



MindSpa[®]

Personal Development System

Self Improvement · Performance · Learning
Relaxation · Rejuvenation

Instruction and Use Guide

Important Notice : Special Considerations Before Beginning Use	4
About Ruth Olmstead , PH. D. - MindSpa Author	5
Package Contents	5
How to begin	5
Features & Operation	6
Program Mode	6
Countdown Timer	6
Time Remaining Display	6
Pause/ Stop	6
Light and Volume Settings	6
Gentle ON / OFF	6
Visual Stimulation Glasses	7
Sound	7
Auto OFF Function	7
Auxiliary Input	7
Using Audio Strobe® Mode	8
Operation Diagram	8
Introduction to Programs	9
How To Gain Maximum Benefit	9
About Auditory and Visual Stimulation	10
How AVS Technology is Applied	10
Type of Results AVS Offers	10
Using MindSpa Programs :	11
Conditioning and Relaxation	11
MindSpa Frequencies	12
Program Description	13
Relaxation Programs	13
PROGRAM 1 Alpha Recharge 10 MINUTES	13
PROGRAM 2 Light Alpha Relaxation 22 MINUTES	13
PROGRAM 3 Deep Alpha Relaxation I 23 MINUTES	13
PROGRAM 4 Deep Alpha Relaxation II 23 MINUTES	13
PROGRAM 5 Theta Induction I 24 MINUTES	13
PROGRAM 6 Theta Induction II 23 MINUTES	13
PROGRAM 7 Theta Induction III 30 MINUTES	13
PROGRAM 8 Theta Induction IV 40 MINUTES	13
Stimulatoin Performance Enhancement Programs	14
PROGRAM 9 Memory Enrichment 21 MINUTES	14
PROGRAM 10 Cognitive Enhancement 22 MINUTES	14
PROGRAM 11 Advanced Attention for Children 35 MINUTES	14
PROGRAM 12 Stimulus Reduction/Advanced Focus 35 MINUTES	14
Additional Advice for Use and Care	15
Frequently Asked Questions	16
Limited Warranty and Release from Liability	17
Optional Calm Blue Deep Relaxation Glasses	18
Contact Information	18
Return/Repair Instructions	18
Quick Start Guide	Back Page

Important Notice:

Special considerations before beginning use

The use of MindSpa is safe for most people as no serious side effects are known. However, there are 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.
- 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.

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 products. These products should not be used for the relief of any medical or psychological condition.

About Ruth Olmstead, Ph.D. - MindSpa Program Author

The twelve proprietary MindSpa programs were developed exclusively for A/V Stim by Ruth Olmstead, Ph.D. Dr. Olmstead holds her degree in Clinical Psychology, and is among the handful of recognized experts in the field of Auditory and Visual Stimulation (AVS). She has extensive experience treating children and adults diagnosed with learning disabilities, anxiety, depression, and a number of neurological disorders.

Dr. Olmstead is certified in the application of electroencephalogram (EEG) biofeedback, and since 1991 has researched, developed, and published a number of specific intervention protocols in the application of AVS. Additionally, she trains licensed therapists in the clinical application of AVS. Dr. Olmstead currently maintains a full-time practice in the Fort Lauderdale, Florida area.

Package Contents

The MindSpa system includes the following components:

- Microprocessor-based control unit with twelve proprietary programs
- High-response audio headphones
- Visual Stimulation Glasses
- Audio patch cord
- Instruction and Use Guide
- 1 Year manufacturer's limited warranty

How to begin

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

Plug the Visual Stimulation 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 twelve 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 program take several slow, deep breathes 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 MindSpa, refer to the Frequently Asked Questions section on page 16 of the manual.

Program Mode

The current program is displayed when the unit is first turned on. To choose a different program, press the up or down buttons located on the left front of the unit. 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 programs, volume or light intensity settings.

Countdown Timer

Once you press the Start/Stop/Pause button the display will begin a ten second countdown. This provides time to comfortably position yourself. 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 to 16. A small headphone or glasses logo will be displayed with the current setting. Start by setting to 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 light level 8 to 10, and sound level 4 to 6 and gradually increase or decrease 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 improve personal comfort level.

Visual Stimulation Glasses

For best results use with your eyes closed in low ambient light conditions. Treat the Visual Stimulation lenses with care as they will damage if abused or mishandled. On occasion, gently clean the glasses with a clean, soft, slightly damp cloth. The arms on the visual stimulation 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 lightly tighten the arm screws.

Sound

The MindSpa programs utilize specific tones to help enter the proper mind state. Always use the headphones provided with your unit, or other good quality headphones set at low to moderate levels.

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 gradually 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.

Auxiliary Input

You can enhance the effect of your programs at times by playing special music or spoken tapes and compact discs designed for relaxation or learning along with the programs. When working in combination with recorded material, you may play the tone slightly above or at the same level as the recorded material you are listening to. Both should be kept at a moderate level.

Plug the audio patch cord into the auxiliary jack, located on the lower right-hand side. Plug the other end into your compact disc player or cassette headphone output jack. Set the volume at a low to mid-range level and start the player when you begin your program. Once you begin, the Aux In symbol will be displayed.

Using the AudioStrobe® Mode

AudioStrobe® is a patented technology developed in Germany. AudioStrobe® synchronizes precisely timed pulses of light with music for a unique sensory experience. When specially encoded compact discs are played through MindSpa, the AudioStrobe™ circuit converts the encoded digital signals into light pulses. These digital signals are recorded above the range of normal hearing so full recording fidelity is maintained.

To use the AudioStrobe® mode: Place an AudioStrobe® encoded disc in your CD player. Then attach one end of the patch cord, included with MindSpa, to the headphone output of your CD player. The other end goes into the auxiliary jack.

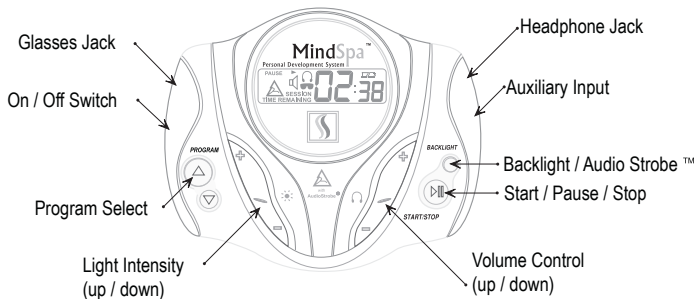
Press and hold the Backlight button for approximately two seconds until the letters ASi are displayed. This indicates MindSpa is now in AudioStrobe® mode.

1. Begin by setting your CD player volume to about $\frac{3}{4}$ of maximum.
2. Disable bass boost if your player has this feature.
3. Light adjustments are made via the light intensity setting. Start it at level 12 or above.
4. When the program has started, adjust the volume setting to a comfortable level.

Note: The AudioStrobe® mode overrides the auto-off feature, so remember to manually turn off your unit when you complete your session.

*Please visit www.audiostrobe.com for a list of titles.

MindSpa Operation Diagram



Introduction to Programs

The MindSpa Performance Development System[®] by A/V Stim is designed to help adults and children to sharpen and improve mental performance.

The twelve proprietary programs in MindSpa, developed by leading clinical psychologist Ruth Olmstead, Ph.D. employ precise frequencies of flickering lights, coupled with specific rhythms. The pleasant sensory input has been found to help you begin to gain desired results in a few sessions.

How to gain maximum benefit from the MindSpa

Use as instructed and develop a regular routine. Find a comfortable sitting or reclining position. Use your MindSpa in a quiet place where you will not be disturbed.

Set the volume low enough just 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 a light sleep as this is part of the MindSpa process.

You may optionally use relaxing music with your program. You may connect it through the unit via the auxiliary input, or directly into your tape or CD player, bypassing the unit. Recorded learning, self-help, positive reinforcement and visualization materials are also an excellent addition to your programs.

When you begin your program, learn to breathe deeply through your diaphragm for relaxation and tension reduction. 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.

Now, also 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.

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 emitting from the glasses and rate of the flicker 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.

Where to learn more

The technology of auditory and visual stimulation is expanding. New information becomes available on a regular basis and can be found on our website at www.avstim.com. Please visit us for additional information and useful links.

Using MindSpa Programs

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 MindSpa 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 your eyes become uncomfortable caused by light intensity or brightness, simply reduce the light intensity slightly. The volume may be set at a low to moderate level provided it is overriding external noise in the room.

Always try to use MindSpa 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, we always recommend use on a consistent basis.

Conditioning and Relaxation

We suggest starting out 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 assist and condition you into entering 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 minimum twice each week for effective 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 graduate onto one of the four stimulation/performance enhancement 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 also begin using a relaxation and a stimulation program on an alternate basis should you so desire.

MindSpa 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 approximately 13 and 40 Hertz (Hz.). Low or moderate amplitude beta corresponds to our normal waking state of alertness where the vast majority of routine thinking and physical functioning occurs.

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

Alpha frequencies are measured from approximately 8 to 12 Hz.

This represents a relaxed state associated with external attention. It is the wakefulness state of relaxed and effortless alertness.

Alpha waves are utilized for mental relaxation, accelerated learning, for the creative process and for peak performance. We enter into alpha during light meditation. Some other examples are when 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.

This represents 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 entering the waking state 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. This is considered the dreamless, deep sleep state. MindSpa 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 Description

Program 1 Alpha Recharge 10 minutes

Type: Low beta/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 help 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 that occur on occasion may be alleviated by learning to consciously move oneself into a calm state of mind. The night before a big event or test, prior to 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 programs are designed to help train the mind to easily enter into relaxed states and to become part of our normal waking state. The result is overall feelings of calmness and well-being giving more richness to our lives. A calm disposition can also help in confidence building which translates to better academic, business and athletic performance.

These relaxation programs may also be utilized before going to sleep as they can help to gradually slow down mental activity. The relaxing benefits will allow for a more restful night's sleep waking up feeling revitalized.

Program 2 Light 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 Theta Induction I 24 minutes

Mid-beta to theta 16 - 6 Hz

Program 6 Theta Induction II 23 minutes

Low beta to low theta 14 - 4 Hz

Program 7 Theta Induction III 30 minutes

Low beta to low theta 14 - 4 Hz

Program 8 Theta Induction IV 40 minutes

Mid-beta to theta 15 - 6 Hz

Stimulation / Performance Enhancement Programs

Use these programs two to three times per week for a few weeks for optimal benefit. The stimulation programs may also be helpful in overcoming feelings of mental lethargy that, for example, is common during or after long transoceanic flights. When changing several time zones, we recommend use upon or shortly after destination arrival. However, we recommend not using prior to retiring as these programs may be somewhat over-stimulating. They may also be useful for many performance-related tasks including athletic competition.

Program 9 Memory Enrichment 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 Cognitive Enhancement 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 help calm the over-active mind.

Program 11 Advanced Attention for Children 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. It can be effective for children who are experiencing difficulty attending to task. Use may continue past the recommended four week period. Note: Consult with a medical professional before beginning use of this program for children with symptoms of hyperactivity.

Note: Do not use this program if experiencing symptoms of anxiety.

Program 12 Stimulus Reduction/Advanced Focus for Adults 35 Minutes

Very high to low beta 40 - 13 Hz

This program is designed to help improve focus, attention and concentration abilities in adults. This program may also be very helpful in improving problem solving abilities and to reduce 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 anxiety and depression.

Additional Advice for Care and Use

- Treat the MindSpa with the care it deserves and it will reward you with a virtually unlimited, trouble-free life.
- Avoid using the MindSpa in unusually wet, dusty, or dirty environments.
- Keep the control unit and Visual Stimulation 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 prevent damage.
- Do not leave MindSpa 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.: Nothing happens when the unit is switched on.

- A.: Turn the unit on again. If the unit does not function, 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.: The lights or the sound are 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.: The battery symbol is displayed and the unit stopped functioning or is the display is dim or 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.: There is a loud clicking sound in the headphones.

- A.: Check to make certain the headphones are 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 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 MindSpa?

- 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 programs 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 program. 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 a program, you were more in a very deep, calm state rather than asleep.

Q.: How can I learn more about AVS?

- A.: Please visit our website, www.avstim.com or email your questions to us at info@avstim.com.

MindSpa Personal Development System®
LIMITED WARRANTY AND RELEASE FROM LIABILITY

Your MindSpa 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 and mail in your warranty registration card to properly activate your warranty. 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.

NUMBER TO CALL FOR RETURN INSTRUCTIONS: 415 459-7724 or contact info@avstim.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:

- ï MindSpa technology is intended for personal development purposes only.
- ï No other claims are made for MindSpa.
- ï A/V Stim, LLC cannot predict the suitability of any article for any application because of the individual physical and emotional makeup of each user.
- ï Persons with a history of seizures, hallucinations, head injuries or other mental problems should not use MindSpa products without first consulting their physician.
- ï MindSpa should be not be used by minors except with parental consent and monitoring.

The purchaser understands that A/V Stim, LLC or its agents or employees will not be held liable in any way for any occurrence of any nature in connection with the use of the MindSpa 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 MindSpa article.

Optional CalmBlue™ Deep Relaxation glasses

We highly recommend adding our specially developed blue light CalmBlue® Deep Relaxation Glasses to your system. They are designed specifically to help promote attaining deep states of soothing relaxation. Please visit our website to order.

Contact Information:

A/V Stim, LLC

San Rafael, CA, USA

Tel: +1 415 459-7724

Fax: +1 415 459-7739

E-mail: info@avstim.com

Website: www.avstim.com

Instructions for returning a unit for repair or replacement

MindSpa 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.

- Call or contact us at the number listed above 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, FedEx, 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 this guarantee.
- Outbound and inbound 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.

MindSpa Personal Development System® is the Registered Trademark of A/V Stim, LLC.

Copyright © 2004 A/V Stim, LLC. All rights reserved.

Developed in the U.S.

Manufactured in China exclusively for A/V Stim, LLC

MindSpa[®]

Personal Development System

© A/V Stim, LLC

www.avstim.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 program Up/Down buttons.
5. Start by adjusting the light intensity and volume between settings to a low level.
6. Press the Start/Stop/Pause button to begin. The program begins after a ten second countdown. When the program 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 program take several slow, deep breathes into your diaphragm to help lead you into a calm and relaxed state, and release any muscle tension you may feel.

Program 1	Alpha Recharge	10 minutes
Program 2	Light Alpha Relaxation	22 minutes
Program 3	Deep Alpha Relaxation I	23 minutes
Program 4	Deep Alpha Relaxation II	23 minutes
Program 5	Theta Induction I	24 minutes
Program 6	Theta Induction II	23 minutes
Program 7	Theta Induction III	30 minutes
Program 8	Theta Induction IV	40 minutes
Program 9	Memory Enrichment	21 minutes
Program 10	Cognitive Enhancement	22 minutes
Program 11	Advanced Attention for Children	35 minutes
Program 12	Stimulus Reduction	35 minutes