

mindalive^{inc}

david
delight plus



[OPERATOR'S MANUAL]

Usage and care of your AVE device

WARNING

All persons who:

- a) have a history of epilepsy, photic epilepsy or any seizure disorder,
- b) suffer from any mental disorder or psychiatric illness,
- c) are currently using any drugs (prescription or recreational),
- d) are under the influence of alcohol,
- e) have had any head injuries,
- f) have ever had a seizure of any kind,

should not use the DAVID Delight Plus unless under the supervision of a health care provider qualified in the safe detection of seizures.

NOTICE TO HEALTH CARE PROVIDERS

It is the responsibility of the health care provider to complete a proper intake addressing these concerns mentioned above. Mind Alive Inc., its employees, suppliers and distributors are exempt from any liability in damages resulting from a seizure or psychiatric condition that may occur from prescribing this device.

CLINICAL RESEARCH SHOWS THAT THE DAVID DELIGHT PLUS IS EFFECTIVE IN REDUCING COGNITIVE DECLINE, ADD, SAD, DEPRESSED MOOD, INSOMNIA AND ANXIETY.

The DAVID Delight Plus is a non-invasive tool.
All resulting effects are produced in the brain solely by
audio and visual stimulation.

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the express written consent of Mind Alive Inc.
Tru-Vu Omniscreen Eyesets protected under U.S. Patent 5,709,645

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Edmonton, Alberta, Canada

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INTRODUCTION

You have purchased the most innovative, high quality Audio-Visual Entrainment (AVE) device available on the market today. The DAVID Delight Plus integrates the necessary principles of audio/visual stimulation to safely and effectively guide the user into desired states of consciousness and maximum brain functioning. We are confident you will find using the DAVID Delight Plus not only an enjoyable, relaxing experience, but also beneficial as you explore heightened states of consciousness and personal awareness.

The DAVID Delight Plus is non-invasive and no electrical current is passed through to the user. All resulting effects are produced in the brain solely by audio-visual stimuli. The portability of the DAVID Delight Plus lends itself to easy travel (airport X-ray machines will not harm the DAVID Delight Plus).

In order to obtain the maximum enjoyment and benefits from your DAVID Delight Plus, please read this operator's manual and the companion DAVID AVE User Guide thoroughly. Go online to view user guide: <http://mindalive.com/index.cfm/store/manuals/>

Component List

- ✓ DAVID Delight Plus – Serial Number _____
- ✓ Tru-Vu Omniscreen Eyeset (white), Eyeset Cord and Carry Case
- ✓ Headphones
- ✓ Stereo Patch Cord
- ✓ Carry Bag
- ✓ 9-Volt Alkaline Battery
- ✓ 9-Volt DC Power Adapter
- ✓ Operator's Manual

ADDITIONAL ACCESSORIES

- Tru-Vu Omniscreen Multi-Color Eyeset
- Tru-Vu Omniscreen White Viewhole Eyeset - *For eyes open use*
- Extra User Package
- DAVID Session Editor

If you would like more information about our products and research on AVE and CES, visit our website at www.mindalive.com. If you require additional assistance, please call us toll free at 1-800-661-MIND(6463). Outside Canada and the U.S., please call (780)465-6463.

GO ONLINE TO VIEW THIS MANUAL AT
<http://mindalive.com/index.cfm/store/manuals/>

SESSION CONTROLS

VOLUME

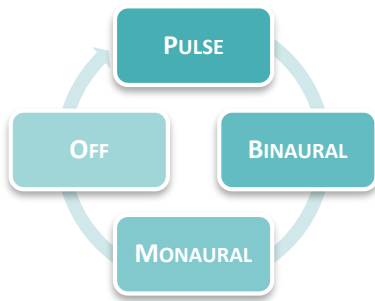
The volume level affects both tones and the heartbeat together. There are 30 volume levels. To adjust the volume, press and release or press and hold the VOL ▲ or ▼ buttons. The graph will display the volume level. The volume cannot be adjusted during Soft Off™.

INTENSITY

The intensity level affects the brightness of the lights in the eyeset. There are 15 eyeset intensity levels. To adjust the intensity, press and release or press and hold the INT ▲ or ▼ buttons. The graph will display the intensity level. The

All of the Delight Plus buttons are raised to help you find them easily with eyes closed.

intensity cannot be adjusted during Soft Off™.



tone SELECTION

There are three (3) different tone options available in the Delight Plus: Pulse Tones, Binaural Beats, and Stereo Monaural Beats. Tones may also be turned off. All sessions start with pulse tones. Press and release the tone button (🎵) to cycle through the tone options.

HEARTBEAT SELECTION


All sessions start with the heartbeat on. The heartbeat can be used to help modulate breathing for improved HRV (for more information on HRV go to: <http://mindalive.com/index.cfm/technology/heart-rate-variability-hrv/>). To turn the heartbeat on/off, press and hold the tone button (🎵).


SAVING PREFERENCES


You can save your preferred volume, intensity, tone, and heartbeat settings for each session. Adjust the volume, intensity, and tone settings then press both the INT ▲ and ▼ buttons at the same time. The session group icon will blink. You may continue the session or end it immediately and the Delight Plus will save your preferred settings and use them the next time you run that session.

OPERATING INSTRUCTIONS

SETUP

The headphones connect to the headphone output jack (). When using an Extra User Package (*sold separately*), connect the 3.5mm splitter cable to the Delight Plus and connect each set of headphones to the splitter cable. Please ensure that you have the side marked “L” on your left ear and the side marked “R” on your right ear. It is recommended that you disconnect the headphones from the unit before storing or travelling to prevent accidental damage to the jack.


The Tru-Vu Omniscreen, Tru-Vu Omniscreen Viewhole, or Tru-Vu Omniscreen Multi-Color Eyeset connect to the eyeset output jack () with the included 2.5mm patch cord. Connect one end to the Delight Plus and the other to the jack located on the lower left of the glasses. When using an Extra User Package (*sold separately*), connect the 2.5mm splitter cable to the Delight Plus and connect each eyeset to the splitter cable. It is recommended that you disconnect the eyeset cable from the device and from the eyeset before storing or travelling to prevent accidental damage to the jacks.

An external audio source (such as an MP3 or CD player) can be connected to the Delight Plus so that music or other audio can be listened to while running a session. Plug the stereo patch cord into the headphone output of the audio device and the audio input jack () of the Delight Plus.

Note: start the Delight Plus and select a session before playing audio unless you would like to run a Sound Sync Session (see page 6).

POWER

The Delight Plus can be powered with a 9-volt alkaline or rechargeable battery, or with the 9-volt adapter provided. To install the battery, slide the cover off of the battery compartment on the back of the unit. Insert a 9-volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-volt battery will provide approximately seven (7) hours of operation

To use the 9-volt adapter, connect the adapter to the 9-volt jack () on the side of the unit. The 9-volt DC power adapter uses a 1.3mm center-positive plug. No battery power is used when plugged into an adapter.

OPERATING INSTRUCTIONS

TURN ON/TURN OFF

Press and hold the power button (🔌) until the power LED turns on. The graph (between the VOL and INT controls) will display the battery level when you first turn on the unit (*see Battery Level*). If no session is selected within two (2) minutes, the Delight Plus will turn off.

At the end of a session, the lights and sound will fade out (Soft Off™) and the Delight Plus will automatically turn off. To end a session early, press and release the power button (🔌) to initiate a short Soft Off™ (30 seconds).

To turn off the Delight Plus at any time, press and hold the power button (🔌) until the unit turns off. This may take up to three (3) seconds if a session is running.

BATTERY LEVEL

The battery level is displayed on the graph for a couple of seconds when the Delight Plus is first turned on. The battery level is also monitored and displayed periodically while the session is running.

When the battery level is getting low, the graph will display two (2) blinking bars. It is recommended that you replace the battery before running a session if this warning is displayed.

When the battery level is critically low, the graph will display a single (1) blinking bar. If this warning is displayed when you turn the unit on, replace the battery. If this warning occurs during a session, the session will end early and the battery indicator will continue to blink for a short period of time. The battery *must* be replaced before the unit can be used again.

SELECTING A SESSION


The Delight Plus has six (6) session groups (🚗, 🏠, 🌧️, 🌙, 🎧, 🎵). Each group offers five (5) sessions. The session number is indicated by the lit number between the volume and intensity controls. If no number is lit, then the group has no session programmed into it.

Press and release the power button (🔌) to switch between groups. The lit group icon will change. Press the volume or intensity ▲ or ▼ to highlight a session number. If no sessions are available in a group, no numbers will be lit.



The Delight Plus remembers which group was used last, and each group remembers which session was used last.

Press 🎵 to start the selected session. The session will begin after a five (5) second delay.

SOUND SYNC SESSIONS







The Delight Plus has the ability to use sound to run a special session for relaxation and lucid dreaming effects. To start a sound sync session, connect your audio device (eg CD or MP3 player) to the audio in jack () with the 3.5mm stereo patch cord provided.

Turn on the Delight Plus, but do not select a session. Start the playback on the audio device. After a short period (about 10 seconds) the Delight Plus will detect the audio and enter sound sync mode. The graph will activate to indicate there is audio present and the session group icons will flicker, with the selected icon lit solid.




Press and release the power button () to cycle between group icons. Press the tone button () to start the selected session.

A sound sync session will last for as long as audio is playing. Once the audio ends, the session will Soft Off™. If audio is detected again during the Soft Off™, the lights will fade back up and the session will continue.

Sound sync sessions use randomization. The left and right frequencies will vary slightly from the target rate to create a lucid mind-state.

Session	Target Frequencies
	20 Hz
	Left Stim 9.5Hz, Right Stim 10.5Hz
	Left Stim 14Hz, Right Stim 20Hz
	Left Stim 7.8Hz, Right Stim 8.2Hz
	Left Stim 10Hz, Right Stim 20Hz
	None Programmed

TONES AND HEARTBEAT

Tones and heartbeat may be turned on during any sound sync session. To turn on tones, press and release the tone button (). The tones will cycle through the available tone options (*see page 3*). To turn on the heartbeat, press and hold the tone button (). Press and hold the tone button () again to turn the heartbeat off.

USER DESIGNED SESSIONS

The User Designed session group (⊕) has been left blank for storing additional, or user created sessions. This provides space for five (5) standard sessions and one (1) sound sync session. Sessions are created using the DAVID Session Editor (*sold separately*). Additionally, any session in the Delight Plus may be overwritten allowing the device to be customized with sessions to best suit your application.

Once the desired session(s) is created, it must be saved with the appropriate Session ID to be stored in the Delight Plus. The DAVID Session Editor v2.0 makes this easy. If you have an older version of the session editor, please contact Mind Alive Inc to get the latest version.

USER DESIGNED SOUND SYNC SESSIONS

Sound sync sessions have special design restrictions. When played, they have no specified length, and a single target frequency per visual field. To create a sound sync session in the DAVID Session Editor, start with a new session and select sound sync from the session type list. The Left and Right frequencies will be the target frequency around which the session will randomize.

Sound sync sessions may not be stored in a standard slot, nor may a standard session be stored in a sound sync slot. The Delight Plus will display an error if the session type downloaded is incorrect.

Please refer to the help files included in the tutorial on the DAVID Session Editor on creating sessions and instructions for downloading them into your Delight Plus.

QUICK START


Find a comfortable spot

Sessions are an average of 30 minutes. Find a place where you won't be disturbed. Dark, quiet places are better.


Stay hydrated

Drink a glass of water at least 15 minutes before your session. Staying hydrated will help to prevent headaches or feeling groggy.


Connect power

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


Plug in the eyeset

One end of the eyeset cable connects 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 to the  jack on the unit. Please 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 Plus

Push and hold  until the power light comes on.















Select a session

Tap  to select a session group (the lit icon). Tap the VOL or INT  or  to highlight a session number. Press  to start the session. See the list of sessions for details (*page 10*).


Relax and enjoy


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

ICON DESCRIPTIONS


Icon	Control
	<i>Power</i> Turn the Delight Plus on/off Initiate manual Soft Off™
	<i>Start Session/Tone and Heartbeat Control</i> Starts the currently selected session Cycle through the available tones Turn the heartbeat on/off
VOL 	<i>Volume Control</i> Increase or decrease the loudness of the tones and heartbeat
INT 	<i>Intensity Control</i> Increase or decrease the brightness of the eyeset lights
Icon	Connection
	9-Volt DC Power Adapter
	Audio Input (3.5mm, stereo)
	Headphones
	Tru-Vu Omniscreen Eyeset
Icon	Session Group <i>(see page 10 for descriptions)</i>
	Energize
	Meditate
	Brain Booster
	Sleep
	Feeling Better
	User Designed


DELIGHT PLUS SESSIONS

		Energize Sessions to wake you up and stimulate you	
1	SMR	24 min	14Hz
	Used to achieve relaxed attention.		
2	Beta 1 - Sharpen the Mind	20 min	19-21Hz
	A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.		
3	Beta 2 - Sharpen the Mind	20 min	20-23Hz
	Like Beta 1, but with a higher target frequency range. May give a more energizing or intense feeling.		
4	Mental Flexibility	22 min	Variable
	To "loosen up" a stuck mind. Can also be used for fibromyalgia.		
5	Roller Coaster	7 min	Variable
	This action-packed session is very engaging. Some with ADD can benefit.		


		Meditate Sessions to relax and calm you	
1	"Wise Guy" Alpha	30 min	10.6Hz
	It has been shown that people with fast running alpha waves have higher than average IQs.		
2	Coffee Break Alpha	15 min	10Hz
	Great for a little rest during your coffee or lunch break.		
3	Alpha Relaxer	30 min	10Hz
	Healthy alpha is 10 Hz. Most disorders have alpha slowing. This session reestablishes the natural alpha rhythm. Good for beginners.		
4	Schumann Resonance	22 min	7.8Hz
	For a quick, thorough afternoon meditation. Calms "hyper/chatter" minds. For those on the go.		
5	Theta	36 min	5.5Hz
	Use for creative visualization. May also be used for sleep.		


DELIGHT PLUS SESSIONS

	Brain Booster Sessions to help you focus and concentrate		
1	SMR for Reading	20 min	13.5-15Hz
	Use with a set of Tru-Vu Omniscreen Viewhole eyesets (<i>sold separately</i>) to improve attention and alertness while reading.		
2	SMR/Beta	24 min	L 13.5Hz R 18Hz
	A gentle and entraining session that helps to focus mental functioning and memory.		
3	Brain Booster	30 min	L 14-10Hz R 19-10Hz
	Use to improve mental functioning and memory. Based on Budzynski's study. Similar to ADD and Learning, but with gentler transitions. Useful for seniors and those with ADD.		
4	ADD and Learning	26 min	L 14-10Hz R 19-10Hz
	This session has rapid transitions for mental stimulation to help keep the user "engaged" in the session. Used in the ADD study published in the Journal of Neurotherapy.		
5	Skill & Sports Development	24 min	7.8-18Hz
	Use this session to develop any skill or improve performance. Visualize feeling your best during the first half (alpha). Then visualize your perfect performance during the second half (beta) of the session.		

	Sleep Sessions to help you relax and fall asleep		
1	Schumann for Sleep	40 min	7.8Hz
	For effective deep meditation and to improve the onset of sleep. Calms "hyper/chatter" minds. Ideal for those with insomnia who have a busy mind and tense body.		
2	Meditate to Sleep	45 min	8-3Hz
	Meditate, visualize and think soothing thoughts during the first half (8Hz); fall asleep during the second half (3Hz).		
3	Alpha/Theta for Sleep	36 min	L 10Hz R 6Hz
	This session can really help to break up distressing thoughts that are interfering with sleep.		
4	SMR for Sleep	40 min	14Hz
	Use to improve sleep for those who have insomnia due to a "racing" mind but relaxed body.		
5	Delta	45 min	3.5Hz
	To aid with falling asleep. Best for those with fibromyalgia.		

DELIGHT PLUS SESSIONS

	Feeling Better Sessions to help your mood and reduce stress		
1	Mood Booster 1	30 min	L 10Hz R 18Hz
	Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry.		
2	Mood Booster 2	42 min	L 10Hz R 18Hz
	This session has an alpha front end to reduce anxiety and enhance relaxation.		
3	Sub-Delta	24 min	0.5-1Hz
	Mildly dissociating. Calms the hypothalamus. Beneficial for some with fibromyalgia and hypertension.		
4	Extended Deep Alpha Relaxer	80 min	8.4Hz
	Stay relaxed for your dental, massage, physiotherapy, chiropractic and other appointments.		
5	Paradise	36 min	6.5Hz
	A gentle slide down to Theta. Extraverts with low anxiety produce high levels of this frequency.		

	User Designed These sessions have been left blank to store your own custom sessions (using the DAVID Session Editor, <i>sold separately</i>). See page 7 for details.		
1			
2			
3			
4			
5			

WARNINGS

If you are an epileptic, photic epileptic or have any history of seizures:

We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the DAVID Delight Plus unless under the supervision of a health care professional who is qualified in the safe detection of seizures.

If you have had a brain injury or suffer from any mental disorder or psychiatric illness: We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the DAVID Delight Plus unless under the supervision of a qualified health care professional.

If you are taking drugs or using alcohol: We recommend that people currently using drugs and/or excessive alcohol consumption not use the DAVID Delight Plus unless under the supervision of a qualified health care professional.

If you are a first-time DAVID Delight Plus user: We advise that you always remain seated or reclined while using the DAVID Delight Plus. We also suggest that new users begin sessions with low brightness in the eyesets. If at any time during a session, you begin to feel vertigo, nausea, euphoria, “d  j  -vu”, or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or discontinue the session.

IT IS THE RESPONSIBILITY OF THE HEALTH CARE PROVIDER TO COMPLETE A PROPER INTAKE, ADDRESSING THE CONCERNS MENTIONED ABOVE. MIND ALIVE INC., ITS EMPLOYEES, SUPPLIERS AND DISTRIBUTORS ARE EXEMPT FROM ANY LIABILITY IN DAMAGES RESULTING FROM A SEIZURE OR PSYCHIATRIC CONDITION THAT MAY OCCUR FROM USING THIS DEVICE.

PRECAUTIONS

Traumatic Childhood Experiences - The DAVID Delight Plus can cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

Somnatic Shock - If abruptly returning to a normal conscious state, a mild case of somnatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a mild headache. All preset sessions in the DAVID Delight Plus are programmed to end with the lights fading out (Soft Off™) to avoid somnatic shock.

Orthostatic Hypotension - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

WARRANTY AND CARE

The DAVID Delight Plus is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the DAVID Delight Plus for service are the responsibility of the customer.

This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other than normal use
- improper battery installation
- physical damage to cords for headphones and Omniscreen™ eyese
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the DAVID Delight Plus.

RETURNING FOR REPAIRS

Should your DAVID Delight Plus require repairs, please contact us via email (info@mindalive.com) or phone to obtain a warranty/repair authorization number and important shipping instructions.

When returning your device for repair, be sure to surround the DAVID Delight Plus with at least one inch of tight packing on all sides in a strong carton. Neither Mind Alive Inc., nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton "**FRAGILE, HANDLE WITH CARE.**" Include a copy of your sales receipt, a brief written description of the problem and a daytime contact number. All postage, insurance and shipping costs incurred in returning the DAVID Delight Plus for service are the responsibility of the customer.

WARRANTY AND CARE

FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer. Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents ***"RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY"***.

CARE AND MAINTENANCE






Use a soft, slightly moistened cloth (use water or mild detergent) to clean the DAVID Delight Plus. Do not clean with any solvents. Do not subject the DAVID Delight Plus to static electricity. Do not place the DAVID Delight Plus near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the DAVID Delight Plus, turn it off immediately. If liquid does enter the electronics, we advise that the DAVID Delight Plus be checked by authorized personnel before commencing operation.

DISCLAIMER OF LIABILITY

Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the DAVID Delight Plus whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the DAVID Delight Plus, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the DAVID Delight Plus either at the premises of Mind Alive Inc., or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

TROUBLESHOOTING

What	Try
Graph blinks a single bar, then the Delight Plus turns off	Replace the battery or use a 9-volt DC power adapter
Delight Plus does not turn on	Replace the battery or use a 9-volt DC power adapter
Lights in eyeset are active on the left side only	Ensure the eyeset cable is fully plugged into the glasses and the  jack
Tones and/or heartbeat sounds are audible on the left side only	Ensure the headphone is fully plugged into the  jack
No sound from external audio device	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the  jack of the Delight Plus Check the volume level of the audio device
Delight Plus will not enter Sound Sync mode	Ensure the 3.5mm patch cord is fully plugged into the headphone output of the audio device and the  jack of the Delight Plus Check that the audio device is playing and adjust the volume level (audio should be present in the headphones plugged into the Delight Plus)
Download is not recognized	Ensure the 3.5mm patch cord is fully plugged into the download source and the  jack of the Delight Plus Adjust the source volume to a moderate listening level (audio should be present in the headphones plugged into the Delight Plus).
Session starts with no lights and/or sounds	Adjust the intensity and/or volume level Re-save preferences (<i>see page 3</i>)

REFERENCES

Budzynski, T. & Budzynski, H. (2001) Brain brightening – preliminary report. *In house manuscript*, Mind Alive Inc.

Fox, P. and Raichle, M. (1985) Stimulus rate determines regional blood flow in striate cortex. *Annals of Neurology*, **17(3)**, 303-305.

Shealy, N., Cady, R., Cox, R., Liss, S., Clossen, W., and Veehoff, D. (1989). A comparison of depths of relaxation produced by various techniques and neurotransmitters produced by brainwave entrainment. Shealy and Forest Institute of Professional Psychology. *A study done for Comprehensive Care*, (unpublished).



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