP** and **DOWN** keys to scroll and choose a session. Press **PLAY** when you have chosen the session you want as a default session.

Two other important parameter choices in the personal preference setting are in the options selection. In this selection you can disable the gentle on-off option. This also is where you chose between the automatic power shut off being computer controlled or manually controlled. The following are the 4 choices:



Gentle on-off is ON, computer controlled power shut off.



Gentle on-off is ON, operator controlled power shut off.



Gentle on-off is OFF, computer controlled power shut off.



Gentle on-off is OFF, operator controlled power shut off.

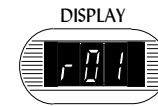
After session select, PPP allows you to also select parameters that take effect in the manual mode "oPc" if you wish for these parameters to be remembered. When you press enter after selecting a personal preference session the display will display the first parameter you can change (FREQ 1). Use the **UP** and **DOWN** keys to cycle thru the choices, press **SELECT** when the display has the choice you want. The display moves to the next function that can be changed (the NP 100 will skip parameters that can't be changed). Press **SELECT** when you have made a choice and so on.

Select each parameter in turn that you want to control, and use **UP**, **DOWN** to get the value that you want. These values take effect in the manual mode. You can cycle thru all the parameters again with **SELECT** to be sure everything is the way you want it. Don't worry about mistakes, they are easy to correct. Double click **PLAY** when done. Your personal preferences will be recorded, and will come up whenever the system is turned on.

**User tip:** We often receive calls from customers asking if the built in sessions can be changed via the PPP setting. The answer to that is no, this is what Light & Sound Designer and the downloading capability are for. Rest assured, you can not change or damage the built in sessions.

# Session Choices, Relax:

- TIME  RELAX
- TONER  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
- FUNCTIONS



- 1. Relax Break** **15 min, pulsed surf, 5-21 Hz**  
Beginning at 21 Hertz and ramping to Theta over 3 minutes, remaining in Theta for 9 minutes, then returning to refreshed and energized awareness. Use instead of a coffee break. (Sorry, Juan Valdez.)
- 2. Relax and Back** **46 min, dual binaural beats 3-14 Hz**  
This session begins at 16 Hertz and ramps into the Alpha/Theta range for light to medium relaxation, then on down to Delta for deep relaxation. It ends with a return to relaxed alertness.
- 3. Power Relaxation** **15 min, dual binaural beats 10-11 Hz**  
This is relaxation for the physical body. Use after a workout or strenuous physical activity.
- 4. Stress Killer** **36 min, dual binaural beats/surf 2-11 Hz**  
A combination of pleasing tones and alpha/theta relaxation for relief from the feeling of being stressed out or emotionally upset.
- 5. Gates of Calmness** **27 min, mixed, 3.5-12 Hz**  
Classic Alpha/Theta relaxation in alternating modes. A "general purpose" relaxation session.
- 6. Calmdown** **5 min, dual binaural beats, 2.5-18 Hz**  
Calm your jangled nerves and reduce emotional strain with this rolling alpha/theta wave soak. Use after a stressful and upsetting event as a quick balancer.
- 7. Daily Escape** **10 min, dual binaural beats, 7-12 Hz**  
Take a break, relax, and escape from a stressful day. Great for a quick breaktime.
- 8. Timeout** **5 min, dual binaural beats, 4-15 Hz**  
Take "Timeout" and experience a relaxed mood in just five minutes with calming rhythms and soothing tones that ebb and flow.
- 9. Waves of Calm** **10 min, dual binaural beats, 7.83-12 Hz**  
Experience waves of calmness with this peaceful, smooth and relaxing session. Use it whenever you need to relax quickly.

## Session Choices, Relax:

**10. Relax Wave**                      **22 min, binaural beats with surf, 7-15 Hz**  
Take a relaxing trip to the cyber-sea. Ocean waves and low pitched binaural beats fade in and out opposite the lights for a beach like experience.

**11. Alpha Zone**                      **15 min, dual monaural beats, 8.5-11 Hz**  
Go to the Alphazone for relaxation and nice visuals.

**12. Lite/Low Relax**                      **25 min, dual binaural beats, 3-13 Hz**  
A mild relaxation session -- calming but not deep.

**13. Alpha Theta Relax**                      **24 min, pulsed tone, 8-28 Hz**  
A classical alpha-theta relaxation session. Helps in learning to move between states.

**14. Coffee Break**                      **15 min, pulsed tone, 7-40 Hz**  
A classical relaxation break session.

**15. Deep Rest**                      **43 min, dual binaural beats, 1-38 Hz**  
When you require total rebuild and repair, this is the session for you. Use also after body building or strenuous activity. Allow time afterwards to gradually come back to doing active things. Use with nature sounds.

## Adjusting session time

The duration of the Nova Pro 100 sessions can be adjusted from 1/2 to twice the default time. A session may be run at 1/2 to 2 (in steps of 1/4) times its designed time. The 3 digit display can display up to 4 hours of run time; however, downloaded sessions may be designed to run much longer than this -- the maximum possible run time is over 100 days.

To change the time of a session press SELECT during the 10 second countdown. The default session time will be displayed. Use the UP & DOWN keys to scroll through the possibilities and change the time length to your preference. Press PLAY when done and the session will play according to your new setting. There are seven choices, from 1/2 to 2 times the default time.

**EXAMPLE:** A session with default time of 30 minutes will give choices of 15, 22, 30, 37, 45, 52, 1.0. Times below 1 hour are displayed in minutes (01 to 59) and above that in hours and minutes (1.17 is 1hr 17 minutes).

## Manual mode “oPc” (operator controlled session)

In the oPc session you have manual control of stimulation parameters. This section shows you how to control the manual mode and in the process introduces you to the stimulation options. Plug in the headphones and light frames, put on the headphones, and lay the light frames near the system with the lights up so you can see them. Make each of the selections in turn, look and listen to understand what you are controlling and what you like.

To reach oPc press the DOWN key from P01. Press PLAY. The system will start the 10 second countdown and play the oPc default settings. During the countdown if you press the SELECT key you will be able to change the time of the oPc session by using the UP and DOWN keys to scroll through the choices and make a selection. The run time of an operator controlled session can be adjusted from 15 minutes to 1 hour (the default time is 30 minutes).

Wait for the count down and press SELECT. The display moves to FREQUENCY 1 and displays 7.81. Press UP and DOWN from 0.25 to 42 hertz. This is the frequency range.

You may want to try this with the light frames on as well. When you find the frequency you like most press SELECT. Control shifts to PITCH 1. Press UP and DOWN to select a pitch, then press SELECT. This moves to the PHASE selection.

This is an example of a PF tone oPc session. In some other tone selections different than PF the SELECT sequence will change. Notably in PC tone (pulsed chord) or dbb tone (dual binaural beats) mode there are two pitch selections or two frequency and two pitch selections.

# Session Choices, Special:

## 9. Left Hemisphere

**20 min, dual monaural beats, 7-42 Hz**

This session stimulates the left hemisphere and subdues the right. For linear/logical thinking.

## 10. Right Hemisphere

**18 min, dual monaural beats, 7-42 Hz**

This session excites the right hemisphere while calming the left. Great for creative thinking.

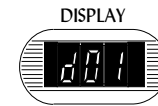
## 11. Increase Personal Magnetism

**43 min, dual binaural beats, 3-42 Hz**

Personal magnetism is increased by feeling better about oneself and by increasing personal energy. This program is designed to assist with this, use before public appearances, speeches and gatherings.

# Session Choices, Meditate:

- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
- FUNCTIONS



## 1. Meditation of Earth

**32 min, pulsed tone, 4-24 Hz**

Multi-mode meditation featuring the Schumann resonance frequency of 7.83 Hertz and its harmonics.

## 2. Earth Grounding

**33 min, dual binaural beats, 4-24 Hz**

Uses the Schumann resonance and its harmonics with dual binaural beat tones set at chord intervals of fifths (frequency ratio 3 to 2) on the Just scale. The chord interval of a fifth is known in Eastern cultures as the "Heaven and Earth Interval". A powerful earth meditation.

## 3. "om" Meditation

**33 min, binaural beats/surf, 4-24 Hz**

Meditate with the soothing cosmic sound of surf combined with the Schumann resonance and its multiples as offset frequencies.

## 4. Mind Awake, Body Asleep

**43 min, dual binaural beats, 2.5 - 15 Hz**

This program creates a dynamic state in which the body is resting and the higher mind is awake. It is similar to sessions that have been used to promote oobe (out of body experience) states. See "Awakening mind" by James Mann.

## 5. Chakra Balancing Meditation

**38 min, dual binaural beats/surf, 7,14 Hz**

The first two minutes are spent in frequency ramps to aid in focussing. Then after a short blackout the tone changes to binaural beats with surf, and the exercise begins. The Chakras are meditated upon one at a time, beginning with the base, then the genital, solar plexus, heart, throat, third eye, and finally the crown. A four octave microloop introduces each meditation period, which moves through four octaves at one minute intervals. The octave sequence used for each chakra is based on the traditional note for that chakra, and the binaural beat offset frequency is set to 7 Hertz for theta meditation. Instruction in chakra meditation is beyond the scope of this manual — the meditation should be learned first, and this program used as an accompaniment.

# Session Choices, Meditate:

## 6. Kundalini Meditation 40 min, dual binaural beats/surf, 7,14 Hz

The Kundalini is in Yoga tradition a life force believed to be at the base of the spine, which when aroused, triggers intelligence and spiritual insight. This program assists in creating a deeply relaxed state while stimulating the crown chakra and is similar to programs that have been used to encourage a “no time” state. See “Awakening Mind I” by James Mann.

## 7. Cosmic Consciousness 35 min, dual binaural beats, 3.5-21 Hz

This session is designed to help recreate the mystical awakening into high consciousness associated with many eastern religions.

## 8. Square Breathing 50 min, dual binaural beats, 1-40 Hz

Do not do this session if you have respiratory problems — it is a breathing exercise. This session begins with a short period of alpha relaxation that ends with a short lights out period. Then the breathing exercise starts:

- Inhale on the rising pitch (4 seconds)
- Hold your breath with lungs full while the high pitch holds (4 seconds)
- Exhale during the falling pitch (4 seconds)
- Hold your breath with lungs empty during the low pitch hold period (4 seconds)

This session should be tried lying down or in a reclining chair, with any tight clothing loosened. Try to time your inhale and exhale to use the full inhale/exhale period. Try to use your stomach in breathing, not just your chest. This session run at normal time results in four breaths/minute, slow for most people. If it is uncomfortable for you, do not persist — stop and breathe normally. You can run the program in a shorter or longer time to change the breathing rate from a (comfortable for most people) eight breaths/minute (run time 25 minutes) to a quite challenging two breaths/minute (run time 1 hour 40 minutes). Stop the session when you feel like it, no one is keeping score.

## 9. 7.83 Hz Low Meditation 23 min, dual binaural beats, 7.83-15 Hz

Low pitches and the Schumann resonance frequency combine in this meditation session.

## 10. Deep Meditation 45 min, dual binaural beats, 5-13 Hz

A deep meditation session featuring low pitches.

## 11. Deep Low Meditation 36 min, dual binaural beats, .25-16 Hz

Deep bass tones and low binaural beat offsets make this a very deep meditation session.

## 12. Deep 'n Back 34 min, dual monaural beats, .25-13

A deep relaxation/meditation session that leaves you feeling refreshed.

## 13. Delta Blast 38 min, dual binaural beats, 1.5-16 Hz

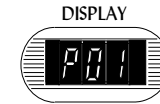
Stimulation moves to delta, the visuals stay there while the audio moves back to alert frequencies. May inspire lucid dreaming.

## 14. Remote Viewing 43 min, dual binaural beats, 3-22 Hz

Remote viewing has captured the imagination of millions. It has been used by the military, archeologists and researchers. This program is designed to enhance the mindset required for remote viewing. Use with natural sounds such as ocean, brook, or rain.

# Session Choices, Special:

- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



## 1. Low Range Aerobic Jumper 20 min, Mixed tones, 4-10 Hz

Random frequency, tone and pitch changes at 5 second intervals in the alpha-theta range.

## 2. Mid Range Aerobic Jumper 20 min, Mixed tones, 7-13 Hz

The same concept as session 1, moved to the alpha frequency range of 7-13 Hz.

## 3. High Range Aerobic Jumper 20 min, pulsed chord, 10-18 Hz

The same concept as session 1, moved to the alpha/beta range of 10-18 Hertz.

## 4. Remedy Session 30 min, binaural beats/surf, 10 Hz

A relaxing, middle of the road, mid alpha session. Use this session as a remedy to cancel effects of any other session.

## 5. Hut-Ten-Hut! 21 min, pulsed chords, 10,18 Hz

The classic light/sound session for assistance in reducing distractions.

## 6. Banish the Winter Blues 18 min, pulsed chords, 30-40 Hz

The lights come on slowly as the stimulation frequency reduces from 40 to 30 hertz, then 15 minutes of 30 hertz, then 15 minutes of 30Hz light stimulation help to combat the winter blues.

## 7. Left Brain 15 min, dual monaural beats, 3-24 Hz

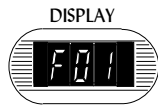
This session stimulates the left, logical hemisphere in beta while relaxing the right hemisphere. Try with math or other linear/logical thinking tasks.

## 8. Right Brain 15 min, dual monaural beats, 3-24 Hz

This session is designed with aim to stimulates the right brain while calming the left. Helpful for creativity or other right-brained activity.

# Session Choices, Entertain/Fun:

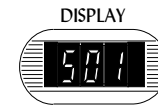
- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



- 1. Black Hole** **19 min, dual binaural beats, 1-42 Hz**  
 Take a wild voyage deep into your mind amid swirling dual binaural beats. Great with or without your favorite “outer space” music.
- 2. Primal 3’s and 1’s** **27 min, dual binaural beats, 3-36 Hz**  
 Experience the mystic powers of 3 and 1 — all offset frequencies are 1 Hertz, 3 Hertz or a multiple of 3. Use for the “primitive spiritual” feeling. This program is very musical and is best used without additional music.
- 3. Nirvanaphoria** **35 min, binaural beats/surf, 1-24 Hz**  
 Microloops of binaural beats with surf and octave pitch progressions lead to the final 9 minutes of blissful energy-giving relaxation.
- 4. Orbital Motion & Spin** **25 min, dual binaural beats, 3.5-12 Hz**  
 A microloop adventure of movement and rhythm. While binaural generator 1 provides alpha/theta relaxation, generator 2 orbits at 7.83 hertz into the headphones. The binaural beats are built on 960 Hertz, the crown chakra frequency in the spiritual octave.
- 5. Photo Coaster** **16 min, dual binaural beats, 1-42 Hz**  
 All aboard for the Photosonix photocoaster — Hand over an “E” ticket and fasten your seat belt.
- 6. Mr. O’s Wild Ride** **28 min, surf, 1-42 Hz**  
 A wild journey with motorcycle sounds. Hold on and have fun!
- 7. Sensual Magic** **15 min, dual binaural beats, 7-42 Hz**  
 This program uses beta range stimulation in the four octave pitch tones of the chakra associated with sexuality. Be sure the right person is the first one you see when the session ends.
- 8. Kaleidoscope** **40 min, pulsed tone, 1-40 Hz**  
 An exciting session offering experience with kaleidoscopic color patterns.
- 9. A Muse Ment Park** **27 min, mixed, 1.5-40 Hz**  
 Unexpected twists and turns give a lively feel to this fun and games session.
- 10. Salt ‘N’ Pepper** **10 min, dual binaural beats, 1-42 Hz**  
 Remember the Salt ‘N’ Pepper shaker carnival ride? Get wild with this light/sound adaptation.

# Session Choices, Sleep:

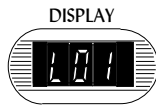
- TIME  RELAX
- TONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



- 1. Relax into Sleep** **43 min, pulsed tone, 1-12 Hz**  
 A classic sleep program — starts at 12 Hertz and ramps to delta frequencies, while reducing stimulation levels. Use as a sleep trainer.
- 2. Pleasant Dreams, Sleepy Head** **37 min, dual binaural beats, 2.5-10 Hz**  
 Experience how quickly and easily you can drift off to sleep with the power of dual binaural beats. Feel free to remove the headphones and goggles when you become very drowsy.
- 3. Knockout!** **42 min, dual binaural beats, 1-14 Hertz**  
 A powerful sleep trainer. Use when an effect stronger than S02 is needed.
- 4. Catnap** **42 min, dual binaural beats, 3-16 Hz**  
 Ramps deep into delta and stays for 18 minutes, followed by a return to refreshed awareness.
- 5. Mr. Sandman** **34 min, dual binaural beats, 3-11 Hz**  
 Dual binaural beats make this sleep trainer powerful and effective. Begins in alpha and ramps to delta. You can remove the glasses and headphones when you become very sleepy.
- 6. Deepsleep** **37 min, dual monaural beats, .50-8.50 Hz**  
 A sleep session using dual monaural beats. Good night.
- 7. Zonko** **45 min, pulsed tone, 1-10 Hz**  
 A starlight special sleep session.
- 8. Taps** **44 min, pulsed tone, 1-15 Hz**  
 A traditional light/sound sleep assist, ending with stimulation fading out at 1Hz.
- 9. Quick Nap** **23 min, dual monaural beats, 2-15 Hz**  
 A 5 minute descent into a 16 minute nap, with a quick return to energized wakefulness.
- 10. TKO** **45 min, mixed dbb/bbs, 1-10 Hz**  
 This is "Technological Knock Out", a high tech sleep aid. Who needs those sleeping pills

# Session Choices, Learn:

- TIME  RELAX
- TO NE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
- SESSIONS
- FUNCTIONS



- 1. Quick Pre-Study** **15 min, dual binaural beats/surf, 4-12 Hz**  
The power of dual binaural beats allow this session to be short, but focussing and calming. Use to get into the mood for study.
- 2. Quick Post-Study** **16 min, dual binaural beats/surf, 1-12 Hz**  
Use immediately following study for quick, deeply relaxed delta integration of newly learned material. The session ends with a return to relaxed awareness.
- 3. Assisted Suggestion Assimilation** **51 min, binaural beats/surf, 6-12 Hz**  
This session sets up conditions for the hypnogogic state in the Alpha Theta region, close to sleep, the state of relaxed receptivity. Suggestions will be most effective after the first 12 minutes. Use with your favorite positive suggestion or behavior modification tapes.
- 4. Learning Preparation** **28 min, pulsed tone, 4-20 Hz**  
An adaptation of the classic sound/light learning programs. A microloop sets the mood before beginning alpha/theta ramps. A general use learning/study program.
- 5. Logical Learning** **40 min, dual binaural beats, 4-24 Hz**  
Dancing microloops separate extended alpha-theta ramps in a different approach to the learning mind set, aimed at logic and reasoning rather than memorization. It would seem logical to Spock.
- 6. Language Learning** **44 min, dual binaural beats , 5-12 Hz**  
This program provides very deep relaxation to facilitate rote learning, such as language vocabulary. Use with a language tape, and after the session, study the lesson corresponding to the tape.
- 7. Memory/Recall** **30 min, binaural beats/surf, 4.5-14 Hz**  
This session moves between alpha and theta to encourage entry into a hypnogogic state, the twilight state where past memories can come to light.

# Session Choices, Visualize/Create:

- 9. Hemispheric Cross-Talk** **31 min, surf, 1-42 Hz**  
A series of ascending offset frequency ramps with ascending steps in pitch all in alternating phases promote maximum hemispheric crosstalk. A general purpose creativity/problem solving/imagination session.
- 10. Reset** **10 min, dual binaural beats, 1.5-30 Hz**  
Reset your mind, get focused and relieve boredom with Reset! Dual binaural beats, ramps and rapid changes make this session excellent for getting back on track.
- 11. Mindspin** **4 min, dual monaural beats, 3-40 Hz**  
Put a new spin on your mind with this session. The twisting, turning, visual trip goes great with exciting music.
- 12. Visualize!** **43 min, dual binaural beats, 1-15 Hz**  
The ability to visualize "crystal clear" is not easily done. This program is designed to assist you to acquire skills of deep visualization. Have a goal in mind while using this session. Use with active music.
- 13. Right Brain Boost** **43 min, dual binaural beats, 3-26 Hz**  
This program is designed to enhance right brain activities such as drawing, music and sports visualization. Use with jazz or up-beat music.
- 14. Left Brain Boost** **43 min, dual monaural beats, 5-24 Hz**  
This session is designed to enhance left brain activity. Use before activities requiring focus such as editing copy, working with numbers. Left brain enhancement is essential for ultra-focus on anything. Use with upbeat music like jazz.

# Session Choices, Visualize/Create:

- TIME  RELAX
- TO NE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
  
- FUNCTIONS



## 1. Music Creativity

**23 min, pulsed chord, 3-24 Hz**

Pulsed chord progressions create a musical effect while providing creative microloop stimulation in the alternating mode. The latter part of the program uses ramped tones with phase changes for inspiring effects. Use before playing your favorite musical instrument, or just for general inspiration.

## 2. Hyper Alert Creativity

**28 min dual binaural beats 20-40 Hz**

Beginning in mid-Beta and moving to high Beta, this program promotes a hyper-alert state of awareness. It is energizing while sharpening perception and stimulating creative thinking.

## 3. Problem Solving

**28 min pulsed surf, 7.8-30 Hz**

Stimulation in the Alpha and Beta range, in alternating modes. Let the problem fall away during the session, and return to it at the end to see if a solution was inspired.

## 4. Imagination Stimulation

**52 min dual binaural beats, 5-42 Hz**

Begins with a sequence of five second changes in pitch and moves into ramps and steps. Make an effort to stretch your imagination during this session.

## 5. Quick Inspiration

**16 min, pulsed chord, 4.5-12 Hz**

A microloop with 4 second stepped changes moves thru the alpha and theta ranges to encourage a mood of relaxed creativity.

## 6. Active Visualization

**31 min, dual binaural beats, 4-12 Hz**

Dual binaural beat sounds with offset frequency and pitch ramps in a constant alpha/theta stimulation range. Use with or without goggles.

## 7. Mental Image Development

**22 min, pulsed tone, 4.5-42 Hz**

A pulsed tone variation of session C06, for variety and different tastes.

## 8. Dreamy Visuals

**47 min, dual binaural beats/surf, 4.5-11 Hz**

Stepwise progressions (no ramps) dominated by soothing theta relaxation and its dream-like images.

# Session Choices, Learn:

## 8. Focus

**5 min, dual binaural beats, 10-24 Hz**

Prepare yourself for tasks that involve focused attention and concentration.

## 9. Unstick

**10 min, dual binaural beats, 1.5-24 Hz**

Get unstuck from mental loops, emotional loops and circular thoughts. Dual binaural beats, ramping pitches and smooth changes help to get you focused, calm and ready to create. A "feel good" session.

## 10. Theta Conditioning

**22 min, pulsed tone, 1-20 Hz**

A deep relaxation/learning session targeting the theta range. Good for use with personal improvement tapes or CDs.

## 11. Total Recall

**43 min, dual binaural beats, 1-20 Hz**

Pick out something you are trying to recall, a forgotten event, the name of someone, the circumstances regarding an event. Start by going back in time, to the time which you have forgotten and wish to remember. Play music from the era which you wish to recall.

## 12. Baroque Beat

**43 min, dual binaural beats, 1-24 Hz**

Some say baroque music is the ideal background for advanced learning. This session uses dual binaural beats in counterpoint, the main features of baroque music. Try using it with Baroque music, you may be amazed by this dynamic duo!

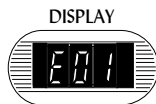
## 13. Accelerated Learning

**44 min, pulsed tone, 5-16 Hz**

Classical light/sound accelerated learning, for relaxation and retention.

# Session Choices, Energize:

- TIME  RELAX
- TOONE  MEDITATE
- FREQ1  SLEEP
- FREQ2  LEARN
- PITCH1  ENERGIZE
- PITCH2  VISUALIZE
- DUTY/PHASE  ENTERTAINMENT
- OPTIONS  SPECIAL
  
- SESSIONS
- FUNCTIONS



- 1. Pre-Workout** **18 min, dual binaural beats, 1-21 Hz**  
Dual binaural beats with beta offsets centered on low pitched tones for an energizing effect. Great for “psyching up” before a workout or physical exercise.
- 2. AM Pumper** **17 min, dual binaural beats, 1-14 Hz**  
Ramps from delta into beta stimulation, with goggles frequency peaks at 14 Hertz. Use after waking up for a gentle ramp into the day.
- 3. Afternoon Power Booster** **24 min, saurf, 2-24 Hz**  
Begins with ramps into the lower frequency ranges, followed by low level alpha relaxation and finishing with energizing beta stimulation.
- 4. Revup** **5 min, dual binaural beats, 7-42 Hz**  
Rev yourself up with beta and gamma waves and low pitches to get your body charged.
- 5. Varoom** **10 min, dual binaural beats, 1-42 Hz**  
This motivational session will get you up and running. Great for use as a body/mind tonic whenever you are feeling sluggish.
- 6. Wired** **5 min, dual binaural beats, 21-42 Hz**  
Get wired with gamma waves, beta waves and stretching pitches. This session is designed to get your mind racing.
- 7. Nap ‘n Zap** **30 min, dual binaural beats, 2.5-28 Hz**  
Deep relaxation followed by an energizing beta-blast make this session a very effective power-nap, with the energizing end leaving you feeling more alert.
- 8. Turbo** **15 min, dual monaural beats, 10-34 Hz**  
Low pitches and high powered beta offset frequencies make this dual binaural beat session perfect for that turbocharge of energy when you are feeling sluggish.  
"Wake up and feel alert".

# Session Choices, Energize:

- 9. Sportswave** **30 min, pulsed tone, 16-30 Hz**  
Designed to help you psych up for sports or other high alertness activities.
- 10. Alpha Beta Corridor** **43 min, dual binaural beats, 1-36 Hz**  
This session was inspired by a neurologist who wanted a sustained session in the alert brainwave frequencies. Use with jazz or up-beat music.
- 11. Beta <sup>2</sup>** **43 min, dual binaural beats, 1-40 Hz**  
Ultra focus vis a vis Beta brainwave training has become a theme much in demand. Previously, Alpha captured the imagination of millions to lower brainwave frequencies. This session mixes dual binaural beta sound waves with visual beta light frequency waves. Use with any music that totally inspires you.
- 12. HI N-R-G** **18 min, dual binaural beats, 1-20 Hz**  
Begins at 1 hertz and progresses to 20 hertz, using beta offset frequencies and low pitch for energizing stimulation.
- 13. UMPH** **23 min, dual binaural beats, 14-42 Hz**  
Get yourself going with UMPH! Great as a tonic first thing in the morning before a busy day. It will get your motor running.