

## **Using Your MindSpa Multi-Purpose Eyesets** *Eyes-Open Use*

For the majority of the time you will use MindSpa with your eyes closed. However, using MindSpa with eyes open is a very interesting and important way to direct your its use.

Using the Multi-Purpose Eyesets in this fashion changes the applications and uses of this technology from an internally-based experience to that of integrating external activities with your “internal” session.

Multi-Purpose Eyesets retrain the brain to function in a clearer more cohesive manner integrating and internal state of mental focus while doing something. You can make important breakthroughs and discoveries learning how to fine-tune cognitive abilities.

You will find that you will be able to hone-in and sharpen your skills in ways that transition what used to be difficult or taxing, to making these chores very easy and simple. Better yet, you will get more done in less time.

Another exciting benefit of using the Multi-Purpose Eyesets is you’ll find that you learn “new skills.” You will learn to do many of the same things you already know how to do, but faster, quicker, and with greater focus. Finally, you’ll find once you learn this new skill, you’ll be able to apply it anytime, with or without the MindSpa.

Using the MindSpa to sharpen cognition is similar to practicing a musical instrument. You simply get better and better over time.

**The three main program categories are:**

### **I. Cognition (learning, memory, focus, performance)**

- Preparing for a busy day
- Creating a laser focus
- Quality studying
- Memory recall
- Calming a busy mind
- Uplifting your mood
- Language learning
- Exercising

### **II. The arts (inspiration, creative arts)**

- Inspiration
- Creative arts such as painting, ceramics, flower arrangements, writing
- Decorating, designing, organizing, art, playing music

### **III. Meditation (meditation, Tai Chi/Qigong, energy balancing)**

- Faster and deeper meditation
- Tai Chi/Qigong
- Energy balancing/body work

#### **I. Cognition: Learning, Memory, Focus, Performance**

##### **Preparing for a busy day (programs 1, and 10)**

After waking up in the morning while getting ready for your day, this is the perfect time to do a MindSpa program to jump-start your day. Use the MindSpa while walking around doing things to get ready for your day. After adjusting the light and sound intensity to a comfortable level, slip the MindSpa into a pocket for mobility. (*Caution is always advised when using in this fashion as your eyesight and depth perception may be somewhat limited.*)

Don't be surprised if doing these programs cuts down on the time it takes you to get ready in the morning. You may find also when you start your day you're much better organized and start your busy day, and with greater zeal.

##### **Creating a laser focus (programs 1, 10, 11, and 12)**

Sometimes there are far too many things happening in the room around you, or external sounds like cars, sirens, etc. from the outside environment. Not just that, you may find that your mind is often too cluttered by intruding thoughts distracting you from the project at hand.

Wear the Multi-Purpose Eyesets while doing specific tasks such as writing bills, editing copy, math, making a "things to do" list, and any other task that demands a laser focus.

##### **Quality studying (programs 2, 3, 4, and 9)**

Being able to study efficiently is nothing more than being relaxed, yet focused on what you are doing. This is more easily said than done in today's hectic world.

Another important part of quality studying is being relaxed so you can visualize the meaning of the words you are reading, and visualize their true conceptual significance. Ability to visualize the concepts of what you are learning is what transfers the information into long-term memory.

Use any of the programs above while studying information you need to learn. Try studying in segments of 15 minutes, allowing a short 5 minute stretch break before continuing.

### **Memory recall (programs 3, 4, 5, and 9)**

Do you have problems repeating people's names, remembering what you have just read, where you put your keys, or what your supposed to be doing today? This is a very common occurrence.

Memory recall starts with paying attention in the first place. If you are not paying attention that means your mind is wandering, and you will find it very difficult to remember what is going on.

Another factor of memory recall is exercising your ability to memorize. A simple way to do this is using the MindSpa hooked up to popular music of an era gone by. You will find your mind slips into a state of flash-backs when you remember way back when you associated this music with what you were doing.

A very effective technique for memory recall enhancement is memorizing number sequences. Using the Multi-Purpose Eyesets, select a program, then write down a sequence of numbers, start with three numbers. Now, look away from the paper and try to repeat them back, except this time backwards.

Once you are able to do three numbers easily, progress to five, then seven, moving onward from there.

### **Calming a busy mind (program 12)**

Calming a busy mind is one of the best ways to improve mental cognition. Think about how much clatter is going on in the environment when entering environments such as a classroom, a business meeting, the workplace, etc. People are busy doing things, talking about their personal lives, asking you questions – all which add up to mental clutter.

Clearing your mind prior to doing important things goes a long way to reduce mind clutter. Less mental clutter means a clearer focus which leads to greater productivity.

Put on the Eyesets, now assess your environment to first get rid of mental distractions such as clutter on your desk, turning off your cell phone, asking others around you to respect your workspace by being quieter or limiting personal conversations.

Just a few minutes of mind clearing prior to taking on tasks goes a very long way to increase personal productivity.

### **Uplifting your mood (programs 2, 3, and 11)**

From the time you wake up, until you go to sleep, the body undergoes numerous internal sub-circadian rhythms throughout the day. Some of these rhythms involve reflection of the past and often bring down your mood.

After a meal, for example, some people want to sit passively or just take a nap rather than be productive. After speaking with someone on the phone who left you in a negative frame of mind, the MindSpa can change how you feel real fast.

To recharge your mood and feel more positive, just put on the Eyesets anytime when your mood needs uplifting.

### **Language learning (programs 3, 4, 5, and 9)**

Why is learning a foreign language easy for some, yet difficult for others? No one really knows. There are many explanations as to why, such as developing a good ear to hear to hear them in the first place, or a gifted ability to learn auditory information.

Using the MindSpa listening to language instruction tapes is very useful because its easier to pay closer attention to the pronunciation of the words.

Reading foreign language texts, or foreign language newspapers with the Multi-Purpose Eyesets is one of the fastest ways to accelerate foreign language learning. Reading newspapers is particularly effective because most of us are already familiar with the news, and this will accelerate comprehensive learning.

### **Exercising (programs 9, and 10)**

The most common complaint about exercising is getting up the motivation to do it. Using any MindSpa program will help motivate you overcome any mental distractions about getting up and doing something.

Using the Multi-Purpose Eyesets while exercising in a gym is of course an option, but few people will. When it comes however to exercising at home, you will find that doing a program while working out, using a tread mill, or other exercise equipment makes time fly fast.

## **II. The Arts: Inspiration, Creative Process**

### **Inspiration (programs 4, 5, 6, 7, and 8)**

All of us find times we are unable to visualize doing a project because we just can't picture how to proceed. This often leads to frustration and wasted time.

To overcome this, select your program and begin your activity first by closing your eyes for five minutes, then moving on to your activity. You find a very quickly transition from being creativity blocked, to entering into a creative flow.

Most often during the first five minutes, you'll have an "aha" experience! This means that you will have a clear picture in your mind on how to proceed.

### **Creative arts (programs 3, 4, 5, and 6)**

Putting one in the mind-set to optimize performance is easier said than done. Getting into the “zone” allowing your creativity to flow is much easier than you may realize.

The key to getting into the zone is to reduce distractions. Using the MindSpa is ideal for this since all you do is put on the Eyesets and begin your creative activity.

The difficulty lays more in determining what mind state is the most conducive for this to occur. Therefore, when selecting a program, experiment and you may be surprised. In other words, try a variety of different programs to find out what truly works best.

Once the program is running and you are wearing the Eyesets, simply begin your activity such as painting, playing music, organizing, designing, writing...

If the program seems to distract you in a way that it interferes, end the session and try another one. Remember – “practice makes the Master.”

### **III. Meditative (meditation, Tai Chi/Qigong)**

#### **Faster and deeper meditation (programs 4, and 12)**

Meditation is one of the world’s oldest spiritual states. The definition of meditation depends on really who you ask. One of the most used definitions however is; “meditation is what your mind is doing when it is doing nothing.”

To achieve meditation, there are hundreds of techniques; some of the most popular being breath control, candle gazing, tone chanting, starring at a circular point, etc.

You can achieve faster meditation using the MindSpa by gazing at a lit candle with eyes open. The goal is maintaining a constant image of the candle without it appearing to move to either side. The moment it appears to move, means you have lost your concentration.

At first, you may find your eyes begin to tear, just relax and let it happen. As you get better and better, the length of time enabling you to gaze at the candle without the “image shifting” will be longer and longer.

#### **Tai Chi/Qigong practice (programs 4, 7, and 12)**

Getting in the “grove” to do martial art occupies much of the need for ongoing training. Stepping out of focus is one of the fundamental problems for beginners, and it remains a lifelong challenge, even for the experienced.

You will find a number of factors, be it natural, noise distractions, phone calls, people interrupting you all contribute to loosing your ability to master your craft.

Just wear the Eyesets and perform your discipline.

### **Energy balancing/body work (programs 3, 6, and 12)**

Wearing the Multi-Purpose Eyesets doing body work is a technique that really helps mitigate your thinking too much, and helps enable you to release your natural flow of energy.

Simply wear the Eyesets while doing any work of this type; massage, Reiki, energy balancing, healing, etc.

### **Using Blue Light Eyesets**

A great way to expand your use of the Multi-Purpose Eyesets while using the MindSpa is to obtain an additional pair of Eyesets which contain blue LEDs. Your unit comes with white LEDs, which are great for just about everything, so why use blue light as an option?

Blue light is more relaxing than white light. Blue light is thus more conducive for inducing sleep, and using them with eyes-open, blue light is a better choice for meditative and creative purposes.

Blue light actually is more relaxing on the eye than other color choices, which allows more light to enter the peripheral regions of the eye. Peripheral vision is typically associated with the intuitive, creative, meditative, sedative, and deeply relaxing processes.

Using blue light Eyesets is a great way to expand the benefits you get using the MindSpa because they activate the parasympathetic nervous system, whereas the white activates the sympathetic nervous system.

The sympathetic response governs the more active role that the nervous system plays in processing inbound sensory information to the brain. The parasympathetic response governs the “relaxed”, or passive role of nervous system responses.

People who are over active may find that blue light works better for them, whereas under active people typically find that white light works best. You’ll have to experiment and see for yourself.

***Caution: Do not use Multi-Purpose Eyesets while driving or operating heavy machinery. Using blue light Eyesets are particularly hypnotic and trance inducing.***