

Achieving Peak Performance States

with Light/Sound Technology

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In today's fast-paced world people are hard pressed to make the commitment to long term self improvement programs, despite the considerable benefits that a focused, clear mind confers. Fortunately, light and sound technology can accelerate any such program if you are willing to invest the modest amount of time required to sit undisturbed for a half-hour per day at least three to four times per week.

The common problems people face in beginning a self improvement program include:

- Finding a credible trainer or an appropriate program.
- Finding and making the time to practice.
- Finding the proper space to practice in.
- Learning associated techniques to assist in reaching deeply relaxed states.
- Most important of all, staying with the program—discipline.

You have made a big step towards your commitment to improve your experience of the world by purchasing the *Mind'sEye* or *Galaxy* and taking the time to learn how to best make use of it. This technology will help you begin and maintain an effective meditation or deep relaxation program which will, over time, bring you many benefits.

The benefits of light/sound technology

- Relaxation and Meditation. Achieve states of calmness in a shorter period of time than is possible with many traditional methods. The *Mind'sEye* and *Galaxy* can add an effective new element to traditional meditation and other types of stress reduction programs.
- Safe, effective, non habit forming and drug-free assistance in falling asleep.
- Creativity. Use the complex, shifting visual images you see during a session as stimulus to your creative imagination and unlock the doors to creative breakthroughs.
- Visualization and development of new goals. These can include psychological goals such as increasing motivation levels, and physical goals such as increased concentration and other performance necessary for sports achievement.
- Accelerated learning. The *Mind'sEye* or *Galaxy* will help gradually shift your mind to the state where you are most receptive to new information.

A good analogy is that using our system is like riding a bicycle to get from one point to another. The machine does not do all the work for you, like an automobile. Both technologies assist you by making more efficient use of the way your mind and body

naturally function. This is not doing something to you, as drugs do; it is doing something with you. This is an important distinction.

This technology is very powerful and should be used in an earnest and responsible manner. You should take care not to rely on this too heavily and develop a false and unnecessary dependency. With regular use, you will find that a natural process is taking place. Over time, you can become so proficient at the skill of reaching deeper states that you will be able to reach them with minimum effort nearly any time you wish to, with or without the machine.

Some users will experience immediate positive effects when using light/sound technology while others find that it takes time for subtle, yet deeply effective results to be produced. We cannot overemphasize that the key lies in developing a program of regular use.

Ideally, you will make the time in your day for one (or even two) 30 minute sessions. If this is impossible, a fifteen or twenty minute session every day or several times a week will be more effective for you than occasional, irregular sessions.

Think of this as an integral part of a personal mental fitness program; that is, in the same way you might view a physical fitness program. There are many similarities, but the major difference is that there is, in fact, gain without pain. You may find yourself hitting plateaus where nothing seems to be happening for you, where you find it difficult to allow yourself to stay with it, or where you are just bored. This is OK. Work through these times and recognize them for what they are—plateaus on your road to progress.

You now own a piece of powerful hardware. Software in the form of tapes, books and additional courses will properly complement your personal program. We strongly recommend that you work with many of the resources that are readily available. It is helpful to have some background in meditation or stress reduction programs. This will go much further in helping you accelerate your progress and stay on course.

The beauty of this technology is that it is very flexible; you can tailor a program that suits your specific needs best. There are few hard and fast rules to obey. Again, it is all about commitment and consistency.

Hints for enjoying and benefiting from light/sound technology

If possible, make a time every day for your meditation/relaxation break. A good time is first thing in the morning. If you are on a tight schedule then get up a little earlier than usual. You will find the slight decrease in sleep will be more than counterbalanced by the benefits of daily practice. It is important that you practice undisturbed by telephones, family, co-workers, or other unnecessary outside input.

Find a comfortable position to sit in; it can be in almost any chair. You can sit in a traditional meditation pose with legs crossed on the floor or pillow if you wish, or you can practice in a reclining position. The only problem with a reclining position is that you are more likely to fall into a light sleep state.

It is OK to fall asleep. The worst that will occur if this happens is that you may feel a bit drowsy at the conclusion of the session. With practice you will find yourself becoming skilled at holding your concentration between wakefulness and sleep. This is where you will find that calm, focused awareness traditional meditation programs talk about. This is the reverie state where hypnagogic imagery flows through you. Allow it to flow and just observe. There will be plenty of time to analyze your experience after you are finished with the session.

Set the volume low enough just to be comfortably heard as you will find a heightened sensitivity to sound as you go deeper into your session. Set the light intensity at a level that is comfortable to you. Higher brightness levels are desirable, but comfort, focus and concentration are the most important factors.

Adjust the internal tone to a level that is most relaxing for you. If there are music or learning tapes you would like to use, by all means use them with your Mind'sEye or you may bypass the internal sound, enjoying the lights with the external sound only. It is what you find most comforting that is important.

One goal you should try during a session is to uncritically observe your inner voice or the incessant "mind chatter" we all listen to during our waking hours. Rise above it; allow this chatter to drift by. As you attain deeper and deeper states you will find a lessening of this self talk. You will even find this inner voice subtly diminished when you are in a normal waking state. This is good as it makes for better communication between the left and the right hemispheres of the brain, allowing you to better integrate your life experience with less stress and confusion.

Become informed. Learn more about the myriad of Western and Eastern techniques to reduce unproductive stress, release tension, increase focus, concentration, and expand awareness. The underlying principles are quite simple. Take the time and energy to understand and experience the benefits available to you.

Proceed one step at a time; develop a comfortable routine for several weeks and then compare your experience to how you felt when you began. A suggested routine for your first week follows. Enjoy and have fun; you deserve it!

Your first week with light/sound technology

Unless you are already an experienced meditator we suggest that you begin your experience into light and sound here. We know you probably have the urge to try many of the programs. It's a little like being at the hors d'oeuvres table. Start this week right by developing a solid base for yourself.

Day 1

Spend at least one 30 minute period in a relaxed position of your choice. It can be sitting or lying down, as you prefer. Give yourself a minute to adjust and get comfortable. Start with a 25 or 35 minute Relax session. Take slow, deep breaths and allow your exhalation to be approximately twice as long as your inhalation. Breathe from your diaphragm and not your chest. You can tell you are doing this correctly by putting your hand on your stomach; it should be going in and out with each breath. Notice your feelings, the colors you see, your thoughts and sensations, and allow them to flow through you uncritically. You might try keeping a log at the end of each session that you can refer back to. This is one way to chart your progress over a given time in an objective manner.

Day 2

Again, spend at least one 30 minute period using the same session. You can also try a second session if time permits, such as one of the Learning sessions. Keep up your breathing exercises—notice and focus on each breath. Visualize yourself relaxed, refreshed and more able to cope with daily pressures and petty annoyances. Record your thoughts in your daily log.

Day 3

Again, use the Relax session. Add a 15 minute Energize session if possible. Take the time to record your experience. You are learning a new way to relax and you will notice yourself feeling better with more energy to complete your day.

Day 4

You are now starting to develop a routine. If this is not happening for you because of an uneven schedule or other reasons, look at what you can do to make this an important and meaningful part of your day. Continue using the Relax session and add another session later in the day to your program. Start taking the time to visualize changes in your life where you feel you need them. Work on small, positive changes at first; there is no need to overwhelm yourself by trying to tackle unrealistic goals.

Day 5

Continue with at least one 25–35 minute program of your choice. Notice your breathing patterns in between sessions especially during stressful parts of your day; you may suddenly realize that you are a bit out of touch with your body. Focus on becoming relaxed even when you would normally be under duress. Imagine for a few moments during your workday that you are deeply immersed in a session. What do you notice?

Day 6

By this time you should have a good pattern in place; this is important—stay with it. Notice your muscle tension during your session. Try tensing and releasing different

muscle groups and focus on your breathing. Notice how you feel at the end of this session. Compare your thoughts, sensations, feelings to your first couple of days. Pay careful attention to the differences you are beginning to feel.

Day 7

Are you beginning to feel eager for your next session? Are you practicing the simple but effective breathing techniques, not just during a session but during different parts of your day?

You see, the secret is that you are now on the path towards greater relaxation in your life. You will find yourself more relaxed in many different situations even when you are not actively involved in one of your sessions. The quality of your life can and will improve in as little as a few days. Imagine how good you will feel and how much better your experience of the world will be after several months or years of regular practice.

Now stick with it. Start to experiment with other sessions of varying lengths. There is no one session that is perfect for everyone. You may find you enjoy a Learn session in place of a Relax session. When you do pick one, stick with it to the end of the session. As you become more attuned to your body and your daily rhythms you will discover what works best for your individual needs.