Meditation Enhancer:
A Free "Virtual Light & Sound Machine" Program

Psychologist Gerald A. Solfanelli

© 2007

Questions can be emailed to:
Jerry@SimplifiedHealth.com

www.SimplifiedHealth.com

DISCLAIMERS: The author of this ebook does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, directly or indirectly. The intent of the author is only to offer information and entertainment of a general nature. In the event that you exercise your constitutional right to use any of the information in this ebook, the author assumes no responsibility or liability for your actions.

Templehof Publishers' Flasher 1.51 helps users experience deep states of relaxation, based upon the phenomenon associated with audio-visual stimulation. Since Flasher 1.51 is a 1990 DOS-based program, it is not compatible with Microsoft Windows operating systems. The author's original "Virtual Light & Sound Install" freeware (discussed within this ebook) hosts copies of DOSBox and Flasher 1.51. It is designed to simplify the installation process for DOSBox and Flasher 1.51 in order for it to work on Microsoft Windows 2000 or later. DOSBox is open source software copyrighted by Free Software Foundation, Inc. Flasher 1.51 is shareware that is distributed by Templehof Publishing. The author is not affiliated with Templehof Publishing or Free Software Foundation, Inc.

You must <u>not</u> use "Flasher 1.51" if you or a family member has ever suffered from epilepsy or other neurological problems. Discontinue use if you experience any discomfort. Use at your own risk. Statements made about these products have not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure or prevent any disease.

<div align="center">

**Further important legal disclaimers
can be found here:
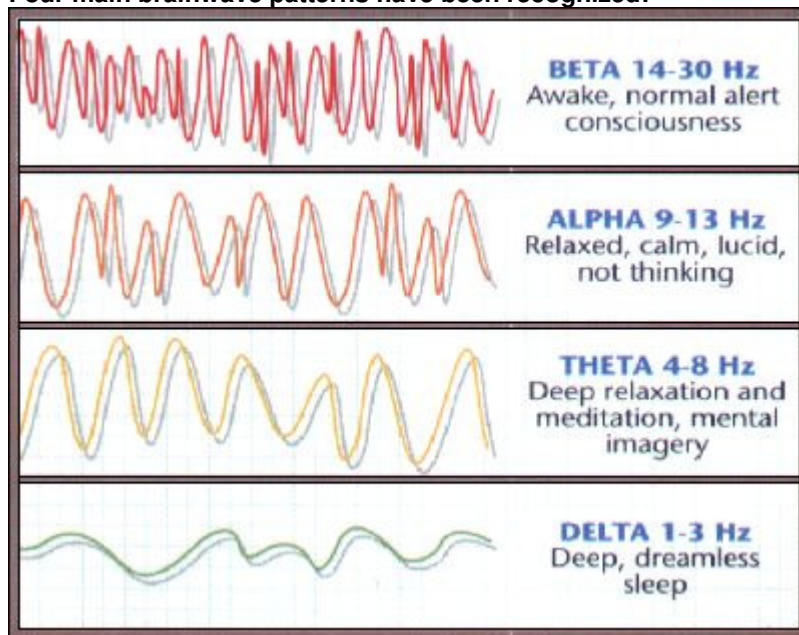www.SimplifiedHealth.com/disclaimers.htm**

</div>

CONGRATULATIONS! You have taken a healthy step by deciding to read this "Virtual Light & Sound Machine" ebook. In 1997, Dr. Herbert Benson of the Harvard Medical School declared, **"Sixty to ninety percent of [doctor-patient] visits are prompted by conditions related to stress."** Until recently, proper stress management seems to have been a relatively elusive goal for modern society.

In recent years, however, Light and Sound Machine technology has been gaining much popularity in helping to elicit a nearly effortless relaxation response from its users. This ebook offers information about Light and Sound Machine (or Audio-Visual Stimulation) technology. It also has links to FREE audio hypnotic downloads, which you can use with your own Light & Sound Machine or with my Virtual Light & Sound Machine Install software (complimentary download link available later within this ebook).

Instead of expensive goggles, the Virtual Light & Sound Machine Install software helps to create the "hypnotic light pulses" on your computer monitor! The effect is automatically adjusted for different computer processor speeds, in order to establish a consistent flashrate, necessary to produce the high-tech, self-hypnosis effect.

Relying upon a process known as brainwave synchronization or entrainment, a light and sound machine (or mind machine) purportedly uses light and/or sound to alter the brainwave frequency of the user, resulting in altered states of awareness that have been compared to those obtained from deep meditation.

Four main brainwave patterns have been recognized:

BETA 14-30 Hz
Awake, normal alert consciousness

ALPHA 9-13 Hz
Relaxed, calm, lucid, not thinking

THETA 4-8 Hz
Deep relaxation and meditation, mental imagery

DELTA 1-3 Hz
Deep, dreamless sleep

According to www.incrediblehorizons.com:
Frequently asked Questions about Light and Sound
www.incrediblehorizons.com/L&S-FAQs.html

Seven Specific Purposes for Light and Sound
www.incrediblehorizons.com/L&S-seven-purposes.htm

Why do people use Light and Sound Machines or Audio-Visual Stimulation?
www.incrediblehorizons.com/light-sound.html

What to Expect From Your L&S Machine
On the next page, you will have the opportunity to download a *one-of-a-kind software* install program, which will help to convert your computer monitor into a "virtual light and sound machine". Simply follow the easy, on-screen installation instructions and disclaimers.

The specifically timed flicking pattern will surprisingly help to induce a natural state of deep relaxation, within just a few minutes. I recommend complimenting the effect with soft music or one of the free audio downloads offered at the end of this ebook.

Since most users experience an effect similar to a hypnotic state, this program affords you a near effortless way to enhance your use of self-help, hypnotic programs. If you have never experienced the relaxing effect of audio-visual stimulation, prepare yourself for an intriguing experience!

Download your FREE "Virtual Light & Sound Machine Install" Software:

DOWNLOAD
www.freewebs.com/psych11/install.exe

1. Run install.exe
(Requires Windows 2000 or greater)

2. When the DOSBox install dialog comes up,

change the destination to c:\dosbox

- Note: For relaxation (similar to the in-between awake / sleep state),
  enter these three settings:
  4 (flashrate) -- A (alpha) -- Y (yellow)
- Experience the relaxing effects of "Flasher" for at least five minutes, through your closed eyelids.
- For best effect, dim room lights and ensure that you have privacy and quiet.
  Try using, while also listening to relaxing music or a hypnotic audio program.

3. Press F8 and type "exit" to finish

www.BrotherSoft.com gave my "Virtual Light & Sound Machine Install" software a "...*maximum 5 out of 5 Rating because this product is easy to use, it has a professional-looking interface, it is excellent compared to other programs...*"

Help me to promote my professional websites. You may freely distribute this Ebook, as long as it is distributed without charge and not altered in any manner.

Using your Light & Sound Machine
I have had much personal and professional success from my use of the remarkable Light & Sound technology. Although the origin of the more pronounced effect from Light and Sound Machines seems to reside mostly from the pulsating, hypnotic effect of the light, soft music or hypnotic audio programs are an excellent complement to the phenomenon.

My "Virtual Light & Sound Machine Install" program is based upon old software (see previous "disclaimers"). Despite the initially awkward appearance of its interface, it does help users to yield a sense of the AVS experience. Have fun with it!

Recommendations

I recommend trying "**Wave Form**", which can be purchased here:
www.tomkenyon.com/music/waveform.html.

"Wave Form" offers a unique sound matrix that uses the principles of the perfect harmonic fifth to instill a soothing "brain massage".

A FREE 30 second audio sample of "Wave Form" can be heard here:
www.amazon.com/exec/obidos/tg/detail/-/B000001OP5/ref=pm_dp_ln_m_2/002-4513128-0749603?v=glance&s=music&vi=samples.

Brain Sync
(www.brainsync.com/medctr_main.asp) offers FREE audio samples using binaural beats. You can learn more about binaural beats here:
www.soundtranquility.com/binaural-beats.html.

It is best if you use a headset for binaural beats. Both of the aforementioned audio clips require Windows Media Player:
www.microsoft.com/windows/windowsmedia/default.mspx.

For something completely different, try de-stressing by watching one of these inspirational videos:
www.SimplifiedHealth.com/inspirational.htm

For additional detailed information on "mind machines", download these free PDF files, including a **buyer's guide**:
http://www.mindmachines.com/DownloadFreeAVSJOURNALS.htm

Here is another useful PDF file on Light & Sound Machines:
www.photosonix.com/manual.downloads/infobk2005.pdf

You can even purchase an instant download of Michael Landgraf's definitive L&S ebook, Mind States - An Introduction to Light and Sound Technology
http://cerebrex.com/ebooks.htm

Actual Light and Sound Machine units can be purchased here:
www.toolsforwellness.com/nm402.html

The following citations contain some of the **research** that supports the efficacy of Audio-Visual Stimulation for inducing deep states of relaxation:

Stress Reduction by Technology? An Experimental Study into the Effects of Brain machines on Burnout and State Anxiety
www.springerlink.com/content/t6321704rw164331/

"Light & Sound" research
www.lifetools.com/newpages/ReportPages/researchonlightandsound.pdf

The Clinical Guide to Sound and Light
http://sica.stanford.edu/events/brainwaves/theclinicalguidetosoundandlight.pdf

www.hypnosisdownloads.com/?1427

Free audio hypnotic downloads:

"Hypno Induction"
www.zshare.net/audio/safeplace-mp3.html

www.ThePsychologist.com/hypnotapes.htm

"Brain Flex v2 Binural Audio"
http://www.grasshopper.com/mind-games/brain-flex

"Smoking Cessation" - "Weight Loss" - "Holiday Mood"
www.mindstrength.com/donate/login.aspx?

"Mindfulness"
http://mediaserv.unc.edu:7070/ramgen/caps/audio/Mindfuln.rm
(Requires Real Player: http://www.real.com)

"Progressive Muscle Relaxation"
http://mediaserv.unc.edu:7070/ramgen/caps/audio/Musclete.rm
(Requires Real Player: http://www.real.com)

CalmScape Radio
www.calmscape.com/index.php?option=com_wrapper&Itemid=8

If you have never before tried Audio-Visual Stimulation, I hope that you have found my ebook a helpful resource to introduce you to this fascinating phenomenon. If you have previously used AVS, I trust that you have learned healthier ways to benefit from it. Assuming that you have found it helpful, *please feel free to copy and share this ebook with family and friends*! (You are not permitted, however, to modify or sell it.)

If you work on an office computer, for example, perhaps you can take occasional "**stress management breaks**" (with your supervisor's permission, of course), using my "Virtual Light & Sound Machine Install" program.

A close friend found my program helpful for **sleep**. He had been on prescription sleep medication, for years. After first checking with his family physician (*Since sleep and other physiological and/or emotional problems can be symptoms of more serious medical conditions, it is vital to consult with one's doctor, before using any of the information within this ebook.*), he successfully combined the "Virtual Light & Sound Machine Install" program with the aforementioned "Hypno Induction" audio recording and "SerotoninFX" L-Tryptophan, a non-prescription sleep aid, found on Amazon.com.

Obviously, unless you have a notebook computer, it would not be practical to use the "Virtual Light & Sound Machine" bedside. I trust, however, that you find that its relaxing effects can give you a sense of whether-or-not you might want to purchase your own L&S unit.

Enjoy visiting my websites!

Simplify your overall health care, by improving your emotional health with my psychology-related links, E-books, hypnosis and other FREE self-help programs.
www.SimplifiedHealth.com

Download FREE updates and new audio hypnosis downloads.
www.ThePsychologist.com

Quit smoking for FREE!
www.GreatSmokeout.org

Do you own a website?
Click here for an .exe version of this ebook that can be BRANDED:
www.SimplifiedHealth.com/ebooks.htm