

## **INTRODUCTION**

You have purchased the most innovative, high quality audio-visual entrainment device available on the market today. The DAVID PAL36 combines the necessary principles of audio/visual stimulation and cranial electrical stimulation to safely and effectively guide the user into desired states of consciousness and maximum brain functioning. We are confident you will find using the DAVID PAL36 not only an enjoyable, relaxing experience, but also beneficial as you explore heightened states of consciousness and personal awareness.

The DAVID PAL36 is non-invasive and no electrical current is passed through to the user. All resulting effects are produced in the brain solely by audio-visual stimuli. The portability of the DAVID PAL36 lends itself to easy travel (airport X-ray machines will not harm the DAVID PAL36).

**In order to obtain maximum enjoyment and benefits from your DAVID PAL36, please read this operator's manual thoroughly.**

## **COMPONENT LIST**

- (1) DAVID PAL36 - Serial Number \_\_\_\_\_
- (2) Tru-Vu Omniscreen™ Eyeset (U.S. Patent 5,709,645)
- (3) Headphones
- (4) Stereo Patch Cord
- (5) Carry Bag
- (6) 9-Volt Alkaline Battery
- (7) DAVID PAL36 Operator's Manual
- (8) Warranty Card

## **OPTIONAL ACCESSORIES FOR DAVID PAL36**

- (1) 9-Volt Adapter
- (2) DAVID Session Editor
- (3) Two-User Package (includes: eyeset, headphones, splitter cords)
- (4) View Hole Omniscreen Eyesets

**If you have any questions, require assistance, or wish to receive information on new product developments and research currently being conducted at Mind Alive Inc., visit our website at [www.mindalive.com](http://www.mindalive.com) or call toll free at 1-800-661-MIND(6463). Outside Canada and the U.S. call (780)465-6463.**

## WARNING

**If you are an epileptic or photic epileptic:** We recommend that people with a history of epilepsy and/or photic epilepsy **not** use the DAVID PAL36 unless under the supervision of a medical doctor.

**If you are taking drugs or using alcohol:** We recommend that people currently using drugs (prescription or recreational) and/or excessive alcohol consumption consult with their doctor before using the DAVID PAL36.

**If you are a first-time DAVID PAL36 user:** We advise that you always remain seated or reclined while using the DAVID PAL36. We also suggest that new users always begin sessions with low intensity (brightness) in the eyesets. If at any time during a session, you begin to feel vertigo, nausea, or a sense of mental instability, lower the intensity of the eyesets and lower the volume of the tones or **discontinue the session**.

## PRECAUTIONS

**Traumatic Childhood Experiences** - The DAVID PAL36 can cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

**Somnatic Shock** - If abruptly returning to a normal conscious state, a mild case of somnatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a headache. All preset sessions in the DAVID PAL36 are programmed to end with the lights fading out (Soft Off™) to avoid somnatic shock.

**Orthostatic Hypotension** – Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

**Refer to “*The Rediscovery of Audio-Visual Entrainment Technology*” (available from Mind Alive Inc.) for more detailed information.**

## WARRANTY

The DAVID PAL36 is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the DAVID PAL36 for service are the responsibility of the customer.

**To activate your warranty, return the enclosed warranty card to Mind Alive Inc., 9008 - 51 Avenue, Edmonton, Alberta, Canada, T6E 5X4, or you can register online at [www.mindalive.com/registration.htm](http://www.mindalive.com/registration.htm)**

This warranty does **NOT** cover:

- shipping damage
- damage caused by re-charging batteries
- damage caused by accidents or by other than normal use
- improper battery installation and/or charging
- cords for headphones and Omniscreen™ eyeset
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person opening the DAVID PAL36.

**Should your DAVID PAL36 require repairs, you must contact our service department at 1(800) 661-MIND (Canada and U.S. only) or (780) 465-6463 to obtain a warranty/repair authorization number and important shipping instructions.**

**When returning your DAVID PAL36**, be sure to surround the DAVID PAL36 with at least one inch of tight packing on all sides in a strong carton. Neither Mind Alive Inc. nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton "**FRAGILE, HANDLE WITH CARE**". Include a copy of your sales receipt and a brief written description of the problem. All postage, insurance and shipping costs incurred in returning the DAVID PAL36 for service are the responsibility of the customer.

**FOR UNITED STATES AND INTERNATIONAL CUSTOMERS:**

**Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer.** Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on **ALL** shipping documents **“RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY”**.

**DISCLAIMER OF LIABILITY**

Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the said DAVID PAL36 whether wilful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the DAVID PAL36, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the DAVID PAL36 either at the premises of Mind Alive Inc. or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

## THE DAVID EXPERIENCE

Welcome to the experience of the DAVID PAL36, a digital audio-visual entrainment (AVE) device, designed to support you in your quest for wellness by promoting various areas of the brain to work together in a harmonious fashion. Through the use of AVE, you may experience yourself in a new and beneficial way.

Many users of the DAVID PAL36 experience:

- deep relaxation while feeling more energized
- visual images, colors and patterns
- the sense of feeling “grounded” and calm
- increased mental clarity for resolving problems
- enhanced interpersonal relationships

How and why do these sensations occur? Several changes take place during and following an AVE session:

The first aspect of AVE involves dissociation. Dissociating is the first step towards effective clearing of the mind and meditation. This clearing of thoughts and loss of body awareness is similar to what a Zen mediator would experience.

Secondly, cerebral blood flow increases. Most cognitive and emotional disorders involve areas of the brain that are low in blood flow. A study by Fox and Reichle showed AVE increased cerebral blood flow up to 28%.

Thirdly, EEG activity changes. The concept of entrainment is about altering brainwave activity. Quantitative EEG (QEEG) studies have confirmed the normalization of brain activity following an AVE session. Aberrant brainwave activity in various conditions such as depression, anxiety, ADD, seasonal affective disorder, chronic fatigue, etc., may be restructured into healthier patterns.

### **Recommended Reading:**

- *Change Your Brain, Change Your Life* - Daniel Amen
- *The Rediscovery of Audio-Visual Entrainment Technology* - Dave Siever
- *Getting Started with Neurofeedback* – John Demos
- *The AVE Session & Protocol Guide for Professionals* - Dave Siever

## HEART RATE VARIABILITY (HRV)

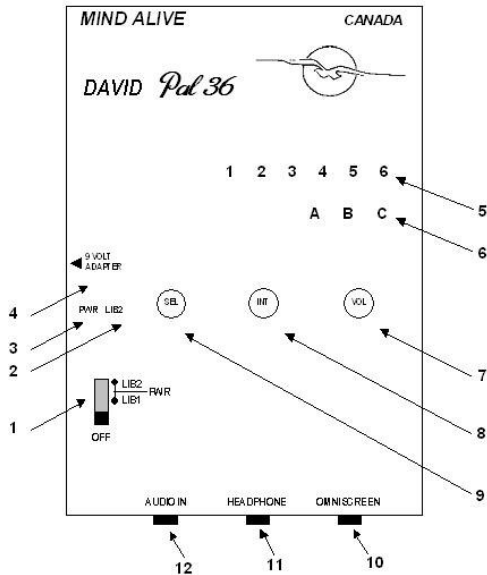
Long, graceful breathing cycles have long been used as part of meditation. Scientifically, this technique has been analysed and shown to settle down a stressed autonomic nervous system. Both sympathetic (flight-or-fight) activity and para-sympathetic (the brain's efforts to compensate) activity settle down dramatically using controlled, slowed deep breathing techniques.

The heart speeds up with every breath in and slows down with every breath out. This difference in heart rate is called Heart Rate Variability (HRV). For example, a relaxed person using controlled breathing may have a heart beat of 80 beats per minute while breathing in and as low as 65 beats per minute while breathing out. The difference or "swing" is about 15 beats per minute (bpm). When people get stressed, their heart typically clamps as low as 5 bpm HRV and spikes sometimes as high as 30 bpm HRV. This is abnormal activity and is rough on the heart.

The HRV technique used in the DAVID PAL36 is based on a 10 second breathing cycle (six breaths/minute, by inhaling slowly for 5 seconds and exhaling slowly for 5 seconds in an easy, relaxed breath). **When using HRV paced breathing, listen to the heartbeat generated by the PAL36 through the headphones. Inhale for two heartbeats and exhale for two heartbeats (not your own heartbeats!).** All PAL36 sessions begin at seven breathing cycles/minute (28 heartbeats/min) and slow to six breaths /minute (24 heartbeats/min). This allows the user to breathe a little faster at the onset of a session until he/she has had time to relax.

# DAVID PAL36 DIAGRAMS

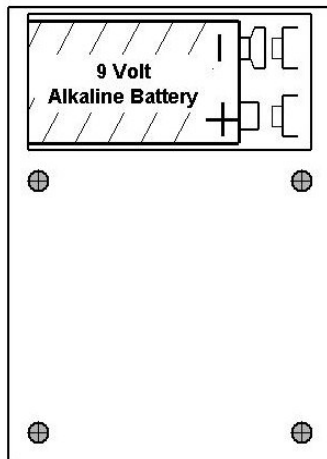
Figure 1 – Front Panel



- (1) **Power Switch (OFF/PWR/LIB1/LIB2)** – Set to PWR to turn the PAL36 on and to select Library 1 (LIB1) sessions or Library 2 (LIB2) sessions.
- (2) **Library 2 Light (LIB2)** – Indicates that sessions in Library 2 have been selected.
- (3) **Power Light (PWR)** - Indicates that the PAL36 is on or in standby.
- (4) **9-Volt Adapter Jack** – Insert adapter plug into adapter jack (use a 9-volt adapter with 1.3 mm plug and centre positive).
- (5) **Session Number Lights (1 - 6)** – Indicates the session number. They are also used to display the battery power, intensity, and volume levels.
- (6) **A B C Indicator Lights** - Indicates the session number.
- (7) **VOL Button (Volume)** – *Note: button raised to guide you in locating with eyes closed during sessions.* Use to increase or decrease the volume of the tones. Also used to clear most recent played sessions.

- (8) **INT Button (Intensity)** – *Note: button raised to guide you in locating button with eyes closed during session.* Use to increase/decrease intensity of the lights in the eyeset.
- (9) **SEL Button (Select)** – Use to select session while sessions are scanning. During a session, use to select tone – Pulsed Tone, Binaural Beats, Chime, or to turn all tones off. Also use to turn heartbeat sound on or off.
- (10) **OMNISCREEN Jack** - Insert Omniscreen eyeset plug into OMNISCREEN jack. Use the patch cord with the small 2.5 mm plug.
- (11) **HEADPHONE Jack** - Insert headphone plug into HEADPHONE jack.
- (12) **AUDIO IN Jack** – Use to listen to music during a session. Also use to download or erase a session with the DAVID Session Editor. Plug one end of the patch cord with the larger 3.5 mm plug into the headphone output of your CD player, computer or MP3 player and the other end into the AUDIO IN jack of the PAL36.

Figure 2 – Back



**Battery Compartment** - Install 9-volt battery into battery compartment as shown.



## **OPERATING INSTRUCTIONS**

For best results, we recommend that you drink a glass of water 15 minutes before a session. Ensure that your environment is conducive to relaxation. For example, be sure that you will not be interrupted, you are wearing comfortable clothing, there is no excessive noise and the room is set at a comfortable temperature. You should be sitting down in a reclined position or lying down. Although you may keep your eyes open or closed, most people enjoy the sessions with their eyes closed.

### **Turning DAVID PAL36 On and Off**

To turn the PAL36 on, slide the switch to the PWR (either LIB1 or LIB2) position. To select a session from Library 1 sessions, set switch to LIB1. To select a session from Library 2 sessions, set switch to LIB2. To turn the PAL36 off, slide the switch to the OFF position. The green PWR light will remain dimly lit reminding you to turn the PAL36 off.

### **To End a Session Early Using Soft Off™**

Press and hold the INT and VOL buttons. When you select Soft Off™ the indicator lights will scroll from 6 to 1 to confirm that Soft Off™ is in progress. Soft Off™ will take 2 minutes to complete.

### **Battery Power Level**

As soon as the PAL36 is turned on, the battery power level will show on the lights from 1 to 6. If the power level is 1, then the battery is too low to operate the PAL36, and it will automatically go into standby. If the power level is 2 or less, the battery may not have enough power for the entire session. If the battery power gets too low during a session, the session will end early with Soft Off. The number indicator lights will scroll from 6 through 1 to indicate that Soft Off has begun and the power indicator light will flash. Replace the battery or use an adapter, if battery power level is at 2. If you have the PAL36 plugged into a 9-volt adapter, the power level will always show a power level of 6.

### **Selecting a Session**

The PAL 36 has 30 preset sessions. They are organized in two libraries (LIB1 and LIB2). Refer to page 13 to select a preset session. As soon as the PAL36 is turned on, the last three sessions selected displayed (including whether they were from LIB1 or LIB2). Then the PAL36 will start to scroll through each of the preset session numbers starting with bank “A” (A1, A2, A3, etc.). After the “A” sessions, the PAL36 will scroll through the “B” sessions, and then the “C” sessions. When the desired session lights up,

press SEL. If you prefer a session from group “B” or “C”, wait for the “A” group to finish and the “B” group will scan, followed by group “C”. Pressing the INT button will allow you to scan through the sessions faster. If LIB2 sessions are being selected, the LIB light will be on. Once a session has been selected, the session number will flash a few times, then scroll from 1 through 6 to indicate Soft On. The eyeset lights and headphone volume will start low and gradually increase over ten seconds until the levels reach the preset settings of intensity and volume (Soft On). This allows you time to put on the eyesets and headphones. During the remainder of the session, the session light (eg. A1, B4) will flash briefly every few seconds to remind you of the session number selected. Every eighth flash will show the battery power level (1 to 6). As the session ends, the eyeset lights and volume will fade out (Soft Off™). The number display will scroll 6 through 1 to indicate Soft Off. If no buttons are pressed, the PAL36 will go into standby in two minutes. The green PWR light will remain dimly lit reminding you to turn the PAL36 off.

### **Selecting Heartbeat**

All of the DAVID PAL36 sessions (except Sound Sync Sessions) begin with the heartbeat on. To turn to heartbeat off, press and hold the SEL button for approximately one second. To turn the heartbeat back on, press and hold the SEL button again for approximately one second.

### **Selecting Pulsed Tone/Binaural Beats/Chime**

All of the DAVID PAL36 sessions (except Sound Sync Sessions) begin with the pulsed tone on. Press the SEL button once to turn the pulsed tone off and select Binaural Beats. Press the SEL button again to turn Binaural Beats off and select Chime. Press SEL once more to turn all tones off. Press SEL again to turn the pulse tones back on.

### **Adjusting Volume**

*Note: The volume button (VOL) is raised to guide you to locate button with eyes closed during sessions.* To increase the volume of the tones through the headphones, press and hold the VOL button. To decrease the volume, release VOL button and press and hold again. Or you may press short single steps for small adjustments in the volume. The indicator lights 1 to 6 will show the volume level.

### **Adjusting Intensity**

*Note: The intensity button (INT) is raised to guide you in locating button with eyes closed during sessions.* To increase the intensity of the lights in the Omniscreen eyeset, press and hold the INT button. To decrease the

intensity, release the INT button and press and hold again. Or you may press short single steps for small adjustments in the intensity. The indicator lights 1 to 6 will show the intensity level.

### **To Save Intensity, Volume, Tone and Heartbeat Settings**

Specific preferences (settings of intensity, volume, tone and heartbeat on or off) can be saved for each session. To save preferences, while the session is running, adjust intensity, volume, tone and heartbeat as desired. Press and hold SEL and INT. The indicator lights 1 to 6 will scroll from 1 to 6 and back to 1. Your new preferences will be saved only when the session ends (until all lights and tones are completely off). You may use Soft Off™ (press and hold INT and VOL) to end the session sooner (2 minutes).

### **Playing Pre-Recorded Material**

To play pre-recorded material into the headphones, plug one end of the patch cord provided into the headphone jack of the CD, MP3, computer or cassette tape player and plug the other end into the AUDIO IN jack of the DAVID PAL36. If the playing time of the audio material is longer than the session selected, the session will end, but the audio material will continue to play and be heard through the headphones.

### **Playing Sound Sync (LIB2 – B3 – B6)**

Using the patch cord provided, connect your CD, MP3, computer or tape player to the DAVID PAL36 (follow instructions above). Select Sound Sync session. With the Omniscreen eyeset on, increase the volume on the audio material until you notice the lights "dance". If the volume is too low or stops for 10 seconds, the session will begin to Soft Off (the number display will scroll 6 through 1 to indicate Soft Off has begun). When the volume is turned up or the sound returns, the lights will gradually brighten (Soft On) and "dance" again. The numeric display will scroll 1 through 6 to indicate Soft On has begun.

### **Battery Replacement and Power Management**

The DAVID PAL36 can be powered using a 9-volt battery or a 9-volt (positive centre, 1.3 mm plug) AC adapter. To replace the battery, slide battery compartment cover off. Slide the bottom of the battery into the battery compartment under the edge, push the battery down into place to connect the poles. If the PAL36 is plugged into an adapter, no power will be used from the battery. The PAL36 will remain in standby at the end of a session and use minimal battery power. Turn the PAL36 off at the end of the session to preserve your battery. An alkaline 9-volt battery will provide approximately seven hours of operation.

### **To Record or Clear Session History**

Each time you play a preset session, the session number will be stored in the PAL36, so that you can have faster access to the last three sessions selected. To clear these sessions, press VOL while the PAL36 is scrolling for a session to be selected. This will erase or clear the session history.

### **Downloading/Erasing a Session**

Your DAVID PAL36 is programmable. There are six blank sessions (C1 to C6 in Library 2) for storing additional sessions. All of the preset sessions may be reprogrammed or erased. To add or change sessions, you will need the DAVID Session Editor. The PAL36 may also be programmed automatically from an encoded CD (eg. Special Application Sessions). Refer to the DAVID Session Editor help file for design and download instructions.

### **CARE AND MAINTENANCE FOR THE DAVID PAL36**

Cleaning of the DAVID PAL36 should be done with a soft cloth slightly moistened with water (or with a mild detergent). Do not clean with any solvents. Although precautions have been taken to protect the PAL36 from static electricity, do not subject the PAL36 to static, such as placing it near a television set or static producing fabrics and materials. Do not place the PAL36 near heat sources such as radiators or air ducts, or in direct sunlight, or expose to excessive dust or mechanical vibration. Should any liquid enter the PAL36, turn it off immediately. Although the PAL36 is water resistant, it is not waterproof. If liquid does enter the electronics, we advise that the PAL36 be checked by authorized personnel before commencing operation.

## DESCRIPTION OF PRESET SESSIONS

**Note:** All Preset Sessions include Heart Rate Variability throughout the session and Dissociation at the beginning of each session. For Dual Brainwave Stimulation Sessions (eg. Session C4 - L10/R19), the “L” and “R” for the target rate represent the visual field of stimulation. Left visual field stimulation means right brain hemisphere stimulation; right visual field stimulation means left brain hemisphere stimulation.

<u>Session Number</u>	<u>Description</u>	<u>Session Time</u>	<u>Target Rate (Hz)</u>
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### ***Library 1 Sessions (LIB1) – 1 - 18***

#### **SMR and Beta - Let's Get Alert**

A1	<b>Sensory Motor Rhythm (SMR)</b> - Use to achieve relaxed attention.	24 min	14
A2	<b>SMR for Sleep</b> - Use to improve sleep for those with insomnia due to a “racing” mind but relaxed body.	40 min	14
A3	<b>Beta Perker</b> - A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.	20 min	18 to 20
A4	<b>ADD and Learning</b> – This session has rapid transitions for mental stimulation to help keep the user “engaged” in the session. Used in the ADD study published in the Journal of Neurotherapy.	26 min	L14/R18 & 10
A5	<b>Brain Brightener</b> – Use with seniors to improve mental functioning and memory. Similar to A4 but uses gentle transitions. Can also be used for ADD.	30 min	L14/R18 & 10
A6	<b>Skill/Sport Enhancement</b> - Use this session to develop any skill or improve performance. Visualize feeling your best during the first half (alpha). Then visualize your perfect performance during the second half (beta) of the session.	24 min	7.8 to 18

<b>Session Number</b>	<b>Description</b>	<b>Session Time</b>	<b>Target Rate (Hz)</b>
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### **Library 1 Sessions (LIB1) – 1 - 18**

#### **Alpha - Great for Relaxation and Meditation**

B1	<b>Healthy Alpha Relaxer</b> – Healthy alpha is 10 Hz. Most disorders have alpha slowing. This session re-establishes the natural alpha rhythm. Good for beginners.	30 min	10
B2	<b>Extended Deep Alpha Relaxer</b> – Stay relaxed for your dental, massage, physiotherapy, chiropractic and other appointments.	80 min	8.4
B3	<b>Schumann Resonance</b> – For a quick thorough afternoon meditation. For those on the go.	22 min	7.8
B4	<b>Extended Schumann Resonance</b> - For effective deep meditation and to improve the onset of sleep. Calms “hyper/chatter” minds. Also for chronic fatigue, fibromyalgia and anxiety. Ideal for those with insomnia who have a busy mind and tense body.	40 min	7.8
B5	<b>“State Five Meditation”</b> - Use for ultra-deep meditation and for sleep. Use to quiet “hyper” minds. Based on Maxwell Cade’s work with Zen meditators.	33 min	7

#### **Theta - The Dream State - Enhance Your Creativity - Use theta with guided imagery, music or for learning new behaviours and habits.**

B6	<b>Theta Hemi-Step</b> - Use for creative visualization and sleep.	36 min	5.5
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#### **Delta - The Sleep State -These sessions help bring on sleep by turning off the “chatter” that sometimes occurs after a busy day.**

C1	<b>Meditate to Sleep</b> – Meditate, visualize and think soothing thoughts during the first half (8 Hz); fall asleep during the second half (3 Hz).	45 min	8 to 3
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<b>Session Number</b>	<b>Description</b>	<b>Session Time</b>	<b>Target Rate (Hz)</b>
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### ***Library 1 Sessions (LIB1) – 1 - 18***

C2	<b>Delta</b> - To aid in falling asleep. Best for those with pain. Fall asleep with session running.	45 min	3.5
C3	<b>Sub-Delta</b> – Calms the hypothalamus. Beneficial for some with fibromyalgia and hypertension.	24 min	0.5 - 1

#### **Depression Reduction**

C4	<b>Alpha/Beta</b> – Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry.	30 min	L10/R18
C5	<b>Alpha Relaxer</b> – This session has an alpha frontend to reduce anxiety and enhance relaxation.	30 min	10 to L10/R18

#### **Hypnosis**

C6	<b>Fractionated Hypnosis/Alpha</b> - This session simulates the hypno-therapy process.	30 min	8
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### ***Library 2 Sessions (LIB2) – 19 - 30***

#### **Relaxation and Sleep**

A1	<b>“Wise Guy” Alpha</b> – It has been shown that people with fast running alpha waves have higher than average IQs.	30 min	10.6
A2	<b>Coffee Break Alpha</b> - Great for a little rest during your coffee or lunch break.	15 min	10
A3	<b>Paradise</b> – A gentle slide down to Theta II. Extraverts with low anxiety produce high levels of this frequency.	36 min	6.5
A4	<b>Sleep - Alpha to Theta</b> – This session can really help to break up distressing thoughts that are interfering with sleep.	36 min	L10/R6

<b>Session Number</b>	<b>Description</b>	<b>Session Time</b>	<b>Target Rate (Hz)</b>
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**Library 2 Sessions (LIB2) – 19 - 30**

**Stimulating Sessions**

A5	<b>SMR/Beta</b> – Like the Brain Brightener but more gentle and more entraining.	24 min	L13.5/ R18
A6	<b>Mental Flexibility</b> – To “loosen up” a stuck mind. Can also be used for fibromyalgia.	22 min	4 to 20
B1	<b>Artistic Development and Creativity</b> - This session stimulates the right brain only. Helps “left-brained” analytical people feel more spontaneous and creative.	30 min	L18/R0.2
B2	<b>Roller Coaster</b> – This action-packed session is very engaging. Some with ADD can benefit.	7 min	

**Lucid Dreaming – Sound Sync - Based on audio input. Travel on lucid journeys with your favorite music.**

B3	<b>Sound Sync</b> – Use with hypnosis and relaxation CDs for deep hypnotic induction/ meditation.		6.5
B4	<b>Sound Sync</b> – Use with hypnosis and relaxation CDs for deep hypnotic induction/ meditation.		7.8
B5	<b>Sound Sync</b> – Use with recorded sporting events or lectures for sports hypnosis and game CDs.		14
B6	<b>Sound Sync</b> – Use with energizing music, lectures or sports recordings.		18

**Sessions C1 to C6 in Library 2 are empty for user designed sessions to be saved and stored.**



## BEFORE YOU CALL FOR REPAIRS

<b>If</b>	<b>Means</b>	<b>Response</b>
PWR light is dim and PAL36 is unresponsive	PAL36 is in standby	Turn off PWR switch, then turn PWR switch back on
Light 1 flashes, then PAL36 shuts off	Battery is low	Replace battery or use adapter
PAL36 does not turn on. (PWR light not on)	Battery is dead	Replace battery or use adapter
Lights in eyeset are on left side only	Eyeset not plugged in completely	Check eyeset connection
Tones in headphone are on left side only/sound hollow	Headphone not plugged in completely	Check headphone connection
No sound from audio player	Plugged into audio player incorrectly	Check all connections to audio player
Download is not recognized	Audio player improperly plugged in	Check all connections to audio player
	Volume too high/too low	Adjust volume to moderate listening level
Session runs but no lights and/or tones on start up, but can be adjusted manually	Preferences have been set/saved at zero	Re-adjust settings and re-set preferences

## WARNING

**ALL** persons who:

- a) have a history of epilepsy, photic epilepsy or any seizure disorder
- b) suffer from any mental disorder/illness
- c) are currently using ANY drugs (prescription or recreational)
- d) are under the influence of alcohol

**SHOULD NOT USE** the **DAVID PAL36** unless under the supervision of or consultation with a medical doctor.

**THE DAVID PAL36 IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. HOWEVER, RESEARCH SUGGESTS THAT THE DAVID PAL36 IS AN EFFECTIVE RELAXATION AND MEDITATION TOOL.**

The **DAVID PAL36** is a non-invasive tool.  
All resulting effects are produced in the brain solely by audio and visual stimulation.

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Mind Alive Inc.

Tru-Vu Omniscreen Eyesets protected under U.S. Patent 5,709,645

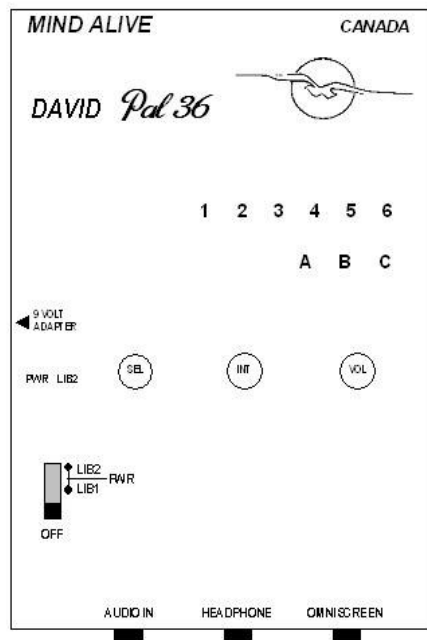
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# DAVID PAL36



## Operator's Manual