

# Deepak Chopra M.D. DREAM MASTER

*MIND MEDIA SYSTEM*



*Getting Started Guide*

# Deepak Chopra Dream Master



# Deepak Chopra Dream Master

## Light and Sound Mind Machine

### with built in program library

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

1. Carefully unpack your Deepak Chopra Dream Master and its accessories.

The package includes:

Deepak Chopra Dream Master console

Light Goggles

Ear-bud style headphones

USB to mini-USB cable

Stereo patch [Aux] cable

Micro SD card in adaptor

Soft carry case

This User Guide

2. Please read the product standard and safety statements.

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

3. It is advisable to charge the system for a few hours before initial use. Plug-in the USB to mini-USB cable with the USB end into a USB socket of your computer/laptop or AC/USB charger and plug the mini-USB end into the mini-USB socket on the top of the Dream Master console.
4. Before turning your Dream Master on, remove the MicroSD card from the SD adapter (it's about 1/2" by 1/2" – 1cm by 1cm) and push it carefully, contacts facing up and towards the Dream Master, into the MicroSD slot at the bottom of the console. You will feel a slight spring pressure and then the card will lock into place. You may

need to use your fingernail to lock it in place. To remove, ensure your Dream Master is turned off, then gently press the MicroSD card so that it unlatches and springs out sufficiently to grasp.

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

## PLAYING SESSIONS

### From Memory Card

*There are 86 program sessions installed on the memory card of your Dream Master. The directory to these programs starts on page 11.*

To access these programs push the Up/Down/Left/Right part of the outer ring on the front of the device to select [Sessions] and press the central select button. Notice that there are several folders below "SD Card". Use the Up/Down buttons to select a folder and press the Select button to navigate the folders within. The AudioStrobe, SpectraStrobe and Sirius folders include subfolders in various categories.

Open one of these to view the names of the tracks within, then scroll down to find the session you wish to play. Press the Select button to start the session after the ten second countdown timer ends, and again to start immediately. During the session, pressing the Select button once will

pause the session, keeping your place, while pressing it again resumes the session. Pressing the Right button during a session will cause it to fast-forward.

Once your session has ended, or while the session is paused, use the Left button to navigate back to the main menu.

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

*Programs/Sessions can also be played by connecting to the USB port of a computer, smartphone, tablet or mp3.*

### **From a Computer/Laptop (USB Sound Device)**

Connect the USB cable from the Dream Master mini-USB port (on top) to a USB socket on your computer. Select USB Audio, and press the middle button. You can now play tracks from iTunes, Windows Media Player etc. through the Deepak Chopra Dream Master. A small USB icon will appear in the USB Audio bar at the top of the screen. In some operating systems you may need to select the Dream Master as the default audio device and/or respond to a message regarding the SD card (see the Dream Master section of [www.DeepakChopraDreamWeaver.com](http://www.DeepakChopraDreamWeaver.com) for further instructions). The Dream Master will automatically recognize whether the audio is encoded with AudioStrobe™ or SpectraStrobe™, displaying Mode Spectra/AS. If your audio is encoded with neither, you can select the ColorOrgan (CO), described later in this guide.

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

Connect the stereo patch cable to the Audio In (AUX) socket and to the audio device headphone jack. Select AUX AUDIO and press the middle button, then “play” on your audio device. If your music doesn’t have SpectraStrobe

or AudioStrobe encoding, press the Up button to select ColorOrgan. If AudioStrobe is detected, the Down button cycles through the ColorSets. The ColorSets do not influence SpectraStrobe sessions or the ColorOrgan.

## **TROUBLESHOOTING AND SUPPORT**

First, try turning the Dream Master off (press the on/off button for several seconds), unplugging the USB cable and then turn it on again. Problems are often due to discharged batteries or cables connected to the wrong sockets or not pushed all the way in. In the event of any problems, please check all of your connections and, if necessary, place your Deepak Chopra Dream Master on charge for at least an hour and then try again.

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

*[www.DeepakChopraDreamWeaver.com/support](http://www.DeepakChopraDreamWeaver.com/support) is a great place for finding answers to your questions and manuals, tutorials, guides, downloads and other useful material*

## **DURING A SESSION**

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

## **BATTERY CONDITION**

At the top right of the Dream Master display you will see the battery condition indicator. When connected to a power source (AC power supply or PC USB port) the indicator will repeatedly ‘fill’ from right to left. When using the Dream

Master away from a power source, the indicator will show approximate remaining charge. You can expect about ten hours use between full charges, though we recommend re-charging it before the Lithium Ion battery is fully discharged, as this will help prolong battery life.

## SETTINGS

You generally won't need to visit this menu very often. When you select or change something, be sure to press the Select button to save them as current defaults. The options are:

### 1) **General**

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

Play Countdown changes the default Play countdown time before a session begins; factory default is 10 seconds.

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

### 2) **Power Management**

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

### 3) **Visuals**

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

### 4) **Audio**

Adjust left/right balance, and volume levels for AUX (input), INT(ernal), USB, and KBS (Sirius sessions) audio sources.

As mentioned earlier, Max. Volume ships pre-set to EU standards for the maximum allowed audio output

volume from a portable audio device. This value is the highest volume that will be displayed on the volume indicator.

The volume levels for each audio source can be assigned a value from 0 (off) to 10 (max).

Use the up and down buttons to make any changes, and press the center button to lock in the new value. The Max. Volume output is factory set to 40, to conform to EU standards. However you can increase this to a maximum of 52; press the middle button to lock in any changes. Note that some audio noise may appear at the top loudness settings.

Finally, the Filter 15 kHz engages a filter which rolls off higher frequencies when engaged. This is not needed for normal operation and can be left off, which is the default setting.

You can also access this audio mixer tool during a session etc. by pressing the Volume + and – buttons at the same time. Press the left button in this case to exit the Audio Mixer screen.

KBS is another Deepak Chopra Dream Master session type. See the KBS reference information at [www.mindplacesupport.com](http://www.mindplacesupport.com) for more details.

## 5) Service

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

### **Where to find your Dream Master serial number**

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



## HOW TO...

### **How to reset your Deepak Chopra Dream Master**

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

### **How to increase maximum volume level**

Deepak Chopra Dream Master ships with the maximum volume set to EU standards intended to prevent hearing damage. If you are not in Europe and want to use larger headphones, or otherwise wish to have a higher volume level, you can increase the maximum volume in Settings/Audio/Max. Volume. Use the up and down keys to adjust this then press the center ring to set. The loudest setting is 52. Once done, the maximum volume level is indicated on the volume meter by a red line.

### **Transfer program files to your Dream Master:**

If you have an SD card slot in your computer, the fastest way to transfer files is to remove the micro SD card from the console, put it into the included SD card adapter, and copy directly into the folder of your choice. You can also create your own folders on the card.

Alternately, you can connect via USB (select USB on the main menu and press the middle button; the Deepak Chopra Dream Master will appear on your Mac or PC as an external drive). Just drag and drop files into the appropriate folder. Note that files will transfer more slowly using the USB connection than via direct SD card transfer.

### **File formats and conversion**

The Dream Master currently supports only MP3 and WAV file formats. See the Dream Master section of [DeepakChopraDreamWeaver.com/pages/Support](http://DeepakChopraDreamWeaver.com/pages/Support) for information about how to convert other formats to MP3.

# ADVANCED OPERATION

This section describes in detail all of the Deepak Chopra Dream Master settings, controls and features.

## ENCODED AUDIO

### **SpectraStrobe**

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

### **AudioStrobe**

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

### **ColorOrgan**

Just for fun there is also a ColorOrgan (CO) “Light Show” option With the lights controlled by your music. It maps low frequencies onto blue, mid frequencies onto green, and higher frequencies onto red. There are three intensity levels (50%, 100%, 200%) and response rates (fast and slow fade). CO works best with music that has a beat, but can be quite interesting with other genres - please experiment!

To use it, plug the Aux cable into the headphone port of you player device and the other end into the Aux port on the top left of the Dream Master. Then select and start the piece you want to play. Then select Aux Audio and press the Up key. You should see Mode ColorOrgan on the LCD. Use the Down

button to cycle through the six CO options from 100% fast fade to 200% slow fade. You can also use it with any mp3 file stored on your micro SD card.

## **CREATING YOUR OWN MEDITATION, RELAXATION OR SLEEP SESSIONS**

There are several software tools available for creating your own sessions on the Deepak Chopra Dream Master. See [www.mindplacesupport.com](http://www.mindplacesupport.com) for further details and downloads.

### **Deepak Chopra Dream Master micro-SD Card Contents**

When you turn on your Deepak Chopra Dream Master and select Sessions, you'll notice several numbered folders: Dream Weaver, AudioStrobe, SpectraStrobe, Sirius and Manuals. The Deepak Chopra narrated sessions come in the Dream Weaver folder.

The Manual folder includes the Deepak Chopra Dream Master Quickstart card. You would need to connect via USB to access these files.

The SpectraStrobe folder is divided into six categories:

- Accelerate (energy, peak performance, focus, etc.),
- Meditate (meditation and relaxation training, mainly),
- Mind Art (experimental, visualization, and some intended purely for consciousness-altering enjoyment),
- Night Voyage (before bed, lucid dreaming),
- Rejuvenate (sports recovery, after a long day in the office, etc.) and finally,
- Trance (hypnagogia, the fascinating region between sleep and wakefulness)

These sessions include both simple and complex designs. Simple sessions may include gentle nature sounds, binaural

beats and the like as audio content, with frequencies ramping towards a specific target, much like conventional mind machines.

Complex sessions may include ambient electronic backgrounds or more complex compositions, with sometimes very sophisticated control of the lights and resulting visual effects.

### **Where should you start?**

If you want to quickly get a sense of what the Deepak Chopra Dream Master is capable of, go to Sessions, 1 Dreamweaver, 1 Trip to the Forest.

We hope you thoroughly enjoy these sessions, and find them beneficial. The Deepak Chopra Dream Master is a work in progress, and you'll find additional content as well as innovative, programs for sale. Be sure to visit [www.DeepakChopraDreamWeaver.com/pages/programs](http://www.DeepakChopraDreamWeaver.com/pages/programs)

For the latest information and discussions about how to get the most out of your Deepak Chopra Dream Master go to [www.DeepakChopraDreamWeaver.com](http://www.DeepakChopraDreamWeaver.com)

*Bon voyage!*

# DREAM MASTER PROGRAM LIBRARY

## 1. Deepak Chopra Dream Weaver AudioStrobe Programs

Name	Category	Minutes	Target Hz	Description
1. Trip to the Forest	Mind Art	21	7.86*	Deepak narrates a virtual trip to the forest.
2. Pull to Love	Meditate	56	7.86* - 3.9	Deepak's beautiful lessons on love followed by an archetypal journey.
3. Being Still	Night Voyage	20	7.86* - 3.9	Quiets the mind to the point of sleep. Lights continue after music ends.
4. Bhagavad Gita	Meditate	34	7.86* - 3.9	Lord Krishna's Cosmic Vision as relayed to Prince Arjuna on the battlefield of life. Complementary mode recommended.
5. Chakra Meditation	Meditate	34	12 - 7.86*	7 Chakras, 7 Traits, 7 Colors, 7 Mantras and 7 Meditations.

\* 7.83 - 7.86Hz is the Schumann Resonance -- the background vibrational frequency of the planet earth.

## 2. AudioStrobe Programs\*

Name	Category	Minutes	Target Hz	Description
Brain Scan	Energize	16	10 - 15+	Sounds like an imagined brain scan from 66min album.
Brain Scan II	Night Voyage	12	3	Deep delta with marshal sounding music so that you won't go to sleep.
Children of the Universe		9		Collage of 8 tracks on 68min Children of the Universe album.
Journey		9		1 of 7 tracks on 72min Visions of Space and Time program album.
Naked Mantras		6	4 - 8	Jaunty/spirited Theta/Delta - almost danceable.
Waves of Coincidence	Relax	9	10	1 of 7 tracks on 72min Visions of Space and Time program album.
Winter		6	10	Orchestrated 1 of 7 tracks on 58min Polar Lights program album.
Audio Illusions		16		Follow the Moth from Audio Illusions album with 4 tracks total 54min including Song of the Sun, Northern Lights & Spiral Dream.
Dreams in the Mind's Eye		13		Child of a Dream from Dreams in the Minds Eye album with 3 tracks total 43min including Summer Shadows and Sky Shower.
Journey of the Drums	Trance	14		Journey to ktlan excerpt from Journey of the Drums album 57 min.

Name	Category	Minutes	Target Hz	Description
Oceammiotic		16		Return to the ocean, the source of all life within a tidal sanctuary of flooding fluorescent filaments.
Sleep Cycle	Night Voyage	60		An hour long evolving tapestry of sound and light – very potent sleep inducer.
Tibetan Highlands	Meditation	13	6 /12 /14	Tibetan Prayer Bowls - Soul of the Mountain (Ascent) excerpt from 50 min album that also has Temple Timbres (Descent)
Water Planet		15		An assortment of water sounds accompanied with music.

\* more AudioStrobe program albums available as CDs and for download at <http://deepakchopradreamweaver.com/pages/programs>

### 3. SpectraStrobe Programs

Name	Category	Minutes	Target Hz	Description
Before Learning	Accelerate	12	4.5 - 18	For use before class studies. Helps the mind focus without distractions.
Cheer Up	Accelerate	35	12 - 35 - 10	From workday normal to vigorous to calming.
Create	Accelerate	25	7 - 14 - 10	Intended to encourage novel thoughts from the subconscious to emerge for conscious consideration.
Energize	Accelerate	20	15 - 30	Promotes alertness and vigor. Not recommended before sleep.
Focus	Accelerate	30	12 - 16	Minimizes tendency to be distracted & promoting flexible work state.
Wake	Accelerate	20	18	You'll not need coffee/tea after this. Not recommended before sleep.
Everglade	Meditate	20	4 - 8	A spring morning with gentle rain... time is suspended in this peaceful session to promote calm clarity.
Forest & River	Meditate	16	14 - 4	Another peaceful backdrop of nature for deep relaxation.
Meditate	Meditate	50	2	Ramping down to a deeply meditative state.
Relax	Meditate	25	10	Slight difference in left and right stimulation to help the mind let go of nuisance thoughts.



Name	Category	Minutes	Target Hz	Description
Relax More	Meditate	50	5	Similar to Relax but longer & lower frequency for deeper relaxation.
Touch of Silence	Meditate	15	10 - 6.25	Calming from peaceful sounds of Tibetan bowls and minimalist piano.
Wind Chimes	Meditate	15	12 - 2.5	Peaceful wind chimes on a summer afternoon.
Astrotrurf	Mind Art	10		Slow, shimmering washes of color accent this meditative track.
Cascade	Mind Art	11		Subtle, slowly shifting and hopping lights with nature sounds.
Dreamy Sax	Mind Art	17	10 - 3	Soothing synth chords with a bluesy, dreamy sax solo with light changing between orange pastel and green.
EcoSync	Mind Art	20		Peaceful audio ecosystem with sounds of nature.
Patterntity	Mind Art	20		Dreamy, slightly surreal and entrancing mind-scape.
Phobos	Mind Art	6		Your spacecraft lands on Mars' moon and the inhabitants greet you.
Sanguine	Mind Art	10		Mysterious journey into a subterranean realm.
Space Train	Mind Art	15		Exploring & marveling at a methane ocean and its life forms on a distant planet.

Name	Category	Minutes	Target Hz	Description
Spectra	Mind Art	20		Gazing into a gently flickering camp-fire, you become lost in fantasy, and pass through a portal into a realm of magic.
Stagecraft	Mind Art	20		Gazing across a land never before seen, you feel yourself lifting off the ground, gently riding the current, always safe and amazed.
Starlit Night	Mind Art	15		Evokes a clear moonless summer's night with shooting stars.
Trainspot	Mind Art	7		The sound of low rumbling subway train or trip on a space probe lulls you into a meditative state.
Weaver	Mind Art	12		Tribal audio art influenced by ambient masters paint a tapestry.
Yonder	Mind Art	20		Depths of consciousness beacon in a floating flotsam of synth washes.
Dream	Night Voyage	60		A sleep session with intermittent bursts of higher frequency stimulation intended to evoke REM activity and dreams.
Night Shift	Night Voyage	45	12 - 3.5 - 10 - 7.83* - 3.5	Evolving nature sound-scape (from day to night) with colors changing from yellow to green to blue and violet.
Rest	Night Voyage	30		Slow modulations intended to quiet your mind before sleep.

Name	Category	Minutes	Target Hz	Description
Sleep	Night Voyage	60	10 - 6 - 1	A gradual descent with low key audio modulations.
Soliton	Night Voyage	12		Lush, slow filter sweeps prepare for interesting dreams.
Submerge	Night Voyage	30	4	Soothing visual modulations with sounds of water in motion.
Biomarkers	Rejuvenate	10	10	Guides you to slowing down your heart and breathing to desirable rate. Red (60 beats per minute) is heart and blue (5) is breath.
Center	Rejuvenate	30	11 - 7.83*	Helps you put aside your immediate concerns and enter a period of quiet contemplation and rejuvenation.
Clear Your Mind	Rejuvenate		12.8 & 13.5	Relaxing sounds of Tibetan bowls to help restore mental energy.
Deep Rejuvenation	Rejuvenate	24	8.5 - 1.45	With binaural beats, takes you to a peaceful, restorative mind-state.
Eddies	Rejuvenate	13		Floating down a meandering stream with gentle blues and greens.
Fantasy	Rejuvenate	6	7.83*	Schumann Resonance with gentle sounds of frame drum & gamelin.
Overtone Universe	Rejuvenate	11	12 - 7.83*	Peaceful overtone singing/chanting augments the lights.

Name	Category	Minutes	Target Hz	Description
Alphabet	Trance	20		Guidance to hypnagogia – the magical half-dream, half-awake state.
Bowlscape	Trance	15		The mysterious deep resonance of Tibetan singing bowls permeates a night world of mainly blues and greens.
Shaman Drum Meditation	Trance	20	22 - 2	Hypnotic sound of a Shaman's drum with binaural beats augments synchronous and separate left-right stimulation.
Vapor - Chill	Trance	20	10 - 7	November wind or 20 minute long out-breath.
Zodiac	Trance	20		Deeper than Vapor-Chill with slowly shifting frequencies heading towards sleep.

## Sirius Programs

Name	Category	Minutes	Target Hz	Description
1	Peak Performance	20	24	Power Generation
2	Peak Performance	18	25 - 30	Performance Intensive
3	Peak Performance	15	20 - 30	Quick Break
4	Peak Performance	15	20 - 28	Power Pause
5	Peak Performance	17	8	Athletic Warm-Up
6	Peak Performance	30	2	Maintaining Peak Competitive Posture
7	Relax & Recreation	15	10	Quick work break
8	Relax & Recreation	25	2	Mind Sauna
9	Relax & Recreation	16	4	Quick Refresher
10	Relax & Recreation	35	2	Regeneration
11	Relax & Recreation	60	2	Deep Meditation
12	Learning	10	8 - 10	Quick Alertness
13	Learning	35	8	Learning from Audiotapes/CDs
14	Learning	15	8	Relax Before Exams
15	Learning	15	7.8*	Concentration
16	Learning	20	10	Creativity Enhancement
17	Learning	20	24	Visualization
18	Well Being	25	4	Body/Mind Awareness
19	Well Being	22	4	Afternoon Break
20	Well Being	25	4 - 8	Deep Release
21	Well Being	18	2 - 4	Goodnight
22	Well Being	25	4	Release the Day

## DEEPAK CHOPRA DREAM MASTER LIMITED WARRANTY AND RELEASE FROM LIABILITY

The Deepak Chopra Dream Master console is guaranteed to be free from manufacturing defects for a period of two (2) years from the date of purchase, while accessories are guaranteed for a period of one (1) year. Any defective parts will be replaced free of charge (exclusive of shipping and handling costs) during that period. Damage caused by purchaser's misuse or by accident, fire, flood, or other disasters is not covered by this warranty.

This Limited Warranty is the sole and exclusive remedy of purchaser for damages arising from or relating to the purchase of any Deepak Chopra Dream Weaver article.

If any article must be returned to the manufacturer, the purchaser should be sure to include name, address, telephone and a description of the problem with the article.

**DISCLAIMER:** Except as provided above, the purchaser acknowledges that the article is purchased "as is." The manufacturer and seller (retailer from whom you purchased this Dream Master) specifically disclaim all warranties, expressed or implied, including warranties of merchantability and of fitness for a particular purchase or use. The manufacture and seller also assume no liability for any loss or damage arising from theories of tortious conduct, including negligence and strict conduct.

**RELEASE FROM LIABILITY:** The purchaser understands that the Dream Master is intended for education, entertainment, relaxation, and personal experimentation purposes only.

Purchaser understands that no other claims are made for any Deepak Chopra Dream Master device or article. Purchaser understands that Deepak Chopra Dream Weaver LLC cannot predict the suitability of any article for any application because of the individual physical and emotional makeup of each user. Purchaser understands that anyone with a history of seizures, hallucinations or other mental problems as well as anyone who is taking or has recently taken psychotropic drugs of any sort should not use the Dream Master without first consulting their physician.

The purchaser understands that purchaser or any other person will not hold Deepak Chopra Dream Weaver, its manufacturer, MindPlace or its agents or employees liable in any way for any occurrence of any nature in connection with the use of the Dream Master. In consideration of purchasing the product, the purchaser assumes all risks in connection with the use of the product, either by purchaser or by others.

**LIMITATION OF DAMAGES:** If, notwithstanding the foregoing, there should arise any question of liability on the part of the manufacturer or seller, the purchaser agrees **that such liability will be limited to the cost of replacement of the Dream Master.**

**PURCHASER REPRESENTATION:** The purchaser represents that he/she is of legal age and is legally competent to understand and agree to the terms set forth herein, and **that the terms are contractual and not merely recital. The purchaser has read or will fully read the Dream Master's User Guide before using this product. Use of these products constitutes acceptance of all the terms of this Warranty, regardless of whether or not the Product has been formally registered.**

### **In-Warranty Replacements:**

Send unit plus a brief description of the problem along with your name, address, phone number and email to:

Deepak Chopra Dream Master  
PO Box 704 – 62 Main St – Bldg #3  
Hatfield, MA

## IMPORTANT

The Deepak Chopra Dream Master is intended for use as a tool for enhancing consciousness and for personal growth. It is not intended for use as a medical diagnostic or **therapeutic device, and no medical claims of any sort are made for it.**

Note: DO NOT USE THIS PRODUCT without your doctor's specific guidance if you or any family member has ever experienced any form of seizure **disorder, such as epilepsy, or if you are or have recently taken any form of psychoactive drug.**

## CE Regulation

This device complies with CE Council Directive 2004/108/EC; applied EMC standards include EN55022:1998+A1+A2, EN55024:1998+A1+A2, EN61000-3-2:2000 +A2, EN61000-3-3:1995 +A1.

## FCC Regulation

**This device has been tested and complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.**

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER AUTHORITY TO OPERATE THE EQUIPMENT

## Disposal

This device contains non-recyclable components and should not be disposed of with trash.

# Colorsets

Use the Down button to select the LED colors you want to appear during your Dream Weaver, Audio Strobe, and Sirius program sessions. SpectraStrobe sessions have pre-set colors.

Colorsets 1-7 have the same colors at the same time in both the left and right eye, even though, depending on the program, you can have different frequencies in the right and left eye.

Colorsets 8, 9 & 10 can have, depending on the program session, two selected colors at two different frequencies in both eyes at the same time. None of the included programs takes advantage of this feature.

The remainder of the colorsets are random selections of light colors going from a slow, medium to fast ramp (for example, in a ramp the frequency will go from 15Hz to 14, 13, 12, 11, 10 to 9Hz) or a slow, medium to fast jump (for example, in a jump the frequency will go from 15Hz directly to 9Hz).

1. Red/Green/Blue



2. Red



3. Red/Green



4. Green



5. Green/Blue



6. Blue



7. Red/Blue



8. Red/Green



9. Red/Blue



10. Green/Blue



11. Random Slow Ramp



12. Random Medium Ramp



13. Random Fast Ramp



14. Random Slow Jump



15. Random Medium Jump



16. Random Fast Jump

