



ajna light

Meditate into Light

User Manual for AL3

Index

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Introduction

The Ajna Light was developed in 2014 to help people explore their intimate connection with the wisdom of the universe.

In the early 19th century, a Czech anatomist Jan Purkyně was the first to document a hypnogogic effect, during which various patterns appear at different rates of flicker. This hypnogogic effect occurs when we transition between being awake and asleep, and is a form of trance or hypnosis. In the trance state, our mental defenses are lowered, and we are open to a greater awareness. More recently, in the 1910s, there was interest in this effect for generating a meditative effect, as each of the four brainwave patterns (**alpha - alert, beta - relaxed, delta - meditative and theta - sleep**) are stimulated by specific flicker frequencies.

The flicker effect has been studied since the 1960s using EEG. Similar to the use of binaural beats in music for hypnotherapy, the use of a constant flicker rate in lights will induce a trance state and entrainment of brainwaves. **The Ajna Light uses this effect, but has other unique design characteristics which take the process much further than previous technology.**

The Ajna Light uses the latest high power LEDs to allow the hypnogogic trance state to be induced easily and rapidly, and as soon as the Ajna Light stops playing the light pattern sequence, the receiver can quickly come back to the normal alpha or beta brainwave condition without the side-effects of Ayahuasca or LSD. **The Ajna Light will take the user on a shamanic trance journey to connect to the root of their being, stimulating the pineal gland to open up psychic vision in a harmonious natural and powerful way, in balance with their own physiology**

The pineal gland is a vestigial third eye which is located at the exact center of the brain. It has all the characteristics of the two optical eyes we use for everyday vision. The pineal gland has the remnants of the cornea and retina, and has the same light sensitive cells as the eyes. In the 1970s Fritz-Albert Popp, whilst working at the University of Marburg in Germany showed that the spectral distribution of the emission was from 200 to 800nm, the visible and ultraviolet wavelengths. He showed that they were generated and detected by the vibration of DNA in the cell's nucleus, at 4GHz. It is thought that these bio photons form a light based communication between all the cells in the body, including bacteria in the gut (which make up 90% of the 100 trillion cells in the body).

“Love in Light, Light in Love”. Pratika

Ajna Light 3 complete package

The **Ajna Light 3** is designed so that when you receive your Ajna Light, it could be used immediately with the lightweight Octopus tripod and demo ear buds.

Many people already own Tripods and headsets, and it is a matter of personal preference as to what type of peripheral devices are selected. If you do not have these items, there are many different types to choose from, and many price points as well. Noise Cancelling Headphones can be pricey, but well worth it – and a sturdy tripod mid price range is suitable.

It is important to use the Surge Protector, as power surges can damage the CPU unit in the Ajna Light which is why we have included the Universal Adapter with your Light. It is also recommended because of variances in the reliability of mains power in varies countries that an external UPS (Uninterrupted Power Supply) unit be purchased in case of mains power failure when having a Light session. A UPS stores enough power in its batteries to give you time to close down your Light without damaging your CPU unit.



Recommendation to qualify the participant

The Ajna Light is a powerful meditation tool, and as such, must be treated with respect and conscious intention. All sessions will be greatly enhanced by the use of this simple invocation:

I, (your name) _____ synchronize with the Ajna Light in conscious awareness
to direct the energy to (receiver's name) _____

Before offering an Ajna Light Session to anyone, please qualify your recipient for a session.

If the answer is yes to: Is there any known epilepsy in your family. **FIRSTLY - refer to notes on page 52.**

Other important questions:

Are you taking prescription anti-psychotic medication?*

Have you consumed any drugs or alcohol in the last 24 hours?*

*(If the answer is yes, use your judgment as to whether they are still intoxicated. We strongly advise against conducting Ajna Light Sessions if there is any indication the recipient is under the influence of any mind-altering substance).

Have you had eye surgery?

Are your eyes sensitive to light?

Do you suffer from eye strain?

- If the person has eye issues or works a lot online, give them 5% - 10% light intensity for the first session and take it further from their results...



Do you suffer from headaches or migraine headaches?

- Start with 5% Light intensity on Theta and take it further from their results. We suggest

a 2 – 5% increase at a time.


AL3 Home Page


al.com/cgi-bin/play.cgi

 **ajna lamp 3** 

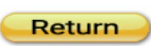


AjnaLamp-65d9e1 sending light with love *

Saved ILST Light Sequence play time 41:03

 **Select Light** total time = 41:03

 **Select Music** total time = 59:30

play length: 10 minutes of total 41:03 light intensity: 30% normal:

Setting up your Ajna Light using a preset session

1. Attach your Ajna Lamp using the ¼ inch connector at the back of your lamp to your tripod.
2. Plug your earphones/headphones into the Headphone jack.
3. Connect the power supply and turn it on. Wait a few minutes for the Ajna Wi-Fi signal to appear on your phone, tablet or laptop.
4. Connect to AjnaLamp - XXXXX (the lamp ID number)
5. Enter the Wi-Fi AP Password: pineal777
5. Open your browser (Chrome, Firefox or Internet Explorer) and enter any xxxxx.com URL, such as al3.com ,or lamp.com in the address bar, click enter, wait for the Ajna Home Page Screen to appear.




Or if you are using an Ethernet connection, type in 192.168.1.111 in the address bar and press enter.

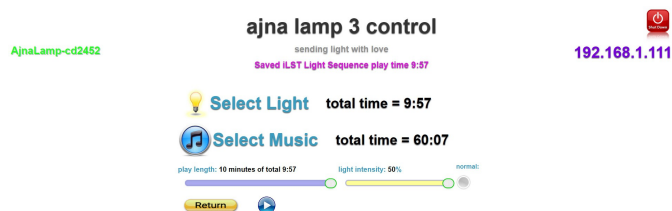



Wi Fi home page

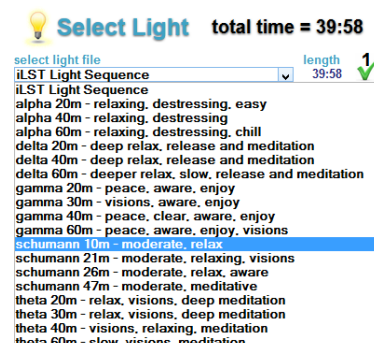


Ethernet Home Page

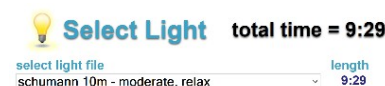
6.  Press Play and you will come to this page.



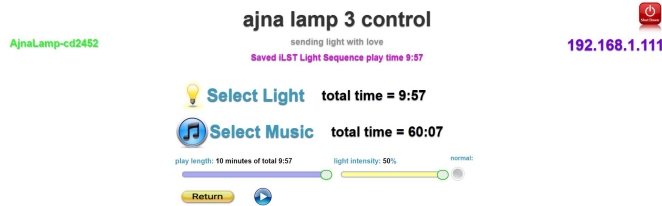
7.  **Select Light** To select a pre-programmed session press/touch the box underneath the words 'select light file' and it will drop-down and give you access to all the pre-programmed sessions available to you. The first choice is iLST, this is for manual settings, all the other settings are preset programs. The iLST we will visit later.



8. Select the one you wish to use and the drop-down box will shrink back up to one line again, showing you what brainwave pattern you have just selected as well as the time it will run for (e.g. Schumann 10m – moderate, relaxation).



9. Once you have chosen the brainwave frequency you require, you can click on Select Light again and the boxes will shrink back to the original screen as pictured.



10. **Select Music** Select Music to listen to in your session - press/touch Select Music another box appear under 'select music genre: song'. This box has a genre, song title and time, e.g. Chill: Easy To Be 3.49 - This is the name of the first song in the music list.

11. **playlist size**

Below this box is a smaller box called Playlist size with the number 1 in it.



Press/touch this box and you will have up to 10 songs to choose. Choose the number you want.



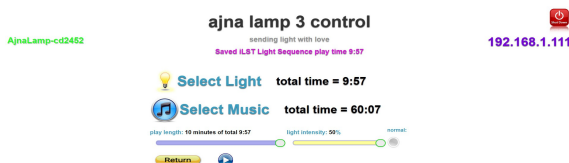
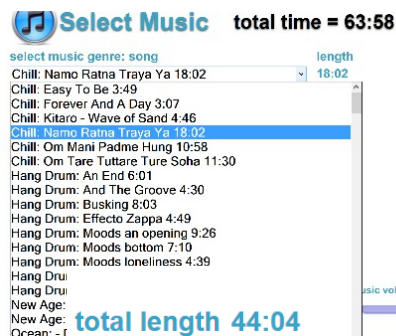
However many songs you choose will equate to how many drop-down bars appear.

12. To choose your music list, you then press/touch the first song box and it will drop-down and give you access to any of the songs in the play list.

Once you press/touch a song it will automatically start playing so you can confirm if you want this song.

13. Once confirmed move down to the next box and repeat the process. If you decide not to play the song you are listening to then just press/touch that box again to choose another song.

Keep doing this until you have your song list. Songs show their times, and at the bottom of the song list it shows the total length in minutes of all songs chosen.



Once songs are chosen click on Select Music again and the boxes will shrink back to the original screen.

14. Choose the music volume using the black volume control 3.5mm cord supplied with the Ajna Light. Note – **AL3** does not have a volume control slide, instead an adjustable volume control on the headphone cable.

15. **play length: 5 minutes of total 9:29** Choose session times via the time slider bar. If you chose a 10 minute session you will have the option to move the slider up to a maximum of 10 minutes. A 20 minute program will give you a maximum option of 20 minutes. You don't have to have a 10 minute session if the pre-programmed session is 10 minutes, you may choose to have a 5 minute session.

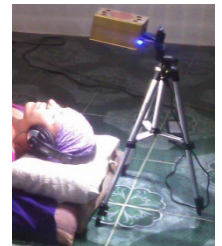
16. **light intensity: 30%** Choose the intensity of the light by moving the slider forwards and backwards to increase/decrease the brightness. For your first time it is recommended that you use approx 10-20% intensity. If you spend a lot of time on a computer, have eye strain, had previous eye surgery, experience migraines or are sensitive to light then start off at around 5% and gauge from there.

If you need to adjust the light intensity during a session, touch the play/pause button, move the tab on the light intensity slider up or down, then press the play/pause button again. The light and music keep playing during this time, the timers stop until you press the play button again.

17. Ensure there is good airflow in the room such as an open window, an air conditioner or use an external fan directed at the holes at the back of the lamp. With AL3 not so critical.

18. You are now ready for your session. Sit or lay down with the Ajna Lamp LED's directed at your forehead... approximately 30 – 50cm away from you, adjust your headphones so they are comfortable, press play, close your eyes and enjoy your session.

The light will start flashing approximately 2 seconds after the play button has been pressed and finish up to 2 seconds after the timer has finished.



The Ajna Lamp is a computer and should always be shut down correctly.



To do this press/touch the red square on the top right side of the screen and then a yellow shutdown

box will appear.... **Shutdown** Press/touch this box and the countdown timer will start.

Once it reaches 0/zero, the following will appear...

Turning off Ajna Lamp now...
lamp computer shut down complete

You can now disconnect the power from the Ajna Lamp.

Suggested Starter Series

- #1. Schumann preset x 10 minutes unless the person experiences anxiety, give Alpha or Theta preset x 10 minutes
- #2. Schumann preset x 21 minutes unless the person experiences anxiety, give Alpha or Theta preset x 20 minutes
- #3. Schumann preset x 26 minutes unless the person experiences anxiety, give Alpha or Theta preset x 30 minutes
- #4. Schumann preset x 47 minutes unless the person experiences anxiety, give Alpha or Theta preset x 40 minutes
- #5. Alpha or Theta preset x 60 minutes
- #6. Move into other presets

select light file

- iLST Light Sequence
- alpha 20m - relaxing, destressing, easy
- alpha 40m - relaxing, destressing
- alpha 60m - relaxing, destressing, chill
- delta 20m - deep relax, release and meditation
- delta 40m - deep relax, release and meditation
- delta 60m - deeper relax, slow, release and meditation
- gamma 20m - peace, aware, enjoy
- gamma 30m - visions, aware, enjoy
- gamma 40m - peace, clear, aware, enjoy
- gamma 60m - peace, aware, enjoy, visions
- schumann 10m - moderate, relax**
- schumann 21m - moderate, relaxing, visions
- schumann 26m - moderate, relax, aware
- schumann 47m - moderate, meditative
- theta 20m - relax, visions, deep meditation
- theta 30m - relax, visions, deep meditation
- theta 40m - visions, relaxing, meditation
- theta 60m - slow, visions, meditation

There are currently 14 pre-set brainwave patterns on the Ajna Light and each is a combination of frequencies that will give you a different experience.

Delta 1 - 4Hz

- 20 minutes - deep, relaxation, release, meditation
- 40 minutes - deep, relaxation, release, meditation
- 60 minutes – deeper relaxation, slow release, meditation

Theta 4 - 8Hz

- 20 minutes – relaxation, visions, deep meditation
- 30 minutes - relaxation, visions, deep meditation
- 40 minutes – visions, relaxation, meditation
- 60 minutes – slow visions, meditation

Alpha 8 - 12Hz

- 20 minutes - relaxation, de-stressing, easy going
- 40 minutes – relaxation, de-stressing
- 60 minutes – relaxation, de-stressing, chilled

Schumann 8 - 32Hz (anxiety sits between 21.5 – 30Hz)


- 10 minutes – moderate, relaxation
- 21 minutes – moderate, relaxation, visions
- 26 minutes – moderate, relaxation, awareness
- 47 minutes – moderate, meditative

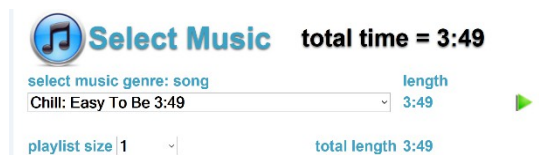
The Schumann resonances (SR) are a set of spectrum peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field spectrum. Schumann resonances are global electromagnetic resonances, excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere. Schumann resonances occur because the space between the surface of the Earth and the conductive ionosphere acts as a closed waveguide. The limited dimensions of the Earth cause this waveguide to act as a resonant cavity for electromagnetic waves in the ELF band. The cavity is naturally excited by electric currents in lightning. Schumann resonances are the principal background in the electromagnetic spectrum beginning at 3Hz and extending to 60Hz, and appear as distinct peaks at extremely low frequencies (ELF) around 7.83Hz (fundamental), 14.3Hz, 20.8Hz, 27.3Hz and 33.8Hz.

The Schumann Ajna Light sequence was composed by Guy in April 2014, and starts at 4Hz, then 8Hz, 12Hz, up to 32Hz, then back down to 4Hz, always in multiples of 4Hz, half the Schumann frequency. It is a good introduction to the Light as it goes through each of the brainwave states (except Lambda, which is more advanced).

Gamma 30 - 100Hz

- 20 minutes – peace, awareness, enjoyment
- 30 minutes – visions, awareness, enjoyment
- 40 minutes – peace, clear, awareness, enjoyment
- 60 minutes – peace, awareness, enjoyment, visions

14.  **Select Music** Press/touch Select Music to choose your music selection to listen to while your session is on..

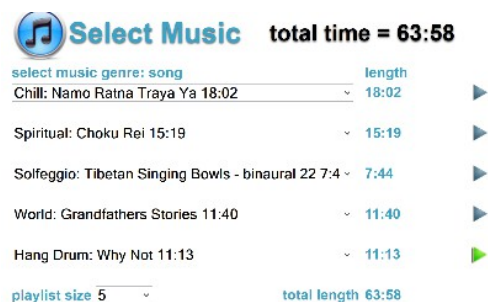


15. **playlist size** Below this box is a smaller box called Playlist Size with the number 1. Touch this box to be given the option to choose up to 10 songs. Choose how many you require.

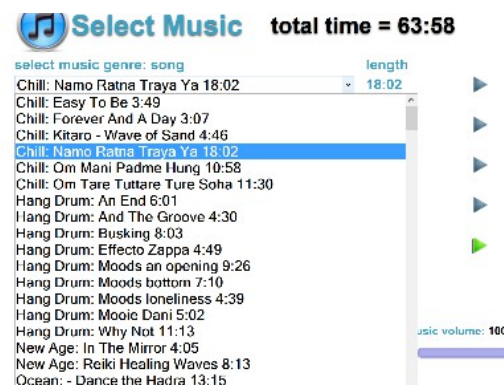


The number you choose will equate to how many drop down bars appear.

16. To choose your music touch the first song box and a drop down menu shows the songs in the play list. Once you touch a song it will automatically start playing for you to confirm it as your choice. The green triangle shows you which song is playing. Touch any of the triangles to listen to the track.

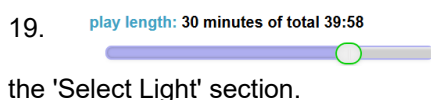


17. Then move down to the next box and repeat the process. If you decide not to play the song you are listening to then touch that box again to choose another song. Repeat until you have a song list. Each song will display in minutes, with a grand total of all songs.



total length 44:04


18. Set the music volume by previewing the selected music, by clicking the play icon next to the song. **Please note** – AL3's have volume adjustments on the headphone lead supplied with your Light, there is NO software volume slider.



After you have chosen your music play list, check the time on the session duration slider. You may need to slide it back to match the time you chose in the 'Select Light' section.

If your music playlist is longer in time than your session time, the music will automatically stop once the light session is complete.

light intensity: 30%

20.  Choose the intensity of the light session by moving the slider. For your first time it is recommended that you use approx.. 10 - 20% if you spend a lot of time on a computer, have eye strain, had eye surgery, experience migraines or are sensitive to light then start off with a light intensity of 5% -10%. Asian & Indigenous people are usually light sensitive, so start them of with 5%. **Please note** – for AL3's maximum light intensity is set at 50%.

If you need to adjust the light intensity during a session, press/touch the play/pause button, move the tab on the light intensity slider up or down, then press the play/pause button again. The light and music keep playing during this time, the timers stop until you press the play button again.

22. You are now ready for your session. Sit or lay down with the Ajna Lamp LED's directed at your forehead, approximately 30 – 50cm away.



23. Adjust your headphones, press play, close your eyes and enjoy your session.

The light/s will start pulsing approximately 2 seconds after the play button has been pressed and finish up to 2 seconds after it has finished.

The music is synchronised to start when the light/s start flashing and it stops when the light session stops.

The Ajna Lamp is a computer and must be shut down correctly.

Please follow the shutdown procedure as outlined on [page 9](#) in this manual.

Created iLST Light Sequence play time 39:58

14. **Select Music** Next choose your music selection to listen to while your session is on. Press/touch Select Music.

15. **playlist size** Below this box is a smaller box called Play list Size with the number 1 in it. Touch this box and you will be given the option to choose up to 10 songs.

However many songs you choose will equate to how many drop down bars appear.

16. To choose your music touch the first song box and it will drop down and give you access to any of the songs in the play list. Once you touch a song it will automatically start playing so you can listen to it prior to confirming you want this song. The green triangle shows you which song is playing. You can touch any of the triangles to listen to a track and they will turn green as you do. The music has a slight delay to start so be patient.

17. If you are happy with this song then move down to the next box and repeat the process. If you decide not to play the song you are listening to then just press/touch that box again to choose another song. Keep doing this until you have your list of music. Each track is measured in minutes with a total time listed at the bottom of all chosen tracks.


music volume: 100%

total length 44:04

18. Music volume. For the AL2 you adjust the volume on your device by moving the tab on the slider, or on your headphone lead: or AL3 you volume control is on the headphone lead ONLY.


19. **play length: 30 minutes of total 39:58** Adjust to match the length of your 'Light' section.

If by chance your music play length is longer than your session time, the music will automatically stop once the light session is complete.

20.  **light intensity: 30%** Move the slider to adjust the brightness. **For your first time** it is recommended you use approx 10% - 20%. If you spend a lot of time on a computer, have eye strain, had eye surgery, experience migraines or are sensitive to light, then start with light intensity of 5% - 10%. **Note** – generally the lower the light intensity the more heightened the experiences.

If you need to adjust the light intensity during a session, touch the play/pause button, move the tab on the light intensity slider up or down, then press the play/pause button again. The light and music keep playing during this time, the timers stop until you press the play button again.

21. Sit or lay down with the Ajna Lamp LED's directed at your forehead, approximately 30 – 50cm away.

22.  Adjust your headphones, press play, close your eyes and enjoy your session.

The lights will start flashing approximately 2 seconds after the play button has been pressed and finish up to 2 seconds after it has finished.

The music is synchronised to start when the light/s start flashing and the music stops when the light session stops.

The Ajna Lamp is a computer and must be shut down correctly.

Please follow the shutdown procedure.

Upload Music



You can upload your own Mp3 music files to the current playlist on the light.

It is important to note that you must use a PC or Mac to perform these functions. Tablets do not work. Chrome or Firefox are the most reliable browsers.

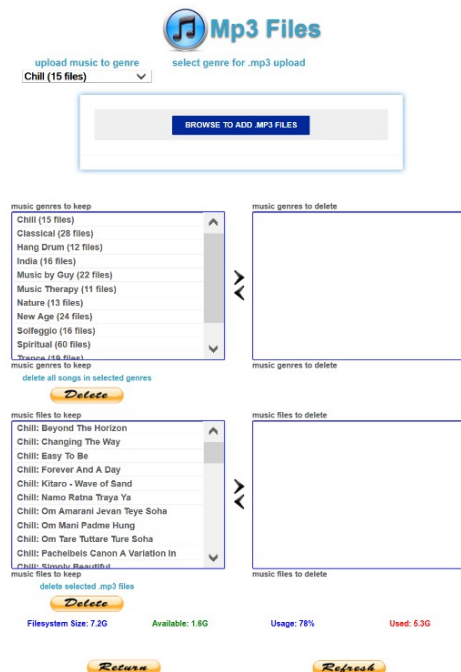
1. From the home page screen press/touch the upload file, to land on this page.



2. Press/touch the Mp3 button



and you will land on this page.

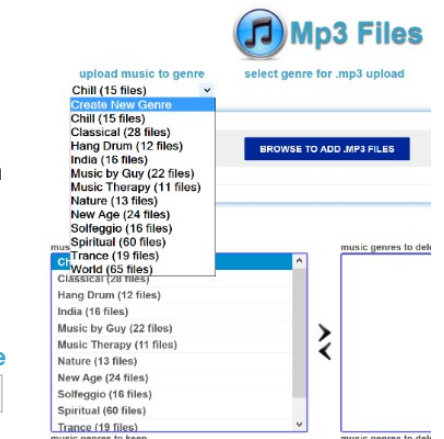


3. To add songs to a current genre press/touch 'upload music to genre' box and the box will drop down. Scroll down to choose your genre.



4. Press/touch the browse to add Mp3 files and go to step #6.

5. If you add a new genre to upload your songs into, press/touch the 'upload music to genre' bar. It will drop down and show the current genres and give you the option to create a new genre. Press/touch 'create new genre' and then type in the new genre name in the 'enter a new genre name' box on the right side. Press/touch the 'browse to add Mp3 files' box.

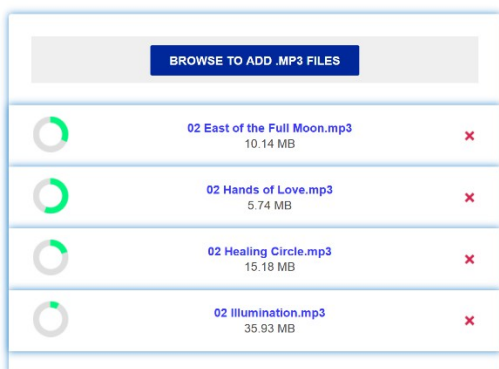


upload music to genre
Create New Genre ▾

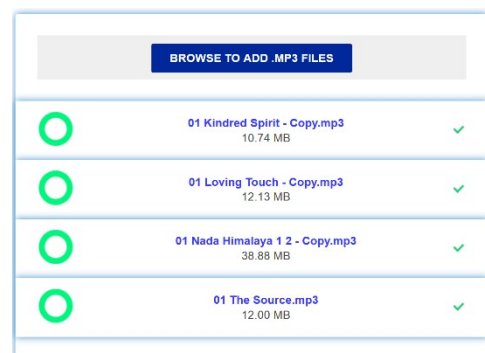
select genre for .mp3 upload

enter new genre name
very calm


6. You will then have the option to choose **Mp3** songs/files from your own music collection. Once you have chosen your songs, the Ajna light will start uploading. Each song will have a grey circle before it that will become green as soon as it starts to upload, and then turn fully green with a green tick on the right side once the song/s have finished uploading.




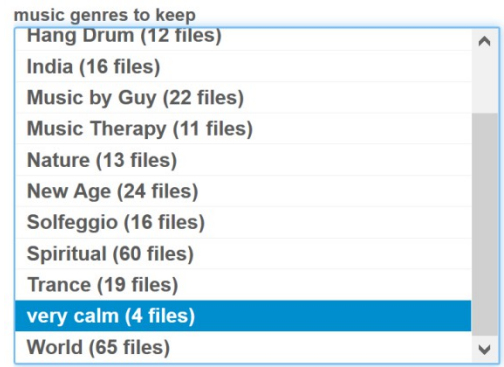
Uploading songs



Uploaded songs

7.  Scroll down to the end the page and press/touch the refresh button to complete this process.

8.  **Mp3 Files** Scroll back up the page and press/touch the Mp3 files tab again and you will then see the genre you just added with the amount of songs in that genre.



Delete Music




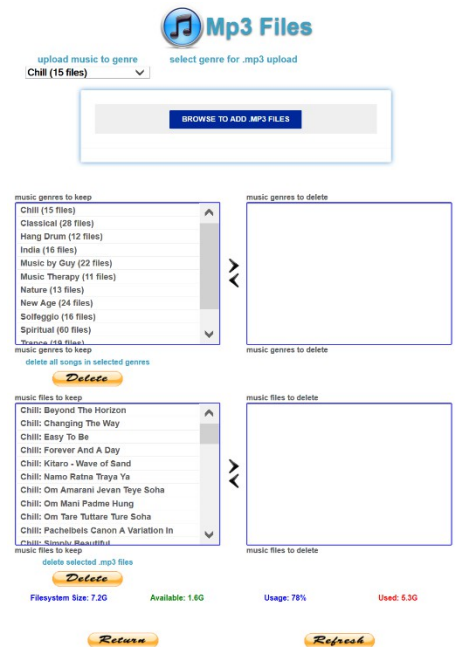
Deleteing a genre

You can delete Mp3 music files that come with the light, individual songs and Mp3 files that you have uploaded yourself.

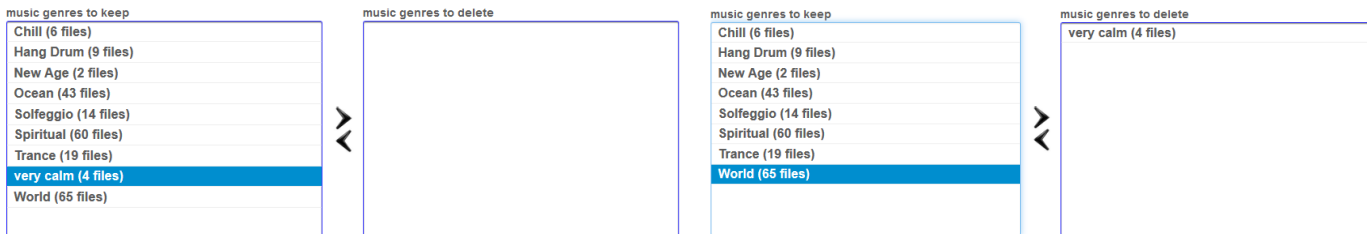
From the home page screen press/touch the upload file, to land on this page.



2.  **Mp3 Files** Press/touch the Mp3 button and you will land on this page.



3. To delete a whole genre, press/touch the chosen genre and you will see it move from the 'music genres to keep' left side box, to the 'music genres to delete' right side box.



4. **Delete** Press/touch the delete tab.

5. Press/touch the next delete tab that appears on the right side to confirm the action.

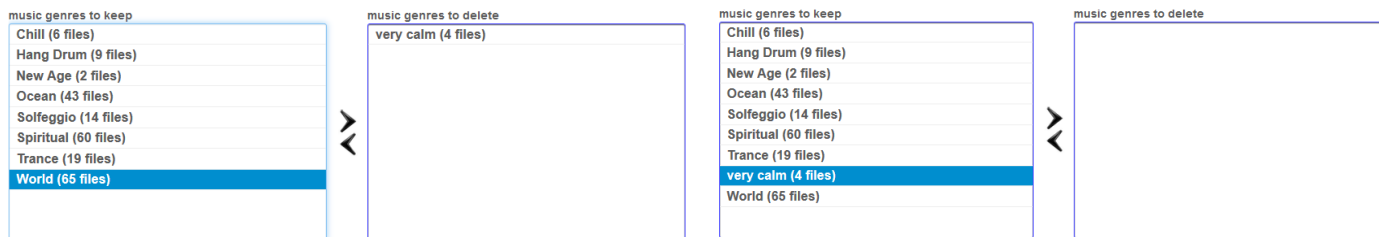


6. **Refresh** Scroll down and press/ touch the refresh tab.

If you have clicked on the wrong genre or have decided you want to keep that genre then press/touch the cancel tab.



Press/touch on the music genre you wish to keep that is in the 'music genres to delete' right side box and the genre will move back to the 'music genres to keep' left side box.




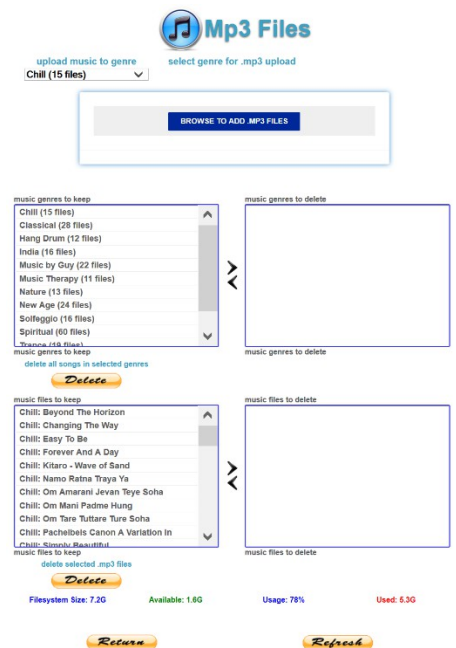
7. **Refresh** Scroll down and press/ touch the refresh tab.

Deleting songs

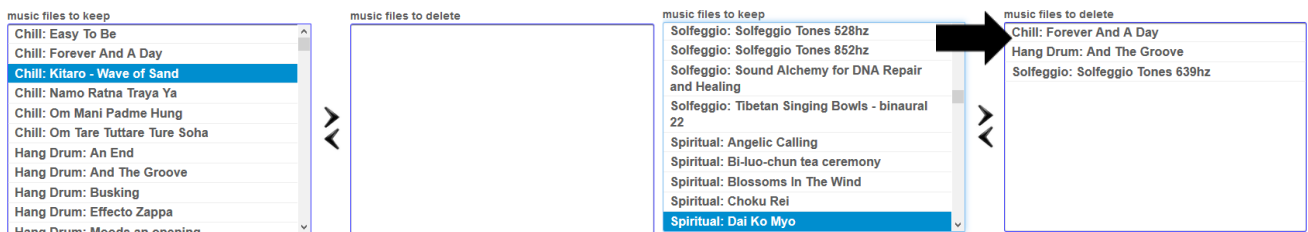
Click the Advanced button, then the upload button to land on this page.



2.  **Mp3 Files** Press/touch the Mp3 button and you will land on this page.



3. Inside the 'music files to keep' box, press/touch the song/s you wish to delete and you will see they move over to the 'music files to delete' box on the right side.



4.  Press/touch the delete tab.


delete selected .mp3 files



confirm delete this .mp3 file



5. Press/touch the delete tab that appears on the right side to confirm the action.

6.  Scroll down and press/ touch the refresh tab.

delete selected .mp3 files

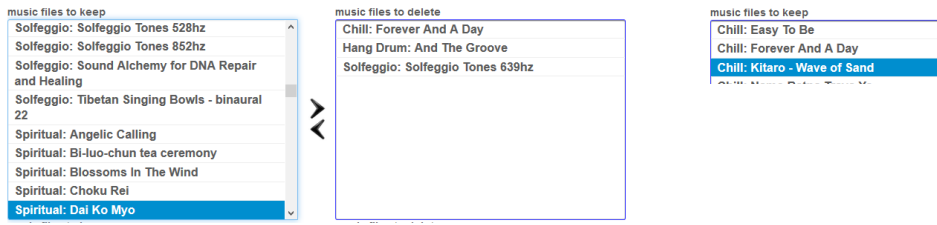



confirm delete this .mp3 file



If you have clicked on the wrong song/s or have decided you want to keep one or all of those songs, press/touch the cancel button.

Press/touch those song/s you wish to keep that are in the 'music files to delete' right side box and the song/s will move back to the 'music files to keep' left side box.



7.  Scroll down and press/ touch the refresh tab.

iLST Manual Sequence Programing - 1 stage

1.  **Select Light** Select Light

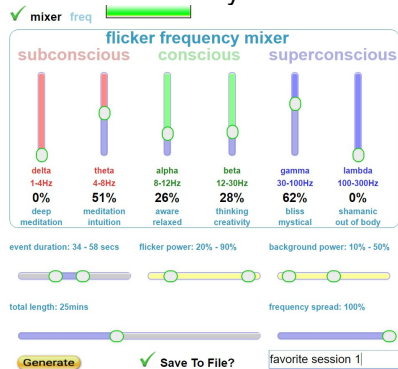
2. To select a manual session, press/touch the box underneath the words 'select light file' and it will drop down and give you access to all the pre-programmed sessions. On the top of this list it will say iLST sequence, this is the manual setting.



3. Beside the iLST box you just clicked on you will see the number 1 with a green tick below it. This indicates that you are on a one stage program. You will also see a bright green bar/box below to also indicate you are on a one stage program.




4. Scroll down and you will see the 6 brainwave patterns



- Delta 1-4 Hz
- Theta 4 -8 Hz
- Alpha 8 – 12Hz
- Beta 12 – 30Hz
- Gamma 30 – 100Hz
- Lambda 100 – 300Hz

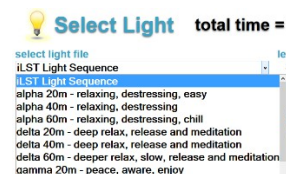
Under the title 'flicker frequency mixer'. Each brainwave has sliders that go from 0% -100%. Move any slider and the percentage changes for that slider. Choose which brainwave/s you want for the whole length of your session, e.g. Theta 20% + Alpha 10%.

5.  **Generate** Make your intention and click the Generate button. *If you do not press the Generate button the settings will automatically go back to the previous session that was programmed.* The 'Generate' button locks in your settings until you create a new session.

iLST Manual Sequence Programing - 3 stage

1.  **Select Light** Select Light

2. To select a manual session, press/touch the box underneath the words 'select light file' and it will drop down and give you access to all the pre-programmed sessions available to you. On the top of this list it will say iLST sequence, this is the manual setting.



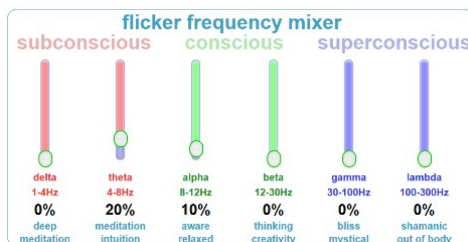
3. Beside the box you just clicked on you will see the number 1 with a green tick below it. This indicates that you are on a 1 stage program. You will also see a bright green box below to also indicate you are on a 1 stage program.



To change this to a 3 stage session just press/touch the number 3 with the green tick below it. You will see that two other blue boxes appear beside the stage one green box. This indicates you are ready to set up a 3 stage session.



11. Scroll down and you will see the 6 brainwave patterns –



- Delta 1 – 4Hz
- Theta 4 – 8Hz
- Alpha 8 – 12Hz
- Beta 12 – 30Hz
- Gamma 30 – 100Hz
- Lambda 100 – 300Hz

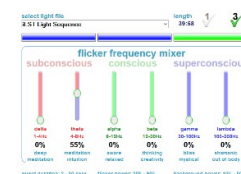
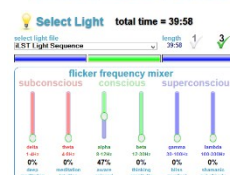
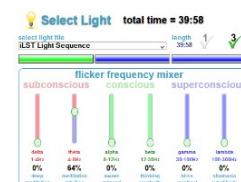
Under the title 'flicker frequency mixer'. Below each brainwave you will sliders that go from 0% - 100%.

If you move any of those sliders up/down, you will see the % number change from zero to whatever position you are on, on that slider. Choose what brainwave/s you want for the whole length of your session. These % numbers do not have to add up to 100%. They can be over or under 100%.



An example of setting up a 3 stage session:

- Touch on the first box (left box) and it will turn to green. Move your sliders to the brainwave/s percentage you require.
- Touch the middle box and it will turn to green (and the first stage box turns to blue). Move your sliders to the brainwave/s percentage you require.
- Touch the third box and it will turn to green (and the middle stage box turns to blue). Move your sliders to the brainwave/s percentage you require.




If you are not sure of what you have programmed in, you can always go back and click on any of the same green/blue boxes to view your settings and/or to make changes.


Moving the sliders up/down increases/decreases the percentage of each brainwave you choose and creates a unique mix for your session.

A 60 minute, 3 stage session cannot be split exactly into 3 x 20 minutes its an algorithm thing! A 3 stage session is generated in iLST depending on the random numbers used each time the 'Generate' button is clicked. Overall, the stages will be as close as possible to the total length, and each stage approximately one third of the total length.

The percentage of each brainwave controls how much of that frequency spread happens during each stage of your session. The percentage values of each brainwave frequency spread are set by the user for each of the three stages. The higher the percentage, the more of that frequency spread occurs in each stage of the session.

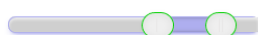
total length: 30mins

12.  Once you have created your session, look further down the screen and see the total length sideways slider. Move this along to lock in your desired session length.

13.  Make your intention and click the 'Generate' button. If you do not press the Generate button the settings will automatically go back to the session that was last programmed. The 'Generate' button locks in the settings you have just programmed.

Event Duration

event duration: 60 - 85 secs



event duration: 3 - 10 secs



The Event Duration slider allows you to select the time for which the LED lights flicker at one frequency. This is called an event. There are 8 events in a pattern, and 16 patterns in total. Patterns are put together in a random order by the algorithm for iLST. You can program each event to flicker at any of the frequencies you select with the frequency mixer, and select the range of event durations in seconds.

By moving one or both of the two tabs on the event duration slider, either to the left or right you can change how the LED lights flash during that session...

i.e.: 3 – 10 second will flash faster and give a shorter experience of the frequency
 e.g. the lights will flash for a period of 3 seconds min. – 10 seconds. max. on the
 brainwave frequency you have chosen.

60 – 85 second will flash slower and give a longer experience of the frequency
 e.g. the lights will flash for a period of 60 seconds minimum – 85 seconds maximum on the
 brainwave frequency you have chosen.

Example - if you choose a one stage Theta session, 4 – 8Hz, then during the session the algorithm will randomly
 choose to go up and down between that 4 – 8Hz frequency parameter.

Here are examples of the first part of a 10 minute Theta, one stage session with a ...

3 – 10 second event duration. Time period...	Freq range. Theta	40 - 60 second event duration. Time period...	Freq range. Theta	100 - 100 second event duration. (both tabs on 100%). Time period...	Freq range. Theta
09 seconds	7Hz	60 seconds	5Hz	1 minute 40 seconds	4HZ
08 seconds	8Hz	42 seconds	6Hz	1 minute 40 seconds	8Hz
05 seconds	6Hz	44 seconds	8Hz	1 minute 40 seconds	6Hz
07 seconds	4Hz	51 seconds	8Hz	1 minute 40 seconds	7Hz
03 seconds	8Hz	43 seconds	6Hz	1 minute 40 seconds	6Hz
10 seconds	5Hz	40 seconds	4Hz	1 minute 40 seconds	5Hz
06 seconds	4Hz	41 seconds	5Hz	1 minute 40 seconds	8Hz
08 seconds	8Hz	44 seconds	7Hz	1 minute 40 seconds	5Hz
04 seconds	6Hz	52 seconds	4Hz	1 minute 40 seconds	4Hz

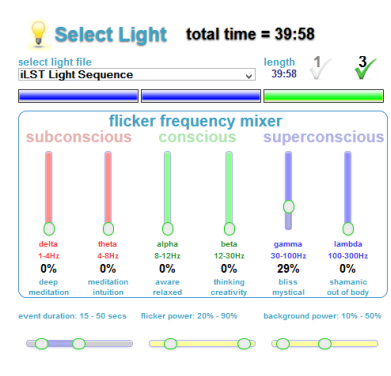
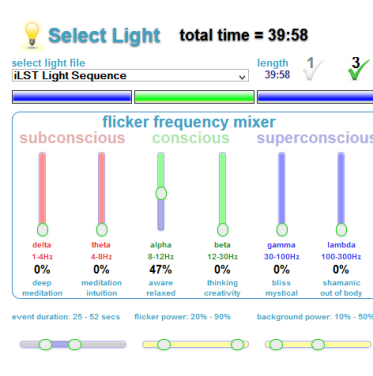
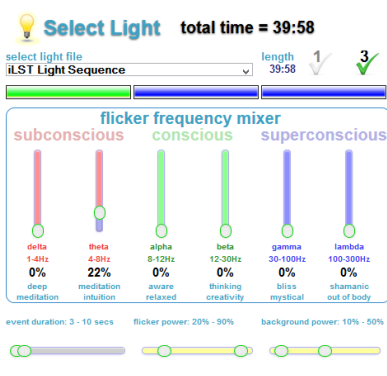
By extending the event duration you allow light users to experience a brainwave frequency for a longer period of time.

The event duration slider can be adjusted for each part of a 3 stage session.

Stage 1

Stage 2

Stage 3



Light Intensity

light intensity: 30%



Choose the intensity of the light by moving the slider to increase/decrease the brightness. For your first time it is recommended that you use approx.. 10 - 20%. If you spend a lot of time on a computer, have eye strain, had previous eye surgery, experience migraines or are sensitive to light then start off with a light intensity of 5% - 10%. Asian &

Indigenous people are usually much more light sensitive so start them with 5%.

If you need to adjust the light intensity during a session, press/touch the play/pause button, move the tab on the light intensity slider up or down, then press the play/pause button again. The light and music keep playing during this time, the timers stop until you press the play button again.

Flicker Power

flicker power: 20% - 90%



The Flicker Power slider can be adjusted from 1 – 100% and determines the brightness of the flickering LED lights. **During a session, keep your eyes closed.** The 5 x 10W LED lights are bright and if you do open your eyes, you will want to automatically close them straight away due to the brightness.

If there is a history of epileptic attacks personally or in your family, please be cautious when using the Light – start at intensity of 2-5%. Gauge your reaction to that, and adjust accordingly. It is also advisable to have a responsible person in attendance during a session, one who knows what to do when a seizure occurs.

If your eyes are sensitive to light, maybe because of excessive computer use, previous eye surgery, eye strain etc., set the flicker power intensity slider to low, around 1% -10%. (This works well and gives the same effects as the higher intensities).

flicker power: 1% - 10%



If you do not have any eye problems, then we recommend setting the light flicker power intensity around 10% - 20% for the first session if you are in a well lit room. Depending on the light users experience, you can increase/decrease the light intensity for further sessions.

flicker power: 30% - 50%



Note: If you have a session at night time or in a fairly/very dark room, we recommend you use a 5% - 15% light flicker power intensity for the first session, and have an ambient light on in the room so the contrast of the light session and the dark room is not so dramatic to your eyes. The flicker power can be adjusted in each stage of an iLST 3 stage session.

flicker power: 10% - 30%



Background Power

background power: 10% - 50%



Any of the LEDs can either flicker or be background lights (turned on/stay on when the flicker goes off) in each pattern event. The background power slider adjusts from 1 – 100% and allows you to set the intensity of the LED lights during each pattern event, to not flicker.

The background power can be adjusted in each stage of an iLST 3 stage session.

You can also adjust the overall brightness of the flickering and background lights **light intensity: 30%** by using the Light Intensity slider instead of the background & flicker power.



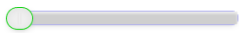
Frequency Spread

frequency spread: 50%



The iLST generator uses a random number generator to select each light parameter in the sequence. The Frequency Spread parameter controls which frequencies in each flicker frequency band can be used.

frequency spread: 0%



If the spread is set to 0% in any stage, then only the center frequency of each band will be selected.

frequency spread: 100%



If the spread parameter is set to 100%, then any of the frequencies in the range of the band can be selected.

For example...

- If you set a 10 minute Theta, (4 – 8Hz), one stage session with a 100% Frequency spread then each pattern event will be in the range 4Hz – 8Hz. Every pattern event is chosen from any frequency within that range.

Select Light total time = 39:58

select light file: iLST Light Sequence length 39:58 ✓ 3 ✓

flicker frequency mixer

subconscious		conscious		superconscious	
delta 1-4Hz 0% deep meditation	theta 4-8Hz 22% meditation intuition	alpha 8-12Hz 0% aware relaxed	beta 12-30Hz 0% thinking creativity	gamma 30-100Hz 0% bliss mystical	lambda 100-300Hz 0% shamanic out of body

event duration: 3 - 10 secs flicker power: 20% - 90% background power: 10% - 50%

make intention, then click: total length: 10mins frequency spread: 100%

Generate

Brainwave State	Frequency Range	At zero % Spread
Delta	0 -4Hz	2Hz
Theta	4 – 8Hz	6Hz
Alpha	8 – 12Hz	10Hz
Beta	12 –30Hz	21Hz
Gamma	30 – 100Hz	65Hz
Lambda	100 – 300Hz	200Hz

With a 0% Frequency spread, there is no variation in the brainwave frequency range. The benefit of minimising the Frequency spread is that the light user will always get the same flicker frequency during the session so it is more predictable. However, normally the frequency spread slider would be set to 100% to experience more variability in the generation of the iLST pattern.

For each stage of the iLST light sequence, you have individual control over all the parameters.

Stage 1

Select Light total time = 39:58

select light file: iLST Light Sequence length 39:58 ✓ 3

flicker frequency mixer

subconscious	conscious	superconscious
delta 1-4Hz 0% deep meditation	theta 4-8Hz 22% meditation intuition	alpha 8-12Hz 0% aware relaxed
	beta 12-30Hz 0% thinking creativity	gamma 30-100Hz 0% bliss mystical
		lambda 100-300Hz 0% shamanic out of body

event duration: 3 - 10 secs Flicker power: 20% - 90% background power: 10% - 50%

make intention, then click: total length: 38mins frequency spread: 65%

Generate

Stage 2

Select Light total time = 39:58

select light file: iLST Light Sequence length 39:58 ✓ 3

flicker frequency mixer

subconscious	conscious	superconscious
delta 1-4Hz 0% deep meditation	theta 4-8Hz 0% meditation intuition	alpha 8-12Hz 47% aware relaxed
	beta 12-30Hz 0% thinking creativity	gamma 30-100Hz 0% bliss mystical
		lambda 100-300Hz 0% shamanic out of body

event duration: 25 - 52 secs Flicker power: 20% - 90% background power: 10% - 50%

make intention, then click: total length: 38mins frequency spread: 23%

Generate

Stage 3

Select Light total time = 39:58

select light file: iLST Light Sequence length 39:58 ✓ 3

flicker frequency mixer

subconscious	conscious	superconscious
delta 1-4Hz 0% deep meditation	theta 4-8Hz 0% meditation intuition	alpha 8-12Hz 0% aware relaxed
	beta 12-30Hz 0% thinking creativity	gamma 30-100Hz 29% bliss mystical
		lambda 100-300Hz 0% shamanic out of body

event duration: 15 - 50 secs Flicker power: 20% - 90% background power: 10% - 50%

make intention, then click: total length: 38mins frequency spread: 88%

Generate

Session Log



The Ajna Light allows you to view what sessions you have had on your light. To view these, click the Advanced button on the Home page,

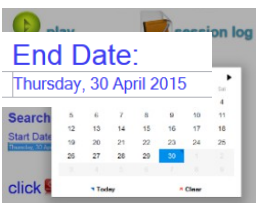
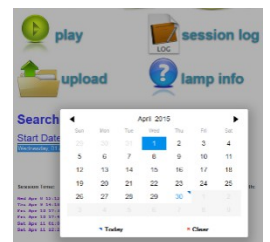
Press/click on SESSION LOG and a similar page to this will show. The screen will appear with today's date showing.

Note, for those using a smart phone, iPad or similar, once you have pressed/clicked on the SESSION LOG you may need to scroll down a little to see the same screen.

Start Date:

Thursday, 30 April 2015

To see a previous day or time period's sessions, click/press on Start Date and a calendar will pop up for you to choose the date. Once you have chosen your date it will show up under the start date box.



Do the same with the End Date. Click/press on End Date and a calendar will pop up for you to choose the date. Once you have chosen your date it will show up under the End Date box.



Press/click on Search and the information requested will be shown.

You can also see the type of session, the session length and the overall time in minutes that your light has run for.

Search Ajna Lamp Session Log

Start Date: Wednesday, 01 April 2015 End Date: Thursday, 30 April 2015

Session Time:	All Users	Light Sequence:	Session Length:
Wed Apr 8 12:12	andrew@-l30d	data	2
Thu Apr 9 11:15	andrew@-l30d	data	4
Fri Apr 10 17:19	andrew@-l30d	data	6
Sat Apr 11 01:10	andrew@-l30d	data	10
Sat Apr 11 12:19	andrew@-l30d	data	19
Sat Apr 11 22:43	andrew@-l30d	data	7
Sun Apr 12 13:21	andrew@-l30d	data	8
Mon Apr 13 01:24	andrew@-l30d	data	10
Tue Apr 14 01:11	andrew@-l30d	data	9
Wed Apr 15 01:10	andrew@-l30d	data	10
Thu Apr 16 01:10	andrew@-l30d	data	10
Fri Apr 17 01:10	andrew@-l30d	data	10
Sat Apr 18 01:10	andrew@-l30d	data	10
Sun Apr 19 01:10	andrew@-l30d	data	10
Mon Apr 20 01:10	andrew@-l30d	data	10
Tue Apr 21 01:10	andrew@-l30d	data	10
Wed Apr 22 01:10	andrew@-l30d	data	10
Thu Apr 23 01:10	andrew@-l30d	data	10
Fri Apr 24 01:10	andrew@-l30d	data	10
Sat Apr 25 01:10	andrew@-l30d	data	10
Sun Apr 26 01:10	andrew@-l30d	data	10
Mon Apr 27 01:10	andrew@-l30d	data	10
Tue Apr 28 01:10	andrew@-l30d	data	10
Wed Apr 29 01:10	andrew@-l30d	data	10
Thu Apr 30 01:10	andrew@-l30d	data	10
			220 minutes

To find an individual user or device, click on the box that says All Users and it will drop down to show you all the names of the people and/or the devices that have programmed sessions on that particular Ajna Light.

All Users ▾

Choose the name or device you wish and you will come to a page that shows you your requested information.

Session Time:	All Users	Light Sequence:	Session Length:
Wed Apr 8 12:12	delta	delta	2
Thu Apr 9 14:18	alpha	alpha	4
Fri Apr 10 17:39	delta	delta	0
Fri Apr 10 17:40	delta	delta	60
Sat Apr 11 01:02	delta	delta	16
Sat Apr 11 12:28	gamma	gamma	59
Tue Apr 21 22:03	ibeta	ibeta	7
Thu Apr 23 12:22	android-19cd	schumann	9
Thu Apr 23 16:24	Ocean	alpha	60
Thu Apr 23 16:24	Ocean	alpha	0
Fri Apr 24 07:57	Ocean	alpha	30
Fri Apr 24 07:57	Ocean	alpha	0
Fri Apr 24 16:29	Ocean	LLST	38
Fri Apr 24 22:19	android-a157	schumann	21
Sat Apr 25 01:07	Ocean	ibeta	11
Sat Apr 25 01:22	Ocean	ibeta	11

Session Time:	android-19cd	Light Sequence:	Session Length:
Wed Apr 8 12:12	android-19cd	delta	2
Thu Apr 9 14:18	android-19cd	alpha	4
Fri Apr 10 17:39	android-19cd	delta	0
Fri Apr 10 17:40	android-19cd	delta	60
Sat Apr 11 01:02	android-19cd	delta	16
Sat Apr 11 12:28	android-19cd	gamma	59

You can go back at any time and change the dates.



By clicking the session log button again you will return to the home page.

Code Files Update



The Ajna Light 3 is designed to allow online software program updates if needed.

If you have a software problem with your light then please make sure first it is not a browser issue. Clear the browser cache in the settings menu, and turn restart the computer to clear old data.

Chrome and Firefox work better than Safari and the built in Android browsers. Also try different computers to see if you get the same behavior. You can initially check with the Light Ambassador who sold you the Light. If the problem remains unsolved, then contact the creator of the Ajna light. guyharriman@gmail.com

This code upload feature has being designed for future use by Guy. If you need to repair your light online, Guy will send you the .ajnacode file. It is intended that software updates will be available on the ajnalight.com website.

Once Guy sends you a code to fix the problem, download and save it on your computer and follow the instructions below.

From the home page screen click the Advanced button, then the Upload button, to land on this page.



You will see the Code Files tab. If you press/touch this tab you will land on this page.



Press/touch the blue tab and it will ask you to find where you downloaded and saved the code. Once you find that place, click on that code and it will automatically start uploading. You will see the red cross become a green tick and the circle will be fully closed once you have uploaded the code successfully.

Scroll down to the bottom of the page and click on the refresh button. This confirms what you have just done.

Go back and start the process you were having issues with before and make sure the code is working.

Testing your Lamp

Click on the Advanced button.



Scroll down and you will see this TEST button on the right hand side.

ajna lamp 3 control
meditate into light

flicker frequency: 11 Hz high:

alpha 8-12Hz: relaxed awake state, light meditation, visualization, being present, calm, alert

light test time (seconds): 340 - [5:40] flicker power: 100% background power: 20%

flicker lamps 1 - 5

0:13 remaining: 5:27

Press/click on the TEST link to land on this page.

The top slider is for the FLICKER FREQUENCY. The tab on the slider moves from left to right and allows you to test the frequencies from 1Hz – to 50Hz at 1Hz increments.

flicker frequency: 4 Hz **high:**

theta 4-8Hz: deep meditation, inner focus, dreaming, trance, intuition, feelings, subconscious mind

high: At the end of this slider is the word HIGH with a circle below. If you click on this circle it will change color and the tab will automatically move back to the left side of the FLICKER FREQUENCY slider and you will see the Hz now gives the option to test all the frequencies from 50Hz – 200Hz.

flicker frequency: 50 Hz **high:**

gamma 30-90Hz: will, high focus, ecstasy, peak performance, mystical and transcendent experiences

light test time (seconds): 10 The slider below called LIGHT TEST TIME allows you to have a 5 – 600
 second (10 minute) test time.

flicker power: 100% The middle slider is for the FLICKER POWER. This slides from left to right, 0 – 100%, and
 allows you to adjust the strength of the brightness of the lights whilst flickering during the
session.

background power: 20%



The right slider is for the BACKGROUND POWER. This slides from left to right, 0 – 100%, and allows you to adjust the strength of the background lights during your session.

Below these sliders you will see FLICKER LAMP with numbers 1 – 5 and a circle under each number. Clicking on one or any of these circles allows you to program how many lights you want to flicker during your session. All the lights you choose will flash at the same Hz, according to what frequency you have chosen.

1 Lamp Test

flicker lamps 1 - 5



3 Lamps Test

flicker lamps 1 - 5



5 Lamps Test

flicker lamps 1 - 5



Set your sliders on different settings, turn on some lamps and hit the play button and watch. This is a really good way to get a better understanding about your lamp.

Testing your lamp allows you to see how it works, by changing one thing at a time and observing what it does. It also allows us to narrow down any dysfunctions if any ever arose.

For people who think with a technical mind, this is a good way for you to see exactly how the Ajna Light functions. If these do not answer your questions then please go to our website. It is full of information. www.ajnalight.com



Once you have finished testing your lamp, press/click the Return button to take you back to the home screen.

Frequently Asked Questions (FAQ)

Do I have to use the Ajna light every day for it to work?

The Ajna light works each time you use it, regardless of how often. The more you use it, the more experiences you allow yourself to open up to.

Will the light damage or hurt my eyes?

Keep your eyes closed at all times during your session, however if you did open your eyes by mistake during your session, usually you would automatically close them, due to the brightness of the 5 LED lights.

Can I use the Ajna Light with sensitive eyes?

Yes - but turn the light intensity down to 5 -10% or lower to start with. If this feels comfortable then adjust for future sessions.

If I have the Light Intensity down low, will I still have an experience?

Yes you will. People have experienced visions whilst using 1% of light intensity.

Will the Ajna light cause me to have Epilepsy?

If you or there is a history of epilepsy in your family be cautious and start at settings of approx. 2-5% and have a responsible person with you, to gauge your reactions. Please refer to Epilepsy on page 52.

Should I refrain from using the Ajna Light when under the influence of mind altering stimulants?

DO NOT USE.

Does it make any difference to when using the Ajna light during the day or night time?

We recommend having a light on in the background at night, and turning down the intensity to start off with, then adjust it to your liking for future sessions.

How many times a week should I use the Ajna Light?

There is no limit to how many times you can use the Ajna Light in one week, however if you are experiencing internal change from your sessions, then take time out to let those changes happen fully before using the light again.

Can more than one person use the light at the same time?

Yes.

You can have them lying down with their heads all close together with the lamp above, or have them sitting in front of the light. As long as they can 'see' the face with the LED lights when their eyes are open, they will receive the lights flickering when their eyes are closed.

Can pregnant women use the Ajna light?

Yes they can. We

have had quite a few pregnant women using the lamp. They have experienced a deeper connection with their baby and felt very relaxed. Baby seems to like the experience as well.

Can children use the Ajna light?

Most children love

the light experience. They have experiences which are normal to them and they accept them without question. They usually come away very excited.

Can animals use the Ajna light?

So far we have

had cats under the light, by their choice. If there is one around they will curl up close to the person who is having the session, and they fall asleep.

I sometimes feel pressure in the back of my eyes and/or head during or after a session. It may be from shifts in energy. You can also try reducing the light intensity setting.

I feel a tingling sensation in my body when I am using the light.

This may be from

the light working on a past situation and the emotion is stored in the body part that is tingling.

Any constraints or contradictions for someone with a pacemaker to experience the Ajna Light?

None that would affect the pacemaker, as there is no electrical stimulation of the body by the light.

Does the music on the light have any effect on the light session? No, the music is there just for relaxation purposes.

What is the best browser to use for light sessions? Google Chrome & Mozilla Firefox.

I keep losing my signal to the light during the session Due to most of us having Wi-Fi in our homes, the signal is constantly trying to override any other Wi-Fi type devices that we connect. Moving your device, (tablet, computer etc.) closer to the light will help strengthen the signal or turn of your router in the house whilst having a light session.

My device will not connect to my light If after restarting your device and the lamp, you are still unable to connect to your lamp, try clearing the cache on your device. The light itself does not have a mechanism to run inconsistently, so the browser is most often the issue. For instructions on how to clear your browser, click on this link <http://help.ea.com/en/article/clearing-your-browsers-cache/>

Is there a loop control on the light so the same music can keep playing? No, there is not. Though, to replicate this action, choose the same song multiple times in the music list.

Why does the AL2 light get hot? The Ajna light has 10W LED lights inside, hence the heat. (Peak is 50W when at full intensity) The Ajna light will automatically switch off when the temperature of the CPU gets 55 degrees, to protect it from overheating. However we recommend you put a fan towards the back of the light if you are in a room without windows open or good air circulating. **Note – this is not a problem with AL3.**

My fans in the light are still running even though my session is finished You may find that the fan is still running during the shutdown process. This is due to the temperature reading process making sure the fan is doing what it is programmed to do, keep the air flow in the light box moving. It is still ok to disconnect your device from the power source after shutting down correctly if the fans are running. **(Not with AL3's)**

My light session keeps stopping earlier than the time If you are using a device that is set to sleep or turn of after a certain amount of time to save power, the browser will stop running the software if the display turns off. You need to set the time period of sleep or shut down to a longer time.

Is the random sequence generator active in the Preset Light patterns? All the preset sequences play exactly the same events each time they are played. Randomization is only for the generate process in iLST.

I want to create a 3 stage recipe... and stage 1 is just alpha..... how would my experiences be the different if I set it for 10% alpha versus 50% alpha versus 100%alpha?

No difference. It is a mixer, just the relative amounts are important. Think about mixing instruments. The difference is when you add another brainwave frequency. Eg: 10% Alpha, 40%Theta. With this setting the light will spend more time in Theta during the session than in Alpha.

Why is there sound in only 1 side of my headphones? Make sure the headphone jack is pushed in the full way in the right socket of the USB adaptor.

I have shut down my light after a session and want to have another session, but it will not start up. Once you have shut down your lamp you need to disconnect the power source and re connect it before you can start another session.

I cannot adjust the volume control slider on the screen during a session. Once your session has started you can adjust the volume control by using the volume control scroll/switch on the headphone lead itself. Please note – there is no interface volume control slider for

AL3, this is done via the volume 'wheel' on the headphone cable.

Using UPS (Uninterrupted Power Supply) – Surge Protector

It is highly recommended that a UPS unit be used with your Light. This enables you to close down your Light in the case of loss of mains power, preventing damaging the CPU unit in the Light. If you use a UPS you do not need a surge protector. If you opt not to use a UPS unit, then it is **vital** that you use a surge protector.

Battery – It is recommended that you use a battery for powering your Light for quiet group sessions, if you are experiencing noise through your power adaptor.

Is the Light safe in the UV range and in the blue light range so that it has no harmful effects in the long run on the skin and on the retina, even if they are small. Do you have spectral profile of the Led's working full intensity ? A spectral activity in UV and in the blue ?

UVA exposure from daylight is 100x more than from 10W LEDs, and time of exposure is very limited in comparison to computer use (maybe 20 mins a day while actively using the light, whereas 12 hours a day on the computer for many people).

As the eyes are closed, and typical intensity setting is 20%, the total radiation of light from the Ajna Light is very small.

UVA has the greatest component of lumens in the LEDs I use, and some UVA is beneficial, UVB and UVC is only about 10% of UVA.

So in normal use, I think the numbers show the likelihood of skin cancer from using the Ajna Light is non-existent. Indeed, it is only in countries with inadequate sun exposure and paranoid use of sunblock that skin cancer rates are high. UVB was shown in the 1970s to reverse a leukaemia cell back to normal.. So overall it seems an unwarranted concern. WiFi is more of an issue, but the Ajna Light allows you to use Ethernet if you wish.

The blue peak is part of the white LEDs I use. As the users eyes are closed throughout the session, unlike when looking at a computer screen, there is no meaningful amount of blue light reaching the retina.

MORE – FAQ's on last page...

Limited Warranty and Disclaimer

Ajnalight.com Ltd., (hereafter referred to as Ajna) warrants this product to be free from defects in material workmanship under normal use for a period of one year from the date of purchase from Ajna. Should such a defect occur Ajna will repair or replace, at their option, the defective product at no cost for parts or labor. Please email guyharriman@gmail.com explaining the problem.

This warranty extends to product purchased directly from Ajna or an Authorized Ajna Reseller. Consumers should inquire from selling reseller as to the nature and extent of the dealer's warranty, if any.

All warranty claims must be shipped pre-paid to the factory. Repair and return postage will be covered by the warranty.

Ajna is not liable for any damages caused by any of its products or for the failure of any products to perform, including any lost profits, lost savings, incidental damages, or consequential damages. Ajna is not responsible for any claim by a third party or made for you by a third party. This limitation of liability applies whether damages are sought, or a claim is made, under this warranty or as a tort claim (including negligence and strict product liability), a contract claim, or

any other claim. This limitation of liability cannot be waived or amended by any person. This limitation of liability will be effective even if Ajna or an authorized representative of Ajna has been advised of the possibility of any such damages.

Except as expressly set forth in this Limited Warranty, Ajna makes no other warranties, expressed or implied, including any implied warranties of merchantability or fitness for a particular purpose. Ajna expressly disclaims all warranties not stated in this Limited Warranty. Any implied warranties that may be imposed by law are limited to the terms of this Limited Warranty.



Brainwave Frequencies

DELTA 1 - 4Hz

Dreamless sleep. Human growth hormone released.

Deep trance like, non-physical state, loss of body awareness.

Access to the unconscious and 'collective' unconscious state.

Deepest and most physically restorative portion of sleep.

Here is a summary of most of the benefits one can get out of increasing delta brainwaves.

Delta Waves are associated with the unconscious mind. They normally occur in our deep sleep phases while humans are not dreaming. They can also occur in very deep meditations, but it is very hard to stay conscious during these meditations and such deep levels of meditation are rather hard to reach in our everyday lives.

Delta waves are also associated with our intuition. People who seem to always know how other people feel have a lot of delta brainwave activity. People who suffer from ADD or ADHD have too much delta wave activity. It is not advisable to increase delta waves in these people.

Delta waves play an irreplaceable role in intuition and understanding others on an emotional level. Delta waves can be seen as a "radar". For example, people with high delta wave activity sometimes seem to always know how a person is feeling even though he/she might be hiding his/her feelings. Another phenomenon is that sometimes you know that someone is going to call you or you know you are going to meet someone randomly in town and then it really happens.

There are a number of benefits from increasing delta waves in your brain. Not only are they of an emotional or intuitive nature, there are also special chemicals released that are vital for a healthy living (like the human growth hormone).

Some benefits associated with Delta Brainwaves...

- **Release of Anti-Aging Hormones** – When people reach the lower frequencies of delta waves, their brain starts producing important hormones for a healthy life and simultaneously, cortisol levels decrease, which is often present in stressed persons. In the lay public, cortisol is known as a "stress hormone". One of the main jobs of cortisol is to increase the glucose concentration in the blood to make more energy readily available to the muscles during exercise but an excess amount is not valuable to our system.
- **State of Empathy** – People with a healthy delta wave activity generally are more emotional, they enhance and activate the innate healing powers to restore the body from injuries and to stabilize the mind.
- **H.G.H. Release** – The human growth hormone is released while tuning into 1.05Hz. That hormone is responsible for cell regeneration. Tuning into a delta frequency helps the immune systems to work better and more efficiently.
- **Connection to the Unconscious Mind** – Delta waves are associated with the unconscious mind. Increasing delta waves generally helps to make people feel more connected with themselves, have a better intuition and sometimes restore long forgotten memories and feelings.
- **Deepest possible level of Relaxation is reached** – Rarely, people are aware of these deep levels of relaxation, because it is very hard to stay awake. In any case, it is highly likely that you will feel super restored after a Delta wave session.
- **Extreme Bliss** – Extreme states of bliss were reported in advanced meditators. In deep meditations, these people felt an inexplicable feeling of bliss.
- **Advanced Healing of Body and Mind** – When people increase their delta wave activity in meditations they enhance and activate the innate healing powers to restore the body from injuries and to stabilize the mind. This makes sense since delta waves are mostly present in deep sleep and as we all know, in such deep phases of sleep, the body regenerates and our mind turns off.
- **Paranormal Experiences** – Sometimes, our mind creates unusual events at such deep levels of consciousness. Out of body experiences can happen.

THETA 4 – 8Hz

Drowsy, drifting into sleep & dreams, REM sleep, increased production of catecholamines, (vital for memory and learning), increased creativity.

Integrative emotional experiences, changes in behavior, increased retention of learned material.

Hypnagogic imagery, trance, deep meditation, access to unconscious mind.

Theta waves play a very important role in the human mind, self-healing abilities and in (super-) learning. They represent the subconscious mind and everything that has to do with it.

[Theta waves play a key role in meditation.](#) When we start to shut off our busy minds and simply concentrate on either our breathing or something else, the amount of beta brainwaves reduces to a minimum and our brain produces a lot more alpha and theta waves. After some time, when the meditator accesses the theta state of mind, creativity and learning are enhanced and 'one might also have visions of very personal pictures'. A therapist may often guide the patient to a deep theta mindset as this can be very useful to treat difficult mental problems. Theta is also a very receptive mental state that has proven useful for hypnotherapy, as well as self-hypnosis using recorded affirmations and suggestions.

Theta waves mostly occur, when we aren't actively thinking. They nearly always occur in sleep when we are dreaming and in meditation and activities that don't require brain activity. However, [theta brainwaves also occur when our brain is creative.](#)

People, who are engaging in creative activities such as art, music, designing, cooking, have a lot of theta (and alpha) brainwave activity. Creativity is a subconscious process and thus the mind has a lot of theta waves.

The opposite of this are stressed out people. They spend a lot more of their time in the beta brainwave state of mind. The outcome of this is a decrease in alpha and theta waves which results from them not having enough time to themselves to be able to really connect to their emotional selves or to their creative side.

Having a healthy amount of theta waves (and alpha waves) is necessary to be able to "access" our subconscious mind.

Some benefits associated with theta brainwaves...

- **reduced anxiety**
- **sense of deep spiritual connection and unity with the universe**
- **vivid visualizations, great inspiration, profound creativity and exceptional insight**
- **It is at the alpha-theta border, from 7Hz to 8Hz, where the optimal range for visualization, mind programming and using the creative power of your mind begins. It's the mental state in which you consciously create your reality. At this frequency, you are conscious of your surroundings. However, your body is in deep relaxation.**

ALPHA 8 - 12Hz

Super learning, very relaxed, focus, light trance, increased serotonin production, pre sleep, pre waking drowsiness, drifting into meditation, beginning of access to unconscious mind. Internally directed non-linear mental activity.

Alpha waves can be seen as the "relaxing waves". Besides being quite relaxing, they also have an extremely important role to play in the human mind. They [work as a bridge between the subconscious part of the mind \(theta waves\) and the conscious part of the mind \(beta waves\).](#)

Alpha waves typically occur when we get up in the morning and just before sleep or when we are lying on the couch with closed eyes and simply taking time for ourselves. They also occur in early stages of meditation when we clear our mind.

Information, feelings, creativity and memories which are deep down in one's mind, cannot become conscious if there is no bridge (no alpha waves) between the two states of mind.

There are a number of benefits of alpha waves. The most obvious are that we become calmer and more relaxed. Alpha waves have many effects on the body. For example, they slow down the heart rate, which allows it more time to regenerate. Alpha waves also have a very positive effect when studying, they are known to enhance one's ability to learn and retain information.

There is a phenomenon called "Alpha Block". It occurs, when someone has very little or no alpha wave activity usually resulting from being stressed out over a longer period of time. Alpha activity has been connected to the ability to recall very personal (blocked) memories, lessened discomfort and pain, and reductions in stress and anxiety.

EEG tests have shown that people experiencing an Alpha Block have a lot of theta brainwave activity going on (because there are so many locked away memories or unfulfilled subconscious needs) but a minimal amount of alpha waves. To access the deep lying information, they will need to increase their alpha waves.

Some benefits associated with Alpha Brainwaves...

- **Pain relief**
- **Stress/ Anxiety reduction**
- **Memory improvement**
- **Lucid, blissful mental states**
- **Good for people who experience migraines**

BETA 12 - 30Hz

Concentration, arousal, alertness, cognition, engaged in conversation.
Higher levels are associated with anxiety, disease, feelings of separation, fight or flight.
Externally directed linear thinking mental activity.

Beta waves are the "normal" state of brainwaves. They are not as exciting as the other brainwaves, but they are extremely important. Beta brainwaves mainly occur, when we are awake and doing a task that involves active thinking. Beta waves are linked to the conscious mind. When we are awake and doing our job, studying, solving problems and so on, we are normally in the Beta brainwave state.

In the Western society, people often work a lot and the consequence is that they feel stressed and become depressed or in the worst case, burnt-out. In terms of brainwaves, these people are mostly in a beta brainwave state. This leads to too much cortisol (a stress hormone that is very unhealthy if there is an overload), stress and a decrease in general health and the inability to turn off the mind, sleeping disorders and so on. So, increasing beta brainwaves in stressed people can actually make those symptoms worse.

Such people would benefit to increase the amounts of their alpha and theta waves. This will allow them time to relax and start producing more of the other two brainwaves.

There are a number of benefits of having a healthy amount of beta brainwaves or increasing them:

- **Motivation:** It is said that increasing beta waves in students who are demotivated with studying, can be a true motivation boost. Many people have confirmed this. Beta brainwaves also help to focus and concentrate.
- **Enhancement of language and reading skills:** Studies have shown that if people are exposed to beta brainwaves for a certain period of time, they can increase their linguistic skills, (besides concentration and

mathematical thinking), as well as written skills.

- **Effective treatment against ADD:** EEG's have shown that people with ADD have little to no beta brainwave activity. So, it is very hard for such people to stay focused on a task. Studies have shown that if they are exposed to a form of beta brainwaves, they will eventually become more focused and ADD vanishes, as their brain starts to produce beta brainwave states automatically and naturally.
- **Reduces Fatigue**

GAMMA 30 – 100Hz

Hyper brain activity, great for learning.

Gamma waves are typically of a high frequency and amplitude. [Gamma brainwaves are one of the fastest waves that reach all parts of the brain](#) and they are associated with the formation of ideas, language and memory processing, and various types of learning.

Usually, people do not produce these brainwaves under normal circumstances. These brainwaves were mostly found in geniuses and also in meditators who were practicing the loving kindness meditation. As it seems, gamma waves either occur in very intelligent people or in those people who experience unconditional love. It has been observed that Buddhist monks who started to practice the loving kindness meditation almost immediately at will produced gamma brainwaves.

So, in essence, gamma brainwaves occur when there is an unusually high brain activity.

Benefits of Gamma Waves

- **Increased focus on tasks, freedom from distractibility**
- **Better learning: Since the brain is so super-active, people are able to learn faster and information is processed at a much higher rate!**
- **Increase of short term memory**
- **Studies have shown that gamma brainwave therapy was successful in treating against ADD.**
- **Bliss: People have feelings of extreme bliss. A high amount of gamma waves work like an anti-depressant.**
- **Compassion: People tend to have a profound compassion towards other people.**
- **Enhanced Senses: It seems that the senses work better and reality is perceived more vividly. Significant improvement in cognitive behavior.**

LAMBDA 100 – 300Hz

Mystical and out-of-body experiences. [Lambda waves are very high frequency brainwaves associated with wholeness and integration and mystical and out-of-body experiences.](#)

[Lambda waves are for those who are experienced meditators.](#) They work on the crown chakra and spark the intellect and may cause many exotic experiences. Tibetan monks who can sit for hours in the snow wearing very little have been studied and found to have high rates of Lambda brainwaves. It is the high frequency energy that fills their being from the crown that allows their body to radiate heat and melt the snow.

Doctors have noticed that whenever there are extraordinary meditation states present, electrical brainwave activity between the right/left hemispheres tends to synchronize. This synchronization of the cerebral hemispheres seems to only happen in special circumstances of consciousness - the "aha" state, the moment when the answer to a problem occurs, creative inspiration, great insight and moments of awareness of one's own existence.

Interestingly these extremely high frequency brainwaves seem to ride on a very low frequency Epsilon wave, i.e.: Both brainwaves have been found in out-of-body experiences. The EEG showed Lambda brainwave activity and it looked as if the Lambda wave was "riding" on the Epsilon wave if one was to "zoom out".

Lambda and Epsilon waves are two extraordinary types. Lambda waves have a frequency (speed) of 100Hz and more. Epsilon waves are the exact opposite. Their frequency is everything below 0.5Hz.

As Epsilon and lambda are related to each other as inverse frequencies ($F.\text{epsilon} = 1 / F.\text{lambda}$) so are found together. It is only necessary to stimulate at one frequency to obtain the effect - either very slow (epsilon) or very fast (lambda). The eye would not react meaningfully to very slow frequencies such as one pulse per 200 seconds (0.005Hz). Therefore the Ajna Light flickers at high frequency around 200Hz to get the lambda effect.

Epsilon waves have been found in extremely deep states of meditation. They are connected with a feeling of complete bliss and compassion. If a meditator reaches the Epsilon brainwave state of mind, one can experience extreme spiritual and personal insight and inspiration. Also, a spontaneous out-of-body experience can occur (in combination with Lambda waves).

EEG researchers have found that the states of consciousness that appear to be associated with Hyper Gamma brainwave activity (at 100Hz) and Lambda brainwave activity (at 200Hz) seem to be described in exactly the same terms as the discovery of the Epsilon wave, (below 0.5Hz).

Different groups of EEG researchers, independent of one another, have found the same states of consciousness associated with such divergent brainwave activity - below 0.5Hz Delta to above 100Hz Hyper Gamma to 300Hz Lambda.

Lambda and Epsilon waves (and hyper gamma waves) show all the same psychic and physiological benefits for humans, except for the sleep induction property. Epsilon waves can help to have a good night's sleep, where lambda waves would not.

Dr Jeffery D. Thompson and his team from the Center for Neuroacoustic Research have surmised that these extremely slow Epsilon brainwave patterns might have extremely fast Hyper Gamma/Lambda brainwave patterns modulating within them - just as the Hyper-Gamma/Lambda brainwave patterns are "riding" on a super slow Epsilon modulation.

- **extraordinary states of consciousness found in the highest states of meditation**
- **deepest levels of insight**
- **personal original creative problem solving static states of consciousness**
- **mystical out-of-body experiences**
- **high degrees of self-awareness**
- **extraordinary states of consciousness found in the highest states of meditation**
- **deepest levels of insight**
- **personal original creative problem solving**

Epilepsy

In the beginning of this manual we have stated not to give people with epilepsy in the family or that have it themselves, a light session due to the fact that the Ajna Light may trigger a seizure. However, you may have a person who has epilepsy want to try a session as many of us have. If this is the case then you will need to know the following information.

Prior to a session to have a 3rd person be with them to discuss the procedure below to make sure they were comfortable with the possible outcomes.

Important information...

It is a myth about people swallowing their tongue during an epileptic seizure. The only way they can ever swallow their tongue is if they bite some of it off during a seizure and it drops back into their mouth. It is also extremely unlikely that someone can die from a seizure. The person is still able to breathe although it may be more challenging for them during a seizure.

Most people who are diagnosed as epileptic will stay away from flashing lights. They also carry medication.

There are different types of seizures and symptoms:

Tonic seizures. Tonic seizures cause stiffening of the muscles. These seizures usually affect muscles in the back, arms and legs and may cause a person to fall to the ground.

Atonic seizures. Atonic seizures, also known as drop seizures, cause a loss of muscle control, which may cause a person to suddenly collapse or fall down.

Clonic seizures. Clonic seizures are associated with repeated or rhythmic, jerking muscle movements. These seizures usually affect the neck, face and arms.

Myoclonic seizures. Myoclonic seizures usually appear as sudden brief jerks or twitches of the arms and legs.

Tonic-clonic seizures. Tonic-clonic seizures, previously known as grand mal seizures, are the most dramatic type of epileptic seizure and can cause an abrupt loss of consciousness, body stiffening and shaking, and sometimes loss of bladder control or biting of the tongue.

If someone begins to have a seizure whilst under the light – Firstly DO NOT PANIC. Simply stop the session by pushing the red STOP on your tablet/device.

1. Roll them over to any side into the recovery position if possible and place anything soft under their head to protect it. If you cannot roll them over, then place a pillow or something soft under their head. If you don't have anything soft to put under their head then hold onto it for them to protect them from potentially harmful movement.

2. Free the space around them, move any objects away from them and just allow the seizure to progress naturally.

2. **Do not** put anything in their mouth at all as this may become something they could swallow.

4. If the seizure

- lasts longer than normal time for them
- or it is the persons first seizure
- or it is an unusual seizure for them
- or they have two seizures with a 60 second gap in between the end of the first seizure and the beginning of the second seizure,

then that person requires medical attention either via an ambulance or you driving them to EMERGENCY dept. at local hospital.

5. It can take up to 20 minutes for the person to resume their normal behaviour. Please observe them for 20 minutes after the seizure.

6. Once a person comes out of their seizure, talk to them clearly and softly and make them aware of where they are

and who you are, and that they have just had a seizure. You may need to contact a family member for them. Ask or look for their mobile phone and a name of a relative.

They may have symptoms such as

- a swollen tongue from biting it
- not being able to communicate properly
- feeling groggy
- headache
- and/or they may have urinated themselves so it is a good idea to always keep a sarong/towel handy for them to change into
- just be staring into space

7. Ask them -

- Do you have any pain?
- Do you understand what has happened? (if you don't get acknowledgement from them)

8. Treat them normally as some people may feel embarrassed.

9. They are allowed to consume water, tea etc., and a bit of food if they request it.

10. Do NOT allow them to drive or leave your presence until you are sure they are fully conscious again.

It is advisable that you print this information of and keep it with you when giving a session. It may make your situation easier, especially if you have another person with you and you are concentrating on what you are doing with the patient.

Should this situation occur in your presence, keep calm, breathe deeply and be confident that you are capable of going through this process to help the person in need.

References

Here are some of the references used in putting this manual together.

<http://mbyl.hubpages.com/hub/What-are-Lambda-Epsilon-waves-Out-of-body-experiences-with-theta-and-lambda-waves>

<http://www.brainworksneurotherapy.com/what-are-brainwaves>

<http://www.themeditationsolution.com/brainwaveguide.htm>

<http://www.ohsu.edu/blogs/brain/2013/07/31/migraine-pain-headache/>

http://drjoedispenza.com/files/understanding-brainwaves_white_paper.pdf

<http://www.healthline.com/human-body-maps/brain>

<http://www.medicinenet.com/script/main/art.asp?articlekey=11490>

Ajna Light Certification

There is an option available to practitioners to also receive Certification through the highly regarded Chiang Mai University in Chiang Mai, Thailand, in their understanding of the functionality, operating procedures and client support in the use of the Ajna Light.

This Certificate is offered by Professor Dr. Christopher Fisher of the Chiang Mai University, and states that the practitioner has been awarded this certificate in recognition of their success in answering the twenty point questionnaire.

The colored Certificate with your name included will be emailed to you as a pdf in A4 format (legal document) size, ready for printing and framing in your therapy practice.

If you would like information on obtaining your Ajna Light Accreditation Certificate, please contact Dr. Fisher - drcfisher@gmail.com



Ajna Light 3



Ethernet Cable

Quick Start Guide — Ethernet



Router

Switch

- 1 Screw tripod into 1/4inch connector
- 2 Plug Headphones into USB Audio jack
- 3 Plug ethernet cable into Lamp and connect to router. Use an ethernet switch if you need more ports
- 4 Connect Power Supply and turn on
- 5 Use a browser on your laptop or PC to enter the URL **192.168.1.111**
- 6 Perform steps 8–12 as for WiFi

Make sure to use a surge protector to protect power adapter.

Ajna Light Warranty:

The warranty is for one year from the date of purchase. If any component fails during this time, please send an email to guyharriman@gmail.com explaining the problem. You will need to pay for postage to Thailand but the repair and return postage will be covered by the warranty.

The Ajna Lamp is a computer, you must shut it down like a desktop computer. Touch the red shutdown icon in the browser, and wait for countdown from 9 to 0 before removing power to protect the SD card in the Lamp. Failure to shutdown properly is not covered by the warranty.



ajna light 3



Quick Start Guide — WiFi

- 1 Screw tripod into 1/4inch connector
- 2 Plug Headphones into USB Audio jack
- 3 Connect Power Supply and turn on
- 4 Wait a few minutes for the Ajna WiFi
- 5 Connect your phone, tablet, or laptop. to WiFi Access Point AjnaLamp—xxxxxx
- 6 Enter WiFi AP password **pineal777**
- 7 Use a browser to enter URL **lamp.com**
- 8 Touch the Play icon in the home page
- 9 Select the light sequence you want
- 10 Select the music you want. The playlist can be up to 10 songs. As you select music, it is previewed, and the green triangle shows. Touch it to start or stop
- 11 Use normal light intensity, 20–30%
- 12 When ready, sit or lie down with the Ajna Lamp LEDs directed at your forehead using tripod to position Lamp
- 13 Touch the play button, close your eyes

Warning: do not use if epileptic or on anti-psychotic drugs

www.ajnalight.com

UPS Assembly Procedure

1. Plug UPS into mains power supply (wall socket).
2. Plug supplied black Power Adaptor into the back of UPS
3. Plug Power Adaptor lead into Ajna Light.

Note – A UPS unit has a series of batteries, which hold sufficient power (several minutes), for you to close down your Light in the correct sequence, so as to not damage the Light's computer, in the event of loss of mains power.

**If are using a UPS unit you DO NOT need to use the Surge Protector.

Power Surge Assembly

1. Plug supplied Surge Protector into mains power (wall socket)
2. Plug supplied black Power Adaptor into Surge Protector
3. Plug Power Adaptor lead into Ajna Light.



Battery with/without Invertor

Car BATTERY with INVERTOR - Connect the grey Invertor to the battery terminals, clip RED lead to + terminal, clip BLACK lead to the - terminal of the battery. Plug your Light into the Invertor socket, which has an off/on switch. There may be a slight beeping noise from the invertor, for most this is not noticeable.

Using car BATTERY alone. You need a voltmeter to check the voltage in the battery is not above 13v, or it could damage the light. Make a cable to connect the leads from the battery terminals to a 2.5mm power plug. This method is NOT recommended for people with no electrical experience. A battery connection offers silent operating with Light.



FAQ's Users Manual – additional notes

CHILDREN

As long as you let children approach the light from their own curiosity and without pushing it at all, it is very helpful. Children relate very well to it. Children as little as 2-3 years have had sessions with the light, but always because they are curious. So, use it yourself and with adults in their presence and see what their interest is.

EPILEPSY

Epilepsy is about 1 in 3-4000. Most are on medication and avoid flashing lights. Just watch carefully for the first few minutes. If you see a slight trembling all over the body them immediately turn the light away. It has happened maybe 3 times in 3 years. It is rare for an epileptic not to know their condition.

LIGHT SESSION FREQUENCY

Allow time to integrate after each session. Generally once a day is max for most people. Use 25% or less intensity for everyone. It must be comfortable. Too much makes the body just switch off.

Smartphones and Tablets

Potential problem connecting from iPhone.

You may experience problems on the phone because you have data coming from your Sim card, as well sometimes the carrier sets it up that they bridge the Wi-Fi to carrier internet. Try turning off the data from your carrier in your settings.

Light software compatibility with Tablets

As a general rule, older or cheap iPad's or Androids will not be able to read the software of the Light, which means you will not have Wi-Fi. If your device does not have iOS 10 or similar, then it's highly probable that it will not be compatible with your Light.

An easy way to know if your tablet etc is compatible, is to check that if the red light on your USB audio is on, then you do have a Wi-Fi connection. If this does not occur, then it's recommended to clear your cache on your browser – using settings – privacy – clear all data. Then power off, and power on again.

You can always double check for Wi-Fi by using a computer or lap top to log on to the Light.

Low levels of irradiation - there are no concerns with irradiated energy from the LED's in the Ajna Light. The levels are extremely low with your eyes closed for short periods of time.

AL3s Light – SD card with AL3 software

The AL3 gold computer box has the Ajna software installed on the internal SD card.

The front plate of the new gold box has a VGA cable port connecting through a custom designed VGA cable. **You must use this custom VGA 3+9 cable only.**

The back of the AL3 gold box has four USB ports, one of which is for the audio USB adapter. There is also a port for Ethernet cable to connect to your router if preferred instead of WiFi.

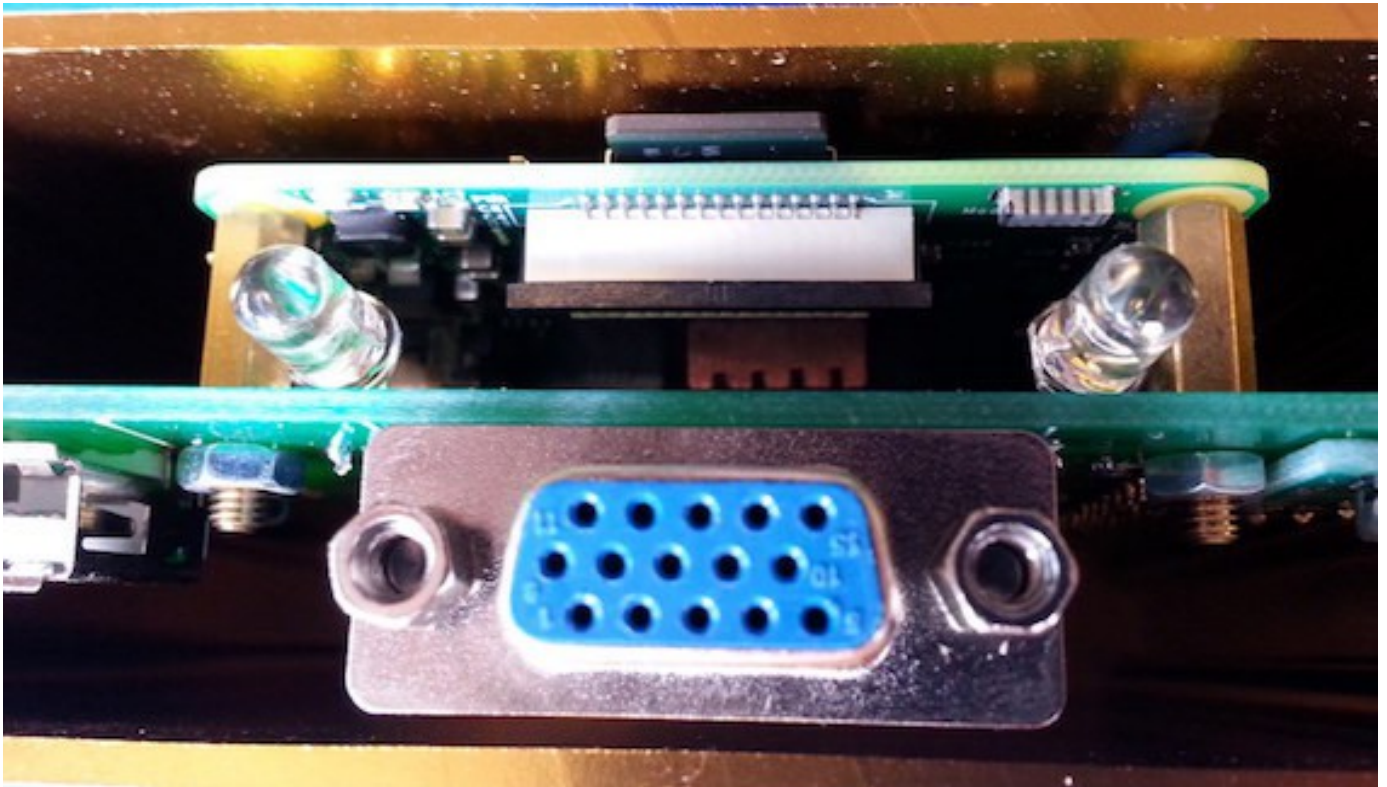
You have the option before powering on the Light to swap from mains power to power bank power or visa versa. Its as simple as swapping two leads.

The login for the AL3 SD card on your device is any URL like al3xxxx.com, the WiFi password the same – pineal777.

Replacing the Light Computer SD card

Unscrewing the four plate screws on the back of the Light gold box (the back is where the VGA cable plugs into the gold box). Once that plate is off you will see immediately inside closest to the open area of the gold box a small SD card sitting by itself. Carefully remove that SD card and replace it with the new. Depending on which model Light you have, the SD will either simply pull out, or may need to be slightly pushed-in at which time it will spring back out ready for removal. (Very much the same mechanism for changing the SD card on your mobile phone).





Important Information for all Light owners

There have been some **technical issues** with some Lights that have resulted in this checklist that we encourage all Light owners/Ambassadors to become familiar with and to share when helping Light owners overcome a technical issue.

Most of these issues revolve around the inability to connect to the Light via wi-fi, or apparent loss of sound in the headphones. The failure to connect can be frustrating, but these simple tests should overcome any problems.

We recommend following these protocols...

1. Ensure all plugs/leads are correctly inserted.
2. Clear caches on devices – caches can become corrupted, so clear them regularly where possible. It is more convenient use a different URL to force the code to be re-loaded. The new browser URL can be anything different to the one you are using, xxxx.com for example.
3. If the connection still fails change devices by trying an Apple or Android device and also test on a Laptop computer. Please note there can be connection issues if using an Apple product running on iOS.
4. Always check that there is a 'red glow' in the white audio dongle.
5. The current AL3 model has been specifically designed to avoid corruption to the SD card by keeping it in read only mode as much as possible. However, a UPS is essential to protect the light from power surges. Please contact Pratika to get the PDF showing how to copy the sdcard on a PC before using it.