



The PR-2X Owner's Manual



Medical Disclaimer

"Light / Sound Systems" or "Mind Machines" have been on the market for years. Thousands of users have experienced many hours on them with virtually no reported ill effects. But there are some situations and conditions where use of our products is strongly discouraged. These devices create flickering light, which can cause seizures in persons with photosensitive epilepsy. You may be photosensitive and not know it.

Even if you have never had a seizure, there is a small chance that you are photosensitive, and exposure to flashing lights can cause YOU to have a seizure. If you are not willing to accept this risk, please do not use Mind Gear L/S systems.

Mind Gear products are designed for recreational purposes and personal exploration **ONLY**. No medical claims are made for Mind Gear products, express or implied. They are NOT medical devices and should not be used for the relief of any medical condition. Please consult with your licensed medical practitioner prior to use for any other purpose as the machine is not intended as a replacement for medical or psychological treatment. Our products are not intended to affect the structure or any function of the human body. These products are not approved for any purpose by the FDA.

If you or anyone else who will use this machine are subject to any form of seizures, epilepsy or visual photosensitivity, are using a pacemaker, suffering cardiac arrhythmia or other heart disorders, currently taking stimulants, tranquilizers or psychotropic medication, specifically including illicit drugs and alcohol, please do not use our or any other Light / Sound system.

Your experience should feel pleasant and we recommend that you set the volume and light intensity levels with your **EYES CLOSED** before you or anyone you loan your system to, uses it.

Photosensitive Epilepsy

Photosensitive Epilepsy is a relatively rare condition, affecting approximately 1 person in 4000. Persons with this condition are susceptible to seizures evoked by flickering lights, such as those produced by a light / sound machine. The information included here on photosensitive epilepsy is mostly from the book "Photosensitive Epilepsy".

Most persons with photosensitive epilepsy have a first seizure during their teenage years (75% by age 20). About half of initial seizures are induced by watching television. Some persons who are susceptible during their teenage years outgrow the condition, about 25% by age 25. As a result, adults over age 25 who have never had a seizure have about 1 chance in 20,000 of being photosensitive and not know it. So for a person who has not had a seizure, the likelihood of being photosensitive varies from 1 in 4000 for children to 1 in 20,000 for adults over 25.

Remember, Even if you have never had a seizure, there is a small chance that you are photosensitive and a light / sound session could cause a seizure in YOU!

Table of Contents

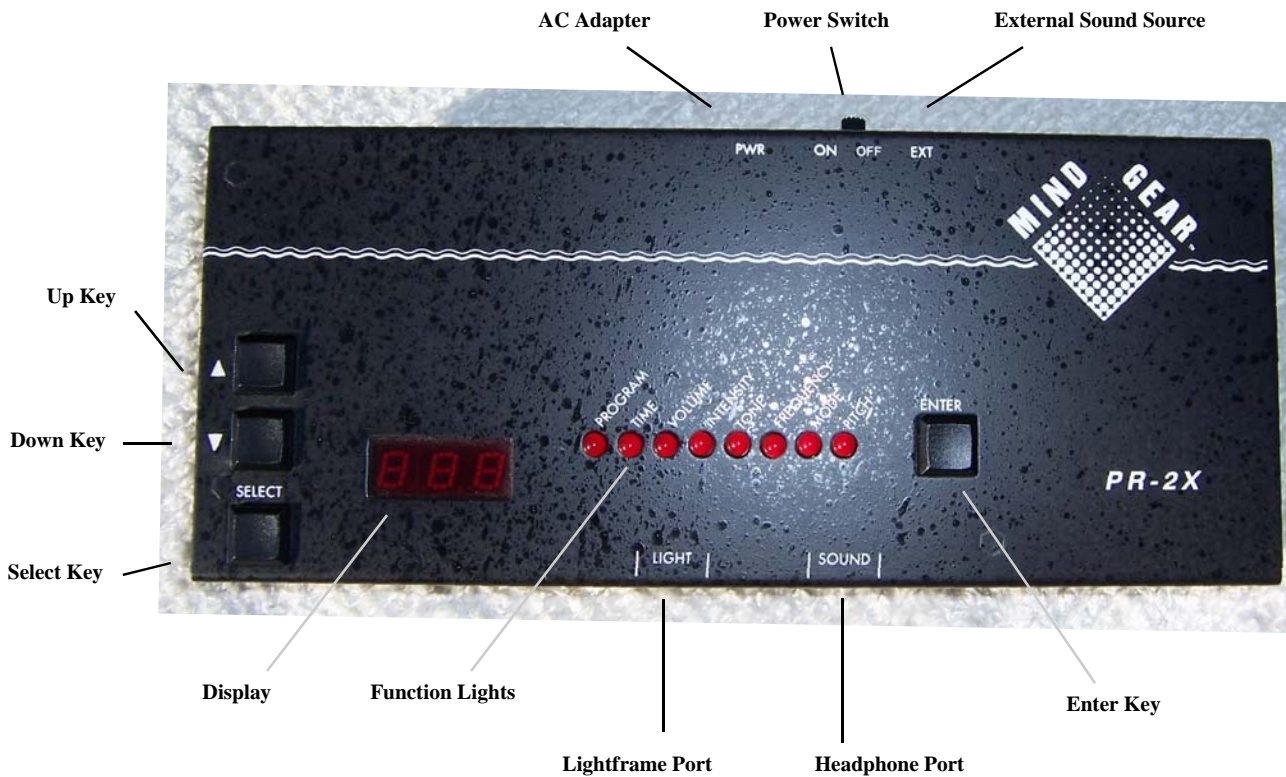
Medical Disclaimer	2
Program Guide	4
PR-2X Features	5
Introduction: Quick Starting Your PR-2X	6
Getting the most from your PR-2X system	7
Controls and Displays	
Recharging the Battery	
Playing a Program	
TurboSonix ‘Plus’ Instructions	9
Adjusting Stimulation Levels	9
Pausing a Program	
Stopping a Program	
Changing Stimulation Options	
System Time-Outs	
Stimulation Functions	10
Volume	
Intensity	
Tone	
Frequency	
Mode	
Pitch	
Program	
Time	
Advanced Features	13
Personal Preference Program	
Changing Program Run Time	
Entering Custom Program	
Programming Worksheet	16
Utilizing Your TENcolor Lightframes	17
Operations Summary	18
Make Connections	
View or Change Function Value	
Running a Program	
Entering a Personal Preference Program	
Warranty	19
Addendum	20
Autopilot	
Erasing all the Stored Programs	

<u>Program</u>	<u>Time</u>	<u>Description</u>	<u>Start</u>	<u>Target Freq.</u>	<u>Notes</u>
P01	10	Quick Alpha relaxer	30	11	Relaxation
P02	15	Slow Ramp Alpha	15	8	Relaxation
P03	10	Magic 11	18	11	Relaxation
P04	20	Schumann's Alpha	19	11, 7.83	Relaxation
P05	30	Schumann Resonance	25	7.83	Relaxation
P06	30	High Stress Alpha	25	7.83, 5	For High Stress
P07	30	Low Stress Alpha	15	10, 7	For Low Stress
P08	10	Quick Fix	11	7	All in high Alpha
P09	15	Alpha Break	11	7	Lower Alpha
P10	30	Meditation Medicine	20	7, 5, 3	Theta meditation
P11	15	Quick Theta	15	7.83, 5	Meditation, dreaming
P12	15	Accelerated Learning	25	6, 10	Absorbing Information
P13	20	9 O'clock High	20	9	Relaxation, Energy
P14	20	Multi-Theta	18	7.83, 4	Different Theta Freq.
P15	30	Deep Theta	25	5, 3	Low Theta Range
P16	30	Relaxation, learning	15	5, 3	Meditation, Learning
P17	30	Intimate Theta/Delta	15	5, 3 2	Close to sleep
P18	30	Insomniacs Dream	11	1	Help in falling asleep
P19	50	Mind Expander	10	7.83, 6, 3, 1	Theta Freq. Near sleep
P20	25	Mental Gymnastics	25	Many	Mental Exercise enjoy
P21	10	Sharpening the mind	25	Many	Mental Exercise, varied
P22	22	Fire of the Mind	30	Many	High energy, good visuals
P23	60	Relaxed Creativity	18	5	Deep Relaxation
P24	20	Basic Brain Tune-up	15	11, 7.83, 5	Mental exercise.
P25	5	Demo	5	5	Demo. stim features
P26	23	The Balancer	35	1-40	Creativity
P27	40	Delta Force	18	4,1	Lucid dreaming
P28	20	Morning Glory	10	10,18	Waking up
P29	30	Magic 14	14	14	A.D.D.* Protocol
P30	30	Mind Massager	7.83	7 thru 15	Mental Tune-up
P31	30	Alpha Theta Train	12	5 thru 12	Creativity/Learning
P32	68	Power Nap	15	3 thru 6	Sleep/Learning
P33	35	Carnival Ride	2	Many	Energized creativity
P34	30	Creative Monster	16	8 thru 32	Energized
P35	30	Alpha Ramp	20	11,10, 9, 7.83	Relaxation
P36	30	Alpha Wave	20	11,10, 9, 7.83	Relaxation
P37	15	Coffee Break	18	8, 11	Relaxation
P38	20	Problem Solver	7.83	4,12, 7.83	Creativity
P39	30	Multi Theta	30	6, 5, 4, 3	Learning
P40	30	Theta Wave	20	5, 3	Meditation
P41	15	Tune-up	7.83	18, 4, 7.83	Mental Tune-up
P42	30	Deep Relaxation	12	7, 4, 3, 8	Relaxation
P43	30	Energized Learning	12	8, 5, 7, 10	Learning
P44	30	Meditation Machine	24	11, 9, 7, 5,3,1	Meditation
P45	30	Dreamy Delight	26	12,10,8,6,4,2,1	Sleep
P46	30	High Energy I	10	40, 36, 32, 30	Creativity
P47	36	High Energy II	16	10, 36,34,32	Creativity
P48	15	Quick Break	12	8,5, 8,10	Rejuvenation
P49	30	Relaxed Creativity	12	8, 5, 3, 1, 3, 5	Problem Solving
P50	20	Quick Learning	7.83	10, 7, 4, 7	Learning

AutoPilot Programs:

APS	30	AutoPilot	Super Beta	30 to 40	High energy
APb	30	AutoPilot	Beta	15 to 30	High energy
APA	30	AutoPilot	Alpha	7 to 14	Alert, aware
APH	30	AutoPilot	Theta	4 to 7	Meditative
APd	30	AutoPilot	Delta	1 to 4	Sleep

PR-2X Features



Your Mind Gear PR-2X System comes complete with:

- PR-2X Unit featuring 50 built-in sessions.
- TENCOLOR Lightframes
- Stereo Headphones
- AC Adapter
- Stereo Patch Cord
- PR-2X Ultimate Owners Manual on CD

... including these Special Features:

- 1-40 Hz. Frequency Range.
- 10% - 90% Expanded Pulse Width Range.
- Soft-On & Soft-Off Ability.
- 5 Minute to 120 Minute Manipulation of Each Program Length.
- Ability to Display the Time Remaining in Every Program.
- Blending Feature to Smoothly Transition Between Different Modes with an ON / OFF Option.
- 5 AutoPilot Programs for Automatic Generation of New and Unique Programs with Storage Capability for Capturing and Saving Your Favorites.

Introduction

Thank you for selecting the Personal Relaxer 2X (PR-2X). The PR-2X is the most sophisticated audio / visual mind stimulation device available today, yet is straightforward, logical, and easy to learn.

This manual will guide you through operation of your PR-2X system, from running built in programs to generating your own customized programs. Your PR-2X system offers a rich feature repertoire, and can be enjoyed at many different levels. Go just as far as you wish. The basic mind stimulation features are all available at the QUICK START level.

For a Quick Start:

Make connections:

- Headphones to the SOUND jack.
- Stimulation lightframes to the LIGHT jack.
- AC adapter to the PWR jack and to a wall outlet (if you don't have a battery).
- External CD player to the EXT jack via the stereo cord.
- Turn Power On: Slide the power switch to BATT (or to ON if you are using the AC adapter).

NOTE: You may want to adjust VOLUME and / or INTENSITY. The PROGRAM light will turn on and the current program number (normal PO1) will be displayed. Select and Start Program:

- Select the program you want with the UP and DOWN keys.
- Suggestion: try P25 first, for demonstration of stimulation options.
- Press and release ENTER to start the program. The display will begin a 10 second countdown, sound and light stimulation will stop.
- Put on the headphones and lightframes, lean back and relax, CLOSE YOUR EYES. When the countdown ends, stimulation begins. When the program is over, stimulation stops, display shows End.
- Remove the lightframes and headphones.
- Press ENTER until the display goes blank (about 2 seconds), then release ENTER. The system will go back to manual control.

Good! You have used all the controls and experienced your first program.

Getting the most from your PR-2X system:

To receive the most benefit from your PR-2X system, follow these suggestions (also refer to the PR-2X 30 Day Learning / Relaxation Program file for more ideas):

- 1) Use it in conjunction with any self-improvement tape or a favorite piece of music.
- 2) Use the system 30-60 minutes every day for the first 30 days.
- 3) Set aside a specific time and place that you will use the system every day.
- 4) Wear comfortable clothing, avoid tight or restrictive garments.
- 5) You can become chilled during deep relaxation, and may want a blanket nearby.
- 6) Have a goal in mind; state it verbally as a problem to solve, an emotion to drain off, etc.
- 7) Draw a mental picture of the results you want to attain and keep focused on this goal.
- 8) Take several deep breaths just before beginning a session.
- 9) After a session take a minute to listen to the whispers, note any answers that appear.
- 10) As you try different programs and stimulation options, monitor your energy level, sleep patterns, and stress reactions. Find out what works best for you.

Controls and Displays:

Connect:

- Headphones to the SOUND jack.
- Stimulation lightframes to the LIGHT jack.
- AC adapter to the PWR jack and to a wall outlet (if you don't want to run on battery).
- External CD player to the EXT jack via the stereo cord.
- The sliding power switch has two positions: ON (left) for running on internal battery or with the AC adapter; and OFF (right).

There are four keys on top of the unit:

- SELECT selects a function, and lights the corresponding function light.
- UP and DOWN (labeled with arrows) change the value of the selected function.
- ENTER has a variety of control functions (described in the appropriate section) The eight function lights show which function is selected. The three digit display shows the current value of the selected function.

Recharging the Battery:

If your system has an internal battery, you can recharge it using the AC adapter. Whenever the AC adapter is connected, the battery is recharging. Recharging takes about 8 hours with the system running, and about 5 hours with the system turned off. You can recharge it overnight. To prolong battery life, recharge it before it is completely run down. Running down the battery will not lose internal memory of your personal preference settings or custom programs. Do not leave the AC adapter connected longer than overnight.

Playing a Program:

When the system is turned on, the PROGRAM function is selected. If you have been using the system, another function may be selected:

- If PROGRAM is not selected, press ENTER or SELECT repeatedly, until it is.
- Use UP and DOWN to select the program you want.
- Lean back in a comfortable chair.
- Press and release ENTER to start the program. The display will begin a 10 second count-down, sound and light stimulation will stop.
- Put on the headphones and lightframes, CLOSE YOUR EYES. When the countdown ends, stimulation begins. Near the end of the program, stimulation will ramp down to off for a gentle termination. When the program is over, stimulation stops, and display shows _End÷.
- Remove the lightframes and headphones.
- Press ENTER until the display goes blank (about 2 seconds), then release ENTER. The system will go back to the manual control, and the manually selected stimulation will start.

TurboSonix Plus Instructions

To activate the TurboSonix capabilities of your PR2X system follow these simple guidelines:

1. Connect your CD player to your Mind Gear system by plugging one end of the stereo patch cord provided to the headphone jack of your CD player and the other end to the "EXT" jack of your Mind Gear system.
2. Turn on both units.
3. Press the DOWN key until the letters Cd appear in the display.
4. Press the ENTER key. The display will now change to Cd-.
5. You are now in the TurboSonix MODE.
6. Begin playing a specially encoded CD, put on the lightframes and headphones, sit back and enjoy!
7. To turn off the TurboSonix MODE simply press the ENTER key again. The display will once again show just the letters Cd without the hyphen.

For best results you will need to adjust the volume level of the CD player so that the specially encoded light pulses on the CD will activate the lights of the lightframes.

NOTE: If the volume is turned up too loud, you may find that the lights will not turn off all the way. In this case, you will need to reduce the volume level of the CD player. You can also adjust the INTENSITY level of your Mind Gear system so that both the audio volume and the light intensity are at your preferred level.

When the TurboSonix function is activated, the system will no longer flash lights or produce any sounds by itself.

Adjusting Stimulation Levels:

The sound volume and light intensity can be adjusted to your personal preference using the SELECT, UP, and DOWN keys at any time before or after starting a program. Be sure to adjust the light intensity with your eyes closed. You can record your preferences in a PERSONAL PREFERENCE PROGRAM so you won't have to re-enter every time the system is turned on.

Pausing a Program:

You can _stop the clock÷, or pause, the execution of a running program by pressing and releasing ENTER. The stimulation will continue in whatever state it was in when you paused it, but it will stop changing; the internal clock that advances the program state will stop and the right hand decimal point in the display will come on. When you are ready to continue the program, press and release ENTER again, and the clock will restart.

Stopping a Program:

You can stop a program at any time by pressing and holding ENTER until the display goes blank (about 2 seconds). Release ENTER, and the system will go back to manual mode.

Changing Stimulation Options:

Most built-in programs control only the frequency and phase of stimulation. Any function not controlled by the program can be set or changed manually in the same way as volume and intensity. You may want to experiment with the other stimulation functions to find which works best for you. You can record your selections in a PERSONAL PREFERENCE PROGRAM.

System Time-Outs:

The system automatically takes certain actions based on time:

- During a program, after ten seconds with no actions, FREQUENCY is reselected.
- After approximately eight minutes with no actions, the display is dimmed.
- After approximately two hours with no actions, the system stops operation and displays a single hyphen _÷. If you see this, move the power switch to off (center).
- The last two actions are designed to enhance battery life.

Stimulation Functions:

There are ten functions in your PR-2X system that can be selected for display and control. One of the eight function's lights is always on, telling which function is selected. Press SELECT to select a different function. The current value of the selected function is always shown in the display, and the UP and DOWN keys can normally change the value of the selected function. How do eight lights handle ten functions? Three functions are combined on one light (MODE). When MODE is selected, three separate functions (PHASE, DUTY CYCLE, and

RATE MULTIPLE) are displayed at the same time, one digit each, and three SELECT actions are required to get through MODE. The selected function is displayed brighter than others. As you press the SELECT key, some functions may be skipped. This is because the selections interact, and some selections for one function may make other functions inactive. Inactive functions are skipped as the light selection advances. The following paragraphs point out these interactions.

Volume:

Ranges from 0-100. The VOLUME function controls the sound level in the headphones, but not the external sound source volume. Use your external sound source volume control to control external volume.

Intensity:

Ranges from 0-100. The INTENSITY function controls the brightness of the lights in your stimulation lightframes.

Tone:

The first three TONE selections are pulsed at a rate controlled by the FREQUENCY function.

Binaural sound creates two continuous tones, separated in frequency by the selected FREQUENCY function value. The mind process sound in such a way that you seem to hear, and sometimes feel, the frequency differences or *_beat frequency_* of the two tones.

White noise is a mixture of many frequencies, with equal sound energy at each frequency.

Pink noise is also a mixture of many frequencies, with equal sound energy in each octave (an octave is an interval that doubles in frequency, such as 220 Hertz to 440 Hertz.).

Since there is a broader frequency range in higher tones available, the PR-2X system approximates true white and pink noise frequency generation. When white or pink noise is selected, the PITCH function is inactive.

Frequency:

Ranges from 1.0-30.0 Hz.. The FREQUENCY function controls the rate of stimulation pulses in the lightframes and in the earphones in all TONE selections except binaural sound. When binaural sound is selected, it controls the difference, or beat frequency of the two tones.

This function controls the frequency of entrainment of brain waves.

The frequency 7.83 Hz represents the amount of time required for light to circle the earth, and is referred to as the Schumann resonance. When a RATE MULTIPLE of 2 or 3 is selected, the FREQUENCY function is limited to 15 or 10 Hertz respectively. This is so the higher frequency will be limited to 30 Hertz.

Mode:

When the MODE light is on, three different functions are displayed. The brightness of the three display digits is the one currently selected. Going from right to left, the functions are:

Phase: The PHASE function controls the phasing of the stimulation to the four stimulation channels (right eye, left eye, right ear, left ear). If two stimulation channels are *_on÷* at once, they are said to be in phase. If one is on while the other is off, they are out of phase or alternating. The various PHASE options provide stimulation phasing represented by the following:

In FOCUS, all stimulations channels are on together and off together. In Right/Left, the left eye and ear are on together while the right eye and ear are off, then the right side is on while the left side is off, etc. When a RATE MULTIPLE of 2 or 3 is selected, FOCUS is not allowed because it groups all channels together, and has no *_other÷* channels for the rate multiple. If FOCUS was selected when the RATE MULTIPLE selection is made, FOCUS is automatically changed to R/L.

Duty Cycle: Ranges from 1,3,4,5,6,7. The DUTY CYCLE function controls the percentage of the total cycle time that stimulation is on. The default value 5 represents 50% on, 50% off. A DUTY CYCLE display of 4 means 40% on, 60% off; 3 means 30% on, 70% off, etc.

Rate Multiple: Ranges from 1,2,2,3,3. The RATE MULTIPLE function allows you to have some stimulation channels running at a multiple of the frequency of other channels. The default value of 1 means that all stimulation channels are the same rate (at the selected frequency). The value 2 means that the *_on÷* channels in the PHASE display are running at twice the rate of the *_off÷* channels. The rate multiple 2 means that the *_off÷* stimulation channels in the PHASE display are running at twice the rate of the *_on÷* channels. Similarly, 3 means a rate multiple of 3.

The RATE MULTIPLE control interacts with the PHASE selection. When a RATE MULTIPLE other than 1 is selected, a PHASE selection of FOCUS is not allowed, and will automatically be changed to R/L (there are no *_off÷* channels in FOCUS). Also, the maximum stimulation rate allowed is 30 Hertz, so when a RATE MULTIPLE of 2 is selected, the maximum FREQUENCY selection allowed is 15 Hertz (resulting in 30 Hertz in the *_other* channels÷), and when a RATE MULTIPLE of 3 is selected, the maximum FREQUENCY allowed is 10 Hertz. The system automatically makes these adjustments.

Pitch:

Range of three octaves (36 notes) The pitch of the pulsed tone and binaural sound is controlled by the PITCH function. The PITCH selection is displayed as it's piano keyboard name, with a period representing a sharp (half step above the named note), and a note number. The actual frequency range is from 92.5 Hertz (the second F sharp below middle C) to 689.47 Hertz (the second F above middle C). When the White or Pink noise tones are selected, PITCH is inactive.

Program:

Ranges of PPP, E, PO1-P50. There are 50 built-in programs: PO1 thru P50. The E program selection allows you to Enter a program, and is discussed in ENTERING CUSTOM PROGRAMS. The PPP selection allows you to change the default values for all functions to custom selections of your own, and is discussed in PERSONAL PREFERENCE PROGRAM. The PROGRAM function is inactive while a program is running.

Time:

The TIME function controls two separate parameters: 1. The running of time that a given stimulation state lasts, discussed in ENTERING CUSTOM PROGRAMS, and 2. The length of time that a given stimulation state lasts, discussed in ENTERING CUSTOM PROGRAMS.

The TIME function is not accessed in the normal cycling thru functions by the SELECT key. See the sections referenced above for the use of the TIME function.

Advanced Features:

CAUTION: *The PERSONAL PREFERENCE PROGRAM and custom programs involve storing information in internal memory. Rapid on-off cycles (less than one second) do not allow the system time to reset properly, and may cause loss of information. Be careful of moving the PWR switch from BATT directly to ON, or vice versa, too quickly.*

Personal Preference Program:

All functions have built-in default values that are in effect until you change them. Some functions, particularly VOLUME and INTENSITY, can be distinctly personal and you may prefer some value other than the built-in value. To save you the inconvenience of setting your pre-

ferred values each time the system is turned on, the PERSONAL PREFERENCE PROGRAM is provided.

To store your own personal preferences, select the PROGRAM function, and press DOWN until PPP (Personal Preference Program) is displayed. Then press ENTER - the PROGRAM light will blink, indicating that you are now ready to enter information. Don't worry about mistakes, they are easy to correct. Select each function in turn that you want to control, and select the default value that you want. For example, if you want to select Program 3, Volume 75, and Intensity 90, just manipulate SELECT, UP and DOWN until those functions display the values you want. You can cycle thru all the functions again with SELECT to be sure everything is the way you want it. Then press and hold ENTER until the display goes blank. Release ENTER, and your personal preferences will be recorded, and will come up whenever the system is turned on. After using the system for awhile, you may find that your preferences have changed. No problem! Just record the new values the same way.

Changing Program Run Time:

To run a program faster or slower than its normal time:

- Select the program you want, and press ENTER just as if you were going to run the program normally.
- During the 10 second countdown, press SELECT. The TIME function will be selected, and the normal running time of the program in minutes will be displayed.
- Use UP and DOWN to select shorter (down to 5 minutes) or longer (up to 60 minutes, with a maximum of 4 times the normal program time) running times.
- When the time you want is displayed, press SELECT again to continue the countdown.

Entering Custom Programs:

After experimenting with the built-in programs and the various stimulation options available, you may want to create your own stimulation programs. The PR-2X system provides for storage of 10 such custom programs at one time. You can always overwrite an old program with a new one, but you cannot store more than 10 at once. The custom program that you enter will be labeled in the PROGRAM function display. The program entry process is simple, but does not allow editing like a word processor. To change an incorrect entry, you must start over. For this reason, we suggest that you write down the sequence of stimulation states that you want your program to perform. A "program worksheet" for this purpose is provided. Make copies so you always have a blank original. To enter your custom program:

- Select the PROGRAM function. Press DOWN until E is displayed.
- Press and release ENTER. The display will shift to the next unused program number. Use

UP and DOWN to select the next available number. You cannot skip over unused program numbers. Select the program number that you want to enter, and press and release ENTER. The function light will blink, indicating that you are entering information. You are now ready to enter your custom program. Your custom program is a sequence of timed stimulation states, so repeat the following steps as often as required to enter all the states you have designed:

- Using SELECT, UP, and DOWN, set all functions to the values you want for your stimulation state. Use the stimulation lightframes and headphones to be sure you have things the way you want them. You can use SELECT to cycle through all functions and verify the displays. When everything is right, press and release ENTER. The TIME light will light.
- Use UP and DOWN to select the period of time you want your stimulation state to last. The minimum is 1 second, the maximum will be 20 minutes or less. Minutes are to the left of the decimal point, seconds to the right. When the time you want is displayed, press ENTER. Your stimulation states and its time will be recorded, and the FREQUENCY function will be automatically selected. The system is now ready for your next stimulation states. (repeat the step above).
- When all your stimulation states have been entered, press and hold ENTER until the display goes blank. Release ENTER. Your program is now stored, and can be run in the same way as a built-in program. **PROGRAM ENTRY CAPACITY** Each custom program can store 200 bytes of information. If you compose a long program with a lot of stimulation state changes, you may run out of memory. The system will automatically terminate program entry and return the system to the manual state if this happens the program as far as you entered it will be intact. To save space so the maximum number of stimulation states can be entered, note the following tips:
 - When a stimulation states can be entered, every function that has changed in value is recorded. If you experiment with a function, changing its value, and then restore the original value, the system still treats this as a change and records the value. So be sure to change only the functions you want to change.
 - Changes in FREQUENCY, PHASE, DUTY CYCLE, RATE MULTIPLE, and TONE takes one byte to record. Changes in PITCH, VOLUME, and INTENSITY take two bytes each. The time duration of a stimulation states takes one byte. There are approximately ten bytes of _ overhead÷ to get a program started and terminated correctly. The maximum time duration of a program is 60 minutes. When the time of a stimulation state is entered, the system will automatically limit your maximum choice to a value that approximately fills out the 60 minutes. If you reach the 60 minute limit, the program will automatically be terminated, just as it is for using up all the all the available memory.

NOTE: Print the following “**PROGRAMMING WORKSHEET**” from the CD file by the same name:

PROGRAMMING WORKSHEET

PROGRAM NAME:

PROGRAM NUMBER:

	Time	Frequency	Mode	Pulse Width	Right Eye Rate	Pitch	Volume	Intensity	Tone
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
32									
33									
34									
35									
36									
37									
38									

Utilizing Your TENcolor Lightframes

TENcolors Lightframes are for personal light and sound users. TENcolors feature independent left eye / right eye color selection and connects directly to your PR-2X light and sound instrument.

The TENcolors hues will vary somewhat depending upon whether you are using the AC adapter, running a session via the built-in battery and the amount of 'charge' left in the battery, but the general colors can be defined by the following chart:

TENcolors	<u>SWITCHES "ON"</u>
PURE RED	Red
ULTRA RED	RED
ROSE QUARTZ	RED, Green, Blue
YELLOW	Red, Green
CALIFORNIA GOLD	RED, Green
"WHITE"	Red, Green, Blue
PURE GREEN	Green
AQUA	Green, Blue
PURE BLUE	Blue
INDIGO	Blue, RED
VIOLET	Blue, Red



Located on both the left and right sides of the TENcolors lightframes are four color selection switches. The right four switches control the right eye color and the left four control the left eye. When a switch is to the left (next to the numbers one through four) it is in the "OFF" mode. Likewise, when each switch is to the right (the side with ON printed on the top right of the switch) it is in the "ON" mode. To select the color you desire, simply refer to the color key above and set the color switch(es) accordingly. For example, for PURE BLUE switch number one "ON" in both switches while all other switches should be to the left or "OFF". For INDIGO, switch one and three will be on, two and four will be off.

Your TENcolors Warranty covers parts and labor for one year. Warranty void if: lightframes have been tampered with; have been subjected to negligent treatment or have been damaged due to spillage from drinks, water, etc.. Shipping costs are not covered or reimbursed under the warranty.

Operations Summary

Make Connections:

- Headphones to the SOUND jack, Goggles to the LIGHT jack.
- External audio source to the EXT jack with the stereo cord (optional).
- AC adapter to 120 volt wall outlet and PWR jack (optional if you have a battery).
- Power switch to BATT (or ON if using the AC adapter).

View or Change Function Value:

- Press SELECT repeatedly until the desired function is selected.
- Press (hold) UP, DOWN until the desired value is displayed.

Running a Program:

- Select the desired program with SELECT, UP DOWN.
- Get comfortable, put on the headphones and goggles.
- Press ENTER, CLOSE YOUR EYES.
- At End, press and hold ENTER till the display goes blank, release ENTER. PAUSING A PROGRAM
- Press and Release ENTER. To restart E ENTER. STOPPING A PROGRAM
- Press and hold ENTER until the display goes blank, release ENTER. CHANGING PROGRAM RUN TIME
- Select the desired program, press and release ENTER to start countdown. * During countdown, press SELECT. The normal program run time will be displayed.
- Use UP, DOWN, to select the desired run time, press and release SELECT.

Entering a Personal Preference Program:

- Select the PROGRAM function, DOWN to ppp, press and release ENTER.
- Set all functions to the desired values.
- Press and hold ENTER until the display goes blank, release ENTER.

Entering a Personal Preference Program:

- Select the PROGRAM function, DOWN to E, press and release ENTER.
- Use UP, DOWN to select the program to be entered, press and release ENTER.
- Set stimulation functions, press and release ENTER.
- Select time duration, press and release ENTER, repeat above step.
- When done, press and hold ENTER till the display goes blank, release ENTER.

WARRANTY

We warrant to the original user that this product shall be free from all defects in material or workmanship for one year from the date of purchase. This warranty does not apply to any product subject to abuse, misuse, negligence or accident, nor does it apply to batteries supplied with the product. Defects caused by tampering, unauthorized alterations, or repairs are not covered by this warranty. We may elect to replace the entire unit at no extra cost to you with the same model or a similar model rather than repair it. If a defect covered by this warranty should occur, promptly return this product with proof of purchase, a check or money order for \$ 5.00 to cover shipping and handling, and a brief explanation of the problem to the following address:

**Mind Gear, Inc
Attn: Return Department
829 Callendar Blvd.
Painesville, Ohio 44077**

If the product should become defective after the warranty period, Mind Gear will limit the cost of repair to no more than \$50 plus S&H if problem is determined to be due to a defect in material or workmanship. Once again, this limit does not apply to any product subject to abuse, misuse, negligence or accident, nor does it apply to batteries supplied with the product. Defects caused by tampering, unauthorized alterations, or repairs are not covered by this \$50 repair limit.

We learned through experience that problems in battery powered products are often due to weak batteries, rather than defects. To save inconvenience, we encourage you to try replacement batteries before you return the product. Please feel free to call our customer service representatives at 1-800-525-6463 or email MindGear@aol.com for answers to any questions. This warranty give you specific legal rights, and you may have other legal rights that vary from state to state.

Addendum

Autopilot or AP for short, is a series of 5 programs that have been added to the original 50 programs found in the PR-2X system. Each AP program is assigned a category of brainwave frequencies. They are Super Beta (30-40 hertz), Beta (15-30 Hz), Alpha (7-14 Hz), Theta (4-7 Hz), and Delta (1-5 Hz). Each time a particular AP program is run, the PR-2X system will generate a NEW & UNIQUE program targeted to the range specific to it!

For example, each time an Alpha *_AUTOPILOT™* program is selected the system will automatically generate a new and unique program that will have target frequencies in the Alpha range. Furthermore, if you like and enjoy the program that the AUTOPILOT™ feature generates, you will have the option to save or *_capture* the program (up to 10 different ones) when it is finished! This AP™ feature provides virtually an unlimited number of built-in programs and is only available from Mind Gear.

Starting an _AUTOPILOT™ program: Beginning an *_AUTOPILOT™* program is exactly the same as running any other program. First you must determine which brainwave frequency range you wish to be stimulated at. Your choices are Super Beta, Beta, Alpha, Theta and Delta. Once you have made your decision, all you have to do is select the appropriate program and press the enter key.

The *_AUTOPILOT™* programs are located just below Program P01. Therefore, when you first turn your system on and it displays P01, you will need to press the down key until the appropriate *_AUTOPILOT™* program is displayed. The options are displayed as follows: for Delta Frequency (1-4 Hz) programs the display will show Apd; for Theta Frequency (4-7 Hz) programs the display will show APH; for Alpha Frequency (7-14 Hz) programs the display will show APA; for Beta Frequency (15-30 Hz) programs the display will show Apb and for Super Beta Frequency (30-40 Hz) programs the display will show APS.

Once you have the correct *_AUTOPILOT™* program displayed, all you have to do is press the enter key and the system will begin the 10 second countdown just like any other program. Please note that all *_AUTOPILOT™* programs are preset to run for 30 minutes. You can change the length of time on these programs just like any other.

Saving an _AUTOPILOT™ program: After running an *_AUTOPILOT™* program the PR-2X system will automatically assign a new program number and prompt you to decide if you wish to save the program that just finished under that number. If you wish to save the program for playback later, you **MUST** press the ENTER key **FIRST** before any other key and the program will be saved under the number that was flashing. If you first press any other key beside the ENTER key, the just completed program will be **LOST** and **NOT SAVED!**

NOTE: We suggest that you take the time to write down the program number and the type of program it is so you may refer to it later. Also, all user defined or *_AUTOPILOT™* generated programs are displayed with the letter U (for user) preceding the program number. If you do not wish to save the *_AUTOPILOT™* program, then simply hit the select key and the system will not save the program.

Erasing all the Stored Programs:

To erase all the stored custom programs follow these steps:

- Turn system on and use the down key until the letters ErA appear.
- Press the ENTER key - the system will now begin alternatively flashing all the indicator lights & the word ErA.
- Press the enter key again if you want to erase ALL the programs and the Personal Preferences.
- The System will now go totally blank for about 5 seconds and when done will display P01.