

**MindSpa 12p Programmable Bonus 15 Sessions**  
Advanced Relaxation and Stimulation Training  
Plus 3 Bonus Dr. Olmstead Sessions

**User Guide**



**MindSpa**®  
Personal Development System

By A/V Stim

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## **MindSpa 12p Programmable Bonus 15 Sessions Advanced Relaxation and Stimulation Training Plus 3 Bonus Dr. Olmstead Sessions**

Thank you again for purchasing MindSpa. We hope you are enjoying the system with great benefit. This guide will provide you with details for using your advanced session library.

Prior to uploading the advanced sessions, we suggest using pre-installed sessions 1-6 for the first several weeks and then progress on to the deeper sessions already included. However, if you want to jump ahead, feel free!

Whether you choose our pre-installed sessions, or Dr. Olmstead's session libraries, the first six light alpha sessions included with your MindSpa are an excellent way to become aquatinted with the relaxation effect MindSpa offers. You will find this is an excellent way to get results quickly and easily.

### **Stimulation Sessions**

The beta stimulation sessions are useful for a quick mental pick up. We suggest using them during the day as night use can be too stimulating for some potentially causing sleep issues. For the majority of users, the relaxation sessions will provide full benefit.

For specific focus and attention issues we highly recommend Dr. Olmstead's Learning Library and Enhanced Library as these contain our highest frequency stimulation sessions and our premium relaxation sessions with full instructions for use.

The first six sessions, #1-6, offered with the Advanced MindSpa library are mid-level stimulation sessions. These are helpful for enhancing focus and attention and use during the day as a refresher in place of caffeine.

### **Relaxation Sessions**

The advanced relaxation sessions, #7-15, utilize our exclusive Progressive Relaxation System™. Each of the alpha, theta and delta sessions goes into a progressively deeper frequency range than the session previous to it. Many of these are longer than our average 22-30 minute sessions pre-loaded in your MindSpa MDS-12p Programmable.

It may help to explain a bit more about how to use the sessions. The deeper sessions are not necessarily stronger or better than the light alpha sessions. The first priority is to train the mind to be comfortable entering and remaining in the alpha state. Moving directly to the deeper, longer sessions may not necessarily translate to better results.

## **Relaxation Sessions (cont)**

Physical exercise is similar in that as a beginner one has to start at a level that is attainable and then gradually build up to more advanced levels in time.

Our recommendation is to go at a progressive pace that is comfortable for you. We are each unique so there are no hard, fast rules. You will know when you are ready to move forward. And you will find with time and experience you will tend to gravitate towards certain sessions you find work the best for you.

Keep in mind that the session descriptions reflect the frequencies provided. Using a theta or delta session does not necessarily mean you are more likely to enter into theta or delta. Each of the relaxation sessions are designed to help gently guide you toward a deeply relaxed state. The doorway to relaxation is through the alpha state.

Generally speaking, the majority of the time you will be entering a mild to deep alpha state with occasional spikes into theta for a few seconds to a few minutes. Deep delta, on the other hand, is naturally entered during the sleep cycle. The most important aspect for use is to use the sessions on a regular, ongoing basis as the effect is cumulative.

## **Releasing Stress**

When stressed our breathing tends to be shallow and high in the upper area of our lungs. As you begin a session, breathe deeply and completely so you feel the motion through your diaphragm.

To practice this method, place your hand on your stomach. It should move up and down while your chest remains relatively still. Breathe in slowly and deeply, then hold for a count of three, and breathe out slowly and completely, after a few moments begin the process again. With a little time and practice your rhythmic breathing will become automatic and you will begin finding yourself using this method while going about your daily routine.

Now, also practice another easy but effective method known as muscle awareness. Exercise by relaxing your facial muscles, your limbs, your back and so on one by one. Start at the top and work down through every part of your body.

As you breathe for relaxation, pay attention to your body and become aware of the relaxation you are feeling in each part of your body. Allow your mind to drift free for a few minutes from any concerns. It is an amazingly easy and effective technique.

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### **Important Disclaimer: Read prior to downloading and use**

The use of the MindSpa Personal Development System® and these sessions are safe for most people as no serious side effects are known. However, there are a few particular cases where MindSpa should only be used with the prior approval and monitoring of a medical or health care professional:

- **Persons suffering from any sort of serious medical condition**, including epilepsy, brain injury, mental impairments, visual photosensitivity. Those with serious physical conditions including those using a pacemaker or suffering cardiac arrhythmia or other heart disorders must consult with a medical professional before beginning use. If you experience a headache or eye strain while using, decrease the light intensity or discontinue the session or the frequency of the use.
- **Use with children or minors only with prior parental consent and monitoring.**
- **Do not use while on medication or while under the influence of drugs or alcohol.** They are not recommended for anyone who is currently taking stimulants, tranquilizers or psychotropic medications.
- **Discontinue use if experiencing any sort of adverse reactions** such as dizziness, eye strain, migraine, or severe anxiety. Please consult with a medical professional, if these symptoms occur.

These sessions are not to be used as a substitute for prescribed medication and/or medical or psychological treatment. A/V Stim, LLC and Ruth Olmstead make no implicit or overt claims for cure or treatment of any medical or psychological disorders. No expressed or implied medical claims are made for A/V Stim, LLC products and sessions. These products and sessions should not be used for the relief of any medical or psychological condition.

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## Advanced Relaxation and Stimulation Sessions

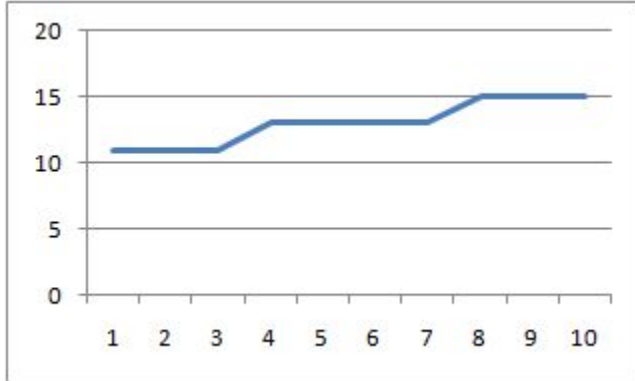
Session Number	Name	Time (min)	Start cycles/sec	Mid cycles/sec	End cycles/sec
1	Adv High Beta I	24	30 Hz	19 Hz	15 Hz
2	Adv High Beta II	24	15	19	30
3	Adv Mid Beta I	34	24	19	13
4	Adv Mid Beta II	30	13	18	24
5	Adv Low Beta I	32	20	18	12
6	Adv Low Beta II	22.5	12	17	20
7	Adv Alpha High	30	8	9	14
8	Adv Alpha Mid	26	16	13	9
9	Adv Alpha Low	33	13	10	8
10	Adv Theta I	42	13	9	6
11	Adv Theta II	48	11	8	5
12	Adv Theta III	56	10	7	5
13	Adv Delta I	36	10	6	4
14	Adv Delta II	44	9	6	3
15	Adv Delta III	60	9	5	2

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## Dr. Ruth Olmstead Bonus Program Descriptions

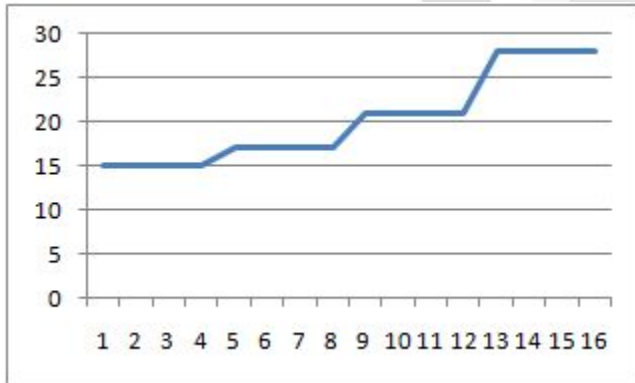
### Pick Me Up (10 minutes)

A fun, non-caffeine way to give yourself a quick boost of energy when you are short on time. This 10 minute program increases brainwave activity so you feel more alert and awake. It also may enhance your mood.



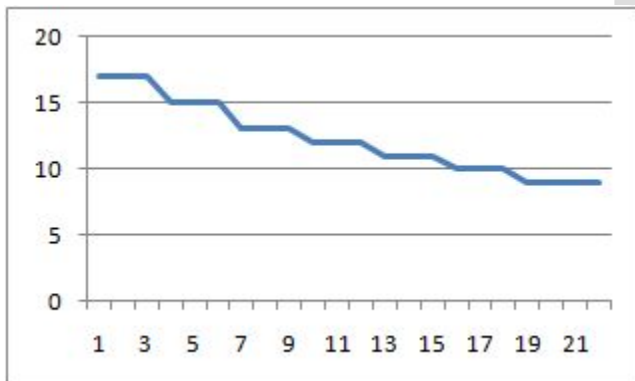
### Mid Morning Boost (15 minutes)

This 15 minute program gives you a boost of energy and provides more motivation to get through the rest of the day. This program also assists in feeling more focused and gives your mood a boost.



### Stress Magic (22 minutes)

This program helps to melt away stress and leave you feeling relaxed and calm. It may also assist in helping you feel more focused for the rest of the day.



## Advanced Relaxation and Stimulation Program Charts

