



mindsynergy®



USER MANUAL

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Congratulations on your purchase!

By designing and carrying out the technology MIND SYNERGY, we have tried to offer a tool that can help you in some important directions of your life:

- to achieve your goals in life, in a complete state of spiritual and soul integration;
- to radically improve the quality of your life, turning it into a sequence of days full of joy, love, harmony, excitement, fulfillment and the happiness of being in contact with **yourself**;
- to continuously improve the quality of your life, as time goes by and you advance in age – to always stay young in mind and soul.

"The results we obtain using the light and sound stimulation technology are not only unprecedented, but also revolutionary. The implications and effects are incredible – brain exploration is enormously important, not only for fighting learning disabilities, but also for improving all brain functions. We have noticed that depression, anxiety, insomnia, epilepsy and practically any mental dysfunction are caused by the lack of coherence at brain level. By using brain stimulation devices, we can restore the brain to optimal functioning. It sounds fantastic, but what we are discovering can radically change the life of all mankind."

Dr. Siegfried Othmer,
Scientific Researcher, EEG Institute in Woodland Hills, California,
President of the Neurofeedback Division of the
Association for Applied Psychophysiology and Biofeedback

WARNING!

On any account, you must not use this device if you suffer from heart disease, epilepsy, schizophrenia or any other serious mental illness treated with neuroleptic drugs. By purchasing this device, you acknowledge all this and assume full responsibility for potential violations of these contraindications.

Who can use MIND SYNERGY?

1

This revolutionary technology for mental stimulation and deep physical relaxation is beneficial especially for people who suffer from **chronic and acute stress, intense emotional disorders, mental and physical fatigue, have a low energy level, trouble sleeping and difficulties with concentration and memory, manifest a decreased appetite for life, experience anxiety and depression.**

Furthermore, we have designed and developed MIND SYNERGY particularly to assist all people who want to:

- improve their health;
- achieve and maintain a state of deep relaxation both physically and mentally;
- regenerate their vital force and increase their energy level;
- enhance their inner state of wellness;
- reprogram their subconscious mind so as to achieve financial success;

- reach their ideal weight using self-suggestion;
- revitalize their memory and increase their learning capacity;
- improve their sleep;
- reach the deepest state of harmony on all levels of being;
- heal through the power of their minds a whole range of mental, emotional and physical disorders.

The brain 2

The brain is the most complex organ in our body and definitely the apex in the evolution of matter when it comes to structure. It is made up of a 3-milimeter thick neuron layer, named cortex, which contains about 16 billion neurons in its six layers, sustained by 100 billion of other smaller cells forming the neuroglia. There are connections (synapses) between neurons in the brain, which are crossed by nervous impulses. Due to the multiple circumvolutions, the brain lattice is very large: 2,500 cm². Since it needs to be constantly supplied with oxygen and glucose, the brain is intensely vascularized. If we were to put all the capillaries end to end, it would measure a total length of 1,200 km! As for all the nerve fibers in the central nervous system, they would amount up to a length of 5 million kilometers! Suppose present technology could create a machine capable of replicating all our brain functions, it would cover an entire assembly room!

The brain governs our entire being; there are projections for all physical and intellectual functions in our body. According to the latest research, memory spreads through the entire brain, with a holographic structure; in other words, memory does not disappear when removing certain sections of the brain (different in size), but it suddenly disappears when a substantial part is removed.

The brain consists of two main parts: the big brain or the encephalon and the little brain or the cerebellum. The activity of the latter has been related with involuntary motor functions such as breathing, heartbeat and so on. The encephalon has two hemispheres connected by the corpus callosum. This is the area where the sensations, the mental functions, the vegetative function and the conscious motor function are located.

2.1. Brain activity

As we have already seen, the brain is the main organ in the human body and governs its entire activity. Even man's mental and spiritual activities have a correspondent projection at brain

level. However, even a brief presentation of the entire activity of the brain would take an enormous amount of time and space and exceed the intent of this booklet. Therefore, in the following we will deal with that part of brain activity that can help us understand how, by adequately using MIND SYNERGY, we can access the amazing resources of our brains.

The thorough study of the brain and of the physiological processes has revealed that the nervous impulses passing through the neural connections are in fact electrical signals with very small amplitude (microvolts). These signals are generated by biochemical reactions in the neural dendrites that control the entire activity of the nerve cell. They are conveyed onwards through synapses. Because of this electrical activity, an electromagnetic field is generated and if several neurons are stimulated at the same time, a chain of electrical reactions appears in the brain. These energy-producing reactions can be accurately detected and measured with an **EEG device**. The results are recorded on an EEG.

Electroencephalography (EEG) is the graphical recording of electrical, biochemical and magnetic activities that take place inside the brain at a given moment. We must take into account

that every thought and every feeling generate a certain kind of brain activity and thus we can realize the amount of information we can get by interpreting the EEG. Progress made in this field has come so far that now we know that the wave generated in the brain is directly related to our mental imagery. Researchers have devised experimental machines, which, once “instructed” and given a correspondence between the waveform and the thought manifested in the brain, are able to read people’s minds. When operating such a machine, scientists were surprised to discover that words designating the same reality in different languages generate the same waveforms in the brain.

The activities of the brain, also called brain states, fall into 7 categories according to their vibration frequency:

1	<i>Delta</i>	0,5 – 4 Hz
2	<i>Theta</i>	4 – 8 Hz
3	<i>Alpha</i>	8 – 12 Hz
4	<i>Beta</i>	12 – 16 Hz
5	<i>High Beta</i>	16 – 32 Hz
6	<i>K Complex</i>	33 – 35 Hz
7	<i>Super High Beta</i>	35 – 150 Hz

Delta waves are those in which the energetic activity of the brain is extremely low. Typically, scientists consider that when the EEG shows a brain activity with a frequency below 0.5 Hz that brain is dead. *Delta* waves represent the activity of the brain during deep dreamless sleep and are more frequent in children up to two years old. On the lower frequency levels of *Delta*, there are no mental images and no awareness of the physical body. However, some human beings are experiencing this level as a deep state of meditation, a thoughtless state when they no longer perceive themselves as a distinct form or entity, but rather as an awakened, transcendental consciousness, merged into the universal consciousness. Furthermore, the presence of these waves is associated with the complete and deep process of physical regeneration and health restoration.

In the domain of *Theta* waves, the neurons send their nervous impulses with higher frequency than *Delta* waves. Here we can have images, yet external reality is not experienced in any form on the lower levels of this domain; the awareness of the physical body does not exist yet or appears vaguely, the parts of the body being distinct, not related to each other. These waves appear during the dreaming stage of sleep.

Theta is a state that favors fast and intense learning, self-suggestion and self-healing, a state when the human being is in deep communication with their subconscious mind. Such states are also associated with creative activities, appearing mainly in people with artistic interests: writers, poets, sculptors, painters, film directors, actors etc.

Next, we have the domain of *Alpha* waves, where, as opposed to *Delta* and *Theta* states, the human being is fully aware of their physical body and the body is completely relaxed. In this state, we can focus our attention both outwards, to solve all kinds of problems and situations, and inwards, to achieve a deep state of active meditation. *Alpha* waves are prevailing in states of concentration on an inner steady point (for example, a state of centering inside our own being). In order to learn how to generate *Alpha* waves at will, we first have to reduce the stress in our daily life. *Alpha* waves also favor learning a foreign language or assimilating any knowledge related to the sphere of awareness, because we can have control over ideas and data, as opposed to the previous state. *Alpha* waves amplify in people who practice deep meditation, yoga, sexual continence and any other genuine spiritual path.

Beta waves are a range of vibration frequencies in which our senses are alert. This frequency band is specific to the wake state when the human being focuses mainly on external stimuli. *Beta* waves arise when the human being centers on meeting basic needs and their presence prevails especially when we compute, arrange and organize things, conferring a meaning to our external universe. *Beta* waves allow the fastest answer and a contact with a great many things, beings, phenomena. The presence of *Beta* waves considerably amplifies in times of stress or anxiety, allowing us to manage and solve problems.

In the domain of *High Beta*, the human being is in more tense states, of fight, flight or intense anxiety.

Around the frequency of 33 Hz, we have the specific vibrations of *K Complex*, specific to processes of sudden illumination, normally of short duration. These are the wave patterns of that illuminating "Yes!" or Archimedes' "Eureka!" always appearing in circumstances of deep understanding and creativity. They are also present in epileptic seizures when the patient experiences real "brain storms". For that reason, *K Complex* is characterized not only by frequency, but also by amplitude (which is far higher than in common states) and waveform. Though usually associated with disease, *K Complex* has certain connections with

parapsychological phenomena, as during seizures all kinds of visions and premonitions appear. The difference that makes the difference is the decisive focusing of attention.

The domain of the *Super High Beta* cannot be explored with a classical EEG, whose frequency does not exceed 35 Hz. For that reason, research on these states has remained in an empirical state. However, it is a fact that the *Super High Beta* waves are specific to out-of-body experiences, the awakening and rising of Kundalini and other highly spiritual states with a powerful energy flow that intensifies the activity of the brain.

Another discovery is that brain activity is not constant in time; at any given moment, only one hemisphere is active, after a certain period, the other one becomes active. This cycle is similar to the flow of prana through the nostrils, of which yogis have been aware for a long time. The right hemisphere has to do with the memory processes, the imagery and internal representations that do not require reasoning. On the other hand, the left hemisphere is the area of reasoning activities requiring mental and intellectual processing. An adequate operation of the brain requires a balanced alternation of functioning between the two brain hemispheres.

2.2. Stimulation of brain activity

There are four basic methods for stimulating the activity of the brain:

1. by changing the breathing pattern;
2. by changing the mental or emotional state;
3. through external physical stimuli;
4. by changing the body posture (i.e. muscle tension).

There are also other means of a chemical and nutritional nature. The methods mentioned above can be used separately or in combination to achieve effects that are more powerful. There are distinct disciplines that apply these methods. For example, Pranayama, a branch of yoga, deals with governing the states of the human being by acting upon breathing. Certain meditation techniques aim at changing the mental or emotional state, while osteopathy attempts to eliminate blockages and muscular tension to cure certain diseases.

In what regards the stimulation of brain activity by using external stimuli, starting from the ideas presented above, scientists have thought about influencing the brain activity both for therapeutic

reasons and for acquiring certain states of consciousness. Medical science has achieved certain stimulation of the brain through low intensity electrical currents, using very fine electrodes. There have also been magnetic stimulations that have the advantage of being much more accurate and allow a deep stimulation of the brain.

Besides these means of brain stimulation, there is the idea of stimulating the brain through senses. Of the total amount of information received by the brain, about 95% is visual. Of the remaining 5%, more than two thirds are sound stimuli. Thus, a stimulation of the brain through light and sound would be an appropriate method to capture the awareness of our brain. Light and sound stimuli applied with precise vibration frequencies will induce our brain to enter the states corresponding to those frequencies.

The person who studied the stimulation of the brain through light and sound signals for the first time, in the 1950s, was the French medical doctor Francis Lefebure. His experiments, performed on voluntary students and on more than 200 patients, showed that even with very simple stimulation of this kind (alternative left/right sound and light) deep beneficial effects appear and last for several days.

With this, the Brain Machine was born. Research conducted with this device showed that it is extremely effective in generating a wide range of brain states. For example, research in stimulating the brain to enter Alpha states was conducted in biofeedback experiments. Dr. Lubar from Tennessee University discovered that scatter-brained people are unable to generate *Beta* waves when focusing on a problem. By stimulating the brain with *Beta* waves using the Brain Machine, the conditions of these people improved considerably. An effective means for generating Beta waves is to assume definite tasks and carry them out. It has also been observed that people with insomnia can fall asleep more easily without resorting to soporifics if their brain is stimulated using a Brain Machine set on *Delta* and *Theta* frequencies.

Nowadays, more and more scientists who study the brain adhere to a current named neuroscience, that aims to study the behavior of the brain with an open mind, without allowing to be limited by the so-called classic theories of neurology. Thus, dogmas formerly considered cornerstones of neuroscience, such as the myth that nerve cells never regenerate, are now demolished by facts.

Unfortunately, society's resistance to change is very high and many years may pass until we will see these approaches

integrated in current medical practice. There are studies, however, and – to crown it all – they are not of recent date. Such a study was conducted by Dr. Barry Sterman, who got his doctorate in neuroscience and psychology at the University of California, Los Angeles (UCLA), in 1963. Today he is Professor Emeritus at UCLA. Dr. Sterman shows that the brain is actually a dynamic organ and has a feature called neuroplasticity. He demonstrated that by stimulating and guiding the brain towards certain states and modes of operation, we could change its structure, the interconnection of cells and even cell regeneration. People with very serious problems, mentally ill (epilepsy) or even with brain damage were taught to heal themselves by keeping track of their brainwaves and accessing modes they were not accustomed to experience regularly.

Specifically, neuroscience states that nerve cells can regenerate any time, can create new connections, new synapses, and that we keep this ability regardless of our age. This discovery is truly revolutionary if we consider how these issues are addressed and dealt with in current medicine.

We are very concerned with our physical condition, we work out, run, go to the gym in order to stay physically fit and maintain

our ability to function physically; why would not this also be true for our mental state? Audiovisual stimulation of the brain hemispheres is a genuine mental fitness, keeping our brain and our mind in shape.

The benefits of **MIND SYNERGY**

3

MIND SYNERGY is a device for stimulating the brain by means of a microcontroller (processor) with built-in memory and programs. Its programs cover the entire range of effects and benefits brought about by this kind of brain stimulation and, in addition, the device has many features that enable full utilization and maximize the effects of brain stimulation and its application in almost all areas of life.

Thus, this device has some features that allow you to use it in an easy and enjoyable way:

- it supports an external memory, a SD card; this memory allows you to copy the songs you like, which you can overlap on the stimulation programs, creating an extremely powerful and enjoyable experience;
- on this external memory you can copy the audio materials you want to learn and overlap them on learning programs specially designed for this;

- the device has a Li-polymer battery built-in, so that you can use it anywhere, without having to connect it to an electric source;
- in order to facilitate the processes of mental stimulation and the processes of learning and improving your performances, we have created a special mode with **Multimedia Learning Programs (MLP)**, which synchronizes your receptivity and deep relaxation states (when your mind is ready to receive and store information) with hypnotic patterns that are perhaps the most powerful way to improve rapidly and smoothly in any area of life;
- these **MLP programs** are our priority, which is why you will always find such programs on our website;
- we are open to your suggestions and should you be interested in an area that is not on our **MLP programs** list, we will strive to create one for the direction that interests you.

The effects of mental stimulation are very powerful and have a positive impact on all aspects of your life. Once the mind and brain are in the state specific to the occurrence of a certain event, that event will most likely happen. The mind guides and builds

our destiny. By training your mind and keeping it young, you will have joy, success, health and lucidity in your life, at any age.

Here are some of the effects you get when you use MIND SYNERGY:

- work with the **Multimedia Learning Programs (MLP)** is the most effective way to rewrite your inner software and permanently improve your mode of operation, the results you get, but also to achieve the goals and objectives you set in your life, transforming this into an automatic subconscious process;
- mental stimulation facilitates communication with your subconscious in order to identify the directions in your life, where major improvements will substantially increase the quality of your life; using **MLP**, you can then implement these improvements;
- mental stimulation balances the cerebral hemispheres and their balance allows you to access your long-term memory. The awakening of this memory unlocks your own limitations, known as buffer memories (they lock and keep your conscience within the limits of your habits). Once these limitations are healed, you will feel like a huge burden was lifted off your shoulders and your life will

improve dramatically. The mere fact that you experience a mental stimulation removes most buffer memories without any other kind of effort;

- working with **MLP** turns your subconscious mind into a force that always leads you to the target, and if you use it every day, your future bad days will be better than what you perceive now as good days;
- rewriting your buffer memory and accessing the subconscious mind drive and maintain you into a state where you feel young at heart and in your mind, and this will make you be permanently full of enthusiasm, joy and love;
- having a young mind is very important nowadays, when more and more people are affected by devastating degenerative diseases such as Alzheimer's, sclerosis etc. The processes of lifelong learning triggered by working with **MIND SYNERGY** and **MLP** eliminate the prospect of a degenerative disease in the nervous tissue. If you want to convince yourself, search on Google the phrase **mental stimulation stay young research** and you will find studies conducted by prestigious universities worldwide on the effects mental stimulation has on humans;

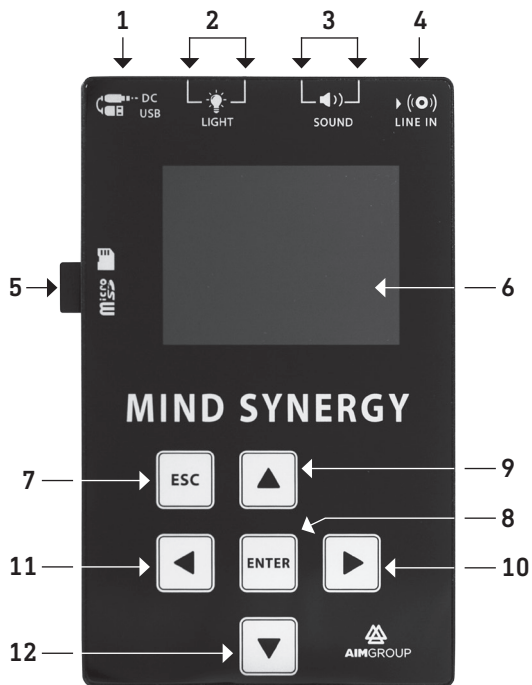
- in fact, this may be evident if you review the discoveries in neuroscience. In classical medicine, it was known that by the age of 6 children have a huge excess of neuronal synapses. After this age, glial cells (those that support the formation of synapses) dramatically reduce their rate of reproduction and many synapses, those that are not used, die. Neuroscience has shown, however, that the learning processes, mental stimulation – in other words, using these synapses –, not only keep them in good condition, but also the process of creating new synapses can continue at any age;
- therefore, when someone stops learning or exercising their brain, the synapses that are not used will die. For that reason, retirement as a pause rather than a start of a new and exciting part of our life is like a death sentence;
- the studies mentioned above show that people with less than eight classes are two times more likely to develop Alzheimer's than are those with higher education;
- in addition, among those who have a low level of education, for those who perform a kind of work that does not stimulate their minds the risk is three times higher;

- contemporary estimates show that Alzheimer's affects 20% of the population;
- **MIND SYNERGY** and **MLP** are very powerful tools that keep your brain alive and help you learn and perform mental fitness in an easy and enjoyable way, so that your synapses and neurons will stay alive and healthy throughout your life;
- **the special MLP programs**, which we will design and provide on a regular basis, will cover a huge range of applications, for you to be able to achieve excellence in every area of your life.

Description and performance of **MIND SYNERGY**

4

On the front panel of **MIND SYNERGY**, you will find all the control buttons, the display and inscriptions for the connecting jacks, as shown in the figure on the next page.



- 1 = mini-USB jack for network or computer connection
- 2 = glasses connecting jacks (stereo 3.5 mm)
- 3 = headphones connecting jacks (3.5 mm stereo)
- 4 = external audio signal connecting jack (stereo 3.5 mm)
- 5 = Micro SD card socket
- 6 = display
- 7 = Escape key (Esc)
- 8 = Enter key
- 9 = Up arrow (Up)
- 10 = Right arrow (R)
- 11 = Left arrow (L)
- 12 = Down arrow (Down)

4.1. How to turn on MIND SYNERGY

The device is equipped with a Li-polymer battery. The first time you use it, you had better not connect the device to the power source, but use it until it fully discharges.

Then you must connect the device to the network and let it fully charge. You should repeat this cycle, to make sure the battery has formatted properly and will work for a long time under nominal parameters.

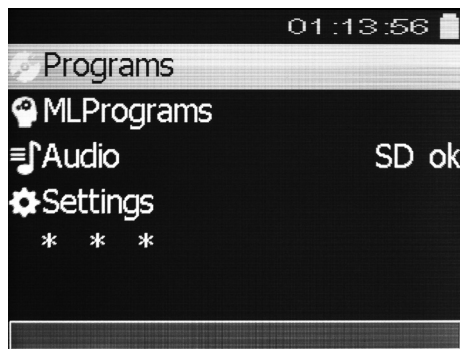
It is better to use the charger that comes with the device, or you can charge the battery using any USB jack of a computer. When you connect MIND SYNERGY to a computer, it will automatically enter the charging regime.

Another very important aspect is that not using the device for more than 6 months can damage the battery. To prevent this, during this time, you should fully charge the battery a least once.

For reasons of reliability, the device is not fitted with mechanical buttons. Its keys are capacitive: a simple touch of the keys activates the programmed function. It is important to touch only the key that activates the particular function you want to use.

When you turn off the device, it reads the keys about once every two seconds. On each reading, the device calibrates the value read on the keys, depending on the humidity in the air, the surrounding electromagnetic radiation etc. This calibration is necessary in order to generate the optimal response parameters when you press the keys. Thus, before you turn on the device, you should allow two seconds and not touch the keys. You can keep the device in your hand before turning it on, but without touching the keys, so that you have an optimal calibration of the keys.

To turn on the device, you need to keep your finger on the **Enter** key for about two seconds. The device initializes the card, turns on the display and enters the main menu displaying the modes it can work in and the **Settings** menu.



The entire menu is intuitive and easy to navigate using the keys on the front panel. Except for the command initializing the SD card formatting, you cannot damage anything and you cannot affect the functioning of the device.

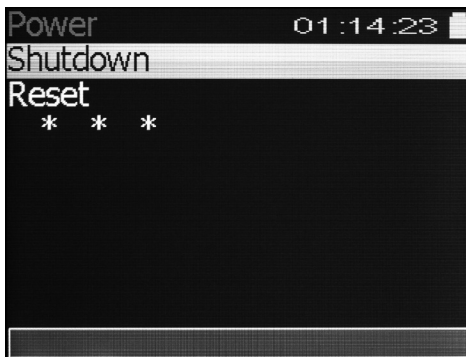
Using the arrows **Up**, **Down**, you navigate through the MIND SYNERGY menus; with **Enter**, you access the menu; the arrows **R**,

L are helpful for selecting the desired value for specific functions or for a quick access of certain screens.

With **ESC**, you return to the previous menu or go to the screen displaying the **Turn off** controls.

4.2. How to turn off the device

From the **main menu** (**Start menu**), if touch **ESC**, the following screen will display:



If you select **Stop** and touch **Enter**, the device will stop.

If you select **Reset** and touch **Enter**, the device will restart and return to factory settings. Therefore, you should be careful when you activate this function, because you risk losing the playlists and the language setting.

Likewise, in the extremely unlikely event that the software freezes and the device stops responding, or a function abnormality occurs, you can reset the device by acting a little switch at the rear of the device. In the back, next to the display, there is a small hole where, if you press **gently** using a paper clip, the device resets and the soft reinitializes.

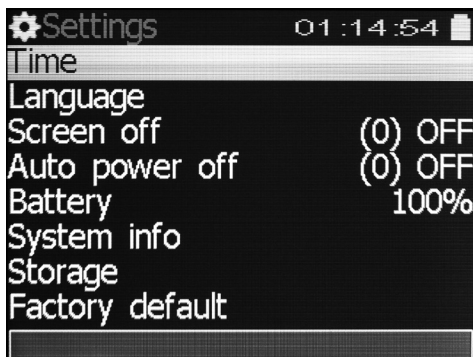
In off mode, the device consumes a minimal amount of energy and all you have to bear in mind is not to let the battery uncharged for more than 6 months.

4.3. Settings Menu

To enter the **Settings** menu, move the cursor **Up, Down** (the cursor moves circularly; when it reaches the end of the menu, by pressing

again the arrows **Up**, **Down**, the cursor returns to the starting position) and when you get to **Settings**, touch **Enter**.

Once in the **Settings** menu, you will see the following screen:



Using the arrows **Up**, **Down**, you go to each command or submenu. With the arrows **L**, **R**, you can then change the command or you can touch **Enter** to go into the submenu.

Clock

The first function is **Clock**. By touching **Enter**, you access this submenu; then, using the arrows **Up, Down**, you go to the dashes for hour, minute, second; with the arrows **Left, Right**, you select the desired value for each dash. This function helps you match the device's internal clock with the current local time. The time appears permanently on the top line of the display in all menus.

The clock works even when the device is off. After resetting the device, the clock may have a few seconds delay.

Language

Using the arrows **Up, Down**, move the cursor on the **Language** submenu and touch **Enter** to open it. With the arrows **Up, Down**, move the cursor to the desired language and select it with **Enter**. Once the language selected, the device returns to the main menu.

Stop display

Using **R, L**, you select the time to elapse before the display turns off to save battery. The initial setting is 30 seconds, but you can configure it up to 4 minutes (240 seconds), or you can stop it. You should consider that this setting is useful only if it is less than the time the device stops itself. The time this function becomes active starts running the moment you operate the last key. If any of the operating modes of MIND SYNERGY (**Programs, ProgramsMI, Audio**) is active, that is if the device is already running a program, or a MLP, or an audio track, this function is blocked and it begins to be active only when the device is not active in any mode.

Self-stop

With **R, L**, you select the time to elapse before the device turns off to save battery. This time starts running the moment you operate the last key and initially is 180 seconds (3 minutes). The maximum time after which self-stop initialized can be 240 seconds (4 minutes), or you can turn off this function. If any of the operating modes of MIND SYNERGY (**Programs, ProgramsMI,**

Audio) is active, that is if the device is already running a program, or a MLP, or an audio track, this function is blocked and it begins to be active only when the device is not active in any mode.

Battery

You move the cursor to this position and touch **Enter** to access this submenu.

This submenu is only informative. It shows the battery status (whether or not the battery is connected to a charging source), its capacity (what percentage is still available) and voltage (at 3,200 mV the device stops automatically, to protect the battery, and will no longer start unless you connect it to a charging source). There is also an indication about the processor calibration, to ensure the battery parameters have been read properly.

The battery status appears on the right, on the first line of the display, in any menu.

When connected to a charger or a USB, the symbol of a lightning appears on the battery indicator and the battery starts flashing progressively at the top, to show us intuitively the condition of the

battery. The more the battery is charged, the smaller will be the flashing surface. When the battery is fully charged, this symbol turns green.

System information

You access this submenu by moving the cursor to this position and touching **Enter**.

Here you can view the software and hard versions as well as the device serial hard. These data are very important, because they give you access to all software or program changes we develop.

Memory card

You access this submenu by moving the cursor to this position and touching **Enter**.

In this submenu, there is a function for SD card formatting. This function is useful only when you have a new card or something happened with the old one. Formatting the card erases all information on the card and formats it with FAT32.

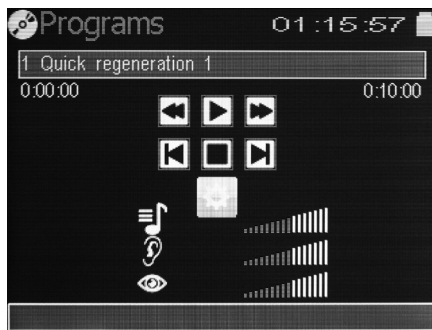
Factory setting

You access this submenu by moving the cursor to this position and touching **Enter**.

You have two options: either you keep the current settings (playlists, stopping time, language), or return to the original settings that came with the device (Reset).

4.4. Programs Menu

Select this menu and touch **Enter** to access it.



This is the general screen for player (play) and functions similarly in the menus **ProgramsMI** and **Audio**.

On the first line of the screen, the one displaying the time, on the left appears the menu where you are now – in our case, **Programs**.

The next line is the status bar, which shows the continuous evolution of the stimulation program you have chosen. There it also appears the name of the program and, colored in blue, the period elapsed in the program, to be as intuitive as possible.

Under the status bar, on the left, the display shows the time elapsed in the selected program, while the program duration appears on the right.

Under the status bar, you have the control buttons for the player. With **Up**, **Down**, you select the line, with **Enter**, you operate the central button and with **L**, **R**, you operate the side buttons.

Thus, in the middle of the first row of buttons there is a triangular sign for play which you can operate using **Enter**. Once the player activated, if you touch **Enter** again, the player will be on hold. If you touch **Enter** once more, the program resumes where it left off.

Double triangles are functions of fast forward or rewind. If you touch one of them, the active line in the program moves forward or backward by 10 seconds, and if you keep touching it for a longer time, the program will move even faster, by 30 seconds.

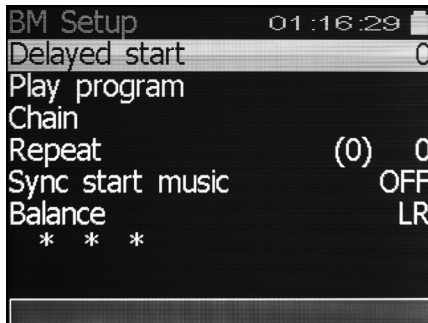
Under the first line of buttons, there is a second one, with Stop in center, operated with **Enter**, and go to the previous or the next program, operated with **L, R**.

Under them, you have the button for accessing the settings specific to the program player (operated with **Enter**) named **BM adjustment**, and under this button, you have the volume controls for music, sound intensity and luminous intensity for the mental stimulation. You adjust the volume level for each channel with **L, R**.

At startup, the player automatically loads the first program in the sequence of programs; if the sequence is empty, the player will not load any program.

The BM adjustment submenu

In the **Programs** menu, select the **Settings** icon, and then touch **Enter** to access the **BM adjustment** submenu.



Delayed Start

The first command, **Delayed Start**, introduces a timer when starting a program, to allow you the time to sit comfortably and put your headphones and glasses. Select this function and then, with **L**, **R**, select the delay time for startup. By touching **Enter**, the selected program starts with the delay you have set. The delay time remains set in the device memory and every time you want to start a program in this mode, all you have to do is access this function and touch **Enter**.

The delay time can be up to 240 seconds (4 minutes).

Run Program

Select this command and touch **Enter**. Then go to the categories of programs. To be more intuitive, we have grouped the programs into several categories and we provide a list with all programs.



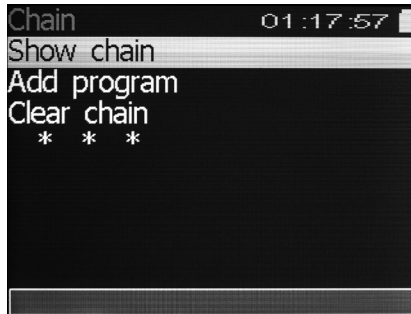
Select the category where you want to find the program and, by touching **Enter**, access that category, where you will find the list of the programs. Select the desired program and you have three variants (they are the same in **ProgramsMI** or **Audio**):

1. **Enter** is a quick control that directly actuates play on the selected program and displays the player menu;
2. **R** directs us to the player menu (without actuating play), where we can operate start (play) or, by entering **BM adjustment**, we can operate delayed start;
3. **L** is a quick control; it actuates play, but with the delay already set. If no delay has been set, then the program starts directly. Like the other commands, it directs you to the player menu.

Actuating any of the commands above introduces the selected program in the sequence of programs, removing the former programs.

You cannot play a program on the player unless you have introduced it in the sequence of programs.

Program sequence



In this submenu, we can choose several programs to execute one after another, continuously, without interruption. This may be useful if you want to achieve a state of increasingly deep meditation, relaxation, sleep. You have to consider that all that is in excess can cause harm. Although there are no negative effects of mental stimulation, no one has conducted tests to know what happens when someone does it for eight or more hours. Not incidentally, we have limited access to long-term memory. Even some of the most important ingredients of life, water and oxygen, in excess can harm us.

Our advice is to start with 10 up to 15 minutes of mental stimulation a day and stop when you feel good, that is somewhere between 30 minutes and 2 hours.

Show sequence

The first command is **Show sequence** and it will display the selected programs in this sequence. The sequence is equivalent to a playlist of audio tracks. By touching **Enter**, you access this list (sequence). If you have no track selected in the sequence, the screen will obviously be empty. You cannot play a program if it is not in the sequence. When you select in **Run program** a program to play, the sequence automatically deletes itself, and the selected program enters the new sequence.

In the sequence, we have a few simple commands, similar to those in the audio playlists. With **Up**, **Down**, you select a program and with **Enter**, you give direct play to that program, the screen switching to that for the program player. If you want to choose another program sequence, you select it and touch **Enter**.

The previous program stops and the new program will start instantly. The player runs through the list continuously, which means that when a program ends, the next one will immediately start, and so on, until the list ends.

R directs you to the player menu (without actuating play), where you can operate start (play) or, by entering **Settings**, set delayed start.

L is a quick control; it actuates play, but with the delay already set, and brings you back to player. If no delay is set, then the program starts directly.

Add Program

Actuating this command, you enter the categories of programs where you can select the programs you want in the sequence. You navigate through programs using the arrows **Up**, **Down**, and with **Enter**, add the program to the list. The moment you have added the program, the cursor turns green for a short time, to show that the program was added; you remain in the list of programs, to select other programs.

Delete Sequence

Acționarea acestei comenzi elimină toate programele din secvența de programe.

Repeat

The command **Repeat** refers to repeating the sequence. With **L**, **R**, you select how many times you want the sequence to repeat. This parameter can be set either between 0 and 9 or on CONT, for the latter the sequence repeating itself until we turn off the player.

Sync start music

This function refers to the synchronization of a program or sequence of programs with a playlist of audio tracks. MIND SYNERGY has two ways to play the sounds, so that it can play simultaneously both the mental stimulation sounds and the audio player sound. Therefore, it can simultaneously play a program of mental stimulation and an audio track (or a list) in mp3. You can play, in parallel with the

programs, a harmonious music, sounds from nature or even information you want to assimilate and memorize.

To do this, you must select in the audio player the audio tracks you want to play along with the stimulation program, without actuating their play function.

Activate with **Enter** the stimulation program's synchronization with the music from program settings. When you start the program you want, the selected music will start synchronously.

The 2 players, **Programs** and **Audio**, function independently and only the controls for play, pause and stop are synchronized. The other controls work independently on each player.

Binaural balance

To help hearing impaired persons and those whose ears do not function symmetrically, users can adjust the intensity of sound in the headphones to have the feeling they hear equally with both ears.

With **L** and **R**, you adjust the balance on 16 levels for each side. In the middle, when the signal is equal on both channels, the display shows **LR**.

It is very important to put on the headphones correctly, the one marked L on your left ear and the one marked R on your right ear, as the mental stimulation programs are specially designed in a certain way. We have found out that even prestigious firms label wrongfully their headphones; with this function, you can test the headphones, in case you use other headphones than those that came with the device. Move the balance completely to the right, and you should hear the sound primarily on the right side. Due to crosstalk in the connection wires, all headphones also have a small signal in the side turned off, in this case the left. Obviously symmetrically, if you move the balance to the left, you will hear the sound mainly on the left. If not, reverse the headphones and everything will be fine

4.5. ProgramsMI Menu

ProgramsMI are multimedia learning programs. They are a comprehensive package of special programs along with audio

files designed to improve your internal software, so that you can achieve maximum performance in various areas of interest in your life. These programs are not part of the standard package MIND SYNERGY. They are separate products and the results of years of work, research and knowledge on our part.

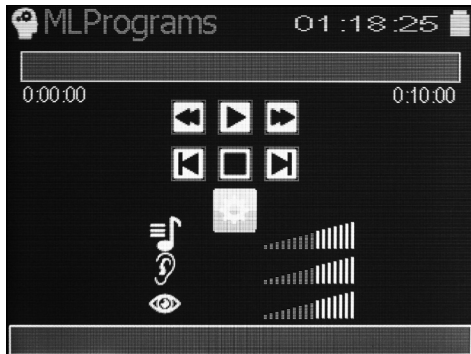
Such a program includes a stimulation program specially designed to produce certain effects. This program is in correlation with hypnotic patterns (special audio texts capable to reach the subconscious mind), sounds and music specially created, which come in the most appropriate moments (when your brain is in the best-suited condition), to change your internal software and rewrite routines that that can produce the effects that you want.

During such a program, you cannot overlap an audio track, because these programs have embedded in them complex audio tracks that use the audio channel.

There will be programs on health, career success, spiritual evolution, behavior and harmony in your couple relationship, correction of certain behavior patterns (hyperactivity, anger, fright, shyness etc.), financial success, relationships with friends, removing dependencies etc.

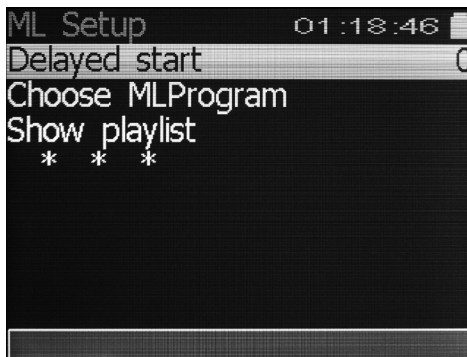
We will continuously provide on our website all programs we have been working on for several years; they are the result of the combined efforts of a team of psychologists, engineers, actors etc.

To activate this menu, you have to select it with **Up**, **Down** in the main (start) screen, and then touch **Enter** to access the player for **ProgramsMI**.



The player control buttons have functions similar to those described above for the **Programs** player.

When operating the button to enter **Settings**, there will appear the **ML Adjustment** submenu:



Delayed start

This function is similar to that in **Programs** menu.

Select this function and then operate **L**, **R** to select delay time for startup. By touching **Enter**, the selected program will start with the set delay. The delay time remains set in the device memory and every time you want to start

a program in this mode, all you have to do is go to this function and touch **Enter**.

The delay time can be up to 240 seconds (4 minutes).

Select Program

Enabling this function leads you to the SD card folder where **ProgramsMI** are stored and the list of programs appears on the display. The procedure is similar to that for the **Programs** menu.

You select the desired program and you have three choices:

1. **Enter** is a quick control that directly actuates play on the selected program and displays the player menu;
2. **R** directs you to the player menu (without actuating play), where you can operate start (play), or, entering **Settings**, you can operate delayed start;
3. **L** is a quick control; it actuates play, but with the delay already set. If no delay has been set, the program will start directly.

Show list

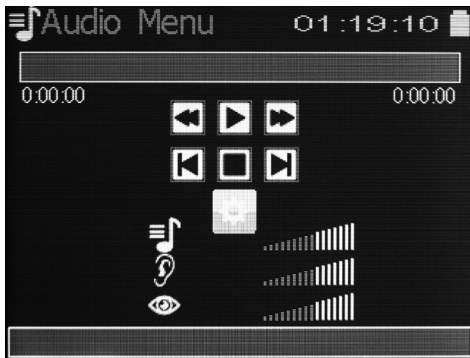
This submenu shows you the selected program in the submenu **Select program**. Creating a list of programs is pointless when dealing with **ProgramsMI**; however, for reasons of compatibility with other menus, and to see which the selected program in the player is, we have kept this function. Only one program is in the list, the program selected in the **Select program** submenu. Our recommendation is to use for this regime the previous submenu to launch a **MLP**.

The controls to enter the program in the player are identical to those of the previous menu.

4.6. Audio Menu

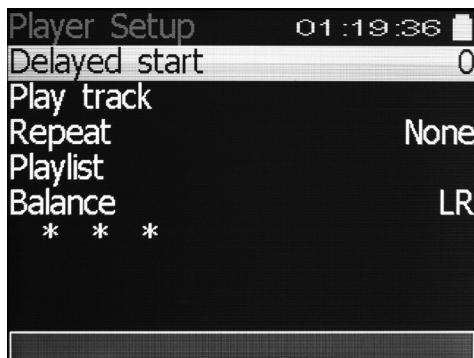
This menu is accessible only when there is a SD card and the processor reads it. When you insert the SD card, in the main menu, on the right side of the **Audio** menu, the message **SD ok** appears.

Select this menu and access it with **Enter**.



Actually, you are in the audio player. The functions of the buttons are similar to those for other players (**Programs** and **ProgramsMI**), as described above.

By selecting the setting button and touching **Enter**, you access the **Settings** menu, **Player Adjustment**.



Delayed start

As in **Programs**, you can set a time delay up to 240 seconds (4 minutes) for an audio track to start. Once the delay time set with **R**, **L**, if you touch **Enter** the track will start with the delay set and you switch to the player screen.

The set time remains stored.

For the **Audio** player to operate, you must create playlists. This means that, to be able to play a track, you have to add it to a playlist. The player has five playlists with predefined titles where you can add audio tracks. At all times, playback is possible only for the tracks existing in the five lists. Playback is continuous: when a track is over the next in the list will play automatically, and so on until the end of the list. If you want to play one single track, you must have a list containing that track only.

The main function of this device is to make working with **Programs** and **ProgramsMI** as easy as possible. The **Audio** menu is subordinate to these two, and has such a set up as to work properly in tandem.

Choose audio track

Enabling this function leads you to the active playlist, where you have the audio tracks selected for this list. The options in the list are identical to those for **Programs**:

1. **Enter** is a quick control that directly actuates play on the selected audio track and keeps the screen in the playlist;

2. **R** directs you to the player menu (without actuating play), where you can operate start (play) or, entering **Settings**, you can operate delayed start;
3. **L** is a quick control; it actuates play on the selected track, but with the delay already set (in **Delayed start**). If no delay has been set, then the program starts directly.

When you actuate play on an audio track, the status bar of the audio player appears at the bottom of the program. This bar will appear on the display regardless of the menu you access. The device has this facility to simplify the synchronous use of music and mental stimulation programs.

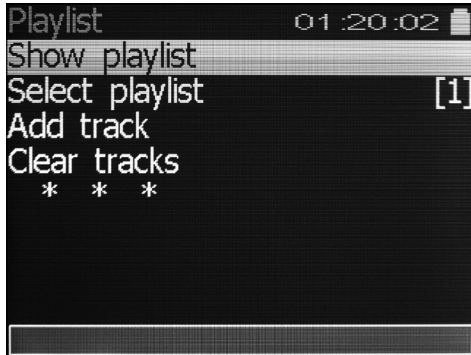
Repeat

With **Enter**, you can change the setting, on:

- Off – the list plays normally, from the selected track to the end of the list;
- List – the entire list keeps repeating;
- Track –only the selected track keeps repeating.

Playlist

By activating this feature, you enter the next submenu.



Show list

You are directed to one of the five possible playlists, which was chosen as default.

Here you have the options available for any playlist, as described above:

1. **Enter** is a quick control that directly actuates play on the selected audio track and keeps the screen in the playlist;
2. **R** directs you to the player menu (without actuating play), where you can operate start (play) or, entering **Settings**, you can operate delayed start;
3. **L** is a quick control; it actuates play on the selected track, but with the delay already set (in **Delayed start**). If no delay has been set, then the program starts directly.

Select list

This is the function for selecting the current list. The number of the list selected as current list will appears next to it.

You access this submenu with **Enter**, and then, with **Up, Down, Enter**, you select the current list from the five possible ones. The content of the current list is the one displayed in the **Show list** submenu.

Add track

This submenu takes you to the audio track folders with n the SD card, to select the tracks for your playlists.

To do this, you must copy in the **Music** folder on the SD card all the audio tracks you want to use. You can group them into folders. Using **Up, Down, Enter**, you select and copy in the current playlist the audio tracks you desire.

Empty list

When accessing this function by touching **Enter**, you erase all audio tracks in the current playlist.

Balance

This function, activated with **L, R**, is actually the balance potentiometer that helps create the sensation of equal volume perception in both ears.

Balance (as described in the **Programs** menu) is also useful to properly identify the headphones you use (which is left and which is right).

4.7. Quick controls

As already mentioned we have primarily designed MIND SYNREGY to ensure easy operation and performance in combining mental stimulation with audio tracks.

To access easily the various menus you need, you have quick controls that interchange the screens with players from **Programs** and **Audio**.

Thus, in the **Programs** menu, by sliding your finger from left to right on the three central keys (**L**, **Enter**, **R**), you will enter the **Program Settings** menu (**BM adjustment**). If you slide once again from left to right, you will enter the **Program** sequence menu; and if you slide again from left to right, you will enter the **List of selected programs** in the sequence. If you slide consecutively from right to left, you will return in the program player.

In the same menu, **Programs**, if you slide from right to left, you will enter the audio player (**Audio** menu). If you slide once again from right to left, you will access **Player Adjustment**. If you slide one more time from right to left, you will enter the **Playlist** menu, and if you slide once more from right to left, you will actually access the tracks in the **Playlist**. Now, successively sliding from left to right, you will return where you started.

Caution!

Whenever you want to transfer audio tracks on the SD card, you should transfer them to the **Music** folder. You transfer **MLP** programs to the **MLP** folder. It is not advisable to transfer files directly to the root. If you transfer files or folders to the root, even if you delete them, you will change the system that allots folders in the processor memory and you will have to format your SD card whenever you want to update.

4.8. List of brain stimulation programs stored in the memory of MIND SYNERGY

Select the desired program according to your own necessities and aspirations and to the specifications of each program. If several programs have the same description, select the one you like most.

No.	Name	Description	Length	Target frequencies
1	Quick regeneration	Short relaxation program for quickly abbreviating stress and energizing, acquiring a relaxed, but alert state and activating the enthusiasm to work	10	11
2	Cellular regeneration	Alpha relaxation, stress reduction, lifting the state, analgesic, headaches, serotonin secretion, improves memory, focus, stimulates basal energy, cell regeneration, activating the Muladhara chakra	15	8
3	Balance and joy	Rapid relaxation in high Alpha, reduces stress, brings balance and joy	10	11
4	Stress reliever	Rapid relaxation, alertness, increased stress tolerance, psychic healing, helps muscle development, recovery after illness, rejuvenating effects, mind control, recovery from jet lag	20	7.83
5	Deep reconnection	Relaxation, deep reconnection with the fundamental energy of the Earth, balance, healing, energy	30	7.83

6	Vital energy	Relaxation, regeneration and DNA recovery, basal energy recovery (Muladhara chakra), physical energy, desire to live	20	8
7	Fast healing	Revitalization, accelerated healing, stimulates the pituitary gland to produce growth hormones, understanding the causes of body imbalances, well-being, increases body temperature, clarity, timing of circadian rhythms, improves memory and learning processes, self-healing, centering	30	11, 10, 9, 7.83
8	Active relaxation	Relaxation and revitalization, strength regeneration, eliminates stress, maintains awareness, the mind is set to remain active, logical, focused on the tasks at hand	30	11, 10, 9, 7.83
9	Short regeneration	Short regeneration in deep Alpha, with a come-back that keeps conscience alert and vigilant; indicated as a break between two rounds of intellectual work or in front of the computer, as a break from driving when you are at the steering wheel, rapid restoration after traveling long distances by plane	15	11, 7.83
10	Short reverie	Relaxation at the boundary between Theta and Alpha, astral and mental projection, psychological recovery, efficient for solving sleep problems	15	7
11	Schumann resonance	Relaxation in deep Alpha, resonance with the energies of the Earth, increases resistance to stress, mental healing, stimulates the pituitary gland to produce growth hormones, accelerated healing (indicated in convalescence), improves learning capacity	40	7.83
12	Preparation for cross	Very good when you want to make a physical effort and focus at the same time, be capable of maximum effort; increases will, releases calcium and oxygen into cells, accesses internal resources, improves behavior in the active state, eliminates fatigue, stimulates adrenaline formation	15	22, 8, 12

13	Creativity	Relaxation, mental clarity, accessing subconscious information, wisdom, well-being, energizing, focusing attention	20	24, 20, 16, 12, 10
14	Accelerated learning	Relaxation, improves learning capacity, regeneration, physical energy, stress tolerance	35	8, 7, 83
15	Energizing	Mental exercise for relaxation, energizing, coordination of driving impulses, centering, acumen, well-being; improves memory, alertness, stimulates logical thinking	15	18, 10, 7
16	Energizing	Mental exercise for relaxation, energizing, coordination of driving impulses, centering, acumen, well-being; improve memory, alertness, stimulates logical thinking	25	18, 10, 7
17	Energizing	Mental exercise for relaxation, energizing, coordination of driving impulses, centering, acumen, well-being; improves memory, alertness, stimulates logical thinking	35	18, 10, 7
18	Energizing	Mental exercise for relaxation, energizing, coordination of driving impulses, centering, acumen, well-being; improves memory, alertness, stimulates logical thinking	45	18, 10, 7
19	Active relaxation	Relaxation in deep Alpha, regeneration, vitality, physical energy, maintains consciousness awake and alert	10	24, 10, 8, 2
20	Lunch break	Rapid relaxation and regeneration, stimulates certain neurotransmitters vital for learning and memory, recovery, fatigue resistance, mental clarity, well-being, consciousness awakening, alertness, energizing	15	20, 10, 2
21	Memory activation	Relaxation in Alpha, feeling safe, significant improvement in memory, very good before exams, centering, self-healing, focus, eliminates fatigue, energizing, vigilance	17	10, 8
22	Stress reliever	Deep relaxation, solving unusual problems, reduced need for sleep, relaxation; eliminates pain, removes deep stress	30	7, 5

23	Stress reliever	Beneficial relaxation, increases the secretion of serotonin, elevates the state; beneficial at all levels, analgesic, helps eliminate dependencies, resynchronizes circadian rhythms; very good when you want to create information in your subconscious mind, significant improvements in memory, eliminates minor stress	30	10, 7
24	Fast reconnection	Improves logical memory, logical thinking ability, analgesic, relaxation, improves response time, healing, reconnection with long-term memory, eliminates suffering, quick reconnection with the deep layers of memory	10	10, 7
25	Quick regeneration	Stimulates serotonin formation, elevates the state, restores circadian rhythms	15	10, 7
26	Theta meditation	Astral projection, reduces the need for sleep, relaxation, pain relief, improves reflexes	30	7, 5, 3
27	Conscious dreams	Meditation, psychic regeneration, healing, lucid dreams, reduces the need for excessive dreaming	15	7.83, 5
28	Memory activation	Learning a foreign language, centering, improves memory, ADHD treatment, healing after blows to the head, stimulates long-term memory, reduces lack of enthusiasm for work, for life, accumulation of information	15	10, 6
29	Dream exploration	Relaxation in Theta, mental regeneration, astral projection, telepathy, restoration of certain neurotransmitters vital for memory and learning, solving subconscious problems, indicated for chronic fatigue	20	11, 7.83, 4
30	Border exploration	Deep relaxation in Theta, regeneration, reduces the need for sleep, eliminates suffering, leads consciousness to the border where the deep state of meditation begins	30	7.83, 5, 3

31	Mind sharpening	Regeneration, energizing, stimulates long-term memory, relaxation while maintaining consciousness and alertness, improves logical thinking	25	11, 7.83, 6
32	Energizing and recovery	Mental exercise, energizing, regenerating, relaxation, reduces the need for sleep, pain relief, elimination of stress, maintains alertness	20	11, 7.83, 5
33	Kaleidoscope	Short exercise for relaxation in Theta, restores vitality, enhances the capacity to visualize, mental regeneration	5	7.83, 5
34	Understanding	Relaxation in Theta, mental stability and clarity, understanding, coordination, reduced need for sleep, access to astral plane	30	12, 10, 8, 7, 5, 1
35	Regenerative break	Relaxation, restores physical energy, stimulates DNA, reduces the need for sleep, will, centering, well-being	15	12, 10, 8, 5
36	Fast learning	Deep relaxation, recovery and significant improvement in memory, access to the subconscious, eliminates fatigue, eliminates sleep problems, mental clarity, wisdom, self-healing	20	12, 10, 7, 4
37	Creativity, learning	Mental exercise, relaxation, creative visualization, accumulation of new information, balancing, awakening the inner self, mind-body harmony, creativity	30	12, 5
38	Relaxation, learning	Relaxation, reduces the need for sleep, eliminates pain and suffering, increases storage capacity	22	5
39	Relaxing excursion	Mental exercise for relaxation, keeps consciousness awake, creativity and balancing	30	30, 24, 20, 18, 10, 8, 6, 4
40	Mental programming	Relaxation in Theta, stimulates long-term memory, understanding, intuition, inner guidance, mental peace, good for mental self-programming	30	12, 10, 8, 6, 5.5, 4.5

41	Self-suggestion	Relaxation, astral and mental projection, stimulation of catecholamine formation, exploring the subconscious mind, learning, retention of mental programming and visualization	36	7, 4
42	Einstein factor	Deep relaxation, inspiration, inventiveness	46	7, 5, 4
43	Optimal performance	Stimulates a very wide frequency range with special emphasis on high Theta, to generate an optimal mental and physical functioning; indicated when you want to achieve very good intellectual results; relaxing, yet keeps consciousness awake and brings the body into a state capable of functioning perfectly when it comes to physical or mental effort	25	35, 10, 7
44	Memory enhancement	Deep relaxation, learning, stimulates long-term memory, reduces the need for sleep, good for mental self-programming	45	7, 5
45	Accelerated learning	Relaxation, accessing the subconscious mind, reduces the need for sleep, good for learning by audition, during the program itself	45	5
46	Deep memory	Relaxation, accessing and exploring memory, capacity to find things forgotten in memory, creativity	36	15, 10, 7, 5
47	Deep meditation	Meditation in the whole Theta spectrum, astral projection, stimulates deep memory, fatigue resistance, energy and mental recovery, desire to live	25	10, 9, 8, 4
48	Mind-body balance	Relaxation, deep meditation, regeneration, energy recovery on the kidney meridian, balancing body-mind	25	10, 4, 2, 4
49	Mental clarity	Mental exercise, meditation, astral projection, deep memory activation, good for learning	15	12, 7, 4
50	Mental clarity	Mental exercise, meditation, astral projection, deep memory activation, good for learning	25	12, 7, 4

51	Mental clarity	Mental exercise, meditation, astral projection, deep memory activation, good for learning	35	12, 7, 4
52	Mental clarity	Mental exercise, meditation, astral projection, deep memory activation, good for learning	45	12, 7, 4
53	Mental clarity	Mental exercise, meditation, astral projection, deep memory activation, good for learning	60	12, 7, 4
54	Flux state	Mental exercise, relaxation, understanding the causes for imbalances in the body, stimulating long-term memory, optimism, creativity, state of integration and flow	15	9, 6
55	Flux state	Mental exercise, relaxation, understanding the causes for imbalances in the body, stimulating long-term memory, optimism, creativity, state of integration and flow	25	9, 6
56	Flux state	Mental exercise, relaxation, understanding the causes for imbalances in the body, stimulating long-term memory, optimism, creativity, state of integration and flow	35	9, 6
57	Flux state	Mental exercise, relaxation, understanding the causes for imbalances in the body, stimulating long-term memory, optimism, creativity, state of integration and flow	45	9, 6
58	Quick regeneration	Compensates for lack of sleep, fatigue, stimulates memory	16	16, 8, 4
59	Vipasana	Deep relaxation, eliminates stress and worries of the day, deep meditation, peace of mind	25	8, 4
60	Access your subconscious mind	Progressive meditation in Delta, reduces the need for sleep, eliminates muscle tension, explores the subconscious mind	30	11, 7, 5, 3

61	Progressive exploration	Increasingly deeper meditation, sleep, nervous tissue regeneration, extrasensory perception, astral projection, stimulates memory, understanding, inner guidance, intuition	30	6, 5, 4, 3, 2
62	Deep sleep	Deep meditation in low Delta, deep sleep, regeneration, eliminates muscular tensions, deep relaxation, well-being, understanding the deep connections that define human relations	60	1
63	Creative meditation	Meditation, increases visualization, regeneration, creativity, relaxation	50	7.83, 6, 5, 3, 1
64	Brilliance	Deep meditation, stimulates long-term memory, creativity, relaxation, understanding, extrasensory perception, intuition	55	10, 7.83, 6, 5, 4, 1
65	Astral modeling	Meditation in Delta, astral projection, mental programming, deep relaxation, sleep, activation of deep memory	40	4, 2
66	Memory activation	Meditation in Delta, sleep, relaxation, reduced need for sleep, secretion of neurotransmitters vital for the functioning of memory, learning	67	5, 3
67	Lucid dreams	Meditation in Delta, astral projection, telepathy, lucid dreams, learning, indicated for those who want to recover from strokes	30	6, 4, 3
68	Divine inspiration	Meditation in Delta, keeping consciousness awake, solving subconscious problems	30	5, 3
69	Deep meditation	Meditation in Delta, deep relaxation, astral projection, psychic recovery, regeneration, stimulates memory	30	12, 8, 7, 3, 4
70	Deep understanding	Deep meditation, integrative understanding, observing the deep connections that give rise to events	30	11, 9, 7, 5, 3, 1
71	Sleep inducer	Deep meditation, relaxation, centering, mental clarity, improves memory, focus, well-being, astral projection, regenerates nerve tissue, understanding, deep sleep	30	12, 10, 6, 4, 2, 1

72	Spontaneous creativity	Problem solving, relaxation, creativity, intuition	30	12, 8, 5, 3, 1
73	Full balancing	Relaxing, balancing along the entire spine, deep balancing of cerebral hemispheres, focus, intelligence amplification, psychological recovery, well-being, program for awakening basal fundamental energies and hiking them along the spine	12	14, 7, 3, 1
74	Regenerative sleep	Increasingly deeper relaxation, eliminates muscle tensions, regeneration, sleep	45	10, 7, 5, 1
75	Mental recovery	Deep relaxation, mental recovery, stimulates long-term memory, sleep	60	6, 5, 3
76	Strength restoration	A short program for deep regeneration, relieves muscle and mental tension; indicated when you are tired, but must keep working or when you are driving and feel tired – pull over and a program of 16 minutes will give you energy as if you had a few hours of good sleep	16	3
77	Conscious dreams	Meditation in Delta, consciousness remains awake, lucid dream exploration, good for mental self-programming	40	4, 3, 2, 1
78	Descending into sleep	Deep meditation, lucid dreams, sleep, regeneration	75	5, 3, 2, 1
79	Lunch break	Gradual descent into a state of deep meditation, conscious dreams, sleep; consciousness remains active and when you come back, you feel deeply regenerated and able to continue your activities	22	4, 3, 8
80	Illumination	Deep meditation, mental peace, deep relaxation, extrasensory perception, deep exploration of the subconscious mind, states of spontaneous understanding, sleep	60	4, 2

81	Deep sleep	Deep meditation, sleep, stimulates memory, regeneration	18	6, 4, 2
82	Progressive rest	Mental exercise, deep relaxation in Delta; frequency varies slowly, simulating sleep cycles on the boundary between Theta and Delta – Delta, meditation	15	5, 3, 2
83	Progressive rest	Mental exercise, deep relaxation in Delta; frequency varies slowly, simulating sleep cycles on the boundary between Theta and Delta – Delta, meditation	25	5, 3, 2
84	Progressive rest	Mental exercise, deep relaxation in Delta; frequency varies slowly, simulating sleep cycles on the boundary between Theta and Delta – Delta, meditation	35	5, 3, 2
85	Progressive rest	Mental exercise, deep relaxation in Delta; frequency varies slowly, simulating sleep cycles on the boundary between Theta and Delta – Delta, meditation	45	5, 3, 2
86	Progressive rest	Mental exercise, deep relaxation in Delta; frequency varies slowly, simulating sleep cycles on the boundary between Theta and Delta – Delta, meditation	60	5, 3, 2
87	Extrasensorial	Deep meditation, relaxation; simultaneous activation of very high frequencies results in extrasensory perception and connections, with PSI power awakening	25	49, 10, 2
88	Conscious meditation	Meditation in Delta, deep sleep, consciousness remains awake	30	10, 2
89	Rejuvenation	Deep relaxation in Delta, meditation, deep regeneration, sleep, nervous tissue regeneration, secretion of neurotransmitters that heal tissues	35	4, 2
90	Creativity code	Mental exercise, Theta spectrum sweeping, Delta, regeneration, balance, creativity amplification	23	13, 11, 7.83, 5, 4, 3, 2, 1

91	Intelligence code	Energizing, sharpening the mind, intelligence amplification, state of focus and concentration, accessing subconscious resources	10	18, 11, 7
92	Effort capacity	Energizing, relaxed and centered state, but with increased capacity for effort and visualization	20	18, 10, 7
93	Cold shower	Mental exercise indicated on waking up, sharpening the mind, intelligence, exercise capacity, while in a relaxed state; improves memory, synchronization of circadian rhythms, mental clarity	20	18, 10
94	Mental focus	Power of focus, amplified intelligence, vitality, concentration on the task at hand; indicated in attention deficit, but also when you are tired and want to focus on a target, regeneration	30	14
95	Increased attention	Mental exercise, vitalizing, energizing, well-being, self-centering, mind focus	30	33, 10, 7.83
96	Mental revival	Mental exercise, highly energizing mentally and physically, focus, creativity	35	40, 6, 2, 1
97	Supercreativity	Mental exercise, energizing, mental clarity, access to the subconscious mind, greatly enhanced creativity	30	33, 18, 7
98	Cold shower	Mental exercise, stimulates logical thinking, focus, mental activation, alertness	15	18, 7.83, 4
99	Creative power	Creativity, energizing, vigilance, connection with the subconscious mind	30	40, 38, 36, 34, 32, 30
100	Creative power	Creativity, energizing, spiritual integration, centering, well-being	36	15, 10, 7, 5
101	Continuous lucidity	Alertness, mental clarity, logical and mathematical thinking, planning, learning, good decisions	30	36, 34, 30, 24, 20, 18

102	Montagne russe	Energizing mental exercise, relaxation, focus, balance, montagne russe	35	40, 36, 30, 20, 16, 5, 0.5
103	Increased concentration	Concentration, energizes balance and centering, healing	15	24, 16, 15, 10, 7, 83
104	Athletic performance	Preparation for strenuous workout, calcium and oxygen release into cells, fatigue resistance, feeling of strength and confidence	18	30, 25, 20, 16, 8
105	Athletic performance	Energizing for workout, fatigue resistance, physical strength	15	28, 25, 20, 8
106	Athletic performance	Energizing for workout, ability to make decisions quickly, increased reaction time	20	28, 24, 16
107	Athletic performance	Quick energizing for workout, physical strength, increased decision-making capacity, fatigue resistance	15	30, 28, 24, 20, 16, 8
108	Creative solutions	Relaxation, visualization, creativity, problem solving, access of the subconscious memory, fatigue resistance	20	12, 4
109	Reality shaping	Mental exercise, visualization, centering, energizing, mental clarity	25	20, 18, 12
110	Inspiration and adrenaline	Creativity in the K-Complex range, maintains awareness on the boundary between wakefulness and sleep, accesses the subconscious mind	30	30, 31, 39
111	Wish fulfillment	Mental exercise, visualization, astral projection, access of the subconscious memory, stability, clarity, energizing, creativity	15	14, 12, 10, 5, 4
112	Creative thinking	Creative thinking, problem solving, focus, mental clarity, improves memory	30	33, 18, 16, 7

4.9. How to approach a brain stimulation session with MIND SYNERGY

To obtain specific results, we recommend one or even two daily sessions of brain stimulation. Use the same program for 21 days, if possible at the same hour every day.

To become accustomed with the device, start with shorter stimulation programs. After three weeks, when you are certain there are no major blockages and there appear no awkward purifications, you can approach programs that are more powerful.

Before starting a session, sit comfortably and keep your spine in a straight position; relax briefly and adopt an inward state of detachment, free of any thoughts. If you want to go into a sleep state, you can lie down, but keep your spine in a straight position.

You should also not to be pressed for time or disturbed during the brain stimulation session.

Put on the headphones and glasses in such a way that you feel no discomfort. Remember to keep your eyes closed, as the effects of light stimulation take place only with closed eyes. The light emitting diodes on the glasses do not generate heat.

During the entire duration of the stimulating session, focus your awareness on perceiving the level of the light and sound stimulation. Become aware of the effects generated at mind-level; perceive the energizing of the head area and the synchronization between mind processes and specific stimulation patterns. Perceive the side effects on the physical, psychic, mental and spiritual levels. Be aware of the activation of subtle energy centers, especially those in the head area. Keep in mind the specific state of mental alertness in one session, and in the next session recall that state so that you can reach deeper levels of mental activation.

When you want to relax or discard the tension accumulated during the day, you should recall or imagine charming landscapes or places to help you recover your state of mind. You can also perform mind focusing sessions by using an adequate program in the MIND SYNERGY set of programs or by creating your own stimulation program that helps you focus on one thought without being disturbed by parasitic thoughts.

After closing a session, gradually come back to reality, holding as long as possible onto the effects you have attained. In this state, analyze the way you perform your daily activities, notice

aspects that acknowledge and emphasize the effectiveness of your actions, the improvement of your inner availabilities and a deeper perception of reality.

The effects obtained in one session do not disappear when that session is over. The reverberations generated in the brain waves will last for weeks on end, with peaks and valleys, depending on the user's mental patterns and operating rate.

Nevertheless, you should keep in mind that only steadiness and determination lead to success.

Results generated by using MIND SYNERGY systematically

5

The effectiveness of such a device has nothing in common with drugs or medicines that remove pain or bestow other short-term effects without us being aware. As we have already mentioned, MIND SYNERGY is primarily a powerful tool for training your mind, and in all stimulation sessions, it is essential that you have awareness, an open state of mind and especially be calm and pay no attention to negative thoughts. The training with MIND SYNERGY prepares individuals for the ability of generating their own states, which at the beginning they can obtain by using this device. Thereby, the deeper the awareness during a stimulation session and the longer the beneficial effects, the more their consciousness will evolve. Eventually, thanks to practicing with MIND SYNERGY, subjects will be able to generate their own states of consciousness.

When used correctly, MIND SYNERGY can bring enormous satisfaction to the person who uses it, resulting in the manifestation of the following effects, depending on the stimulation program, the user's desires and mind focalization during a session:

- **eliminates disorders caused by the daily flow of life;**
- **stimulates the body's capacity for relaxation and recovery;**
- **eliminates insomnia and improves the quality of your sleep;**
- **regenerates emotionally and mentally.**

It is a fact that the sustained lifestyle of present society leaves little place for recreation and rest and leads to accumulation of stress, which in extreme cases results in emotional disorders. MIND SYNERGY helps you discard the tensions accumulated during the day. You can do relaxation sessions using adequate stimulation programs that have more powerful effects than the so-called siesta. You should know that **15 minutes of relaxation using MIND SYNERGY** equate to **4 hours of deep sleep.**

- **Normalization of brain activity, especially of the cerebral hemispheric activity**

As we have already mentioned, the two hemispheres of the encephalon (big brain) are operating alternatively. The alternative – left/right, front/back – and cross stimulation patterns achieve the balance of hemisphere functioning which is often disturbed by daily interactions in nowadays society. This results in

levelheadedness, self-centering, improvement of understanding and assimilation of information etc.

This balance between the hemispheres allows the human being to enter a unified state of consciousness, opening the access to deep memory. This memory does not store the information we grasp daily, but subconscious impressions that define our view on life and the world, our identity. Bringing these hidden imprints into awareness leads to self-transformation and heals any disease on a mental level, because any disease manifested in the body has its cause in the higher levels of the being, the emotional and mental ones.

By using the programs to balance the brain's functioning of the hemispheres, you can recall special states of consciousness from this deep memory, such as states of perfect health, self-confidence, willpower and so on, states that have been there even before you were born.

- **Quick learning:**
 - **improving your learning power;**
 - **stimulating memory processes;**
 - **stimulating artistic and scientific creativity.**

There are now accelerated learning techniques such as the Lozanov method, or PhotoReading methods that require certain states of consciousness in which the human being is much more receptive and does not obstruct the information inflow by intellectual interference. You can easily generate these states using MIND SYNERGY. You can first deal with your state using the specially designed programs; then, when you have mastered and controlled it, you can approach learning in the same way, maintaining the state acquired with MIND SYNERGY.

There are also programs created with certain stimulation frequencies (*Theta* waves) that appear especially in cases of elevated creativity and can transfer these states into your being.

- **Awakening and enhancing your latent powers:**
 - **meditation;**
 - **awakening your intuition;**
 - **enhancing your mental lucidity and focalization;**
 - **awakening and enhancing your visualization power.**

MIND SYNERGY can really help you develop skills to achieve a high level of spiritual evolution. We have stimulation programs obtained by studying wave patterns of people who can manifest these states of focalization and meditation at will.

- **Stimulation of latent mental abilities:**

- **clairvoyance;**
- **telepathy;**
- **precognition.**

These states are a natural result of improving and balancing your brain activity, of the calmness and relaxation induced by the steady use of MIND SYNERGY. Furthermore, stimulating the brain with Super High Beta frequencies will awaken these latent mental powers.

- **Awakening and enhancing the beneficial powers of the subconscious mind**

Stimulation sessions with adequate programs open the human being to the depths of the subconscious mind, moments in which you can induce positive and beneficial suggestions, which will have amplified effects.

- **Enhancing the ability for astral projection or lucid dreaming**

You can consciously perform out-of-body states using specially designed stimulation programs on certain frequencies that will greatly enlarge the boundaries of your knowledge.

Seek to go through all programs, so that you can enrich your mind with the various states they generate.

Maintenance considerations

6

MIND SYNERGY was manufactured using the best quality electronic components and was tested prior to packing.

Therefore, it should last for a long time with no special care. However, as with any electronic device, you should protect it against excessive heat, humidity and physical shock.

The stereo headphones and the glasses have fine mechanical components; therefore, you must handle them with care. You should not let the plug-in adapter on idle; in other words, after you have done a stimulation session with MIND SYNERGY, unplug it and put it back into the packing case.

The manufacturer grants a **warranty period of one year**, but is not responsible for any misuse of the equipment.

For further information on MIND SYNERGY, please contact the manufacturer.

Presentation 7

The full package contains:

- the **MIND SYNERGY** device as such;
- a plug-in **adapter**;
- **PC connector/adaptor**;
- **a pair of special glasses** for light stimulation;
- **a pair of stereo headphones**;
- **user manual**.

The device is designed to work with 2 pairs of headphones and 2 pairs of glasses simultaneously, to be used in the same time, with the same program, by 2 people.

It comes only with a pair of headphones and a pair of glasses. If you want a second pair of headphones or a second pair of glasses, you can purchase them separately.

Considerations on alternative light and sound stimulation

This material comes from our experience gathered in 20 years of performing experiments and with the help of users who have tested **MIND SYNERGY** and have been kind enough to share their results.

Our methods aim to be an alternative and an addition to classical education, with its unfavorable positions and situations a human being has to face in nowadays society. The methods we will present below do not oppose to other methods, they simply come to enhance a certain aspect, neglected so far. This aspect is about training character and intelligence.

For example, let us take a child in a school of our time. This child receives an education: mathematics, foreign languages and so

on; while in school, their body remains in the same position for several hours and this happens at an age when the organism greatly needs physical exercise to develop properly. This scenario is worse if the position is not adequate, and in time generates deformations of the spine, respiratory failure or myopia.

These discommodities are serious and largely responsible for difficulties in the **basic physiological activity of the average person**, because of these long hours of immobilization in an inadequate posture at an age when physical activity should prevail.

The analysis of the functioning of the brain hemispheres confirmed this apparently trivial aspect: for example, the classical wrong posture of pupils, with their heads supported by hands. After 30 seconds, the brain rhythm is completely disturbed, slowed down on one side and irregular on the other. The experience is so obvious and dramatic that we recommend everyone to try this for better understanding the direct effects posture has on our brain waves.

In some subjects, this imbalance appears faster than in others, who are stronger, but it becomes noticeable within 6 or 7 minutes of maintaining this posture.

Experiments have shown that we obtain the best physical and intellectual results when the two brain hemispheres work in balance, which happens when the position of the spine remains straight and vertical.

In order to adjust these aspects of a sedentary lifestyle, the education we receive contains a certain proportion of physical culture, which is, by all means, beneficial; nevertheless, during these physical exercises intelligence is mostly inactive, as the movements are performed automatically once they are learned, so the mind tends to wander.

What we want to present is an exercise of alternative light and sound stimulation of the brain that creates a harmonious correlation between **intelligence** and **gesture** and is easy to accomplish with **MIND SYNERGY**.

After many tests with a relaxation and sleep-inducing program performed on several subjects at night, before going to bed, in order to point out the effects alternative light and sound stimulation has upon sleep, we noticed a pleasant feeling of relaxation throughout the entire body, which lasted at least for the first half of the night. This state was similar to the states obtained

by practicing certain yoga exercises, but the physiological effects were much more intense.

We tested human reactions during sleep. Although light and sound signals were intense (which is necessary in order to attain a certain threshold value) and it is a known fact that noise, especially when monotonous, is very annoying when someone is sleeping, we were surprised to see that the subjects fell asleep pretty fast and after a certain time they woke up more refreshed than ever. Furthermore, they had a very pleasant sensation of relaxation in their limbs, similar to the level of relaxation achieved when practicing deep relaxation exercises.

We performed the same experiments (under the same conditions), only stimulation was simultaneous instead of alternative; this time, not only did the subjects no longer fall asleep, but also a certain level of nervousness, almost unbearable, appeared immediately.

It is obvious that the alternation of stimuli is the one that produces favorable effects, even spiritual phenomena, and over a few days can generate a positive transformation of disposition.

We obtained excellent results when light and sound modulated by MIND SYNERGY were not pure, but fell within a wider range of wavelengths, thus allowing the stimulation of more brain cells.

We do not intend this material to be a pleading for our device; we just want to present the results we have obtained using **alternative light and sound stimulation**, results that everybody should put to a test.

How to conduct a light and sound stimulation session

The subject should lie down or sit in a comfortable armchair, as relaxed as possible, without any physical stress (propped head, loose clothing etc.). The environment should be a quiet one, without noise and light variations, because simultaneous stimuli destroy the special brain waves created by alternative stimulation, especially if they are regular/monotonous (for example, the tic-tac of a clock on the wall).

The temperature has to be pleasant in order to allow a deep relaxation and, as a rule, in the first session the effects are more powerful if the subject does not know what is going to happen.

You should close your eyes during the session, as the light stimuli act upon certain nerve endings that are sensitive when the eyes are closed. If the eyes are not closed, the effects will greatly diminish and the experience can be unpleasant.

The first sessions should normally last an hour. Generally speaking, the most powerful effects appear after half an hour of stimulation, reach a peak after about 45 minutes, then they seem to suddenly disappear. In some subjects the effects can appear faster, others are not happy when interrupted after one hour; nevertheless, after about an hour a feeling of sufficiency will appear.

During the first sessions, sometimes (although very seldom) eyes will redden or water. If such symptoms occur, discontinue the session and resume it later or the next day. In our experience, these are signs of stress or blockage disposal and usually disappear after a week of practice.

The intensity of sound and light has to be set as high as possible, yet within bearable limits. It is very important that these stimuli have a high level, because if they do not reach certain threshold values for the stimulation of eyes and ears, the effects will decrease with more than 80%.

Special effects manifest when the stimulation reaches certain brain rhythms. We tested the programs we supply on many subjects and each one produces the effects we have specified. We know of no subjects that do not experience the effects of **alternative stimulation**.

In manual mode, by trial and error, you can reach a rhythm that can generate a state of mental void in you or focus your mind upon one single idea. This rhythm is the one that awakens the faculties of the psyche and triggers higher experiences.

The best time for a light and sound stimulation session is in the morning, after you wake up, especially if you have a day off. Without any worries of having to go somewhere, you can give yourself up to a superficial sleep during which you experience subconscious visions as if you were in an inner theatre.

Another favorable time is at night, just before going to bed. You can even fall asleep while MIND SYNERGY is working and, more often than never, you will wake up after one hour with a feeling of sufficiency. Remove the headphones and glasses, and you may even attend to your work if all you wanted was a quick regeneration. Nevertheless, if you continue your sleep, the whole night will be a blessing.

The effects of alternative light and sound stimulation

Due to its wonderful effects, we believe alternative light and sound stimulation will soon spread all over the world. Of course, the greatest obstacle seems to be the price. To this, we answer that the benefits and higher efficiency will quickly compensate for the financial costs to purchase this device.

What follows is a list of effects experienced after a single session of working with MIND SYNERGY.

1. Relaxation

This effect appears most often. Relaxation is spontaneous, and for an average subject it is deeper than any other kind of relaxation obtained through other methods. Relaxation depends on the waveforms of the light and sound stimuli. If this term, relaxation, does not tell you much, we can point out that the moments of maximum creativity, when you have brilliant ideas and feel full of energy, are those when your brain functions in *Alpha* or even lower waves, corresponding to a deep relaxation. Normally, an average adult over 21 years of age never attains this kind of

activity in the waking state. After one single session with MIND SYNERGY, there are signs of *Alpha* activity in the brain in no more than 2 weeks.

2. Mental void

This mental void is in fact a mind rest, and we should point out that it appears without any previous training. Many subjects believe that it is impossible to maintain a thought willingly in the first part of the session. Generally, towards the end of the session things are different. According to spiritual writings, the mind is like an ocean and thoughts are the continuously moving waves of this ocean. When the ocean calms down and the waves disappear (mental void), the subconscious mind opens its gates. Scientists state that the subconscious mind is the source of all information a living being can access. Healing processes, inventions, artistic creation, we can obtain everything by accessing the subconscious mind. The “Eureka” moment is such an access into the subconscious mind. This mental void must be generating most of these wonderful effects of alternative stimulation, effects that never cease to amaze even us.

3. Exhilaration

The experience is always a pleasant one and creates a special state of joy. This exhilaration greatly depends on the form of the signals applied: if you choose the signals adequately, a sensation of delight will fill your body. We emphasize that in a simultaneous excitation the light and sound are almost unbearable, therefore **the key is alternative stimulation.**

4. Optimism

In tests on subjects that had gone through an alternative light and sound stimulation session, after the session problems previously considered insurmountable became achievable, the flaws of people in their entourage were less important and they even discovered in those people qualities they had not noticed before. Even depressive and very pessimistic people became optimistic after the session.

5. Inspired ideas

More often than not, after the mental void, a special phenomenon appears; we named it *inspired ideas*. It is something completely different from pathological hallucinations (because the subject

does not confuse them with the real world) and from dreams (instead of being short, sometimes they last for fifteen minutes or more and have great symbolic value). Our experiences have shown that they correlate with mystical phenomena and a feeling of revelation always accompanies them. Over the next days after the light and sound session, the subjects find out that these *inspired ideas* are the answer to a meditation theme or a question that has been bothering them. These moments of revelation are like an oasis of pleasure in the daily routine and they can even be a lifesaver when faced with troubles. Although we have never found the same *inspired idea* in two different subjects, these revelations share some common features: they are full of light, rhythmic, suddenly appear in consciousness and are accompanied by a special tactile sensation, as if they were made up of a matter that can be felt.

6. More hypnagogic hallucinations

For example, a subject who experiences only two or three hypnagogic hallucinations in a year's time can have dozens of such hallucinations during a stimulation session with MIND SYNERGY while asleep. These effects are due to the precise rhythms of the programs, which trigger this *inner theatre*. In fact,

many subjects confess that if normally, because of their daily routine, they cannot remember their dreams when they wake up, after one single session with MIND SYNERGY, they can remember 10 to 12 dreams they had in one single night.

7. Brighter mental images

This phenomenon appears even in images the subjects intend to create when awake. It is remarkable that when subjects create such visualizations during the light and sound session, afterwards they become aware of a mechanism of synchronicities that often lead to the materialization of the respective mental image.

8. Modification of time perception

Generally, the subjects notice even in the first session that it was shorter or longer than they had expected. If there are certain blockages by the end of the session, the time can seem very long. If there are no major problems, at the end of the session the subject often says in wonder: "Already?". The tests we have done clearly showed that no subject is able to tell the exact duration of a MIND SYNERGY session. During the light and sound stimulation session, the subject is in a state that has nothing to do with temporal aspects.

9. Modification of space perception

Sometimes, especially when the subject is half-asleep, there arises a certain feeling of interpenetration of several spaces (universes); at this junction, the mind appears to be a matter which we can touch from a distance. We have tried to find a physiological explanation for this phenomenon and we believe it is because of the effect that alternative sounds have on the semicircular canals of the inner ear that have to do with space perception.

10. Transforming sound into words

Sometimes the subject no longer hears the sound produced by the device, but feels as if hearing voices. The rhythmic, bilateral sounds, similar to the noises made by a train, sometimes generate associations with the idea of a word. Here we are talking about a transformation and not an association, and in normal subjects the sensation is almost hallucinatory. Only their intellect lets them know they are dealing with a sound, not a word.

11. Close connection with self-suggestion

There is an intermediate stage between the above-mentioned classical phenomena with the train and the auditory hallucination

that sometimes replaces alternative audition: it is extremely easy to associate at will up to four words with the alternative sounds. The repetition continues without the slightest effort and is extremely pleasant. There is no comparison between this experience in alternative stimulation and a similar experience performed with a synchronic rhythmic sound on both ears. In the former, there is a desire and a pleasure to continue, in the latter it is so exhausting and disturbing that the subject will give up in no time. Therefore, alternative audition allows self-suggestion to be more efficient than the subject could ever imagine. There has to be one word repeated for each alternation; if the words are too long, you should hyphenate them, and arrange the phrase so that the same words are always heard on the same side.

12. Modification of visual chaos

Visual chaos (luminous sensation of physiological origin that persists in obscurity) becomes more luminous. Although the stimulation is alternative, there appears a horizontal glowing line that seems to be produced by a unilateral, not an alternative movement. Often the subject reports a sensation of flowing associated with this glowing line.

13. The subject's own alternations

Sometimes there appears a special phenomenon we have called "negative hallucinations". They are neither dangerous nor a sign of disease; the term "negative" comes from the impression alternative stimulation produces in the mind, something similar to a negative image on a film. Although the alternation remains within seconds or fractions of a second, the subject begins to hear a sound in one ear over a much longer period of time (about 20 seconds) than in the other ear and the same (in synchrony) happens with visual chaos. This strange phenomenon can last for minutes on end.

14. Alternation of complementary thoughts

Due to the duality in manifestation, each concept has a corresponding opposite and together they form a couple with a common energetic root, for example birth and death, past and future, and so on. The experience of alternative light and sound stimulation points out the dual character of such concepts, each one connected to a certain brain hemisphere. The increase of hemisphere polarization (because of the alternative stimulation with MIND SYNERGY) intensifies polarization of the paired concepts. Thus, thinking goes deeper into the sphere of duality

under the influence of alternative stimulation. This duality makes us think of certain spiritual traditions and religious concepts.

15. Visions

The composite lights in the MIND SYNERGY glasses generate light effects in the visual chaos in many forms and colors, due to selected frequencies and programs. Sometimes, hypnagogic hallucinations can appear in the mental void that turn out to be genuine visions. Of course, the connection with mystical phenomena is obvious. In this respect, alternative stimulation is similar to sensory deprivation (obtained, for example, in a Samadhi tank). *Le soir illustré* of Brussels, no. 1521 of August 17, 1961, contains an article written by a medical doctor named Shurley where he points out that several hours of deprivation of any sensorial excitation (smell, taste, touch, sight, and hearing) lead to hallucinations or visions. We emphasize that this kind of phenomena can appear only after a long spiritual practice. In our case, the same effects manifest themselves by a “deprivation of thinking”, because of the mental void created by alternative stimulation.

16. Sensations of draughtiness

Subjects often describe feeling warm or cold draughts or shivers running through their bodies. This is probably produced by the polarization and balancing of the brain hemispheres that generate in the body neuroelectric currents that are more powerful than usual.

17. Detection of diseased organs

A specific sensation draws attention upon a specific organ during a light and sound stimulation with MIND SYNERGY. A medical investigation proved that the respective organ was indeed diseased, without the subject knowing. This phenomenon has an explanation in the above-mentioned currents; a diseased organ alters the symmetry of these currents and focuses them upon itself. Thus, the subject's attention goes to the respective organ.

18. Momentary elimination of disorders and sometimes of acute pain

Certain migraines immediately disappear under the effect of alternative light and sound stimulation. In rare cases, some subjects presented a congestion of the conjunctive tissue,

even from the beginning; in other cases, the same congestion appeared towards the end of the session. When this congestion occurs, you must discontinue the light and sound session, because the congestion cancels the beneficial effects. In some cases, a stimulation of only a few seconds improved a weak sight. Alternative stimulation immediately blocks certain circulatory disorders and asthma attacks; cough attacks in acute bronchitis stop at once when the light and sound session begins (but reappear after it ends). Certain stubborn forms of insomnia heal instantly.

Effects after a light and sound session with MIND SYNERGY

Immediately after an alternative stimulation session with MIND SYNERGY, the brain hemispheres are balanced and the EEG test performed after the session shows completely different results. The functioning of the two brain hemispheres is symmetrical and breathing tends to flow evenly through both nostrils.

The phosphenes (images that appear with eyes closed after a powerful light stimulation) are similar to those appearing in children. They are uniform and come at a quick pace, a fact that indicates high vitality.

Memory is improved. Using lists of numbers the subjects had to reproduce before and after the stimulation session, we noticed a remarkable improvement of memory in over 50% of the cases.

In most cases, alternative stimulation brings childhood memories to mind, perhaps because children think mostly by alternating their brain hemispheres, an aspect that is in close connection with swinging (children love swinging). What is remarkable is that these memories are always pleasant and are among the most

beautiful memories the subject has ever had. As we shall see below, this is because alternative stimulation sets us on the road to spiritual enlightening.

Finally, most of the time (in over 90% of the cases) the subject notices that the exhilaration, the hyper-lucidity of the spirit, and the sensation of floating will last for several hours after the stimulation session with MIND SYNERGY is over.

Experiments conducted in the laboratory

The rhythm of one second on each side eliminates fatigue in the eyes and ears. We measured this fatigue by the decrease in the capacity of the eyes and ears to perceive weak signals.

We have noticed that when the subject hears a text in alternative audition, the capacity of understanding and assimilation increases when the rhythm is 4 or 10 seconds on each side. This increase in understanding appears about 45 minutes after the session has started, after which time an increase of emotional manifestations also comes forth.

Effects that appear after several consecutive sessions

After a few light and sound sessions, the subjects learn to use MIND SYNERGY more efficiently.

They learn to discover quickly the rhythms that allow them to control the thinking process and the apparition of certain phenomena. The intensity of effects varies significantly from one session to another. Frequently, the first session is very compelling, while the next ones are not the same. Later on, the effects become apparent again. The subjects learn to use alternative stimulation in different circumstances of their lives. For example, they use the device in the evening and they sleep much better; others use MIND SYNERGY in the office for a few seconds before making a decision, because this way the essential element of the problem will appear more clearly to them.

One of the most important effects that appear after several light and sound sessions is the amplification of the subject's meditative side. The *inspired ideas* manifested in the very first session are coming back, associated with new concepts.

This process is similar to the one in great creative minds, Newton, Einstein, Goethe and many others, who used to take up the same meditation theme repeatedly, each time adding new ideas. This evolution of creative thinking is completely different from the didactic thinking we use in order to pass an examination, thinking which forces us to remember bookish pieces of information more or less connected to each other. A few sessions of alternative stimulation with MIND SYNERGY show an activation of the creative mechanism of the spirit.

Simultaneously stimulating 2 persons using MIND SYNERGY

Two people can use MIND SYNERGY simultaneously. The alternative synchronization of two brains allows many experiences, with a great scientific, spiritual and social value.

We have performed telepathy sessions using MIND SYNERGY on two subjects simultaneously. One of the subjects thinks of a number between zero and nine for ten seconds. The other subject describes clearly the number that appears in their mind. The rate of

correct answers is much higher when both the transmitter and the receiver are under alternative light and sound stimulation. Furthermore, if they face each another and hold hands, the percentage of correct answers comes close to 100.

The alternative stimulation of 2 subjects promotes a harmonization of characters, a good understanding and reconciliation, enhancing affectionate feelings.

Use within the family

When an entire family has the opportunity to use MIND SYNERGY, its presence can be almost imperceptible in the beginning, but after a few months, a deep transformation within the family environment will become evident.

The fact is that, depending on their temper and predispositions in alternating brain hemispheres, family members will start to use MIND SYNERGY voluntarily, because of the relaxation, comfort and benefits they feel after the first few trials. For example, some children use MIND SYNERGY for 15 minutes every day before

doing their homework, because they have noticed that afterwards their intellectual capacity increases.

Altogether, after a few weeks or months of using this device, many subjects feel an amplification of their discrimination and decision power. Others discover that scientific or philosophic texts that seemed very difficult are now much easier to grasp.

We have found out that the state of exhilaration and elation generated by MIND SYNERGY tends to transform every user into a supporter. Neighbors often come to those who own a device in order to try a light and sound session. Sometimes there is be a sudden healing or a positive change of character, therefore the reputation of MIND SYNERGY grows rapidly.

Order of effects and usage time

Interestingly enough, effects do not appear in a certain sequence, but if they do exist, they have a specific place within a light and sound stimulation session. In the first 10 minutes, there are the relaxation crises; we call them “crises” because people not used to relax can have cramps in their muscles and watery eyes.

After about 20 minutes, the phosphenes alter, after half an hour emotional and mystical effects appear, after 45 minutes the effects pertaining to the power of understanding become apparent and then there is a feeling of sufficiency and the subject seems to feel nothing new. At this point, you should stop the session.

The same rule seems to appear in a series of session. For this reason, **we recommend you to use the device for three weeks and then have a week break**; this way, the effects will be maximal.

Spirituality and alternation of brain hemispheres

We find it useful to mention the connections we have noticed between alternative light and sound stimulation and spiritual or mystical phenomena. Below there is a brief description of the most interesting effects subjects of different social categories have obtained using light and sound stimulation with MIND SYNERGY over an extended period of time.

Clarification and crystallization of the Higher Self as a main theme of meditation

Alternative light and sound stimulation acts as a filter that selects the most beautiful and positive thoughts the subject has. This filter comes with a kind of projector that gives these thoughts a special power in the mind of the subject.

Psychoanalysis makes us descend into the darkness of inferior thoughts. The inner theatre's psychological effect is to carry us outside the social framework and make us live in the dream of the movie, as heroes. Alcohol makes subjects be out of phase with the environment and turn happy or nervous. Unlike any other stimulus, alternative light and sound stimulation re-integrates us in the social framework. It brings to the surface of our consciousness thoughts that make us aware of the consequences of our actions, thoughts that normally occur within ourselves, but our ego, our inferior trends or certain external suggestions usually choke them.

Inclination towards introspection

This inclination manifests itself in many ways, but it rather takes on a social form: the subjects recall daily activities as if they were a different person and thus they appraise mistakes with more objectivity and are able to understand better other people's behavior.

Revelation of the most suitable posture for meditation

The amplification of lateral polarization of the body generates a special kind of perception of all organs. The body will then seek the most balanced posture. Depending on the subject, the posture can be the classical Christian posture for prayer or yoga asanas, even if the subject is not familiar with these postures.

Revelation of a personal theme for meditation

After a session, the subject feels the need to breathe deeply for a few minutes, as one does in yoga, on certain fundamental rhythms. This effect usually comes after the first week of light and sound stimulation with MIND SYNERGY. We mention it because it is in close connection with the previous effect and they both bring forward enlightening moments when we have a physical perception of our connection with the universe, of our role in manifestation. There also appears an emotional transformation, rather in a biblical sense, and an improvement in social relations.

Awakening the subconscious mind

One of the most interesting aspects is that this mystical power of the subconscious mind acts as the Gospel says: "The son of man will come back as a thief". The subjects often do not realize that the experiences have a transcendental nature, but when asked what they have felt, they usually answer: "Nothing, almost nothing, I relaxed and my brain felt empty". Only when asked whether they

have ever lived this kind of experience before they do realize that they have had a unique moment. They generally begin to recall what has happened during light and sound stimulation with MIND SYNERGY. Over time, the “inspired ideas” which have appeared during the session fall into place and become a reference point for the subject.

Consolation after the death of a loved one

We had a very pleasant surprise when a person who had used MIND SYNERGY wrote us a letter with a very interesting remark: “During the light and sound session I felt my husband near me (he had died a short time before). I felt wonderful, I felt the pain was disappearing and was being replaced by love”.

We have experienced this with different subjects and we can say that, due to alternative light and sound stimulation, sensitivity for spiritual aspects awakens and separation is a lot less painful for those who believe in eternal life and subtle planes.

Perception of the mystical union with the Higher Self

A parallel between light and sound stimulation, psychiatry and mysticism makes us conclude that ultimately the perception of the unity with the Higher Self can go in two directions: a psychiatric one and a mystical one. Allopathic medicine tends to confuse these two directions, which in terms of alternative light and sound stimulation are essentially different. Actually, psychiatric evolution is due to a decrease of the connection between the two brain hemispheres, while mystical evolution comes from an exacerbation of this connection. We base this statement on several reports coming from different subjects over a period of almost 20 years. In most persons with psychiatric disorders, the perception of the self appears split in two parts. For example, one of them complained that after a severe neck trauma he had had many years before, he was feeling a permanent presence, difficult to define, but definitely situated to his left. Another one, when about to fall asleep, felt a painful split of personality that he could not control. This subject eventually ended up in hospital.

In these two cases and in many others, we noticed a strong decrease of phosphenes alternation (light sensations that appear with eyes closed after looking at a bright object).

When alternation of phosphenes is restored using different methods, the disorders disappear, at least for the moment.

Therefore, in a psychiatric sense, a split of consciousness marks the evolution of the feeling of oneness with the self.

On the opposite side, we have mystical evolution. Whether we speak of Oriental interpretation, when we consciously merge with Universal Consciousness to reach Nirvana, or of the Judaic conception – “Abraham and I are One” or the words of Jesus “I and My Father are One” –, our individual self expands and becomes one with the spiritual Higher Self.

One of the most surprising effects of alternative light and sound stimulation practiced regularly during several weeks is that there are moments when the subjects suddenly become aware, in one form or another, that they are tiny cells in a living organism. For example, we can understand that some of the successes we are so proud of are not so important, because we realize they were possible due to the conjugated work previously done by several other persons. We experience such thoughts with an extremely deep feeling.

Thus, we see that while disorders caused by a split of the self are associated with a weakening of the inter-hemispheric connection, the rhythmic and methodical excitation of this connection by alternative light and sound stimulation generates an expansion of the self, which stretches and encompasses other beings. In all spiritual traditions, this expansion of the self is associated with mystical evolution.

Range of use

From the results obtained and the reports of people who have used MIND SYNERGY, we give below some facts regarding how and when this device should be used for a light and sound stimulation session.

- **Sleep**

When the subjects use MIND SYNERGY just before sleep, they awaken in about an hour with a feeling of sufficiency. If they remove the device, they will be able to benefit from this rhythm for the entire duration of the night. This method has improved sleep for subjects with severe maladies (Parkinson, Down syndrome etc.).

Some subjects noticed that after 20 minutes of sleep with MIND SYNERGY, they felt so refreshed as if they had slept a whole night.

- **Work**

If subjects use MIND SYNERGY for short periods at work, for example when they want to adopt a decision, the essential issues will appear more clearly. If, because of the fatigue, attention decreases, with light and sound stimulation the spirit is set again on the right path. The subjects will perceive the effect as a better ability to think and take decisions.

- **Removal of bad moods**

Through light and sound stimulation, bad states become good ones.

- **Orientarea profesională**

Many subjects report that during MIND SYNERGY sessions they discover in themselves real skills and abilities beyond any external influence/suggestion.

- **Learning music**

Especially in children that lack a feeling for rhythm, if instead of a metronome (which is annoying both for children and for the conductor) they use an alternative stimulation sound emitted on the desired frequency, the rhythm will simply engrave in the child's mind while they remain very relaxed and at ease.

- **Mental restlessness**

Due to alternating the activity of the two brain hemispheres, restlessness, especially in children, melts away. A meditative state appears instead, while attention and concentration increase.

- **Increase of clairvoyant powers**

A philosophy professor who had never had the slightest hallucination had a vision during his first light and sound stimulation session with MIND SYNERGY and realized it was in fact a clairvoyance phenomenon. He had a revelation about the place where he could find information for the project he was working on. Reports of this type are numerous. Thus, alternative stimulation allows access to phenomena that usually appear very seldom and require special practice and initiation.

- **Preparing for exams**

We believe this is going to be a major application in the years to come. People can use MIND SYNERGY to relax their minds every time they feel tired. Furthermore, they will notice something: although in the beginning there will be no difference in the functioning of their minds, the moment they reach the point when their minds used to dissipate, they refocus in no time and when trying to recall the learned material it will come immediately and effortlessly.

- **Awakening and exalting the artistic sense**

Practice with MIND SYNERGY improves sensitivity to music, painting, the beauty of the nature, art at large.

Certifications and warranties



MIND SYNERGY is certified ISO 9001, the most prevalent and applicable standard regarding quality requirements for service provision.

Testimonials

"I believe the field of brain waves is a very interesting one. I am thinking of a possible collaboration in what regards the research. I have used the device and the main effect I felt is relaxation and loosening up of my muscles. I have tried several programs. I believe the potential of a brain stimulation device is worth to study thoroughly here, in Romania. If your team is interested in collaboration, I would be delighted. May you be successful in all your projects!"

Popa A.,
electronics engineer, Bucharest

"I use MIND SYNERGY especially during exam seasons. I am a student at the Medical College. You have no idea just how much it helps me! I use program 12 for accelerated learning. It takes 15 minutes and I use it twice a day. After each session, I feel revitalized as if I had slept. I gave up coffee and sleepless nights.

Thank you with all my heart! I am interested in any other devices you will design."

Vasilescu R.,
Galați

"I purchased MIND SYNERGY two years ago. I felt its profound effects even after the first sessions. It is much more complex than I thought. My family also uses it on a regular basis, with beneficial results. I have recommended it to my friends and I recommend it to everyone! The next product I am going to buy is BIO SYNERGY."

Luca Fendi,
București

"I wanted to give up smoking and that is why I bought MIND SYNERGY. Mr. Eugen Birgaoanu had explained to me how it worked and how this device could help me quit this vice. After using the device for two weeks, the effect was the activation of a different kind of vision, but I thought there was something wrong with my eyes. I was scared at first, but Mr. Birgaoanu helped me understand that I was able to see my energetic aura. It is something I have never experienced before and it opens new horizons to me. Thank you so much!"

Valentin N., Bucharest

"I have been a psychologist for 7 years and I work in Copenhagen. I use MIND SYNERGY with great success in treating depression and dyslexia, and also for relaxation. It is very practical, because not only does it help you obtain results quickly, but also because of its portability – when my patients cannot come to the medical office, I deliver home treatment. Some of them have been so pleased that they bought their own device, either for research or for personal development. This is how I have come to supply MIND SYNERGY: now I can help even more people and earn some extra money as a bonus. Thank you!"

Irina S., psychologist, Denmark

"For the last 12 years I have been unable to sleep without sleeping pills; I was simply addicted to them. Nevertheless, they were no longer effective, which was frustrating. Although I was skeptic in the beginning, after the first session with MIND SYNERGY (a special program for deep sleep), I slept like a baby. It works tremendously fast! Congratulations and thank you so much!"

Claudiu P.,
Ploiesti

"I have been using MIND SYNERGY technology for a few years to treat depression and various phobias. I have obtained interesting results; in order to emphasize them, I created a feedback loop with a pulse-monitoring device. I would be interested to collaborate with your research team in developing future programs."

Rodica Ion, psychologist,
Bucharest

"I bought MIND SYNERGY to relax more easily and quickly and to deepen my meditation practice. I have been using it for several years and I can say from my experience that it is the most efficient technology for removing stress. Even more, the hundreds of students with whom I have worked and I have gone beyond deep relaxation, entering states of meditation difficult to access even for advanced practitioners. Many of my friends have purchased their own Mind Synergy devices and are successfully using them in their own meditation practice. I think this is the technology with the most rapid results in calming and controlling the mind – a key element for the health of our minds and bodies."

Bogdan K.,
Denmark

"I have been practicing and teaching different types of meditation for years and I know how difficult it is to appease your mind. This MIND SYNERGY technology, though apparently simple, is incredibly efficient in getting to know and transform one's mind. The effects are amazing, especially for beginners, careworn persons or people who are not able to focus. Using MIND SYNERGY, my students enter deep meditation states from the very first sessions. All my thanks go to the Technology for Life team for the personalized application, which allows sessions with 10 users simultaneously. Although I have experienced astral projection and lucid dreams before, MIND SYNERGY has facilitated their manifestation. MIND SYNERGY has also helped some of my students have this kind of experiences (conscious dreaming, astral projections, perceiving their auras). Furthermore, when I used the same program with several persons simultaneously, I noticed the manifestation of telepathic phenomena. It is a fascinating field and, in my opinion, too little explored. Good luck with your future projects!"

Claudiu T.,
Bucharest

"I purchased MIND SYNERGY because I intended to use it on my patients in a coma. Some of them had been in this state for months, with no signs of improvement. I used a vitalizing program.

I was surprised when I saw the results: in over 85% of the cases, the patients came out of coma in less than 24 hours! In my opinion, MIND SYNERGY is a revolutionary device. Congratulations to Mr. Eugen Birgaoanu for all the devices created by Technology for Life!"

Viorel O., physician,
Paris

"In the laboratory at Cardiff University, where I work, we have done an experiment with MIND SYNERGY and the results were amazing. Employing special measuring devices on several subjects who had volunteered to participate, I noticed that within 40 seconds of using this device, their brains started to function on low frequencies. In other words, the brain reproduces instantaneously the frequency the device is set on. Furthermore, the mind remains conscious all this time, although the body enters a state of sleep. Good luck with all your further research!"

Adina R., researcher,
Cardiff University, United Kingdom

"I use MIND SYNERGY on my patients, together with other devices, for relaxation and therapy. I am extremely satisfied with the

results I obtain, even with patients that use it for the first time. It really works! Congratulations on your product!"

Nelu B., bioenergotherapist,
Bucharest

"MIND SYNERGY really helps me with my work. I have been using it for a long time and some of the effects Mr. Eugen Birgaoanu told me about manifested themselves after the very first sessions. Nevertheless, over time I have felt major changes in my qualities as a radiesthesia practitioner and bioenergotherapist. For example, now I can more easily and rapidly perform with my patients journeys into their past to help them heal. Furthermore, since I have been using MIND SYNERGY my intuition has become much stronger when I work with patients; I no longer need a pendulum to know what their problem is or what region in their body is aching. To me this is amazing. I am still as pleased with MIND SYNERGY as I was when I noticed its first effects. You are doing a great job, may you succeed in all your future projects!"

Octavian T.,
radiesthesia practitioner and bioenergotherapist,
Brasov

"A few years ago I suffered a stroke, which caused me speech problems. I vocalized my words with difficulty and my doctor said I was suffering from aphasia. He told me that because of that stroke, my cortex was injured and there were no chances of recovery. However, I had the will to search for alternative solutions. I made inquiries about MIND SYNERGY and about what this device could do to help me. What I found out was simply wonderful, yet I must admit I was a little bit skeptical. However, all my doubts disappeared when I started to use the device. Effects manifested themselves after the very first sessions. In two months' time, my speech improved considerably: I could talk more easily and coherently, with significantly less effort. Another positive change apparent to everybody around is that I began to remember things happened before the stroke. After six months, doctors performed another tomography and I received the most wonderful news: the injured region in my brain completely regenerated! I have no words powerful enough to express my gratitude! Thank you with all my heart!"

Magdalena Tudor,
Timisoara

"I had been diagnosed with multiple sclerosis, a disease that destroys myelin, the main antigenic structure in the nervous

system. The numbness in my legs and weakness in my muscles installed rapidly and I could hardly walk. I moved from here to there with a great deal of effort. I had significant memory losses and acute pains throughout my body. Doctors told me that multiple sclerosis was a degenerative disease, which meant I was going to get worse and worse. That is when I found out about MIND SYNERGY, which was to bring me joy and help me envision a better future. After three months of using it on a regular basis, I noticed a significant improvement: I started to have control over my legs and my memory was getting better. When I went to see him, my doctor miraculously confirmed all this improvement. The progression of the disease had significantly slowed down and myelin had regenerated in certain regions of my brain. Not only I, but also the doctors were amazed. I cannot imagine what could be more helpful than that! MIND SYNERGY and my desire to get well performed miracles! I am grateful to the team that created this device and I rejoice at the thought that so many others can benefit from it. May you have success in everything you do! Thank you so much!"

Octavian G.,
Cluj

"You have designed a wonderful device, which amplifies one's intuition, clairvoyance and capacity to heal! I had been suffering for months from dry eye syndrome. I performed three sessions with MIND SYNERGY before going to bed (the program for energizing eyesight), focusing on the idea that my eyes were already healed. One week later, when I saw my ophthalmologist, we were both astonished: my eyes were indeed healed; I no longer had that syndrome!"

Irina Lungu,
Iasi

