

AVS

Auditory / Visual Stimulation

Vol. 4, #2
Fall '04

Includes:

An Interview with David Siever

AVS Lightframe Guide

"Can Life Force Be Generated?"

Product Reviews

& More!

"Your Source for Current Light & Sound Information"

\$9.95

AVS Journal Vol. 4, No. 2 Fall '04

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Cover design: created entirely by Christopher Oliver. Mr. Oliver is known in the AVS community for his talent in designing avs sessions (including sessions in the Muse#, Nova Pro, Luma-10 and 515) and musical compositions (Space Journey, L/S Voyager and Synthesizers From Outer Space). Christopher's latest work "AV3X: Digital Meditation" on DVD is the first DVD to utilize light and sound. You can contact Christopher at: www.AV3X.com.

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AVS Lightframe Guide

By Michael Landgraf

The two questions I have been asked most over the past fifteen years of selling light and sound instruments are: which unit should I buy; and what color lightframes should I get?

Since the majority of all light and sound instruments contain built-in sessions targeting all four general brainwave states, it makes my response to their first question rather easy: what looks good to you and how much does your budget allow you to spend? Obviously the higher the budget, the more bells and whistles one can enjoy. Conversely, and regardless of budget, if you want a simple machine, keep it simple. Purchase a system for under \$200 and you will be happy. Several manufacturers offer such systems.

It's that second question that takes a bit more thought. How do I know which color would best meet your needs? Seriously! Everybody has a favorite color, like wearing denim blue pants, or a green shirt, perhaps the walls of your home are white, maybe even a mixture. Then there is that subconscious element to consider, like if you were in an auto accident and you were driving a yellow car. Would yellow still be your favorite color or would it conjure up negative feelings stemming from that unfortunate event? Lots of variables enter into deciding what color you would be happiest with, variables a light and sound dealer has no way of knowing.

So here is what I say to those who ask me what color lightframe they should purchase: Keep it simple and cost-effective. Start with just one color, and in most instances that color is red. Why? Because it is the industry standard and today is still what is included in most basic light and sound systems. Red may be a 'warm' color, more appropriate for beta sessions, but not in my opinion. Red LED lightframes, when used with your eyes closed, generates some of the most delightful shades, blends and swirls of colors possible. Red LED stimulation will help you relax. And by starting out with the basic system, you have the rest of your life to expand - to buy new lightframes with different color LEDs as you please. So start with the least expensive, then expand your selections as you feel the urge. Red LED lightframes are good, they are one of the least expensive, and they are as effective in entraining the mind as any other available color.

Now here's another approach in determining what color would best meet your needs. Purchase the ebook "Choosing the Right Color for Your AVS Session" or let your computer decide by acquiring the "Basic Color Test" CD.

My advice is start out simple with an inexpensive lightframe or do some research by reading the above mentioned ebook or taking the simple color test program on CD. I believe you will feel better about the choice YOU make rather than depending on taking the word of someone who knows absolutely nothing about you except for the fact that you have money to spend.

“Of all the different color choices, customers overwhelmingly choose white LED lightframes. The lucid colors and patterns on a light background generates a deeply rich 3-D effect.

The warmer colors (red, yellow and orange) are stimulating (excitatory), whereas the cooler colors (green, blue and violet) are calming (inhibitory). Blue LED lightframes are a good example, as they have been observed to be very effective in quickly inducing sleep in most people.

Just about any color of light will deliver the benefits of a light and sound program. Specific colors however will help get you there more quickly and deeply. Here is a generic model to follow when considering which color lightframes to purchase: for delta (sleep / clearing) use blue; for theta (meditation / visualization) use green; for alpha (learning / relaxation) use yellow; and for beta (focus / energy) use orange or red.” - Jeff Labno, Editor, AVS Journal

The Best: The *ALLcolor Visual System*™. You can select any color in the RAINBOW. That is more than four thousand shades, mixtures and pure colors generated from just one single set of glasses. The reason for the creation of the *ALLcolor Visual System*™ is simple: it is a necessary tool for delivering light stimulation for both avs / light and sound sessions and color therapy. Furthermore, until now, this RGB-type method for delivering light stimulation has not been offered. And by having one set of glasses producing thousands of colors, no longer does an individual need to invest hundreds of dollars purchasing different color LED glasses, which makes this system extremely cost-effective. *ALLcolor Visuals* also fulfill two purposes: they can be used for generating pulsed light stimulation for experiencing avs / light and sound sessions or by flipping a switch, can deliver constant light stimulation - an ideal way to receive color therapy treatment. Utilizing a patent-pending Red-Green-Blue LEDchip, these lightframes offer the brightest stimulation available on the lightframe market.



LED Combinations: The multi-mode style: A product of Czech engineering, these glasses utilize various dual color, super-bright premium LEDs.

Blue/White: BI-Color Chill Glasses This color setup works very well together, and is significantly more potent than the already fantastic red/green glasses presently available. This 4 LED per eyepiece configuration is further enhanced by the dual, multi-mode switches, which allows for separate utilization of the powerfully evocative full spectrum white, along with the magically, potent and mystically powerful blue in the same light frame! The blue/white color adds a cool, clean, powerful visual synergy that will make any AVS (audio-visual-stimulation) session a potent mix of chill-firing brilliant white, splashed with the soothing, integrative, psycho-ambient power of royal blue. This color flux adds a whole new dimension that will be experi-

enced on the void screen of your mind. The multi-mode switching enables firing of either color or both at once. Never before has the phrase "seeing is believing" had so worthy an analogy than what you will experience with these optimum impact glasses.

Blue/Green: Theta Dream Glasses. What do you get when you cross two blue super-bright LED lamps with two green super-bright LED lamps in a single light frame? Imagine the calm, warm surrealistic nature of a blue pulsing super-bright LED lamp flashing in synergized sequence to the grounding pulsation of an emerald green super-bright LED lamp. What you have here are ultimate *Theta Dream Glasses*! The space you enter here is the rich, deep relaxing state of a pure theta rhythm, with blue evoking magical subconscious archetypal imagery while the earthy green defines and strengthens the link to balanced, harmonic body/mind symmetry. So if you like to pull reality out of your dreams, these Blue/Green super-bright glasses with dual multi-mode switches could be your ticket to paradise.

Red/Blue: Fire and Water Glasses. Before the advent of the super-bright LED the most powerful color glasses bundled with light and sound machines was the standard red. Red was, and still is, the luridly delicious, high impact photo-stim color of choice among experienced explorers who only need standard red glasses. Now, the profound impact of the red LED is further enhanced by the utilization of the super-bright red premium LED lamp. If you thought standard red was powerful before, this new super-bright red LED will amaze you. Couple that with the tempered, dream-like quality of the super-bright blue, and you will find your mind bathed in a field of dazzling energy, flecked with blue light clarity, designed to take you to the next level and beyond.

Indigo - 2 red LEDs and 2 blue LEDs in each eye lense for blended affect. Only the *ALLcolor Visual System* creates a truer Indigo color. *Indigo* glasses: red / blue combination (2 LEDs each color per eye). A new experience in great color combination for vivid images. A new spectrum of light to bathe your senses in.

Spectrum Pro - 2 red LEDs and 2 green LEDs in each eye lense for amazing aesthetic visuals. By popular demand the *Spectrum Pro* glasses were reintroduced. With two major improvements. The *Spectrum Pro* glasses have the bright red and green LEDs (the brightness of white LED glasses) that also include the CCM (color control mode) switch. The switch allows the glasses to operate in two modes, the conventional one (left/right) and CCM (red/green control) modes. Great spectrum of color, great brightness, control and a choice of color to boot. You will not be disappointed.

Premium: *Blue* - use for communication, contemplation, contentment, meditation, relaxation, sensitivity, creativity and sleep. Blue LED lightframes will generate a profound sense of calmness and a feeling of deep relaxation. The color blue is believed to contribute to the creation of ordered thought and harmonious moods. *Blue* glasses are another often requested color that is now available in bright blue. The blue color has a soft/cool seductive tone. Blue hue and brightness added a relaxation experience one beta tester called "in the moon realm" and "weightless". This need not mean anything to you now, but just try a pair. This definitely is a "see to believe" experience.

White - White lightframes give l/s sessions a richness in colors and sense of dimension that no other lightframe can imitate. The *white* LEDs can attain the (brightness) intensity of red LEDs while generating color pulsations that appear to float before your eyes. They make for an excellent l/s session! *White* glasses: In early 1998, white LEDs became available, due to a new manufacturing process involving phosphorescent dyes and luminance conversion. A breakthrough in technology! Thus, the creation of white glasses using the new white LEDs. The true white spectrum LED lights (4 per eye) take the stimulation to a deeper and more intensive level. *White* glasses received rave reviews in initial testing from both Jeff Labno and Michael Landgraf. The *White* light frames work with any light and sound machine. White LEDs make incandescent "white" lights look quite yellow. The glasses provide a spectacular experience and a significant leap forward in AVS (Audio Visual Stimulation).

The advantage of the full spectrum *white* light, combined with the fast response time of LEDs, make a very effective light/sound stimulation source. Put the *White* glasses on... close your eyes ...and see just about every color imaginable. White lights offer full spectrum stimulation to ensure that the red, green and blue cones of the retina receive full stimulation similar to natural light spectrum. White light has been proven most effective in imagery relaxation and visualization.

Ultra-Green - Only the ALLcolor Visual System produces a brighter, purer green color stimulation. The *Ultra-Green* glasses are made with LEDs (4 LEDs per eye) of the same brightness as white LED glasses. The best way to experience the cool green color in the brightest mode available.



Standard: *Red* - invigoration, extroversion, strength, activity, vitality, energy, action. For years, red LED lightframes has been the industry standard. Unless otherwise specified, *Red* color LED glasses have always been the standard color glasses shipped with systems. The red is still the basic color, red LEDs provide a wide range of visuals for the majority of people.

Orange/Amber - subconscious, relationships, interaction, creativity, change, sexual, social. Although soft and subtle, orange LED lightframes can invigorate and energize the l/s listener. Also called Amber, the Orange glasses are an in-between choice between Red and Yellow. For those that find *Red* too intense but *Green* too dim, *Orange* glasses is the choice.

Yellow - concentration, learning, thinking, idealism, memory, sunny, focus. *Yellow* LED lightframes are highly recommended for soft and subtle l/s session experiences. The color yellow is considered to be an excellent facilitator for intellectual work. Yellow LED glasses are used pri-

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marily by individuals that like to change the visuals by changing glasses and colors. The *Yellow* LEDs are less intense in color than the Red and Green.

Green - compassion, revitalizing, peaceful, renewal, calming, balance, healing, love. *Green* LED lightframes are a tried and true standard of the l/s industry. They are also one of the least expensive. Not as intense as red, but more aesthetically pleasing. Although preferred by those experiencing certain degrees of light sensitivity, green LED lightframes work great for just about everyone. The color green is associated with nature and with heightening the emotional qualities of the heart. The *Green* LED glasses are recommended for people who find the red "harsh". They are less bright than red and thus more soothing for some individuals. Some even call the glasses in the *Green* color "healing".

Specialty: *Tru-Vu Omniscreen* Eyesets: these unique patented *Tru-Vu Omniscreen* eyesets use eight high-efficiency, white bulbs mounted over a silver reflector behind a light blue-tinted translucent screen. This disperses the light evenly, protects the bulbs and removes any red light which may be produced by the bulbs. The maximum intensity of the lights in the eyesets is about 700 lux, spread out over two square inches per eye. This provides a well distributed illumination throughout the entire visual field allowing you to move your eyes in any direction (either up or down, left or right) without interfering with the smoothness of the light in the visual field. Not only are the Omniscreen eyesets comfortable, but they are also built to last! They are made from sturdy, high quality sunglasses. The light bulbs are protected and securely fastened behind a light blue screen layer.

Tru-Vu Omniscreen eyesets stimulate each visual field independently. They are specially designed to allow for the left and right visual fields of each eye to be individually stimulated rather than the entire eye. Now you can experience a whole new dimension to light and sound stimulation! The *Tru-Vu Omniscreen* eyesets are so unique that we have patented both the design and process. When using focus during light and sound sessions, the *Tru-Vu Omniscreen* eyesets operate the same as with ordinary stimulation. But when using expand, hemistep or dual frequency, the stimulation is very different with the *Tru-Vu Omniscreen eyesets*. This new approach reduces the brainwave frequency doubling effect that occurs when expand is used with the ordinary style of visual stimulation.

Tru-Vu Omniscreen eyesets have *Color Overlays*. These overlays are colored filters that fit over the Omniscreen eyesets to allow you to experiment with different colors (yellow, green and violet color overlays).

PvStim lightframes are used with the eyes open and offer peripheral vision stimulation. Mounted in clear lens glasses so you can see through the lens, the LEDs in this model are located in the peripheral vision area, allowing for indirect and softer light stimulation. They are often used in EEG biofeedback, and can be used with the eyes open or with the eyes closed. The lightframes permit you to see through the clear lens, allowing you to perform many tasks like music, reading., art, writing and computer work. They may help turn your light and sound experience into a thinking pad!

HemiStim lightframes allow the left or the right visual field LEDs on both eyes to light simultaneously thus stimulating the hemispheres independently. The glasses are used with your eyes open, or the effect is lost. Note: The glasses have a built in switch that actually allows two different modes: *hemiStim* and *pvStim*. With this option both, the left eye/right eye (*pvStim* mode) as well as left hemisphere/right hemisphere (*hemiStim*) modes are possible. Most widely used with EEG equipment, the *hemiStim* glasses also work with the Nova Pro 100. The glasses are used with your eyes open, or the effect is lost.

... for those of you who just cannot decide:

TENcolor lightframes: This lightframe connects directly to any light and sound instrument and comes in Common Power or Common Ground polarities. A built-in switch allows you to choose from ten different colors: blue, green, red, ultra red, white, aqua, violet, indigo, pink and yellow. No bulky wires, excellent balance, and featuring independent left eye / right eye color selection. Whereas the ALLcolor Visual System is geared more towards the professional light and sound user, the TENcolor is more for the personal user. Why purchase several sets of lightframes when simply flipping a switch on the TENcolor will generate a different color to enjoy? Very easy to use, extremely cost-effective and quite possibly the finest lightframe made. Another RGB-based LEDchip breakthrough! The TENcolor is sold exclusively through www.mindmachines.com.

Polarity Adapters: Do you have more than one l/s instrument? Are your lightframes interchangeable with each system? If you own a 6v l/s instrument, be it an InnerQuest, Photosonix, MindAlive, MindGear or MindPlace model, you can now use any lightframe made by these manufacturers with any of the following instruments.

Lightframe polarity adapters were created by Chris Williams and Michael Landgraf. Polarity adapters quickly and easily connect. Simply connect one end to the lightframe jack of your l/s instrument and the other end to your lightframes. You no longer have to have multiple lightframes for each l/s instrument you own. Most InnerQuest, Photosonix, MindPlace, MindAlive and MindGear instruments are 6 volts.

Choosing the Correct Polarity:

"CG" Polarity (Common Ground): Photosonix: Nova Pro 100, InnerPulse, Luma-10, Muse, Muse#, Halcyon, ProTutor, Expander, Galaxy, Nova; MindGear: all models; InnerQuest: IQ1, IQ2, IQ3 and IQ Jr.

"CP" Polarity (Common Power): Photosonix: Nova Pro, Galaxy Pro; Mindplace: all models (Orion, Sirius, Proteus); Mind Alive: all models; IQ: IQ Tutor, IQ 9110; Zygon: Mind Quest.



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Suggested reading (available as eBooks):

"Choosing the Best Color" by Jeff Labno and Michael Landgraf

AVS Buyer's Guide by Jeff Labno and Michael Landgraf

AVS Journal / Vol.1, #1: "Quality Light"

AVS Journal / Vol.1, #2: "Light Glasses: hemiStim"

AVS Journal / Vol. 2, #4: "How to Get the Best Visuals with a Light & Sound Machine"

AVS Journal / Vol. 3, #1: "Fechner's Colors are Induced by Flickering Monochromatic Light"

AVS Journal / Vol. 3, #2: "Superbright Multimode Lightframes"

AVS Journal / Vol.3, #3: "Introducing the ALLcolor Visual System" and "The Differences Between Tru-Vu & Harmonics Omniscreen Eyesets"

AVS Journal / Vol. 4, #1: "Just a Light"; "EyeRobics" and "Light Syntonic Therapy"

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Ray Wolfe of Photosonix.com.

An Interview with David Siever, CEO of Mind Alive, Inc.



1) David, please share a little about yourself, your background and education

"I graduated in Telecommunications back in 1978. I worked at the local phone company repairing long-distance pulse-code modulation (PCM) and AM telemetry systems and such for roughly two years. While there, a good friend of mine was employed at the University of Alberta (U of A) in Dentistry. One of his tasks was to design a machine that could measure the

“silent period,” a 20-50 msec temporary “paralysis” that occurs in the jaw-closing muscles every time we put our teeth together, preventing them from damage when we bite. Lengthy paralysis indicated a poor bite in which the teeth do not fit together well. Being intensely curious and forever loving design work, I built a machine in my spare time for my friend. By about the time I was complete, my friend found new work and suggested that I apply for the position. I showed my work to professor, Dr. Norman Thomas, and became the first person in ten years to bypass the standard hiring practices at the U of A. I worked there for six years, and ended up teaching physiology and advanced TMJ Diagnostics at a professor’s salary. While there, I took classes in psychology, biofeedback and medicine. Although the silent period detector didn’t take off commercially, I designed and marketed a TENS stimulator to dentists for relaxing the jaw, neck shoulders and back, and biofeedback equipment. The “Doc” and I did some pretty weird experiments, including seminal work in the spectral analysis of fatigued muscle, which showed that dead teeth (such as in root-canals) become piezo & pyro-electric.”

2) How were you first introduced to light & sound. What was your first experience like and how were you inspired to begin manufacturing light and sound instruments? When was that and what were some of your initial obstacles?

“I was practicing biofeedback up in the Ed. Psych department and had designed a “Bruxstopper” biofeedback system designed to wake people up when they “ground” or bruxed their teeth in their sleep. I was aware that anxiety played a huge role in back, neck and jaw tension. In the Fall of ‘84, I was asked to build a “brain synchronizer” by an instructor in Performing Arts at the U of A to help reduce stage fright in up-and-coming acting students. With an emerging understanding of stress and anxiety, I was intrigued by the concept. I had never heard of light & sound equipment, so I just did the best I could.

After building the first eyeset, and finally completing the digital pulsing circuit one morning in my basement a few days later, I fired the system up. The lights in the eyesets were pulsing and I put them on. I was immediately and TOTALLY blown away!!! I remember being so excited, that I ran over to the local coffee shop like a schoolboy at a three-ring circus with free snow cones and elephant rides!! I excitedly told the restaurant staff everything about it!! Of course, I didn’t know what it meant at the time, nor did anyone else that I excitedly told my story to. I completed the first Brain Synchronizer in June of 1985. I was hoping for more design money from the instructor (as I figured that in the end I made a measly \$1.00/Hr). The instructor said that he was financially strapped and couldn’t pay any more, but he would come up with a name for the synchronizer that would honour me instead. He called it the DAVID to which I responded that anyone could name a product after someone. I wasn’t impressed nor honoured. So he explained that it was an acronym for, “Digital Audio-Visual Integration Device,” and we were integrating the brainwaves through digital audio-visual means. The DAVID name had some meaning, so I went with it. I had planned on changing the name later on but it caught on in the market place, so we kept it. Being a survivor of childhood trauma, I began using the DAVID on myself for anxiety, which I suffered terribly at times. Then I began using the DAVID to relax our TMJ patients up in the Department of Dentistry. And it worked! Not having more scientifically conclusive evidence, I only sold the systems casually on a per-order basis.

Late in 1987, I ran an EMG study using patients from Dr. Koch, a local chiropractor. We were, once again, totally amazed! Using 10 Hz Audio-Visual Entrainment (AVE), we were able to relax jaw and neck tension from an average of 3.5uv to 1.2uv (full spectrum EMG) in less than six minutes in his patients, most of whom had suffered from tension for years. I was finally SOLD on AVE! I spent many days over the following months in the Health Sciences Library at the U of A to discover that Photic driving was discovered in 1934 by Adrian and Matthews and a device called the “Brainwave Synchronizer” was on the market back in 1958! A respectful number of studies involving the use of AVE for hypnotic induction, anaesthesia, pain reduction, relaxation and general physiological responses already existed. I compiled this work and wrote the first “light and sound” book back in 1988. Then, in 1995, I began an exhaustive rewrite and spawned the book “The Rediscovery of Audio-Visual Entrainment Technology,” which I update every few years.

The largest obstacle was in building an analog to digital converter for recording the heartbeat. A/D systems didn’t exist then and it took a great deal of work just to capture a 0.8 second heartbeat, which we continue to use in our equipment today. “

3) Many of your instruments are designed for clinical researchers. How did you start? What developed as a result? How has this evolved and what do you foresee in the future? Of all the research programs you have been a part of, is there one in particular that gave you the most satisfaction? Why?

“Having roots in research and a desire to help others, it was only logical to search for practical and effective methods for helping others. The results of previous studies plus our study of the TMJ patients sold me on the concept of AVE. Since then, we acquired a brain-mapper, statistical software, a Brainmaster, a fully equipped Procomp and a Thinking Cap plus assorted gear for biofeedback, such as EMG, EDR and temperature sensing, mainly for collecting data to prove the effectiveness of AVE. Having had training in biofeedback, it was natural, of course, to use the biofeedback equipment to monitor clients pre-post AVE and compare the results. We found that AVE produces positive results most of the time but sometimes AVE can exert harm to a person. It’s important to know what to use and when!

As we continue to understand AVE better, its effectiveness improves. As new techniques in AVE are discovered, my use of biofeedback and neurofeedback (NF) diminishes. I have almost discontinued NF, although I continue to use biofeedback for our clients who’ve lost body awareness (those with depression, anxiety and trauma). Many of our studies including; SAD, fibromyalgia, cognitive decline in seniors and ADD, have shown AVE to be more effective than NF. For instance, our ADD study in the Journal of Neurotherapy showed that treating 10 children at a time using our multiple system, with a beta/SMR and alpha protocol produced better results on the TOVA (a test for impulsiveness, inattention and consistency) than all of the leading NF studies, treating one child at a time.

The one part of my job I do that gives me an unparalleled satisfaction and sense of purpose is when I treat people who have suffered trauma. I initially see a person pale, depressed, crying, tense, angry, hopeless, and sleepless, staring only on the floor. Through a combination of therapies, including AVE, they begin to gradually come alive, form a sparkle in the eyes, develop a

bounce in their stride and start to build regained hope for the future. To carry AVE into the future requires training and understanding. To those ends, I plan to write a few good and complete books on AVE (we currently have three) and hope to increase the size of training classes or perhaps start an annual conference on AVE.”

4) Biofeedback is a major part of your approach. How did you become interested in it? What motivated you to create your own biofeedback instrumentation? Can you tell us what types of people are using them?

“I became interested in biofeedback because I personally learned how to relax myself through using biofeedback. People with anxiety, depression and trauma do not have body awareness and they cannot learn to relax without help. The benefits our dental patients received also helped me “see the light.” Biofeedback equipment is often expensive, but it need not be. I figured that it was time to make affordable but good quality equipment available. We presently make the “BIOSCAN” series of products, covering GSR or, newly termed electro-dermal response (EDR) and simple NF. I use EDR with ALL of my depressed, anxious or trauma clients, as it is essential in letting us (the client and I) see where issues and traumas reside. I use the ABT (alpha beta trainer) BIOSCAN primarily to teach people the difference between attention and meditation and for the occasional medical condition such as depression. I plan on designing an EMG and temperature system in the future. Presently, the best little, handheld EMG is made by Thought Tech of Montreal.”

5) What was once Comptronics is now known as Mind Alive. What made you open up this facility? What does Mind Alive do?

“With the well established understanding of ADD, SAD, trauma, anxiety, depression and so on, we were getting an increase in the number of drop-ins to our office for help. This prompted us to form Mind Alive Inc. Later on, it seemed logical that Comptronic, a technical name, just didn’t fit with the theme of our products, so in the Fall of 2003, we changed the company name to Mind Alive Inc.”

6) Over the years light and sound has evolved a great deal. What are some of the major changes you have seen that has lead to this evolution?

“The DAVID Paradise, our flagship machine as of 1990, went through 20 software upgrades throughout its life, and the DAVID Paradise XL, has had three. We learned about the six-minute dissociation time, which prompted us to make many of our sessions gradual and with a steady plateau, not bouncing about in frequency (this is where true entrainment lies). By 1995, our in-house research was clear that we should abandon the old style (left-eye, right-eye stimulation) eyeset, which over-dissociated many of our customers, leaving them feeling nauseous. We began production of the Tru-Vu™ (left fields & right fields stimulation) eyeset, which has provided excellent outcomes. Our users dissociate comfortably, plus we are able to generate a different frequency in each hemisphere of the brain, essential in the treatment of ADD, cogni-

tive slippage in seniors and for treating depression. Certain maladies require specific hemispheric frequencies, and the Tru-Vu™ Eyesets perform this function well. In 1995, we added the DAVID Paradise XL, which could take custom-made downloads. Then we added the DAVID ParadiseXL+, which combined cranio-electro stimulation (CES) and more recently, the DAVID PAL, which is presently undergoing a redesign. From the results of years of research, we redesigned our sessions again last year. We added a “dissociative” front end that helps people get into the trance state easily and quickly. We also clock the heartbeat for paced breathing, which has been the most powerful tool we have ever seen for calming down those with anxiety, depression and trauma. We can settle down an erratic heartbeat at 95-100 bpm to a near-perfect rhythm at 70-80 bpm in 5 to 10 minutes. I have been lecturing on this and show a couple of cases in the “Tech Talk” section of the Spring 2003, newsletter on our website.”

7) What would you like to see happen to the light and sound industry? What changes would you like to see, and what direction do you see light and sound heading?

“I would like to see a set of standards established and acknowledgement of AVE by the APA and the medical community. I would like to see less frivolous marketing of AVE. I know which direction we are pushing in, which has been essential in creating acceptance in the psychology sector at least.”

8) Can you tell us about some of the centers that exist around the world that utilize your products; such as research facilities, public spas, therapists, educational institutions?

“Thanks to the work of Michael Joyce at the charter school “A Chance To Grow” in Minneapolis, and our published study in the “Journal of Neurotherapy,” over 70 schools throughout Minnesota, Wisconsin, the Dakotas, Florida, etc., are now using our DAVIDs to treat special-needs children. In the Fall of 2003, the state of Minnesota sanctioned the monetary reimbursement to any school purchasing our DAVIDs for treating special-needs children. Over 200 therapists and 100 school teachers and counsellors use our DAVID systems. Several universities have our equipment for research. Of most importance is Dr. Mike Telch. Dr. Telch and his graduate students at the University of Texas in Austin have completed three studies for us in past years. This September, I spent some time again with this group about running another four or five studies on phobia, depression and anxiety. Due to our education and testing requirements, we have very little gear in ‘Spas’.”

9) Why is it that of all the major light and sound manufacturers, you are the only one that insists that in order to be a Mind Alive dealer, the prospective dealer must take an exam to illustrate their knowledge of utilizing light and sound technology? (I personally was not happy having to take the time to complete it, but certainly understand why such a test is so important to both you, the manufacturer, and to potential customers, who rely on our expertise in recommending which instrument would best meet a customer's specific needs). Any idea why other manufacturers refrain from requiring such an exam?

“First and foremost - AVE interacts solely on the brain, a complex and delicate computer! Because of the potential damage and/or healing that may be done, we have spent over a quarter-million dollars on clinical research. I have donated hundreds of devices and time to the University of Texas in Austin, the Western Washington University, West Point Military Academy, Duke University, the University of Alberta and the University of Tennessee and so on. I have been hiring psychology students for years to help with research. I lecture at major psychology conferences, so most of our distributors are psychologists, therapist plus some medical doctors. Newly interested people must write an AVE exam (as you know) before they may distribute our DAVIDs. This keeps the quality of service high and no one gets hurt. Our insistence on quality has spawned a reputation of excellence within professional realms. As a result, several of my articles have been published in “Biofeedback” magazine and I am contributing a chapter on AVE in the 2nd edition of “Quantitative EEG and Neurofeedback.”

I would feel terrible if someone was somehow injured from using our gear. When reading the “Testimonial” section of our website, it’s easy to quickly realize our commitment to excellence. Our customers know that they can trust us and that they are in good hands with our products. I also provide counselling to both clinicians and customers. We also offer an intensive three-day training program to help clinicians and distributors learn about stress, depression, etc., the brain, AVE and CES. A very small number of distributors were “grand-fathered” in and are exempt from writing the exam throughout the USA and Europe. We have also exempted some clinicians that are well versed in neurofeedback and QEEGs, but we do what we can to keep everyone educated, which is why we have a “Tech Talk” section in our newsletters. It’s my belief that other manufacturers just aren’t as interested in the well being of their customers as they are in turning a profit. They don’t invest in clinical research, they don’t publish studies and they don’t lecture on the topic. Price and profit are the bottom lines for them. Quality, respect and good mental health are the bottom lines for me.”

10) After so many years of producing some of the finest light and sound instruments made, and for getting the word out as to the positive benefits and effectiveness of the DAVID line of products to the general public, could you share some of your plans with our readers so they too can help enlighten the public to the advantages of utilizing light and sound instrumentation?

“We need to finish publishing a number of studies in medical journals, which will add credibility to the technology. I also need to write a good book on the topic and get on talk shows. While we are on the topic, this is a good time to mention that I have several articles posted at www.mindalive.com/pdfarticles.htm. More articles are in the works.”

11) Could you please let our readers know how they can contact you for further information... your address, phone, fax, email and website?

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Can Life Force Be Generated?

By David C. Powell



The Taoists call Life Force energy Chi (Qi) and have charted its movement through the body. Indian yoga adepts call it Prana and use it for healing. In the West, Dr. Wilhelm Reich discovered the same energy and called it Orgone. Franz Anton Mesmer called it Magnetism; Baron Karl Von Reichenbach named it Odic Force, while Sigmund Freud observed it in human emotions and labeled it Libido. Mechanistic scientists in the 17th through 19th centuries used many of its qualities in the element of Ether, and the mystics embraced other aspects of Life Force within the concept of god. Throughout human history, Life Force has received many names: In the east it is called Prana (in India), Qi (in China), Ki (in Japan), Mana (in Hawaii), and Od (in the West).

As technology rapidly evolves, and secrets to the human potential are unlocked, questions surface such as: How does mesmerism and hypnosis work? What is this stuff called Chi energy, and how is it used in ways that enhance lives and our universe? In what ways has Chi been used in cultures throughout history?

As far back as 2690 B.C.E., according to Chinese historians, before the era of acupuncture, Buddhism and martial arts, the study of Qi (also referred to as Chi) energy was embodied in a Chinese natural science, called Tao - the Way of Nature. Chinese physicians applied their understanding of Nature to the treatment of health and for curing illness. They studied the balance of yin and yang, opposite forces in nature - negative and positive, shadow and light, summer and winter, spring and autumn, fire and water, hard and soft, and wood and metal. The Taoists, through chi meditation and exercises, discovered chi energy "structural links" with the internal organs. Taoism is the basic root of Oriental Medicine. The main focus of the Taoist was to observe the ways of natural laws governing the universe, as a method to understanding the unseen inner world of our physical body.

"Animal Magnetism" was a term coined by Franz Anton Mesmer. Mesmer's name has passed into our language - an honor given to few. In fact, mesmerism is commonly used almost as a synonym for hypnosis. At age 40, Mesmer grew interested in the impacts of magnets on people. Through research and experiments, he discovered a totally new principle of healing. The animal magnetism that he used was different from physical magnetism, as he "magnetized" glass, dogs, water, paper, and all manner of other substances.

Mesmer was the first person to build devices for accumulating Life Force. He created wooden barrels that were filled with iron, and people became energized with animal magnetism by holding iron rods that protruded from these barrels. His methods included the laying-on of hands, staring fixedly into a subject's eyes, and slowly waving his hands or a magnetic wand in front of a patient. He attracted a large following who believed that animal magnetism - or mesmerism, as it was popularly called - was a cure for all forms of physical and mental illnesses.

Wilhelm Reich, M.D. was another western scientist who worked with Life Force. While investigating energy functions in human emotions in the late 1930's, he discovered an energy that he called Orgone. Reich believed that Orgone exists in all living matter and in the cosmos. Reich felt that this creative energy was the basis of life and could sometimes be seen in the sky as blue or white balls of energy. Reich was the first scientist who found that life force / orgone follows the principle of "negative entropy." He observed that Orgone energy can be demonstrated visually, with a thermometer, an electroscope and with a radiation detector.

The Chinese, Hindus, and Dr. Reich all taught their students the benefits of arousing this energy and moving it throughout the spine and brain. In 1940, Reich made his first orgone accumulator: a six-sided box made of alternating layers of organic materials (to attract the energy) and metallic materials (to radiate the energy toward the center of the box). Patients would sit inside the accumulator and absorb orgone energy through their skin and lungs. The accumulator had a healthy effect on blood and body tissue, by improving the flow of life-energy, and by releasing energy-blocks. Later, Reich found that he could achieve a similar effect when he mixed quartz sand with iron filings. This worked well when he used this to energize his patients, because the patients instantly pulled off the life force.

Through experimenting with Orgone, Reich developed "cloudbusting," the science of correcting unbalanced weather patterns with a device that causes changes in weather--via the element of water. With proper equipment, skills and conditions, one can evoke breaks in droughts, and the weakening or deviation of torrential storms. Cloudbusting precepts are based upon Reich's research into Orgone physics.

According to Karl Hanz Welz, inventor of the Orgone Generator, "Life force provides us with the 'medium,' that allows transfer by means of structural links; it is an essential ingredient in 'any action at a distance' or magic." Welz adds that magicians of all ages knew this, and that their knowledge resulted from hands-on experience. They always taught methods of working with life force.

Magicians all throughout history built up this energy to project it. They achieve this mainly by sacrificing animals. Other methods include chanting, emotional build-up in congregations or magical groups, walking in circles, dancing, chanting, and even sex magic practices. In most instances, they used energy that was available, and accumulated it for release in a magical operation.

In 1994, Mr. Welz developed Orgonite, a material that uses a metal alloy with extremely strong attractive and repelling characteristics in combination with a special type of epoxy and other enhancing materials. Welz says that this "mixture" has proven to be by far the most effective one in accumulation, and in the case of the Welz Chi Generators, the generation of massive amounts of life force. All Welz Chi Generators are made with Orgonite, and are based on the research and theories of Dr. Reich, Mesmer, and many others.

What is perceived as "paranormal" or "supernatural" in the universe stems from a limited understanding of Nature. Since Orgone energy is so versatile, there are many different ways to have it enhance life. Understanding how Orgone functions provides a wide array of benefits. For exam-

“For all of you who have children that enjoy coloring books, we have a free 49 page coloring book in pdf downloadable format. No personal information is needed to download. Just visit www.mindmachines.com and click on “Free Download” located on the entry page to our website. It is something we wanted to make available for kids. For those interested, we hope you find it enjoyable.” -Michael Landgraf

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The Fossil Phil Way

ple, Orgone energy is now widely used to optimize and charge water; to power radionics work; for a variety of metaphysical and astrological purposes; to enhance meditation and Dowsing, for healing; Yoga and Tai Chi. People around the globe are also using their knowledge of Orgone for hypnosis and trend management, self improvement, increased learning, altering brain waves and for mind control.

Welz Orgone Chi Generators are available at: www.mindmachines.com.

LightWeave™ - A Very Cool Hypnotic Innovation

When Photosonix came out with a new way of pulsed light called LightWeave in the Luma 10 last year, it was a major shift from what has previously been available in AVS machines. But, no one really knew how to describe it, or what purpose it actually served.

In the light and sound industry, many new innovations hit the marketplace every year. Most of these new technologies look better on paper, than they are useful for anyone. When the Luma 10 became available with LightWeave, a flurry of excited phone calls went back and forth between many of my long-time buddies in this field - Christopher Oliver, Michael Landgraf, Andy Dolan, Ed Courtney..."did you see those fabulous visuals?", "I can't believe what I just saw while using the Luma 10!"



So, what is LightWeave, and what makes it different from other AVS machines? AVS machines typically use light flashes that pulses on, then off. LightWeave uses light pulses that flicker in intensity, such that the light never completely pulses off. Flickering light is gentler on the eye than light that strobes on/off, allowing the eyes to stay more relaxed. When the eyes are more relaxed, you will go faster and deeper into your session.

What I've heard from many users is that they really enjoy doing sessions because of the visuals, and they don't get bored with their machine. I've noticed, over many years of observing the public, that the more interesting and unusual the visuals, the more people use their machine.

A number of therapists, including hypnotists have also reported, that the interesting visuals quickly distract their clients from the mundane world, taking them to a state of mind conducive for playing behavior modification tapes/CDs. Hypnotherapists particularly like the visuals in the Luma 10, because the spiraling and ever-changing nature of them quickly captivate the attention of the user, putting them into a hypnogogic state rather easily.

LightWeave and the Luma 10 are still very new to the scene, so it will be interesting to see how people ultimately use this technology.

Jeff Labno
Editor-AVS Journal
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P.S. A big thanks to Christopher Oliver for doing an outstanding job of designing the LightWeave sessions for the Luma 10. Christopher dedicated an incredible amount of personal time learning how to best utilize LightWeave, and, he created phenomenal programs. Thank you Christopher!

The Cerebrex Mind Activator: An Affordable, high quality Radionic Instrument

Background:

The Radionics Practitioner aims to tap into the "vibrational frequencies" of a material object to cause change to occur in conformity with the will of the operator, interfaced through a small quasi-electro-magnetic appliance known as a Radionic Machine. This system of finer energy manipulation is also known as "black-Box" technology. Used in its most positive form, Radionics is an instrumented form of healing, when, after the machine is properly configured; healing energies are broadcast to the target object of investigation.

In most cases, the client or target is human in nature, though it could be animal, vegetable or mineral, anything processing a Life-Force that can interact with the Radionic Frequencies being broadcast by the Black-Box, that is interfacing with the Thought-Stream of the Radionic Practitioner.

The client (target) typically provides the practitioner with a witness (usually a hair sample, though photograph or fingernail filing or even signature can be used as well.) that acts as a conduit for the vibrational signal.

Healing results from a dynamic interaction between the practitioner, who sets the intent using a Radionic device to carry a coded message (an inter-dimensional mathematical formula), and the

client who is the target of the healing. Healing occurs independent of space and time, and is seen as magical in the physics defying nature of the keen, targeted outcome.

Hailed as quackery the mainstream medical establishment, Radionics as a healing modality, has a long history of success through dedicated practitioners, and was first pioneered in the early 1900's by the venerable Dr. Albert Abrams., whose work was further evolved in the 1930's up to the 1960's by Ruth Drone, a Los Angeles Chiropractor, who based her system protocols on Qabalistic theories.

Product description:

In the spirit of such tradition, Cerebrex offers to the discerning public, an experimental Radionic machine of great beauty and power. The Cerebrex Mind Activator is a 7 dial Radionic/Psionic device based on "black-Box-Technology".

Commissioned to be fabricated by craftsmen in the Netherlands, skilled in fine box making and Radionic circuitry implementation, the Cerebrex Mind Activator is both a quality Radionic machine and a curious work of art, with meditative and internal focus imagery built right into the face of the unit. The unit measures 8.5" x 8.5" x 3" and weighs 1.5 pounds. The Cerebrex Mind Activator box is built entirely of wood and utilizes thick, high quality copper plates as the intention and witness plates. 3 reflex-balanced rheostatic dials flank each copper plate, with an etheric color balance dial in the center of the unit. The Cerebrex Mind Activator also utilizes 3 orgonomic plates in its internal circuitry matrix. This helps refine and integrate eloptic energy transference. A complete and concise instruction set is provided with every Cerebrex Mind Activator.



The Cerebrex Mind Activator is offered to serious students of Radionic theory and practice, in the spirit of experimentation with finer energy principals and is not, in any way, seen or implied as a replacement modality for professional medical or psychological diagnostics and treatment.

Those interested in the retail purchase of this product should contact Edward Courtney at: arkangel50@earthlink.net or visit the Cerebrex web site at: www.cerebrex.com and access the Radionic Instruments section of the site. Serious dealer inquiries are invited.

The Waverider

by Jonathan Purcell



Both light and sound devices, and brainwave biofeedback devices, have been used to attain states of peak performance, relaxation, concentration, and meditation, as well as to modify mood and behavior. Light and sound devices are effective at actively driving the brain into specific mental states but cannot respond to changes in brainwave frequency patterns. Brainwave biofeedback responds to brainwave frequency patterns but generally uses passive cues that the user must learn to interpret. This article provides some general background on brainwave biofeedback. It then describes the combination of the WaveRider biofeedback system and the MindPeak Luminoso system. Together these systems provide pulsed light glasses that respond directly to brainwave frequency patterns.

Biofeedback trains the body to produce specific physiological states.

Biofeedback uses electronic hardware and software to read biological signals from the body, and responds with visual and auditory cues when those signals reach specified levels. Through repeated practice a person may learn to reproduce the specified biological signals more effectively. Biofeedback uses have included muscle retraining, urinary incontinence, and stress reduction.

Brainwave biofeedback reads biological signals from the brain and provides cues when the brainwave signals indicate certain mental states. Through repeated practice a person may learn to reproduce certain mental states more effectively. Brainwave biofeedback has been used to produce states of relaxation, concentration, euphoria, deep meditation, and to self-regulate behavior and mood.

Brainwave signals do not indicate emotional states such as happiness or anger. Brainwave signals do not indicate the content of thoughts such as a pleasant memory, what you had for lunch, or your friend's face.

Brainwave signals do contain information about specific states of consciousness such as concentration, relaxed attentiveness, and deep relaxation. Training concentration may benefit performance at work, school, or sport. Training relaxed attentiveness may benefit listening skills, learning, and the ability to have a diffused awareness. Training deep relaxation may benefit stress reduction, sleep, and the ability to achieve certain meditative states.

The information in brainwaves is contained in the frequencies that compose brainwave signals. Brainwave Biofeedback devices generally split a signal into frequencies just as a prism splits light into colors, or an equalizer splits sound into different audio frequencies. The lower frequencies generally indicate more relaxed states, and the higher frequencies more excited/ cerebral states.

Reasonable people may disagree over the exact definition of brainwave frequency bands. The definitions given below are general. Theta waves are generally defined between four to eight hertz. Theta waves are associated with deep relaxation, and certain types of imagery. Alpha waves are generally defined between eight to twelve hertz. Alpha waves are associated with relaxed attentiveness and are often produced by closing the eyes, or when one stops thinking or trying and begins to observe. The higher-frequency brainwave frequencies variously defined as SMR (12-15 hertz), beta (15-18 hertz), or high beta (18-30 hertz) are associated with states of concentration.

Many protocols make use of the relationship between two different brainwave frequency bands. Most commonly used are the relative levels of Alpha-theta and the ratio of one of the high frequency bands over theta. Alpha-theta training in which the 'crossover' (the point at which the brain transitions from a dominant alpha to a dominant theta pattern) is trained has been used for treatment of drug and alcohol dependency. The ratio of a high frequency band over theta has been used to train concentration and to treat the various attention disorders.

As a technique to enhance well-being, modify behavior, enhance performance, and retrain emotional responses, brainwave biofeedback has several advantages over other techniques.

1. Brainwave training is a non-dogmatic approach, a person is not required to adopt a set of beliefs.
2. Brainwave training is personalized, each person becomes aware of their own sensations when specific brainwave states are produced, then uses this awareness to develop their ability to reproduce these brainwave states.
3. Brainwave training teaches each person to self-regulate.
4. Having learned to self-regulate using their own sensations the training can be used and deepened in real-life situations.

The ability to switch between different states of consciousness is a useful skill. Certain states of consciousness are better suited to particular situations. Sometimes, a state of consciousness that is conducive to work, is a burden when in a social or interpersonal setting. At other times, being too relaxed impedes performance at work, school, or sport. The skills learned through brainwave biofeedback training provide a set of techniques that may be used to produce an appropriate state of mind for each real-life setting.

Brainwave biofeedback provides cues in response to actual real-time brainwave states. Light and sound devices induce brainwave states by driving the brain through pulsed light and sound. Both techniques have their disadvantages. Brainwave biofeedback uses visual and auditory cues that the user must learn to interpret, whereas pulsed-light frequencies affect the brain more directly.

The frequencies produced by light and sound devices may not actually induce those same frequencies in the brain. Also, each light and sound device program may affect each user in a different way.

Combining pulsed-light with brainwave biofeedback provides a system that responds directly to real-time brainwave frequencies with pulsed-light frequencies that actively affect the brain.

The WaveRider is a low-cost high-quality physiological monitor that can be used in a variety of applications, including brainwave biofeedback. In addition to brainwaves the WaveRider can also be used to read biological signals from the heart, muscles, and skin.

Small sterling silver electrodes are attached to the head and ears using a conductive/adhesive paste. The paste is a tacky substance that easily washes off with warm water. Usually one or two electrodes are used on the head and one ear-clip on each ear. The signals are processed by a small box, which is attached to a personal computer. Computer software further processes the signals and creates pleasant visual displays and sounds in response to the specified brainwave signals.

Luminoso is a WaveRider accessory that runs pulsed-light glasses in response to output from the WaveRider. The light-pulse frequency changes in response to brainwave frequency patterns.

A protocol or configuration in WaveRider is a recipe for processing specific signals, such as making a bamboo flute play in response to alpha waves. The WaveRider comes with many pre-configured protocols that address the needs of most users. Luminoso comes with additional protocols specifically for use with pulsed-light glasses.

For those who wish to develop their own protocols, a full complement of frequency processing tools provides a wide pallet of protocol development capabilities. Outputs include the amount of power in user specified frequency bands, the ratio of power between bands, the amount of power above a threshold within a band, or a combination of ratio and multiple thresholds. Other outputs include dominant frequency and coherence.

Luminoso can be used in two ways: by varying the frequency of the glasses in response to changes in brainwave frequency patterns, or by varying the brightness of the pulsed-light in response to a specified brainwave frequency.

Varying the light frequency in response brainwave frequency patterns can be used to train a brainwave frequency up or down. For example, lights flash two hertz slower than the brainwave dominant frequency, pulling the user into deeper relaxation.

Varying the brightness of the flashing lights can be used to aid in training the production of a single brainwave frequency. For example, set the lights to flash at ten hertz so that the brightness decreases with the amount of ten hertz produced. When producing a large amount of ten hertz the flashing lights become dim, allowing the user to produce ten hertz mostly by themselves. When the brain is producing little ten hertz, the lights flash brightly, driving the brain back into a ten hertz frequency pattern.

Luminoso comes with three protocols that work with glasses that are used with closed eyes, and can be ordered with additional glasses used that are used with opened eyes. The open-eyed glasses come with an additional protocol.

The three closed-eye glasses protocols are called Bliss, Alpha Theta, and SMR. The Opened-eye glasses protocol is called Alpha. Bliss trains a euphoric state by using a special electrode placement site. Alpha Theta trains the alpha theta crossover. SMR trains sensori-motor rhythms to become more alert and relaxed. The opened-eye protocol trains concentration.

WaveRider used together with Luminoso provides a combination of brainwave biofeedback training that uses pulsed-light as feedback. The combination builds on the strengths of both techniques and provides both a useful training method and an avenue for future exploration.

For further information, please visit: <http://mindpeak.com>

Product Reviews by Jeff Labno:

The RelaxMate II

Many of you AVS fans know about Dr. Shealy and his work. Dr. Shealy has used AVS machines for a few decades.

Dr. Shealy came out with a new version of his RelaxMate, about a year ago. The machine is small, slick, well designed, and simple to use.

The RelaxMate II does not employ sound, just light pulses. The light glasses are very unusual because they use one LED over each eye, however these LEDs are bi-color...red and blue. The result is a cool pink light, that really captures the imagination and attention of users.

Having no pulsed sound, I'm sure that some users just hook up to a CD player, put on their headphones, the RelaxMate light glasses, and they are off to a world of relaxation.

The RelaxMate II does not have the features of AVS devices, but it is interesting and cool to test out try. Dr. Shealy has contributed a lot to AVS technology, but seldom gets the recognition that he deserves.

The New Zen Master



Maybe you remember the Zen Master that came out a few years ago by Mindgear? If you bought one at that time, you will be in for a surprise at Mindgear's new improved version.

The Zen Master is a light and sound machine contained within a CD player. It allows you to insert any CD, and choose a light and sound program. If you like use music, or other types of CDs with your AVS sessions, it is very convenient, because you no longer have to plug your AVS machine into a CD player.

The Zen Master is "all-in-one." The new version has a much improved CD machine, it is of high quality! The white light glasses give off a splendid display of colors and patterns. The manual is well done, explaining things in simple terms.

The last time an "all-in-one" system appeared in the AVS World, was by Rob Robinson, founder of Psyche Research. He made AVS systems called the InnerQuest inside of cassette tape players. The cassette players were not of good quality.

Kudos to George Szeless, and Michael of Mindgear for a product well done.

For Upcoming Workshops and Seminars, Please Contact:

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