

The AVE Session & Protocol Guide for Professionals



For the DAVID Delight, Delight Plus, Delight Pro

by Dave Siever, C.E.T.

The DAVID devices are non-invasive. All resulting effects are produced in the brain solely by audio and visual stimulation.

All persons who have a history of epilepsy, photic epilepsy, head injury, or any seizure disorder should not use the DAVID devices unless under the supervision of a health care professional qualified in the safe detection of seizures.

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Introduction

Thousands of people have successfully used Audio-Visual Entrainment (AVE) to reduce or manage the symptoms of their disorders, syndromes, and ailments. We do not imply that these sessions should be used in place of a visit to a medical doctor, but to be used as an adjunct to traditional medicine. There are studies and case results from clients and clinicians who have used AVE for the following conditions:

ADD/ADHD	Anxiety
Autism	Depression
Behavior Disorders	Seasonal Affective Disorder (SAD)
Cognition Decline in the Elderly	Brain Injury
Insomnia	Performance Enhancement
Chronic Pain	Jet Lag (Circadian Rhythms)
Fibromyalgia	Chronic Fatigue

These sessions are designed for use with the DAVID Delight, Delight Plus, and Delight Pro.

To get the maximum benefit out of the *AVE Session & Protocol Guide for Professionals*, you should first have a prior thorough understanding of AVE. We recommend you visit our website www.mindalive.com and watch Dave Siever's training webinars.

We recommend that all persons who: have a history of epilepsy, photic epilepsy, or any seizure disorder; suffer from any mental disorder or psychiatric illness; are currently using any drugs (prescription or recreational); are under the influence of alcohol; have had any head injuries or ever had a seizure of any kind, **should not use the DAVID** unless under the supervision of a health care provider who is qualified in the safe detection of seizures. It is the responsibility of the health care provider to complete a proper intake, addressing the concerns mentioned above. Mind Alive Inc, its employees, suppliers, and distributors are exempt of any liability in damages resulting from a seizure or psychiatric conditions that may occur from using this device. The DAVID devices are not recognized as a treatment or cure of any medical condition or disability.

This *AVE Session & Protocol Guide for Professionals* is primarily intended for clinicians, particularly psychologists with a background in biofeedback or neurofeedback. However, clinicians in other disciplines such as: psychiatrists, chiropractors, hypno-therapists, dentists, massage therapists, physiotherapists, naturopaths, and medical doctors have also used AVE with their clients and patients over the past 40 years. Fortunately, because of the properties of AVE (dissociation, increased cerebral blood flow, etc.), it is unusual to be harmed by AVE. Benefits generally dominate the picture. Because of the complex nature of both the brain and AVE, there are no absolutes, nor any "use it this way – or else" scenarios. To get the most from your DAVID device, please follow the guidelines in this book.

“Rules of Thumb”

In order to achieve the best results from AVE, we recommend the following as guidelines or “rules of thumb.”

- 1) Drink a glass of water before every AVE session.
- 2) Close your eyes during the session for best effects, although keeping your eyes open is not harmful.
- 3) Use beta sessions in the morning.
- 4) Use the SMR session in the morning or early afternoon and the longer “Dissociative SMR” at night for the anxious-mind/quiet-body type of insomnia.
- 5) Use 10 Hz alpha and theta sessions in the afternoon.
- 6) Use slower alpha sessions in the afternoon, evening or at bedtime, but not in the morning.
- 7) Use delta sessions at night only.

Dissociation

Healthy, normal dissociation is described as a process where feelings, memories, thoughts, and physical sensations drift from consciousness. Dissociation occurs when we meditate, exercise, read a good book, take in a movie, or enjoy a sporting event. We get drawn into the present moment and dissociate from all our daily hassles, worries, anxieties and the resulting unhealthy mental chatter.

Several techniques such as dot staring, and stimulus deprivation have been shown to induce dissociation. Audio dissociation analgesia using white noise has been shown to effectively increase pain threshold and pain tolerance during a dental procedure.

Regardless of the activity, dissociation reduces our general stress load, whether we are aware of it or not. In essence, when we focus on something, we dissociate from other things. The saying, “a change is as good as a rest,” has much more truth to it than initially meets the eye.

All AVE sessions are somewhat dissociating, however, separating the left and right stimulus frequencies by about 0.5 Hz dramatically increases dissociation, which helps reduce mental chatter and in turn aids in relaxation, deep rest, and restorative sleep. This technique is used at the beginning of most sessions in DAVID systems. This dissociative technique is apparent by observing the slight separation in left and right rates at the start of the session.

Heart Rate Variability (HRV)

HRV is a technique to further promote relaxation and teach anxious/tense people how to breathe in a relaxed manner. Tense and anxious people breathe from the chest (not the tummy) in an erratic and shallow manner. This type of breathing actually increases tension and anxiety through a process known as *afference*.

Afference is the process where, once a person is displaying physical behaviors of stress, the brain recognizes the stress-based behaviors, and tells itself it should be anxious and nervous in response to what is happening within the body - a double-whammy of sorts! HRV is primarily used with tense people who often experience shallow, rapid breathing and feel overwhelmed, nervous and/or anxious. HRV training also benefits older children who have enough self-discipline to control their own breathing.

All the DAVID sessions incorporate HRV. During an AVE session, listen carefully to the heartbeat sound played through the headphones. Breathe deeply into the tummy (not the chest) for two heartbeats and breathe out for two beats. The tummy (belly button area) should rise and fall three times the amount of rise and fall seen of the chest. The breath cycle has been preset to eight seconds at the beginning of the session and lengthens to ten seconds as the session progresses.

AVE Sessions – An Overview

The sessions in the DAVID devices have been carefully designed. They are based on results of many research studies, case studies and feedback from our customers (many of whom are psychologists).

Each DAVID includes a wide variety of sessions in each of the different brainwave categories (beta, SMR, alpha, theta, and delta).

Each section of this guide begins with a description of the brainwave category, followed by the sessions within that category, as well as a diagram showing the design of the session followed by a short hands-on user's guide in italics.

An Important Note about Left and Right Stimulation vs. Left and Right Brain

Stimulation in the left ear and left visual fields of both eyes evokes activity in the right hemisphere of the brain and stimulation in the right ear and right visual fields of both eyes evokes activity in the left hemisphere of the brain. Therefore, when this guide refers to left or right brain, it is referring to the activity or side of the brain that is being activated, which is the opposite side of the actual stimulation. For example, "Left Brain Beta/Right Brain SMR" means that a beta frequency of auditory and visual stimulation is being presented to the right ear and right visual fields to produce a response in the left side of the brain, and SMR stimulation would come from the left side to produce a response in the right side of the brain.

Stimulating Sessions

SMR (Sensory-Motor Rhythm) – An Overview

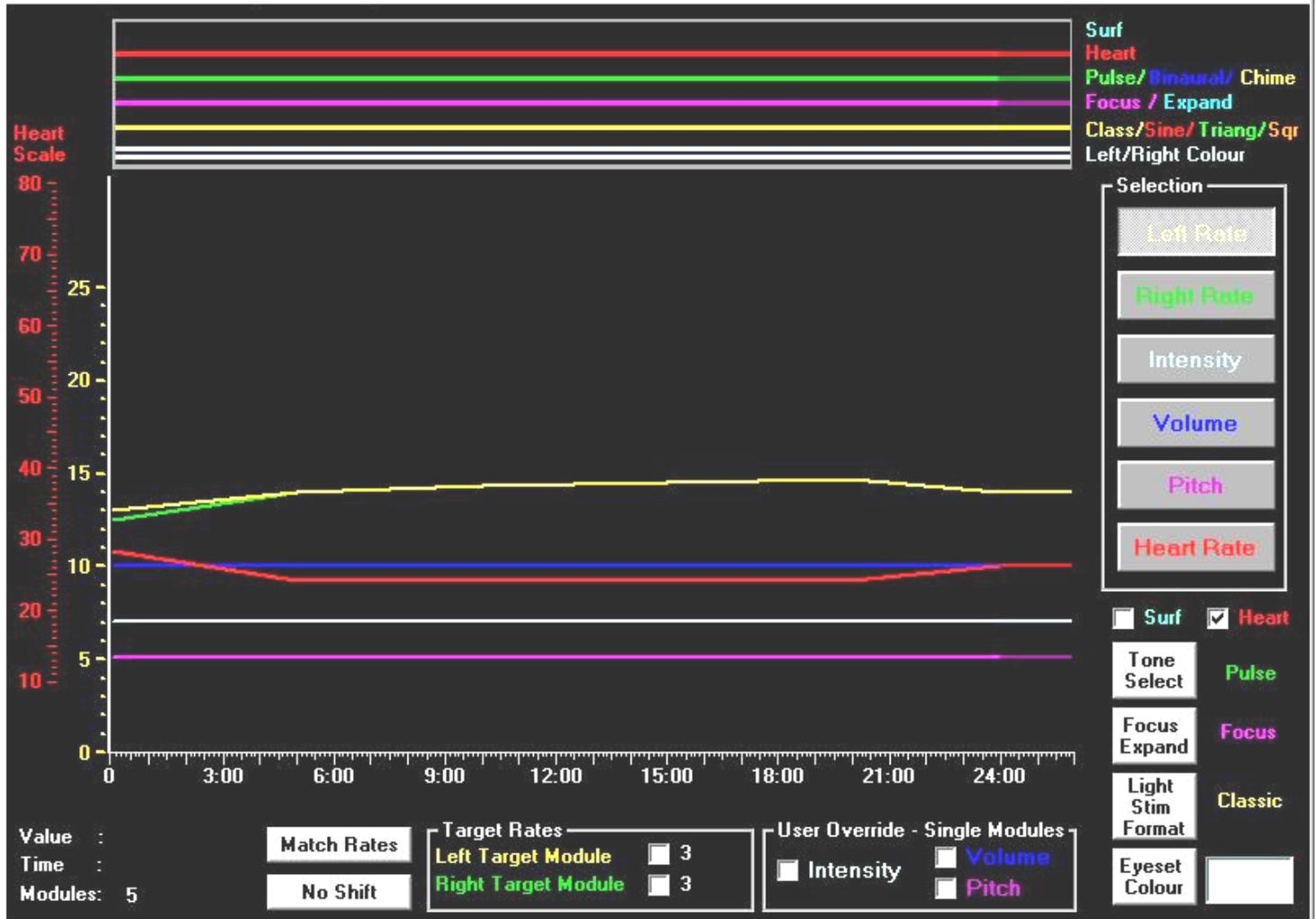
The SMR (sensory-motor rhythm) is the idling rhythm for the motor strip, which is the long thin area of the brain located at the top of the head between the ears. As SMR increases, a person's body becomes more relaxed. Hyperactive (ADHD) children have very little SMR activity. Outside of the motor strip, 12 to 15 Hz is actually considered to be low beta. Low beta (outside of the motor strip) relates to relaxed attention, as in reading or engaging in a relaxing hobby such as knitting, building a model airplane, etc. SMR has been used successfully with our View Hole Tru-Vu Omniscreen Eyesets to improve reading speed and comprehension.

Use SMR for:

- Relaxed attention.
- Quieting the body down.
- Reading with the View Hole Omniscreen Eyesets.
- Insomnia – Chatty mind but relaxed body.

Sensori-Motor Rhythm (SMR) Session 14 Hz (Delight Plus & Delight Pro – Energize 1)

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Use any time of day. If the session interferes with sleep, then use in the morning before noon. May be used in bed, upon waking. This session contains HRV for paced, relaxed breathing.

SMR for Sleep Session 14 Hz (Delight – Sleep 2; Delight Plus & Delight Pro – Sleep 4)

It is the sensori-motor rhythm that suppresses movement and feeling. It is not surprising that animals and humans produce a great deal of SMR activity within the motor strip during sleep, as SMR activity inhibits the ability to move much or to sleepwalk. Yet surprisingly, research by Peter Hauri has shown that SMR brainwave training with neurofeedback dramatically improves sleep in people who have insomnia related to a racing/chatterly mind and a relaxed body. This concept doesn't seem logical, yet it works well. AVE using SMR appears to have the same effects.



Maybe used during the day but it is primarily intended to be used at night for sleep. Use with eyes closed. It is beneficial to practice breathing for the first 10-15 minutes of the session until drowsiness sets in.

Beta Sessions – An Overview

Beta activity in the 16 to 20 Hz range has been shown to be the most effective for improving cognition (mental performance) and attention, and to a lesser degree, for reducing depression. Beta has been proven useful for clearing mental “fog” in people with chronic fatigue syndrome and fibromyalgia. There are many neurofeedback studies using beta enhancement to improve mental functioning. Our study treating seasonal affective disorder (SAD) using 20 Hz AVE showed large reductions in anxiety, depression, and carbohydrate cravings while improving weight loss. Beta AVE can really wake a person up, which is why these sessions should be used before noon. Most often, beta sessions are used after waking, usually while the user is still in bed.

Beta sessions generally fall in the range of 16 to 24 Hz but use caution when using. AVE at or above 22 Hz, as any frequency above 20 Hz may produce anxiety. Visual entrainment in general is poor above 24 Hz. Beta sessions increase arousal in normal people, whereas those with ADD/ADHD will typically fall asleep during the session.

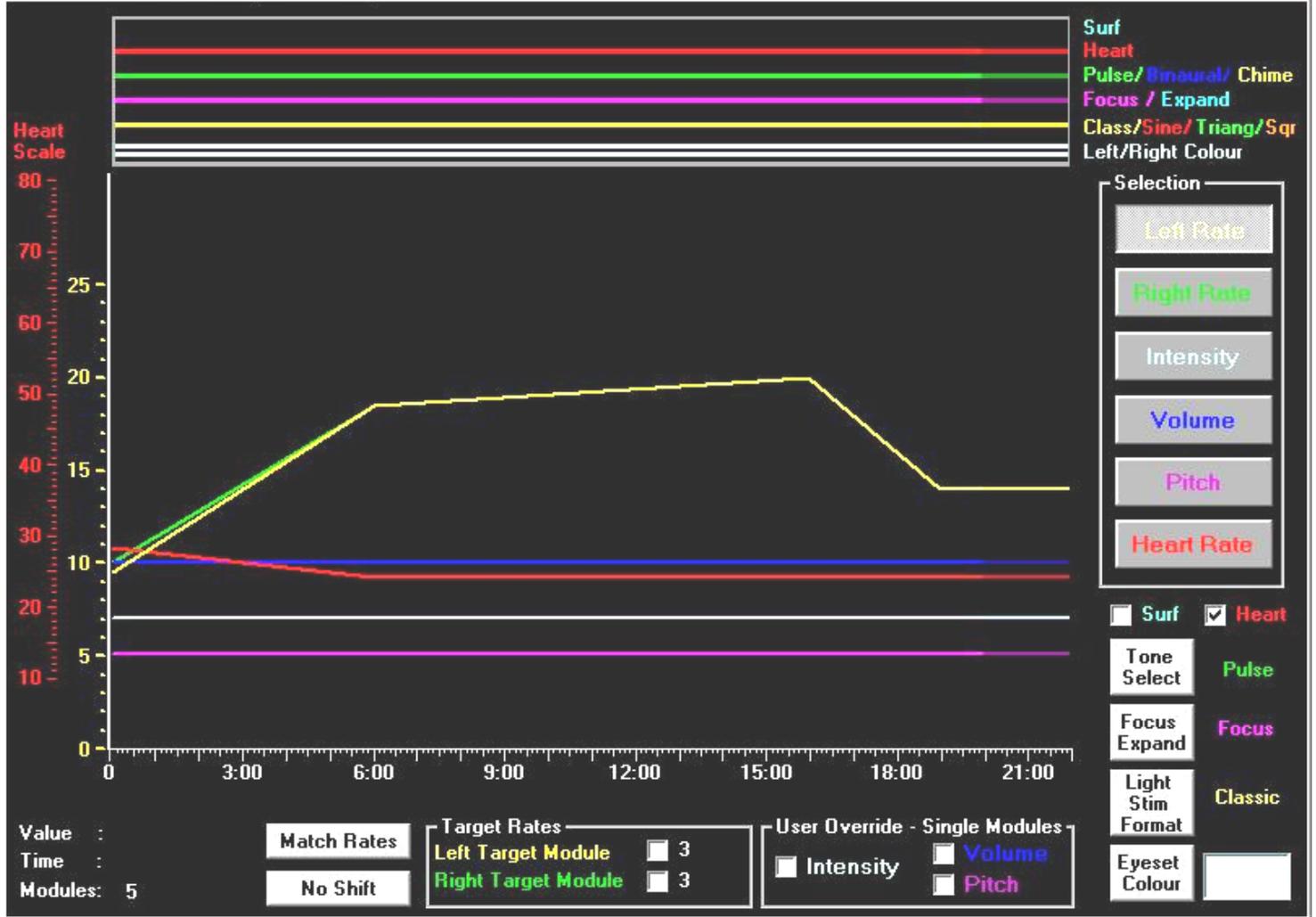
Use Beta sessions for:

- Attention.
- Increased mental performance (cognition).
- Reduced depression, particularly with SAD.

Beta Perker Session 20 Hz

(Delight – Energize 1; Delight Plus & Delight Pro – Energize 2)

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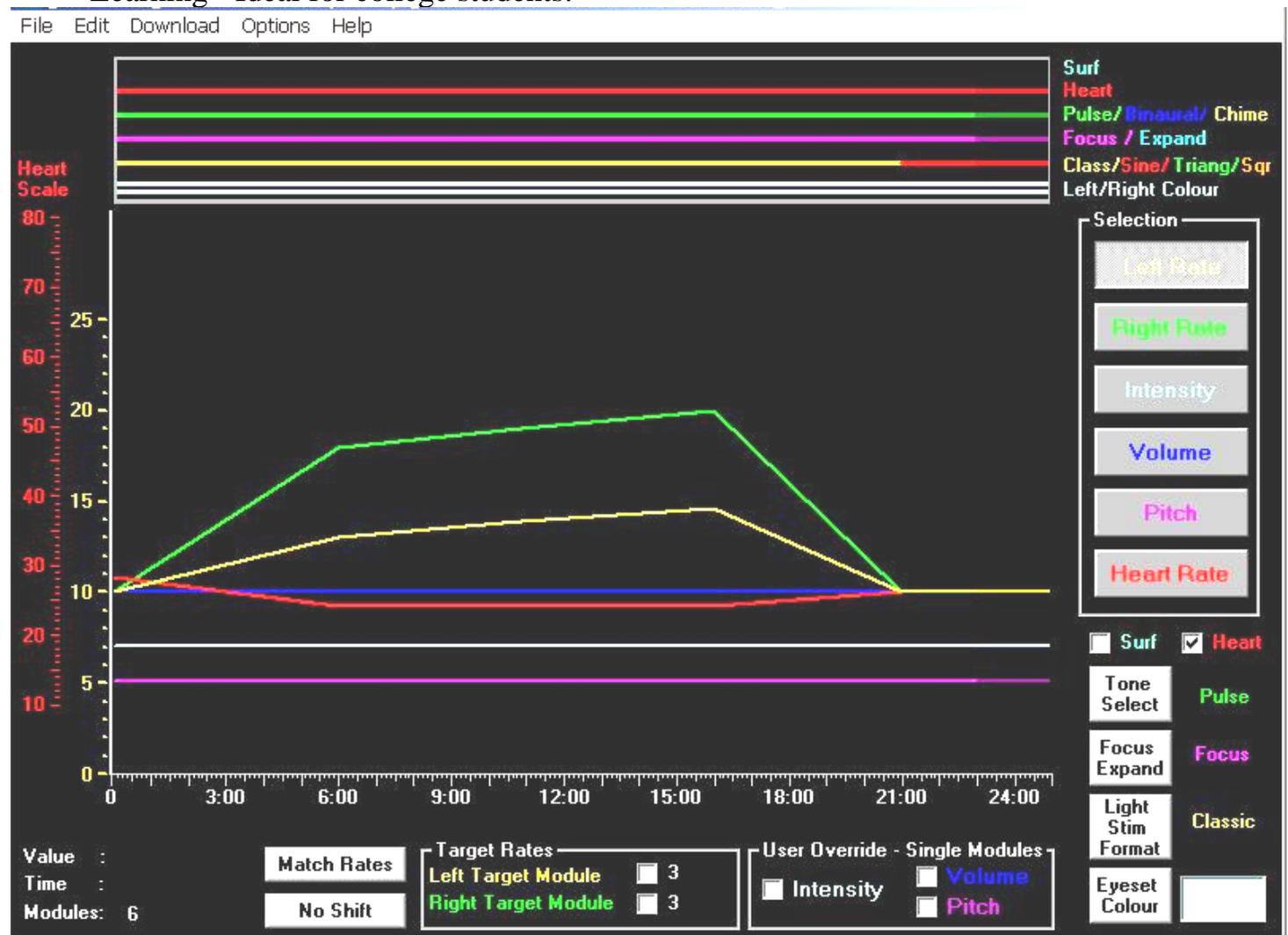
Use Beta upon waking and preferably before noon. Use in the evening only to prolong wakefulness. This session contains HRV for paced, relaxed breathing.

SMR/Beta Session Left Brain Beta/Right Brain SMR (Delight – Brain Booster 1; Delight Plus & Delight Pro – Brain Booster 2)

This session is designed based on a popular neurofeedback (NF) technique, originally developed by Joel Lubar, which uses bilateral SMR neurofeedback to reduce hyperactivity in ADHD children. We primarily used this session as the first step for treating ADD in children, and it has shown to be effective with ADD adults as well. This session is also used to improve cognition while reducing performance anxiety in people who become both anxious and have trouble being mentally sharp and attentive during challenging mental tasks.

Use the SMR/Beta session for:

- Treating ADD, particularly in adults.
- Helping sharpen the mind while reducing anxiety and hyperactivity.
- Learning - Ideal for college students.



Use this session upon waking or at any time before 3:00 PM. Use with ADD children before they wake in the morning. This session contains HRV for paced, relaxed breathing.

ADD and Learning Session Left Brain Beta/Right Brain SMR and Alpha (Delight Plus & Delight Pro – Brain Booster 4)

This session, developed by Michael Joyce from ‘A Chance to Grow’ in Minneapolis), has been used to treat thousands of children with ADD/ADHD. The study, now published in the Journal of Neurotherapy (Vol 4, No 2), used this session to treat 30 children from two schools in Minnesota. Considerable improvements in attention, impulsiveness, variability, and reaction time, as measured with the “Test of Variables of Attention” (TOVA), were demonstrated. Also, considerable improvements in reading with children with impairments in reading ability were noted (compared against a control group). More recently, a second study of 204 children with ADD from seven schools has been completed with favorable results.

Use the Joyce ADD session for:

- Treating ADD, particularly in children.
- Helping to sharpen the mind while reducing performance anxiety.
- Improving cognition in seniors.

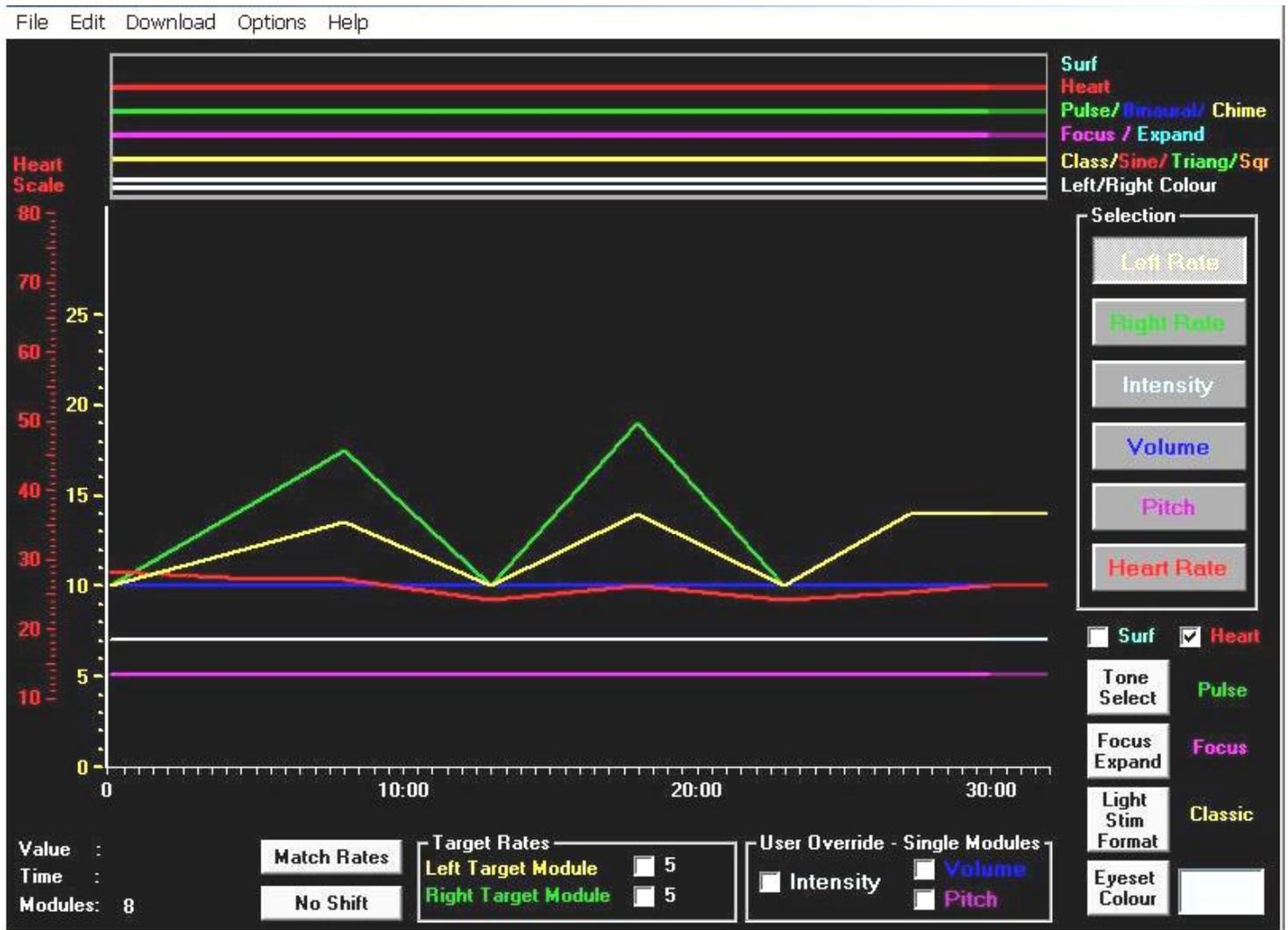
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Use this session upon waking or any time before 3:00 PM. This session is easiest to use with ADD children before they wake in the morning. If the child is awake, you can give him/her a small drink of water before the session. This session contains HRV for paced, relaxed breathing. Also consider the Brain Brightener session shown on page 9.

Brain Brightener Session Left Brain Beta/Right Brain SMR and Alpha (Delight – Brain Booster 2; Delight Plus & Delight Pro – Brain Booster 3)

This session was based on the Joyce ADD study and Tom Budzynski's study on seniors with cognitive decline, conducted in 2000 at two seniors' homes in the Seattle area. Improvements in memory, spatial and verbal performance, processing speed and accuracy were noted in the Budzynski study. This session is less dissociating than the Joyce ADD session and is generally more suitable for adults. Sample both the Joyce ADD session as well as this one and use the session you like most or alternate between the sessions for variety.



Use this session upon waking or any time before 3:00 PM. Use with ADD children before they wake in the morning. This session contains HRV for paced, relaxed breathing.

Skill/Sports Enhancement Session Alpha/Beta (Delight Plus & Delight Pro – Brain Booster 5)

This two-part session has been used for training athletes and professionals. The first 10 minutes are relaxing alpha. During this first half of the session, visualize your body/mind and imagine feeling relaxed, alert, grounded as well as any other qualities that you may require for peak-performance in the upcoming activity you are about to engage in. The latter half of the session speeds up to beta. During this time, imagine yourself doing the activity with flawless perfection and ease.



Use this session preferably upon waking, any time before 5:00 PM, or one to two hours prior to your event. Have a drink of water before using the session. This session contains HRV for paced, relaxed breathing.

Depression Reduction Session Left Brain Beta/Right Brain Alpha (Delight, Delight Plus, Delight Pro – Mood Booster 1)

Depression is usually coupled with anxiety and is evident in those who have experienced childhood or adulthood trauma. They have a unique brainwave signature where there is more frontal alpha on the left side than on the right side, leaving the “fearful” right brain in control. This session restores the left-right balance by reducing left-side alpha and increasing right-side alpha, thus restoring control to the logical left side, and reducing depression and anxiety. Lay back, relax and enjoy the session.



Use this session preferably upon waking, or any time before 5:00 pm. Have a drink of water before using the session.

Alpha Sessions – An Overview

The alpha AVE sessions within the range of 7 to 10 Hz are the most commonly used sessions. They are used for meditating, falling asleep, calming anxiety, and reducing post-traumatic stress syndrome (PTSD) symptoms. Clients, who had just suffered a panic attack, have come into our office feeling tense, pale, and exhausted. Following a Schumann session, these same clients have left feeling relaxed, calm, grounded, and stable for up to two days. Nothing settles down an irritated amygdala and hypothalamus as well as alpha AVE does. Most of the time, people fall asleep during a slow alpha (7 to 9 Hz) session.

However, as in meditation, deep relaxation and temperature biofeedback, alpha sessions can, in some cases, make the user unsettled and anxious if repressed memories begin to surface. Although this is rare, people who are “controller” types and guarded don’t generally like alpha sessions (or AVE sessions at all) because they feel a loss of their control. People who have experienced trauma also often resist “giving in” to the session, not realizing that AVE may be the best thing for them.

Alpha sessions, 7.8 Hz in particular, bring about large increases in cerebral blood flow (hyperperfusion). It’s wise to have a drink of water prior to running an alpha session. HRV is normally added to our alpha sessions to help guide breathing and release the restricted and “chesty” breathing patterns shown in tense/anxious people. In time, the user will learn to use this technique on his/her own.

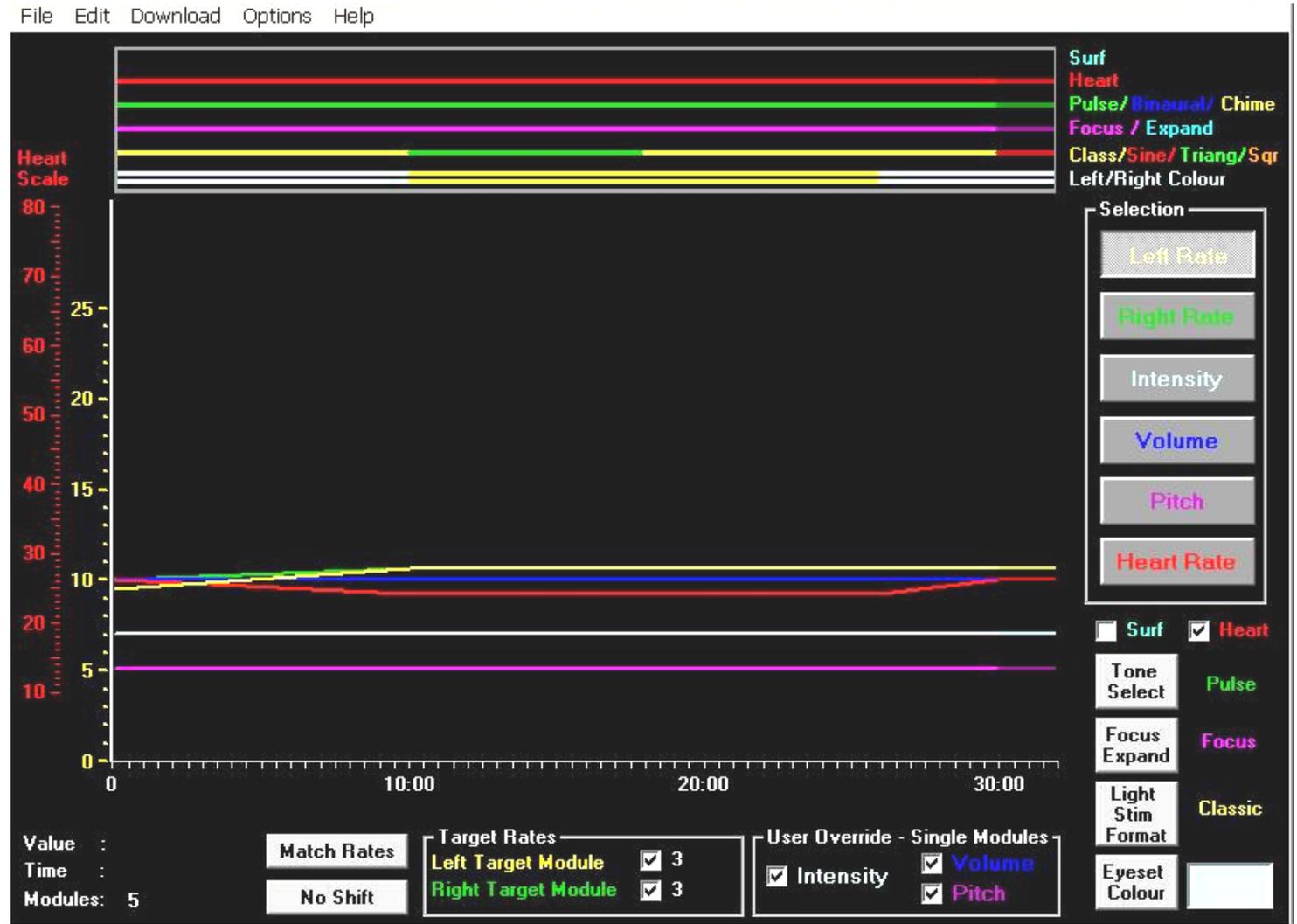
Sometimes, continued daytime use of slowed alpha sessions can make a person feel sluggish, moody and “foggy-headed”. Brain maps we have done show that slowed alpha sessions may dramatically reduce depression, but occasionally they may INCREASE depression. Presently, we don’t know how to predict which way a person will go, so make regular mental body/mind checks when using these sessions during the daytime. Nighttime use is okay because our brainwaves slide through slow alpha and theta on the way to sleep. Afternoon use is also generally okay if the user falls asleep during the session.

Dissociation is also added to most of our alpha sessions. Dissociation, or the mental loss of body awareness and thoughts, is the first part of any meditation as it cuts through unsettling, obtrusive thoughts, and mental chatter. All sessions have a natural element of dissociation just by the very nature of AVE. However, extra “chatter” reducing dissociation is achieved by using two slightly different frequencies during the first portion of the session.

Natural alpha and theta vary somewhat from person to person. Feel free to experiment with the sessions and pick the one or two that you experience the most benefits from. Unless you have had a really rough night, or you are in the midst of a traumatic event, avoid using alpha in the first few hours after waking.

“Wise Guy” Alpha Relaxer Session 10.6 Hz (Delight Plus & Delight Pro – Meditate 1)

It has been well documented that people with higher frequency alpha brainwaves are high functioning and intelligent. By stimulating at 10.6 Hz, we can “tug” the brainwaves into a higher state and hopefully improve IQ. Use this session for an afternoon meditation/relaxation break. Following the session, users typically report that they return to a relaxed and calm, yet mentally focused, mind state.



Use this session preferably a few hours after waking, or any time later in the day. Have a drink of water before using the session. This session contains HRV for paced, relaxed breathing.

Healthy Alpha Relaxer Session 10 Hz (Delight – Meditate 1; Delight Plus & Delight Pro – Meditate 3)

Healthy alpha brainwaves are at 10 Hz; use this session to restore natural alpha brainwaves or for an afternoon meditation/relaxation break. Following the session, users typically report that they return to a relaxed and calm, yet mentally focused, mind state.



Use this session preferably a few hours after waking, or any time later in the day. Have a drink of water before using the session. This session contains HRV for paced, relaxed breathing.

Extended Deep Alpha Relaxer Session 8.4 Hz (Delight Plus & Delight Pro – Feeling Better 4)

This session is designed for use during visits to your dentist, chiropractor, and massage therapist or for long waits in a car, plane, etc. It is intended to bring the user into deeper states of mind than with the healthy alpha program, but not too deep where entrainment is more difficult to achieve, particularly in noisy, semi-active environments. Studies, by Bernard Margolis, Donald Morse, Arturo Manns and Norman Thomas, and Dave Siever, have shown slower heart rates, lowered anxiety, relaxed jaw muscles and reduced use of anesthetics, such as Novocain, during dental visits when using AVE.



Use this session for a “power meditation” and during dental, chiropractic, massage, or other appointments where relaxation would be an asset. This session is 80 minutes long and is intended to run continuously during these appointments. Have the clinician/therapist select the “soft off” function when they are finished their work, allowing you to gently return to a conscious state.

Schumann Resonance Session 7.8 Hz (Delight Plus & Delight Pro – Meditate 4)

The Schumann Resonance is the frequency that electro-magnetic waves travel around the earth's ionosphere, which is an average of 7.8 Hz. Interestingly, PET scans of photic stimulation by Fox and Raichle show that maximal cerebral blood flow in the back of the brain occurs at 7.8 Hz. Studies of advanced Zen meditators, by Maxwell Cade, show that peak EEG during meditation is also at 7.8 Hz. These findings inspire the question of whether humans are synchronized to the Earth's natural electro-magnetic resonance, and if televisions, cell phones, etc. interfere with this resonance. The Schumann Resonance is also at the alpha-theta border, where lucidity and insights from the subconscious may be stirred. Occasionally, I will see a client with repressed memories become anxious during a Schumann session or during other sessions in the 5 to 8 Hz range.



Use this session preferably a few hours after waking, during breaks at work, or any time later in the day. This session speeds up at the end (to help wake you up) and is NOT meant for sleep. This session contains HRV for paced, relaxed breathing. Note that the breathing pace also speeds up at the end of this session.

Extended Schumann Resonance Session 7.8 Hz (Delight – Meditate 2; Delight Plus & Delight Pro – Sleep 1)

Read about Schumann Resonance on page 16 for a further understanding. This session is based on the neurofeedback study by Peter Hauri. It has proven itself to be particularly useful in helping insomniacs sleep (especially those who are physically tense and anxious or have “chatter” minds). It has also been shown to be very successful in helping people with imbalanced circadian rhythms (primarily those with chronic fatigue and fibromyalgia syndrome), to get some sleep. The first 10 minutes incorporate dissociation to help dissolve mental chatter. This session may be used for an afternoon meditation. It does not speed up at the end, allowing the user to wake up naturally.



Use this session at bedtime and fall asleep while the session is running. Also use this session for a long, deep afternoon meditation. May be used following traumatic events. Evening use (prior to bedtime) is not recommended as the user may get an energy boost an hour or two later. Have a drink of water an hour or more before using this session at bedtime. Have a drink of water before an afternoon session. This session contains HRV for paced, relaxed breathing.

Alpha/Theta Session Left Brain 6 Hz/Right Brain 10 Hz (Delight Plus & Delight Pro – Sleep 3)

The alpha/theta session is also popular among those who have difficulty falling asleep. If you are tense and have a racing mind, consider using session as another to assist sleep. It may also be used as a deep afternoon session.

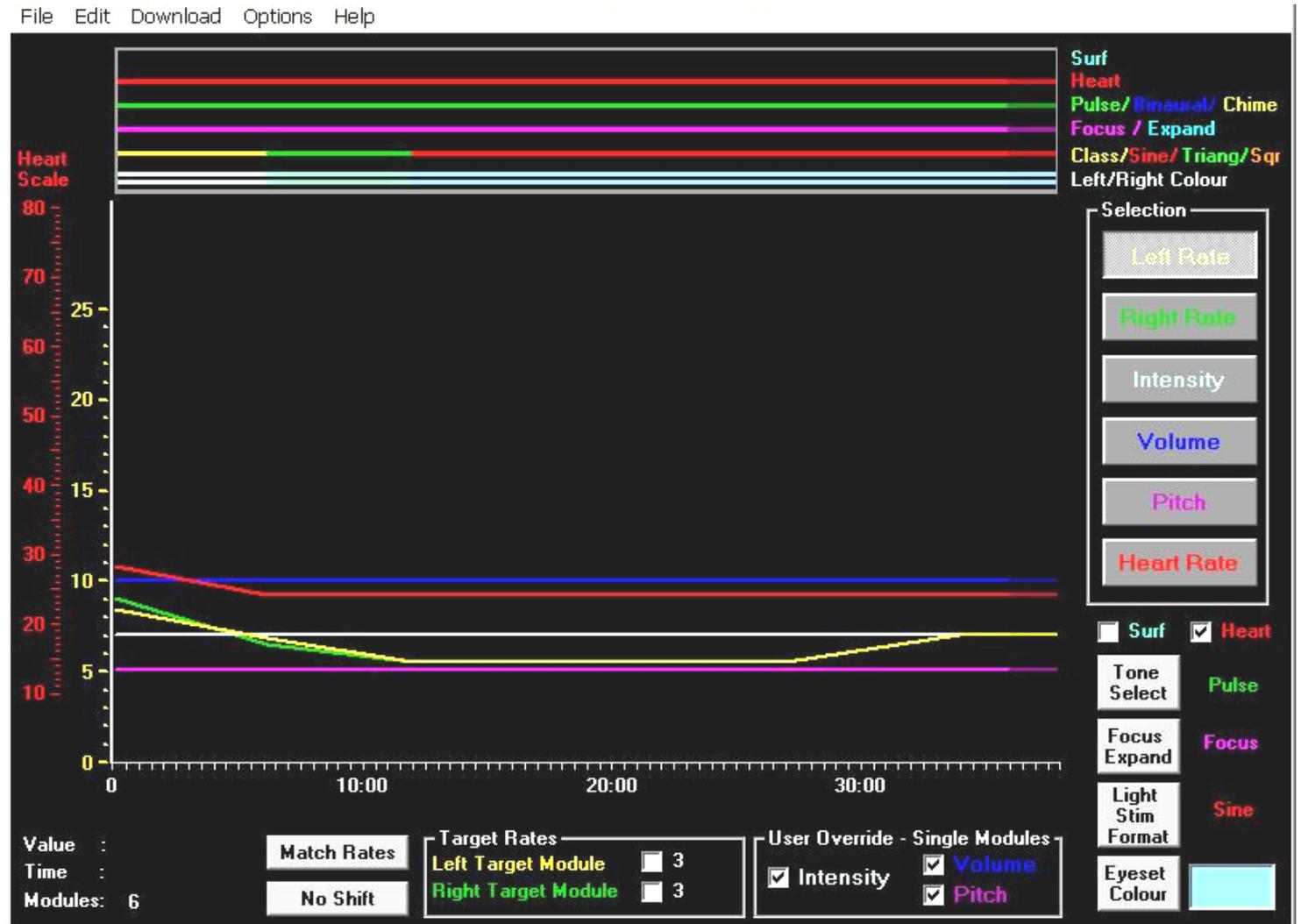


Use this session primarily for sleep or as a deep afternoon meditation.

Theta Sessions – An Overview

Theta brainwaves occur at 5 to 7 Hz. Theta is the mind state most associated with REM sleep and marginal lucidity, just above sleep. We all slip into theta a few minutes before we fall asleep. Theta is very difficult to maintain, as most people will fall asleep while in theta. Avoid the use of theta with those who have chronic fatigue syndrome, fibromyalgia syndrome, or closed-head injuries.

Theta Hemistep Session 5.5 Hz (Delight – Sleep 1; Delight Plus & Delight Pro – Meditate 5)



Use later in the day and for sleep.

Other Sessions

Meditate to Sleep Session 8 Hz down to 3 Hz (Delight Plus & Delight Pro - Sleep 2)

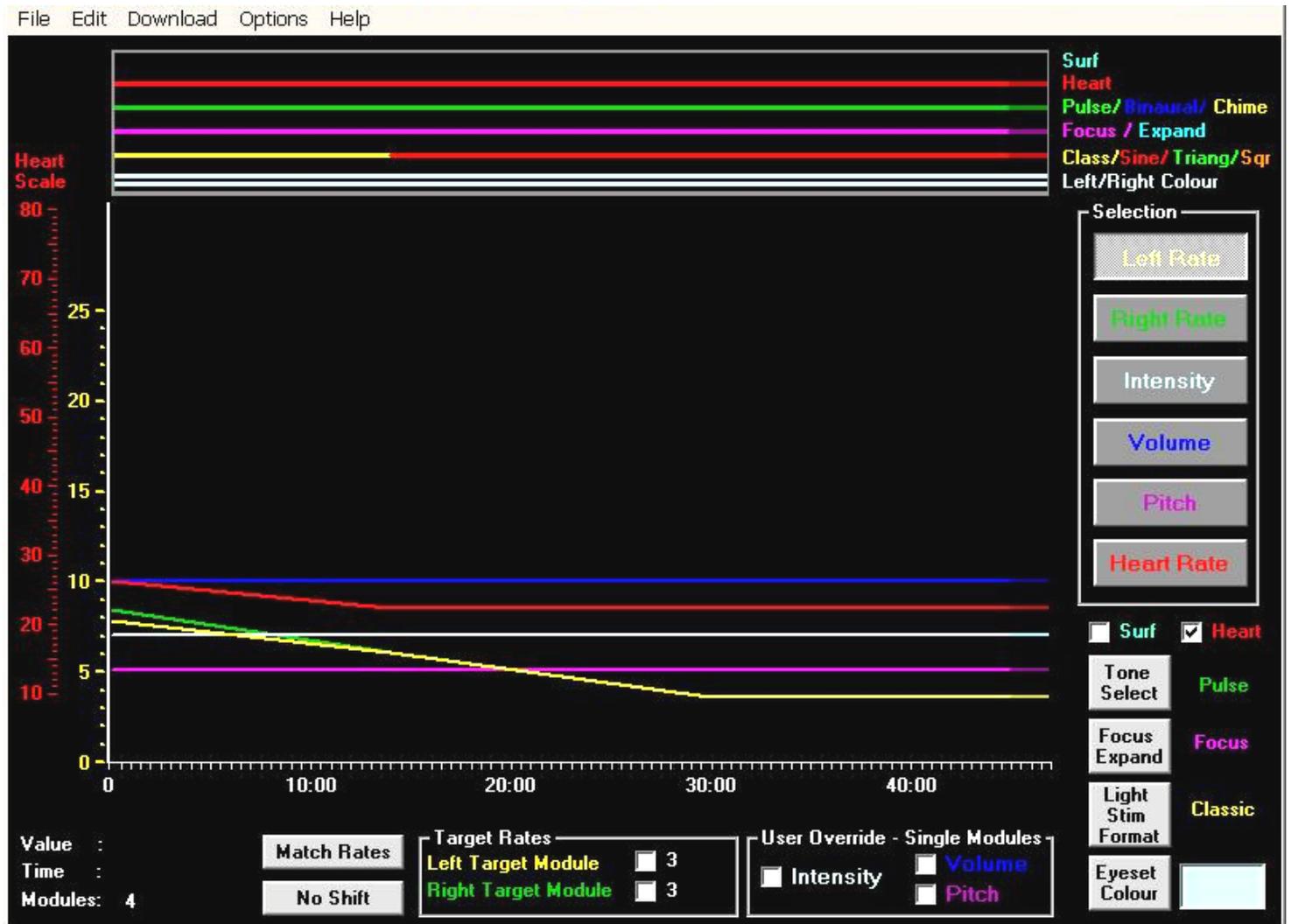
This session combines the qualities of pre-sleep lucid meditation with delta. It is particularly useful for those who are anxious and experience pain. Relaxation techniques, such as progressive relaxation and autogenic training, may be used or the techniques may be combined with biofeedback devices to assist in relaxation.



Use at bedtime. Practice relaxation, meditation, breathing, and hypnosis and/or imagine positive, peaceful thoughts during the first half of the session. Let your mind drift as the session slows down.

Delta Session 3.5 Hz (Delight Plus & Delight Pro - Sleep 5)

This session proves to be very helpful in assisting with sleep for those with fibromyalgia and chronic pain, according to our fibromyalgia study from 1998.



Use this session only at bedtime.

Sub-Delta Session 0.5 – 1 Hz (Delight Plus & Delight Pro – Feeling Better 3)

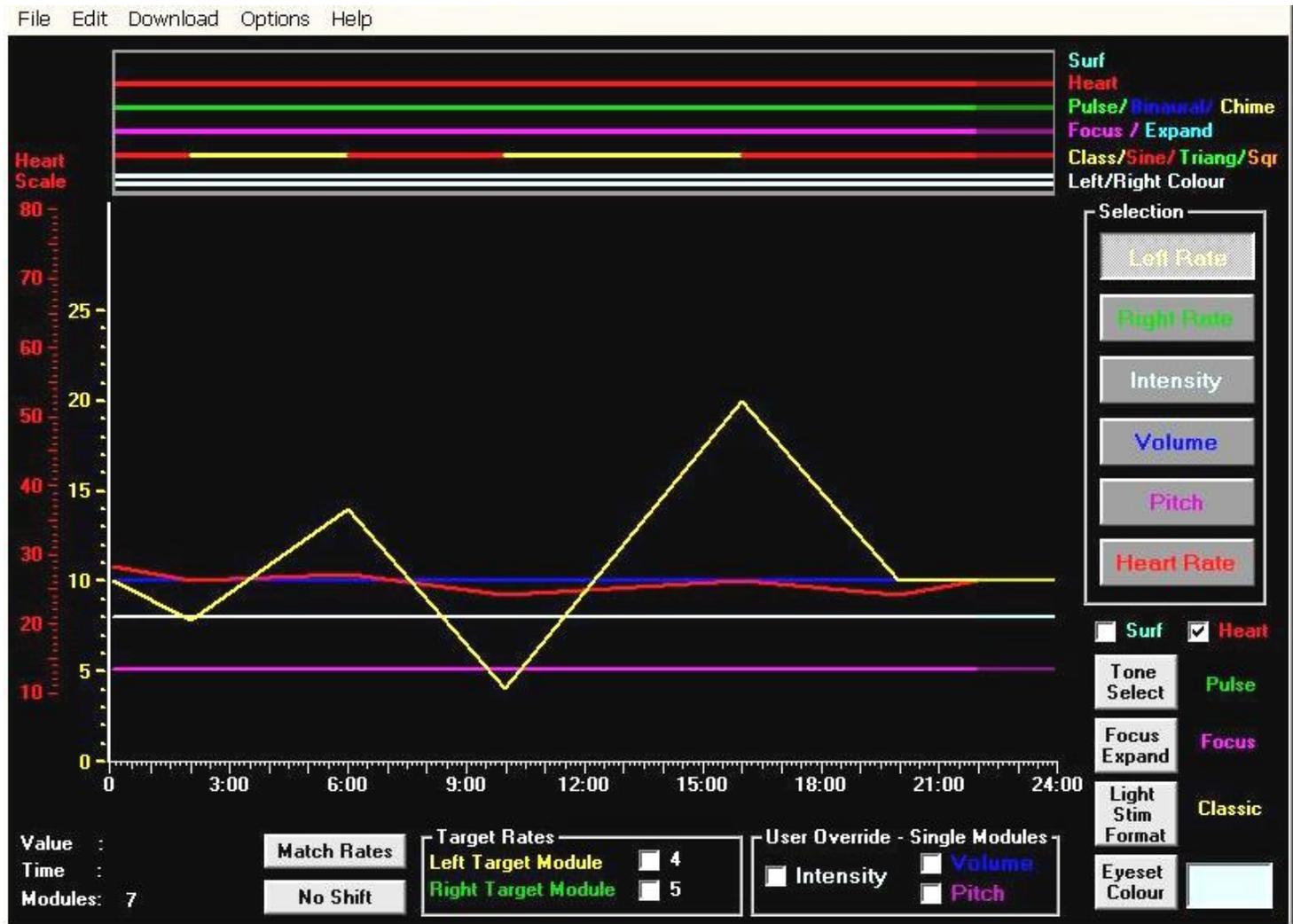
Sub-delta has been used for the control group in most of our studies. It is a powerful, yet perplexing session. Surprisingly, sub-delta has shown powerful calming and restoring effects on about 20% of those who have chronic pain and fibromyalgia. It also produced significant reductions in hypertension in our blood-pressure study. We hypothesize that sub-delta calms the brain structures known as the amygdala and the hypothalamus. The small structures are primarily involved in activation of the flight-or-fight response and the representation of fear in bodily responses (such as sweating, blood-pressure, vasoconstriction – as in cold hands and feet and muscle tension). These structures do not show any rhythms but show potentials in the sub-delta to theta range.



Contrary to what would seem logical, sub-delta may be used at any time of day. Feel free to practice slow breathing if desired.

Mental Flexibility Session – Flex Your Neural Muscles (Delight Plus & Delight Pro – Energize 4)

This approach is not commonly used but has shown some promise with people who are “stuck.” People with fibromyalgia have benefited from this session, as well as people who are rigid in their thinking, and those who feel anxious and yet fatigued at the same time.



It is best to use this session before 3:00 pm. Following the session, do something unusual for you (take a walk, tackle a crossword puzzle, draw a picture, sing a song, call a long-time friend, attend a live theatre play, etc. or some other activity you haven't done in a long time.)

Lucid Dreaming with Sound Sync Sessions (Delight – Sound Sync Sessions)

Sound-Sync is “modulated” by any audio source (music or speech). Audio causes the frequencies to speed up and slow down by a small amount, just enough to maintain lucidity and have amazingly realistic dreams to the audio source. These small changes in frequency produce a myriad of intriguing visual and auditory sensations that keep the user more conscious and lucid than with a standard session. The user will experience incredibly conscious dreams that, at times, are like real life itself. The dreams may be used to gain insights for problem solving, engineering designs, and for boosting creativity in designing art, music, and prose. Sound Sync far outperforms theta sessions for creativity enhancement. Shown below is a typical lucid dreaming session generated from a music CD.



Use this session any time of day with your favorite music/hypnosis CDs or MP3s and enjoy a fascinating mental “journey.” Involve all of your senses. Touch and feel different textures and slight changes in temperature, be aware of the smells, sounds and ambiance of the places where you travel during this “journey.” The session ends when the music or speech ends and becomes quiet.

Working with Children

- 1) It's very helpful to assess behavior every couple of weeks. The best and easiest way is with the Conner's ADD Rating Scale for parental use, the Burk's Behavior Index, or other behavior indexes. Never look at a previously filled out questionnaire until the present one is completed, then compare notes. This approach is not perfect, but it will help to more *objectively* assess the child's behavior and lessen the influence of the moods of the parent(s) and his/her beliefs about the child's behavior.
- 2) Many well-meaning parents get into yelling matches and disciplinarian mindsets with their ADD/ADHD children, particularly if the child also has oppositional defiant disorder (ODD). These children can be particularly distressing to parents, and at times, even drive some of them "stark-raving" mad! This parental backlash can invoke anxiety in both the parent and child, making the family dynamics even more difficult and stressful than usual.
- 3) The symptoms of anxiety are much the same as ADD: inattention, impulsiveness, and hyperactivity. Therefore, it is important to pay close attention to the family dynamics, noting to what degree family-related anxiety and true ADD symptoms are present. It is extremely important that the parent(s) plan for a smooth, relaxed lifestyle. It is easy to get caught up in the hectic pace of life so schedule relaxed family time (movies, walks in parks, etc.) and also make personal time to relax. I have witnessed parents working long hours to get the nice car, pay down the mortgage, get the time-share resort condo, buy a nice boat and so on. While these things are nice to have, the family may pay a far greater price than the parent(s) may realize. When the pace is too hectic, everyone in the family pays a costly price, especially when there is a child with special needs.
- 4) If anxiety is present, then both the parent(s) and the child should use the alpha (10 Hz) or slow-alpha (7 to 9 Hz) sessions, such as the heart-rate variability (HRV) Schumann and the HRV 10 Hz alpha sessions. These sessions are meant to be used while awake although it is fine to fall asleep. See page 3 for more information about HRV.
- 5) If the child or parent experience difficulty falling asleep, the "Dissociative Schumann" is particularly effective in bringing about the onset of sleep. This is mainly due to the "dissociative" aspect of the session. The alpha /theta session also works well.
- 6) After a week or two of using AVE and the child is more relaxed, it is time to begin the morning sessions. These sessions are higher in frequency and are meant to stimulate the brain to a higher level of arousal. It is best to use these sessions before noon (and for the oppositional children, it's best to run the session before they wake up and are not yet in an oppositional state of mind). The early morning AVE session is generally the most convenient approach for most parents and children.

- 7) If the child is quite anxious by nature, begin with the SMR session for a week or two and observe the child daily. As the child responds, increase the stimulation to either SMR/Beta, the Brain Brightener or the Joyce ADD session. The Joyce ADD session may be the better choice if the child doesn't seem to become "absorbed" in the session. Watch to see if the child is squirming or playing with his/her fingers or has shallow breathing. Breathing should become deep, slower, and relaxed. Sessions may be alternated for variety. It can be also helpful to use a CD of relaxing music or nature sounds during the session. Do not play pop, rock or country music along with the session, and mainly use music without lyrics.
- 8) Results normally begin to appear within a week or two and improvements should continue to show for a few months, after which the improvements will begin to taper off. The number of AVE sessions needed to produce maximal improvements seems to correlate fairly closely with that of neurofeedback, where most of the gains will have been made in about the first 40 sessions. Sometimes children may be weaned down to just one session per week or even none at all, while others must maintain continued frequent use.

Using AVE for Sleep

Sleep issues have many causes, and careful screening is required in order to provide the best treatment. Many of the causes include:

- Tension and anxiety
- Mental chatter, relaxed body
- Mental chatter, tense body
- Depression
- Vitamin D deficiency
- Self-disrespect
- Alcohol abuse
- Environmental noise
- Pain
- Apnea
- Allergies
- Hypothyroidism
- Chronic Fatigue / Fibromyalgia
- Out-of-control life situation

AVE has been shown to be effective in promoting sleep from the following causes:

Depression and anxiety	Use the Feeling Better session in the morning and an alpha session in the afternoon or at bedtime.
Mental chatter, relaxed body	Use an SMR session at bedtime. If this doesn't help, use the sessions suggested above.
Fibromyalgia	Use a delta session at bedtime.
Environmental noise	Use a Schumann Resonance, alpha-theta, or theta session. Hemistep sessions may work better. Select the "surf" or binaural beats to block out any background noise.
Chronic Fatigue / Fibromyalgia	Use a Schumann Resonance, State Five Meditation, or theta session. Use a beta session, mood booster, or brain booster upon waking in the morning to balance circadian rhythms.

These sessions are useful for improving sleep; however, counseling and/or medical intervention may also be required.

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