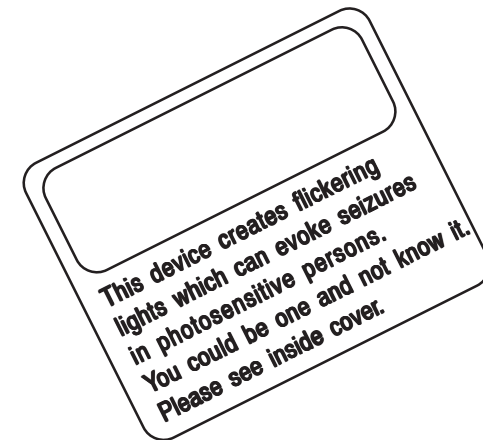




*Featuring LightWeave™ technology!*

*Luma 10*

**Owners Manual**



PHOTOSONIX

*Luma 10*

**Made in the USA**

microfirm inc.

Signal Hill, CA

PHOTOSONIX Luma 10 is designed and manufactured by microfirm inc., Signal Hill, California, USA. Manual and software copyright Microfirm Inc. 2003 PHOTOSONIX is a Trade Mark of Microfirm Inc.

## Please read this first, it's important:

### A Welcome from Photosonix:

Thank you for selecting the Luma 10. It is a quality product with state of the art features, and will give many years of service and exciting adventures as you learn to use it to influence your mood, mental state, and energy level.

Pulsating light and/or sound patterns have been used for thousands of years in almost all cultures to evoke emotional responses, from exciting a crowd to assisting in meditation to encouraging sleep. The techniques are part of folk knowledge, and science is just beginning to find out why they work. So as you begin to use light and sound stimulation you are embarking on a voyage on discovery and exploration.

Use of these technologies is completely safe for most people, and no side effects are known, but they are not for everyone — please read the warning on this page carefully:

## Warning:

Use while seated or lying down. Be sure that **you** or **anyone** else who will use the Luma 10 are **not** subject to any form of epilepsy or visual photosensitivity, using a pacemaker, suffering heart disorders, currently taking stimulants, tranquilizers or psychotropic medications, including alcohol or drugs.

Even if you have never had a seizure, there is a small chance that you are photosensitive and this device can cause one.

For more seizure information, see our web site at [www.photosonix.com](http://www.photosonix.com) and look up the Medical Disclaimer, Seizure links.

While using the machine, if you feel uncomfortable or bothered by the flashing lights, stop your session.

Your Photosonix unit is designed for avocational and entertainment use. No medical claims are made for Photosonix products, express or implied. The Photosonix products are **not** medical devices and should not be used for the relief of **any** medical condition. Please consult with your practitioner prior to use for any other purpose as the machine is not intended as a replacement for medical or psychological treatment. This device is not intended to affect the structure or any function of the human body.

PHOTOSONIX

## Battery and AC Adapter information

The system comes with 4AA replaceable batteries. Their life span is good for about 30 hours of play. This also depends on how bright you run the glasses (the glasses draw the most current). A low battery voltage signal is built in the Luma 10 (the 3 digit display decimal points will blink) to alert you that the batteries are getting low on power. When the lights start to blink, you have about an hour left to run.

The Luma 10 will also run on rechargeable batteries, NiCad for example. These you will need to recharge externally, the Luma 10 is not set up to recharge batteries.

**Note:** Do not use Lithium batteries with the Luma 10.

If using the Luma 10 at the same location all the time, you can use it with an AC Adapter. The unit takes a 6V 300 ma AC Adapter with the positive (+) in the center of a 2.1 mm plug. You can purchase one from us or the local electronic store. Avoid purchasing a variable voltage AC Adapter, it gives too many opportunities for set up errors.

## Warranty provisions:

***The Luma 10 is constructed with high quality components, high standards of workmanship, and thoroughly tested before shipment. Nonetheless, failures are possible and warranty service may be required.***

***WARRANTY DURATION*** Photosonix systems are warranted to the original consumer purchaser for a period of one year from the original purchase date.

***SERVICE AND REPAIR: For warranty service and/or repair information as well as the cost of out of warranty repairs, please contact our customer service.***

You can do so via telephone 1-800-258-2566 (in the USA only), 562-981-8800 (international calls)

by visiting our web site <[www.photosonix.com](http://www.photosonix.com)> and link to the repair information page and also via email <[repairs@photosonix.com](mailto:repairs@photosonix.com)>

***IF ADVISED TO SEND A UNIT IN, BE SURE TO INCLUDE A LEGIBLE RETURN ADDRESS AND PHONE NUMBER. WE STRONGLY RECOMMEND THAT YOU INSURE THE PRODUCT PRIOR TO SHIPPING.***

PHOTOSONIX

# Session Choices, Improv:



## SESSION ●

1. Theta Improv 30 min, binaural beats with surf, 3.00-6.5 Hz
2. Alpha Improv 30 min, binaural beats with surf, 7.00-11.00 Hz
3. SMR Improv 30 min, pulsed frequency, 12-15 Hz
4. Beta Improv 30 min, pulsed frequency, 16-26 Hz
5. Gamma Improv 30 min, pulsed frequency, 32-42Hz

An Improv session has randomly selected segment times, with each segment having randomly selected start and end frequency (in the selected frequency range). Pitch and Phase are also randomly selected.

**You can use the Improv sessions as ever-changing sources of stimulation in your choice of frequency ranges and parameter change speeds.**

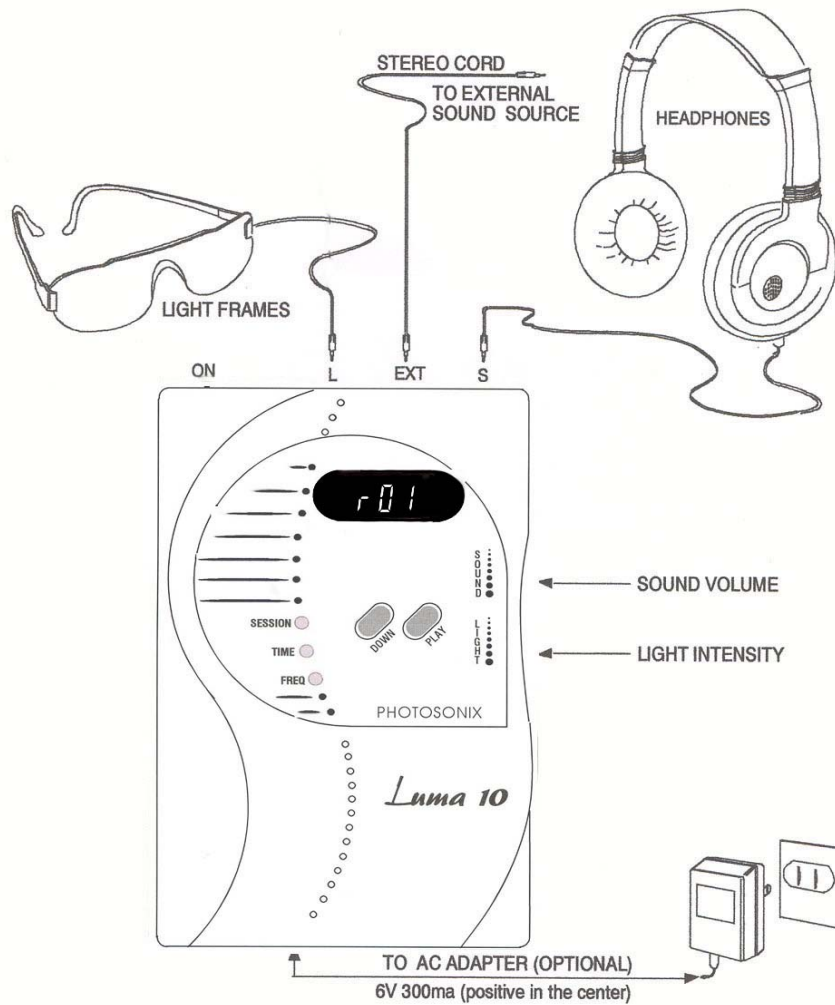
**A true endless Kaleidoscope of possibilities.**

**Note:** When you scroll past session i05 the display will show the software revision level, displayed with a lower case r followed by the revision level number.

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# Features



# Session Choices, Create/Visualize:



## SESSION ●

### 1. Cre-8-ive Flow (LightWeave)

33 min, dual binaural beats, 6-24 Hz

Get in touch with your creative consciousness and stimulate new ingenious ideas and ways of solving problems. Go with the creative flow.

# Session Choices, Entertain/Fun:



## SESSION ●

### 1. Mr. O's LightWeave Coaster (LightWeave) 11 min, pulsed surf, .25-32 Hz

Ride the LightWeave "Coaster"... and hold on!

### 2. Mind Spinner (LightWeave)

14 min, dual binaural beats, .75-42 Hz

Take a spin around the block inside your mind! Take a fun ride and feel the sensation of movement.

# Session Choices, Energize:

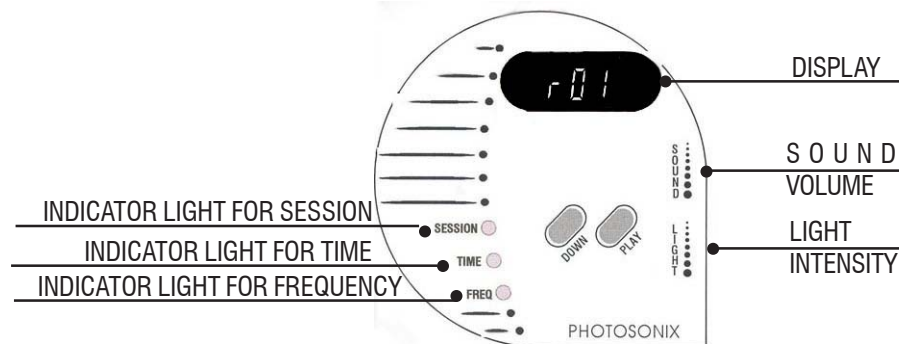
ED1

SESSION ●

- 1. Wired** **5 min, dual binaural beats, 9-42 Hz**  
Get wired with gamma waves, beta waves and stretching pitches. This session is designed to get your mind racing.
- 2. Revup** **5 min, dual binaural beats, 7-42 Hz**  
Rev yourself up with energizing beta and gamma waves and low pitches to get your body charged.
- 3. Varoom** **10 min, dual binaural beats, 1-42 Hz**  
This motivational session will get you up and running. Great for use as a body/mind tonic whenever you are feeling sluggish.
- 4. Gamma Zone (LightWeave)** **15 min, Pulsed Chord, 12-42 Hz**  
Explore the hyper-alert "Gamma" state of mind with pulsed chord sound and stimulation frequencies reaching 42hz.
- 5. Pre-Workout (LightWeave)** **18 min, dual binaural beats, 1-20 Hz**  
Dual binaural beats with beta offsets centered on low pitched tones for an energizing effect. Great for "psyching up" before a workout or physical exercise.
- 6. Morning Jumpstart (LightWeave)** **21 min, dual binaural beats, 1-14 Hz**  
Get a jumpstart on the day with this session. Phase ramp stimulation from Delta into beta with light frequency peaking at 14Hz.
- 7. Beta SuperCharger (LightWeave)** **25 min, pulsed chords, 10-30 Hz**  
Charge up and get moving with high Beta stimulation! Anytime you need a boost of energy.

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# Functions



The 3 LED DISPLAY shows the session that is playing and also that session's parameters while it is playing. The single LEDs will light up to show which function value the 3 digit display is showing. For example:

The SESSION LED indicator corresponds with the session designation (r01 for example) on the 3 digit display. For example, the Luma 10 comes up with session r01 (relaxation session category) by default.

The TIME LED indicator corresponds to the time remaining in a session that is playing. Press the SELECT key during a session to see the remaining session time.

The FREQ (short for FREQUENCY) LED indicator corresponds to the Frequency of the session that is playing. Press the SELECT key during a session to see the current session stimulation frequency (the blink rate of the glasses).

## Battery placement

**Note:** For best contact, insert the PLUS side of the batteries first. Battery sizes vary, please make sure the batteries are in all the way and make contact with the springs. A battery power indicator is built into the unit. When the battery power starts to get low, the 3 digit display will start to blink.

For more about battery **choices** and **care**, please see the inside cover page.

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# General L/S sessions information

The sessions in the Luma 10 combine the rhythm, pitch and musical effect of sound with kaleidoscopic effects from light stimulation to encourage relaxation and mood changes. The effects can vary from energizing thru meditative to sleep-inducing depending on the type of stimulation, just as music can produce any of those effects.

The session names and descriptions relate the effect that was intended for the session — different persons will experience different actual effects, and the effect may vary from day to day.

The titles give a general guide to the type of effect that can be expected. Some of the sessions use fast-changing microloop sequences to give special effects.

The sessions are grouped by different general objectives, and the running time and primary tone selection are given for each session.

In the study of mental states through the electroencephalogram, four different states or types of waveforms have been characterized by neurologists:

Beta	13-40+Hertz	Awake and alert
Alpha	8-12 Hertz	Relaxed
Theta	3-7 Hertz	Reverie, Imagery, near sleep
Delta	0.5-2 Hertz	Sleep

A session's general aim is to help you reach one of those states. Although different frequency combinations in any one session will work differently for many individuals the above are the four general categories and the frequency range which they fall into.

## Adjusting session time

The duration of the Luma 10 sessions can be adjusted from 1/2 to twice the default time. A session may be run at 1/2 to 2 (in steps of 1/4) times its designed time.

To change the time of a session press **SELECT** during the 10 second countdown. The default session time will be displayed. Press **SELECT** to cycle through the choices. Press **PLAY** when done, the countdown will continue and the session will play according to your new setting. **Note:** There are seven choices, from 1/2 to 2 times the default time.

**EXAMPLE:** A session with default time of 30 minutes will give choices of 15, 22, 30, 37, 45, 52, 1.0. Times below 1 hour are displayed in minutes (01 to 59) and above that in hours and minutes (1.17 is 1hr 17 minutes).

# Session Choices, Learning:



## SESSION ●

- 1. Focus** **5 min, dual binaural beats, 7.83-28 Hz**  
Prepare yourself for tasks that involve focused attention and concentration.
- 2. Unstick** **10 min, dual binaural beats, 1.5-34 Hz**  
Get unstuck from mental loops, emotional loops and circular thoughts with this session. Dual binaural beats, ramping pitches and smooth changes help get you focused, calm and ready to create. A “feel good” session.
- 3. In the mood to learn (LightWeave)** **15 min, dual binaural beats, 4-14 Hz**  
The power of dual binaural beats allows this session to be short but focusing and calming. Use to get into the mood for learning or with educational or hypnotic CDs or tapes.
- 4. Cat Focus (LightWeave)** **20 min, dual binaural beats, 14 Hz**  
Cats can generate 14Hz automatically. Get ready to “pounce” on your daily duties with this Beta SMR (Sensory Motor Response) session using new “LightWeave” technology with ramping phase shifts.
- 5. Hypnagogia (LightWeave)** **20 min, dual binaural beats, 6-10 Hz**  
Enhance your intuitive, creative and visualization abilities by entering the hypnagogic state, a dreamy state of mind that lies between wakefulness and sleep.
- 6. Attention! (LightWeave)** **21 min, pulsed chord, 10-18 Hz**  
The classic light/sound session for assistance in reducing distractions.

# Session Choices, Sleep:

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SESSION ●

- 1. Quick Nap (LightWeave)**      **23 min, dual monaural beats, 2-15 Hz**  
A 5 minute descent into a 16 minute nap, with a quick return to energized wakefulness. Improved with phase ramps for a light feeling.
- 2. Sleep Tranquilizer (LightWeave)**      **32 min, dual binaural beats, .25-12 Hertz**  
A powerful sleep trainer utilizing ramping introduction and a drop into deep Delta sleep pattern.
- 3. TKO (LightWeave)**      **45 min, mixed dbb/bbs, 2-10 Hz**  
This is "Technological Knock Out 2", a high tech sleep aid. Adapted from the original Nova Pro 100's "TKO".
- 4. You are Getting Very Sleepy (Light Weave)** **43 min, dual binaural beats, .25-10 Hz**  
Tick tock... follow the lights and drift off to sleep. The first sleep program to use the new "LightWeave" technology. Good night and sweet dreams.

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# Quick Start

Using the Luma 10 is very easy. It really is. We do however, strongly suggest the following preparation before you get to the "easy" part:

Do, please take extra care to read about the warnings inside the front cover, the warnings are there as important information, seriously aimed at informing and protecting you and your loved ones.

## To set up

- Step 1.** Choose a comfortable sitting area.
- Step 2.** Make sure you have battery power or an AC Adapter plugged in.
- Step 2.** Plug the glasses into the **L (light)** jack and the headphones into the **S (sound)** jack.

## To play a session

- Step 1.** Turn the Luma 10 unit on: press the ON switch on the top side of the unit.
- Step 2.** Press and hold the **SELECT** switch to cycle thru the session categories QUICKLY. Release and press SELECT to cycle thru the sessions in that category.
- Step 3.** Press **PLAY**.  
The Luma 10 will start a 10 second countdown before starting to play the session. Connect yourself to the Luma 10 by putting the glasses and headphones on and explore the light intensity level (with your eyes closed) and volume control level until you find your personal comfort level (brighter and louder is not better).
- Step 4.** Close your eyes and get comfortable. Sit back and enjoy.

## To pause or stop a session

To **pause** a session, press **PLAY**. The right hand decimal point appears on the display. The session will now **pause** and play only the segment parameters that were playing when you paused it. To continue a session after pausing, press **PLAY** again.  
To **stop** a session double click on **PLAY**.

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## Tips on playing a session

To play a session all you need to do is turn the Luma 10, plug the light frames and the headphones, select a session and press PLAY. The system will count down for 10 seconds and start to play the session. **Close** your eyes, put on the light frames and the headphones, sit back and enjoy. It really is that simple.

**USER TIP:** We strongly suggest that you adjust the light intensity and the sound volume to your personal comfort level **before** playing a session. Brighter and louder is **not better**.

**Always** keep your eyes **closed** during a session. The only exception to this is when pvStim or hemiStim glasses are used, they are designed to be used with the eyes open.

If this is your first experience with photosonic (Light/Sound) stimulation, start with the short or half hour sessions once a day or several times a week. Don't overdo it — an hour a day is tops. Experiment and find the sessions that work best for you.

To **pause** a session, press PLAY. The right hand decimal point appears on the display. The session will now **pause** and play only the segment parameters that were playing when you paused it. To continue a session after pausing, press PLAY again.

To **stop** a session double click on PLAY.

## Optional session enjoyment features

**Stereo hook up:** connect the stereo patch cord from the unit to a music source (tape, CD player) and listen to your favorite music while enjoying the session.

The choice of music is personal, there is no one better than other. You can also listen to motivational tapes and meditation material. As long as you enjoy, it will only make the experience more fulfilling. Avoid music with a strong beat, it will conflict with the beat from the Luma 10.

## Session Choices, Meditate Continued:



SESSION ●

### 6. Cosmic Consciousness (LightWeave) 35 min, dual binaural beats, 3.5-20 Hz

This session is designed to help recreate the mystical awakening into high consciousness associated with many eastern religions. This Luma 10 version is improved with phase ramps.

### 7. Kundalini meditation (LightWeave) 40 min, dual binaural beats with surf, 7-14 Hz

The Kundalini in Yoga tradition is a life force believed to reside at the base of the spine, which when aroused triggers intelligence and spiritual insight. This session assists in creating a deeply relaxed state while stimulating the crown chakra and is similar to sessions that have been used to encourage a "no time" state.

### 8. Super-Zen7 (LightWeave) 41 min, binaural beats with surf, 3.5-42 Hz

Designed in conjunction with Zoe Seven, "Cyber-Shaman" and author of books on modern shamanism using mind machines and other mental techniques. This session can be used for mind exploration and shamanic experimentation.

### 9. Into the Void with Zoe Seven (LightWeave) 44 min, dual binaural beats, .25-14 Hz.

Designed in conjunction with Zoe Seven, "Cyber-Shaman" and author of "Into the Void" and other books on modern shamanism using mind machines and other mental techniques. This session can be used for mind exploration and shamanic experimentation.



# Session Choices, Meditate:



SESSION ●

- 1. Delta Expanse (LightWeave) 21 min, pulsed surf, .25-10 Hz**  
Begin in Alpha and take a 21 minute sojourn as you slide down phase shifted ramps deep into Delta mind state. Aimed as Delta mind exploration and not a sleep trainer.
- 2. Shumann's Lo Meditation (LightWeave) 23 min, dual binaural beats, 7.83-15 Hz**  
Low pitches and the Shumann resonance frequency combine in this meditation session. Phase ramps are also featured.
- 3. Quasar U4EA - eXtacy (LightWeave) 24 min, dual monaural beats, 1-12 Hz**  
Take a journey into Quasar and get a euphoric feeling! Session moves through alpha, theta and delta ending with a shift to the left brain. Enhances feeling of ecstasy and euphoria.
- 4. Earth Grounding (LightWeave) 33 min, dual binaural beats, 4-24 Hz**  
Uses the Schumann resonance and its harmonics with dual binaural beat tones set at chord intervals. The chord interval of a fifth is known in the Eastern cultures as the "Heaven and earth Interval" - Powerful earth meditation.
- 5. "OM" Meditation (LightWeave) 33 min, binaural beats with surf, 4-24 Hz**  
Meditate with the soothing cosmic sound of surf combined with the Schumann resonance and its harmonics as offset frequencies.

# About binaural beats

When the ears hear tones at different frequencies but close in pitch, a mechanism in the sound processing machinery of the brain detects the difference between the frequencies and perceives "binaural beats", stimulation at the difference between the frequencies. The effect is most pronounced at low frequency differences and low carrier frequencies.

## About dual binaural beats

In dual binaural beats, each ear hears a mixture of two tones. This results in chords, and makes the sound richer and fuller. In addition to the chord effect, there is a "beat" effect - when closely spaced tones at two different frequencies are mixed, the result is a "beat" phenomenon - the resulting sound is the average frequency pulsed at the difference frequency. If the two frequencies are far apart, they will be perceived as two distinct tones. As they get closer together, the beat phenomenon becomes more pronounced. To experience the dbb tone effect try the sample on the following page.

You need not be an expert on dbb tones in order to enjoy the sessions. dbb tones are powerful and entertaining. The PHOTOSONIX products are the first relaxation tools on the marketplace utilizing dbb tones in various session designs. With the Luma 10 you have one of the best opportunities to enjoy the power of this feature.

## Pitch Range

The Luma10 pitch range is 16Hz to 960Hz, 6 octaves of the just scale, 7 notes/octave.

## Frequency Range

The stimulation frequency range is from 1/4 hertz to 42 hertz. Frequencies go in steps of 1/4 hertz through 2 hertz, 1/2 hertz through 10 hertz, 1 hertz through 20 hertz and 2 hertz through 42 hertz. The Schumann resonance at 7.8 hertz is also included.

# Session library guide summary

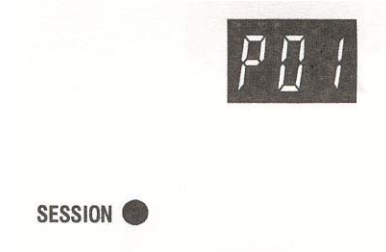
## Relaxation

Session	Time	Frequency Range	Tone
r01. Calm Down	5 min	7-11Hz	dbb
r02. Timeout	5 min	3-15Hz	dbb
r03. Daily Escape	10 min	6-12Hz	dbb
r04. Waves of Calm	10 min	7.83-12Hz	dbb
r05. Power Relaxation (Light Weave™)	15 min	10-11Hz	dbb
r06. Happt Time Alpha (LightWeave)	22 min	9-12Hz	dbb

## Special Applications

Session	Time	Frequency Range	Tone
P01. Reset (Light Weave)	10 min	1.5-20Hz	dbb
P02. Sensual magic (Light Weave)	15 min	7-40Hz	dbb
P03. Alpha Semi-non Regular flicker left eye (LightWeave)	15 min	9-12Hz	dbb
P04. Alpha Semi-non Regular flicker right eye (LightWeave)	15 min	9-12Hz	dbb
P05. Alpha Semi-non Regular flicker both eyes (LightWeave)	15 min	9-12Hz	dbb
P06. Banish the Winter Blues (Light Weave)	18 min	30-40Hz	chord
P07. Left Eye 10Hz (Light Weave)	20 min	10Hz	PSu
P08. Right Eye 10Hz (Light Weave)	20 min	10Hz	PSu
P09. Mind Awake, Body Asleep (Light Weave)	42 min	2.5-15Hz	dbb
P10. Remote Viewing (Light Weave)	42 min	3-15Hz	dbb

# Session Choices, Special Continued:



**7. Left Eye (LightWeave) 20 min, Pulsed Surf, 10 Hz**  
 This session is useful for EEG training, 10Hz stimulation for the LEFT EYE-RIGHT BRAIN

**8. Right Eye (LightWeave) 20 min, Pulsed Surf, 10 Hz**  
 This session is useful for EEG training, 10Hz stimulation for the RIGHT EYE-LEFT BRAIN

**9. Mind Awake Body Asleep (LightWeave) 42 min, dual binaural beats, 2.5-15 Hz**  
 This session creates a dynamic state in which the body is resting and the higher mind is awake. It is similar to sessions that have been used to promote OOB (out of body experience) states. This is no way to say it will do so for you also, but if you are curious, try it and see.

**10. Remote viewing (LightWeave) 42 min, dual binaural beats, 3-15 Hz**  
 Remote viewing has captured the imagination of millions. It has been used by the US military, archeologists and researchers. This session is designed to enhance the mindset required for remote viewing. This is no way to say it will do so for you also, but if you are curious, try it and see. Use with natural sounds such as ocean, brook or rain.

# Session Choices, Special:

PO1

SESSION ●

## 1. Reset (LightWeave) 10 min, dual binaural beats, 1.5-20 Hz

Reset your mind, get focused and relieve boredom with RESET! Dual binaural beats, ramps and rapid changes make this session excellent for getting back on track.

## 2. Sensual Magic (LightWeave) 15 min, dual binaural beats, 7-40 Hz

This session uses beta range stimulation in the four octave pitch tones of the chakra associated with sexuality. Be sure the right person is the first one you see after the session! Just kidding!

## 3. Alpha semi-non Regular flicker left eye (LightWeave)

15 min, dual binaural beats, 9-12 Hz

A "Semi-Non Regular flicker" effect from microloops of changing frequencies and a second binaural beat generator throughout the session. Aimed at LEFT EYE - RIGHT BRAIN.

## 4. Alpha semi-non Regular flicker right eye (LightWeave)

15 min, dual binaural beats, 9-12 Hz

A "Semi-Non Regular flicker" effect from microloops of changing frequencies and a second binaural beat generator throughout the session. Aimed at RIGHT EYE - LEFT BRAIN.

## 5. Alpha semi-non Regular flicker both eyes (LightWeave)

15 min, dual binaural beats, 9-12 Hz

A "Semi-Non Regular flicker" effect from microloops of changing frequencies and a second binaural beat generator throughout the session. For both eyes, whole brain.

## 6. Banish the Winter Blues 18 min, pulsed chords, 30-40 Hz

The lights come on slowly as the stimulation frequency reduces from 40 to 30 hertz, then 15 minutes of 30Hz light stimulation help to combat the winter blues.

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# Session library guide summary

## Meditation

Session	Time	Frequency Range	Tone
d01. Delta Expanse (Light Weave)	21 min	.25-10 Hz	PSu
d02. Schumann's Lo Meditation (Light Weave)	23 min	7.83-15Hz	dbb
d03. Quasar U4EA - eXtacy (Light Weave)	24 min	1-12Hz	dSb
d04. Earth Grounding (Light Weave)	33 min	4-24Hz	dbb
d05. "OM" Meditation (Light Weave)	33 min	4-24Hz	bbS
d06. Cosmic Consciousness (Light Weave)	35 min	3.5-20Hz	dbb
d07. Kundalini meditation (Light Weave)	40 min	7-14Hz	dbb/bbS
d08. Super-Zen7 (Light Weave)	41 min	3.5-42Hz	bbS
d09. Into the Void with Zoe Seven (Light Weave)	44 min	.25-14Hz	dbb

## Sleep

Session	Time	Frequency Range	Tone
S01. Quick Nap (Light Weave)	23 min	2-15Hz	dsb
S02. Sleep Tranquilizer (Light Weave)	32 min	.25-12Hz	dbb
S03. TKO-2 (Light Weave)	45 min	2-10Hz	dbb/bbS
S04. You are getting Very Sleepy (Light Weave)	43 min	.25-10Hz	dbb

## Learning

Session	Time	Frequency Range	Tone
I01. Focus	5 min	7.83-28Hz	dbb
I02. Unstick	10 min	1.5-34Hz	dbb
I03. In the Mood to Learn (Light Weave)	15 min	4-14hz	dbb
I04. Cat Focus 14Hz (Light Weave)	20 min	14Hz	dbb
I05. Hypnagogia (Light Weave)	20 min	6-10Hz	dbb
I06. Attention (Light Weave)	21 min	10-18Hz	PCh

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# Session library guide summary

## Energize

Session	Time	Frequency Range	Tone
E01. Wired	5 min	9-42Hz	dbb
E02. Revup	5 min	7-42Hz	dbb
E03. Varoom	10 min	1-42Hz	dbb
E04. Gamma Zone (Light Weave)	15 min	12-42Hz	PCh
E05. Pre-Workout (Light Weave)	18 min	1-20Hz	dbb
E06. Morning Jumpstart (Light Weave)	21 min	1-14Hz	dbb
E07. Beta SuperCharger (Light Weave)	25 min	10-30Hz	PCh

## Create/Visualize

Session	Time	Frequency Range	Tone
c01. Cre-8-ive Flow (Light Weave)	33 min	6-24Hz	dbb

## Entertain/Fun

Session	Time	Frequency Range	Tone
F01. mr. O's LightWeave Coaster (Light Weave)	11	.25-32Hz	PSu
F02. Mind Spinner (Light Weave)	14	.75-42Hz	dbb

## Improv

Session	Time	Frequency Range	Tone
i01. Theta Improv	30 min	3.00-6.5Hz	bb surf
i02. Alpha Improv	30 min	7.00-11Hz	bb surf
i03. SMR Improv	30 min	12-15Hz	PFR
i04. Beta Improv	30 min	16-26Hz	tone
i05. Gamma Improv	30 min	32-42Hz	tone

# Session Choices, Relax:



## SESSION ●

- 1. Calm Down** **5 min, dual binaural beats 7-11 Hz**  
 Calm your nerves and reduce emotional strain with rolling alpha/theta wave soak. Use as a quick balancer after a stressful day or upsetting event.
- 2. Timeout** **5 min, dual binaural beats 3-15 Hz**  
 Take a "Timeout" and experience a relaxed mood in just five minutes with calming rhythms and soothing tones that ebb and flow.
- 3. Daily Escape** **10 min, dual binaural beats, 6-12 Hz**  
 Take a break, relax and escape from a stressful day. Great for a short breaktime.
- 4. Waves of Calm** **10 min, dual binaural beats, 7.83-12 Hz**  
 Experience waves of calmness with this peaceful, smooth and relaxing session. As in all "Short Mood" session choices, use it whenever you need to relax quickly.
- 5. Power Relaxation (LightWeave) 15 min, dual binaural beats, 10-11 Hz**  
 This is relaxation that feels it is for the physical body, that is a "Power Walk of the mind". Use after a workout or strenuous physical exercise.
- 6. HappyTime Alpha (LightWeave) 22 min, dual binaural beats, 9-12 Hz**  
 Spend some mood elevated 'happy Time' in Alpha! This session uses the new PHOTOSONIX "LightWeave"™ technology. Microlooped Alpha stimulation with a second binaural beat experience weaved in. This is a light dance worth exploring. Try it, a "floating like" feeling was reported from the beta users!