

**ajna light**

**Meditate into Light**

# **Ajna Light 3 Users Manual**

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The Ajna Light was developed in 2014 to help people explore their intimate connection with the wisdom of the universe. AL1 was introduced in July 2014. In April 2015 the AL2 replaced the AL1, and in February 2016 the AL3 replaced the AL2.

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

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

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

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

\*\*This is the second addition of the Ajna User's Manual. Additions and deletions have been made where necessary to include information about the AL3 + other relevant information, so as to produce a more informative and concise document. I would like to acknowledge the wonderful efforts of 'Ocean' in compiling the first User's Manual.

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

Many people already own camera tripods and headsets, and it is a matter of personal preference

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

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

## Ajna Light 3 complete package



## Recommendation to qualify the participant

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

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

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

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

Other important questions:

**Are you taking prescription anti-psychotic medication?\***

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

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

**Have you had eye surgery?**

**Are your eyes sensitive to light?**

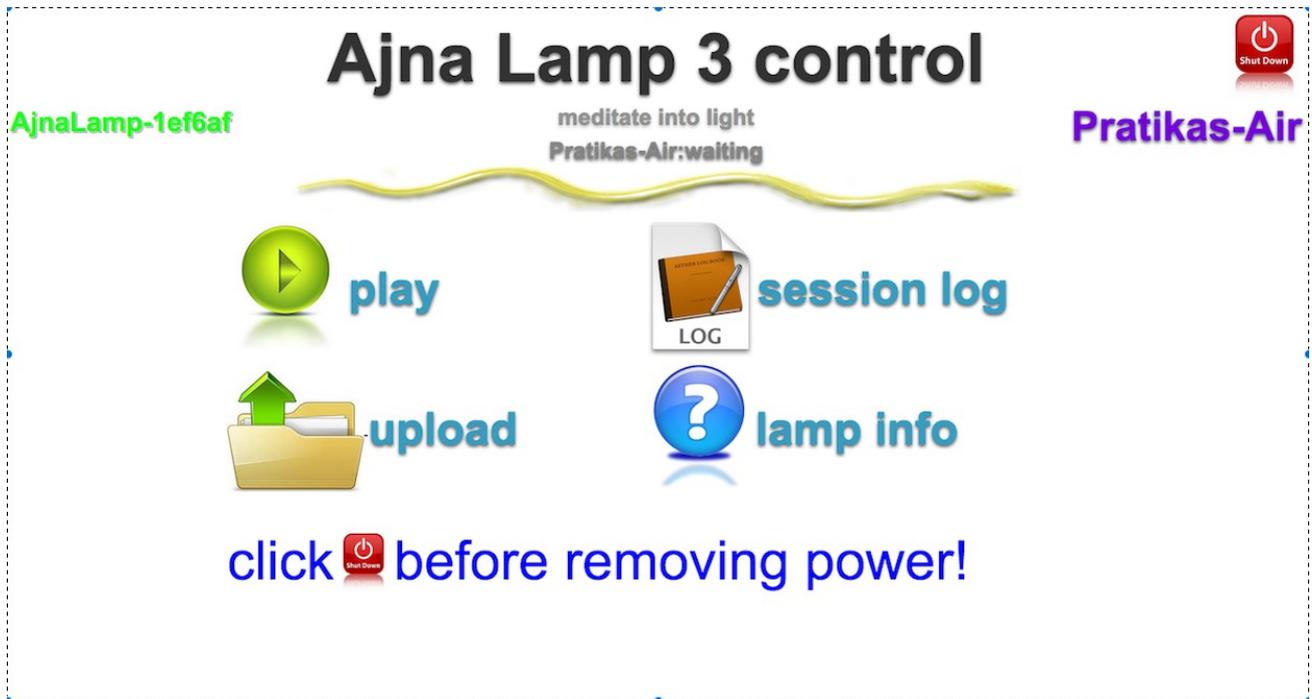
**Do you suffer from eye strain?**

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

**Do you suffer from headaches or migraine headaches?**

- Start with 5% Light intensity on Theta and take it further from their results. We suggest a 2 – 5% increase at a time.

## Home Page – Wifi Connection



### Using your Ajna Light for a preset session

Attach your Ajna Lamp using the ¼ inch connector at the back of your lamp to your tripod.

Plug your earphones/headphones into the Headphone jack.

Connect the power supply and turn it on. Wait a few minutes for the Ajna Wi-Fi signal to appear on your phone, tablet or laptop.

Connect to AjnaLamp - XXXXX (the lamp number) Enter  
the Wi-Fi AP Password: pineal777

Open your browser (Chrome, Firefox or Internet Explorer) and enter lamp.com or lamp.local in the address bar, click enter, wait for the Ajna Wi-Fi or Ethernet Home Page Screen to appear.

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

# Home Page – Ethernet Connection

AjnaLamp-cd2452

## Ajna Lamp 3 control

meditate into light

android-53cb:waiting Guys-iPhone6:waiting



192.168.1.111



play



session log



upload



lamp info

click  before removing power!



play

Press Play and you will come to this page.

## ajna lamp 3 control

sending light with love

Saved iLST Light Sequence play time 9:57



192.168.1.111

AjnaLamp-cd2452



Select Light total time = 9:57



Select Music total time = 60:07

play length: 10 minutes of total 9:57

light intensity: 50%

normal:



Return



Select Light total time = 39:58

select light file

length 39:58



iLST Light Sequence	length 39:58	✓
iLST Light Sequence		
alpha 20m - relaxing, destressing, easy		
alpha 40m - relaxing, destressing		
alpha 60m - relaxing, destressing, chill		
delta 20m - deep relax, release and meditation		
delta 40m - deep relax, release and meditation		
delta 60m - deeper relax, slow, release and meditation		
gamma 20m - peace, aware, enjoy		
gamma 30m - visions, aware, enjoy		
gamma 40m - peace, clear, aware, enjoy		
gamma 60m - peace, aware, enjoy, visions		
<b>schumann 10m - moderate, relax</b>		
schumann 21m - moderate, relaxing, visions		
schumann 26m - moderate, relax, aware		
schumann 47m - moderate, meditative		
theta 20m - relax, visions, deep meditation		
theta 30m - relax, visions, deep meditation		
theta 40m - visions, relaxing, meditation		
theta 60m - slow, visions, meditation		



Select Light

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

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

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

AjnaLamp-cd2452

## ajna lamp 3 control

sending light with love

Saved iLST Light Sequence play time 9:57



192.168.1.111

## Setting the Play Length

Sessions for one person use a normal light intensity of 20-30%; 50% is maximum normal. Click the Normal/Group Radio button to select the Group setting.

Sessions for a group may require light intensity above 50%, but may only be run for a maximum of 10 minutes. You may need a fan if you chose to run multiple 10 minutes group sessions without a break. Usually a group session is run for ten minutes only.

# Selecting Music for your session



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



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

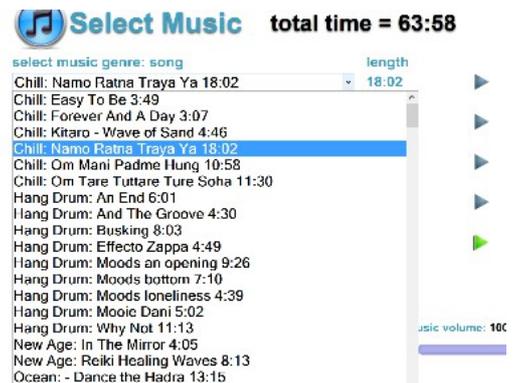
The number you choose will equate to how many drop down bars appear.



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



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



total length 44:04

play length: 30 minutes of total 39:58



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

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

## Setting The Light Intensity

The light intensity setting is the most important control to ensure you have a great session. Too much intensity just overwhelms the brain, and can feel uncomfortable to sensitive people. The usual range is 5% to 25% maximum in a normally lit room. Use a lower intensity level in a dark room, and up to 30% maximum in a brightly lit room. The major benefits of the Light session are often subtle, and may occur in the day following a session, as long as the intensity has not been set too high. More is NOT better!

light intensity: 30%



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

**If you need to adjust the light intensity during a session, press/touch the play/pause button, move the tab on the light intensity slider up or down, then press the play/pause button again. The light and music keep playing during this time, so the user does not experience any discontinuity in tyeh session. The timers stop until you press the play button again.**



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



Adjust your headphones and the headphone volume control as needed, press play, close your eyes and enjoy your session.

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

# iLST Sequence Programming - 1 stage



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



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

✓ mixer freq

### flicker frequency mixer

subconscious		conscious		superconscious	
<b>delta</b> 1-4Hz <b>0%</b> deep meditation	<b>theta</b> 4-8Hz <b>51%</b> meditation intuition	<b>alpha</b> 8-12Hz <b>26%</b> aware relaxed	<b>beta</b> 12-30Hz <b>28%</b> thinking creativity	<b>gamma</b> 30-100Hz <b>62%</b> bliss mystical	<b>lambda</b> 100-300Hz <b>0%</b> shamanic out of body

event duration: 34 - 58 secs

flicker power: 20% - 90%

background power: 10% - 50%

total length: 25mins

frequency spread: 100%

Generate

✓ Save To File?

favorite session 1|

Scroll down and you will see the 6 brainwave patterns

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

**select light file**  
iLST Light Sequence

**length** 39:58 **1** ✓



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

Looking further down the screen and you will see the total length of a session slider. Move to set the desired session length in minutes.

# iLST Sequence Programming - 3 stage



## Select Light

Select Light

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



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



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



Scroll down and you will see the 6 brainwave patterns –

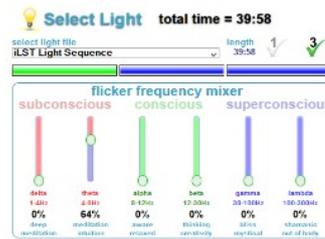
- Delta 1 – 4Hz
- Theta 4 – 8Hz
- Alpha 8 – 12Hz
- Beta 12 – 30Hz
- Gamma 30 – 100Hz
- Lambda 100 – 300Hz

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

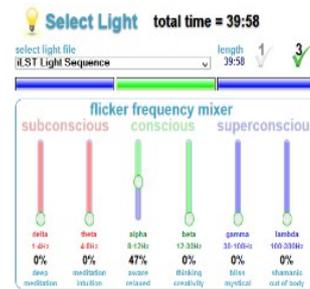
If you move any of those sliders up/down, you will see the % number change from zero to whatever position you are on, on that slider. Choose what brainwave/s you want for the whole length of your session. These % numbers do not have to add up to 100%. They can be over or under 100%.

An example of setting up a 3 stage session:

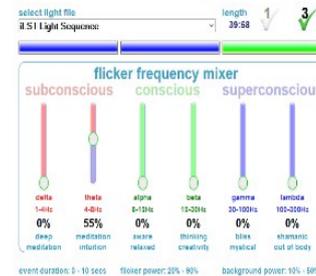
- Touch on the first box (left box) and it will turn to green. Move your sliders to the brainwave/s percentage you require in the first stage.



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



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



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

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

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

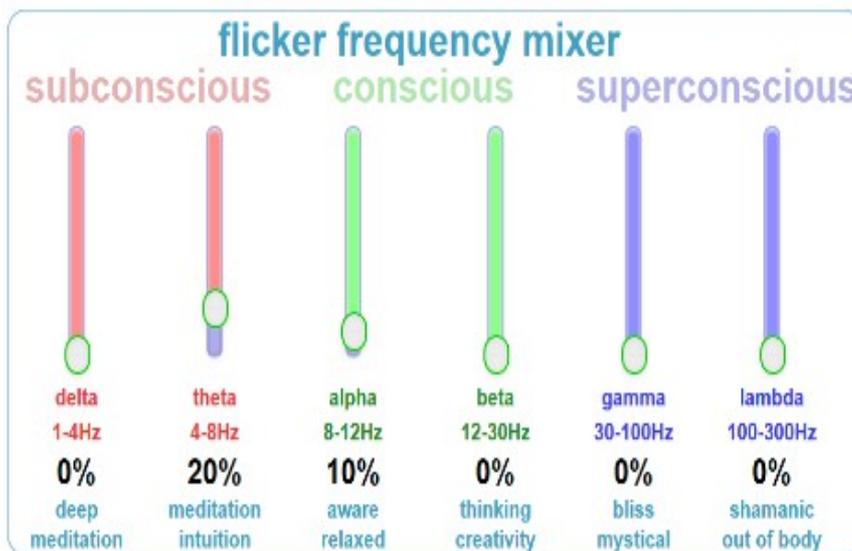
The percentage of each brainwave controls how much of that frequency spread happens during each stage of your session. The percentage values of each brainwave frequency spread are set by the user for each of the three stages. The higher the percentage, the more of that frequency spread occurs in each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

# Single Frequency iLST

The iLST freq control allows a one or three stage session with a single frequency per stage. When the mixer / freq tick icon is green, iLST is programmed using the mixer. Click on the tick icon to turn it gray, and then the single frequency slider appears.

You can select any frequency in the range 1Hz to 300 Hz for the duration of the entire session for One Stage, or a different frequency for each stage of a Three Stage iLST session.

## Event Duration



event duration: 3 - 10 secs



event duration: 60 - 85 secs



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

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

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

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

brainwave frequency you have chosen.

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

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

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

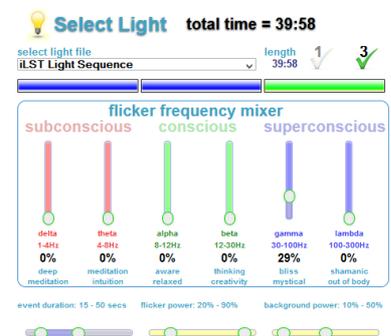
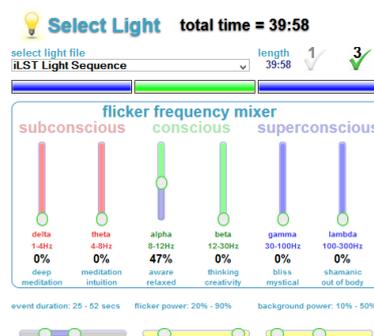
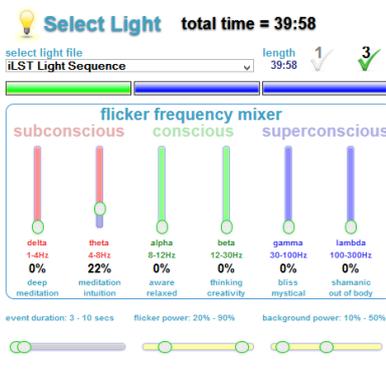
By extending the event duration you allow light users to experience a brainwave frequency for a longer period of time.

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

Stage 1

Stage 2

Stage 3



# Light Intensity

light intensity: 30%



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

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

# Flicker Power

flicker power: 20% - 90%



The Flicker Power slider can be adjusted from 1 – 100% and determines the brightness of the flickering LED lights.

**During a session, keep your eyes closed.** The 5 x 10W LED lights are bright and if you do open your eyes, you will want to automatically close them straight away due to the brightness.

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

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

flicker power: 1% - 10%



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

flicker power: 30% - 50%



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

flicker power: 10% - 30%



# Background Power

background power: 10% - 50%



Any of the LEDs can either flicker or be background lights (turned on/stay on when the flicker goes off) in each pattern event. The background power slider adjusts from 1 – 100% and allows you to set the intensity of the LED lights

during each pattern event, to not flicker.

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

You can also adjust the overall brightness of the flickering and background lights by using the Light Intensity slider instead of the background & flicker power.

light intensity: 30%



## Frequency Spread

frequency spread: 50%



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

frequency spread: 0%



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

frequency spread: 100%



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

For example...

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

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

The benefit of minimizing the Frequency spread is that the light user will always get the same flicker frequency during the session so it is more predictable. However, normally the frequency spread slider would be set to 100% to experience more variability in the generation of the iLST

pattern.

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

### Stage 1

Select Light total time = 39:58  
select light file: iLST Light Sequence length 39:58 1 3  
flicker frequency mixer  
subconscious conscious superconscious  
delta 1-4Hz 0% deep meditation  
theta 4-8Hz 22% meditation intuition  
alpha 8-12Hz 0% aware relaxed  
beta 12-30Hz 0% thinking creativity  
gamma 30-100Hz 0% bliss mystical  
lambda 100-300Hz 0% shamanic out of body  
event duration: 3 - 10 secs flicker power: 20% - 90% background power: 10% - 50%  
make intention, then click: total length: 30mins frequency spread: 65%  
Generate

### Stage 2

Select Light total time = 39:58  
select light file: iLST Light Sequence length 39:58 1 3  
flicker frequency mixer  
subconscious conscious superconscious  
delta 1-4Hz 0% deep meditation  
theta 4-8Hz 0% meditation intuition  
alpha 8-12Hz 47% aware relaxed  
beta 12-30Hz 0% thinking creativity  
gamma 30-100Hz 0% bliss mystical  
lambda 100-300Hz 0% shamanic out of body  
event duration: 25 - 52 secs flicker power: 20% - 90% background power: 10% - 50%  
make intention, then click: total length: 30mins frequency spread: 29%  
Generate

### Stage 3

Select Light total time = 39:58  
select light file: iLST Light Sequence length 39:58 1 3  
flicker frequency mixer  
subconscious conscious superconscious  
delta 1-4Hz 0% deep meditation  
theta 4-8Hz 0% meditation intuition  
alpha 8-12Hz 0% aware relaxed  
beta 12-30Hz 0% thinking creativity  
gamma 30-100Hz 29% bliss mystical  
lambda 100-300Hz 0% shamanic out of body  
event duration: 15 - 50 secs flicker power: 20% - 90% background power: 10% - 50%  
make intention, then click: total length: 30mins frequency spread: 88%  
Generate

## Saving an iLST sequence to a File

iLST sessions may be saved to a named file (for therapists with clients for example) Click on the “Save To File” tick icon to turn it green, then enter the name for the file in the text box. The default name is custom, change that name to the name you want.

To see the new file, click Return to go back to the home page, then click Play and check the Select Light pulldown list for the new file. It can also be deleted if you wish in the Upload page.

total length: 30mins

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

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

When completed your page will look similar to this one.

Created iLST Light Sequence play time 39:58



**Select Light** total time = 39:58



**Select Music** total time = 44:04

play length: 39 minutes of total 39:58

light intensity: 29%

music volume: 100%



*Return*



## Shutting Down the Lamp Computer

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



To do this press/touch the red square on the top right side of the screen and then a yellow shutdown box will appear....  Press/touch this box and the countdown timer will start.

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

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

**You can now disconnect the power from the Ajna Lamp.**

## Upload Music



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

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



BROWSE TO ADD .AJNACODE FILES



Filesystem Size: 7.2G

Available: 354M

Usage: 95%

Used: 6.6G

Return

Update

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

# Mp3 Files

upload music to genre  
Chill (15 files) ▾

select genre for .mp3 upload

**BROWSE TO ADD .MP3 FILES**

music genres to keep

- Chill (15 files)
- Classical (28 files)
- Hang Drum (12 files)
- India (16 files)
- Music by Guy (22 files)
- Music Therapy (11 files)
- Nature (13 files)
- New Age (24 files)
- Solfeggio (16 files)
- Spiritual (60 files)
- Trance (19 files)

music genres to delete

music genres to delete

music genres to keep

delete all songs in selected genres

**Delete**

music files to keep

- Chill: Beyond The Horizon
- Chill: Changing The Way
- Chill: Easy To Be
- Chill: Forever And A Day
- Chill: Kitaro - Wave of Sand
- Chill: Namo Ratna Traya Ya
- Chill: Om Amarani Jevan Teye Soha
- Chill: Om Mani Padme Hung
- Chill: Om Tare Tuttare Ture Soha
- Chill: Pachelbels Canon A Variation In
- Chill: Simply Beautiful

music files to delete

music files to delete

music files to keep

delete selected .mp3 files

**Delete**

Filesystem Size: 7.2G

Available: 1.6G

Usage: 78%

Used: 5.3G

**Return**

**Refresh**

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



Press/touch the browse to add Mp3 files



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



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

BROWSE TO ADD .MP3 FILES		
	02 East of the Full Moon.mp3 10.14 MB	✗
	02 Hands of Love.mp3 5.74 MB	✗
	02 Healing Circle.mp3 15.18 MB	✗
	02 Illumination.mp3 35.93 MB	✗

Uploading songs

BROWSE TO ADD .MP3 FILES		
	01 Kindred Spirit - Copy.mp3 10.74 MB	✓
	01 Loving Touch - Copy.mp3 12.13 MB	✓
	01 Nada Himalaya 1 2 - Copy.mp3 38.88 MB	✓
	01 The Source.mp3 12.00 MB	✓

Uploaded songs



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



## Mp3 Files

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

### music genres to keep

Hang Drum (12 files)	▲
India (16 files)	
Music by Guy (22 files)	
Music Therapy (11 files)	
Nature (13 files)	
New Age (24 files)	
Solfeggio (16 files)	
Spiritual (60 files)	
Trance (19 files)	
<b>very calm (4 files)</b>	
World (65 files)	▼

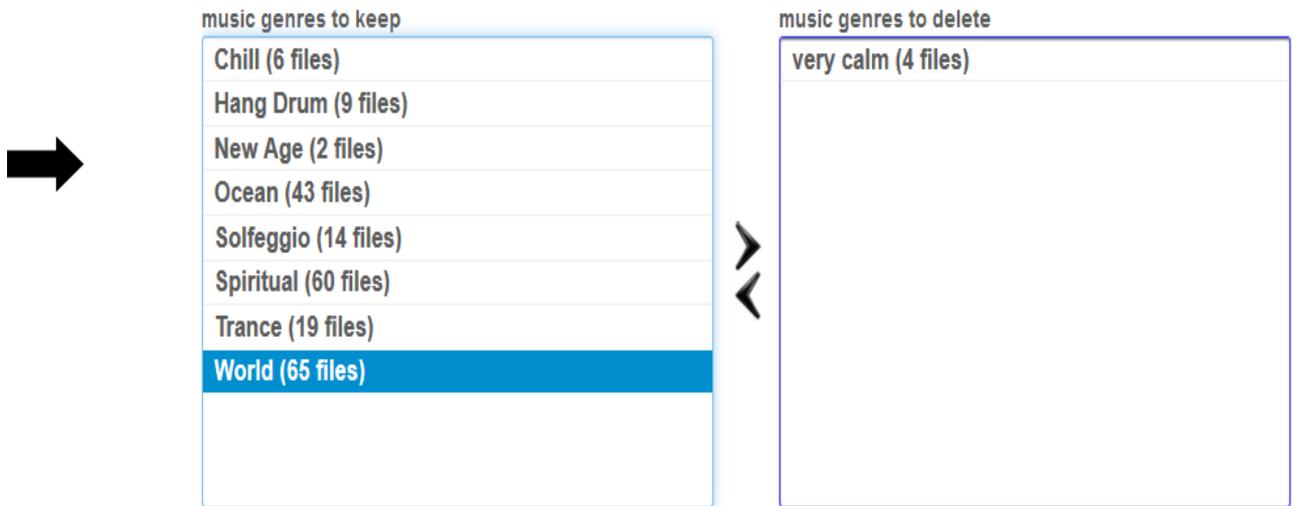
# Delete Music



## Deleting a genre

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

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



Then Press/touch the delete tab The press/touch the next delete tab that appears on the right side



to confirm the action.

delete all songs in selected genres



confirm delete this genre



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

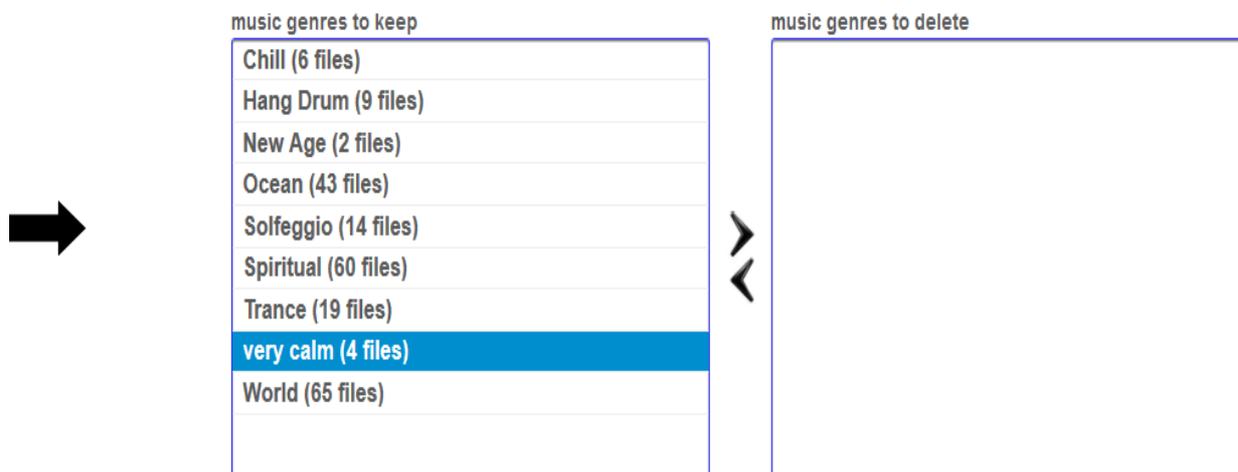
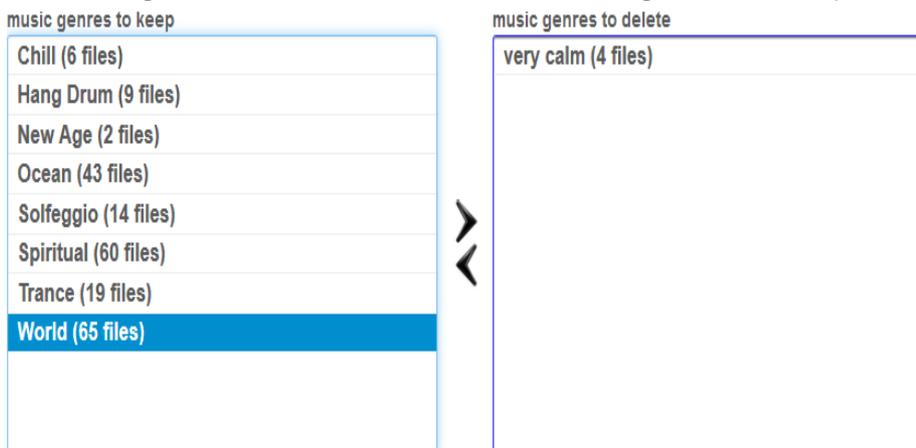
delete all songs in selected genres



confirm delete this genre



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

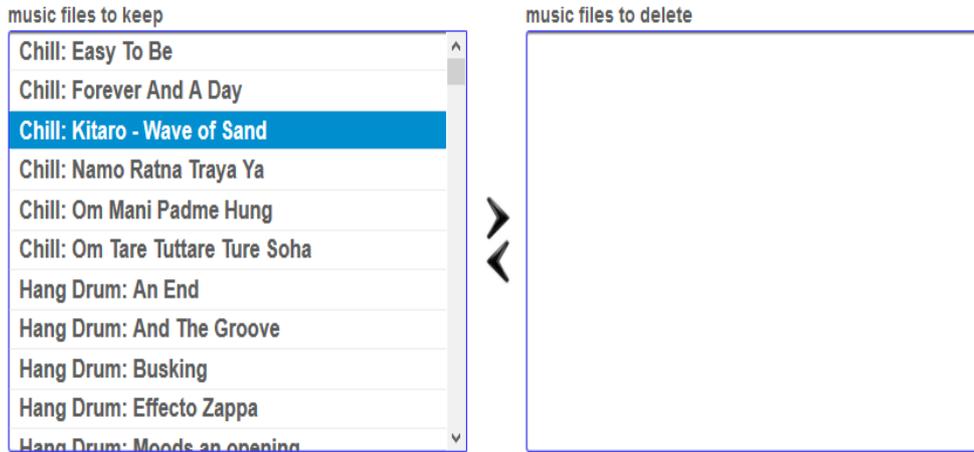


Scroll down and press/ touch the refresh tab.

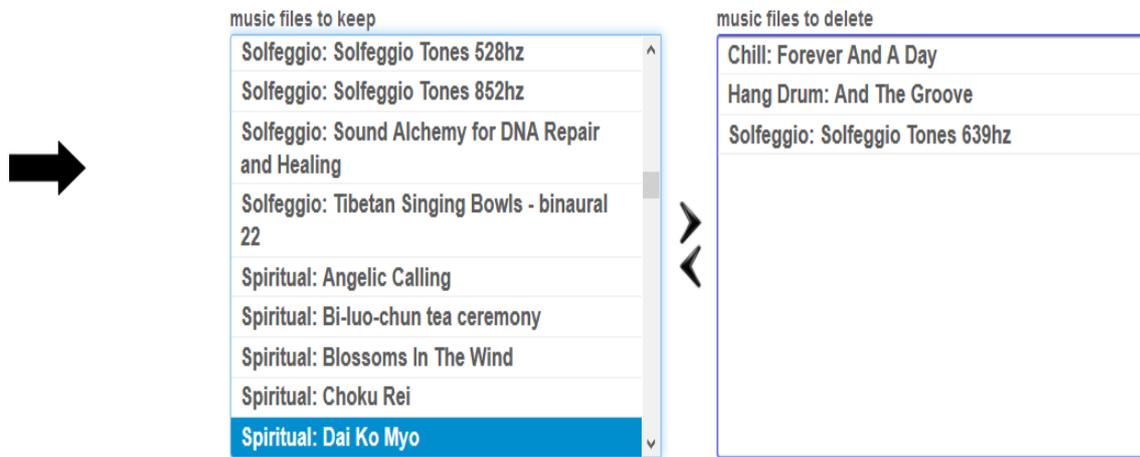


## Deleting songs

Inside the 'music files to keep' box, press/touch the song/s you wish to delete and you will see



they move over to the 'music files to delete' box on the right side.



Press/touch the delete tab.



delete selected .mp3 files



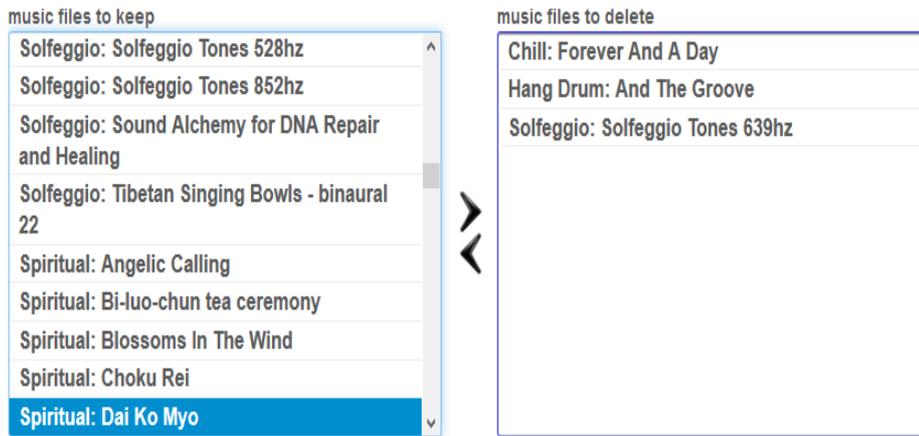
confirm delete this .mp3 file



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

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

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



Scroll down and press/ touch the refresh tab.



# Code Files update



## Code Files

The Ajna Light 3 has been designed to allow software program fixes, should any bugs occur.

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

Chrome and Firefox work better than Safari and the built in Android browsers.

Also try different computers to see if you get the same behavior. You can initially check with the Light Ambassador who sold you the Light. If the problem remains unsolved, then contact the creator of the Ajna light. [guyharriman@gmail.com](mailto:guyharriman@gmail.com)

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

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

AjnaLamp-cd2452

## Ajna Lamp 3 control

meditate into light

android-53cb:waiting Guys-iPhone6:waiting



192.168.1.111



play



session log



upload



lamp info

click  before removing power!

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



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



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

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

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

# Session Log

AjnaLamp-cd2452

## Ajna Lamp 3 control

meditate into light  
android-53cb:waiting Guys-iPhone6:waiting

  
192.168.1.111



click  before removing power!



session log

The Ajna Light allows you to view what sessions you have had on your light. To view these, from the Home page, Press/click on the session log icon and a similar page to this will show. The screen will appear with today's date showing.

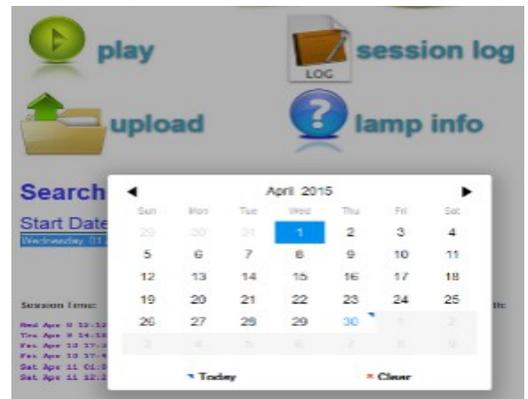
Note, for those using a smart phone, iPad or similar, once you have pressed/clicked on the session log icon you may need to scroll down a little to see the same screen.

**Start Date:**

Thursday, 30 April 2015

To see a previous day or time period's sessions, click/press on Start Date and a calendar will pop up for you to choose the date.

Once you have chosen your date it will show up under the start date box.

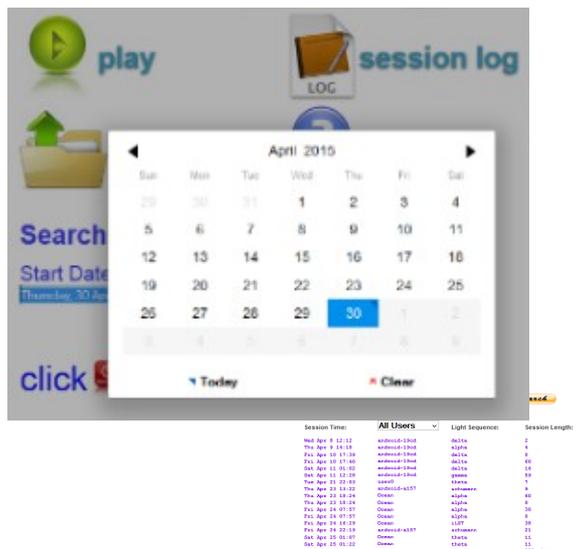


**End Date:**

Thursday, 30 April 2015

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

chosen your date it will show up under the End Date box.



**Search**

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

You can also see the type of session, the session length and the time in minutes that your light has run for. You can also select the name of the tablet, phone or computer used to set up the session, and filter the results for that device only Use the pulldown list to filter by user device name. Note that Android does not allow the device name to be set, so they all have the code android-xxxx.

The feature allows a therapist to monitor the sessions done by each client. The client uses his or her phone to set up the session, and the name of the client;s phone is stored in the session log.

Additionally, this allows each client to maintain the cookies for their last session, so the Ajna Light web app remembers what each client did in their previous session.

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

All Users ▾

### Search Ajna Lamp Session Log

Start Date:  End Date:

Session Time:	All Users	Light Sequence:	Session Length:
Wed Apr 8 12:12	Ocean	delta	2
Thu Apr 9 14:18	Ocean	alpha	4
Fri Apr 10 17:39	android-19cd	delta	0
Fri Apr 10 17:40	android-a157	delta	60
Sat Apr 11 01:02	user0	delta	16
Sat Apr 11 12:28	user0	gamma	59
Tue Apr 21 22:03	android-a157	theta	7
Thu Apr 23 13:22	schumann	schumann	9
Thu Apr 23 18:24	Ocean	alpha	60
Thu Apr 23 18:24	Ocean	alpha	0
Fri Apr 24 07:57	Ocean	alpha	30
Fri Apr 24 07:57	Ocean	alpha	0
Fri Apr 24 16:29	iLST	iLST	38
Fri Apr 24 22:19	schumann	schumann	21
Sat Apr 25 01:07	Ocean	theta	11
Sat Apr 25 01:22	Ocean	theta	11
			328 minutes

### Search Ajna Lamp Session Log

Start Date:  End Date:

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

Session Time:	All Users	Light Sequence:	Session Length:
Wed Apr 8 12:12	Ocean	delta	2
Thu Apr 9 14:18	Ocean	alpha	4
Fri Apr 10 17:39	android-19cd	delta	0
Fri Apr 10 17:40	android-a157	delta	60
Sat Apr 11 01:02	user0	delta	16
Sat Apr 11 12:28	user0	gamma	59
Tue Apr 21 22:03	android-a157	theta	7
Thu Apr 23 13:22	schumann	schumann	9
Thu Apr 23 18:24	Ocean	alpha	60
Thu Apr 23 18:24	Ocean	alpha	0
Fri Apr 24 07:57	Ocean	alpha	30
Fri Apr 24 07:57	Ocean	alpha	0
Fri Apr 24 16:29	Ocean	iLST	38
Fri Apr 24 22:19	android-a157	schumann	21
Sat Apr 25 01:07	Ocean	theta	11
Sat Apr 25 01:22	Ocean	theta	11
			328 minutes



### Search Ajna Lamp Session Log

Start Date:  End Date:

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



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

# Testing your lamp

AjnaLamp-cd2452

## Ajna Lamp 3 control

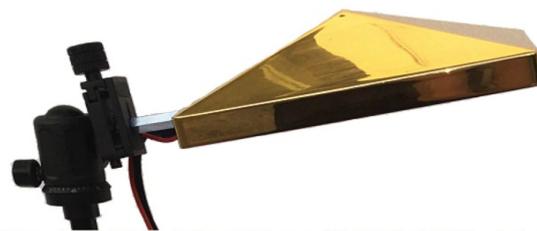
meditate into light  
android-83cb:waiting Guys-iPhone6:waiting

192.168.1.111

play    session log  
 upload    lamp info

click before removing power!

upload    lamp info



Guy Harriman  
All hardware design, website coding and manufacture by Guy Harriman at the LannaYoga.com Healing Center in Chiang Mai, Northern Thailand.

Contact Guy by email [guyharriman@gmail.com](mailto:guyharriman@gmail.com)

You are now connected to the Ajna Lamp website server. This connection is by WiFi, using the AjnaLamp-xxxxxx Access Point. This access point is to the Ajna Lamp Server only, to prevent any external internet user from being able to access the Ajna Lamp. Any WiFi client device, such as an iPhone, iPad, Android phone or tablet, or laptop can control the Ajna Lamp using a web browser. You can access the Ajna Lamp website app by typing the address "lamp.com" in the address bar of the browser.

This website app plays light files (.ajna) and music (.mp3) on the Ajna Lamp hardware. You can also upload more ajna and your own mp3 files to the Ajna Lamp. You can find new ajna files at [AjnaLamp.com](#). Light and sound play together, because they are



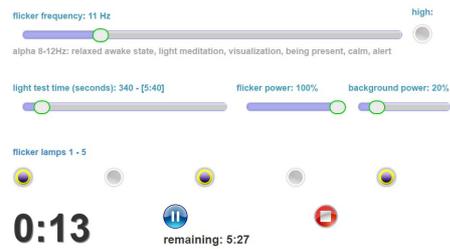
Press/click on Lamp Info and you will land on this page. On this page you will find a lot of information about the Ajna Light.



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

## ajna lamp 3 control

meditate into light



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

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

flicker frequency: 4 Hz

high:



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

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



flicker frequency: 50 Hz

high:



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

light test time (seconds): 10



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

flicker power: 100%



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

background power: 20%



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

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

### 1 Lamp Test

flicker lamps 1 - 5



### 3 Lamps Test

flicker lamps 1 - 5



### 5 Lamps Test

flicker lamps 1 - 5



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

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

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



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

# Suggested Starter Series

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

select light file

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

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

## Delta 1 - 4Hz

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

## Theta 4 - 8Hz

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

## Alpha 8 - 12Hz

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

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

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

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

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

### **Gamma 30 - 100Hz**

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

## Frequently Asked Questions (FAQ)

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

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

### **Will the light damage or hurt my eyes?**

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

### **Can I use the Ajna Light with sensitive eyes?**

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

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

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

### **Will the Ajna light cause me to have Epilepsy?**

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

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

DO NOT USE.

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

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

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

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

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

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

### **Can pregnant women use the Ajna light?**

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

### **Can children use the Ajna light?**

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

### **Can animals use the Ajna light?**

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

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

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

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

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

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

**Does the music on the light have any effect on the light session?**

No, the music is there just for relaxation purposes.

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

**I keep losing my signal to the light during the session**

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

**My device will not connect to my light**

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

**Is there a loop control on the light so the same music can keep playing?**

No, there is not. Though, to replicate this action, choose the same song multiple times in the music list.

**Why does the AL2 light get hot?**

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

**My fans in the light are still running even though my session is finished**

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

**My light session keeps stopping earlier than the time**

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

**Is the random sequence generator active in the Preset Light patterns?**

All the preset sequences play exactly the same events each time they are played. Randomization is only for the generate process in iLST.

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

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

### **Why is there sound in only 1 side of my headphones?**

Make sure the headphone jack is pushed in the full way in the right socket of the USB adaptor.

### **I have shut down my light after a session and want to have another session, but it will not start up.**

Once you have shut down your lamp you need to disconnect the power source and re connect it before you can start another session.

### **I cannot adjust the volume control slider on the screen during a session.**

Once your session has started you can adjust the volume control by using the volume control scroll/switch on the headphone lead itself. Please note – there is no interface volume control slider for AL3, this is done via the volume ‘wheel’ on the headphone cable.

### **Using UPS (Uninterrupted Power Supply) – Surge Protector**

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

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

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

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

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

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

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

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

## FAQ's Users Manual – additional notes

### CHILDREN

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

### EPILEPSY

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

### LIGHT SESSION FREQUENCY

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

## Replacing the Computer micro SD card



Remove the end plate shown in the photo, where the VGA cable connects to the light computer box. The micro SDcard slot is under the computer board. Push gently and release to eject it. In AL3s made after September 2016, a friction based SD card holder is used. After pushing the micro SD card, if you feel there is no spring holding the SD card in place, then pull the SD card out gently but firmly. **WARNING:** Do not pull the SD card out if there is a push type SD card holder or you will break the spring and the SD card will not no longer work, requiring the entire computer to be replaced.

Put the new SD card the same way round as the original SD card into the slot and push to engage it.

Replace the end plate of the computer box and tighten the four screws. Attach the VGA cable and screw tight the blue plastic locking screws on the VGA plug.

# Smartphones and Tablets

## **Potential problem connecting from iPhone.**

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

## **Light software compatibility with Tablets**

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

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

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

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

## Limited Warranty and Disclaimer

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

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

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

Ajna is not liable for any damages caused by any of its products or for the failure of any products to perform, including any lost profits, lost savings, incidental damages, or consequential damages. Ajna is not responsible for any claim by a third party or made for you by a third party. This limitation of liability applies whether damages are sought, or a claim is made, under this warranty or as a tort claim (including negligence and strict product liability), a contract claim, or any other claim. This limitation of liability cannot be waived or amended by any person. This limitation of liability will be effective even if Ajna or an authorized representative of Ajna has been advised of the possibility of any such damages.

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

# Brainwave Frequencies



## DELTA 1 - 4Hz

Dreamless sleep. Human growth hormone released.

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

Access to the unconscious and 'collective' unconscious state.

Deepest and most physically restorative portion of sleep.

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

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

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

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

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

living (like the human growth hormone).

Some benefits associated with Delta Brainwaves...

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

## THETA 4 – 8Hz

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

Integrative emotional experiences, changes in behavior, increased retention of learned material. Hypnagogic imagery, trance, deep meditation, access to unconscious mind.

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

[Theta waves play a key role in meditation.](#) When we start to shut off our busy minds and simply

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

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

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

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

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

Some benefits associated with theta brainwaves...

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

## ALPHA 8 - 12Hz

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

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

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

stages of meditation when we clear our mind.

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

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

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

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

Some benefits associated with Alpha Brainwaves...

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

## BETA 12 - 30Hz

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

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

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

actually make those symptoms worse.

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

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

- **Motivation:** It is said that increasing beta waves in students who are demotivated with studying, can be a true motivation boost. Many people have confirmed this. Beta brainwaves also help to focus and concentrate.
- **Enhancement of language and reading skills:** Studies have shown that if people are exposed to beta brainwaves for a certain period of time, they can increase their linguistic skills, (besides concentration and mathematical thinking), as well as written skills.
- **Effective treatment against ADD:** EEG's have shown that people with ADD have little to no beta brainwave activity. So, it is very hard for such people to stay focused on a task. Studies have shown that if they are exposed to a form of beta brainwaves, they will eventually become more focused and ADD vanishes, as their brain starts to produce beta brainwave states automatically and naturally.
- **Reduces Fatigue**

## GAMMA 30 – 100Hz

Hyper brain activity, great for learning.

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

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

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

Benefits of Gamma Waves

- **Increased focus on tasks, freedom from distractibility**
- **Better learning: Since the brain is so super-active, people are able to learn faster and information is processed at a much higher rate!**

- **Increase of short term memory**
- **Studies have shown that gamma brainwave therapy was successful in treating against ADD.**
- **Bliss: People have feelings of extreme bliss. A high amount of gamma waves work like an anti-depressant.**
- **Compassion: People tend to have a profound compassion towards other people.**
- **Enhanced Senses: It seems that the senses work better and reality is perceived more vividly. Significant improvement in cognitive behavior.**

## LAMBDA 100 – 300Hz

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

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

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

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

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

[As Epsilon and lambda are related to each other as inverse frequencies \( \$F\_{\text{epsilon}} = 1 / F\_{\text{lambda}}\$ \) so are found together. It is only necessary to stimulate at one frequency to obtain the effect - either](#)

very slow (epsilon) or very fast (lambda). The eye would not react meaningfully to very slow frequencies such as one pulse per 200 seconds (0.005Hz). Therefore the Ajna Light flickers at high frequency around 200Hz to get the lambda effect.

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

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

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

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

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

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

# Epilepsy

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

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

## Important information...

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

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

There are different types of seizures and symptoms:

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

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

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

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

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

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

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

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

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

4. If the seizure

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

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

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

6. Once a person comes out of their seizure, talk to them clearly and softly and make them aware of where they are and who you are, and that they have just had a seizure. You may need to contact a family member for them. Ask or look for their mobile phone and a name of a relative.

They may have symptoms such as

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

7. Ask them -

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

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

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

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

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

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

# References

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

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

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

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

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

[http://drjoedispenza.com/files/understanding-brainwaves\\_white\\_paper.pdf](http://drjoedispenza.com/files/understanding-brainwaves_white_paper.pdf)

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

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

## Ajna Light Certification

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

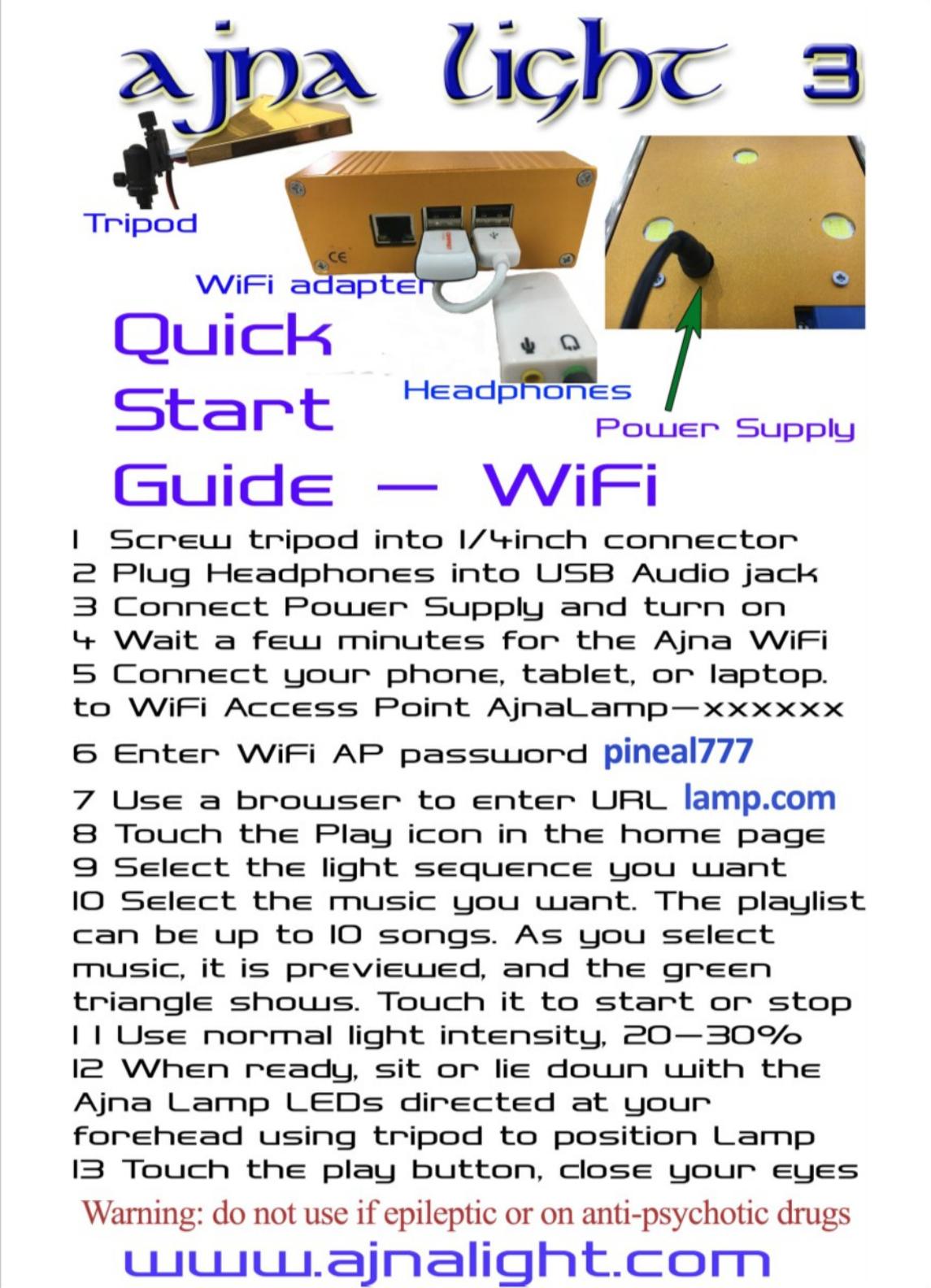
This Certificate is endorsed by Professor Dr. Christopher Fisher, the head of the Humanities Faculty. The Certificate carries both his signature and the official stamp of the Chiang Mai University, and states that the practitioner has been awarded this certificate in recognition of their success in answering the twenty point questionnaire.

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

If you would like information on obtaining your Ajna Light Accreditation Certificate, please contact Pratika - [pratikalightwaves@gmail.com](mailto:pratikalightwaves@gmail.com)



## QuickStart Guide



The image shows the components of the Ajna Light 3 system: a black tripod, a white WiFi adapter, a white USB audio jack, and a black power supply. A green arrow points to the power supply. The text 'ajna light 3' is written in a stylized blue font at the top. Below the components, the text 'Quick Start Guide — WiFi' is written in a large blue font. A list of 13 steps follows, detailing the setup and usage. A warning is provided at the bottom, and the website URL 'www.ajnalight.com' is displayed in a large blue font.

### ajna light 3

Tripod  
WiFi adapter  
Headphones  
Power Supply

## Quick Start Guide — WiFi

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

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

**www.ajnalight.com**

# Ajna Light 3



Ethernet Cable

## Quick Start Guide — Ethernet



Router

Switch

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

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

Ajna Light Warranty:

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

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



## UPS Assembly

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

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

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

## Power Surge Protector Assembly

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



## Battery with/without inverter for AL3

BATTERY and INVERTOR - In the photo you will see the 'grey' inverter between the battery and camera bag. Connect the inverter to the battery terminals, clip red lead to + terminal, clip black lead to the - terminal of the battery. Plug your Light into the Inverter socket, which has an off/on switch. There may be a slight beeping noise from the inverter, for most this is not noticeable.

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

