Auragen™ Quick Start Guide

1. Select the **Mode / Light Program** by pressing the **Mode** button – this selects a combination of colored LED lights. *Options:*

>   **Relief** - Primary: Red and Near-Infrared
>   Secondary: Blue-Turquoise
>   **Calm** - Primary: Blue-Turquoise and NIR
>   Secondary: Red
>   **Relief** - Primary: Red and Blue-Turquoise
>   Secondary: Near-Infrared

2. Select **Theta / Gamma Entrainment** options by pressing the **Flicker** button. To turn off Entrainment / Flickering press the Flicker button until all indication lights are off. *Options:*

>   **THETA (Light Only) -** Transitions the brain into a deeply restful Theta brainwave state.
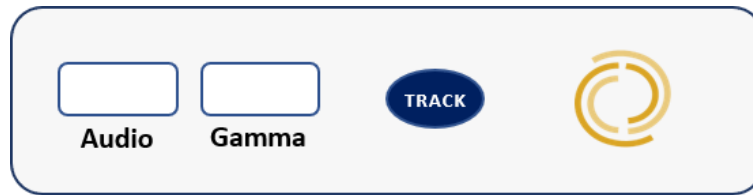>   **GAMMA (Light and Sound)** - Steady flickering of light at 40Hz synchronized with audio pulsing at 40Hz.
>   **GAMMA (Sound Only)** - Lights do not flicker but the audio pulsates at 40Hz.
>   **NO ENTRAINMEMT** - All indication lights are off. No light flicker and no 40Hz audio

3. Select **Music** by pressing the **Track** button on right side of controller. 8 music tracks are available. Listen to a 5 second track preview with each press of the button.

ON/OFF

AURAGEN PROGRAMS

MODE

RENEW
CALM
RELIEF

FLICKER

THETA
GAMMA LT & AUDIO
GAMMA AUDIO ONLY

AUDIO SET 1
AUDIO SET 2

START

Controller – RIGHT Side

4. Adjust **Music Volume** to the desired level by turning the **Audio** dial on the right side of the control box.

5. Press the **START** button to start the program.

6. Adjust **Light Intensity** by turning dial on left side of the control box until the desired light intensity is reached. **Note**: the brighter the light setting, the greater the benefits.
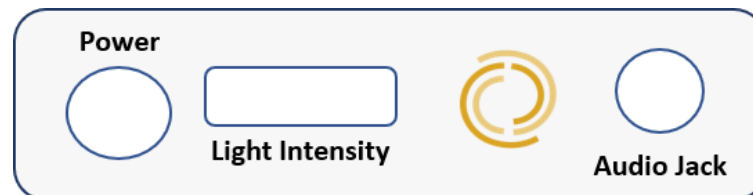
Controller – LEFT Side

7. If the Gamma Entrainment option was selected - wait 10 seconds and adjust the Gamma sound volume to desired level.

8. Position yourself under the unit and close your eyes.

9. Relax, enjoy your session, receive a wonderful treatment and progressive benefits.

TIPS

- Stay Hydrated - Your cells will produce more energy
- Avoid using 2-3 hours before bedtime - You will feel good, but may have too much energy to sleep
- For insomnia try using Calm first thing in the morning or earlier in the day