

Super IQ™ 7 Mind Machine User Guide

Read this User Guide Before Using the Super IQ 7 Mind Machine

This user guide includes the details of these *Mind Machine* Program Packages:

- Accelerated Learning and Exam Mastery (for all exams / competitions)
- Vocab Builder (CAT, GRE, GMAT, SAT, TOEFL, IELTS)
- Awake and Energize
- Stress Buster
- Meditations: Alpha, Theta, Delta, Om7, Namokar

NOTE on Use of Terms “CD” and “CD Plyaer”:
In this user guide, the term “CD” also implies MP3 files. The term “CD Player” also implies “MP3 Player”



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SPECIAL NOTES

About using pencil cells: Please make sure you insert pencil cells as marked + and -.

About the mind machine audio recordings and sounds:

Please note that the recordings are not ordinary audio recording (music, songs for entertainment), but are special sound patterns designed to alter your brainwaves and more. You may hear sounds somewhat like mild “hiss” type of sound (fainter or milder than sound from a fridge or fan).

Like with any exercise/food/learning/game/work,

if you do not like the mind machine for any reason, simply stop using it.

IMPORTANT WARNING

All Mind Machine CDs are for use ONLY VIA the *Super IQ 7 Mind Machine* and MUST NOT be listened to directly from CD/DVD player /Computer/ iPod (because listening directly can cause harm to your speaker system, headphones and also ears if listened to for long).

Persons with seizures type problems or undergoing or having undergone psychiatric or psychological treatment should use this machine only under medical supervision.

Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes, such as watching TV, playing video games or using mind machines, even if they never had a seizure before. In case of any discomfort, the user must immediately stop the device and consult a doctor before continuing to use.



Welcome

Dear owner of *Super IQ 7*,

Congratulations on your purchase of the *Super IQ 7 Mind Machine*, which is our most advanced and most versatile mind machine.

It is the single most powerful tool for students for exam success.

More and more students are using this mind machine for big success in exams and competitions towards achieving their ultimate goals in life.

Many executives, business owners, professionals and others are also using it for learning, stress management and meditation.

You can begin to experience the benefits starting today itself.

Please write to us or email and tell how you are benefiting and how you are more confident, more relaxed and successful. Please also send your photo with the letter so we can use it for our books, web sites, magazines, etc.

For help, please email to question@MindMachineLab.com

Wishing you mega success for all of your goals in your life,

Raj Bapna

What Do You Get in the Complete Package

You get the following:

- **Super IQ 7 Mind Machine** box containing the following:
 1. *Super IQ 7 Mind Machine*
 2. *Brain Booster Mind Glasses* with attached cable
 3. Headphone
 4. Stereo-to-stereo cable
 5. User Guide (you are reading it now)
- **CD or MP3 Package(s)**

You get one or more packages that you purchase.

Super IQ 7 Works With and Without Brain Booster Mind Glasses

Works With and Without Brain Booster Mind Glasses

With blinking lights, you soon enter a state of deep relaxation and feel various changing colors like in a kaleidoscope.

What is Brain Booster Mind Glasses and How You Feel When Using Them on Closed Eyes

When using without *Brain Booster Mind Glasses*, the mind machine offers various mind technology sounds and voice to create the desired results.

When using with *Brain Booster Mind Glasses*, the mind machine offers blinking lights on your closed eyes which helps deepen the effects.

Setting Up Your Mind Machine

You need your own CD player (in Music System or Portable) or iPod-like player, MP3 Player or PC / Notebook.

Music System with CD Player or Portable CD Player:

Play a Mind Machine CD and connect the output from the player to the Super IQ 7 Mind Machine.

CD Player on PC or Notebook Computer:

Play a Mind Machine CD and connect the output from the computer to the Super IQ 7 Mind Machine.

Special Instruction for Advanced PC Users: If you have made specific sound effect changes to the computer's music system, please disable the changes. If you don't understand what this instruction means, then you don't have to do anything because this instruction is for advanced users of PC only and most people don't have to do this.

Using with iPod or MP3 Player

If you have purchased the MP3 CDs/DVDs, then you can simply copy the files to your iPod or MP3 player or mobile phone with MP3 player.

If you have purchased audio CD format, then to transfer a Program CD to iPod, first you need to put the CD into your PC's or Notebook's CD Player and then rip it using software like **iTunes** or **Windows Media Player** into **.mp3** format or other formats.

If converting to MP3 format, please select option that creates the biggest size file.

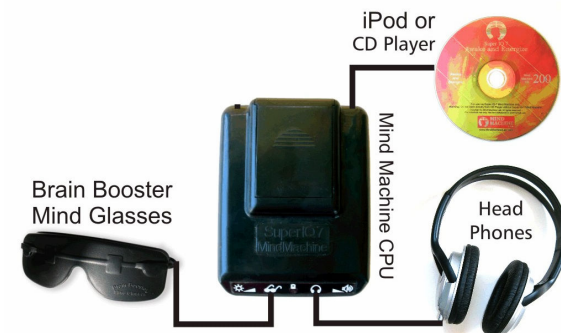
It is Portable – You can Take it Anywhere

Your mind machine is portable with use of iPod or small cell driven CD player (to take it anywhere – in your home, college, school, park, bus, etc. Its effectiveness is highest in a quiet, noiseless place.)

You may purchase “rechargeable pencil battery cells” and a “battery cells recharger” from the market, which is cheaper.

Connections for the Mind Machine

The diagram below shows how to connect it.



How to Connect It

- On the front side of the box are connections to Headphones and Brain Booster Mind Glasses.
- On the back side of the box are connections to CD Player (via stereo-to-stereo cable).
- Use 3 pencil cells in the top chamber which has a sliding lid on top.
- Once 3 pencil cells are inserted and also the stereo cable is connected to the Mind Machine CPU, you'll notice the blue indicator light on the front lights up. If the CD Player stereo cable is not connected, the indicator light does not light.

General Instructions for Using It

Using the Mind Machine for the First Time

Use the *Brain Booster Mind Glasses* and Headphones with all Program CDs.

If you have just purchased the mind machine, do NOT use it for the first time if less than a week remains for an important exam. Why? Because, it may take a little time for some people to get confident/comfortable to this new way of learning and relaxation.

Important: Keep the Sound Volume LOW and Light Intensity for *Brain Booster Mind Glasses* at COMFORTABLE Level

If possible, switch off the TV and any source of noise including your phones.

It is very important to realize that the *Super IQ 7 Mind Machine* has not been designed for entertainment, but is a serious mind technology device.

To get the best results, it is important to adjust sound volume and light intensity as below:

How to Adjust Sound Volume

For the *Program CDs* with voice, keep the volume such that you can hear the voice and understand but not louder/higher volume. Don't be concerned about other music/sounds.

For the *Program CDs* WITHOUT voice, keep the volume such that you can just hear the water flowing (river) or music but not any louder.

How to Adjust Light Intensity

For the *Brain Booster Mind Glasses*, start increasing the light intensity from zero onwards. As soon as you start seeing colors, stop. Never use with such high intensity that it causes discomfort to your eyes.

So Relaxing, Users Fall Asleep

Almost everyone falls asleep when using the mind machine programs designed for use with closed eyes.

Do Not Focus on Stories / Voice, Just Relax

On parts of Program CDs with voice, **you'll hear two stories**, a different story in each ear—you don't have to focus on any story and **don't have to understand any story to benefit**. In fact, it is impossible to understand both the stories simultaneously. So, just relax without trying to do/understand anything.

“Relax Now”

On all *Program CDs* with voice telling stories, you hear the phrase “RelaxNow”, which gains special meaning for your body and mind to empower you to instantly enter the state of relaxation or exam mastery or deep relaxation (depending on the CD programs you use) just by telling to yourself “RelaxNow”.

AWAKE & ENERGIZE Package

This package has 2 copies of a single CD title.

CD# 200 Awake and Energize

This *Program CD* is for 5 minutes only. It does not have voice.

This CD program has 2 very specific uses:

(1) Use it when you are feeling sleepy and need quick boost.
IMPORTANT: The goal is not to reduce or cut down on sleep, but to feel awake and energized just in case you are feeling sleepy/lazy.

(2) Use it if you want to get out of a state of deep relaxation to do something requiring full attention such as riding a motorcycle or driving a car.

ACCELERATED LEARNING and EXAM MASTERY Package

This package has a total of 5 Program CD titles as below and you get 2 CDs of each title so you can continue to use even if one goes bad.

CD Code #	Purpose
201, 202	For use when you start studying or continue to study
203, 204, 205	For use when going to sleep. To program your subconscious mind to enter the learning state quickly, easily, or for exam mastery.

Using the Mind Machine to Start or Continue Studying

There are 2 CDs for you to start studying or to continue to study.

Use CD# 201 or CD# 202 when you start studying. After the first 7 minutes, remove the *Brain Booster Mind Glasses*, but continue to wear the headphones for as long as you want.

CD# 201 (Enter the Learning State and Start Studying)

This CD has 2 tracks.

- Track 1 is for 7 min and has signals for *Brain Booster Mind Glasses* as well as DAPS (voice/stories).

- Track 2 is for 63 min and does not have voice/stories but has soft comforting relaxing music, sounds of a river flowing and birds chirping, and brainwave entrainment mind technology sounds.

2 Types of “Repeat” Features on Most CD Players: “Repeat CD” and “Repeat a Track”

Most CD players have “Repeat” feature. “Repeat CD” feature means the CD player REPEATS the whole CD (all the tracks).

“Repeat a Track” feature means the CD player can REPEAT a single track of your choice. This is a more advanced feature and not all CD players have it.

On computers (PC, Notebook, iPod), the software always gives you a feature to play a specific track in “repeat” mode.

How to use CD# 201 and CD# 202

Start with CD# 201. If your CD player has “repeat track” function/mode, then set the Track 2 to “repeat track” mode so that after Track 1 is over, Track 2 will play and continue to play repeatedly as long as you study.

If your CD player does NOT have “repeat track” feature, then after the CD #201 is over, play CD#202 (Learning State Repeat Program to Start or Continue Studies) in “repeat” mode.

Please note CD# 202 is similar to CD# 201 with the difference that CD# 202 has no voice. The benefit is that because it does not have voice/stories, you can use this CD in REPEAT mode on your CD Player so you can use it as long as you study.

When you start studying, use the *Brain Booster Mind Glasses*, and then after about 7 minutes when the lights in the glasses stop, remove the *Brain Booster Mind Glasses* but continue to use with Headphone for as long as you study while the CD is in “REPEAT CD or REPEAT a Track” mode.

Using the Mind Machine for Mind Programming for Accelerated Learning and Exam Mastery When Going to Sleep

For the first 6-8 weeks, use one of the 3 CDs (CD# 203 to #205) when you go to sleep.

After the first 6-8 weeks, when your body and mind have learnt to enter the learning state easily, you can stop using them or use them once in a while when you feel like.

Use **Exam Mastery** and **Enter the Learning State** alternatively (one CD on one day and other on the next). However, if exam anxiety/nervousness is a big problem for you, use the “Exam Mastery” more often and if it is not a problem for you, then use “Exam Mastery” less often.

CD#203 Subconscious Programming 1: Enter the Learning State CD#204 Subconscious Programming 2: Enter the Learning State

Both the CDs are similar. Both help your body and mind to learn to enter the learning state. They build empowering beliefs and overcomes limiting beliefs, so you can concentrate better, study for longer periods, learn faster, remember more and achieve breakthrough in your learning to get the maximum success.

For both CDs, out of the total time of 30 min, 13 min has DAPS (voice offering gentle suggestions for making dramatic improvements in your learning). And, the remaining time you hear soft comforting relaxing music, sounds of a river flowing and birds chirping, and brainwave entrainment mind technology sounds.

The only difference is that CD# 203 has eye signal for *Brain Booster Mind Glasses* for about 6 minutes whereas CD# 204 has for about 11 minutes.

You get 2 seemingly similar CDs (#203 and #204) because most people like to use shorter version of eye signal (in #203) but some people prefer the longer version (in #204).

So, the goal is to provide you both versions to test and then use the one you like the best. You can use any or both from time to time.

Initially, use CD# 203 for the first 3 days when going to sleep. Then use CD# 204 for the next 3 days. Finally after using both, use the one you like the best.

During the first 6-8 weeks, use CD# 203 or CD# 204 when you go to sleep.

After the first 6-8 weeks, when your body and mind have learnt to enter the learning state easily, you can stop using them or use them once in a while when you feel like.

CD#205 Subconscious Programming 3: Exam Mastery to Take Exams Confidently With Speed and Accuracy and Without Stress or Nervousness

Exam Mastery program is designed to help you get the most out of your hard work during the few exam hours. It builds empowering beliefs and overcomes limiting beliefs, so you can take exams with speed, accuracy and confidence and without stress or nervousness. And, to get the maximum success during exam hours out of all of your hard work.

It is particularly beneficial for those students who get nervous or anxious during the exams hours resulting in too many silly mistakes.

Out of the total time of 30 min, 13 min has DAPS (voice offering gentle suggestions for making dramatic improvements in your exam-taking ability, attitude, calmness, confidence). And, the remaining time you hear soft comforting relaxing music, sounds of a river flowing and birds chirping, and brainwave entrainment

mind technology sounds. It has signals for *Brain Booster Mind Glasses* for about 6 minutes.

VOCAB BUILDER Package

For Whom Is It

This package is for those appearing for exams such as CAT, GRE, GMAT, SAT, TOEFL / IELTS and need strong English vocab and also for executives who want to build strong vocab.

This package has a total of 31 Program CD titles as below. You get 2 CDs of code 100 and 130 and one CD each of the 29 Vocab CD titles.

CD Code #	Purpose
100, 130	For use when going to sleep. To program your subconscious mind to enter the learning state for memorizing English words easily.
101 to 129 (29 Vocab CDs)	For memorizing English words.

Using the Vocab CDs to Memorize English Words

What is on the Vocab CDs (CD# 101 to CD# 129)

Each Vocab Program CD can be up to 70 minutes (a few are longer than 70 min).

The 29 Vocab Program CDs together have 5,871 words.

Each Vocab CD (#101 to #129) has 3 parts:

1. **Enter the Learning State for English Vocab** (7 min)
Each CD starts with "Enter the Learning State for English Vocab" about 7 minutes. It helps your body and mind to relax

and enter the learning state specifically to memorize English words quickly and easily.

2. **Learn, Revise, Memorize up to 200 Words** (up to 60 min)
Up to 60 minutes of up to about 200 words in Indian pronunciation, with influence of both British and American accents. About half the words are in male voice and half in female voice. For all words, you hear meanings, and for up to 90% words, you also hear sentence fragments that have been very carefully chosen for easy memorization. Both US and British spellings are shown in the printed book that you get. Roughly half way through the words, there is a 3 minute break where no words are spoken.
3. **Awake and Energize** (3 min)
Ending with 3 minutes of "Awake and Energize", so at the end of each CD, you can get up, stretch yourself, take brief relaxing break, and be ready for the next task.

Use Vocab CD #101 to CD# 129 in 2 simple steps:

1. **How to use each vocab CD for the first few times to learn to recognize the words:**

Start using a CD with your eyes closed and *Brain Booster Mind Glasses*. Once the light signal stops, remove the *Brain Booster Mind Glasses* and open your eyes. Now, continue listen with your eyes open and see the spelling in the Vocab Book as you hear each word. **Try to repeat each word** to yourself immediately after you hear it.

You need to repeat this step till you can recognize the words when you hear them even though you may or may not remember the meanings.

2. **How to use Vocab CDs to memorize words after you are familiar with words (by using step 1 above):**

Once you are familiar with the words, you no longer need to keep your eyes open to read the Vocab Book.

Put on your *Brain Booster Mind Glasses*, close your eyes, play a Vocab CD and listen to the same words again.

You do not have to focus on words or music, just relax and enjoy the process of learning in this new way; there is nothing active to do, just keep your eyes closed, remain passive and learn in automatic way.

Repeat step 2 for quick and easy revision.

Using the Mind Machine for Mind Programming for Memorizing English Words When Going to Sleep

CD# 100 Subconscious Programming 1: Enter the Learning State for English Vocab

CD# 130 Subconscious Programming 2: Enter the Learning State for English Vocab

Both these CDs use DAPS mind technology and have voice telling stories to help relax and “enter the learning state specifically for memorizing English words” and to program your subconscious mind for specifically achieving breakthrough performance in memorizing English words by building new empowering beliefs and eliminating any limiting beliefs.

These 2 CDs are very similar.

For both CDs, out of the total time of 30 min, 13 min has DAPS (voice offering gentle suggestions for making dramatic improvements in your learning) and the remaining time has soft music, river, birds, and mind technology sounds.

The only difference is that CD# 100 has eye signal for *Brain Booster Mind Glasses* for about 6 minutes whereas CD# 130 has for about 11 minutes.

You get 2 seemingly similar CDs (#100 and #130) because most people like to use shorter version of eye signal (in #100) but some people prefer the longer version (in #130).

So, the goal is to provide you both versions to test and then use the one you like the best. You can use any or both from time to time.

During the first 6-8 weeks, use CD# 100 or CD# 130 when you go to sleep.

After the first 6-8 weeks, when your body and mind have learnt to enter the learning state easily, you can stop using them or use them once in a while when you feel like.

If you have also purchased the “Accelerated Learning and Exam Mastery Package”, then please use the “Exam Mastery” in place of CD# 100 or 130 alternatively and also use “Enter the Learning State” once in a while.

How Many Months Does it Take to Memorize All the Words

That depends on your current level of knowledge, your aptitude for the English words/language, and the amount of time you spend with the *Vocab-Builder Mind Machine*.

However, you can expect to learn 3 to 7 times faster with the mind machine than without it.

Revision: The Single Most Powerful Memory Technique

Do you realize that the *Vocab-Builder Mind Machine* helps you to revise very fast—about 200 words per CD, and that too in an easy, relaxed, effortless way?

And once you have memorized the words on a CD, you can revise that CD less frequently, so that you continue to remember the words well for your exam success.

STRESS BUSTER Package

For Whom

This package is for everyone including executives, business owners, doctors, engineers, parents and others in the family who are not students.

Of course, students can also use it, but their time is better utilized with other programs such as ***Enter the Learning State*** and ***Exam Mastery***.

How to Use the Stress Buster Program CDs

The process of using any of the 5 Stress Buster CDs is the same: Set up the mind machine, lie down or sit comfortably and wear your *Brain Booster Mind Glasses* and Headphones. Close your eyes and start playing a CD. Adjust light intensity or sound volume as needed. And, just let go. Don't do anything. Just relax and let the stress melt away.

Use it once daily while you go to sleep. Or, you can also use it anytime during the day.

Expect wonderful benefits of relaxation, meditation, deep sleep and healing.

There are total of 5 CD titles. You get 2 copies of each titles, total being 10 CDs in this package.

CD# 501: Stress Buster 1 With Stories/Voice

Start with **Stress Buster 1**. Use it for the first 6-8 weeks before using other Stress Buster CDs.

This program includes stories/voice and helps your body and mind to learn to relax and begin relaxation easily with alpha brain waves. This 30 minute program has 10 minutes of eye signals.

This program is great for reducing stress which is a major problem of modern life. You can use it to relax better, to sleep better, and to aid in healing

Expect wonderful benefits of relaxation, meditation, deep sleep and healing within 1 to 2 months after which you may stop or continue to use it.

Use it for at least 6-8 weeks before moving to **Stress Buster 2 to 5**.

As you'll discover this program is different and special and you may want to continue to use this program once in a while in place of **Stress Buster 2 to 5**.

CD# 502 to CD# 505: Stress Buster 2 to 5 Without Stories/Voice

There are total of 4 CDs:

- CD# 502: Stress Buster 2 Nature and Music
- CD# 503: Stress Buster 3 Nature and Music
- CD# 504: Stress Buster 4 Pure Nature
- CD# 505: Stress Buster 5 Pure Nature

After 6-8 weeks of using **Stress Buster 1**, you can move to **Stress Buster 2 or 5**.

The 4 CDs (#502 to #505) are similar. These don't have Stories/Voice and can also be used by those who do not know English.

The difference that #502 and #503 have gentle music in addition to sounds of nature whereas #504 and #505 have only sounds of nature. And, #502 and #504 have eye signals for 10 minutes whereas #503 and #505 have eye signals for 30 minutes.

We offer 4 CDs because meditation is hard and we want to offer variations so that you can try all of them and then use the one you like most because it suits you most. All of them offer the

same benefits with the difference in audio sounds (sounds of nature with or without gentle music) as well as duration of eye signal (10 minutes or 30 minutes).

Try each for at least twice and then decide which you like the most.

Then, Continue to Use Daily or Occasionally

After using the Stress Buster as above, you can continue regular daily use, or you can use once in a while when you feel the need.

You can use this package for many many years to come.

5 Meditation Packages

Do Not Have to Focus on Stories / Voice, Just Relax

This message is repeated again here. On parts of programs with voice, **you'll hear two stories**, a different story in each ear—you don't have to focus on any story and **don't have to understand any story to benefit**. In fact, it is impossible to understand both the stories simultaneously. So, just relax without trying to do/understand anything.

4 Simple Steps to Using It

1. Sit in a comfortable place or chair or lie down comfortably.
2. Keep your eyes closed.
3. Simply use the mind machine (use headphone and glasses).
4. If using at night time, you'll naturally go to sleep. If using at times other than sleeping time, wake up when the meditation program ends.

Note: At the end of mediation experience, if you need to do something requiring full attention such as riding a

motorcycle or driving a car., please use the Awake & Energize program for 3 to 6 minutes.

FOR All programs

Use it once daily while you go to sleep. Or, you can also use it anytime during the day.

Expect wonderful benefits of meditation which include relaxation, deep sleep, healing, peak performance and more.

Brief guidelines are given for the 5 packages of the Meditation Packages follows.

ALPHA Meditation

It has the following 3 MP3 audio programs, each 29 minutes long.

Use it for 1-3 months.

Alpha-1: Beginner's Meditation

This program is to help your body and mind learn to relax and begin to meditate easily with alpha brain waves.

All you do is this: Close your eyes and use the glasses and headphones to relax and begin meditation.

Use this program for 2 months.

Use it at least once daily while you go to sleep. You can also use this during day time.

Out of the total of 29 min, 13 min has my voice offering gentle suggestions for making breakthrough improvements in your experience of relaxation and meditation.

Expect to begin to get the wonderful and miraculous benefits of meditation.

Experienced meditators can use it for 2 weeks and then move on to deeper meditations below.

In this program, you get my special gift the phrase “RelaxNow”, which gains special meaning for your body and mind to empower you to instantly enter the state of meditation on command.

Alpha-2: Alpha Ganzfield Meditation and Alpha-3: Alpha Ganzfield Meditation

Without DAPS. This program is in two formats.

Try both program formats and use the one you like better. This program is to help your body and mind to learn to relax and begin meditation easily.

Note: If you use this program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please follow up with program *Awake and Energize* for 3 to 7 minutes.

THETA Meditation

It has the following 3 MP3 audio programs, each 29 minutes long.

Use it for 3 to 6 months

Theta-1: Theta Meditation with DAPS
Theta-2: Theta Ganzfield Meditation
Theta-3: Theta Ganzfield Meditation

Programs Theta-1 uses DAPS technology.

Programs Theta-2 and Theta-3 are without DAPS in two formats and provide Ganzfield. Try both and use the one you like better.

These are for theta brain waves, which is deeper than alpha. You can begin with these if you are an experienced meditator or if you have done Alpha-meditation for at least 3 weeks.

Note: If you use this program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please follow up with program *Awake and Energize* for 3 to 7 minutes.

Delta Meditation

Deepest Meditation for Advanced Meditators only

It has the following 2 MP3 audio programs, each 29 minutes long.

Delta-1: Delta Meditation and Deep Sleep with DAPS
Delta-2: Delta Ganzfield Meditation and Deep Sleep

Delta-1 Program is with DAPS and is for 29 minutes.

Delta-2 Program is without DAPS and provides Ganzfield and is for 29 minutes.

These are for delta meditation, which is deeper than both theta and alpha. The delta brain waves represent is the deepest level of meditation and this is a relatively difficult meditation.

You can begin with this program if you have already meditated for several years or if you have done Theta-meditation for at least 6 weeks.

What happens if someone without mediation experience uses these delta programs? Well, nothing will happen, that is, the user without meditation experience will most likely not find these programs effective.

Note: If you use this program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please follow up with program Awake and Energize for 3 to 7 minutes.

OM 7 MEDITATION

The Universal Sacred Sound by 7 Monks

It has the following 5 Mind Machine programs, each 29 minutes long.

The voice for OM (also spelled AUM) sound comes from a Jain monk, which gives these recordings spiritual significance.

Benefits: For the health and sleep related benefits of meditation as well as spiritual reasons.

It surrounds you in sounds of Om coming from every direction. It gives the experience as if you are sitting near a sacred river early in the morning with a group of 7 monks and all are meditating with "Om".

Om7-Alpha-1: Alpha Meditation
Om7-Alpha-2: Alpha Meditation
Om7-Theta-1: Alpha Meditation
Om7-Theta-2: Alpha Meditation
Om7-Delta: Alpha Meditation

Without DAPS.

First 1 to 3 months, meditate with Alpha-1 or Alpha-2.

Next 3 to 6 months, meditate with Theta-1 or Theta-2.

Only then you are ready to use Delta, which is advanced meditation.

Note: If you use this program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please follow up with program Awake and Energize for 3 to 7 minutes.

NAMOKAR MEDITATION

The Most Sacred Mantra of Ancient Jain Religion

It has the following 5 programs, each 29 minutes long.

The voice for Namokar Mantra comes from a Jain monk, which gives these recordings spiritual significance.

Benefits: For the health and sleep related benefits of meditation as well as spiritual reasons.

Namokar-Song-Alpha-1: Alpha Meditation
Namokar-Song-Alpha-2: Alpha Meditation
Namokar-Song-Theta-1: Alpha Meditation
Namokar-Song-Theta-2: Alpha Meditation
Namokar-Song-Delta: Alpha Meditation

You hear the complete Jain mantra "Namokar" or "Navkar". Without DAPS.

First 1 to 3 months, meditate with Alpha-1 or Alpha-2.

Next 3 to 6 months, meditate with Theta-1 or Theta-2.

Only then you are ready to use Delta, which is advanced meditation.

Note: If you use this program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please follow up with program Awake and Energize for 3 to 7 minutes.

High Beta Program: Awake and Energize

It has the following program.

Awake and Energize (1 program 7 min)

Without DAPS.

This program is to play when you want to get out of the state of meditation or deep relaxation to do something requiring full attention such as riding a motorcycle or driving a car.

You can also use it if you are feeling sleepy and need quick boost. Even playing it for just 3 minutes gives good results.

IMPORTANT NOTICES

7-Day, 30-Days, 3-Year Limited Warranty

In the rare case that you have to send it to us for repair, please **pack it very nicely** like original packing and send it to us with bill copy and we'll repair it return by Speed Post or courier.

After the warranty period, repair is done on payment and non-repairable items also available (www.MindMachineLab.com)

7-Day Free Replacement Warranty on Stereo Cable, Headphone and Brain Booster Mind Glasses

- Free replacement for 7 days.
- After 7 days, you can purchase.

30-Day Free Replacement Warranty on CDs

- Free replacement in first 30 days.
- CDs are non-repairable and cannot be repaired and new CDs needs to be purchased.

3-Year Repair Warranty on Mind Machine CPU

The Mind Machine CPU is warranted against any manufacturing defects.

- **FREE repair during the first 1 month:** Free during first period. Just send the mind machine **without anything else** in safe packing. We'll repair / replace at our choice and return by Speed Post or courier. We take a few days to repair and return it.
- **Repair after 1 month:** Send the mind machine **without anything else** along with a DD for Rs 400 which includes postage by Speed Post or courier (in India only; foreign postage extra). We take a few days to repair and return it.

Warranty void if the *Mind Machine* is partly or fully broken. Warranty is void if somebody other than our institute has tried to repair it.

DISCLAIMERS

(1) Persons with seizures type problems or undergoing or having undergone psychiatric or psychological treatment should use this machine only under medical supervision.

(2) The purchaser and each user agree that the liability on the part of the manufacturer or seller is limited to the cost of replacement of the product only and not otherwise, subject to jurisdiction of Udaipur (Rajasthan) only.

More information

Mind Machine Home Page (for Hardware, ALEM, Vocab, Stress Buster programs)

- www.MindMachineLab.com

Meditation Programs

- www.MindMachineLab.com/meditation.htm
(programs that work WITH mind machine)
- www.MindMachineLab.com/ims.htm
(programs that work WITHOUT mind machine)