

Quick Start Guide

1. Try to take a few minutes out of your day to focus on Ripple in motion. The rhythms of motion can **calm and reset** your mind, allowing you to practice mindfulness or simply make you feel more relaxed
2. Set your eyes in the general direction of the rotating pattern, don't worry about being overly focused on the center
3. Try to spend at least 2 - 3 minutes engaging with Ripple. Consciously relax your eyes, release tension in your jaw and neck, and loosen your diaphragm with a few deep breaths. Observe how you feel after each use and after using daily for at least 1 week
4. Ripple **will auto turn off after 1 hour**, so if you find it helpful to keep it on while working, you won't have to worry about forgetting to turn it off. If this approach distracts you, simply use it only when pausing from what you're doing
5. Battery life indicator: when not charging: <10% solid red light. when charging: <50% solid red light, 50% - 95% solid green light, >95% blinking green light. **Unplug when fully charged to avoid degrading battery**
6. **Helpful tip!** You can adjust the viewing angle of the pattern. Grip the back of the product and tilt up or down. Be careful to tilt gently to avoid damage. We recommend gripping the base with one hand and the back with another hand to tilt



Thank you for purchasing the Mindsight[®] Ripple Kinetic Desk Art

Problems or Need Help? Write us: support@mindsightnow.com

Our Promise

Mindsight guarantees this product against manufacturer defect in material or workmanship. If this product fails to perform according to specifications, or if you're not 100% satisfied, contact us so we can help!

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Share your thoughts in a review to let others know about your experience and help us make our product better!
www.amazon.com/review/review-your-purchases/

About Us

Mindsight was created based on our Founders' own experiences with stress, mindfulness and a desire to connect on a deeper level with friends, family, the natural world and self. We create products to help you live in the moment mindfully with greater intention, awareness and purpose.

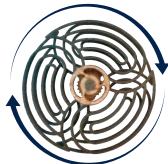
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