

**POSITIVE CHANGES
PATHFINDER™
Lifestyle Enhancement System**

**Learning • Relaxation • Rejuvenation
Performance • Lifestyle Enhancement**

Instruction and Use Guide

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Important Notice: Special considerations before beginning use

The use of PATHFINDER™ is safe for most people as no serious side effects are known. However, there are a few particular cases where PATHFINDER™ 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 and 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.
- 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.
- Discontinue use if experiencing any sort of adverse reactions such as dizziness, migraine, or severe anxiety. Please consult with a medical professional, if these symptoms occur.

Positive Changes Hypnosis® Centers 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 either Positive Changes Hypnosis Centers® or Lifestyle Improvement Centers, LLC products. These products should not be used for the relief of any medical or psychological condition.

Package Contents

The PATHFINDER™ system includes the following components:

- o Microprocessor-based Control Unit with twelve proprietary programs
- o High-Response Audio Headphones
- o CalmBlue™ Deep Relaxation Glasses
- o Instruction and Use Guide
- o 1 Year Limited Warranty
- o Warranty Card

How to begin

Remove the back cover and install three AAA batteries (not included). For best performance, always use alkaline batteries.

Plug the CalmBlue™ Deep Relaxation Glasses into the jack located on the left side of the unit.

Plug the headphones into the upper jack located on the right side of the unit. Be sure all plugs are pushed firmly into the jacks.

The On/Off switch is located on the left side below the glasses output jack. Turn on and choose one of seven programs by pressing the Program Up/Down button.

Press the Start/Stop/Pause button to begin. The program begins after a ten second countdown. When the program begins, you may adjust volume and lights to a comfortable level.

Sit or lie in a comfortable position. Close your eyes. As you begin your session take several slow, deep breaths to induce a calm and relaxed state and release any muscle tension you may feel.

Features & Operation

This section will help familiarize you with the various easy-to-use features. For further advice, or if you have any difficulties using PATHFINDER™, refer to the Frequently Asked Questions section on page 16 of the manual.

Program Mode

The current program is displayed when the unit is turned on. To choose a different program, press the up or down buttons located on the left front of the unit (please see diagram on page 9). When you find the program you want press the Start/Stop/Pause button to begin. Note: Hold either button down for one second to automatically run through the various program, volume, or light intensity settings.

Countdown Timer

When you first press the Start/Stop/Pause button the display will begin a ten second countdown. This provides you time to get comfortably positioned. You may override the ten second countdown by pressing the button a second time. This will cause the program to begin immediately.

Time Remaining Display

When the program begins the display will show the minutes and seconds remaining. A small arrow on the display will indicate the program is active.

Pause/Stop

To pause during a program, briefly press the Start/Stop/Pause button. To continue the program, press the button again. You may stop a program by holding the button down for two seconds, or by simply turning the unit off.

Light and Volume Settings

The light and volume controls may be adjusted from a setting of 1 – 16. A small headphone or glasses logo will be displayed with the current setting. Start by setting the brightness and volume levels at a low, comfortable level. Adjust to slightly higher levels when bright light or outside noise is present. We recommend beginning with a low to mid-level setting of 6 to 8 and gradually increasing or decreasing as you become more familiar with the unit.

Gentle On/Off

Each program begins and ends gradually. This feature allows the volume and light intensity to gently increase and decrease over several seconds to enhance your personal comfort.

CalmBlue™ Deep Relaxation Glasses

Our proprietary peripheral light design is very effective in helping you to reach the desired state. For best results use with your eyes closed in low ambient light conditions.

Treat the lenses with care as they will be damaged if abused or mishandled. On occasion, gently clean the glasses with a clean, soft, slightly damp cloth. The arms on the relaxation glasses are adjustable. To adjust: hold firmly by the inner arm and gently pull or push. Adjust so they fit comfortably close to your face. If necessary, periodically tighten the arm screws lightly.

Sound

PATHFINDER™ programs utilize specific tones to help create the proper mind state. Always use the headphones provided with your unit or other quality headphones. Set the sound level at low to moderate.

Battery Saving Auto-Off Feature

To preserve batteries, the unit will automatically turn itself off when it sits idle for five minutes. To reset, return the On/Off switch to the Off position and then back to the On position. The last program will be displayed. When the batteries run low, the display will begin to dim and a small battery icon will appear in the display indicating it is time to replace the batteries; otherwise you may begin to experience erratic operation.

Introduction to Programs

The PATHFINDER™ Lifestyle Enhancement System is designed to help adults and children to sharpen and improve mental performance and enjoy a more relaxed and rewarding lifestyle.

The twelve proprietary programs in PATHFINDER™ employ precise frequencies of flickering lights, coupled with specific rhythms. The pleasant sensory input has been found to help achieve desired results in a few sessions.

How to gain maximum benefit from the PATHFINDER™

For best results, use as directed by developing a regular routine. Find a comfortable sitting or reclining position. Use your PATHFINDER™ in a low light, quiet location where you will not be disturbed.

Set the volume just low enough to be comfortably heard. Set the light intensity at a level that is bright but comfortable for you. As you enter each session, allow the thoughts in your mind to float freely. This is a special time for deep relaxation. After the first few minutes you will begin to feel yourself entering a calm, focused state of awareness. Just let go! It is natural to drift into what feels like a light sleep as this is part of the PATHFINDER™ process.

The Hypno-Acceleration processes available through your local Positive Changes Hypnosis® Center are a perfect complement to your PATHFINDER™. Please contact your local center or visit us on the web at www.HypnosisToGo.com for more information. You can choose from more than 140 different titles. You may optionally use relaxing music with your program. Connect through the unit via the auxiliary input, or directly into your tape, CD or MP3 player, bypassing the unit.

When you begin your program, learn to breathe deeply through your diaphragm for relaxation and tension reduction lightly. 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 practice, your rhythmic breathing will become an automatic response.

Practice muscle awareness exercises by relaxing your facial muscles, your limbs and your back. 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 any tension you feel. Then just let go of it. Allow your mind to drift away from any concerns or anxiety you feel at the moment.

PATHFINDER™ Operation Diagram

About auditory and visual stimulation

Auditory and visual stimulation (AVS) is a fairly recently developed method of mind stimulation and training that has evolved from the study and use of biofeedback, a training procedure that can enable a person to alter physiological responses to induce a desired state of mind.

How AVS technology is applied

Auditory and visual stimulation is introduced primarily through the optic nerve and ears by means of computerized technology. This technology is applied to the individual through the use of specially designed glasses inset with light-emitting diodes (LEDs) set at specific angles and distances from the eye to optimize desired effect. These lights flash at predetermined frequencies and are coupled with specific tones that are received through headphones.

The light emitted from the glasses and the flicker rate introduced by way of the optic nerve causes the mind to match the set rate of flickering, depending on the preferred outcome, to a desired frequency. The induction method by which this occurs is known as Frequency Following Response (FFR). Unlike biofeedback, where the object is for the user to deliberately try to calm or train mental activity, passive AVS inducement occurs directly to the mind without the conscious effort of the user.

Type of results AVS offers

The induction into higher states has been found to increase mental activity, while the induction of lower states has been found to reduce mental activity, feelings of anxiety or stress, and promote deep relaxation. A faster mental state induced by faster flickering of the LED lights is theorized to provide enhanced mental activity, which can result in cognitive improvement.

Program Use

The programs are designed to be used with eyes closed. These programs have been tested in clinical settings and are safe for use by adults and children who have no history of epilepsy. We recommend the programs only be used by children under adult supervision. (Read page 4; Special Considerations before beginning use.)

We suggest you first experience PATHFINDER™ by starting with Program 1 on two or three occasions over the first few days. Brightness is important. Adjust the light stimulation so that it remains comfortable. If you become uncomfortable because of the light intensity or brightness, simply reduce the light intensity setting. The volume may be set at a low to moderate level provided it is overriding external noise in the room.

Always try to use PATHFINDER™ in a quiet location free of interruption and distraction. We suggest that you decide on a single goal for yourself and/or your child prior to beginning use. For optimal results, please use on a consistent basis, as recommended.

Conditioning and Relaxation

We suggest beginning with the relaxation programs before advancing to the stimulation programs. This will allow for proper acclimation to the light/sound relaxation experience. The relaxation programs may be used as few as two, and as often as four times each week. During this initial phase, the auditory and visual stimulation will condition you to enter a relaxed state more easily. More frequent use may not necessarily increase or accelerate the final outcome you desire. Use on a regular basis at least twice a week for best results.

Use one of the alpha relaxation programs for a few weeks before trying a more advanced program. After completing the initial phase, you may go on to one of the four stimulation programs. If you have a single goal, such as enhancing focus and attention, you may continue use of the same program on a regular basis for additional reinforcement. You may begin using a relaxation and stimulation program on an alternate basis should you so desire.

PATHFINDER™ Frequencies

Frequencies are measured on two scales: Cycles per second, also referred to as Hertz (Hz), and amplitude, which is the intensity. Ocean waves are a good example of cycles (wave frequency) and amplitude (wave height/intensity).

Beta frequencies are measured from around 13 to 40 hertz (Hz.).

Low or moderate beta corresponds to our normal waking state of alertness. This is where most routine thinking and physical functioning occurs.

High amplitude, fast beta generally reflects a state of heightened anxiety or stress. This is associated with the “fight or flight state.” When this state is maintained for extended periods, it leaves us feeling drained of energy. Over time, it can erode our physical and mental well-being. This state, when dominant, results in high levels of external attention. When paired with negative or stressful psychological stimuli, it can produce emotions associated with agitation.

Alpha frequencies are measured from around 8 to 12 Hz.

It is the wakeful state of relaxed and effortless alertness. Alpha waves are used for mental relaxation, accelerated learning, the creative process and peak performance. We enter into alpha during light meditation. Some other examples are performing relaxation-inducing activities such as reading a good book, staring into a nice, warm fire or going for a quiet drive in the country.

Theta frequencies are measured from approximately 4 to 8 Hz.

They represent a deeply relaxed state of free-flowing inward focus. We naturally enter into the theta state for a few minutes just before falling asleep and just before waking, when imagery is produced without conscious effort. It is also the deep meditation state and the seat of the creative process.

Delta frequencies are measured from approximately 0.5 to 3 Hz.

This is where physical and deep mental regeneration take place. It is considered the dreamless, “deep sleep” state. PATHFINDER™ does not utilize delta frequencies in its programs, as the delta state is entered through the natural sleep cycle rather than through the relaxation or stimulation cycles.

Program Descriptions

Program 1 Quick Relax

10 minutes

Type: Low beta to mid-alpha 13 – 10 Hz

This short program can provide a sense of relaxing, visual colors and patterns, along with feelings of relaxation and revitalization. It can be helpful on a daily basis for mental recharging. The exhilarating effect of this program can lead to calmness, increased concentration and focus, enhanced cognition, and alertness. Use this program as often as you like. Try it in place of caffeine for a quick boost.

Relaxation Programs 2 – 8

The ability to relieve stress and tension through relaxation can be learned and integrated into our everyday lives. Symptoms of common anxiety may be alleviated by learning to consciously move oneself into a calm state of mind. A big event or test, giving an oral report, or performing a physical or artistic activity in front of a group are examples of activities that can generate tension and anxiety.

Anxiety is one of the principal causes of reduced performance. When anxious, even the well-prepared can perform below their true capabilities. These relaxation programs are designed to help train the mind to easily enter into relaxed states and to make relaxation part of our normal waking state. The result is an overall feeling of calmness and well-being, giving more richness to our lives. A calm disposition can also help build confidence, which translates to better academic, business and athletic performance.

These relaxation programs may also be used before going to sleep, because they can help to gradually slow down mental activity. The relaxing benefits will allow for a more restful night's sleep and a feeling of revitalization upon waking.

The following seven relaxation programs are designed specifically for use with the Positive Changes Hypnosis® Processes. Please consult with your local Positive Changes Hypnosis® Center for more details.

Program 2 Alpha Relaxation **22 Minutes**

Mid-beta to mid-alpha 15 – 10 Hz

Program 3 Deep Alpha Relaxation I **23 minutes**

Low-beta to low-alpha 13 – 8 Hz

Program 4 Deep Alpha Relaxation II **23 minutes**

Mid-beta to low-alpha/high-theta 14 – 7 Hz

Program 5 Creative Spark **24 minutes**

Mid-beta to theta 16 – 6 Hz

Program 6 Breakthrough Session **23 minutes**

Low-beta to low-theta 14 – 4 Hz

Program 7 Problem Solving **30 minutes**

Low-beta to low-theta 14 – 4 Hz

Program 8 Inventor's Dream **40 minutes**

Mid-beta to theta 15 – 6 Hz

Stimulation/Performance Enhancement Programs

Use these programs two to three times a week for several weeks for best results. The stimulation programs may also be helpful in overcoming feelings of mental lethargy that, for example, are common during or after long overseas flights. When crossing several time zones, we recommend use upon or shortly after arrival. However, we recommend not using before going to bed as these programs may be too stimulating. They may also be useful for many performance-related tasks, including athletic competition.

Program 9 **Attention Span** **21 Minutes**

High to low beta 17 – 13 Hz

Begin using this program for overall academic improvement. Use initially two to three times per week for four to six weeks to improve focus skills. Regular use may have a positive and long-lasting effect, with noted improvement in concentration and alertness.

Program 10 **Mental Stimulation** **22 minutes**

High to low beta 35 – 13 Hz

This program is an excellent follow-up to Program 9 for improved mental functioning. It can also be useful for any performance-related task, including athletic competition, intense work requiring high mental capacity, or complex activities that require superior mental concentration. This program and Program 12 can also help calm the over-active mind.

Program 11 **Renew and Recharge** **35 Minutes**

Low to very high beta 13 – 40 Hz

This program has been found to be helpful as a mood elevator and for improving motivation in adults. Many users report noticeable improvements after two to three weeks of use, though this program can be used longer. It can be effective for children who are experiencing difficulty attending to tasks. Note: Consult with a medical professional before using this program for children with symptoms of hyperactivity. *Note: Do not use this program if experiencing symptoms of anxiety.*

Program 12 **Fresh Focus** **35 Minutes**

Very high to low beta 40 – 13 Hz

This program is designed to help improve focus, attention and concentration in adults. It may also be helpful in improving problem-solving abilities and reducing feelings associated with mental over-stimulation and over-activity.

Note: Please consult with a medical or health care professional before considering use of this program for medical conditions such as chronic anxiety and depression.

Additional Advice for Use and Care

Treat the PATHFINDER™ with the care it deserves and it will reward you with a virtually unlimited, trouble-free life.

Avoid using the PATHFINDER™ in unusually wet, dusty, or dirty environments.

Keep the control unit and CalmBlue™ deep relaxation glasses away from excessive moisture. If you get them wet, do not turn on the unit. This could cause permanent damage to the circuitry. Instead, immediately remove the battery cover and the batteries. Allow the unit sufficient time to completely dry out before trying to use it. This may help avoid permanent damage.

Do not leave PATHFINDER™ components exposed to direct sunlight for an extended period of time, or inside a closed automobile on hot days.

Remove the batteries if you are not using the unit for extended periods.

Plug and unplug all connectors by the lead ends. Do not pull out the connectors by tugging on the wires; this may result in damage to the wire or unit and will void your manufacturer's limited warranty.

Frequently Asked Questions

Q.: Why does nothing happen when the unit is switched on?

- A.: If the unit is not functioning, check to make sure the batteries are inserted properly. If the unit still does not function, try replacing the batteries with fresh AAA alkaline cells and try again.

Q.: Why are the lights or the sound not functioning properly?

- A.: Check to make sure the jacks are fully plugged into the unit. On occasion, a new jack can be a little stiff at first use and require a little extra push. Also, check to make sure you have each accessory plugged into the correct jack. Please note that the end of the light jack is color coded.

Q.: Why is the display dim and/or battery symbol is displayed and the unit seems to be malfunctioning?

- A.: This indicates the batteries have reached the end of their useful life. Replace your batteries with fresh AAA alkaline cells.

Q.: Why is there is a loud clicking sound in the headphones?

- A.: Check to make certain the headphone set is plugged into the correct jack.

Q.: Can I suffer any harm if I open my eyes during a program?

- A.: Keep your eyes closed during a program. However, there is no harm in opening your eyes while the lights are flickering. The total brightness relative to even a small incandescent flashlight is quite low and there is no measurable radiation output.

Q.: Why do my eyelids flicker with the lights?

- A.: Your nervous system is responding to light levels that are too high. Reduce the brightness of the lights so that they are at a more comfortable setting for you.

Q. How often should I use the PATHFINDER™?

- A.: The key to the best results is regular use. Follow as directed. Just as with physical exercise, give your mind time to revitalize. Take a little time off between sessions to gain maximum benefit. Expect to experience optimum results after several weeks of regular use.

Q.: What is the best way to sit during a session?

- A.: Place yourself in a comfortable position and allow yourself a few moments to settle in before beginning a session. Keep your legs and arms uncrossed; sitting in an open position will help to reduce muscle tension.

Q.: May I lie down and what happens if I fall asleep?

- A.: You may assume any position you find comfortable. Maximum benefit is gained by remaining in a relaxed, yet aware state. Benefits are still gained when you fall into a light sleep state. Sometimes a deep state of relaxation feels like you are asleep. If you find you wake up at the end of the program, you may not actually have been asleep but in a very deep, calm state. If you find you are regularly falling asleep and not waking up at the end of the program, it probably indicates you need more sleep at night.

PATHFINDER™ Lifestyle Enhancement System

LIMITED WARRANTY AND RELEASE FROM LIABILITY

Your PATHFINDER™ and accessories are warranted to be free of defects in material and workmanship for a period of one-year from date of purchase. Retain your sales receipt. Proof of purchase is required for all warranty repair or replacement.

Liability is limited solely to the repair or replacement of the product at the manufacturer's option. Manufacturer will repair or replace at its option without charge, other than transportation charges.

This warranty does not cover damage caused by accident, negligence or misuse.

If for any reason you believe your unit is faulty, please contact your retailer for warranty repair or replacement.

Purchaser must contact manufacturer for return authorization before returning an article for any reason. Shipping address and instructions will be given at that time. If any article must be returned to the manufacturer, the purchaser must be sure to include name, address, telephone and a description of the problem with the article.

FOR RETURN INSTRUCTIONS CALL: 800- 880-0436 or email: info@positivechanges.com

DISCLAIMER: Except as provided above, the purchaser acknowledges that the article is purchased as is. The manufacturer and seller specifically disclaim all warranties, expressed or implied, including warranties of merchantability and of fitness for a particular purchase or use. The manufacturer and seller also assume no liability for any loss or damage arising from theories of tortious conduct, including negligence and strict conduct.

RELEASE FROM LIABILITY: The purchaser understands that: PATHFINDER™ technology is intended for lifestyle enhancement purposes only.

- No other claims are made for PATHFINDER™ .
- Positive Changes Hypnosis® Centers cannot predict the suitability of any article for any application because of the individual physical and emotional makeup of each user.
- Persons with a history of seizures, hallucinations, head injuries or other mental problems should not use PATHFINDER™ products without first consulting their physician.
- PATHFINDER™ should be not be used by minors except with parental consent and monitoring.

The purchaser understands that Positive Changes Hypnosis® Centers, its suppliers, agents or employees will not be held liable in any way for any occurrence of any nature in connection with the use of the PATHFINDER™ product by purchaser or any other person. In consideration of purchasing the product, the purchaser assumes all risks in connection with the use of the product, either by purchaser or by others. Purchaser understands and will assume all risks in connections of the use of the products by others.

LIMITATION OF DAMAGES: If, notwithstanding the foregoing, there should arise any question of liability on the part of the manufacturer or seller, the purchaser agrees that such liability will be limited to the cost of replacement of the products purchased.

PURCHASER REPRESENTATION: The purchaser represents that he/she is of legal age and is legally competent to understand and agree to the terms set forth herein, and that the terms are contractual and not mere recital. The purchaser has read or will fully read the product Use Guide before using any PATHFINDER™ article.

Optional premium superbright white light glasses

For improved effectiveness try our premium, high-quality full-spectrum white light visual stimulation glasses. The bright, full-spectrum color provides clearer, crisper, more stunning visuals. Please visit our website for complete pricing and ordering information.

Contact Information

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Instructions for returning a unit for repair or replacement

PATHFINDER™ is manufactured to the highest standards of quality. However, if there should be a problem with your unit, we will repair or replace it with minimum delay. Please read carefully and follow the instructions below to ensure rapid handling of your claim.

- Contact us at 800-880-0436 or via email and request a return authorization number.
- When returning the product you must include a copy of your original receipt.
- Include the return authorization number on the outside of the package and on the copy of your receipt.
- Make sure the product is packed securely to avoid damage during shipment.
- Send only via services where proof of delivery can be established such as UPS, Fed/Ex, etc., or request proof of delivery via US or international postal systems. We are not responsible for items lost during shipment back to us.
- The product must be returned with all components and accompanying literature and be in undamaged condition. Any damage resulting from misuse, abuse or neglect, or if it is returned with missing parts will void the warranty.
- Outbound shipping charges are borne at the user's expense and are not refundable.
- Most claims are handled immediately upon receipt, however, please allow up to thirty days to complete processing of your return.

Positive Changes PATHFINDER™

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Developed in the U.S.

Manufactured in China by A/V Stim, LLC exclusively for:

Positive Changes Hypnosis® Centers www.positivechanges.com

Quick Start Guide

1. Remove the back cover and install three AAA alkaline batteries.
2. Plug the Visual Stimulation glasses into the jack located on the left side of the unit.
3. Plug the headphones into the jack located on the upper right side of the unit. Be sure all plugs are pushed firmly into the jacks.
4. The On/Off switch is located on the left side below the glasses output jack. Turn on and choose one of twelve programs by pressing the session Up/Down buttons.
5. Start by adjusting the light intensity and volume between setting 6 to 8.
6. Press the Start/Stop/Pause button to begin. The session begins after a ten second countdown. When the session begins, you may readjust volume and lights to a comfortable level.
7. Sit or lie in a comfortable position. Close your eyes. As you begin your session take several slow, deep breathes into your diaphragm to help bring you into a calm and relaxed state and release any muscle tension you may feel.

Program 1	Quick Relax	10 minutes
Program 2	Alpha Relaxation	22 minutes
Program 3	Deep Alpha Relaxation	23 minutes
Program 4	Deep Alpha Relaxation II	23 minutes
Program 5	Creative Spark	24 minutes
Program 6	Breakthrough Session	23 minutes
Program 7	Problem Solving	30 minutes
Program 8	Inventor's Dream	40 minutes
Program 9	Attention Span	21 minutes
Program 10	Mental Stimulation	22 minutes
Program 11	Renew & Recharge	35 minutes
Program 12	Fresh Focus	35 minutes