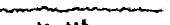

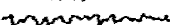
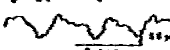


DAVID USER'S GUIDE

Many of our customers ask questions regarding the application and use of their **DAVID**. For example: which sessions are most beneficial for certain uses, what settings of intensity, volume, pitch to use, how to use the color overlays (available with *Paradise XL*, *XL+* and *TC* only), etc. This booklet is a supplement to your Operator's Manual to help answer your questions.

WHAT ARE BRAINWAVES?

Our brains produce "sweeping" electrical charges. These charges create a rhythm known as brainwave patterns. These patterns are observable through electroencephalograph (EEG) instruments. EEGs record and measure large amounts of neurons firing in unison. Brainwave patterns are commonly grouped into four different categories: *Beta*, *Alpha*, *Theta* and *Delta*. Each of these brainwave patterns are associated with various states of mind.

EEG pattern	Name	Frequency (cps or Hz)	Physiological state
	Beta	14-30	Alert
	Alpha	8-13	Usually eyes closed, relaxed wakefulness
	Theta	4-7	Hypnagogic state, early stages of sleep
 1 sec 50 µV	Delta	1-3	Deep sleep

BETA WAVES

Beta waves are quick, low amplitude waves of 14 to 40 times per second (Hz). Beta brainwave patterns are generated naturally when in an awake, alert state of consciousness.

ALPHA WAVES

Alpha waves oscillate between 8 and 13 Hz. Alpha waves occur during sensorial rest (eg. when the eyes are closed), intellectual relaxation, deep relaxation, meditation or quietening of the mind. Alpha waves are the desired results of meditators. Traditional methods of meditation may require 10 years of practice to produce good Alpha waves.

Alpha brainwave rhythms produce:

- (1) peaceful feelings
- (2) warm hands and feet
- (3) a sense of well-being
- (4) improved sleep
- (5) improved academic performance
- (6) increased productivity in the workplace
- (7) reduced anxiety
- (8) improved immune functioning

It is believed that many creative geniuses, such as Einstein, were in a semi-permanent Alpha state. Most of these insightful people had poor grades in school and were thought to be slow learners. Perhaps they were too busy creating to pay attention in class.

ALPHA/THETA BORDER

These sessions are the Schumann Resonance (#11 & 12 in all DAVID Paradise models and B3 & B4 in the DAVID PAL) and the State Five Meditation (#13 in all DAVID Paradise models and B5 in the DAVID PAL). At the Alpha/Theta border (7 to 8 Hz), exceptional insights and personal transforming experiences happen. Anger, resentment or buried, troubling memories from childhood dissolve more quickly.

THETA WAVES

Theta waves are between 4 and 8 Hz. This is commonly referred to as the dream or “twilight” state. Theta is associated with hypnogogic states, REM and dreaming. Memory development is enhanced in this state. In the Theta brainwave state, memory is improved (particularly long term memory), and access to unconscious material, reveries, free association, sudden insight and creative ideas is increased. It’s a mysterious, elusive state of mind. For a long time researchers couldn’t study this brain state because subjects had difficulty maintaining this state for any period of time without falling asleep (which generates large amounts of Theta).

DELTA WAVES

This rhythm is observed when in a sleeping state. As we fall asleep the dominant natural brainwave becomes Delta. Delta waves are the slowest of brainwaves spanning from 1 to 4 Hz in frequency. There is growing evidence that individuals may maintain a slightly conscious state while in Delta.

All brainwave states serve important mental functions. However research has shown that the natural, healthy Alpha rhythm is very close to 10 Hz (Alpha). In today’s lifestyle, the return to a peaceful, mind/body way of being has become difficult to achieve and maintain for any period of time. This difficulty causes disease in the body/mind. This is why it is so important for us to relearn or retrain our body and brains to get back to higher levels of Alpha. Slow Alpha, Alpha/Theta border and Theta also represent slow brainwave mental disorders. Closed-head injury, fibromyalgia, cognitive impairments all contain excess levels of these slow brainwaves.

WHAT IS HAPPENING WHEN I USE THE DAVID?

With each flash of light and each tone pulse, the brain produces an electrical response. The colors and patterns are the creations of the “spark” - what neurologists call the “cortical evoked response”, the electric response of the top most cortical layer of the brain. The brain is a mass of neuron cells, each taking part in the storing, retrieving and transmitting of electro-chemical impulses - information, colors, images, sounds, smells and tastes. Given the lives most of us lead, we are exposed to enormous amounts of daily stimulation. With stimulation from the **DAVID**, different areas of the brain are stimulated, and by this, stored material is awakened and released.

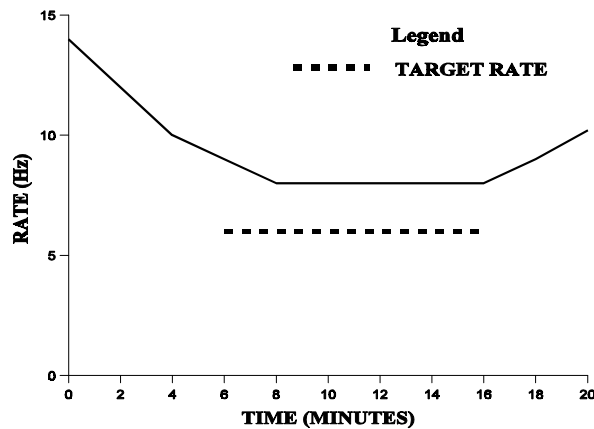
Another reason the **DAVID** creates relaxation is through the entrainment process where the brain resonates along with the stimulus. When the brain is stimulated with pulsed neuro-electrical activity via the nerves originating from the eyes and ears, the overall activity of the brain will respond to and align with these pulses. By selecting the desired rate, the brain via the frequency following response (entrainment) can be persuaded in the selected brainwave state. It is also because of the “frequency following response” or entrainment that the **DAVID** produces benefits similarly found with meditation.

WHY ARE THERE DIFFERENT STYLES OF STIMULATION?

The **DAVID** offers five different styles of stimulation: Standard entrainment, Fractionated, Hemistep™, Tranquilite and Music Modulation. Different people respond to different types of stimulation, therefore, we have designed the sessions in the **DAVID** to include a wide variety of stimulation styles to accommodate the different styles of people. We encourage you to experiment with as many of the preset sessions as possible, then you can determine which style is most beneficial to you.

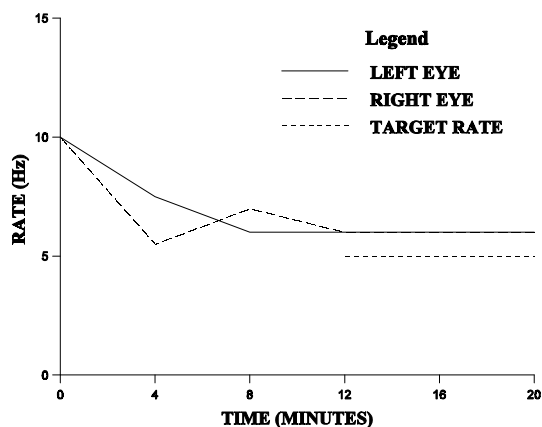
The preset sessions in the **DAVID Paradise XL+, Paradise XL, Paradise TC, and the DAVID PAL** have been thoroughly tested. The sessions offer not only a variety of stimulation styles, but different session styles as well. This variety allows for the most effective and varied sessions on any brainwave entrainment device:

- 1) **Standard Entrainment Session** - Standard entrainment session begin at a start rate, then guide the user to the desired target rate. For each of the standard entrainment sessions, you can choose focus or expand stimulation; pulsed or binaural tone.

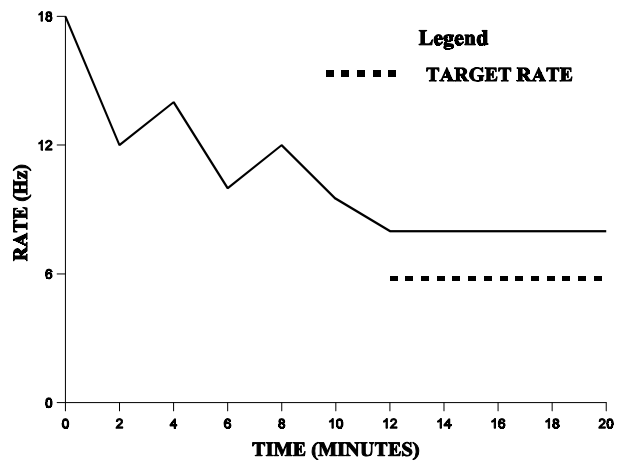


- 2) **Fractionated Session** - Fractionation is a well-known hypnotic technique. When attempting to enter altered states of consciousness, one often drifts toward the altered state, then returns slightly to the alert state (Beta) only to drift deeper into the altered state. Rather than trying to push the user into an altered state of consciousness, fractionated sessions use this process to its advantage, to flow with the user to achieve entrainment. The session starts at a Beta rate of stimulation, then goes down to a lower rate, then back up

a little, then down to yet a lower rate, then back up a little, etc. until the target rate is reached. For each of the fractionated sessions, you can choose focus or expand; pulsed or binaural tone.



- 3) **Hemistep™ Session** - The Hemistep™ session (#32 in all DAVID Paradise models) uses a technique similar to dual induction hypnosis - two different rates of stimulation are presented at the same time to create distraction and confusion. The stimulus is so alive and changing that the user is quickly distracted from internal thoughts. The brain, unable to process the vast amount of changing stimulation, escapes to an altered state of consciousness, where entrainment to the target rate is more readily achieved. For the Hemistep™ session, you can choose pulsed or binaural tone. This session is not on the DAVID PAL.



- 4) **Tranquilite Session** - With the Tranquilite session (#21 in all DAVID Paradise models), the lights and tones are continually on, to provide constant and unchanging stimulation. The Alpha rhythm is reached through passive concentration. You can keep your eyes open or closed during the Tranquilite session. This session is not on the DAVID PAL.
- 5) **Music Modulation** - Music Modulation monitors the audio frequencies of the music played from an audio-cassette tape or CD. The Music Modulation sessions (#36-39 in all DAVID Paradise models and C6 in the DAVID PAL) have centre frequencies of 6- 9 Hz. Bass notes from the audio-cassette tape or CD slow the rate of the lights and sounds down and treble notes increase the rate. This shifting below and above the centre frequency produces just enough awareness to make the user 'lucid'. Some very vivid dreams are experienced with Music Modulation.

Many prefer the variety offered by the fractionated or Hemistep™

sessions during their first few weeks of use. Experienced users tend to prefer the standard entrainment sessions. We encourage you to experiment with your DAVID to determine your favourite selections and sessions!

WHAT IS THE DIFFERENCE BETWEEN FOCUS AND EXPAND? WHEN SHOULD I USE FOCUS? WHEN SHOULD I USE EXPAND?

During focus, the lights and tones are on at the same time, then off at the same time. Focus is most effective when used for meditation and relaxation.

During expand, the lights for the left eye and the tones for the right ear are on, while the lights for the right eye and tones for the left ear are off. Then the stimulation alternates - the lights for the right eye and tone for the left ear are on, while the lights on the left eye and tones on the right ear are off. This provides a “cross” stimulation. Expand is most effective for stimulating the mind.

We encourage you to experiment with the Focus/Expand selection. Most people have strong preferences toward either Focus or Expand. Use the settings that you **LIKE** most. These setting will be **MOST** effective for you. The more enjoyable and comfortable the light and sound experience is for you, the better your results.

WHAT IS THE DIFFERENCE BETWEEN HARMONIC AND TRU-VU OMNISCREEN™ EYESETS?

Harmonic Omniscreen™ eyesets stimulate each eye individually (eg. all four bulbs for the left eye flash on/off at the same time). However, our patented **Tru-Vu Omniscreen™** eyesets are specially designed to allow for the visual fields of the eyes to be individually stimulated rather than the individual eyes. The visual stimulation when using focus is the same with both the Tru-Vu and Harmonic Omniscreen™ eyesets. But when using expand, Hemistep™ or dual frequency with the Tru-Vu Omniscreen™ eyeset, the stimulation is

very different from any other eyeset. The optic nerves to the brain are “wired” so that what we see in the left visual fields of both eyes goes to the right brain and what we see in the right visual field of both eyes goes to the left brain. With Tru-Vu Omniscreen™ eyesets, when using expand, Hemistep™ or dual frequency stimulation, the left-side bulbs in the eyeset for the left and right eye (left visual fields) flash on/off at the same time, while the right-side bulbs for both left and right eye (right visual fields) flash on/off at the same time. This process of stimulating the visual fields rather than individual eyes provides for more accurate hemisphere specific stimulation which results in the ability to produce proper brainwave entrainment when using expand, Hemistep™ or dual frequency stimulation. Also, some people find it difficult to tolerate expand stimulation with the Harmonic Omniscreen™ eyeset, and so, using the Tru-Vu Omniscreen™ eyeset is a more comfortable way for these people to enjoy expand.

WHAT INTENSITY SETTING SHOULD I SELECT?

When you begin your session, adjust the intensity (brightness) of the eyesets to a **comfortable** level. A brighter intensity level creates more vivid colors and “sharper” patterns. Be careful, however, not to overstimulate. Children and people susceptible to headaches should be careful to keep the intensity lower. Again, the more comfortable your experience, the better your results.

WHAT TONES AND/OR PITCH SHOULD I SELECT?

The **DAVID *Paradise XL+*, *Paradise XL* and *Paradise TC*** have at least two of the following tone selections: synthesized, pure, and surf (white noise). These tones can be pulsed, continuous (un-pulsed) or binaural beats depending on the model. The synthesized and pure tones are a series of “beep” like sounds. The surf tone is a white noise that produces a “shhhh” sound. The synthesized tone (square wave) provides the greatest auditory stimulation. The pure tone (sine wave)

is gentler than the synthesized tone, but provides less auditory stimulation. Both the pure and synthesized tones have variable pitch. The binaural beats occur when two continuous tones of different pitches are played separately. Binaural beats have a “wa, wa” sound.

With the aid of electroencephalograph (EEG) instruments, scientists have examined and documented a wide variety of brainwave altering sounds. They have noted the brain’s ability to resonate to the pulsing of tones, known as the frequency following response or entrainment. For example, if a tone is pulsed in a specific way at 10 cycles per second (cps), the auditory cortex of the brain will also respond by reproducing a brain wave frequency of 10 cps. The response of the auditory cortex soon spills into adjacent areas of the brain. Evenly pulsed tone bursts (known as isochronic tones) are the most effective method of producing brainwave entrainment. Selecting a tone and pitch is a personal choice. For entrainment to occur, the experience must be enjoyable, so select the tone which is most pleasant to you.

WHEN SHOULD I USE BETA SESSIONS?

Stimulation at Beta frequencies acts as a neuro-stimulant. Beta stimulation in the morning is an excellent way to start the day and makes an excellent substitute for coffee! Typically, with adequate sleep and without caffeine, waking in the morning is a breeze. Persons who experience anxiety when confronted with new situations may find it helpful to use the Beta sessions the first few times using the **DAVID**. Children with Attention Deficit Disorder (ADD) will find the Beta sessions helpful and calming. Beta sessions are commonly used to perk up cognitive functioning, for helping with focusing and are used extensively in treating slow-brain disorders where continuous Alpha or Theta activity is higher than normal. Beta frequencies have also shown helpful in treating inward, non-specific anxiety.

WHEN SHOULD I USE ALPHA SESSIONS?

When you want to experience deep relaxation or practice meditation, you can use any of the Alpha sessions. Alpha sessions are particularly helpful where there is outward anxiety and high arousal (can't sit still) or if you have post-traumatic stress disorder. When using an Alpha session for the first time, begin with shorter sessions of 15 to 30 minutes. Do not intake caffeine four hours prior to your session. After a week or more, extend the length of the sessions.

WHEN SHOULD I USE THETA SESSIONS?

The Theta sessions are most effective after a few weeks of light and sound use, when meditation and deep relaxation is achieved during Alpha sessions. The Theta sessions are effective for learning new emotional responses to situations and for developing and stimulation creativity.

WHEN SHOULD I USE DELTA SESSIONS?

Unlike other sessions, where it is desirable and most beneficial to stay aware, sleep is the desired result for Delta sessions. Delta sessions help to turn off the "chatter" that sometimes occurs after a busy day. These sessions are also useful for people experiencing pain. People who experience being in a "mental fog" may try using Delta sessions before going to bed and use a Beta session during the day. Simply run a Delta session when you retire to help you fall asleep, or to experience a more restorative sleep. The session will end automatically. Most users will unconsciously remove the eyeset and headphones sometime during the night.

WHAT ABOUT THE "MIXED" SESSIONS?

The SMR/Beta sessions are at frequencies that are used widely in neurofeedback. These sessions help with learning by increasing left brain function to improve attention and relaxing the right brain to

reduce hyperactivity and distractibility.

The Alpha/Theta mix sessions produce deep, refreshing relaxation. They are also effective in recalling memories.

The Beta/Theta sessions are useful in creating lucid dreaming. These frequencies increase right brain functioning while reducing analytical left brain functions. We suggest that you not use these sessions if poor attention and distractibility are present.

The Delta/Theta session can be used for deep relaxation.

CAN THE DAVID PROMOTE LEARNING?

Learning may be accelerated when information is presented to the user while in Theta, however it requires the user to avoid falling asleep. If this is achieved, the user will enter a brainwave pattern known as Passive-Awareness. This pattern occurs immediately following a session and will last for a few hours. During this time, the user will remain very relaxed or passive and yet still be alert. This is a good time to “hit the books”.

HOW DO I USE THE DAVID FOR VISUALIZING?

For centuries, people have used visualization and imagery to enhance their quality of life. Imagery is not only related to sight, but also to smell, taste, sound and touch. The clearer one is able to create these senses in one’s imagination, the probability that the desired results will occur is increased dramatically.

Visualizing is a powerful tool for replacing undesirable behaviours or responses. For example, you may have responses of anxiety, fear, anger, eating, smoking or a host of other behaviours when stressed. You would like to replace these behaviours with calmness, acceptance, abstinence or other desirable behaviours. Visualize these new responses using the following procedure:

- (1) Select a Theta session.
- (2) Dim the intensity of the eyesets to allow greater conscious control during the session.
- (3) Clearly visualize yourself in the situation where the undesirable response occurs. Visualize the situation up to the point of where the response usually begins. Do **NOT** visualize your usual response.
- (4) Next visualize yourself with a **NEW** response. Visualize the remainder of the scene as if it is happening right here, right now. Include new feelings, sensations of touch, sight, dialogue and even smell. Be aware of your breathing and muscle tone. In situations involving loved ones, do your best to feel a sense of closeness, understanding and caring for those persons.
- (5) Visualize this process several times during a session.
- (6) You may slip away from awareness at times during a session. As soon as you regain awareness, begin visualizing again.

Although the **DAVID** helps to produce vivid imagery, you may have difficulty maintaining conscious control over your guided imagery. This can occur when the lights in the eyeset are too bright and/or the tones are too loud, and the entrainment becomes too prominent and all Beta activity is suppressed. The Beta component of brainwave activity is necessary to maintain conscious control of guided imagery. In order to achieve and maintain an optimal mix of enhanced imagery and conscious control of your visualization, it may be helpful to select a lower intensity setting and/or decrease the volume of the tones.

CAN I USE ALCOHOL, CAFFEINE OR OTHER DRUGS WHILE USING THE DAVID?

When using your **DAVID**, it is beneficial to discontinue caffeine as

soon as possible. Caffeine produces a general flight-or-fight response, wears down the body, causes insomnia and makes one more reactive - causing distress. We recommend that you refrain from using any alcohol or mind-altering drugs when using the **DAVID**. If you are on any prescribed medication, we advise you to consult your physician before altering any dosages.

SHOULD I KEEP MY EYES OPEN OR CLOSED? SHOULD I STAY AWAKE OR FALL ASLEEP DURING A SESSION?

Most people prefer to use the **DAVID** with their eyes closed. This allows the user to remain more relaxed and rested. Also, with your eyes closed the eyelids serve as a viewing screen. However, you may want to experiment with having your eyes open when using the color overlays (available with *Paradise XL*, *XL+* and *TC* only). If you are using a session for visualizing or for learning, it is advisable to stay awake so that you can consciously choose your imagery. When using the **DAVID** for general relaxation, however, most people enjoy falling asleep.

IF I WANT TO STAY CONSCIOUS, HOW CAN I STAY AWAKE?

Often, when using sessions that use an Alpha and/or Theta frequency (5 to 7 Hz), the user will fall asleep easily. If you want to prevent this, combine an audio-cassette tape or CD of relaxing music with your session, or when lying on a bed, hold your hand up while allowing your elbow to rest on the bed. As you drift into sleep, your forearm will fall. This action will allow you to realize that you are falling asleep. Something in the room which generates occasional sounds may also help to keep you in the awareness zone.

WHAT ARE DIFFERENT COLOR OVERLAYS FOR?

The **DAVID** *Paradise XL*, *XL+* and *TC* come with three color overlays: yellow, green and violet. Also available are indigo and ruby.

These color overlays are attached to the Omniscreen™ eyesets so that the color filters through the lights. We encourage you to experiment with your color overlays to see what different results each color creates. The color overlays are popular with the Tranquilite session.

HOW DO THE DIFFERENT COLORS AFFECT US?

Visible light and color influence and affect every living thing. Color plays a more important role in our lives than we are consciously aware of. Color influences our actions and reactions. Some colors encourage relaxation while others offer a stimulus to action. Color has been used throughout the centuries to alter, influence or change moods. Not only do colors influence us psychologically and emotionally, they also affect us physically.

People generally react in similar fashion to various colors. Blue, for instance, has a calming effect on us. Red is stimulating. It is not coincidental that we have phrases in our language such as “seeing red”, “feeling blue”, “green with envy” and “black with rage”.

The following is a summary of some reports about how each of the colors affect us:

RED: Red is the color that stirs the senses and passions. It is associated with the power, energy, vitality and excitement of life. The negative aspect of red vibration can bring out fear, uncontrolled passion and excessive anger. Red is the color most disturbing to people with mental problems and should not be used around them. When a person is exposed to red, a chemical signal goes from the pituitary gland to the adrenal gland and epinephrine (adrenaline) is released. The epinephrine enters the bloodstream, the blood pressure elevates, blood flow speeds up, the rate of breathing becomes rapid, the autonomic nervous system take over and reactions become automatic. It would be

beneficial to be exposed to red before physical activity or an exciting challenge. eg. body-building, sky diving, scuba diving, etc. Red has the lowest vibration of all the visible colors and affects the emotions more quickly than any other color.

ORANGE: Orange is the color of success. Orange stimulates the thyroid gland and depresses the parathyroid. It has an antispasmodic effect on muscle cramps and increases pulse rate. Exposure to orange causes an increase in appetite and slows the rate of blood flow. When orange is combined with blue, a sense of placidness, calmness and security develops.

YELLOW: Yellow is a creative, joyous color. It brings out wisdom, understanding, intuition and insight. Yellow stimulates the lymphatic glands, and it also activates the motor nerves and generates energy for the muscles. Nerve building takes place in the presence of yellow. It causes the electrochemical transference from eye to brain cell. Vision takes place the quickest in the presence of yellow. Yellow is the first color a person distinguishes when “seeing” something. Yellow gets a quick, though temporary, response from a subject under stress. Yellow adds to stress by preparing a person for fight or flight.

BLUE: Blue increases the metabolism, builds vitality, promotes growth, and acts as a tonic on the body in general. It has a soothing or cooling effect on inflammations. Blue is the balancing and harmonizing color. It reduces nervous excitement and relaxes the mind. Blue is known to produce a calming effect. When in a person’s visual field, blue causes the brain to secrete eleven different neurotransmitters, and these hormones are chemical signals that bring calmness to the whole body. They also

slow the pulse rate, deepen breathing, reduce perspiration, lower body temperature, eliminate the flight or fight response, and reduce appetite.

- GREEN:** Green has a universal appeal to the sense of balance and normality. Green is peaceful and has great healing powers. Green is soothing and calming, both physically and mentally. It relieves tension, lowers blood pressure, and produces a sense of warmth. Green helps stabilize the emotions and stimulates the pituitary gland. Favourable metabolic responses occur inside the body when an individual is surrounded by almost any shade of green. When exposed to green, blood histamine levels become elevated. Histamine is a compound associated with dilation of the blood vessels and contraction of smooth muscles. It's an important mediator of inflammation and is released in large amounts after the skin is damaged. Green causes a reduction in allergic reactions to foods and MSG.
- INDIGO:** Indigo combines reason and intuition and discipline with creativity. Indigo is electric and cooling. It acts as a parathyroid stimulant, thyroid depressant, blood purifier, phagocyte builder and as an hemostatic agent (reduces or stops excessive bleeding.)Indigo promotes muscular tonicity and hypnotic-like insensibility to pain.
- VIOLET:** Violet stimulates the spiritual nature of people. It promotes self-mastery and higher realms of creativity. It depresses the lymphatics and is calming in cases of mental illness. Violet controls irritability, reduces hunger, and builds leucocytes. Leonardo da Vinci said, "The power of meditation can be ten times greater under violet light falling through the stained glass window of a quiet

church.” Violet has the shortest wave length and is the fastest vibration among the rainbow colors, which causes it to fade quicker than the others.

WHAT TAPES/CDs CAN I USE WHILE USING MY DAVID?

You can use any of the many relaxation, “self-improvement” or creativity audio-cassette tapes or CDs available to enhance your DAVID sessions. Or you can play any music you enjoy (keeping in mind that you will probably want quiet, slow music for relaxation sessions). For most effective results, we recommend Hypno-Peripheral Processing (HPP) audio-cassette tapes and CDs by Dr. Lloyd Glauberman. HPPs produce quick results and require no conscious effort on the part of the user. We suggest using these audio-cassette tapes and CDs with the Music Modulation session.

The information provided in this booklet regarding sessions and applications for sessions is based on our observations and the responses from our many customers. This information is not based on any documented research.

NOTE:

Persons with a history of brain seizures, epilepsy, photic epilepsy, psychotic episodes, excessive drug or alcohol use, should consult with their physician before using the **DAVID PAL**, *Paradise XL+*, *Paradise XL*, and *Paradise TC*.

These devices are not recognized as a treatment or cure of any medical condition or disability. The information provided is for educational purposes, no medical claims are made or implied.

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We appreciate your comments and welcome your questions:

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