

MindSpa Multi-Purpose Eyesets

Eyes-Open Use Guide *MDS-12p Advanced Sessions*



MindSpa®
Personal Development System

By A/V Stim

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Introduction

This guide is specifically designed for use with our MindSpa MDS-12p Advanced Sessions. 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.

Main program categories

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: Meditative exercise, Tai Chi/Qigong, energy balancing work

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

IV. Using Blue Eyesets

I. Cognition: Learning, Memory, Focus, Performance

Preparing for a busy day (programs 1, and 2)

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 – 6)

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 7-9)

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 7-10, 4)

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 3)

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 8, 9, and 2)

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 10-12, and 4)

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 1, 2 and 4)

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 7-12)

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 7-10)

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: Meditative Practice, Tai Chi/Qigong

Faster and deeper meditation (programs 6-10)

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 9-13, and 5)

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 8, 9, and 1)

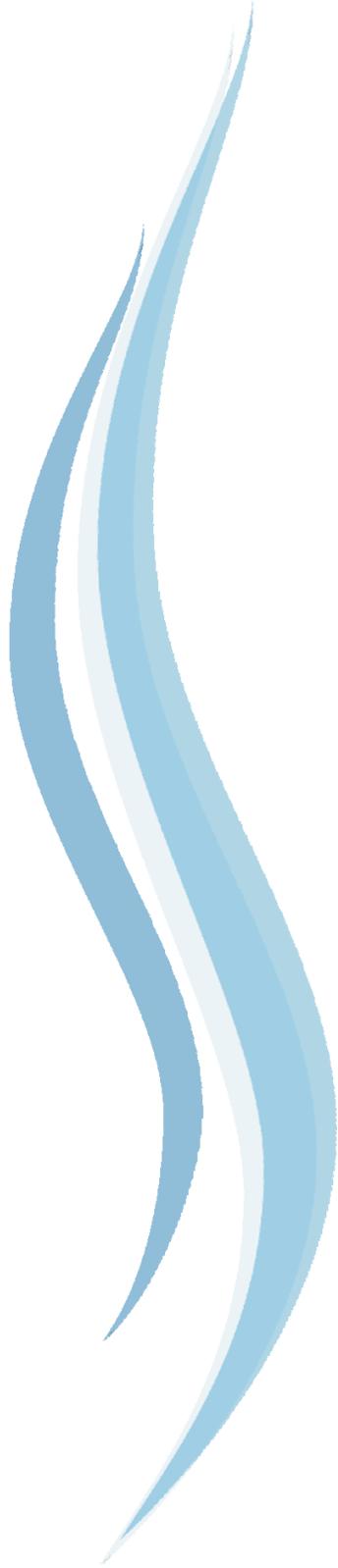
Wearing the Multi-Purpose Eyesets doing body work is a technique that really helps mitigate your thinking too much, and helps enable you to release your natural flow of energy.

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

Important Disclaimer: Read prior to 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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