

SIRIUS™ Quick Start Guide

1. Install 3 AA batteries.
2. Plug the headphones into either of the two audio jacks on the right side of the unit.
3. Plug the Lightrframes into the jack at the top of the unit.
4. Turn the unit on.
5. Press the **1/1** (Up/Down) key to choose a session.
6. Put the glasses and headphones on.
7. Press the **▶ ■** (Start/Stop) key to start.
Close your eyes during the session.
Use the dial to adjust the volume and light brightness.

Sessions

Peak Performance

01	20 min	Power Regeneration
02	18 min	Performance Intensive
03	15 min	Quick Break
04	15 min	Power Pause
05	17 min	Athletic Warm-Up
06	30 min	Maintaining Peak Competitive Posture

Recreation and Relaxation

07	15 min	Quick Work Break
08	25 min	Mind Sauna
09	16 min	Quick Refresher
10	35 min	Regeneration
11	60 min	Deep Meditation

Learning

12	10 min	Quick Alertness
13	35 min	Learning With Tapes
14	15 min	Relax Before Exams
15	15 min	Concentration
16	20 min	Creativity Enhancement
17	20 min	Visualization

Well Being

18	25 min	BodyMind Awareness
19	22 min	Afternoon Break
20	25 min	Deep Release
21	18 min	Goodnight
22	25 min	Release the Day
23	No Limit	Random Sweep

SIRIUS™

Mind State Optimizer

User Guide



NOTICE:

Read this page before using your system

Sirius employs natural forms of sensory stimulation. It is intended for use as a recreational aid, to promote feelings of well-being, and as a tool for personal achievement and growth. It is not intended for use as a medical device, and no medical effects of any sort are claimed for it. It is not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease. It is not intended to affect the structure or any function of the body of man.

Do not use the system unless you have read these instructions and your warranty and agree to its terms.

Who should not use this unit:

You should use the unit only under a doctor's supervision if you:

- have ever suffered from any form of seizure disorder or epilepsy.
- have ever received any type of serious head injury or concussion.
- are currently taking psychoactive drugs such as barbiturates, tranquilizers, or stimulants.
- are especially sensitive to bright light or flickering light, or find that such light can cause headaches or other discomforts.
- suffer from any form of cardiovascular problem or any health problem requiring a physician's care.

A small percentage of the population who do not have epilepsy may also experience seizures when exposed to flickering light, including the Sirius, and other sources commonly found in nature.

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SIRIUS™

Mind State Optimizer

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Sirius S5user Guide

RJ Alexander



Sirius S5user Guide:

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