

## MindSpa PDSW Session Editor Quick Start Guide

You may create your own sessions, or modify existing sessions, save and upload them to your MindSpa. Click on the **Session Editor** button to launch the software.

When you first begin, a default one minute session segment is displayed in the Session Editor. Rows represent session parameters, and columns represent individual segments that form the session.

### Modifying a Session

Existing sessions can be opened and optionally then modified by selecting the menu item: Session/Open. We suggest opening a few pre-existing sessions to give you an idea of how sessions are constructed using the software. Save the modified sessions under new names otherwise the original will be overwritten.

To change parameters highlight it and use the **Q key** (+ increase value) and **A key** (- decrease value) on your keyboard. The combination of **CTRL Q** or **CTRL A** changes values more rapidly.

### Session Parameters

The following briefly describes each segment variable.

**Seg. No. – Segment Number** Sessions are created by stringing together a series of segments. Each segment can have each of the five parameters set independent of any other segment. There is a 100 segment limit per session.

**Time** – Segment time is adjustable from 15 seconds to 5:45 minutes.

**Mode** – Allows you to choose one of seven individual light and sound patterns. Each segment can have its own light pattern.

**LR:** Light blink in alternating pattern left/right along with sound pulses L/R in phase.

**IN:** Both left and right lights and sound are in phase with each

other.

**FB:** Both lights blink together and sound pulses together in an alternating pattern between the lights and the sound.

**CR:** Light and sound operate in a cross pattern with left ear/right eye – right ear/left eye.

**LA:** Light pattern alternates left/right with sound in the IN mode.

**SA:** Sound patterns alternate left/right with lights in the IN mode.

**SL:** Light pattern is solid. No sound. For [circadian rhythm balance](#).

**Frequency** – Each segment has the option for a beginning and ending frequency. Frequencies are adjustable from 1.0 Hz to 48.0 Hz in 1Hz (cycles per second) increments.

**Freq Start** – Controls the light and the sound pulse frequency at the beginning of each segment.

**Freq End** – Controls the light and sound frequency at the end of the segment.

**Note:** The segment time and difference between beginning and ending frequencies in the segment determines how fast the lights and sounds will change. This will provide what is known as a ramp effect.

**Ramps** are gradual changes between segments. You may also create jumps, or sudden changes between segments by making the start frequency in the next segment different from the end frequency immediately preceding it.

**Pitch** is the sound tone value and is adjustable from 48 to 400 Hz.

### **Creating a new segment or copying current segments**

Using the Session Editor, there are two ways to create a new segment. One is to add a new segment which creates a segment using the default parameters. The second method is to copy and paste a segment you have created. (Use the

Segment pull-down window or the keyboard to accomplish these functions.)

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