

## Sessions

Each category has 2 sessions. Session 1 is indicated by a steady light and session 2 by a blinking light.

### Energize

**Energizer (20 min) 19-21 Hz**  
**Super Energizer (18 min) 20-23 Hz**

These sessions are a great way to get going in the morning. Use them as a caffeine-free burst of energy. Try Super Energizer for more energizing results.

### Meditate

**Healthy Alpha Relaxer (30 min) 10 Hz**  
**Schumann Resonance (40 min) 7.8 Hz**

Relax with these sessions to recharge your mind and reduce your stress. Use Alpha relaxer to help produce healthy alpha waves. Use Schumann Resonance for an even deeper meditation.

### Brain Booster

**SMR/Beta (24 min) L: 13.5 Hz R: 18 Hz**  
**Alpha to SMR/Beta (30 min) L: 14-10 Hz**  
**R: 19-10 Hz**

These sessions help improve your concentration and memory. Alpha to SMR/Beta is more stimulating and particularly effective for those with ADHD.

### Sleep

**Paradise (45 min) 7.8-6 Hz**  
**Serenity (40 min) 14 Hz**

These sessions help guide you from restless wakefulness into sleep. Paradise is for those with busy minds and **tense bodies**. Serenity is most effective for busy minds and **relaxed bodies**. Start with Paradise first and move to Serenity as needed.

### Feeling Better

**Mood Booster (30 min) L: 10 Hz R: 18 Hz**  
**Mood Booster with Meditation (42 min)**  
**L: 10 Hz R: 18 Hz**

These sessions settle down negative thoughts while boosting happiness. They are best used in the morning, but may be used at any time. Meditation with Mood Booster has a relaxing introduction to calm generalized anxiety.



#### WARNING

Do **NOT** use the Delight if you have a history of epilepsy, photic epilepsy, or any seizure disorder. Refer to your Operator's Manual for more information on Warnings and Precautions.

Clinical research shows that Audio-Visual Entrainment is effective in reducing cognitive decline, ADHD, SAD, depressed mood, insomnia, and anxiety.



6716 75 St NW  
Edmonton, Alberta  
Canada T6E 6T9

Toll Free: 1-800.661.MIND(6463)  
Phone: 001-780.465.MIND(6463)  
E-mail: [info@mindalive.com](mailto:info@mindalive.com)  
Web: [www.mindalive.com](http://www.mindalive.com)



Enjoy better well-being  
with your Delight!

## Quick Start


### Find a comfortable spot

Find somewhere you won't be disturbed. Dark, quiet places are best. Be fully reclined, if possible.


### Stay Hydrated

Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy, particularly the first 6 - 8 times you use the Delight.


### Connect Power

Insert the 9-Volt battery according to the diagram inside the battery compartment. Or connect the 9-Volt power adapter to the 9V  jack.


### Plug in the Eyeset

Connect one end of the eyeset cord to the jack on the left side of the glasses, the other to the  jack on the unit.

### Plug in the Headphones

Connect the headphone plug into the  jack on the unit. Ensure that you have the side marked "L" on your left ear and the side marked "R" on your right ear.

### Turn on the Delight

Push and hold  until the power light comes on.

### Select a Session



Press a session button to start session 1. Press it again to select session 2. See the list of sessions for descriptions, length of time, and frequencies.

### Relax and Enjoy



The session will begin in 5 seconds. Put on the headphones and eyeset. **Close your eyes** and relax.

## Controls


### Volume

Press or hold VOL  or  to adjust the volume level.


### Light Intensity

Press or hold INT  or  to adjust the eyeset intensity level.

### Tones

Press  to cycle the tone selection. Tones cycle from Pulse to Binaural Beats to Monaural Beats to Off. All sessions start with Pulse Tones.

### Heartbeat


Press and hold  to turn the heartbeat sound on or off. All sessions start with the heartbeat on.


#### HRV and Breathing

*All sessions have a heartbeat sound to help you learn how to breathe deeply and calmly. Breathe in for 2 heartbeat sounds and breathe out for 2 heartbeat sounds.*

### Power

At the end of a session, the lights and sounds of the session will slowly fade out (Soft Off™), and the unit will turn off.


To end the session early, press and release . The session will fade out and the unit will turn off.


To turn off the Delight immediately, press and hold  for 3 seconds.

*Refer to the Delight Operator's Manual and the DAVID AVE User Guide for more information.*

## Your First Sessions

Start by preparing your space and yourself. Drink a glass of water before starting and visit the washroom. Make the area around you comfortable: have a place to lie down or recline, arrange cushions or pillows as needed, dim lights, shut out distracting noises as much as possible.

Follow the Quick Start directions and select one of the Meditate  sessions. Close your eyes and breathe slowly. You may find that the session puts you to sleep. When the session finishes, rise slowly and allow yourself time to wake up fully.

Continue to use the  Meditate sessions for the first few days as you get used to the Delight. Adjust the intensity and volume settings until you find ones that are comfortable for you.


When you are ready to try other sessions, read the DAVID AVE User Guide and fill out the Personal Profile Questionnaire to help evaluate which sessions are most targeted to your life situation.

## Battery & Power Adapter

The Delight monitors the battery level and displays it on the graph when you first turn the unit on and periodically during the session.

If the battery level is blinking 2 bars, we recommend you replace your battery before you run a session.

*If the battery level is blinking 1 bar, the battery **must** be replaced immediately.*

The Delight can also be powered by a 9-Volt power adapter. Plug the adapter into the 9V  jack.