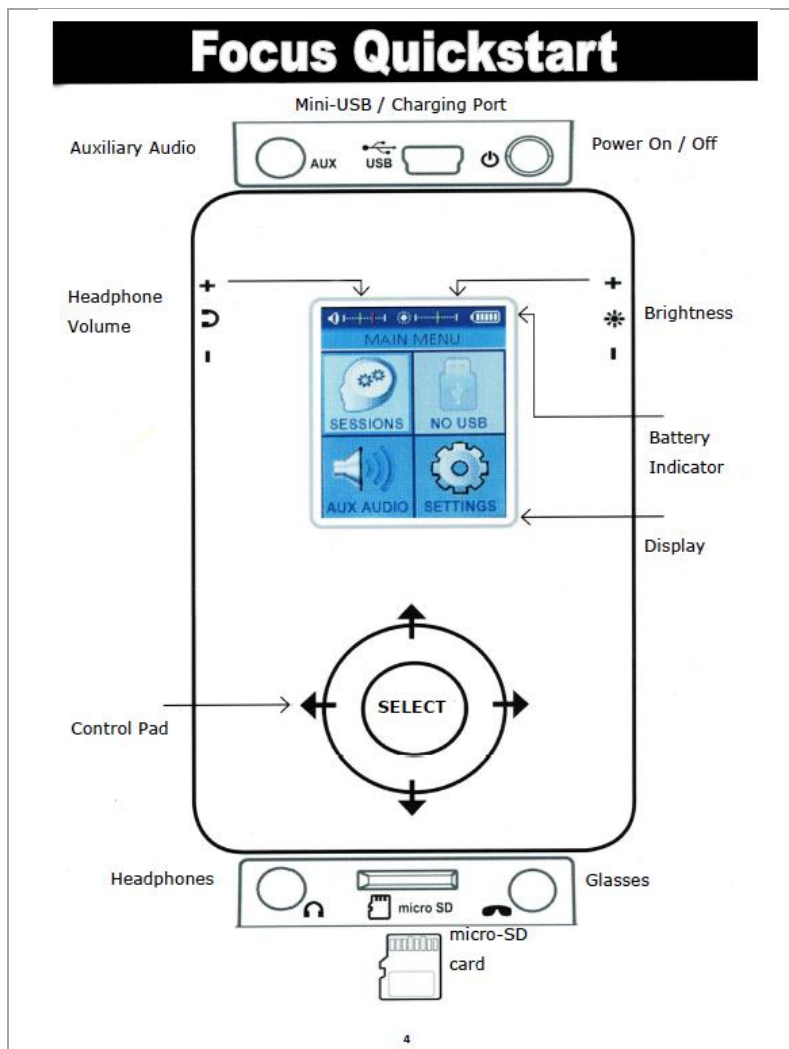


# CLEAR MIND FOCUS

## TRAINING MANUAL



## What Comes with Your Package

Carefully unpack your Clear Mind Focus and its accessories. The package includes:

- Clear Mind Focus Console
- 2 pairs of Photic Glasses (visor glasses and eyes closed – eyes open coming soon)
- Headphones
- USB charging Cable + Power Supply
- Stereo Patch Cable

## Quick Start Instructions

1. Charge the Focus unit with the included white mini-USB power adaptor, this should take less than an hour.
2. Connect your photic glasses.
3. Connect supplied headphones or your own earbuds.
4. Turn on the Focus unit by pressing and holding the power button for 2 seconds.
5. Navigate using the Control Pad to “Sessions” icon and push the inner select button.
6. Navigate folders and sessions that you wish to play using Control Pad
  1. Up, Down and Select.
  7. Push Control Pad select button to start playing the session.
  8. Adjust volume/left side and photic brightness/right side, to your comfort level.

It is advisable to charge the system for a few hours before initial use. Plug the USB Power supply into the mini-USB socket on the top of the console.

- Plug the Photic glasses into the socket to the right of the MicroSD socket.
- Plug the headphones into the socket to the left of the MicroSD socket.

You may now turn on your Clear Mind Focus by pressing the button on the top of the console for about two seconds. The LCD will display four main icons (Sessions, USB, Aux Audio, and Settings), as well as smaller icons at the top for audio volume, brightness, and battery charge level.

## Using The Display

### How to reset your Clear Mind Focus

To reset all settings to factory defaults, turn the unit on while holding the audio and light buttons, then press the center ring when text appears on screen.

### How to increase maximum volume level

Clear Mind Focus ships with the maximum volume set to EU standards to prevent hearing damage. If you are not in Europe, want to use larger headphones, etc. you can increase this in Settings/Audio/Max. Volume, use the up and down keys then press the center ring to set. Once done, the maximum volume level is indicated on the volume meter by a red line.

### How to Access Sessions

On the home screen, look for the icon that says "Sessions". Use the Up/Down buttons to highlight it and press the center of the large button wheel. You will then see several folders. Use the top and bottom of the circle button to select a folder, then press the Select button to view the tracks within. Scroll down to find the session you wish to play. Press the Select button to start the session after the ten second countdown timer appears, again to start immediately. During the session, pressing the Select button once will pause the session, keeping your place, while pressing it again resumes the session. Pressing the Right button during a session will cause it to fast-forward. Once your session has ended, or while the session is paused, use the Left button to navigate back to the main menu.

### How to Change the Color of the Glasses

To change the color, you must start a session. Once the session is running, you can cycle through all 16 color options by pressing the bottom of the large button wheel. The glasses will change color as you press.

### How to Change Volume and Brightness of Glasses

Press or press-and-hold the buttons on the left and right sides of the Clear Mind Focus to adjust volume and brightness. The bars on the top of the display indicate the current volume and brightness levels.

## Troubleshooting And Support

First, try turning the Clear Mind Focus off (press the on/off button for several seconds), unplugging the USB cable and then turn it on again. Problems are often due to discharged batteries or cables connected to the wrong sockets. In the event of any problems, please check all your connections and, if necessary, place your Clear Mind Focus on charge for at least an hour and then try again.

To reset all settings to factory defaults, turn the unit on while holding the audio and light “- “buttons, then press the center ring when text appears on screen.

### Visuals

Adjust the maximum brightness of each LED color, both left and right. Default is 100% for all LEDs.

### Audio

Adjust left/right balance, Line-in Level, AUX/INT Mix Volume and Volume Max.

The Volume Max is pre-set to a safe hearing level. This value is the highest volume that will be displayed on the volume indicator.

### Service

This screen provides technical details about your Clear Mind Focus - you may be asked to provide some of these details if you require support.

### Where to find your Clear Mind Focus serial number

In the Settings section, select Service. Your serial number follows the letters SN.

### Understanding the Lights/color options

Please see the last page of this manual for detailed descriptions

# SYMPTOM BASED PROTOCOLS

All sessions are 30 minutes unless noted below

Protocol Name	Frequency	Description
Short Nap (24 minutes)	3 - 15hz	Quick Nap. Starts with a 5-minute descent into a 16-minute nap, with a quick return to energized wakefulness.
Longer Nap (45 Minutes)	2hz - 15hz	Longer nap. Best used at bedtime
Deep Rest 3 (42 Minutes)	1.5hz - 14hz	Good for long term rest issues
Theta 4 Hz	4hz	Slow Theta
Theta 6 Hz	6hz	Mid Theta
Theta Recovery	6.78hz	Theta Recovery
Schumann	7.83hz	Being Present, Relaxed, Grounding
Calm	8hz - 13hz	Self-regulation, mental & physical relaxation
Movement 1	9.81hz - 9.7hz	movement exercises, use with dexterity balls or foam balance pads
Movement 2	10hz	Coordination, equilibrium, exercise, self-regulation
Alpha Training	8hz – 12hz	Trains the entire alpha range
High Alpha Training	12hz	Trains high alpha
SMR Zone	13hz – 15hz	Sensory motor rhythm, balance & integration
Reading	Left: 18hz Right: 10hz	Helps with reading and studying Bi-hemisphere training
Stabilization	Left: 14hz Right: 10hz	Helpful for rehab Bi-hemisphere training
Alert	18hz	Morning wake up, energize and jet lag
Alert Plus	21hz	Morning wake up, energize and jet lag, 3 Hz higher
Gamma 1	40hz – 42hz	Trains gamma frequencies (40 Hz – 42 Hz)
Gamma 2 (1 Hour)	40hz – 42hz	Same as Gamma 1, 1 hour long
Rehab Method 1		(left 18hz, right 10hz)
Rehab Method 2		(left 10hz, right off)
Rehab Method 3		(left 18hz, right off)
Rehab Method 4		(left off, right 18hz)

## **DISENTRAINMENT PROTOCOLS**

All sessions are 30 minutes unless noted below

Balance 1 (4 – 20 Hz)	Stabilizing, use anytime (Random section, Thomas Budzynski)
Balance 2 (4 – 20 Hz)	Stabilizing and activating, use before 4 pm (Random section, Thomas Budzynski)
Bright 1	Original Focus disentrainment protocol
Bright 2	Original Focus disentrainment protocol
Bright 3	Original Focus disentrainment protocol
Bright 4	Original Focus disentrainment protocol

# FOCUS PRO PROTOCOLS

## BUDZYNSKI PROTOCOLS

All sessions are 1 hour unless noted below

Each session has a different algorithm & different soundtrack

3D Random Selection 1 (Fixed colors: Green & Blue lights)	Stabilizing, Thomas Budzynski brain brightening method
3D Random Selection 2 Fixed colors: Red & Blue lights)	Stabilizing, Thomas Budzynski brain brightening method
3D Random Selection 3 Fixed colors: Green & Blue lights)	Stabilizing, Thomas Budzynski brain brightening method
3D Random Selection 4 Fixed colors: Red & Blue lights)	Stabilizing, Thomas Budzynski brain brightening method
3D Random Selection Fixed colors: Red & Green lights)	Stabilizing, Thomas Budzynski brain brightening method

## PETER LEVINE PROTOCOLS (FOCUS PRO)

All sessions are 30 minutes

**From Peter Levine – World Famous Trauma Therapist.**

This is a body-based approach to healing the wounds of trauma and abuse. All protocols are based on Levine’s somatic experiencing work, which incorporates left right brain integration.

<p><b><u>The duration below (1 second to 8 seconds) is for breathing symmetry:</u></b> The goal is to choose a length of time that matches your normal breathing patterns. We suggest you start with Protocol #4, alpha (pl_4_alp, 4 seconds) and adjust as needed according to your breathing rhythms. Once a desirable range is reached, alternate between alpha, Schuman and SMR.</p>	
pl_1: 1 Second Left, 1 second Right	3 Protocols: Alpha, Schumann and SMR
pl_2: 2 Seconds Left, 2 seconds Right	3 Protocols: Alpha, Schumann and SMR
pl_3: 3 Seconds Left, 3 seconds Right	3 Protocols: Alpha, Schumann and SMR
pl_4: 4 Seconds Left, 4 seconds Right	3 Protocols: Alpha, Schumann and SMR
pl_5: 5 Seconds Left, 5 seconds Right	3 Protocols: Alpha, Schumann and SMR
pl_6: 6 Seconds Left, 6 seconds Right	3 Protocols: Alpha, Schumann and SMR
pl_7: 7 Seconds Left, 7 seconds Right	3 Protocols: Alpha, Schumann and SMR

## Understanding the Lights/color options

Your Focus unit has preset light options for each protocol. However, you can choose between 16 different color combinations.

To change colors, choose a protocol and start the session

Click the bottom of the center wheel on the Focus unit to scroll through all 16 color options. Color options are as follows:

1. RGB = Red-green-blue
2. R = Red only
3. RG = Red green
4. G = Green only
5. GB = Green blue
6. B = Blue only
7. RB = Red blue
8. R/G = Yellow
9. R/B = Violet
10. G/B = Light blue
11. Ran-SR = Random Blue-pink-white
12. Ran MR = Random blue-pink-green
13. Ran FR = Random violet-pink-red-blue
14. Ran SJ = Random light blue-blue-pink
15. Ran MJ = Random blue-white-green-pink
16. Ran FJ= Random = yellow-blue-white-orange

