iLightz App User Guide
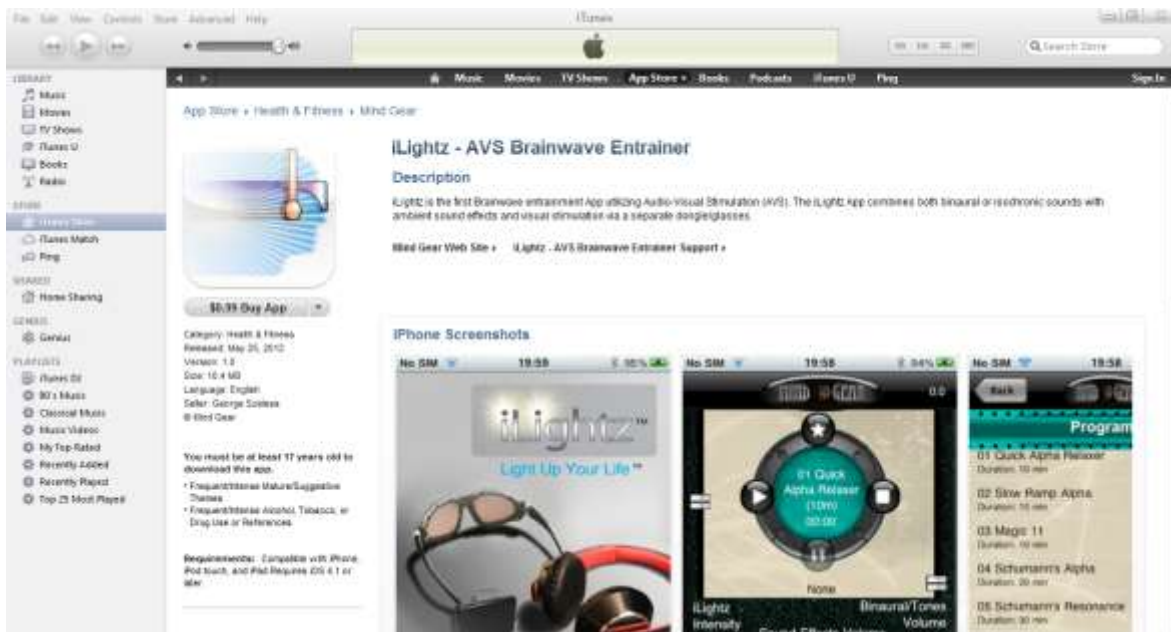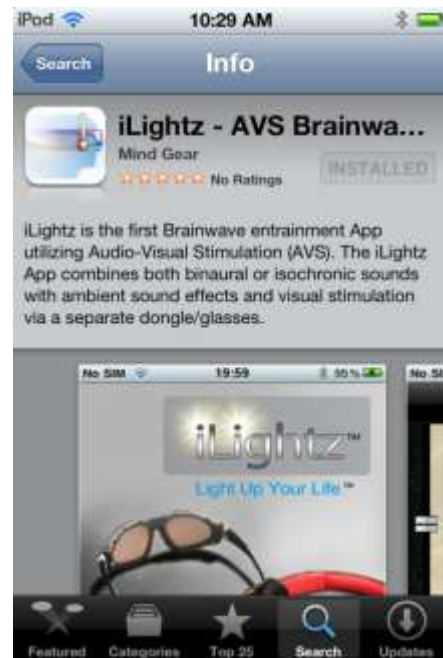
v 2.0.3

Contents

Starting recommendations

In order to achieve the maximum effectiveness of your AVS system, we recommend:
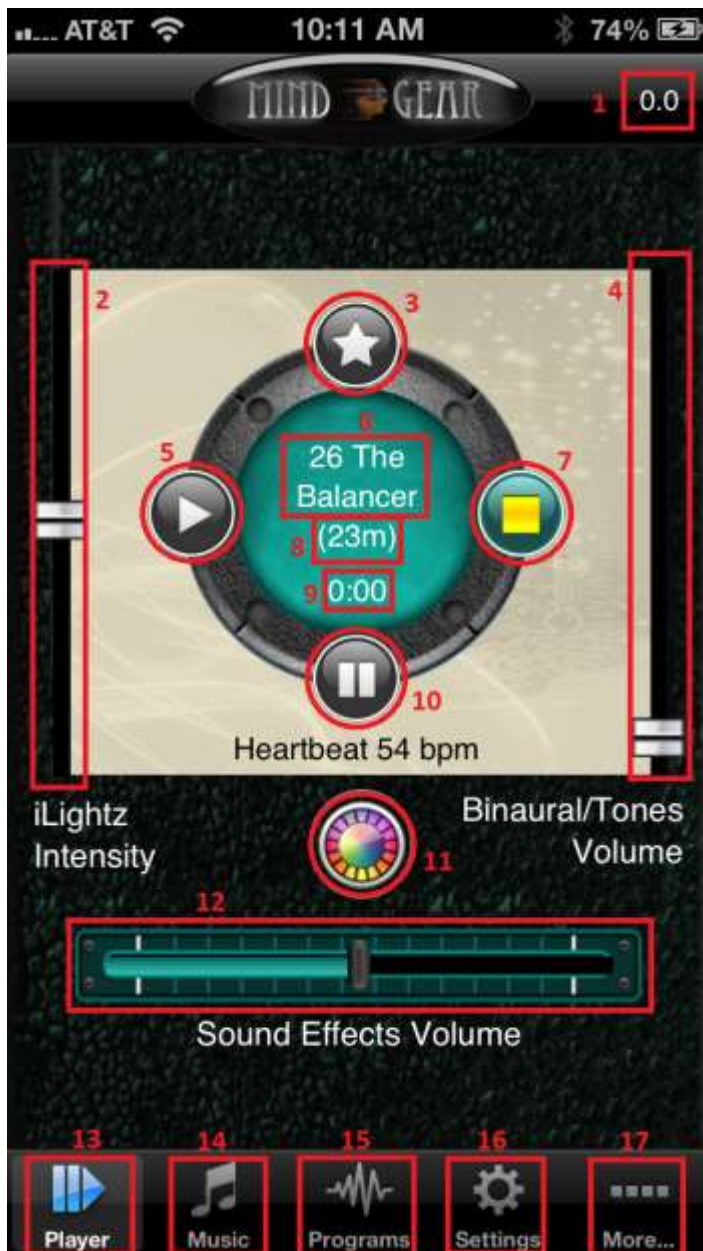
- Use your AVS system with your favorite piece of music or a self-improvement CD
- Use your AVS system regularly, daily if possible. Like exercising a muscle the brain grows stronger the more you use it.
- Set aside a specific time and place to use your AVS system. A familiar environment as well as a regular time for and activity will cause your body to prepare for you session before you begin.
- Make sure you are comfortable. Tight or restrictive clothing or uncomfortable positions can distract you from your session.
- Close your eyes when using the Colormatrix glasses. While these can be used with your eyes open, closing your eyes limits the other visual stimulus to your environment.
- Use your AVS system in a dark, quiet space. Again, limiting outside stimulus increases effectiveness.
- As you try different programs and stimulation options, note your energy level, sleep patterns, and stress response. Find the sessions that do the most for you.

How to download the app and get started

Simply go to www.Mind-Gear.com and click on the link for the iLightz app, or go straight to the app store on your iPhone or iPod and search for iLightz AVS.

Getting started - app layout

1. Frequency indicator
2. Light intensity slider
3. Favorite button
4. Binaural tone volume slider
5. Start button
6. Program name
7. Stop button
8. Program length
9. Current time indicator
10.   Suspend progress button
11.   Glasses color selection menu
12.   Effect volume slider
13.   Home Tab
14.   Music and Effects Tab
15.   Programs Tab
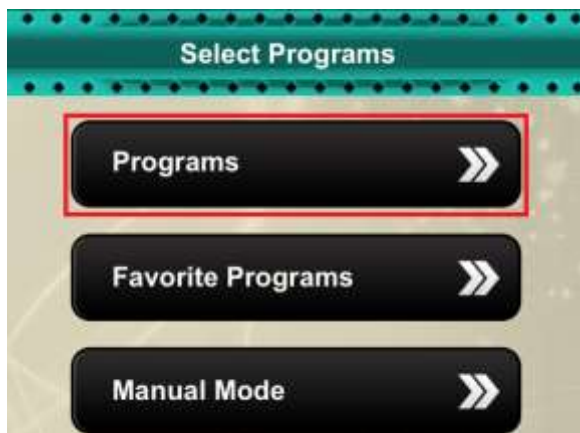16.   Settings tab
17.   More tab

Running your first program

When you first load the app default settings will be applied. To run your first session you should first select which program you want to run.
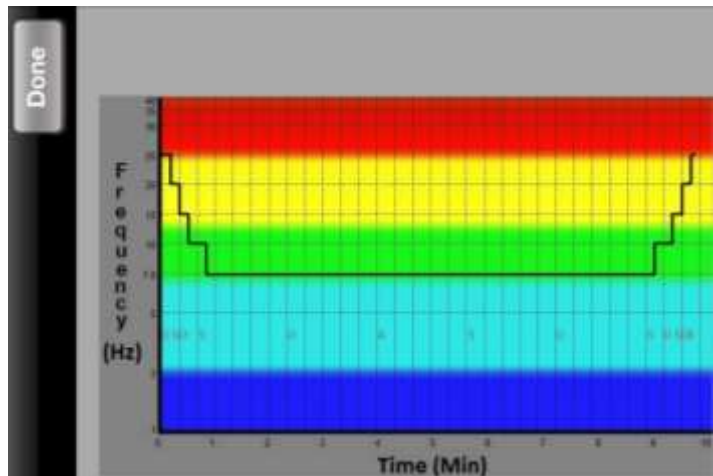

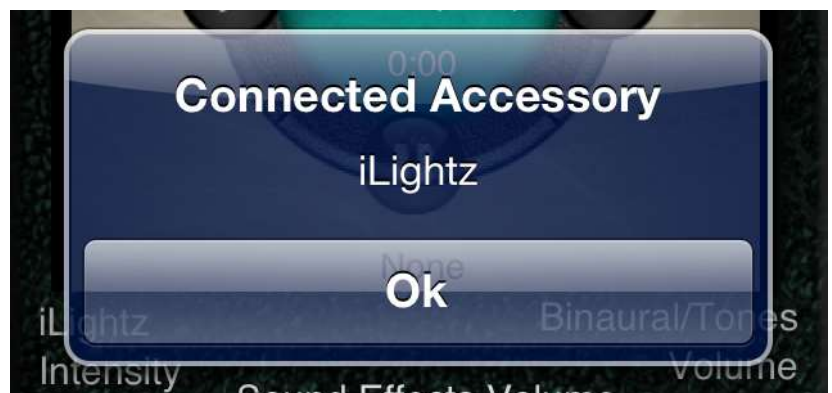First select the program selection menu (15)

Then select program list

Finally select your program, for now **we'll select program** 26 to demo. Select the done button.
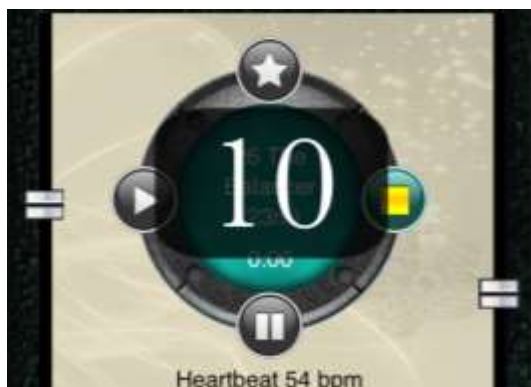
When a program is selected a graphical preview of that program will be displayed. Select done to exit.

Plug in the iLightz dongle if you wish to use the visual stimulation glasses.
Plug the glasses into the dongle first, and then plug the dongle into the Apple Device.

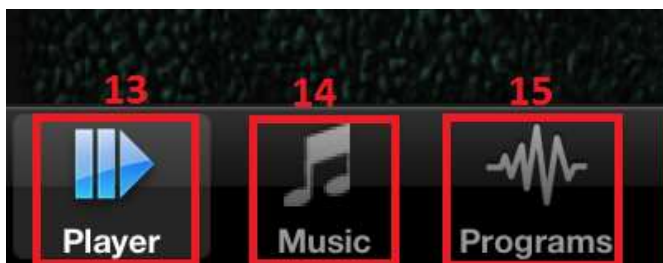Lastly to start your program, press the start button.

You will have 10 seconds to situate yourself before the program begins, so sit back relax and enjoy.

Adding music to your program
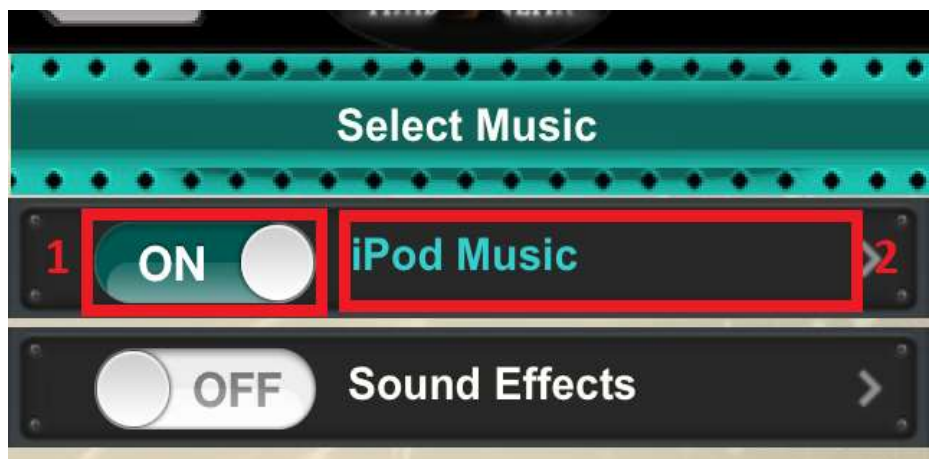
Playlists   Done

iLightz playlist >

One of the features of the iLightz app is that it allows the user to select their own tracks for layering into the program. The easiest way to do this is to create an iLightz playlist. The app will automatically look for and play from this playlist any time you have iPod music turned on for your program.
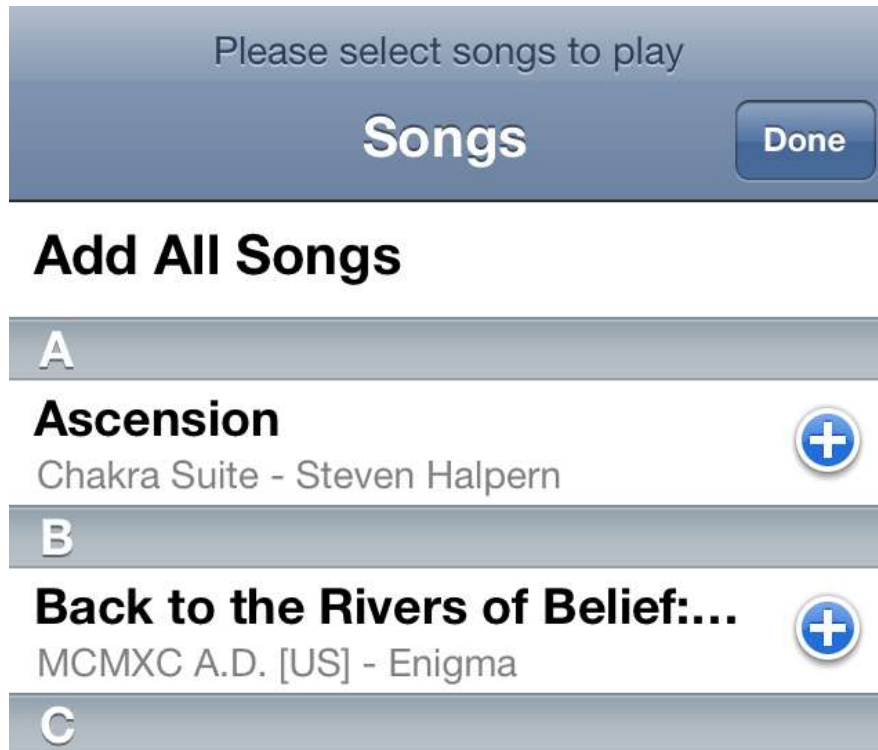
13   14   15

Player   Music   Programs

After selecting the program that you wish to use and before starting the program, select the music selection menu.

You have the option to layer your own audio files or select one of our included effect tracks or use both. For now, only turn the music switch to the on position.

Select Music

1   ON   iPod Music   2

OFF   **Sound Effects** >

If you already have an iLightz playlist created, the app will automatically find and play this playlist. Otherwise you have to now select which songs you want to play, to do so select the iPod music menu.
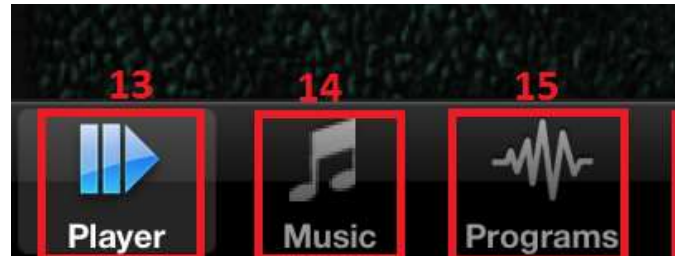

Now your device will open to the iPod menu for you to select music just like creating a playlist.

Select the songs you would like to play during your program. Keep song length in mind when selecting songs so that you have enough music to last the entire program. If you select too many songs the app will automatically fade the music out when it completes your program.

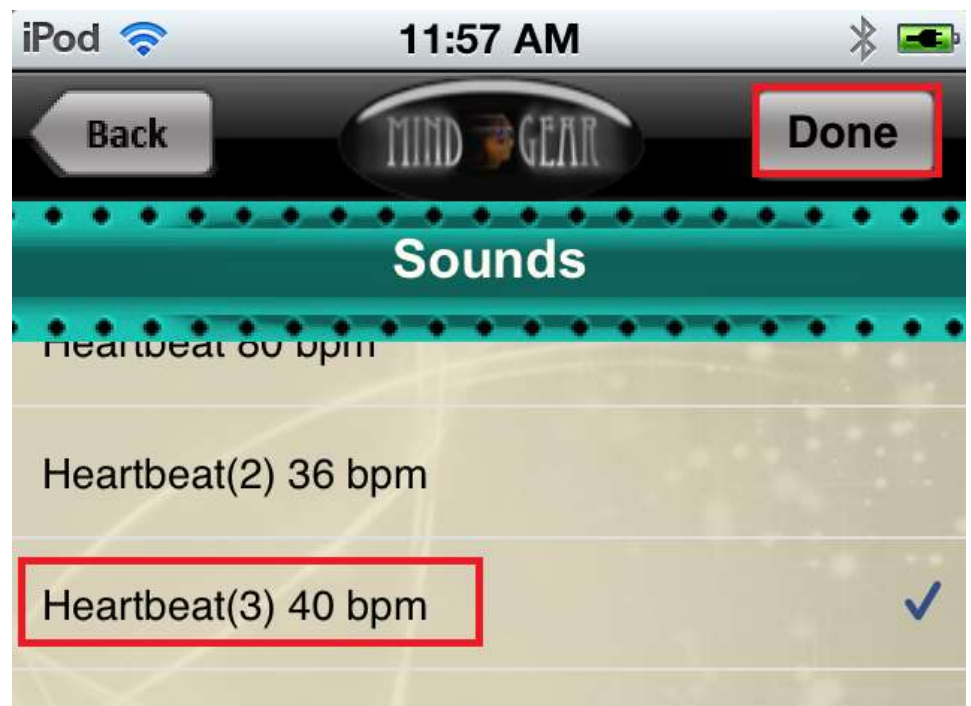# Adding sound effects to your program

Adding sound effects is just like adding music and is accessed through the music tab. (14)

First turn the effect switch on, then select the sound effects menu.

From the sound effect menu you can select any of our ambient sound effects or our heartbeat effects to listen to.

Personalizing your program

Once you have selected your program and audio, you are ready to begin setting the levels for your program.

The levels that will be selected are personal and may be different from person to person. The overriding principle for selection of leveling is to use levels that are comfortable.

The first level you should set is the volume of the audio. This is done by using the rocker pads on the side of your device just like setting volume for the iPod mode.

Once that is at a comfortable level you can set the binaural/tones volume.

This setting can be set at the maximum without affecting the master volume. Distortion may occur due to the binaural tones and your audio using the same frequency. This can be reduced by lowering the binaural/tones volume.
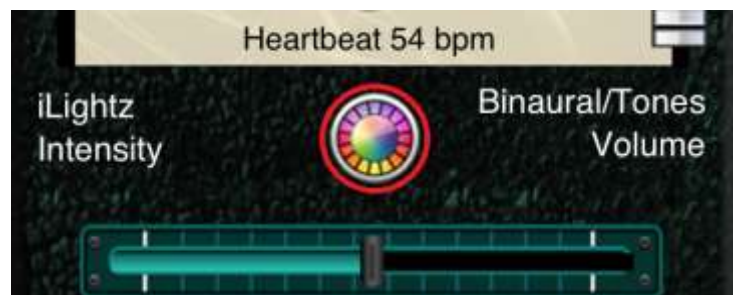
If you have the iLightz II dongle attached, then there are several more settings for you to explore.

First you want to set the iLightz intensity level. This controls how bright the flashing lights will be. Remember the principle of comfort here.

The final selection for the ColorMatrix glasses is the color spectrum used for the visual stimulation. First select the color wheel menu.
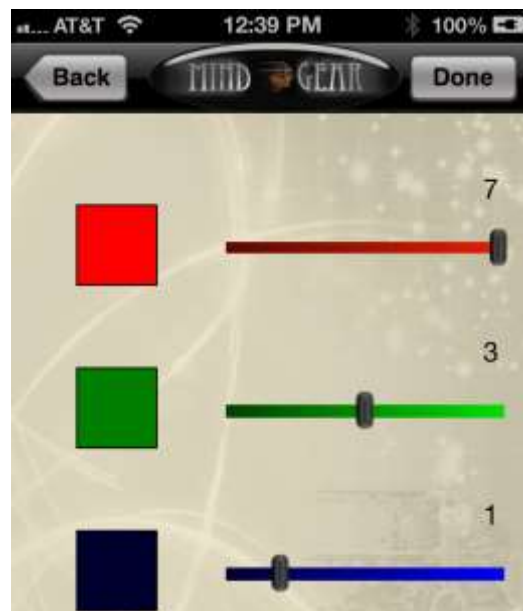
The color selection menu has several options. The first is a custom color mixing mode, the others are preset colors which are selected by the frequency of entrainment. In order from low frequency to high the colors are:

- Colormatrix1
    Blue, Green, Orange, White
- Colormatrix2
    Magenta, Cyan, Orange, Red, White
- Colormatrix3
    Blue, Cyan, Magenta, Orange, White
- Colormatrix4
    A color is randomly selected every time the frequency moves

The color mixer has seven levels of intensity which can be selected to mix any of 504 colors. This color will then be used for all of your programs.

More options

The settings tab (16) has the default settings that are loaded upon opening the app displayed. Select edit to change these.

Once you have found what your level preferences are you can set them here and they will be saved for later uses of the app.

Further down the screen you will find options to change pitch and duty cycle.

The pitch option allows you to change the frequency that the binaural sound centers around.

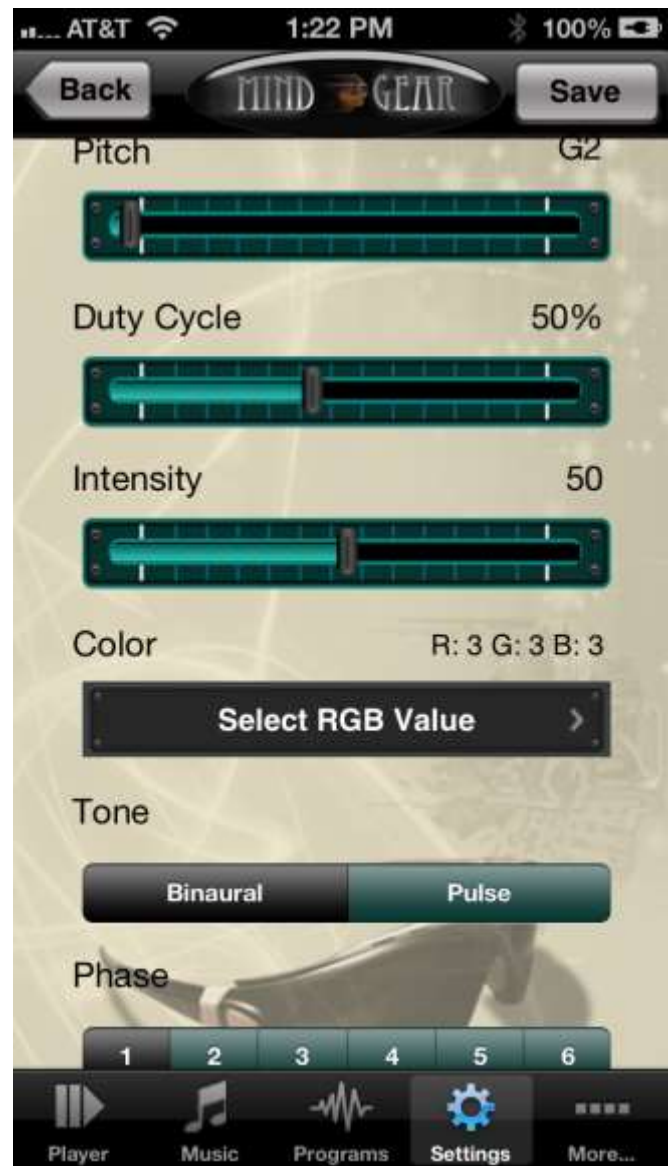The duty cycle is the ratio of on to off for the Lights in your glasses.

The final options available on this screen are a switch between binaural and isochronic sound and phase selector for isochronic sound. Binaural sound uses a frequency difference to deliver a constant low hertz stimulus to the brain where isochronic sound delivers a pulse of sound at a low frequency to the brain. Both systems are effective, but one may be more effective for you specifically so try them both.

The phase selector is mainly used in isochronic sound delivery. It can be used with the binaural sound to alternate the lights (even phases) flashing or have them flash in sync (odd phases.)

For isochronic sound:

- Phase 1 syncs the isochronic tones with the flashing lights
- Phase 2 alternates the tones and lights so that they are synced by side
- Phase 3 alternates between the audio and lights
- Phase 4 crosses so that the left ear is stimulated when the right eye is and vice versa.
- Phase 5 alternates the tones while leaving the lights flashing in sync with each other.
- Phase 6 alternates the flashing lights while leaving the tones in sync with each other.
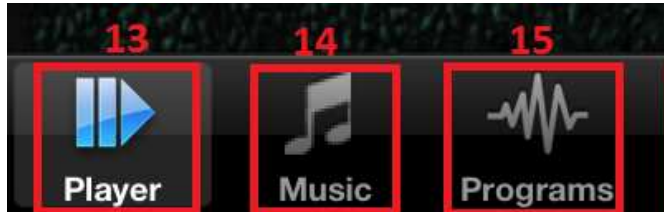
Favorite programs

If you find yourself using a program frequently you can select the favorite button for it and it will appear in your favorite program list, a list of only your favorite programs to make selection easier.

Favorite programs can be accessed from the normal programs list by selecting the favorite list button.
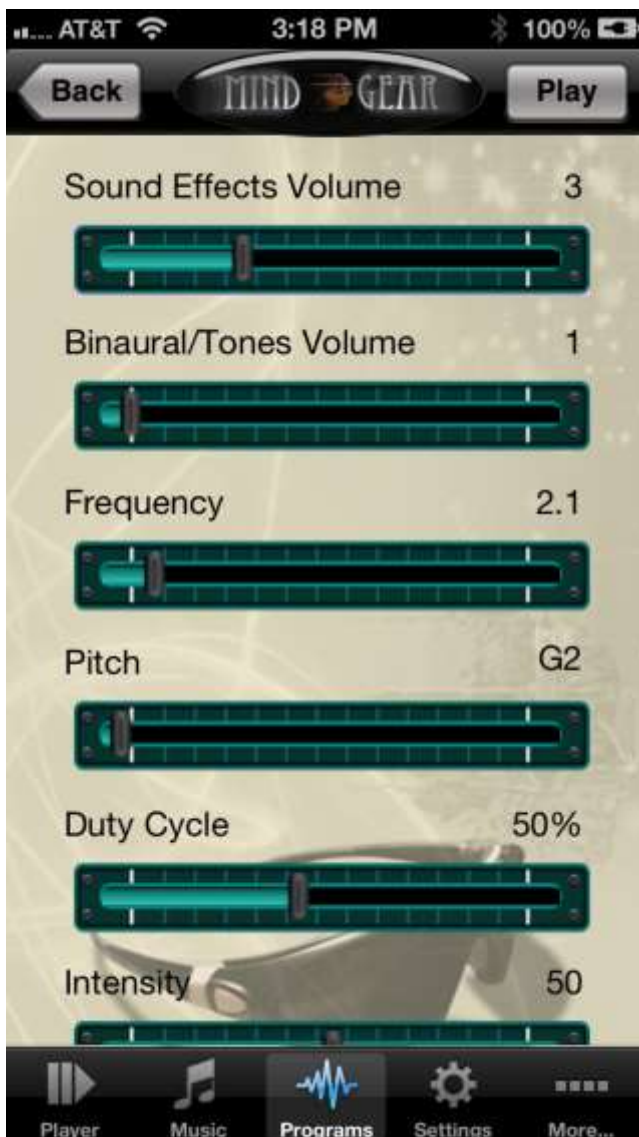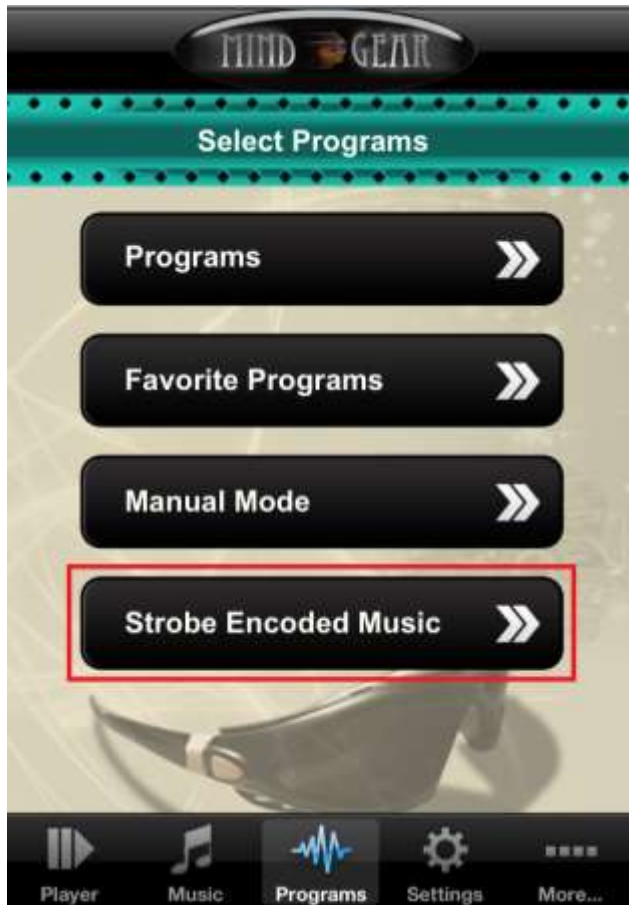
Manual Program

The manual program can be accessed through the program tab. (15)

This mode is used to make your own program on the fly. You can independently control all elements of the stimulation in real time to tailor a program to your specific needs.

This mode is intended for more experienced AVS users who understand the science behind it and know which settings correlate to their desired results.

Strobe Encoded Music

Strobe encoded music includes a special high frequency signal which directly controls the lights in an AVS device, allowing precise synchronization between audio and visual stimulation.

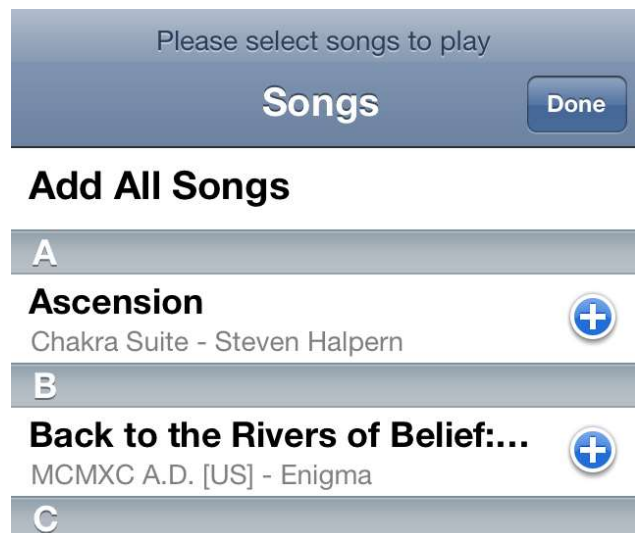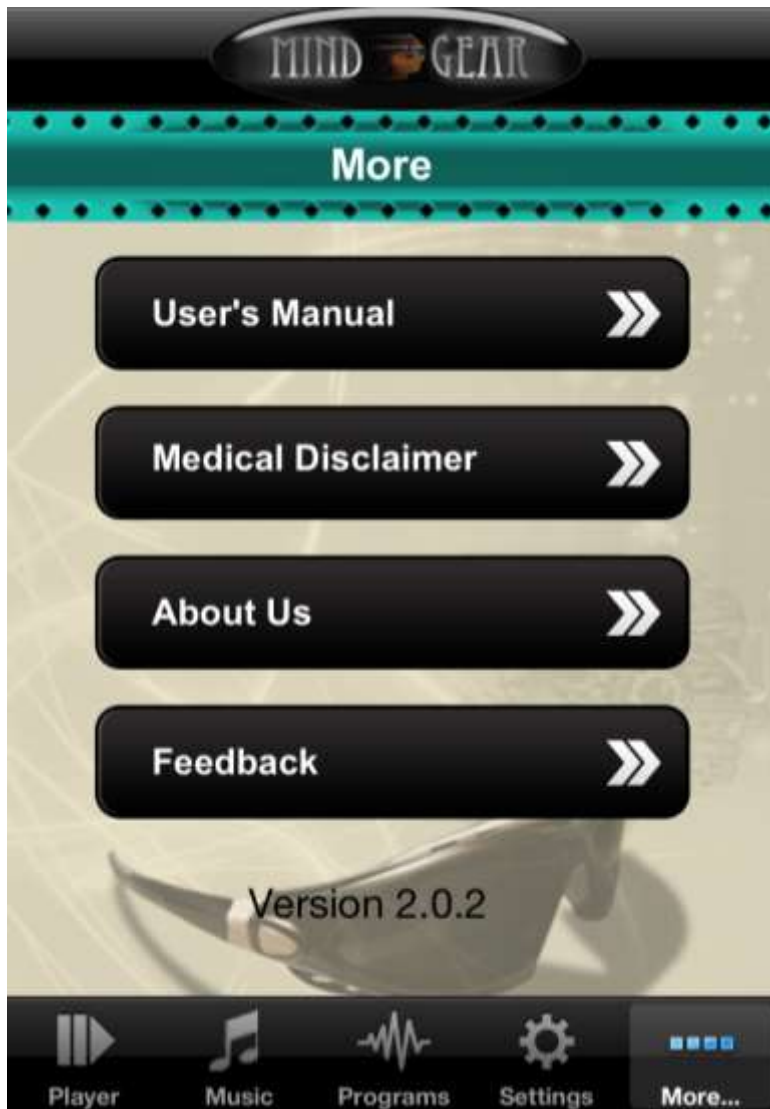The iLightz app can decode these files and display the embedded program through the ColorMatrix glasses.

To play these files simply select the Strobe encoded music option in the programs tab.

Then select the audio file as normal.

Finally go to the player tab and press play.

More information

For more information go to the more tab within the app or visit Mind-Gear.com