

Ancient Technologies presents

# *Paradigm of Light*



## *The Light Labyrinth Guidebook*

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## About this Guidebook

This guidebook is intended to assist you in your exploration with the Light Labyrinth. Over the years we've noticed that people find their own unique way of enjoying the light programs. People around the world are exploring the Light Labyrinth for ambient harmony, entertainment and performance, spiritual and meditative practices, and in therapeutic self-healing work.

This guidebook grew out of experiences we have gathered while presenting the Light Labyrinth. We will share our ideas about the effects taking place during the Light Labyrinth meditation. This is not intended to be a scientific or metaphysical research document; and we suggest you take from it what is most useful for you. What we have observed is that many participants are deeply moved in profound ways from this experience.

The Light Labyrinth can be a tool for exploring self-awareness and transcendence. It creates a beautiful ambience during group gatherings, workshops, meetings, art and music performances. Additionally, it may become part of your morning or evening mediation routine. Some individuals may apply this tool in conjunction with therapeutic work (such as hypnosis, bodywork, biofeedback, group workshops and art/color therapy). There is little research at this time to support any specific health claims; the responsibility for any therapeutic work lies with the practitioner.

We are not prescribing the Light Labyrinth for any specific method of use, because we believe that the interplay with human consciousness is a mystery and may ultimately remain as such. However, this is precisely what is exciting about the Light Labyrinth; it helps us to access the unlimited domain of our own imagination. The Light Labyrinth has the potential to inspire, enhance creativity, and augment emotional healing. It is an honor to offer this tool for other creative minds to uncover new heights of their own innovative potential. Together we are beginning an adventure.

We want to mention that not everyone has extraordinary experiences with the Light Labyrinth. Most people have a lasting peaceful and relaxing response. However, there are some people who are sensitive to strobing. If a person is uncomfortable with strobing, use the non-strobing programs only. Even a gentle meditation can be just as effective. When you use the strobing programs, be aware of everyone's comfort levels. Follow the safety guidelines. We recommend using strobing in short sessions. To create longer sessions, begin and end with the non-strobing programs or single color settings before and after strobing programs.

In this guidebook we provide suggestions for setup, gazes, and group session structure. We recommend that you start with the suggestions provided here, and then branch out using your own intuition. We further recommend that you may deepen the experience by incorporating your own spiritual practice in the process of interpretation and exploration. We appreciate your enthusiasm and encourage you to reach out and share your stories with us, so we may have a chance to share your experiences with others.

## Dedication

I dedicate this book you and to all those seekers of truth who search for enlightenment and unity; to the Light Beings, Crystal Consciousness, and other Elementals that assist humanity in remaining grounded in wisdom; for all those who co-create with us for the benefit of all life on Earth.

I also dedicate this guidebook, with gratitude to: (a) **Randall Fontes** and his lifelong creative vision, passion, and commitment to exploring consciousness through the art of light technology, for his friendship, for being my mentor and artistic partner, for his light compositions, and for gifting all of us these amazing tools of enlightenment through beauty; (b) **Molly Hughes**, his life partner for her amazing support of Randall and his work; (c) **Nick Nocerino** and his wife **Khrys** for their guidance and encouragement, for strengthening my relationship with crystal skulls, for generously offering me guardianship of the ancient crystal skull Sha Na Ra, and for their wisdom as elders in reminding me that what matters in life is that we really care for each other and the Earth; (d) **My Family**: Donald, Mary, Donna, David, Karin, Lily, William; (e) My Partner **Hillary** who has contributed her time, attention to detail, and professional skills to our company branding, marketing, websites, books and manuals, classes, videos, events, and her immeasurable assistance.

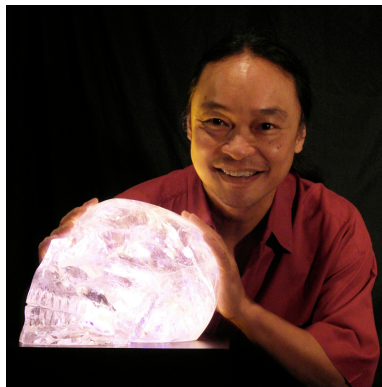
## Acknowledgements

I acknowledge **Randall Fontes** for his vision, his life-long dedication as a light artist and composer, and for diligently working in the service of consciousness evolution in such a way that will surely inspire generations of seekers to come. I want to thank my **co-creators** of this technology: Randall Fontes, Darren Gibbs, Chris Harris, Rebekka Maestre, Hillary Lynne, Yasi Perera, Gary Wong, Jamie Acorne, and Clint Greer.

I thank my **teachers and guides** that have helped me on this journey, and those whose teachings have contributed to my work: Nick Nocerino, my friend and teacher Victor, and my friends from above: Bashar, Galexis and Lazaris.

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K.S.



Kirby Seid with “Goliath”  
Quartz Crystal Skull on Light Labyrinth

# Part I: The Light Labyrinth Project

*“There is a theory which states that if ever for any reason anyone discovers what exactly the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another that states that this has already happened.”*

*Douglas Adams*

## Co-Creation of Light

As we were creating the Light Labyrinth, I recall our software engineer exclaiming, “This is just flashing lights and a crystal!” There is a wonderful truth in this. However, when a person’s awareness is infused with the light programs in the crystal, it becomes more than a linear process and often moves toward the extraordinary. What is exciting about this is the choice implied; we can choose to perceive our reality in many ways from purely rational to the mystical. There is power in light and quartz; and yet the most amazing ability lies in the synergy with our human brain. Our higher consciousness can conceive far beyond what we consider rational. Human perception is unlimited and creative, yet what we imagine begins with choice. As Don Juan says in Castaneda’s Journey to Ixtlan, “...we either take everything for sure and real, or we don’t. If we follow the first, we end up bored to death with ourselves and with the world. If we follow the second... nobody knows where the rabbit will pop out, not even ourselves.”

With the Light Labyrinth, I’ve witnessed moments that touch the mysterious. For instance, a Vietnam veteran with acute pain worked with the Light Labyrinth repeatedly because the strobing and color brought peace and greatly reduced his daily pain. One viewer spent her meditation sobbing because she felt an immense and indescribable beauty. Another woman saw a fluffy grey cat inside the crystal, she suddenly had an allergic reaction which then quickly resolved. Another woman and her late husband’s friend saw her husband in the crystal at the same moment. Other people have seen angels emerge in and around the crystal that have helped them resolve an emotional issue.

While leading these events, I too have fascinating experiences. In addition to receiving many messages with the Light Labyrinth that help me make decisions, I’ve had weeks of intense lucid dreaming. Others have also reported vivid dreams following our sessions. With groups, I have witnessed expansive discussions and feelings of gratitude and joy. This inspires me to continue my exploration to discover how the Light Labyrinth can help others.

For me, this journey began with my relationship to crystals and minerals. We have a significant relationship with the mineral kingdom. From one perspective, minerals are important as elemental compounds that we depend upon for our survival. We rely on the mineral kingdom every day. Having been involved in shamanic work for many years, I am also aware that minerals can be perceived from an animistic point of view. Animism, the idea that a soul exists in every object, even those we see as inanimate, is probably one of humanity’s oldest beliefs.

Quartz crystals have assisted humankind in developing much of our advanced technology, from lasers and optics to computers and communication systems. Quartz has a consciousness; a sentience that is hundreds of millions of years old, evolving at a pace we cannot comprehend in our short lifetimes. If we can suspend our reference points, and dip deeper into our intuitive awareness and precognitive senses, then we can communicate with these extraordinary, ancient beings.

In 1984, I made a pivotal connection with the mineral kingdom at the Smithsonian Institute in Washington, D.C. There I encountered an enormous Rose Quartz boulder. I was compelled to step over the ropes and put my hands on this beautiful piece. I climbed up, sat on top of it, and spent time meditating with it. Surprisingly, no one saw me perched on this enormous specimen.

At the time, I operated a lapidary studio. I had been pondering the practice of carving and was concerned about the impact of changing the natural shape of crystals. I was taught by a great crystal cutter, Glenn Lehrer. Our unique way of shaping crystals includes finding out the client's intentions for their crystal, then linking the crystal to the person and programming it with these intentions while cutting is taking place. Working with quartz crystals is a co-creative process. Even so, I had this dilemma about changing the shape of the natural quartz. This huge Rose Quartz boulder in the Smithsonian communicated very clearly,

*“Kirby, it is okay to change our shapes. Make us into whatever you want, not in a way that devalues us, but carve us into forms that can bring us closer to people. We want to interact with them, we need to merge with human resonance.”*

I then understood that I was being given permission from the mineral kingdom through this Rose Quartz boulder. I was also given a vision. These ancient beings were willing to surrender their natural form for a larger purpose, for our human connection, and that purpose would become meaningful for me and my future. I experienced a deep knowing that I was being given a mission to connect the mineral kingdom with the human kingdom, and to simply let the rest unfold.

My life since then has been an ongoing adventure with stones - of traveling and meeting people around the world, from mineralogists to shamans to metaphysical and spiritual teachers and healers. One very important person I met along my journey was F.R. “Nick” Nocerino, a gifted healer, teacher, and keeper of ancient stone skulls. Nick knew about my work with crystals. He knew I had acquired large crystal skulls. Nick introduced me to Randall Fontes, a lighting artist in residence at the Exploratorium in San Francisco. At the time Randall was developing sophisticated lighting to induce various states of meditation by entraining brainwave patterns.

My meeting with Randall evolved into a synergy of various light experiments with large quartz. We experimented with the lighting effects, projecting them through the quartz. Quartz has an incredible potential for creating optical effects with light and color. It both refracts and reflects light. Refractive planes are a result of changes in elemental forces as the crystals grow. A myriad of diverse formations create surfaces that refract and reflect light into rainbow colors, dispersions of watery and airy web inclusions, effervescent veils and phantoms - all orchestrated into complex landscapes inside the crystals. These imperfections, veils, and inclusions reflect millions of years of evolutionary forces. We are illuminating in these crystals eons of recorded tectonic events.

At one point, Randall turned to me enthusiastically and said, “Finally, I’ve discovered the object I’ve been looking to light.” For Randall, this became his meditative focus. For me, I had found a mechanism that would assist me in my mission to connect human consciousness with the crystal kingdom. Even today, as I continue to introduce this technology to other people, they continue to report having profound and remarkable experiences with the light and crystals.

Randall and I committed ourselves to designing a lighting device that could be programmed with an array of complex light forms. Initially, it took about two years of development to condense the specialized light forms into a portable device for use with medium to large quartz crystals. At this time we discovered Darren Gibbs, a programmer who was working for Apple Computer. Darren is a creative innovator who is able to think in computer code, language, and symbols. We told Darren about our lighting effects and he was able to translate our compositions into computer code.

Darren, Randall and I have studied different traditions of meditation. In most systems of meditation, we find that as a person focuses on a certain object or idea or mantra, that this subject-object relationship eventually collapses, creating a resonance of union. Using certain gazes with the light and crystal technology, we find that the subject-object relationship collapses very quickly, a process that normally takes hours to achieve through traditional meditation alone. The division between crystal and story becomes blurred and then we achieve wave consciousness.

In wave consciousness, everything is connected, vibrating at different frequencies (unlike particle consciousness where items appear as discrete bits of information). With the Light Labyrinth we can achieve the kind of transcendence that would normally take many hours of concentration. By adding music to deepen the experience, our aim is to induce this unity phenomenon in a relatively short period of time through a beautiful visual and auditory experience.

This marriage of lighting effects and quartz crystal is a remarkable resource for self-discovery. We created a set of computer programs that embody different mathematical algorithms and generate complex patterns of colored light. They utilize very sophisticated compositional elements to induce a deep mental trance state when activated by a crystal. With this technology, we have an opportunity to build a bridge to the subconscious and unconscious mind of the viewer.

Over the years we have invited physicists, engineers, psychologists, and meditation teachers to observe the effects of our technology. We are fascinated by what they find in this experience. For example, a guru sees Vedantic scriptures in the fractal patterns and light; the physicists see quantum patterns between atomic particles; artists and psychologists report seeing all kinds of archetypal forms and identities. We notice that this meditation has the potential to reach into one's subconscious mind where it is then contextualized in different ways for different people.

This became the Light Labyrinth. It may simply appear to be a box flashing colored lights into a crystal, but in actuality it is a tool of intentional transformation. We've created a device for exploring inner states, expanding artistic expression, and facilitating deep healing. Viewers must be willing to open to the moment in order to fully benefit from this adventure. People's experiences with the Light Labyrinth range from deep calm to vivid memories, and profound realizations. The degree to which you are willing to surrender the known and explore the unexpected, determines how deep the journey into your consciousness will be.

*Kirby Seid in dialogue with Rebecca Maestre (April 2007)*

*Edited by Hillary Lynne for content and clarity*



## Our Mission

*“It is the function of art to renew our perception. What we are familiar with we cease to see.”*

*Anais Nin*

Quartz and precious stones, hypnotic flickering light, and rhythmic sound have been used throughout history as tools to alter perception, to access wisdom and healing in ancient traditions. Rituals for entering trance often included drumming, chanting and dancing that pulse the firelight with hypnotizing flashes. Shamans use the movement of flames to enter visions and enhance their magic. More recently, pioneering research into light and sound has produced new technologies for healing and meditation. In the modern world, we often turn to ancient wisdom to regain a sense of spiritual dominion. The Light Labyrinth Project is an integration of the ancient healing power of light and quartz with innovative meditation technology. Our mission is to create easy and useful tools for our spiritual evolution, tools to help us imagine and perceive a new world. This technology is an expression of an emerging system in today's culture to bring the wisdom of ancient practices into our modern lives, bringing together science, art, spirituality and culture. As individuals in a modern world we must make our own journey of self-discovery and self-empowerment. The roots of ancient ways are renewing themselves in unique expressions today - like deep roots in the earth seeking new branches and leaves. As the fabric of our destructive, industrial culture decays; it is our hope that these tools of spirituality and co-creation will promote positive personal and global transformation.

## Synergy

*“There is a beauty, a synergy, interconnectedness; an absolute overpowering aspect to the natural world, which I think leads you to the divine.”*

*Peter Garrett*

In the Light Labyrinth Projects we seek to amplify and unite three vectors of consciousness: the force within light, the wisdom of the quartz, and our human perception and intention. When we combine these three frequencies the potential for a greater resonance is achieved, and with this synergy many viewers reach profound states of awareness and spiritual healing.

Light, minerals and humans exist together in an elemental and creative relationship. Every process in the physical world includes light. Light as photons connects the entire universe through atomic exchanges of energy. Quartz, considered by ancient traditions as “eternal ice” or “frozen light”, is possibly one of the first forms that emerged into physical existence. Eons of fiery chemical reactions formed the primordial elements that evolved into the mineral formations we know today. Every known life form requires light and minerals, without which our brains, hearts and other organs would cease to function. Human biology contains silica and is sympathetic with quartz, which is formed from silicon dioxide. The silicon dioxide molecules, formed from the building blocks of tetrahedrons that align in a double helix, mimics human DNA. We are like human crystals: our cells resonate with frequency; we receive energy, channel it through our bodies and use it to transform the world around us. Along with over 50 trillion active cells driven by photonic and mineral processes, humans bring a greater consciousness to the synergy. We possess the conscious ability to observe ourselves and assign meaning to our physical existence. We can examine our actions in order to learn, to choose, and to create, heal and love. Our relationship with both light and quartz has helped us evolve from an industrial age to an age of communication and information. Now we stand on the brink of greater spiritual awakening where this synergy can help us to bridge the next steps.

As we align these (3) vectors of consciousness, quartz and light, we increase our personal and collective human awareness. It is within our higher resonance where sudden epiphanies of perception can occur. Thus, within this alignment we can move toward a greater awareness of oneness and dissolve the perceptions of separation that allows for pain and suffering. In the mirror of light and crystal, we find a reflection of wholeness and beauty.

# Light

*“Seeing light is a metaphor for seeing the invisible in the visible, for detecting the fragile imaginal garment that holds our planet and all existence together.”*

*Arthur Zajong*

Light is pure magic; it is the fastest thing we know. Light travels at 186,000 miles per second. Moonlight reaches us in about one second. We can create pulses of light as short as a millionth of a billionth of a second and millions of megabits of light per second can be transmitted through a single tiny glass fiber. Light can be focused down to nanometer dimensions and formations of almost inconceivable precision can be created. As physics has demonstrated, the paradox of subatomic light is that it behaves as both particle and wave, depending on how it is measured. The EM radiation that creates visible light is only a small part of what scientists call the “electromagnetic spectrum”, the group of radiation containing photons, which includes radio waves to x-rays and even gamma waves. For something so familiar, light is a phenomenal force that holds untold mystery and power. It is an essential part of everything we experience. The existence of nearly all life on earth is fueled by sunlight, which provides the energy needed for the miracle of photosynthesis and plant growth. Everything we eat contains light - which is then converted into the vital energy that sustains our biology. New technologies allow us to connect to any place on the planet with the push of a button - all of our modern entertainment, communication and broadcasting electronics - are dependent upon light. We have systems of light therapy for physical and mental healing - from laser technology, to hands on healing, to therapeutic meditation. Full spectrum lighting has been proven to impact emotional states and is being used to treat depression. Breakthroughs in bio-photonics open up new doors to understanding disease. The wonder of light sustains and changes every aspect of our lives.

Our ancestors gathered around fire for survival and today we depend on new forms of light to evolve. Humankind has been researching and worshiping light throughout history for greater knowledge, healing, technological advances and spiritual meaning. Many religious and spiritual rituals include profoundly beautiful ceremonies that honor light. Although we live in a modern age that no longer worships the sun as God, we still instinctively respond to its rays with a deep reverence. Almost all of us have had the experience of walking into sunshine and feeling uplifted and nourished, or having some sense of cosmic connection watching a starlit sky or gazing at the moon. Light guides our most basic life rhythms. We awaken to mornings filled with brilliance. When the day recedes, we retreat into dream worlds as the soothing light of the moon, stars and streetlights watch over us. Light as nurturer brings a sense of security, pleasure, expansion and joy, and can be a sensual, passionate, and romantic experience. Light is essential to life, and everything we hold as vital and sacred. If we wish to know the divine essence of our creation, indeed we are experiencing it everywhere, reflected in the mystery we call light.

Even though scientists and physicists have been trying to understand and harness it for centuries, light remains one of the most mysterious elements of our universe. Science and religion both suggest that light is the fundamental essence in all things; light is both the creation and the force of the creator. On a molecular level biochemistry combines through light; elements are identified by the refractive index of their atomic structure - the frequency of light they are emulating. Light contains endless paradoxes and potentials for humans to discover and harness. Arthur Zajong in *Catching the Light* describes how in quantum reality the attributes of light - polarization, wavelength, direction and intensity - exist entangled and inseparable *until the moment of measurement*. This suggests that light organizes with our intention and observation; we are intricately bound to the creation of what we witness. In the book *The Divine Matrix*, Gregg Braden describes research conducted by Russian scientists that shows that human DNA causes photons to arrange in patterns and to stay in pattern even after the DNA was removed.

Another example of how interconnected we are with light is shown by author Lynne McTaggart in *The Intention Experiment*. She reports that in the 1970's physicist Fritz Albert Popp made an amazing scientific discovery: that all living things emit a continuous current of light. He and other scientists discovered that this light is “coherent” and that all living things *communicate* with light emissions. By imagining this constant light exchange, we can sense how intimately connected with every living thing we are. Studies of healers with high performance cameras found that healing intention creates waves of highly organized light. Further research in *The Intention Experiment* shows that by sending the power of thought energy, humans can alter light emissions in living organisms. Amazingly, as light impacts us we also impact and *change* light.

Some people can see auras of light around the human body; these radiant colors are believed to reflect a light body or vital energy field, symbolic of the inner spiritual self. The exact origin of aura therapy is unknown, but historical references date back about 5,000 years. Kirlian photography was designed to photograph aura energy emitted by life forms, including plants, animals, and humans. Aura imaging photography is a newer photography, which uses a special camera to take instant photos of a person's aura. Many spiritual faiths, including East Indian, Chinese, Jewish, and Christian all have references to auras that vibrate as light in different colors through physical matter and represent emotional, mental, astral, and celestial states of being. This radiant light body consists of many layers that bridge the etheric levels of existence with physical manifestation. With the light body, what is being perceived as solid reality might rather be sensed as tightly woven energy of etheric forms of light.

In many spiritual traditions people see loving beings from beyond the physical plane as light. These may come in the form of benevolent guides or helping angels. Light beings exist beyond the horizons that we know, to answer our calls for guidance and beckon us to climb out of the darkness of our pain. They deliver messages and healings of hope, new solutions and miracles. These beings are not confined to time and space and can create bridges for us to access the power of our unconscious that holds vast knowledge and creative inspiration. These light beings bring healing and help us connect with our divine source of love and renewal. At this time on our planet we need co-creative power to bring forth miracles to solve the unsolvable. The Light Labyrinth and Quartz can potentially act as a portal to help us to communicate and co-create with these shining ones.

By consciously connecting with light, we can activate a knowledge deep within us - that our world is united by coherent forces. We are interconnected. We are not alone. Light Energy is fundamental to all things in this universe. Whatever you want to call that force, it speaks to us with light.

## Color

*“If happy little bluebirds fly, beyond the rainbow - why oh why can't I?*

*Where troubles melt like lemon drops, away above the chimney tops - that's where you'll find me!”*

*Lyrics by E.Y. Harburg from The Wizard of Oz*

The Light Labyrinth and quartz meditation taps the power of color, the remarkable aspect of light that affects us on all levels of our physical, emotional, mental, and spiritual being. Projecting color into quartz creates a powerful attractor; when illuminated, the crystals resemble giant gems. When quartz is illumined with red - behold an enormous ruby. When green is projected into the crystal it is like sitting in the presence of a huge emerald. Violet glows like amethyst, and the shimmering blend of multiple colors shine like opals. Humans have been dazzled and fascinated by colored gemstones throughout history and colors in stones held powerful meaning for our ancestors. Blue gems mirrored the heavens; green stones represented earth and life. Gold sapphires and diamonds symbolized sun and stars. Red and orange stones spoke of flame and passion.

Color is a potent archetypal language for our biology and nervous system, and is organized in nature for information and survival. Color is so familiar that we often forget that it is a continuous



moving force interacting with our entire biology and consciousness. Color frequencies are always affecting us. Color is a living electromagnetic energy (changing electric and magnetic fields) that is absorbed and reflected in different wavelengths and frequencies. Physics has shown that light behaves like a particle at times, and like a wave at other times. The particle aspects are called photons, and differ from matter because they have no mass. All light travels at the same speed but each color has a different wavelength and frequency. For example, the longest wavelength we can see is deep red at about 700 nanometers. The shortest wavelength we can detect is a deep blue violet at about 400 nanometers. The color red has a frequency of around 430 trillion vibrations a second (terahertz), whereas violet has a much higher frequency of 700-790 tHz. When these wavelengths and frequencies pass through a prism we can witness how light separates and becomes visible to our human eye in what resembles a rainbow.

Color frequencies have been researched and applied for centuries. Color can dramatically affect our physical health, our mental and emotional state and inner harmony. Light as color penetrates everything in our world, including our physical and subtle energy bodies. Our human biology both absorbs and emits color frequencies. Colors, which are pure vibration, can be used as beneficial energies to help the body's systems balance and promote self-healing.

There are many different systems of color healing. Some color therapy systems apply colored light to stimulate cellular and organ function, believing that each of our organs resonates with a specific color. In some color systems, red is said to stimulate the nervous system, help the liver, increase blood and help remove toxins. Blue is used to treat burns, fever, and inflammation. Yellow can help with motor coordination. A device called the Lumatron uses photonic stimulation with strobe light and color filters to provide color stimulation that has been found to reduce both anxiety and depression. Some systems use color to energize the subtle body chakra system. For example, renewing the red chakra vibrating near the tailbone generally helps with security and vitality, and the orange chakra near the lower belly stimulates pleasure and creativity. Further up the body in the solar plexus area resonates yellow that corresponds to power and well-being. Green is associated with the heart, self-love and giving and receiving love with others. Stimulating blue in the throat is said to help with self-expression and indigo in the forehead receives intuition and knowledge. Violet at the crown often represents connection to higher spiritual wisdom. There are different systems of working with chakra healing available.

Colors also have different meanings in different cultures, and we all have our own personal emotional history with color from life experiences. In Light Labyrinth workshops and sessions we sit with specific colors to see what emotions and thoughts come up for people. The color red seems to be the most provocative color. People either love red or have a negative association with the color. Red can represent power or action and bring a feeling of aliveness, or it may elicit fear and aggression. For people who have difficulty with red, we blend cooler colors like blue with red. This process helps integrate the experience of red and can even help heal a trauma associated with red. One therapist found that her clients (herself included) were able to shift emotional issues using the Light Labyrinth process. The light and color allowed them to experience negative emotions and resolve them quickly with less fear and resistance. Blending feel-good "helper" colors with colors that have negative associations, can assist a person in releasing challenging or stuck emotions.

In dreaming and creative process, color provides the primal language that stirs our imagination and taps into unconscious domains. It is the realm beyond our conscious senses that generates the rich tapestry of our dreams and lives. With the Light Labyrinth, symbols and metaphors emerge out of our deeper selves, and are projected upon the crystals and colors. When we engage our imagination, we become the artists; painting with our minds and emotions. This pure light experience can help us tap into the essence of our emotional selves. Color and Light exist prior to putting form and story together. Sometimes we get trapped in the form and story. If we dissolve the story back into pure essence, a liquidity occurs in us that awakens the possibility of new choice.

### ***Ways to Practice: Color Specific Sessions***

# Light Forms

*“We're like light bulbs. If bliss starts growing inside you, it's like a light; it affects the environment... and if you ramp it up brighter and brighter, you enjoy more and more of it.*

*And that light will extend out further and further.”*

*David Lynch in Catching the Big Fish: Meditation, Consciousness, and Creativity*

In developing the Light Labyrinth “light forms”, we observed light in nature and specifically the effect of light and color in altering mood and perception. Certain plants and animals have intense monochromatic colors and others display a unique juxtaposition of colors. The movement of color plays an important role in attracting and repelling relationships. These vibrant displays emanate a life force that is both entrancing and invigorating and can impact startling emotional reactions. Intense contrasts of light, dark, and bold colors can have a similar effect. Very soft shimmering colors, translucent light, reflections on mist, and pastels can have a soothing, dreamlike effect on the mind. We observed that bright flickers of flame or the shimmering of sunlight on water often have a hypnotic effect on the emotional body and mind. In nature, many forms of light and color elicit an array of mental and emotional responses. We set out to emulate these diverse light effects in nature using a pure light source of strategically positioned LEDs (light emitting diodes).

Next, we refined the modulation of strobing within certain brainwave ranges, with frequencies ramping up and down from high beta of 40 Hz (hertz) to the delta state of 2 Hz. We found that by modulating the frequencies up and down, we could influence a shift in perceptual awareness. We then added complex color combinations to the ramping frequencies of light using a form of binaural beats. The effect is like playing a rhythmic composition with visual light. We experimented with playing different color and frequency patterns simultaneously so that our mental process would superimpose a third pattern, creating visual effects that influenced new perceptions. From there, we added more sophisticated patterns; for example: two colors alternating while a third is constant with beat frequency progressions. We observed and calibrated these combinations according to what impact they had on us and on the people we introduced them to in meditation.

During several years of exploration we developed complex transitions between the forms, in order to keep the mind engaged and allow deeper levels of consciousness to emerge. When the mind becomes complacent it tends to return to outside distractions and superficial thoughts. Our goal is to keep the mind engaged and alert while focusing on what exists on multiple levels of consciousness. We noticed that our minds would start to anticipate patterns, and in anticipating, look for new patterns. As we observe one pattern for a long period of time, the mind is lulled into complacency. Around that point we changed something subtle in the pattern or shifted something dramatically. In this way we found we could keep the mind engaged and as we shifted our template of perception. The continual transitions kept the experiences new and exciting in a way that required a high level of concentration and attention to the present. In this level of concentration there is a satisfying feeling of becoming intimate with the moment, losing a sense of time and space and becoming totally absorbed in what is being learned or stimulated. Artists and athletes call it “being in the zone”; meditators refer to it as “becoming one with all that IS”.

When the visual field is exposed to a strobing light, holographic forms and pictures (called phosphenes) occasionally appear. These visual holographics can take the form of complex and changing geometric patterns, or moving undulating fields of color, or waves of light. Randall named these patterns: “visual resonance images.” The term visual resonance arises out of the idea that there is something within the internal visual/neurological pathways that is resonant with the rate of strobing and results in the visual patterning that is experienced. His theory is that this indicates that there is some frequency-dependent relationship between the visual processing and the strobing. Visual resonance images will persist within the visual field along with the image of the object being illuminated. The viewer will see the crystal but will also see images around and within it.

These images will often appear as “waves” of light or bands of lighter and darker areas moving like ripples in water moving around and within the quartz. The more complex patterns of geometric forms also appear within the crystal, but these forms appear to interact with the actual structures within the crystal. This interaction between the actual forms within the crystal, and forms of the resonance images, create a dynamic visual effect. This may be what alters perception enough to access deeper dreamlike images and symbols.

Combining modulated frequencies of light and color patterns with the optical and resonant properties in quartz may also create the opportunity for having a pivotal or peak experience. The strobe frequency effects chop up our sense of time and space, distorting our regular perception of reality. As the mind seeks to recalibrate, the resulting experience can be emotionally profound.

*Here is a description of a peak experience generated in this way:*

*I feel as if I'm being pulled into the crystal, watching patterns, layers and levels of color. I travel deeper into the crystal, gazing into beauty. I feel a sense of timelessness, expansiveness, a sense of being lifted like I'm swimming. As it changes I surrender.*

*The colors evoke different emotions. As the colors change I change with them; deep blues relax me; reds warm me up, arouse me; purple lifts me; in orange I feel a sense of playfulness and pleasure. I can almost taste the yellow - it's inspiring. Greens are cooling, nourishing. I see fields of green grass and I have not a care in the world. When the lights begin to flicker another dimension happens.*

*As the flickering continues, I notice scenarios, stories inside the crystal. I see galaxies, underwater scenes, faces, symbols, animals, architecture, and nature. I am falling into the stories as if I'm in a dream. I see patterns changing directions and waves of light- I can barely tell where they are coming from. Things in my periphery are telling me something; I sense that something will be awakened. I see frequencies radiating, like a pond rippling. I don't know where time begins and ends. As I focus on one point it becomes the center of the universe. Somehow all of these ripples relate to each other; when I change reference all things change. A bird's wings start flapping and then change to a butterfly.*

*Stories emerge, explosions, wars and transfers of civilizations; a bigger picture of evolution emerges. I feel life as the rhythm of the universe. I suddenly see in the distance a whole new story emerging, full of new possibilities. I enter chaotic light and the center keeps changing. I have no reference or orientation. I suddenly break through to a new level; a new experience of center where it seems my whole biology is being organized on a higher level.*

*Something happens where I become centered and calm. No matter what happens I feel grounded and linked to that which connects to all things, beings, life. Anyplace I put my attention is the center. I am the center. Emanating from this center are all new possibilities. I have a renewed sense that all is right in the world, a sense of no matter where I travel to I am home. I've been there all along.*

# Quartz

*"Although the crystal may be used for "mind to mind" communications,  
its higher purpose . . . is in the service of humanity for the removal of pain and suffering."*

*Marcel Vogel, Senior Scientist for IBM and globally respected quartz crystal researcher*



Throughout history, quartz crystal has been significant in human evolution. Quartz is the most common mineral on earth and also the most varied. It occurs in many different forms, habits, and colors. Quartz crystals have a natural beauty that reflects light in a dazzling way; it is no wonder that humans attribute significant value to them. Crystal healing is actually thousands of years old; minerals were applied for healing purposes by many ancient civilizations. Quartz and other minerals have been used in many cultures as tools for divination of higher knowledge and sacred ceremony. Druid priests, Tibetan monks and Native Americans held crystals as sacred power objects. Quartz has also been crucial to the technological advancement in our modern world. Because quartz has unique properties such as piezoelectricity, energy storage and amplification abilities, it has helped us create many of our modern tools of technology, such as lasers, optics, computers, communication systems, radio, television, ultra-sound and much more. Additionally, many cultures have explored the use of quartz properties in healing and magic. In our modern world we are only beginning to remember our spiritual relationship to this very important mineral.

The forces within quartz crystal, from the silicon dioxide matrix, have piezo-electric potential which means heat, pressure, or intention, releases a mild electrical charge that can be harnessed. The electrical charge is an oscillating vibration that is so constant and accurate it is often used in radios, computer chips, and time pieces. Quartz also has a resonant field that interacts with the subtle energy fields of our human biology. Quartz can help harmonize and amplify intention. For example, you can meditate on a state of confidence and trusting, and then hold a crystal and use your conscious intent to program the quartz to maintain that frequency of vibration. It will not only hold but also amplify that frequency. The quartz will continue to radiate that state throughout your immediate environment and support your own energetic field. You can work with it like a touchstone. When you have moments of feeling "off center" you can reconnect with the quartz as it is magnifying the frequency you preset. This will help you get back to the state of knowing and trusting. There are many traditions that employ that principle through different types of ritual. With quartz you can use the properties of frequency storage and amplification with your intention to achieve your result very elegantly.

For meditative purposes, quartz is extremely helpful. There is an inherent balance in nature that is reflected in the unique geometric design of natural quartz. Millions of years of geologic forces in which tremendous heat, pressure, alchemy, and chemistry united to create the unique vibrational resonance of quartz. When simply holding a mineral some people have the experience of their body, mind and emotions immediately calming down. Some people can also feel energized and inspired. When you connect with quartz you can connect with the planet on a very deep rhythmic level.



The molecular structure of quartz is very organized. Quartz can align your energy fields, allowing you to connect with nature and return to a state of wholeness and belonging. Our bodies are filled with silica molecules that vibrate in resonance with the molecules in quartz. During a meditation with quartz, this can help calm your nervous system and assist with focusing your attention. Additionally, by consciously directing your interactions with crystals you can potentially accelerate your ability to transform your reality. "Quartz crystal emits a vibration, which extends and amplifies the powers of the users mind. Like a laser, it radiates energy in a coherent, highly concentrated form, and this energy may be transmitted into objects or people at will.," explains Marcel Vogel, globally respected quartz crystal researcher. Some crystal teachers believe that quartz facilitates altered states of consciousness and can assist receiving information from the spiritual realms as well as helping to develop both creative and psychic abilities of the mind.

The brilliant colors of the light programs, projected into quartz, produce remarkable optical effects for inducing hypnogogic states of mind. Quartz refracts the light as well as reflects it, which splits the light into multiple reflections. The fractal planes and mineral inclusions - such as watery and airy web inclusions, effervescent inclusions, phantoms and veils - weave brilliant color combinations through repeated wave effects. Two or more colors combine, separate, and create levels within levels of complementary colors. The Light Labyrinth projects super bright coherent colors to wake up or activate the quartz, creating a subtle piezoelectric effect.

From an animistic viewpoint, quartz crystals can be appreciated as sentient beings. Just as there are evolutionary forces at work in the animate world we regard as life, the mineral kingdom has its own movement on an entirely different time scale. Many quartz crystals are between 40 million to 400 million years old and are like memory chips that have been recording the frequencies of our planet's growth. They represent the collective memories of primal geologic forces and major evolutionary events. Every fractal, inclusion and veil is an indication of different earth changes that occurred in the course of its growth. These crystals were at one point an aqueous form in molten earth. When they reach a proximity to the earth's crust and a specific type of pressure and heat, they grow into crystalline form. Through plate tectonic movement and other forces, the crystals are pushed upward through the earth where we find them. These consciousnesses are in the process of evolving and changing at a pace we can't see in the short period of time that our biology is calibrated.

Our scientists estimate that Earth is over four billion years old, much of that time without any kind of animate life. Mother Earth has incubated several forms of elemental consciousness. Just as we research our human ancestors and their behavior to help us understand our own destiny, so too can we seek to understand the evolution of other forms of evolution on this planet. In fact, as guardians of this planet, we have a place and purpose in the whole of evolution. Minerals are an integral part of that process, both in biological and metaphysical terms.

If we learn to transcend our limited awareness of time and space, we can begin to relate to these life forces in their own evolutionary movement and begin to comprehend their purpose and destiny. Crystals reflect the bigger picture and act as information markers - the memory that we are part of everything. In that remembrance what dissolves is our sense of being lost and separate, a fundamental feeling of hopelessness. What can emerge is a knowledge that we belong in an intelligent universe filled with other magnificent consciousnesses that we can co-create with.

As you develop a relationship with the quartz, the crystal you are sitting with can act as a talisman. It can bring you very quickly in communion with your greater self. It can also be a touchstone for grounding your energy during journeys. A talisman is a symbol that connects you to the essence of someone or something that holds great meaning. Talismans can be a way to connect with the energies of greater love and inspiration that stir your heart and soul. A talisman can also be used as a power object. In shamanic work, something or someone acts as a grounding force to keep the person safe and nurtured while the soul and spirit soar to other places. Talismans help the person feel whole and connected to a higher guiding energy while they explore uncharted territory.

When we allow ourselves to alter our normal consciousness and re-identify with something on a primordial level, we can tap a personal journey into the subconscious and unconscious knowledge of where we come from. Quartz can assist us in our journey going forward with intention; to explore, heal, redefine our beliefs, and manifest more joyous experiences.

**Refer to Part II: Quartz Crystal: Care & Co-Creation**

## Awareness

*“How do we see physically? No differently than we do in our consciousness by means of the productive power of imagination. Consciousness is the eye and ear, the sense of inner and outer meaning.”*

*Novalis from Catching the Light by Arthur Zajong*

When we wake in the morning and open our eyes we engage our environment with what we call our conscious awareness. We get up and interact with what we perceive to be “out there”. How often do we stop and consider what a miracle our consciousness is? What exactly are we doing and how is it happening? Ever since human beings have become aware that we are conscious, we have been exploring what that means. We’ve been searching for a truer self and an explanation of how life works- using paths like meditation, pilgrimages, scientific and spiritual study. The gift we have as humans is the ability to become aware that we *are* conscious, an ability known as meta-cognition. Plants, animals and other forms of life on earth seem to exist in a flow of natural response. As humans we are given the added awareness of self-observation. With that comes the power to choose, direct and change our inner and outer realities. Every person will have moments of awareness and wonder: am I simply the person I see in the mirror, or is there something more to me, to this? How does life work? What is my part? Can I change myself? Can I change my reality? And if so, How?

Each of us has an experience of the world that arises from our own awareness. This is a result of many levels of sensory perception and how that information is filtered and interpreted. Human consciousness is so complex that even with centuries of exploration and research, how it works is still a mystery. Before modern research, it was believed that visual perception consisted of what was seen by the eye in relationship to the outside world. We now know that the eye does not process the signals it receives; the sense organs act as messengers and the brain is the place where external stimuli are perceived. The images picked up by the eyes are projected upside down on the retinas and then perceived the right way up by the brain, which then interprets what is considered the external reality. The nervous system processes every experience that touches the senses before it reaches a person’s awareness. Basic information is matched up with memory patterns, subconscious filters current needs and drives. How we interpret our version of the world emerges from conscious and unconscious thoughts, feelings, beliefs, attitudes, choices and decisions. These affect how we respond and influences choices we make, birthing new realities. Through the complex mystery of awareness, we are the artists of our own perception - our own imaginative reality.

When we engage the light and crystal, it provides an opportunity to view our inner self in its many layers. It can act as a mirror to show us what our daily thoughts are, but also what is deeper; emotions, symbols and messages that speak from subconscious and unconscious energies driving the thoughts that form our experience. The light and crystal can serve as a bridge to discovering those layers that lie beneath the surface. When we notice our thoughts, we may be aware that we have some of the same thought patterns over and over, such as, “I’m not doing enough. I should be doing better. I need more. There are too many problems out there.” We wonder why it seems sometimes difficult to change. If you realize that you are having a different experience than the other seven billion people on the planet, it can inspire you to learn about your individual perception. If you believe you are having the same experience as everyone then you may feel caught in a consensus version of reality, when, in fact, you are generating it through your individual filters of interpretation. Training your mind to witness how you perceive can help you shift the balance of mundane and negative thoughts, to choosing creative and powerful life enhancing ones.

### *Here is one viewer's experience of witnessing his own perception:*

*For the first time in my life, I experienced myself separate from my mind. I had an idea about this from Buddhist teachings but I never had the actual experience of it until now. During the experience, I had the absolute realization that I wasn't my mind.*

*I didn't quite have an experience of myself as a spirit but knew I was a completely separate entity from my mind. I would look through the sphere and somehow focus my eyes at a point past the sphere. It was as if my attention went past the object. It's very hard to describe.*

*Then, just as my eyes managed to focus through and passed the sphere, the most amazing figures and shapes started appearing in the crystal. Some were incredibly vivid animated figures, ones I never even imagined before. Others were symbols, some I've seen before and some that I haven't. As I brought the focus of my eyes back to the sphere, all the shapes and figures disappeared and I was staring at the pure crystal again. Then, I would try to focus again past the crystal but each time through a different point. This would cause different figures and symbols to appear.*

*I could observe as my mind would start try to make sense out of the colors, light, and energy it was seeing, and try to put them into comprehensible shapes and figures. That was the most amazing part of the experience, observing my mind creating these incredible images. Sometimes, I tried to have control over the images being created in my mind, but I had very little control of that. It helped me realize how strong the automatic pilot is within my mind. Not just during this experience but in every day life too.*

*It helped me understand just how much we're on automatic pilot most of our lives, hardly ever being conscious of most things that happen around us, and how unconscious we are of most of our every day choices and decisions. Since now I had the experience of me being completely separate from my mind, I started very seriously questioning who I really was. Now I understood the profound meaning of that question "who am I?". I heard that question a million times before, but never have I really understood how profound it was until now. I now know and understand what the Buddhists mean when they say, "observe the mind", "train the mind", "the mind is like a little puppy", etc. I admire the yogis who reached these states through meditation and gained incredible control over their minds and body.*

In the Light Labyrinth we are amplifying conscious attention using two other frequencies of vibration (light and quartz) to help stretch awareness and awaken new levels of perception. Intention forges the creation of a strong bond between the three frequencies. Once the synergy is created, a new resonance is formed. The light activates the energy of the quartz. The quartz stimulates the light: refracting it, organizing it, moving it and transmuting it. As we engage our consciousness, the light and color change us as we transform the light - the photons- with our thoughts, emotions and the energy of our cellular biology. The quartz responds to our electromagnetic energy and resonates at a greater frequency. Waves of light and color, waves of 100 million year old quartz vibration, and waves of human thought and emotion hit each other and interact. New waves are created and the whole field of resonance increases. Something more emerges, spirals and spins into being.

People are having fascinating experiences of very quickly tapping into expanded awareness. Sometimes flashes of profound wisdom come through. Others feel more grounded and focused and have clearer meditations with the Light Labyrinth. Some people have lucid night dreams, opening the doorway into the unconscious. Many people experience a wonderful uplifting feeling of clarity. Through this new field of resonance we can tap into greater dimensions of who we are.

# Liminal Light

*“The deepest imagery work is what we call symbolic imagery...*

*what we believe to be true and think about consistently is mirrored back to us in our experience.”*

*Dr. Dennis Gersten, diplomat of the American Board of Psychiatry and Neurology*

With the Light Labyrinth meditation, our quest is to access the liminal state while consciously witnessing. While going to sleep or waking up you may be aware of a sort of twilight zone where you are aware of both the sleeping world and the waking world at the same time. When watching a sunset or sunrise you can feel very calm, dream like, and contemplative. This is the liminal, the in-between space, which brainwave researchers associate mainly with alpha and theta frequencies. It is the transitional state between the known and the unknown, between what is conscious and unconscious. The liminal can reveal the edge of a person's reality, the boundary of their beliefs. In the light and quartz meditation, what exists in the liminal can be reflected back and realized. In the edge of that frontier exists an unknown potential and one small step may reveal valuable possibilities and solutions. This is the realm of the awakened journey.

A discovery was made in the 1940s that brainwave activity tends to mirror flickering light, also known as the frequency-following effect. Further research over the last century has produced rhythmic light and sound technology that produces deep states of relaxation by influencing brainwaves. Millions of nerve cells in the brain communicate through tiny electrical impulses. Using electrodes (electroencephalography - EEG) to amplify the signals, these impulses are measured as oscillations or pulses (that represent brainwaves) and can be displayed on a computer screen.

## *Four major frequency ranges of Brainwave states:*



### **Beta 15-30 Hz**

Awake, normal alert consciousness

**Beta waves** (15-30 Hz). This is the brain's rhythm in the daily waking state while thinking, conscious problem solving and active attention in the outer world. While you are reading this, you are probably in the "Beta state"

### **Alpha 9-14 Hz**

Relaxed, calm, meditation, creative visualisation

**Alpha waves** (9-14 Hz). When you are relaxed, your brain activity slows from Beta-active rhythms into the more gentle waves of "Alpha". Fresh creative energy flows and a sense of well being emerges. It can be viewed as the portal into deeper states of consciousness. In the "alpha state" you can access an abundance of creativity that lies beneath the surface of our conscious awareness.

### **Theta 4-8 Hz**

Deep relaxation and meditation, problem solving

**Theta waves** (4-8 Hz). "Theta" is where brain activity slows almost to the point of sleep. We experience theta fleetingly as we fall sleep or wake up, flashes of dreamlike imagery and inspiration often appear. During REM dreams we are sometimes in theta state. Long-forgotten memories surface and we are receptive to information beyond our normal conscious awareness. Intuition and other extrasensory perception skills may emerge from the "theta state"

### **Delta 1-3 Hz**

Deep, dreamless sleep

**Delta waves** (1-3 Hz). "Delta" is the slowest state of brainwave activity, and is found during deep, dreamless sleep. Very experienced meditators sometimes reach delta states. Delta waves also are associated with near death experiences.



To imagine how these frequencies apply to our experience of reality we can use the analogy of a movie. When we watch movies we see them as seamless - even though they generally have 24-30 frames per second. We don't see the individual frames; we see a moving reality. In the beta frequency of daily life our brainwaves are calibrated at around 15-30 cycles per second. When we slow them down we can potentially see energy patterns in between what we normally see as continuous and solid. This is where psychics may see impressions, apparitions and energetic links between events. All sorts of things may surface from what we normally view as concrete. When our brainwaves slow to theta, 4-8 cycles per second, we may start to perceive beyond our normal reference of time and space. Artists and high performance professionals who have measured their neurofeedback have found that this is the brainwave activity when they feel *in the zone*. When tight rope walkers skip over ropes, if they are in theta they may see the rope as a great deal wider because they are so concentrated and focused in the frame of reality they are experiencing.

With the Light Labyrinth, our goal is to shift and maintain a movement of consciousness, as in deep state of daydreaming, while being engaged and witnessing with the beta mind. The default setting for the Light Labyrinth is "Dream", a variable composition with cycles per second (Hertz) ramping from 30, down to 8, and then slowly returning to 30. This passes through all of the frequencies from beta to delta. With the remote you can also stop the ramping and choose a specific frequency that pulses the Light Labyrinth programs at alpha, theta or delta. Brainwave research has found that even though beta is the state we are mostly in during conscious daily living, we phase in and out of the other states all the time. With the Light Labyrinth we want the brainwave frequency to fluctuate in order to help the viewer move from a limited idea to multiple points of view that can then help craft a perspective that is more useful. We don't have conclusive research yet to determine which frequencies viewers are mostly engaged in. The imagery that people are having are indications that they are experiencing alpha and theta frequencies. The degree to which a viewer opens and engages with focused attention impacts the range of material received.

The Light Labyrinth allows us to go into a sense of timelessness while in our rational waking state. If a psychic journey happens too quickly, people have a difficult time remembering and integrating the experience. In the Light Labyrinth, our intention is to create a gentler pace that allows us be more conscious of the reflections that arise. This process seems to illuminate night dreaming as well. Some people have dreams that help with emotional resolution. Other people who use the Light Labyrinth consistently over a period of time have told me they have more spontaneous lucid dreaming at night. Joy Delugio, who leads theta workshops, told us, "The last time I did a private Light Labyrinth session I had a very lucid dream with lots of detail and recall. Lucid dreaming is about being able to wake up in the dream, what Carlos Castaneda calls the art of dreaming. That is something the crystal and light seems to enhance."

## Expanding Our Senses

*“Our senses are indeed our doors and windows on this world, in a very real sense the key to the unlocking of meaning and the wellspring of creativity.”*

*Jean Houston*

One of the goals of the Light Labyrinth Project is to develop our ability to perceive what we call the non-familiar or precognitive senses. We believe that these senses are how we perceive as infants and occur somewhere in the alpha and theta frequencies. They are not necessarily connected to cognitive processes; they are primal, preverbal senses. With these senses there is a greater sense of knowing, or truth - we hear the substance or soul of something; we hear sound at a vibrational level; we feel movement with our whole being rather than just our bodies; we sense light as energy, as warmth or coolness. Some of us have memories of lying in the sun as infants and feeling the sun as a loving source, communicating security. When we want to know what's going on in a situation, we can look to these other senses. Where is the light or life in this situation? Where is the movement? We can tap a deeper knowing of truth in a situation. These non-familiar senses are a more direct experience of authenticity. They can help us return from constant internal dialog and rational thinking to again approach the core or heart of our experience.

These non-familiar senses are important because when reactivated, they synergize into extrasensory abilities that can help us navigate an expanding and complex world. The potential is heightened sensory skills: 1) psychic awareness- being able to feel vibrations and get impressions without seeing things in the concrete world; 2) a sense of direction, involving feelings, such as happiness or passion, that functions like a homing device to help us choose what is uniquely right for us; and 3) experiences of gestalt awareness, the 'a-ha' epiphanies of sudden knowing felt deep within the body/mind. We are very interested in using this technology to reactivate the precognitive senses and extrasensory skills. We believe they may hold a key to being able to perceive beyond the limited realities of a consensus and help perceive deeper truths that can lift us to a new level of resolution.

We are defining these precognitive senses as closer to the subconscious and unconscious worlds than our conscious rational awareness. They may act as a perceptual portal or bridge into the subconscious and unconscious which holds a whole collage of imagination and possibility that cannot be comprehended by our beta waking minds alone. In the unconscious one can get lost in infinite possibilities unless there is direction, intent and focus. The conscious mind has the ability to carry in focus and carry back meaning. The precognitive senses can help the conscious mind apprehend our inner experiences, bringing us closer to our truer selves. When we use these primal senses reliably we can create a more rewarding lens to view our inner and outer reality.

# Rings

*“Your vision [with the Light Labyrinth] is to have the master ring.”*

*Galexis*

This transcription is from a Galexis session with Kirby regarding the Light Labyrinth:

“There are several rings, certain types of tracks or sub vortexes of energy in the brain that come through to the mind. Just like with chakras, there are basic chakras and within each are several layers of frequency. For example, one ring would be the sense of seeing. The place in the brain where the brain and mind are working together to access gestalt of images, perspective, and depth - is all part of the visual ring. Other examples of rings are familiar senses such as hearing and touch. There are also rings of unseen senses such as higher spiritual psychic impressions, clairvoyance, the [precognitive] senses of heat/warmth vibration/movement, etc. Any kind of perception has to go into some kind of ring or sub vortex of energy where the complexity of input is integrated. When all aspects of the ring are activated together it is like a circular energy; it has a sense of wholeness where all the components come together at one point where consciousness has access to information. In the connection between the brain and mind, the brain has additional places that the mind or consciousness accesses that are not normally accessed in everyday activity. What you are trying to do here [with the Light Labyrinth] is open up access to some of those additional rings.

What you are doing with the light, [strobing] frequency, music, and crystal is creating a master ring. You are attempting to create a completion of the energies so it fills all vacancies in the rings you want to access. When a person experiences a [Light Labyrinth] event they are going to experience it fully - all the rings will come into play in a unified way. Initially it may appear to be a sensory overload - you are giving people a sensory visual, auditory, kinesthetic experience to find ways to access vibrations and activate additional rings of perception.

There are also emotional rings to address, such as particular emotional rings that would keep the door closed so that the person would not go into their depth. The main one is the ring of fear. You have to find a way to diminish the ring of fear (paranoia, anxiety, loss of trust) so that people can open to a deeper access of themselves. If they fear their shame, the general reaction most people will have is to close the rings to deeper perception. Their negative ego will start to defend and resist. You first want to be able to diminish the emotional ring of fear, and then activate numerous frequencies in various ways to stimulate other rings. Work with the spiritual technology you are coming up with to address the fear rings and then allow the joy ring to be activated. Look for those combinations of light, color, and sound that can help a person find the ease. In this way people can find wholeness in the experience and they can let go and stop controlling. Then they can, by their own will, release the emotional fear ring. They can diminish the fear ring enough to know that there is enough love and they are safe. They will be able to tangibly feel the safety and open up to more levels of self. It's a big healing to experience wholeness and completeness while feeling safe.”

# Intent

*“Intent is what can make a man succeed when his thoughts tell him that he is defeated.  
Intent is what makes him invulnerable, what sends a shaman through a wall, through space, to infinity.”*  
Carlos Castaneda from *A Separate Reality*

*“Everything runs according to intention.”*  
Galexis

Intention is always active in our lives, driving us to do or have something, to want, to become and seek more. Yet, what is intention and how can we consciously guide it? Our perception is continually presented with a tremendous level of inner and outer data, as fragmented pieces of consciousness. However, in our daily lives we can't sustain attention to all the data, memories, thoughts and feelings available to us. Some part of us has to selectively choose what we perceive from this chaos. We can say that this part of us uses intention to create order out of the chaos, by prioritizing what we pay attention to and then linking specific pieces of our attention together to create an experience of reality that is meaningful to us. Our intention is motivated by our needs, drives and desires, and reflects our beliefs about our selves and our outer world. It is what drives the energy of thought, feeling, choice and action that attracts and moves the realities we experience.

Intention, attention and action are always in motion, whether one is conscious of intent or not. Intention can be lifted to positive priorities and realities. It can also degenerate into negative cycles as well. For example, when you go to an event expecting and deciding that it will be fun, you might notice yourself automatically paying attention to what is fun and responding to those elements. You have prioritized all things fun as what to pay attention to, and your actions, thoughts and feelings will be motivated accordingly, most likely manifesting more fun. You can also intend to be fearful and pay attention to possible threats, which may generate more anxiety and stressful event. Some intentions are driven from the limited self and, if we are unconscious of them, can drive negative realities. You may not be aware that a negative cycle is in motion, and wonder why it's happening.

There are also intentions motivated by a Higher Self that can be described as creativity, inspiration or divine guidance. Being aware of a greater intent can help bring our awareness to what we are paying attention to, and discovering what needs, desires and beliefs about ourselves are driving us. With the divine gift of choice we can reach for a more loving intent from our greater self.

When we begin a journey with the Light Labyrinth we engage our intent consciously - we always bring an intention, whether we are conscious of it or not. Because of the resonance and amplification properties of the quartz, we recommend always being mindful and consciously stating your intention when you begin a meditation and adding, “...for my highest good with harm to none.” This will help bring your intention into alignment with your higher intent to amplify with beneficial results.

In learning to harness the power of the focused thoughts and feelings of your intent, it is helpful to first practice acceptance and understanding with what is currently in motion. One way to do this is to set an intention with the Light Labyrinth to understand your current thoughts and feelings. Relax, open and pay attention with loving-kindness to what arises. Simply acknowledging your thoughts and feeling helps to “free” them as they flow through you. When you resist they can get stuck; and where do you put all that stuck energy? Inside your body or a problem in your life? You may think certain feelings are gone, but how are the ones shoved down influencing your life? If you possibly have around 65,000 thoughts (with associated feelings) per day, what *in your world* are they doing? We may think your thoughts in a situation are, say, loving, when in fact they are angry. In that case, your intent may be to stay angry. If you are not consciously connected with your real feelings, you are still using the focus of intention, *but not necessarily in the direction that you want*. It is helpful to first accept what emotions and thoughts you currently have, with loving kindness, not judgment or criticism. To know your true self takes intimacy - which means accepting, understanding, loving and forgiving.

Many systems of metaphysics, healing and spirituality believe that we can consciously change reality by changing our thoughts and feelings with positive imagination and intention. Scientific research through new discoveries in photonics, quantum physics and non-local healing is finding that our thoughts and emotions have tangible energy to influence the reality we experience. There are many new books that explain the latest scientific research and physics of conscious intent. *See Part II: The Book List for books that explore the field or matrix beyond quantum particles that connects all things and how we can explore using our conscious intent to change our world.* Whatever your beliefs, you can practice engaging the Light Labyrinth and quartz with your conscious focused intent. With the power of intention, you can focus energy of thoughts and emotions, in a direction, for a result. You use your intent all the time as you unconsciously make decisions and react to them. When you learn to perceive your thoughts and feelings, you can explore whether your current intent is assisting you to the goals you want or not. If not, you can change it and channel a higher intent, which will help you manifest your reality the way you want. Then the Light Labyrinth can amplify the frequency of your conscious positive intent.

Conscious intention gives us power of choice and freedom in our lives. The unique vibrations of quartz, light and color can help transform the energy of thought and feeling, giving us an opportunity to focus and amplify them for the conscious power of our positive intent.

## Beauty

*“You suppose you are the trouble, But you are the cure.  
You suppose that you are the lock on the door, But you are the key that opens it.  
You don’t see your own face, Your own beauty.  
Yet, no face is more beautiful than yours.”*

*Rumi*

Awareness of beauty holds a powerful ability to captivate and transform us. There is a quality to what we see as beautiful that awakens our inner light. Beauty speaks to us through deeper senses, and can touch places within us of longing, pain and separation. Beauty can be found everywhere, in radiant vistas of nature and in the smallest acts of love. There is a part of us that recognizes beauty- even in unexpected places; the core of us knows with a sudden certainty- this is beauty. It can stop us in the moment, and bring us into a state of wonder and a state of grace. When we truly recognize beauty, we change. In that moment, we lose track of self. Our heart floods open as we behold, and in some way become, what awakens our soul. We connect and are no longer alone. Beauty heals us.

The path of beauty is one that honors all of self with a compassionate heart and a spirit of curiosity, through accepting whatever one encounters. Gazing into the ambience of vibrant color in the lovely landscape of a quartz crystal can lift one into a transcendent state. The beauty seen in the crystal becomes reflected in the inner light of the person. Recognizing the beauty within can be a healing experience. People tell us that they feel an increased sense of peace and ease that stays with them from one Light Labyrinth session to the next. Qualities of peace and love often result from being in the presence of beauty. One viewer told us, “My friend who is a psychotherapist cried the first time she worked with the Light Labyrinth. She said she felt like she was sitting inside the heart of God. It was a profoundly spiritual experience for her.” Ramana Maharshi, a great East Indian sage, once said that grace is always within, and our task is simply to realize it. In the beauty of the light and crystal we can nurture the beauty within ourselves and open to a higher state of grace.

In the process of attracting abundance, one very important component is sustaining enthusiasm, gratitude and good feelings that help attract into your life the things you want. Gazing into crystal and light beauty may help lift you into more positive mental and emotional states. You can use the Light Labyrinth to first access imagination and creativity - and then use it as a touchstone for feelings of passion, love and gratitude. As one Light Labyrinth group participant said, “I felt complete bliss and higher frequency levels to give to others.” With the light and quartz you can lift your resonance to help you be a powerful positive attractor.



# The Mystery

*“My wish is that you can rest, and let go of this massive need to find yourself ...  
relax -- your soul will find you.”*

*John O'Donahue*

Whatever intent we bring to our Light Labyrinth meditation, the light and crystal call us to surrender to a path of mystery. As feelings, images and stories emerge and then recede; we let go again and again. Sometimes we find insights that reflect our initial purpose and sometimes we find entirely new inspirations. At other times we simply find deep peace in the dance and the chaos. In the Light Labyrinth journey, the process of surrender and receptivity to whatever emerges from within in the present moment is perhaps the most integral step. This mirrors the path of the sacred labyrinth.

The path of the sacred labyrinth draws upon a spiritual practice used by religions, cultures and spiritual traditions around the world for many thousands of years. It is an ancient symbol that appears much like the symmetrical fractal described in mathematics. Walking a labyrinth creates a place of inner solitude and has a transformative impact on the body and psyche. The mind wants to find a goal, yet the walk in the labyrinth twists and turns and winds around until the mind begins to surrender the goal and come into the present moment. When the center is found, perhaps at some time during the walk, an epiphany or core insight may emerge. On the return path, ideas may come to help integrate the wisdom gained into daily life.

The Light Labyrinth asks us to create a space in our lives for solitude and inner reflection, and provides an enchanting ambience to receive it. In our modern world filled with high tech communication and entertainment, our lives seem to be speeding up at an alarming rate. When do we get enough time for spiritually nourishing solitude? The Light Labyrinth can become part of a ritual for creating this essential time for self. Solitude is a ritual that nurtures a depth of self-intimacy, allowing us to release the outer images we pile up and come home to ourselves. In the book, *Whole Child, Whole Parent*, Polly Berrien Berrends states, “A place of solitude is the place where a child first learns to be alone and develops [his or] her capacity to dream and imagine. Here is where she can best discover a source of inspiration, solace, and creativity beyond herself and her parents and begin to learn to receive and trust it. Here she can learn that she is good company, a discovery that will protect her from one of the most insidious social values of our time: the belief that one’s value depends on others admiration and acceptance.” Solitude helps build our inner strengths and the self-intimacy that leads to self-love.

Modern life encourages us to remain immersed in news, Internet, entertainment, communication, and information flow on a global scale. It is exciting, but can also be overwhelming to our nervous systems. We need time to go within, to witness and integrate what we’ve absorbed. We need room to free the clutter of thoughts and feelings that pile up, to find resolution - to find our own values. Through inner reflection we build the strengths of discernment, compassion and trust without interference. Solitude is a truly valuable gift we can give ourselves and teach others. When we go fully within, whatever is needed will emerge; we can get in touch with our inner healers from that place.

There is no substitute for daily sacred solitude. It isn’t simply being alone; sacred solitude is quieting the chattering anxious mind and reaching into a well of grounded inner strength, and sometimes finding peace and love. To be able to contemplate the idea of some sort of larger natural or divine power is an important component of joy. Rituals and prayer help us make space in our lives to focus on what is truly meaningful to us and who we really are. The Light Labyrinth very quickly creates an ambience that nurtures sacred solitude and universal connection.

Everyone has unique experiences in the Light Labyrinth. As in a dream, some insights seem clear; some are not. Some make sense later, in a flash of understanding, or during a daydream or night dream. Some bring shifts in understanding and choices. Just like dream work, the journey in the Light Labyrinth is a powerful search that speaks to the soul and is deeply personal; you find your own way. A labyrinth is a path with no “shoulds”; it is a sacred personal journey. No one else can interpret for you - that is the gift of power it holds for you. When you learn to witness your own perception and trust your own inner associations and symbology, you become empowered in a multidimensional way. With each personal journey of self-discovery you take, you become more of you.

## The Depths Within

***“Dreams are the seedlings of realities.”***

*James Allen, 19th century English writer*

When ancient crystal beings are illuminated with the Light Labyrinth, an enchantment comes to light that can awaken inner wisdom. The light and crystals enhance a sacred place for meditation, a bridge to the mystery within. The mystery is in the liminal state, the edge of perception, where one can approach the multidimensional self. Just tapping the awareness of the extraordinary self, if only for a moment, can have a profound and spiritually healing impact. Realms of the imagination and dream states are the horizon that exists between the known and the unknown. Whatever helps you stretch and expand beyond your perception has the potential to awaken hope and inspiration.

The Light Labyrinth can become your own personal inner adventure. There is no one right path to explore it. There are many creative ways to have your own light and crystal meditation. The jewel of the Light Labyrinth journey, which appears in many different types of journeys, is the place where the sudden gestalt experiences arise. Many viewers have told of “a-ha” experiences they have in the light and crystal meditation. Symbolic images and feelings will appear as the meditation weaves in and out of a mystery of metaphors until some kind of center or epiphany is reached. Sometimes a new or clear understanding will come. Sometimes there are no words. It feels like coming home.

Because we are continually entertained by external sources, we sometimes forget about the rich landscape inside us, within our own perceptions and imagination. These are universal gifts given to us. Each of us is limitless in our feelings, thoughts, imaginings, passion, and creativity. It is enthralling to perceive our inner landscape, whether it's joyous or frightening, because it speaks to us about who we really are and answers our longing to know ourselves. Even when what we label negative comes up, the Light Labyrinth assists us in experiencing it within a tender place of sparkling beauty. As we become aware of our depth, it's not just what we call scary and negative that the unconscious holds; it also holds the incredibly wondrous parts of ourselves that we want to reveal. Self-discovery is a journey that will never end - *and if we become conscious of it we can play.*

Imagination holds all possibilities and is the light on our journey. Imagination is the means to ignite the new visions and new world we dream of. In this realm, we reach into the wealth of our existence and bring back the inspiration and hope that build our lives. Every act of love and compassion is fueled by this endless inspiration that flows in the immense river of our imagination. From this pure spring we can find the miracles we wish to create.

***“The color is phenomenal, and brings the crystals to life!***

***I actually see holograms around the crystals when I watch the Light Labyrinth.”***

*Flora La Rayne*

## About Us

**Kirby Seid**, our C.O.O., also manages a gem and mineral business, traveling the world for crystals and ancient artifacts, and creating tools for shamanic practices. He has been teaching crystal workshops for the past 30 years. Kirby has a B.A. in Psychology and is dedicated to uniting the crystal/mineral kingdom with our spiritual human evolution. View Kirby's amazing crystals for sale at [www.seidcrystals.com](http://www.seidcrystals.com)

**Randall Fontes**, co-creator of the Holotope, studied light and meditation for over 50 years. From his very first memories he was fascinated with light, and he spent most of his life researching the scientific and mystical applications of light and color. He received a Masters in Psychology from Sonoma State University in conjunction with Stanford Research Institute. Randall collaborated with Harold Puthoff and Russell Targ at Stanford to develop Remote Viewing protocols. Because of his extensive research and development with light, and his work on "The Secret Life of Plants" movie, he was a guest on "The Tonight Show with Johnny Carson", "The David Susskind Show" and the NBC special "Wild Sciences".

**Darren Gibbs**, our music visualizer designer, is a creative innovator and programmer extraordinaire. He is also a performance artist and musician. Darren has been experimenting at the intersection of sound, technology, and consciousness for many years. He has studied and taught visual arts & music technology at the Evergreen State College in Olympia, Washington. He studied electronic music as a graduate student at Mills College in Oakland, California. Darren continues to create music, sound sculpture, and intermedia performances as well as pursuing his studies in Tai Chi, sound and shamanic healing, drumming, meditation, and yoga.

**Yasi Poursamad**, ResLight Player software designer for the Holotope computer interface. He has a passion for combining technology with live performance, and collaborated with Randall for many years on the Holotope software interface prior to Randall's passing in 2019.

**Christopher Harris**, our "super-tech" engineer, has been involved in the electronics industry for the last 20 years in R&D and as an electronics instructor. Along with hand constructing each Light Labyrinth and our Holotope Projectors, Christopher has an uncanny ability to handle everything else we throw at him, from producing plaster replicas to customer support and custom installation. Chris claims his job is always exciting, "It's like coming to work in a jelly bean factory."

**Rebekka Maestre** is a personal and business coach, hypnotherapist and writer. She has been involved with our team for many years: organizing events and seminars, and co-authoring both the Light Labyrinth and Holotope guidebooks. She previously led Vision Team workshops and has managed, consulted, owned small businesses and retail stores, and taught in innovative programs for special needs children.

**Hillary Lynne** is our webmaster, copy-editor, marketing director and facilitator. She is a natural intuitive, who also has a B.S. in Architectural Engineering from CalPoly University, San Luis Obispo. In addition to our guidebooks, she also produces all of our printed materials, digital flyers, photography and promotional videos, and provides technical design direction for our ResLight software.



# Ancient Technologies

*Ancient Technologies is dedicated to creating new tools of technology based on ancient principles of healing to assist group process and personal development.*

## Products and Services

Ancient Technologies offers a wide array of products and services including:

- **The Light Labyrinth and Holotope**- Advanced Technology in Light and Color Meditation
- **Day and Evening Workshops** - Enter the realm of mystical meditation and inner exploration with experienced teachers/facilitators.
- **Spectacular Crystals** - Carefully selected and imported by Kirby Seid Associates.
- **The Music Visualizer** - A multi-sensory experience of sound and music viewed with The Light Labyrinth. See what you are hearing and observe the deeper, hidden patterns of music.
- **Private Light Labyrinth Sessions** - Sit with one of our experienced guides and journey into mystical meditation
- **Crystal Consultations and Artifacts** - Kirby Seid can prescribe for you unique crystals or stones for specific transformational work.
- **Custom made Shamanic/Healing Tools** - We work with your specific tradition to create tools for your teaching or healing practice.

View Kirby's amazing crystals for sale at [www.seidcrystals.com](http://www.seidcrystals.com)

Visit us on the web: [www.ancient-tech.com](http://www.ancient-tech.com)

***If you have epilepsy, heart problems or strobe sensitivity,  
consult your health professional before use.***

## *Clarification of Responsibility*

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# Part II: Your Light Labyrinth Journey

## Ways to Explore

*People are using the Light Labyrinth for:*

- **Enchanting Meditation:** Reduce stress and feel peaceful with exquisite beauty.
- **Realization:** The Awakened Journey (eyes open meditation with brainwave activation) can tap into profound mystery, inner wisdom and transformation through self-reflection.
- **Co-creation of Abundance:** You can use the Light Labyrinth to first access passion and imagination, and then use it as a touchstone when you want to sustain feelings of love and gratitude. With the light and quartz you can lift your vibration to help you be a powerful positive attractor.
- **Enhanced Group work:** Use with groups for expanded communication and connection.
- **World Healing Intention:** Send individual or group healing intention to people, animals and/or places in the world.
- **Creativity:** Ignite imagination for use with any kind of design, art, music, dance, voice, intuitive problem solving and more.
- **Integrate the Light Labyrinth with therapeutic work, hypnotherapy, bodywork and spiritual guidance:** The Light Labyrinth can help clients feel safe and relaxed, let go of distractions, and open access to inner guidance and information.
- **Expanded Spiritual Practice:** Use the Light Labyrinth with your personal spiritual practice. The Light Labyrinth enhances a guided or recorded meditation. We have sensory perception of light and color even with our eyes closed.
- **Inner Grace:** Illuminate the Light Labyrinth during your morning or evening routine for higher resonance, balance, and serenity
- **Work with Color and Crystals:** Discover how color and crystals can balance and rejuvenate. Connect with the mysteries of the mineral/crystal kingdom. Tap into their ancient wisdom.
- **Entertainment:** Relaxing with The Light Labyrinth is fun! Play the Music Visualizer and enjoy your favorite music in a whole new way. Incorporate it into live performances: art, music, dance, voice and more.

## Keys

We recommend starting gently with your light and crystal meditations. Give yourself time to develop a relationship with the light and quartz. Open to the creative process.

Release any attachment to the outcome, find your own rhythm. This is all about you being with *you*. Whatever happens, *you are doing it right* because, in essence, there's nothing to *be* done. This is all about learning to open and play with the power of your imagination within the greater dimensions of *you* that exist. Relax - it's Fun!

You can blend your own spiritual practices and therapeutic processes with the Light Labyrinth meditation. The Light Labyrinth works great with individual and group process and allows plenty of room for your own creativity.

### Helpful hints:

**Start minimal** with a few features at a time.

**Give yourself time** to learn how to use the remote and how to achieve specific features.

**Set up is essential:** create a sacred space and develop your personal ritual.

*Refer to Session Preparation*

**It helps to record your experiences**, even the very subtle ones. Maybe in one meditation you only saw or felt one or two seemingly inconsequential insights. In the next few days you may have a night dream or sudden flash during the day that triggers a gestalt of “aha! - that’s what that symbol or feeling was referring to!”

**Try setting a program at Slow-Time** in the beginning to help your awareness adjust.  
Press Program Speed Slower several times to adjust speed.

### *Remember to Breathe!*

- We suggest bringing your awareness to your breath throughout the session. Take two or three deep breaths when you begin, and then periodically take a few deep, gentle breaths without straining.
- Breathing through your nose prepares the body for relaxation, awakens clarity and helps you breathe deeper, allowing for more nourishing breaths in your abdomen.
- During the meditation, notice when you tense up. By bringing your awareness back to your breath, you can release the tension or resistance in an experience. Followed by three to five deep cleansing breaths, you will become less tense and more relaxed.

## Emotions

Identifying what we feel emotionally is one of the most useful insights we gain in growing and healing. Our reactions to color and light give us reflections of our emotional states. Exploring with Light Labyrinth can not only help us to become aware of our emotional states, but offer a safe context in which to explore what thought and beliefs are perhaps creating these emotions.

Emotions are valuable; they strengthen our compassion, to give and receive love in our lives. They are like the engines that propel us; giving us a sense of direction. In essence they are neither positive nor negative but simply exist with different degrees of intensity. Respecting, acknowledging, and owning emotions develops our inner power and builds self-esteem.

**Here are some ways to work with your emotions with the assistance of the Light Labyrinth:**

Let the color help you focus on what you are feeling. Ask yourself, “How does this emotion feel? What feeling is underneath this one?” The light and crystal offer a path of healing through beauty. This is one way to befriend your feelings with compassion, and illuminate areas within your psyche that may require further understanding and forgiveness.

Emotional energy that is freed up may appear in your night dreams or even surface in your daily life. If you experience strong emotions, we suggest writing about them and/or using a guided meditation that helps you understand your emotions and release them. (Or seek professional help.)

If fear comes up, you may want to journal this and explore what messages the fear holds for you. What do you believe triggers that fear? Evaluating your beliefs that create fear can bring about positive changes in your life. You can apply this spirit of curiosity to other emotions. All emotions have positive and negative value, what make them potentially negative is repression and judgment. Judgment shuts down natural curiosity and blocks energy. Exploring your feelings compassionately with discernment helps to perceive what is true. This frees up stuck energy. Try gently practicing being present with all of your thoughts and feelings.

## Forgiveness

In any process of inner exploration you may encounter uncomfortable truths about yourself. The first step is to FEEL the feelings of the impact of what you have created or allowed to happen. Forgiveness is a process of accepting that we are all human and it is ok to make mistakes. You may not like the outcome of that mistake, yet forgiveness is about understanding why it happened and releasing it so you can move forward and not be stuck in the past. In forgiveness, one feels sorrow and remorse for what has happened and their part in it, whether directly or indirectly.

**Then you can honestly forgive yourself and others** (in meditation or in person if appropriate). In meditation, say it as many times as is needed to release the self-judgment and the energetic and emotional charge. Then you can create change, such as setting new boundaries and rebuilding trust in yourself and others. Forgiveness can bring freedom.

When something comes up try feeling the sorrow and then saying, “I accept that I am only human. It’s ok to make mistakes, or ok to have allowed this into my life. I am sorry. I forgive myself. I deserve to be forgiven. I am willing to forgive myself and others.” Try imagining an uplifting color- for example violet- and invite that color to cleanse your heart with love and forgiveness. You may use the Light Labyrinth for this process. (Press “Single Colors” and then choose that color you wish to wash over your body and energy field)

**Sometimes it may be easier to forgive the WHY instead of the WHAT.  
Some traumas require more processing before forgiveness is possible.**

# Quartz Crystal: Care & Co-Creation



## *Energetically Cleansing Quartz Crystals*

First start by cleaning (energetically clearing) the crystal: You can cleanse the quartz with one of the elements: Water, Air, Fire or Earth, or you can clear it ethereally.

- ❖ WATER: Wash with distilled water or spring water
- ❖ FIRE: Put the quartz in the sunlight for a few hours (not recommended for amethyst), or leave quartz outside in the moonlight overnight.
- ❖ AIR: Put the quartz out in the air for a few hours
- ❖ EARTH: Bury the quartz in the earth for 2 or 3 days, wipe and rinse with water
- ❖ Or you can cleanse the quartz psychically with etheric energy:
  - Imagine flowing light through it with the intention to clear it. Clear the crystal by moving your thumb over it and exhale sharply
  - Imagine light spiraling down, entering the quartz, clearing it and grounding into the earth. You can also imagine another spiral of light through your body, clearing distracting thoughts and grounding you with the Earth.

## *Things to review about Quartz*

- The Light Labyrinth projects super bright colors that activate the frequency in quartz.
- Quartz harmonizes subtle energy fields.
- Quartz generates a co-creative process where the quartz can help manifest and sustain a positive objective. The quartz helps maintain the vibrational frequency of your conscious intent. It can hold and amplify that frequency.
- The quartz will also continue to radiate that state throughout your immediate environment, supporting your own energetic field. You can work with it like a touchstone. When you have moments of feeling “off center” you can connect with the quartz as it is magnifying the frequency you preset.
- There is an inherent balance in nature that is reflected in the unique geometric design of natural quartz. Millions of years of tremendous heat, power, alchemy, chemistry and pressure in geologic forces united to create the unique quartz vibrational resonance.
- The quartz molecular structure is very organized and can calm and align our own energy fields, allowing us to calm and connect with a state of wholeness and belonging.
- Our bodies are filled with silica molecules that vibrate in resonance with the molecules in quartz. During a meditation with quartz, this can help calm your nervous system, align your subtle body and assist with focusing your attention and the energy of your thoughts.
- Metaphysical crystal systems believe that quartz facilitates altered states of consciousness and can assist receiving information from the spiritual realms as well as helping to develop both creative and psychic abilities of the mind.

# Crystal Communication

This is a general crystal communication guideline. There are many systems of communicating with crystals that you can use with the Light Labyrinth to help amplify the results. *Refer to Book List.*

**MEET:** Get to know your unique crystal

**GREET:** Say hello to the spirit of the crystal

- Examine your crystal. Admire it; see its beauty and uniqueness. Be delighted, crystals love this! Touch the quartz, feel the surface, temperature and energy field
- Send warmth and openness from you heart to the crystal. Hold the intent for the highest good for both of you

**RECEIVE:** Be receptive, be quiet and listen - allow the crystal to communicate with you

- You may receive visual images or feelings- This is the quartz translating impulses and resonance into language that we can understand

**GIVE:** Now switch - Communicate with the crystal

- Speak with telepathic thought -or out loud. The crystal will respond to the vibrations in your thought or voice.
- Then convey emotions to the quartz- communicate from a deeper level, which bypasses linear thought
- Offer feeling to the quartz. Try these different feelings:
  - What does security feel like, what images can you hold in your mind that elicit feelings of safety
  - What about accomplishment- envision what you would like to accomplish
  - Now pass fun to the crystal- think of something fun! Then hold feelings of love and gratitude

**COMMUNION:** Look at your quartz - imagine yourself going inside the crystal

- What colors do you see? How bright are they?
- How do you feel? What emotions come up?
- What movement do you sense?
- Do you feel warm or cool?
- Do you hear sounds or vibrations or just silence?

**INSIGHT:** Do you have any flashes of understanding? Any thoughts/ideas suddenly emerge?

- This may be the quartz telling you something, or just amplifying communication from another part of your consciousness
- Value what you receive - every whisper holds some treasure. Release judgments, discounts and the need for grandeur

**GRATITUDE:**

- Say "Thank You" out loud, or in your heart, send feelings, pictures of gratitude
- Reflect later on what wisdom you received
- Staying in gratitude, be open to dreams, messages, and synchronicity

# Crystal Co-Creation

This is a general co-creating guideline. There are many methodologies that you can use with the Light Labyrinth and Quartz to help amplify the results. Choose whatever is most relevant for you.

## CLEANSE AND GREET:

If you haven't already cleaned your crystal, you can clean it with light. Imagine light spiraling down, entering the quartz, clearing it and grounding into the earth. Say hello to the spirit of the crystal. Admire it; see its beauty and uniqueness. Touch the quartz with your hands, feel the surface, the temperature and the energy field. Hold the intent for the highest good for both of you.

## STATE WHAT YOU WANT TO CO-CREATE:

Invite in your guides or a friend from the unseen realms- Ask them for help in co-creating.

Add, **"For the highest good of myself and all others."**

## LISTEN TO THE BLOCKAGES AND CLEANSE THEM:

Ask, "Why don't I believe this can happen? Why don't I want it to happen?" Really listen- without judgment - to any limiting feelings, thoughts, fears and beliefs that arise.

### *Cleansing limiting beliefs and blockages*

Ask your Unconscious and Higher Consciousness to forgive & clear all old beliefs and events related to these blockages, if needed retain the lessons you needed to learn from them. Imagine spiral of light, white or with colors spinning through your body/mind/spirit, see blockages draining into the earth, or being pulled out into the light. Affirm loudly, **"I am willing to release and forgive these limiting beliefs and blockages now. Thank you!"**

## CREATE A SENSORY PROGRAM FOR MANIFESTATION (seeing, touching, hearing, feeling, etc.) from a welcoming state of being where you already possess whatever it is you seek:

Imagine yourself celebrating (cheering and smiling) having what you want. What emotions are you feeling? Really amp up those good feelings!

## PROJECT THIS IMAGE IN THE CRYSTAL, SURROUNDING IT WITH LOVE AND LIGHT:

Visualize your desire while rubbing either thumb on any side of the crystal from the base to the top (or anywhere on a sphere) and exhaling your breath out; do this a number of times until you feel like it is done. Imagine the image shooting out the crystal's point, or radiating out from the sphere or other shape- and into your reality.

With the Light Labyrinth and larger crystals, use the green strobing light and imagine the image inside a green flame - then with your exhale, shooting out the crystal's point, or radiating out from the sphere. Thank your inner friend, guides and the crystal and light.

## REINFORCE YOUR MANIFESTATION:

Allow yourself to receive. If you don't feel like you deserve, it's okay just be willing to fully receive the bounty of your desire. Celebrate! Invite the new reality into yours. Get up and feel good!

Watch your reality-what changes? Watch for dreams, actions, events, and serendipities. Celebrate your success as you receive the things you want & celebrate other successes that appear as a result. Redo the co-creation process if you don't reach your goal. Understanding maybe another form of your wish is needed, or you may need more processing to remove blockages.





# Gazes

At our workshops we teach people specific gazes intended to access different brain centers such as right and left-brain functions. Using different gazes helps exercise your ability to shift perception.

*Before practicing the gazes, assume a seated posture with head, neck, and torso comfortably upright.*

## Stereoscopic Gaze

- Allow the mind to become calm, look through the crystal and focus beyond the crystal
- Relax the eyes and use a wide view, stare at the whole crystal, or stare at 2 points at once while you look through the crystal

This is a multiple form gaze. You may begin to arrange things differently inside your minds eye. This can help your own perceptual process to see different realities even though nothing objectively is changing. Watch how your mind connects the dots in different ways. Based on *autostereogram*, this gaze is an optical illusion of depth observed by allowing the eyes to focus behind an image (diverge), but also in front of the image (converge).

## Soft Focus/Right Brain Gaze

- Relax the eyes, look at the whole crystal
- Stare at 2 points simultaneously and this will produce a soft gaze

This is primarily a right brain gaze relating to non-linear experience and the ability to conceive. This is a wonderful gaze for calming the mind and body and relaxing or starting a meditation.

## Hard Focus/Left Brain Gaze

- Focus on one point in the crystal
- Let your mind & body relax, breathe gently; after a few minutes choose a new point

The left-brain is primarily concerned with deductive reasoning, mathematical, language, and logic. This gaze can help you focus on a specific image, story or idea.

*After you practice the soft and hard gazes above, try alternating back and forth between them.*

## Peripheral Gaze

- While facing the sphere, look at a point way outside the sphere, between 5-10 feet away.
- While focusing at this distant point or object, look at the crystal, which will be in your peripheral vision. Change points in the room at intervals.

This gaze can help develop the peripheral vision. To develop your peripheral vision helps you look at the edge of your reality and see new possibilities. Sometimes you catch things out of the corner of your eyes; shamans say there is increased energy there. Some teachers have said that developing peripheral vision has to do with increasing psychic abilities.

## Periscope Gaze

- With eyes open, imagine that your consciousness is hovering above your body and looking down through your body at the crystal and light.

Imagine that you are viewing your reality from the perspective of your higher consciousness, gazing through the periscope of your physical body. This gaze sometimes reveals fascinating results.

# IMPORTANT Instructions for Strobing Programs

## *Safety Instructions - Important - Please Read:*

These tools are meant to be gentle, safe and inspiring tools for meditation and inner exploration. The LEDs we use are set at vibrant but gentle levels. It's important to use these tools with awareness - read and follow the guidelines for a safe journey. Nothing harmful has ever happened, but for some people being too close in or strobing too long can be uncomfortable.

We recommend using the non-strobing programs first and then if you use strobing. Choose 5-15 minute sessions thereafter. If a person is sensitive to strobing the non-strobing programs create a gentler meditation and can be just as effective.

### **IMPORTANT!**

*Ask if anyone is epileptic, has heart condition, migraines or strobe sensitivity. In these cases strobing is NOT recommended. Use non-strobing programs only.*

Start gentle - get accustomed to the Light Labyrinth with non-strobing programs.

If you would like to guide someone in a session,  
please read [Guiding a Light Labyrinth Session](#) fully before you start.

## *Before you start follow these instructions for Strobing Comfort*

### Setting up Your Comfort Distance

1. Start by placing your chair approximately 2 feet from the Light Labyrinth.
2. Turn on the Light Labyrinth and press Constant and then the number 1 (Red) button.
3. Notice how you feel.
4. If you feel comfortable:
  - a. Try this distance out for 5 minutes - watching the strobing program.
  - b. Turn off the Light Labyrinth and note how you feel.
  - c. You should feel great using this at a distance for periods of 10-15 minutes. We recommend using non-strobing settings in between strobing for best results.
  - d. If you feel any notable discomfort proceed to next step.
5. If you feel discomfort:
  - e. Move your chair 3 feet away from the Light Labyrinth.
  - f. Again, notice how you feel. If you feel comfortable go back to step #4 for 5 minutes.
  - g. If you feel discomfort, move your chair 4 feet back. If you feel comfortable go back to step #4 and test for 5 minutes.
  - h. If you feel discomfort at 4 feet, we recommend using the non-strobing programs only.

*Remember your comfort distance so you can use it each time*

# Session Preparation

## *The Doorway*

### **Prepare**

*Create your sacred space*

A quiet space and time with no interruptions and low lighting

A medium to large quartz crystal that is cleared *See Crystal Care and Co-Creation*

Place this crystal securely on the Light Labyrinth- have the remote ready

A second crystal for holding as a touchstone

Comfortable seating, pillows if needed

Music Selections (we suggest instrumental) *Refer to Selecting Your Music*

Awakened Journey Worksheet and/or a Writing journal

Aromatherapy candle or oil

Glass of water to drink is helpful

### **Voice your Intention**

First, touch and greet the quartz with hands and heart

*Always ask your Higher Self to assist you on this journey.* You can also call on your unseen guides

Voice your intention, and add, **“For the highest good of myself and all others”**

*(Your intention can also be open: for whatever wants to present itself in the session)*

**Center your mind & body** before beginning the session

## **Choosing an Intention**

You can voice a positive outcome you want to set in motion or attract: an inspiration, a discovery, resolution to a problem, an inner healing, or you can say a prayer as your intention. It is always beneficial to add, “For the highest good of myself and all others.” This will help bring your intention into alignment with your higher self amplifying beneficial results. Examples of intentions:

I ask for assistance understanding and resolving this difficulty \_\_\_\_\_.

I ask for inner healing for this issue \_\_\_\_\_.

I ask for creative inspiration with this project \_\_\_\_\_.

I am open to whatever would be most beneficial for me to receive right now.

Sometimes it is helpful to write out your intention before beginning, to bring clarity.

## **Calm and Ground** your mental and physical energy before a session:

First, notice how you feel- Is there any stress in your body? If so, where? Do you notice stress in your mind or brain? Are you worrying about anything in the back of your mind? Are you having trouble focusing or being fully present in the moment?

Now, with eyes open or closed, imagine a strong cord of light traveling from your neck down your spine, out you tailbone and into the floor or ground. Imagine this cord moving through the layers or the earth’s crust and then meeting new layers of minerals below. Imagine huge rock formations, then quartz, and even huge rivers and lakes. Imagine the cord branching out like a tree, deeper into the minerals of the earth. Spend a few minutes feeling the earth with your emotional imagination. Now again notice how you feel. Do you feel calmer and more at ease? Is your body more relaxed, less stressed?

### ***Helpful Hint!***

If you have a high level of anxiety or energy before a session that is making it hard to sit still, try doing a little physical exercise before you start. This will help discharge the excess tension. Stretch, run, dance or do push ups and remember to *breathe deep*.

## Basic Starter Sessions

*For Inner Peace, Receiving Beauty & Reducing Stress*  
*Here are suggestions for our favorite session combinations.*  
*We recommend some of these to get you started. Explore & Enjoy!*

### Serenity Session (non-strobing)

*Relaxation - Receiving Peace & Beauty - Being in the Moment - Emotional Calming - Restorative*

**Time:** approximately 35 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Soft Gaze with alternating focus on one point in the crystal

**Steps:**

1. **Connect with quartz gently** (2-5 minutes) and state your intention for inner peace.
2. **Press Single Colors, violet button, then UP arrow on white/smooth button** (5 minutes)  
*Slowly pull your awareness from everything in your external world. Close your eyes, let your eyes, jaw and tongue relax, then open your eyes softly. Breathe gently through your nose. Starting at the top of your head, imagine a violet white light relaxing every part of your body, all the way to your feet.*
3. **Press “Dream” for the Serenity program** (15 minutes)  
*Take a few deep breaths and let your mind drift and gently surrender to the beauty. Let the movement of color carry you. Dissolve daily stress and worries into the sparkling color and crystal and let the beauty lift you to an inner serenity. Breathe gently as thoughts and feelings come and go. Enjoy being more in the present moment. Receive your peaceful being with a tender heart.*

### Finding Center Session (light strobing)

*Feeling at Peace - Finding your Sense of Balance - Feeling at Home in Body/Mind/Spirit*

**Time:** 30 minutes

**Music:** First selections slow and ambient, then more dynamic music, uplifting selections to finish,

**Gazes to employ:** Alternate Left and Right Brain Gaze

**Steps:**

1. **Press Single Colors and any color button to start with for** (5 minutes)  
*Connect with quartz gently- hands on 2-5 minutes and state your intention for becoming centered. Take a few deep breaths, and let your mind drift.*
2. **Press “Dream” to run the program** (5 minutes)  
*Gently surrender as thoughts and feelings pass. Let the movement of color carry you.*
3. **Press LIGHT FORMS?** Initiation will run and will cycle strobing effects (15 minutes)  
*If you are feeling adventurous, you can also push program #7 for more dynamic effects. Notice sensations of comfort and discomfort. Breathe into them. As the program reaches more intensity breathe and practice accepting the place of change or chaos. Be open to meeting the unknown. Surrender to the movement. Sense an inner stillness - the part of you that continually adjusts and rebalances.*
4. **Complete with Single Colors and press a favorite soothing color** (5 minutes)  
*Let words and thoughts go. Sense an inner stillness and stay there as long as you can.*

## Color Specific Sessions

Color frequencies are always affecting us. Color therapy or Chromo therapy is the science that uses colors to maintain the vibrations of the body to frequencies that signify health, ease and harmony. All objects have frequencies of vibration. In our lives, unbalanced stress can generate all sorts of physical, mental, and emotional disorders and distortions. Beneficial frequencies can help vibrations return to a state of harmony. The pure vibrations of colors can help our systems balance and self heal.

There are many systems of color healing and therapy available to explore. We are not endorsing any specific system or claiming specific results. The Light Labyrinth is a tool that can be used for basic color work or in tandem with color healing systems. If you are interested in more complex work with color therapy, see the [Suggested Reading](#) for some resources.

The Light Labyrinth can help you explore your personal relationship with color and find ways to benefit your self-healing and self-expression. Below we have included a few basic suggestions of how to work with the Light Labyrinth and Color.

We suggest that you start with these basic methods:

1. Self-balance with color
2. Explore your personal relationship with color
3. Revitalize your system with color
4. Renew your chakras with color

### Self-Balancing with Color Session

*Self healing and nurturing with color*

The Light Labyrinth is designed to cycle through varying sequences of simple and complex color combining. This allows your physical, emotional and mental systems to absorb the colors that they need for balancing, even if you don't know what they are.

**Time:** approximately 15 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Soft Gaze

#### Steps:

- Start with The Chakra Meditation set on 2 minutes each color
- Relax your whole body, especially your jaw and tongue
- Breathe gently and deeply
- Imagine that you're absorbing each color into your entire body using your breath and skin
- Notice your response to each color. Feel what colors your body needs at the moment
- After you cycle through all of the colors go back to the ones you were most drawn
- Spend time absorbing and enjoying these colors
- Finish by pressing the Dream button and enjoying all of the colors

You can also work with one color at a time, or two color blending, and absorb continual frequencies from specific colors. We suggest you use your intuition and feelings to guide you to which colors you need at the time you are self-balancing.



## *Explore your personal relationship with color:*

We all have a wide variety of experiences with different colors during our lives. Each color may bring up positive or negative feelings and associations. It is valuable to understand how you respond to the spectrum of color, since color is a constant part of your life. Understanding your responses can help you release old associations and free up your responses in your daily world. You may notice subtle changes in how you react to colors in your environment. You may also notice color more, which can be an inspiring experience. Our reality is filled with color. Color can be emotionally stimulating. It can be fascinating to witness. Enjoy your relationship with color.

### **Color Awareness Session**

*Expanded awareness of color, Explore your relationship with color*

**Time:** approximately 35 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Hard Gaze-focus on one point in the crystal, change points. Also try Soft Gaze.

**Prepare:** Set up sacred space, connect with your quartz, and state your intention.

***Suggestion:** My intention is to gain a deeper understanding of how I respond to color, for the highest good for all.*

#### **Steps:**

- 1. Press Single colors and white button to start with white light for 5 minutes**  
Begin by taking a few deep breaths, calm your mind, relax your whole body, jaw and tongue.
- 2. Press Single Colors, Chakra Meditation and #4 for 4 minutes on each color**  
Let your mind drift and simply notice your response to each color: notice what feelings and images come and go. Notice responses of comfort and discomfort. Go deeper into the comfort or discomfort.
- 3. Press “Dream” for the Serenity program for 5 minutes**  
As you play the color blending program, observe how the colors that bring you comfort soothe the ones that feel uncomfortable. Just witness what happens.
- 4. Reflection:** Use the *Awakened Journey Worksheet* or a journal to record images, memories, feelings and any resolutions or new ideas
- 5. Integration:** Observe and/or write about how you response to colors.

## Revitalizing Session

*Re-energize your body and mind with color*

**Time:** approximately 35 minutes

**Music:** All selections slow, ambient and uplifting and with no words

**Gazes to employ:** Soft Gaze

### Steps:

**1. Press Single Colors, Chakra Meditation and #3 for 3 minutes on each color**

Relax your whole body, especially your jaw and tongue. Breathe gently and deeply.

Breathe in each color and send it to all cells and organs in your body. As you breathe out imagine dark areas leaving the body. See the color permeating your brain and mind for mental relaxation.

**2. Press Single Colors, and then press whatever color you enjoyed most - for 5 minutes**

Return to the color you enjoyed most and imagine it flowing into a specific area in your body, or emotional body that needs healing. Imagine the light and color flowing from the quartz and saturating the area.

**3. Press “Dream” for the Serenity program for about 5 minutes**

Flow through the Dream or Chakra Sequence. Do what feels right to you. Send love and appreciation to that area. Surround it with the color and imagine it completely well.

**4. Reflection:** Record the images, memories, feelings that you have. Write out how you imagined yourself completely well.

## Chakra Renewing Session

*Re-energize your energy chakras, body and mind with color*

**Time:** approximately 30 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Soft Gaze

### Basic Chakra Guide

#### *Corresponding location*

Base of Spine

Lower abdomen

Solar Plexus

Heart

Throat

Forehead

Top of head

#### *Associated Color*

Red

Orange

Yellow

Green

Blue

Violet/Indigo

White/Violet

#### *General Qualities*

Security, Passion, Vitality

Sensuality, Creativity, Humor

Power, Creation & Manifestation

Self Love, Love, Compassion

Communication, Self Expression

Intuition, Knowing

Spirituality, Wisdom, Divinity

### **Steps:**

#### **1. Press Single Colors, Chakra Meditation and #3 for 3 minutes on each color**

Breathe in each color and envision it filling the corresponding chakra region on your body. Imagine the light flowing from the quartz and saturating the chakra from front to back through your central energy channel. You can also flow white or other colors into each chakra. Do what feels right. Imagine each chakra spinning faster like a pinwheel.

#### **2. Press “Dream” for Serenity color blending for about 10 minutes**

With the Serenity program, imagine all of the colors flowing into a specific chakra that needs healing. Send love and appreciation to that area. Surround it with the colors and imagine it spinning faster.

#### **3. Reflection:** Record the images, memories, feelings and new ideas that you have.

*“The colors of the Light Labyrinth definitely put me in a trance,  
a complete and total state of awe, and brings me deep peace.”*

*Louisa McKusky, Wise Awakening*

# Inspirational Sessions

After becoming familiar with basic starter sessions and The Three Phases of the Awakened Journey, you may want to try some other session formats. Here are some ideas:

## Creative Inspiration Session

*Being present and open; emotional calming; accessing imagination and new possibilities*

**Time:** approximately 30 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Alternate Soft Gaze with Peripheral Gaze

### Steps:

- 1. Connect with quartz gently- hands on for 5 minutes**  
Focus your intention for inspiration. Relax your whole body, especially your jaw and tongue. Breathe gently and deeply.
- 2. Press Single Colors and any color button (whatever color attracts you) for 5 minutes**  
Let your mind drift and gently surrender to whatever thoughts and feelings come and go. Practice being more and more in the present moment and releasing goal oriented thoughts.
- 3. Press “Dream” for the Serenity program for 10 minutes**  
Let the movement of color carry you. Specifically watch the play of your imagination and delight in whatever emotions and images arise. When you use the Peripheral gaze observe what new ideas come.
- 4. Press the Manual Control Fwd/Rev buttons for the final 15 minutes to access additional non-strobing programs.**
- 5. Reflection:** Write whatever gentle thoughts or wild thoughts emerged. Remember, no idea is too crazy - you may find a kernel of inspiration anywhere! Or paint, draw, sing, compose or dance and see what new imagination happens.

## Emotional Renewal and Transformation Session

*Understand feelings, release blockages, access resolution and new decisions*

**Time:** approximately 25-35 minutes

**Music:** First selections slow and ambient, then use more dynamic music, uplifting selections to finish- all instrumental, without words

**Gazes to employ:** Alternate soft gaze and hard gaze

### **Steps:**

*Begin by stating your intention for emotional renewal, transformation and resolution*

- 1. Press Single colors and the RED button to start with red light for 5-10 minutes**  
Ask: What am I feeling unhappy or blocked about? As thoughts or internal images come up, ask: How do I feel about that? As feelings arise, breathe in and intensify the feelings. Say internal words or imagine gestures to express the feelings. Try to stay in a non-judgmental place and don't try to fix the issues, just flow with the feelings.
- 2. Choose another color that attracts you, watch for 5 minutes**  
As you change to a new color, ask again, "How do I feel about that?"  
Change to new colors, as you feel drawn to.
- 3. Press "Dream" for the Serenity program for 10 minutes**  
When you press Constant, let go into the Serenity program and allow resolution and renewal.
- 4. End by pressing Single Colors and white light for purification**  
Imagine the white light at the end flowing through you like a waterfall.
- 5. Reflection:** Record the images, memories, feelings and new ideas that you have.  
Were there any moments of resistance, transformation, and resolution?

*"Ancient Technologies has created this experience as a possibility for people to heal spiritually with beauty rather than through suffering and pain."*

*Marilyn Cohen, Resonant Living*

## Compassionate Heart Session

*Emotional resolution, forgiveness and compassion*

**Time:** approximately 35 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Gently alternate Soft Gaze and Hard Gaze as feels right

### Steps:

**1. Press any Numbered Program #1-9 for 10 minutes**

State your intention for more compassion and love. Relax your whole body, especially your jaw and tongue. *Breathe gently and deeply.* Think of a difficult situation (yours or someone else's) that you want to bring compassion to or send healing intention to. Fully feel whatever emotions come up and allow them to be embraced by the light.

**2. Press Single Colors, then Green, and then White/Smooth to mix white in for 10 minutes**

Press Strobe Single Colors if you want strobing.

Visualize the situation inside the crystal. Imagine your heart and love opening like a flower and embracing the issue. Send love, say I love you, and be at peace. Envision the issue softening and transforming into a more peaceful resolution. Practice forgiveness if needed. Say, I forgive you, and be at peace.

**3. Press Single Colors to exit green, then "Dream" for the Serenity program for 5-10 minutes**

Breathe in self-love, love for others and peaceful resolution. Breathe out remaining worry.

**4. Reflection:** Write images, memories, feelings and any resolutions or new ideas that you have.

## Peripheral Vision Session

*Increased peripheral vision and psychic attention, opens greater possibilities*

**Time:** approximately 35 minutes

**Music:** Start with ambient, then more dynamic, uplifting selections, finish with soft instrumental

**Gazes to employ:** Peripheral Gaze- Look somewhere other than the crystal

### Steps:

**1. Press "Dream" for the Serenity program for 5-10 minutes**

Calm and relax, soften your jaw and tongue, breathe gently through your nose. Look above the crystal 1 foot and relax. Then look up 5 feet and relax. Notice the crystal in your visual periphery.

**2. Press either Program button #7 or #8 for 10 minutes**

Look to the right of the crystal, about 1 foot beyond and relax. Then look right 5 feet and relax. Now look right all the way across the room. Notice the crystal in your visual periphery. *What do you perceive?*

Look to the right of the crystal, about 1 foot beyond and relax. Then look right 5 feet and relax. Now look left all the way across the room. Notice the crystal in your visual periphery. *What do you perceive?*

**3. Press Single Colors and the white button**

Look at the crystal, relax, breathe and reflect.



## Co-Creation Session

*Co-creating with the synergy of light & quartz; release old beliefs; attract something you want  
Communicating what you want to your subconscious, higher conscious and your quartz crystal.*

**Time:** approximately 30 minutes

**Music:** All selections slow, ambient and uplifting - with no words

**Gazes to employ:** Soft Gaze to start and Hard Gaze with green light

### Steps:

1. Press “Dream” for the Serenity program for 10 to 15 minutes while writing
  - Write and state your intent. What do you want to co-create?
  - Why you do you or don’t believe it will happen?
  - Write down the negative beliefs and reasons you might have trouble changing
  - Call in your helping guides and higher beings
  - Connect with the quartz, imagine connecting with your heart
  - Ask the quartz to assist you to release the old beliefs
  - Ask the quartz to assist in manifesting your heart’s desires
2. Press any # Strobing program for approximately 5 minutes
  - Imagine releasing old beliefs and blockages into the quartz for transformation
  - Imagine them dissolving in the fire of the light
  - Imagine them clearing from your mind and the crystal
3. Press Single Colors, the Green button, then Strobe Single Colors
4. Press Strobe Depth one or more times for more intensity- stay with green for 5 minutes
  - When you change to green, imagine the light as a green flame.
  - Imagine how it would feel to have what you want
  - Envision yourself having it inside that flame
  - See yourself celebrating and cheering with feeling and gratitude!
5. Press Single Colors to exit strobe, then “Dream” for the Serenity program for 10 minutes
  - Release your vision to the color and quartz
  - Breathe and relax
  - Imagine and feel into this new future
  - Send gratitude or say, “Thank You!” 3 times to the light, quartz, and your helping guides
6. **Reflection:** Write images, memories, feelings and any resolutions or new ideas that you have

***“Crystal gazing with intention is a unique form of meditation that frees the mind/ego...  
promotes visions, clarity, and a sense of freedom.”***

*Randy Egger, Project Partners, LLC*

# Meditation on Light

*You can read this light meditation to your group or private sessions.  
You may have someone read it to you or tape it to listen to conveniently.*

With your eyes open or closed bring yourself to a still place  
Breathe slowly and fully  
Let your mind surrender to this moment  
See everything around you vibrating, humming with a gentle radiant energy  
Imagine trillions of sparkling photons moving through everything around you  
Moving within you, through you  
Absorbing into matter and radiating out again  
Dancing without time and space  
Existing beyond human senses  
In the divine mystery

Let your heart follow the light to the spaces between  
As time slows down the spaces become wider  
Brilliant light streams through into rivers of light that surround you  
Receive the light into all the cells of your body  
Let the light flood the chamber of your heart  
Let the light fill your organs - your brain, lungs, liver, and digestion  
See the light illuminate all of the darkened places within you  
Revitalizing, healing, renewing  
Transmuting the dark into flowing bright energy

See the light split into glorious colors that surround the wounds within you  
Light surrounds the shame, the pain, the fear, the hurt, and the anger  
Direct this light to heal these wounds  
See them vanish in the radiant colors  
Forgive yourself for these wounds  
For your belief in your loneliness, unworthiness and fears  
Forgive others their weaknesses  
In the light acknowledge the vulnerability of being human  
Forgive the mistakes and let sorrow be held in the light  
Lift and fly in the light and be free

In the beauty of the light  
Remember your essence is light  
You are only beauty  
You are only love

# The Awakened Journey

## *Surrender / Explore / Realize*

*Surrender: Quiet your mind and open*

*Explore: Discover the mystery within*

*Realize: Bring clarity to what is revealed*

*Allow new passion and wisdom in your life!*

The Awakened Journey is an eyes open meditation where you may access slower brainwave states and material from inner realms. Generally in night dreams we are unconscious (except possibly when lucid dreaming) in slower brainwave frequencies. The Light Labyrinth can help you stay conscious while exploring. *(Note: If you want to do specific in depth work, we suggest that you integrate your own spiritual methods with the Light Labyrinth while following our basic guidelines of The Doorway and three phases.)*

### *The Doorway*

#### **Prepare**

*Create your sacred space*

A quiet space and time with no interruptions and low lighting

A medium to large quartz crystal that is cleared *See Crystal Care and Co-Creation*

Place this crystal securely on the Light Labyrinth- have the remote ready

A second crystal for holding as a touchstone

Comfortable seating, pillows if needed

Music Selections (we suggest instrumental) *Refer to Selecting Your Music*

Awakened Journey Worksheet and/or a Writing journal

Aromatherapy candle or oil

Glass of water to drink is helpful

#### **Voice your Intention**

First, touch and greet the quartz with hands and heart

*Always ask your Higher Self to assist you on this journey.* You can also call on your unseen guides

Voice your intention, and add, **“For the highest good of myself and all others”**

*(Your intention can also be open: for whatever wants to present itself in the session)*

**Center your mind & body** before beginning the session



**Then proceed to the three phases:**

We have refined the Awakened Journey into three phases:

**Surrender – Explore - Realize**

# Phase One: Surrender

## *Quiet your Mind and Open*

After you have prepared yourself at The Doorway, you can now free your mind and surrender. In any sacred labyrinth, this process of opening to receive is perhaps the most integral step. This is the entry: give yourself plenty of time for this phase (around 10-15 minutes).

*The mystery is always calling us.  
As spiritual beings we long to soar beyond our limits.  
In the mystery we are free.*

**What to Practice** - Try some of these suggestions:

**1. Start by slowing down and releasing your normal reference**

- Slowly pull your awareness from everything in your external world
- Gently notice your breathing. Take a few deep relaxed slow breaths (through your nose)
- Let your jaw and tongue relax and soften
- Move and adjust your body so you feel more comfortable and calm

**2. Simply open to whatever happens**

- Be willing to perceive whatever comes.
- Release what you think it will be like. Let your journey be what it is.
- Observe the nuances of light and crystal
- Imagine that you are absorbing the color and light through your eyes and skin; imagine breathing it in; imagine even tasting and smelling the color. Let the music carry you.
- Expand your awareness with a relaxed Soft Gaze. *See Gazes*
- If judgments come up, release even judging them - simply observe, let go, gently drift.

*Remember, your journey can be a healing and sometimes very profound experience or it can be just a pleasant meditation. Each time is different.*

*With your exhale release self-judgmental thoughts  
that may say things like 'nothing is happening',  
'I'm not good enough' or 'I'm not doing this right.'*

*With your inhale breathe in curiosity, adventure, and a willingness  
to be O P E N and okay with whatever comes.*

*Breathe in gold light.  
Breathe out any grayness or murkiness.*

At times it may seem your mind is wandering, it may be wandering toward a dreamlike message. *Leave judgments at the door.* Let go of the need to get something, don't try to force a result. The more you let go without judging, the more you'll perceive. What you'll find in this inner landscape of yourself is different each time. At times viewers experience subtlety; and others intense awakenings. It may take awhile to receive these messages; at other times images and meanings come very fast. Every session brings about deeper knowing and has unique meanings and reflections to offer.

## Phase Two: Explore

### *Discover the Mystery Within*

As you calm and open your perception, you can tap into dimensions of your greater self. What you will explore is a wonderful mystery - an unknown adventure to who you really are. Let yourself play! This phase is a balance of feminine receptivity - an open mindfulness - with the masculine energy of adventure and curiosity. Try cultivating the attitude that Eckhart Tolle spoke of in *The Power of Now*, that of the cat at the mouse hole where one is actively attending to the moment with a sense of readiness, while willing to receive whatever appears. See what shows up. You may find a new way of looking at something, an insight or an answer. Symbols, images, intuitions or sudden “aha” experiences may arise. Or maybe everyday thoughts or unexpected ideas may be the gift of the moment. Let it in - let it touch you.

*In your mystery there are gifts.*

The rich elements of the Light Labyrinth experience - color, beauty, music, imagination, emotion, metaphor and inspiration- reflect the deep language of the inner soul and spirit. Be open to all you are receiving, including what you may consider positive or negative parts of self. As you let yourself feel whatever comes up and bring light to it, you can love and heal with compassion. The light and crystal beings can help you surround all parts of yourself with love and acceptance. With tenderness and patience, what’s been hidden can be freed. One mother wrote in, “I want to tell you what a profound effect the crystals, light and music had on my own healing. Besides seeing so many beings in the crystals I received guidance on a conflict that I have been having with my son. Our mother/son relationship has shifted and deepened. Our conversations flow so much smoother and I am able to be very present with him. I am sure you must hear many stories such as mine but I hope it helps to know how meaningful your work is.” Sometimes there are no words to describe what is happening. This is a very special place to simply be. Understanding and language may come later, or may not. Sometimes inner transformation and healing have no words.

### What to Practice

- 1. Open your ability to be curious and wonder. Explore everything** - every little flash of emotion, thought, symbol and insight may have a gift for you, however subtle or intense. Be open to impressions that stay with you - something that may seem unimportant at the time may be understood later. If a glimpse of something comes - an image or any strange thought - go with it; see where it leads you and what it feels like. If a sudden intuition comes, simply receive it. If a color or shape looks like a bird - open your curiosity. What does the bird bring? What feelings or thoughts come? How does your body feel? Is it fiery red or shimmering blue? What does the color mean? What is the bird saying? Just play and give yourself time. *Let yourself play and wonder!*
- 2. Be willing to release personal agendas or trying for a result.** You’ll be able to perceive more.
- 3. Ask for assistance and trust your higher guidance.** There may be layers of old experiences, beliefs and perspectives in the subconscious that may need to be cleared up before you can receive more. If discomfort comes up it may be something that wants to come to light to be understood and healed. Ask your Higher Self and divine guidance for clarity and healing.
- 4. If you think nothing’s happening, go through it.** Realize you have a choice to allow something to happen by your willingness. When you feel stuck, ask, **“What is it I don’t want to feel?”** Sometimes identifying that can help move you along. Ask for help, **“I am open and willing to perceive more.”** When you feel blocked, breath deep and try repeating, **“I forgive and release this.”** You don’t need to know specifically what it is. Just allow it to be free.

*Phase Two: Explore - continued.*

***Each person has unique ways of receiving inner information.***

**Sense perception exercises:** The exercises below can help you develop greater sensitivity and the ability to perceive images, feelings and metaphors. By exercising your sense imagination, you can strengthen your ability to hold flashes of insight and symbols longer.

***Press Single Colors. Try these different examples of sense imagination with color.***

Notice which of the senses are easiest for you to imagine. You may want to tune into that sense more during your meditations. Notice as much detail as you can. *You can make a recording.*

**Press RED:** Imagine sensing the red molten core of the earth. Feel the warmth, the security, and the grounding comfort of the slow moving liquid red inner earth. Listen to the lower red tones of sound that penetrate deep within our earth. Imagine the earth's energy nourishing all things living on the surface. Smell and sense the vitality of a red rose. Taste the velvety red petals soft and rich.

**Press Orange:** Imagine a sky filled with a brilliant orange sunset. Imagine a campfire, the flames glowing, leaping and dancing. Imagine hearing the crackling of the fire, feel its warmth, feel its inspiration. As inspiration fills you, take a deep breath and move your imaginary body in a full graceful stretch. Feel the aliveness and pleasure in opening.

**Press Yellow/Gold:** Imagine a field of yellow flowers with petals opening to the sunlight. Feel the light of the sun above with brilliant rays shining over the flowers, bringing warmth and life. Now imagine within the crystal a sky of gold light, expansive and full of hope. Spreading your arms wide, jump into this sky letting yourself fly into the golden light. Open to limitless possibilities.

**Press Green:** Imagine within the crystal a dense rich forest. You may see patterns of leaves and majestic trees reaching for the light. Hear the wind caressing a field of wild green grass - feel the joy in the wind, the delight in the grass. Imagine your hand swirling the cool waters of a pond covered in little green leaves. As you move the water, watch the ripples. Sense the peace of nature.

**Press Blue:** See the movement of blue water and waves in the crystal. Imagine sea creatures appearing, maybe fish, whales, dolphins, or other forms of life swimming deep in the ocean. Feel the passion for communication and living bursting with expression. Now see the sparkling blue waters of a peaceful lagoon. With your imaginary body, dive safely into the cool water and swim under the surface. Listen as the gentle movements of the waves speak of eternal beauty and peace.

**Press Violet:** Imagine a twilight sky with twinkling stars appearing. Touch the boundary between the seen and the unseen in the mysterious door of violet. Feel the response of the universe answer your call for wisdom and magic. Feel the mystery of existence. Wonder at the infinite beauty of creation.

**Press White:** See moonlight shimmering on a gentle night sea. Imagine a full moon glowing in the night sky. In this gentle beauty, ponder the vastness of possibility. Sense eternity. Allow the connection with your divine wisdom and benevolent beings of light.

***Which senses were easiest for you to imagine. Which did you like the best?*** Practice these and/or make up your own or use guided meditation tapes to practice sense imagination. ***Refer to Book List.***



## Phase Three: Realize

*Bring clarity to what is revealed, allow new passion and wisdom into your life*

Toward the end of the session, put on one favorite color to give yourself 10-20 minutes to reflect on what you experienced. To realize means to grasp or understand clearly, to make real and to bring vividly to mind. This third phase mirrors the return path of the sacred labyrinth. The passion and wisdom received in the journey now begins to weave back into your daily life experience. What new feelings and imaginations emerged during your journey? You may have received significant images, insights, and stories. As you quietly reflect, you can uncover deeper meanings. You may resolve a problem, or have an idea for creative action. If you simply had a relaxing experience this is valuable too. Soak in this peace so that you can return to this feeling whenever you wish.

*Embrace a new intention to realize what has been awakened in your life.*

Be open to what remains with you after the session. Give it meaning. What do you remember? What is significant and valuable? This is the juicy part, the fun, where you write about your journey directly after you experience it. Work with whatever comes up; it may be gratitude, forgiveness, sorrow, wonder, longing, confusion, joy, etc. Be patient with this last phase. Let insights come to you in whatever time or manner they do. With practice, you will most likely be able to understand these messages faster and easier. You may not be aware of what you've received in the session, but it may show up later, in a night dream or an event in your life. You may receive a flash of insight, creative idea or serendipity during the next days or weeks. Solutions may come in unexpected ways.

*Three steps of integration are:  
Awareness; Process for Meaning; Find Significance in your life.*

### Suggestions for Practice:

1. **Reflect in silence.** (Silence aids reflection. Press Single Colors and the color of your choice.)
2. **Journaling.** The Awakened Journey Worksheet is a guide for writing - to help you reflect on what you receive and integrate it into your life. (On pages 41 - 42) Write and review your answers while withholding any judgment. You don't need to evaluate it all right away.
3. **Watch for insights, serendipities and dreams** over the next few days and weeks. You may wish to keep a journal of ideas and events.
4. **Bring a bit of wisdom you received into your daily life-** in some way. Take some time to reflect on what you've gained. Don't overwhelm yourself.
5. **Use a touchstone to recall a quality or feeling.** The smaller crystal you held during the journey can carry a specific feeling or inspiration to remember and resonate with.
6. **Respect your privacy.** Honor your inner journeys. Keep it intimate, share with those you trust.

*There is a gift in every single moment of our lives.  
To honor the gift is to fully realize it.*

# The Awakened Journey

## *The Doorway*

### **Prepare**

*Create your sacred space*

A quiet space and time with no interruptions and low lighting

A medium to large quartz crystal that is cleared *See Crystal Care and Co-Creation*

Place this crystal securely on the Light Labyrinth- have the remote ready

A second crystal for holding as a touchstone

Comfortable seating, pillows if needed

Music Selections (we suggest instrumental) *Refer to Selecting Your Music*

Awakened Journey Worksheet and/or a Writing journal

Aromatherapy candle or oil

Glass of water to drink is helpful

### **Voice your Intention**

First, touch and greet the quartz with hands and heart

*Always ask your Higher Self to assist you on this journey.* You can also call on your unseen guides

Voice your intention, and add, **“For the highest good of myself and all others”**

*(Your intention can also be open: for whatever wants to present itself in the session)*

**Center your mind & body** before beginning the session

## *The Three Phases: Surrender - Explore - Realize*

### **Surrender**

**Start by slowing down and relaxing**

Slowly pull your awareness from everything in your external world

Gently notice your breathing. Take a few deep relaxed slow breaths (through your nose)

Let your jaw and tongue relax and soften

**Simply open to whatever happens**

Be willing to perceive whatever comes

Release what you think it will be like. Let your journey be what it is.

Observe the nuances of light and crystal as you let the music guide you.

Expand your awareness with a soft gaze or a focused gaze.

### **Explore**

**Be curious and wonder.** Try different gazes: stereoscopic, soft, hard, peripheral.

**Explore everything** - every little flash of emotion, thought, symbol and insight. If you feel stuck try asking, “What is it I don’t want to feel?” and stating “I am open and willing to perceive more.”

Ask your Higher Self and divine guidance for clarity and healing. If you find a wordless place, just be.

### **Realize**

**Choose one color** (press Single Colors and the color of your choice.)

**Reflect and write about what you received.** (The Awakened Journey Worksheet can be a guide)

Reveal what new passion and wisdom you want to bring to your life.

Watch for insights, serendipities and dreams over the next few days and weeks.

Use your smaller crystal as a touchstone to recall a quality or feeling.

## The Awakened Journey

Answer the questions below that are most poignant and relevant to your experience.

What do you remember? What seems the most significant?

How did that feel like? (*Even if it's 'nothing'*) What did that feeling make you think of?

Did you see any images or symbols? What feelings or insights did they bring?

Did you have any intuitive flashes or “aha” experiences?

Was there a story or theme?

What colors/color combinations, do you remember? What feelings/thought did these colors bring?

Did you have any memories? What feelings were there? Did you have any visions of the future?

## The Awakened Journey

Answer the questions below that are most poignant and relevant to your experience.

Write the most important or significant vision here:

How does this make you feel? What is the prominent emotion?

Where in your current daily life do you feel this way? What does this remind you of?

What does your intuition (gut wisdom) tell you this vision means in your daily life?

From this wisdom, what new idea or change do you want in your life? What action(s) can you take?

Write this in the reminder box below and post it somewhere you'll see it everyday.

New idea and action:

Special insights or images to remember:

Watch for insights, serendipities and dreams over the next few days.  
You may wish to keep a journal of emerging ideas and relevant events.  
Bring a bit of wisdom you received into your daily life in some way.  
Use a smaller crystal as a touchstone to recall a quality or feeling.

## Guiding a Session

Use these guidelines for integrating the Light Labyrinth with therapeutic work, hypnotherapy, bodywork and spiritual guidance. The Light Labyrinth can help clients relax, let go of distractions, feel safe, focus, and access inner information.

### *Refer to Light Labyrinth Group Work*

#### **Safety Instructions - IMPORTANT - Please Read:**

These tools are meant to be gentle and safe for meditation and inner exploration.

The colored LEDs are set at 50% of full brightness, so you can start gently.

It's important to use these tools with awareness. Read and follow the guidelines for a safe experience. Nothing harmful has ever happened, but for some people certain strobing frequencies, or strobing for too long, can be uncomfortable.

We recommend using the non-strobing programs first. Then, if you switch to strobing, try using it in short intervals thereafter. If a person is sensitive to strobing, the non-strobing programs create a gentler meditation and can be just as effective.

**Ask if anyone is epileptic, has heart conditions, migraines or strobe sensitivity. In these cases, Strobing is NOT recommended. Use non-strobing programs only.**

#### **First Session: Non-strobing only**

Start softly so viewers get accustomed to the Light Labyrinth with non-strobing programs first.

#### **Second Session: Use mostly non-strobing programs**

Start with a sequence of non-strobing program(s). At mid-session, introduce a short sequence of strobing programs for no more than 5-minute intervals. Conclude the session with a non-strobing program like Dream or Chakras. Follow the comfort level of every audience member.

## The Doorway

### *Important preparation for every session*

Set up is essential. Before you start make sure you have:

- **The Light Labyrinth** (Test the equipment prior to the session)
- **A cleared viewing crystal**, *See Quartz Care and Co-Creation*
- You can also have them bring a second small crystal to use as a touchstone.
- **A quiet space and time with no interruptions & low lighting**
- **Comfortable seating and a glass of water for the viewer**
- **Music selections**, mostly ambient music with no words, *See Selecting Your Music*
- **Writing journal** (or Awakened Journey Worksheet)
- **Aromatherapy candle or oil, and a glass of water**

Before you start: Voice your own intention for the session while connecting with the crystal. An example might be: "My intention is for the highest good to be manifested in this session, for myself, my family, and all others."

## Suggestions for Guiding a Session

**Start the session:** Greet participants and introduce the Light Labyrinth (see next page)

### Intention

- Guide the person to connect with the quartz crystal (in whatever way they want)
- Voice a specific intention or prayer for this session
- Choose to be open: open mind, open heart, still and present
- Adjust the viewer's distance for comfort
- Position the body comfortably and upright

### Phase One: Surrender

**Start the meditation** - Play gentle music if desired

*We recommend Chakra Meditation for 2 minutes (or Single Colors colors in sequence)*

1. Say, "Let your eyes, cheeks and jaw relax. Take a few moments to silence your mind and bring yourself into this still moment."
2. "Breathe slowly and fully for a few breaths, without straining. Simply open and allow yourself to follow your own natural pace."
3. "Observe your response & comfort level with each color. Let me know which you enjoy."

**Open Perception:** Select DREAM on the remote, and start with "Serenity" non-strobing program

**Gazes:** Lead them through one or two gazes

### Phase Two: Explore

#### Intensify

1. **Start a strobing program by pressing a numbered button (preferably start with #1)**
2. Ask for comfort level and make adjustments if necessary for discomfort: sit farther away, turn up the white light within the color, etc.
3. Guide the viewer:  
"Relax, remain in a state of wonder and play. Honor everything: every little flash of emotion, thought, symbol and insight may have a gift for you, however subtle. If a glimpse of something comes, go with it. See where it leads you. Try not to get attached to how the messages come through to you. Ask for guidance and trust what comes."

### Phase Three: Realize

**Silent Reflection:** Come to the close of the session by pressing Single Colors and choose the color that you remember is most soothing for the viewer. Guide them to Reflect -Use The Awakened Journey Worksheet or write or draw in a journal.

#### Integration

- Hold a non-judgmental space, ask them to share whatever they would like
- Tell them to watch for insights over the next few days/weeks. You can recommend a journal.
- They also may want to watch for dreams and record their dreams

**Note:** *When somebody says nothing happened, try asking, "What did it feel like?" Sometimes they realize they had a whole flow of feelings and insights.*



## Brief Light Labyrinth Introduction

*For use when guiding a session or group*

This introduces the Light Labyrinth. You can say this in your own words or read part or all of it.

1. Hypnotic flickering light, rhythmic sound and quartz crystals have been used throughout history as tools to access visions and healing in ancient traditions. The Light Labyrinth adds technology and artistic vision to enhance the effect of these tools. You can use the Light Labyrinth for:
  - Effortless meditation, beauty and peace
  - Inspiration and wisdom with *The Awakened Journey* (*eyes open meditation*)
  - Creativity and imagination
  - Co-creation
  - Deeper communication with groups
  - Inner Grace during your morning or evening routine
  - Expanding your spiritual work
  - Exploring a deeper relationship with color and crystals
2. The Light Labyrinth accesses a synergy of 3 vectors: Light Consciousness, The Mineral Kingdom and Human Consciousness. The synergy of these 3 vectors deepens meditative focus and opens new perception and imagination.
3. Quartz refracts and reflects light and color, creating beautiful and compelling visual effects. Quartz crystals are around 40 million to a hundred million years old and the fractal planes are mineral inclusions that represent a history of evolutionary forces. The quartz molecular structure has a stable electro-magnetic resonance and a calming effect on surrounding energy fields.
4. Within the crystal and light we are looking for the liminal, which is the transitional state or bridge between the Beta (daily mind) brain frequencies and the deeper brain frequencies that access our inner dream worlds. The liminal is in between what is known and unknown - between what is conscious and unconscious. The liminal can reveal new possibilities and solutions. The crystal and light meditation approaches the mystery to bring back what is vibrant in the imagination.
5. A labyrinth is really an exercise of surrender and observation--you simply trust the path. It becomes a mirror of the soul, a reflection of your feelings and thoughts. What you may find in this inner landscape of yourself in the Light Labyrinth is different each time. Some people have very subtle sessions; some people have very intense experiences. Sometimes it takes awhile to 'get' anything; at other times images and meanings come very fast. Practice receiving what comes and let go of agendas.
6. The key is to open to whatever happens, explore using the gazes to focus, soften and expand your awareness. Practice releasing any judgmental thoughts like 'nothing is happening' or 'I'm not good enough' or 'I'm not doing this right.' Release the old rigidity of limiting beliefs with each exhale, and breathe in your willingness to open. If a glimpse of something comes (such as an image, intuition, or any strange thought) go with it. See where it leads you. Soften more, and move with it. Just be with what is without having to make sense of it.

# Light Labyrinth Group Work

*"The Light Labyrinth enhances the group experience immeasurably.  
It enables people to read each other better."*

*Barbara LaRocca, Hypnotherapist*

One powerful way to work with the Light Labyrinth is to call forth the presence of belonging in community. The Light labyrinth can represent the sacred fire that joins the hearts and souls of a group in a group process or ritual. It can be used in any group workshop in a variety of ways. A circle of friends or family can illuminate the crystal during a special event or a meeting.

The Light Labyrinth can help the mind release mental thoughts and help people connect with their hearts. Belonging is a deep need we all have. Social functions don't always meet a need for more meaningful connection and commitment, a deep knowing that our voice and presence is held in value and love. To know this deeper belonging we need to settle into harmony together and feel safe to express who we are. When a group is vulnerable and tender there is space to open our true selves. In ancient times, community would meet often at the fires surrounded by circles of earth's stones. They would gather for meals, conversation and ritual, but more so to nurture belonging. A sense of peace would wash over all and with it a quickening of expectation and delight, in wondering what this gathering of belonging would create. Magic would happen and the group heart received healing.

## Suggestions for Groups *Refer to Guiding a Session*

The Light Labyrinth and quartz helps calm the body and mind. The light and quartz crystal frequencies can assist groups in connecting and communicating with each other, and can help people feel safe and relaxed. You can use the Light Labyrinth before a group process.

## Suggestions for Setting Up

1. Choose soothing music that works well with relaxation (we recommend music with no words.)
2. Use a mostly or fully dark room and make sure the setting is comfortable
  - Have comfortable chairs or pillows for participants
  - Make sure the room is quiet (no interruptions) and has a moderate temperature
3. Verbal instructions for the group
  - **Read the Safety Instructions!**  
*Make sure no viewer is epileptic, has heart conditions or strobe sensitivity*  
*For these use only non-strobe programs!*
  - **Test the strobe with all viewers** and have them adjust their distance to get closer or further to the crystal. Tell them it's Ok to move at any time.
  - **Introduce the gazes:** We advise beginning with the Soft, Hard, then Stereoscopic
  - **Intention:** Lead the group in honoring the quartz & stating an intention for the session
  - **Reflect:** After the session have time to reflect with a Single Color or white light
  - **Lead a group share:** Remind everyone to honor people's privacy!

## Group Session Suggestions

- Have an open intention group meditation with a sharing afterwards
- Use one of the four Non-Strobing Meditations during a share or a communication process
- Lead your own specific process *during* the Light Labyrinth Meditations
- Lead a guided meditation *during* the Light Labyrinth Programs.
- Review any meditation for a period *before* you lead your own specific work or process
- Try one of the non-strobing programs *after* a group process to help people integrate and relax

## Sound & Music Visualizer

There are different ways you can use sound and music to deepen your Light Labyrinth meditation.

- Use music played in the environment. This is good for a gentler paced meditation, where you can retrieve more subtleties. *Refer to [Selecting Your Music](#)*
- Switch to The Music Visualizer by plugging a computer, iPod, or stereo equipment into the Light Labyrinth and pressing Music Visualizer on the remote. This creates a more dynamic, faster paced light experience.
- You can also use the built in microphone: Press Music Visualizer on the remote and play music in the environment. The microphone will pick up the sound and visualize it, although with more subtly than connecting the music via computer, iPod, or other device. You can also chant or sing near the Light Labyrinth. This is a fun experience for a collection of musically inclined individuals.
- You can also have silence. We recommend making sure there are no outside distracting noises if you have silence.

The Music Visualizer provides an auditory and visual feast, just add your favorite music, your voice or your instrument. The Music Visualizer translates sound or music from an iPod, stereo system, CD player, microphone, guitar, keyboard & more! Refer to your manual for presets and adjustments.

The ranges of sound frequencies are assigned color combinations that visualize the music. This will enable you to see what you are hearing, and notice subtle nuances in the music that you may not have noticed.

The Light Labyrinth with Music Visualizer has a built in microphone, an adjustable sampling rate, and MIDI features for instruments and computers!

Enjoy your music more!

## Music Selections

All titles, except Steven Halpern's, are available from Ron Tofanelli at SOUND SPACES.  
To order, please call 1-415-383-1994

To order from Steven Halpern, please call 1-800-909-0707 or visit his website at:  
[www.stevenhalpernmusic.com](http://www.stevenhalpernmusic.com)

### AMBIENT/ HEART

<i>Artist</i>	<i>Title</i>
Brian Eno/Harold Budd	The Pearl
Peter Kater	Essence
Dueter	Garden of the Gods
Sylvia Nakkach	Ah- The Healing Voice
Liquid Mind	Balance
Craig Pruess	The Language of Love
Michael Hoppe	Homeland
David Darling	Eight String Religion1

### DEEP SPACE / DEEP TRANCE

<i>Artist</i>	<i>Title</i>
Steven Halpern	Crystal Bowl Healing
Steve Roach	Structures from Silence
Steve Roach	Mystic Chords & Sacred Spaces
David Parsons	Ngio Gamelan
Ishq	Orchid
Klaus Wiese	El Hadra
Various Artists	Floatation
Al Gromer Khan	Space Hotel
Karma Moffett	Golden Bowls
Lisa Gerrard/Soundtrack	Whalerider
Various Artists	Healing Music Project: Bliss

### DEEP TRANCE / SHAMANIC

<i>Artist</i>	<i>Title</i>
Roach/Metcalf	Serpent's Lair
Shastro	Shamans' Healing
Anugama	Shamanic Dream
Anugama	Shamanic Dream II
Various Artists/Soundtrack	Baraka

### TRIBAL / TRANCE DANCE

<i>Artist</i>	<i>Title</i>
Bob Holroyd	A Different Space
Various Artists	Siddhartha: Spirit of Buddha Bar II
Makyo	Yakshini
Jairamji	Kindred Spirits
Adham Shaikh	Essence
Various Artists	Buddha Bar III
1 Giant Leap	1 Giant Leap

### DEEP TRANCE / VOICE / CHANT

<i>Artist</i>	<i>Title</i>
Lisa Gerrard	Duality
Various artists	Invocation
Jonathan Goldman	Chakra Chants
Vas	Garden of Souls
Jennifer Berezan	Returning/Praises for the World

## Suggested Reading

Here are some book and music selections to explore while working with meditation and consciousness, intention and healing, quartz crystals and The Light Labyrinth.

**Awakening the Mind: A Guide to Harnessing the Power of Your Brainwaves**

by Anna Wise - [www.annawise.com](http://www.annawise.com)

Tarcher, 2002, 272 pages

**The Intention Experiment: Using Your Thoughts to Change Your Life and the World**

by Lynne McTaggart - [theintentionexperiment.com](http://theintentionexperiment.com)

Atria Books, 2<sup>nd</sup> Edition, 2008, 336 pages

**The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles**

by Bruce H. Lipton - [www.brucelipton.com](http://www.brucelipton.com)

Hay House, 2<sup>nd</sup> Edition, 2007, 240 pages

**The Divine Matrix: Bridging Time, Space, Miracles, and Belief**

by Gregg Braden - [www.greggbraden.com](http://www.greggbraden.com)

Hay House, 1<sup>st</sup> Edition, 2008, 240 pages

**The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence**

by Deepak Chopra - [www.deepakchopra.com](http://www.deepakchopra.com)

Harmony, 2<sup>nd</sup> Edition, 2004, 304 pages

**The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being**

by Daniel J. Siegel - [www.drdansiegel.com](http://www.drdansiegel.com)

W. W. Norton & Company, 1<sup>st</sup> Edition, 2007, 387 pages

**Color Medicine: The Secrets of Color Vibrational Healing**

by Charles Klotsche

Light Technology Publishing, 1993, 144 pages

**Healing with Color Zone Therapy**

by Joseph Corvo and Lilian Verner-Bonds

Crossing Press Healing Series, 1998, 176 pages

**Light Years Ahead: The Illustrated Guide to Full Spectrum and Colored Light in Mind-Body Healing**

by Brian Breiling et al.

Celestial Arts, 1996, 256 pages

**The Book of Stones: Who They Are & What They Teach**

by Robert Simmons and Naisha Ahsian - [www.thebookofstones.com](http://www.thebookofstones.com)

North Atlantic Books, 2<sup>nd</sup> Edition, 2007, 496 pages

**Rock-Medicine: Earth's Healing Stones From A to Z**

by Sela Weidemann Randazzo - [www.rock-medicine.com](http://www.rock-medicine.com)

Lifeforce Publications, 2004, 208 pages

**The Hidden Messages in Water**

by Masaru Emoto - [www.masaru-emoto.net](http://www.masaru-emoto.net)

Atria Books, 2005, 159 pages

**Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies**

by Richard Gerber, M.D.

Bear & Company, 3<sup>rd</sup> Edition, 2001, 608 pages

**Vibrational Healing Through the Chakras: With Light, Color, Sound, Crystals, and Aromatherapy**

by Joy Gardner - [www.highvibrations.net](http://www.highvibrations.net)

Crossing Press, 1<sup>st</sup> Edition, 2006, 304 pages

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\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Default Settings

When you first turn your Light Labyrinth equipment on, or when you press Program on the Remote Control, these are the default settings that the equipment will return to:

<b>Program Type</b>	<b>Dream (non-strobing) with “Serenity” running</b>
<b>Dream/Light Forms</b>	<b>Sequence 1 plays and loops continuously</b>
<b>Brightness Control</b>	<b>70% of Maximum LED Intensity</b>
<b>White Control</b>	<b>Off</b>
<b>Pause</b>	<b>Off</b>
<b>Program Repeat</b>	<b>On – repeats whatever program you activate</b>
<b>Depth Shifting</b>	<b>Off</b>
<b>Duty Cycle</b>	<b>Fixed 50/50 Duty Cycle</b>
<b>Duty Cycle Shifting</b>	<b>Off</b>
<b>Strobe Depth</b>	<b>25% depth</b>
<b>Strobe Frequency</b>	<b>Variable (30-8-30 Hz)</b>

# Remote Control Light Programs

## Dream (Non-Strobing)

Press “Dream” for a selection of non-strobing programs, and then press the number of the specific Dream program you want. The first sequence that starts automatically is “Serenity” on button 1. The preset Dream sequence options are:

### 1. “SERENITY”

A beautiful, continually evolving blend of colors. Three colors are always on and will cross face into a myriad of combinations that create a lovely, peaceful experience. When you first turn the Light Labyrinth on “Serenity” is active until another light program has been selected.

### 2. “TIMELESS”

A lovely set of cross fading colors evoking a suspended sense of time. One, two, or three colors may be on at any given time as the sequence plays.

### 3. “TWILIGHT”

A subtle sequence wherein one, two, or three colors may be on at any given time. In this program colors will rarely fade up to full brightness, which creates a slightly subdued effect.

### 4. “BREATH”

This sequence is like breathing color. Each cycle begins in darkness with a unique combination of colors that slowly fade in and back out again. The timing of a complete cycle mimics a long relaxed breath. Using the White/Gain button, you can create a whiter background so that the sets of colors emerge from and return to white.

### 5. “FANTASY”

This sequence is a constant flow of color that dynamically cascade in and out - up to six at any given time, in a free-form relationship for a fantastical journey.

### 6. “FIREWORKS”

This sequence is like brilliant fireworks. Up to seven colors (including white) appear instantly in unique patterns and then fade out. This program is unique from other programs in the Dream set.

### 7. “COLORWAVE”

In this dynamic sequence, all seven colors fade in and out in an overlapping wave form like a musical canon. Each wave cycle starts with a different color, advancing in chakra order.

### 8. “MASTERWAVE”

This is fun, playful, non-strobing sequence. All six colors crossfade while the brightness rises up and down automatically. You can control the master brightness fade speed using the Brightness/Gain button.

## Journey (Non-Strobing)

Press “Journey” followed by button 1 for a pre-composed sequence that loops indefinitely.

### 1. “JOURNEY-1”

This pre-composed non-strobing sequence of lighting effects will take you on a fascinating journey with ambient color mixing and phasing, providing a serene meditation. Subtle blending and continuous color shifting softens the mind and opens the heart for a relaxed state of being. You may slow the speed even further by adjusting the Program Speed Control.

## Light Forms (Strobing)

Press Light Forms (for strobing sequences), and then press the number of the specific Light Form sequence you wish to play. The preset Light Forms sequence options are:

### 1. “INITIATION” (alternating colors with fade in/out)

Two colors alternate while a third fades slowly in and out. This sequence provides a gentle transition from the “Serenity” style constant color sequence into the subtleties of strobing.

### 2. “TRANSCEND” (alternating colors)

Two colors alternate while cross fading. This sequence is more intense than the previous one, there is no constant color juxtaposed with the two alternating colors.

### 3. “NOVA” (pulsating)

Three colors pulse in unison while cross fading. This sequence is the first to include darkness.

### 4. “LUMINOUS” (alternating colors with darkness)

A four-phase sequence in which two colors alternate with a beat of darkness in between.

### 5. “RADIANCE” (alternating colors without darkness)

A six-phase sequence in which two colors alternate while a third punctuates at intervals.

### 6. “POLYRHYTHM” (six-phase pulsing)

Another six-phase sequence in which colors one and two describe a 2/3 polyrhythm, while a third color punctuates the start of the repeating sequence.

### 7. “LIGHTNING” (alternating with random color)

A four-phase sequence in which two colors alternate with a randomized color in between at a reduced brightness level for dynamic contrast.

### 8. “SPIRALS” (color cycling)

Six colors chase each other around in alternating spectral and reverse-spectral order, with a flash of white to mark the changes in direction, a useful program for chakra cleansing and balancing.

### 9. “HELIX” (complementary color cycles)

Seven complementary pairs of colors cycle through the spectrum and in the following order: red/green, orange/blue, yellow/violet, green/white, blue/red, violet/orange, white/yellow.

## Chakras (Non-Strobing)

Press this button for the “Chakra” Meditation, and then press the number of the sequence you want. Finally, press a number button for the “duration” in minutes per individual color. For example, pressing “2” will activate each color for a length of 2 minutes (times 7 colors), yielding a 14 minute meditation. Pressing “4” will yield a 28 minute meditation, and so on.

### 1. “ASCENDING”

An ascending color sequence: red, orange, yellow, green, blue, indigo, violet, white.

### 2. “INTEGRATED ASCENDING”

An ascending color sequence from root chakra to crown chakra with blending between colors, specifically: red, red/orange, orange, orange/yellow, yellow, yellow/green, green, green/blue, blue, blue/indigo, indigo, indigo/violet, violet, violet/white, and white.

### 3. “MANIFESTING”

A descending color sequence, from crown chakra to root chakra. The sequence is specifically: white, violet, indigo, blue, green, yellow, orange, and red.

### 4. “INTEGRATED MANIFESTING”

A descending color sequence from crown chakra to root chakra with blending between colors, specifically: white, white/violet, violet, violet/blue, blue, blue/green, green, green/yellow, yellow, yellow/orange, orange, orange/red, and red.

### 5. “HEART CENTERING”

An inner journey color sequence for centering energy from the root and crown chakras to flow into the heart. The sequence is: white, white/red, red/violet, violet/orange, orange/indigo, indigo/yellow, yellow/blue, blue/green, and green.

### 6. “HEART EXPANDING”

An outward moving color sequence for expanding energy from the heart toward the root and crown chakras and beyond. The sequence is: green, green/yellow, yellow/blue, blue/orange, orange/indigo, indigo/red, red/violet, violet/white, and white.

When Chakra Meditation programs end, the Light Labyrinth boxes and Holotope projectors will remain on the last color until you select another sequence.

***NOTE: During Chakras, most buttons are disabled. Next and Pause buttons continue to operate. Single Color modes exits the Chakra program.***





# Quick Start Remote Guide

## Program

When in the MUSIC VIZ or MIDI modes, this button returns to the preset programs.

## MusicViz

Activates the Music Visualizer. Use the numbered buttons to choose settings for instrumental range.

## Brightness/Gain

When the LIGHT FORMS mode is active, B/G controls the overall brightness.

When the MUSIC VIZ is active, B/G controls the sensitivity of visualizer to the audio input.

## Strobing Depth

Press repeatedly for: 50%, 75%, 100%, 75%, 50%, and back to default at 25%.

## Strobing Frequency

Press repeatedly: Alpha (14 Hz), Theta (7 Hz), Delta (3.5 Hz), Theta, Alpha and back to default Variable (8-30 Hz).

## MIDI

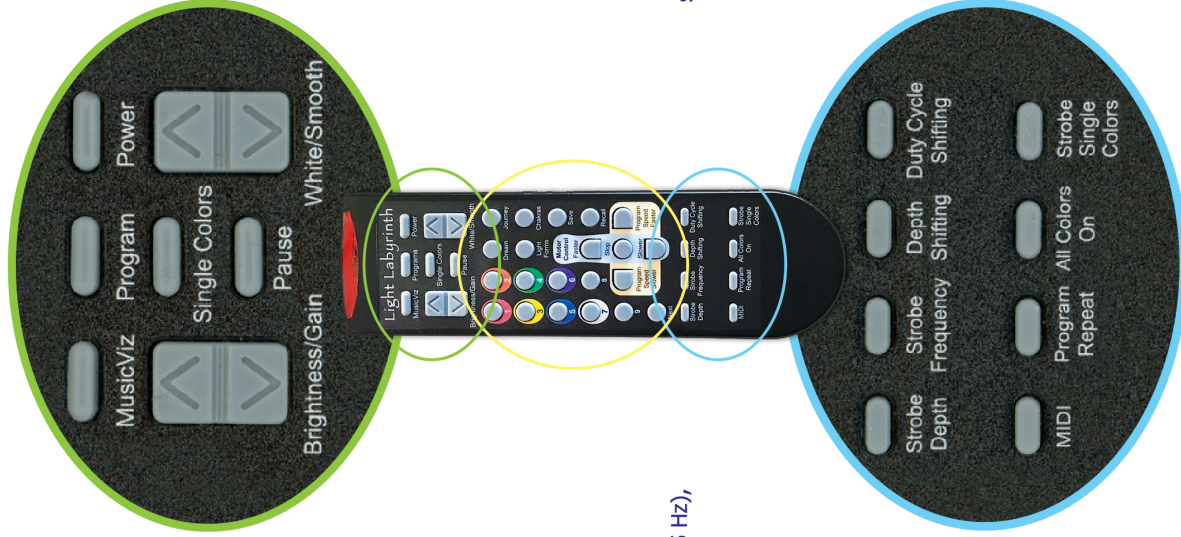
Prepares the equipment to be played as a MIDI instrument. Multiple Light Boxes/Projectors may also be synchronized via MIDI. See instructions.

## Program Repeat

Program modes repeat by default. Press this button to run through all the program presets 1-9 in sequence. Press again to resume repeating.

## All Colors On

Halts the running program and turns all colors on at FULL brightness.



## Power

Powering ON initiates Dream Sequence 1. OFF returns all setting to their default values.

## Single Colors

Press for SINGLE COLORS, using the color-coded buttons to select specific colors. Press 8 to start complex color blending. Select a color using the color-coded buttons, then fade in/out manually using Brightness. Press 9 to exit color blending.

## Pause

Press this button to pause the current program. Press again to resume program. Press Pause to freeze transitions when cross fading in SINGLE COLOR mode.

## White/Smooth

Hold this button to mix white light into a program. In MUSIC VIZ mode, use this to adjust the visual smoothness with which the music is rendered into light.

## Duty Cycle Shifting

Changes duty cycle (light/dark ratio) of strobing light. There are (3) settings. Press once for 90%/10% ratio, 2x for 10%/90%, and 3x returns to 50%/50%.

## Depth Shifting

Turns depth shifting On, and returns to Off, which changes the intensity of the strobing.

## Strobe Single Colors

After Single Colors (or while custom color mixing), Strobe Single Colors button turns strobing On/Off.

# Quick Start Remote Guide

## 1-9/Color Buttons

This button performs different functions depending upon the currently active feature. In addition to representing Single Colors, buttons 1-9 also contain program presets for Dream, Journey, Light Forms, and Chakras.

If DREAM mode is active, you may choose among the (9) preset **non-strobing** light forms.

If LIGHT FORMS mode is active, you may choose among the (9) preset **strobing** light forms.

If CHAKRAS mode is active, you may choose among the (6) preset sequences.

If JOURNEY is active, preset (1) is a looping sequence of non-strobing lighting effects, a fascinating journey with ambient color mixing that provides a serene meditation.

If SINGLE COLORS or color blending is active, the color-coded buttons allow you to select among each of the (7) individual colors. Press 8 for color blending, press 9 to exit color blending.

If SAVE or RECALL are active, you may set or choose among your (9) favorites.

If the MUSIC VIZ is active, you may choose visualizer settings appropriate for the range of input: 1-music, 2-piano, 3-guitar, 4-voice.

## Next

This button performs different functions depending upon the currently active feature:

If DREAM or LIGHT FORMS is active, advance to the next preset.

If CHAKRAS is active, skip to the next color/chakra.

If SINGLE COLORS is active, advance to the next color.

## Dream

Powering ON initiates Dream Sequence 1 "Serenity". This feature cycles thru (9) non-strobing compositions. Select compositions 1-9 or forward using NEXT.

## Journey

Currently one composition combining chakras, non-strobing, and (3) light strobing sequences blended into a 25 minute meditation.

## Light Forms

This button initiates Light Forms Sequence 1. Select compositions 1-9 or forward using NEXT.

## Chakras

This button initiates Chakras Sequence 1. Press Chakras, choose from (6) compositions, then set the number of minutes for each color.

## Save/Recall

To save a favorite (combination of strobing or program features, or a custom color mix), Press SAVE followed by the number 1-9 where you want to save it. To recall a favorite, press RECALL followed by 1-9 to activate favorite.

## Program Speed

These buttons allow you to change the rate at which the colors crossfade (both strobing & non-strobing programs). Pressing the beige SLOWER/FASTER buttons will step up and down 10-tiered levels. The slowest speed is extremely slow.

## Motor Control

Turntable feature for these buttons are no longer available.

