

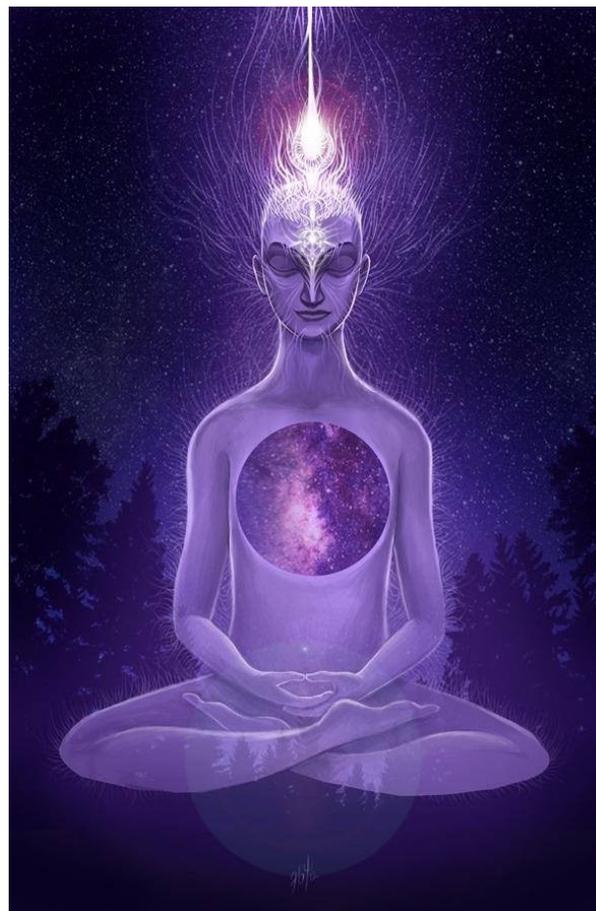
# The Ajna Light - What is it?

**The Ajna Light was developed in 2014 to help people explore their intimate connection with the wisdom of the universe.**



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 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 biophotons 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).



The chakra system is the basis of the energetic model of yoga theory. The ancient yogis were aware of the flow of light energy in the body. They called the channels along which it flows Nadis, meaning energy nerves. There are 64,000 nadis in the energy body, with the main centers lying along a core running in front of the spine called the shushumna. The seven chakras are located along the shushumna, from the first chakra (called the root or muladhara) at the perineum to the seventh chakra (called the crown or sarishrara) at the top of the head. The pineal gland is located at the sixth chakra, the Ajna chakra. Therefore the energetic information from the entire body travels up to the pineal gland.

The pineal gland generates an endogenous psychotropic chemical called DMT (dimethyl tryptamine). Tryptophan is the amino acid which is the precursor to DMT, but the body has an inhibitor enzyme which normally prevents DMT being made from tryptophan. The shamans of South America intuitively selected two herbs, the leaves of the Ayahuasca shrub family called Psychotria which contain DMT added to the Caapi vine, a source of monoamine oxidase inhibitor (MAOI) which turns off the enzyme preventing DMT conversion.

DMT is naturally generated twice in the lifetime, at birth and again at death. It is responsible for allowing these potentially traumatic emotional life transition processes to happen gracefully. After a near death experience, one's full life flashes by, and a tunnel of light appears. Both of these effects are due to the psychedelic effects of DMT.

Shamans use Ayahuasca to connect deeply to nature, to give them the wisdom of our total interconnection with all of life. DMT brings teaching as part of a spiritual journey. However, as a psychotropic drug it is illegal in many countries, and also has potential dangers. It is important to use it for healing and spiritual growth, not for entertainment or escape from reality. Each person has a different sensitivity, so they may be overdosed or under-dosed. It can also take some hours for the effect to wear off, during which the user may be dizzy and need to vomit.

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 than our typical daily controlled egoic state. 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. In the 1990s it was popular to use goggles with low power LEDs close to the eyes to produce this effect, but this is not a comfortable or powerful method of producing the hypnogogic effect.

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 you on a shamanic trance journey to connect to the root of your soul's wisdom, stimulating the pineal gland to open up psychic vision in a harmonious natural and powerful way, in balance with your own physiology.

## **Power Supply**

**The Ajna Lamp is a computer. It uses an SD card for file storage. Like any PC, it needs to be shut down correctly before power is removed. Click on the red shutdown icon in the top right of the lamp.com webpages to do so. If power is suddenly disconnected in the middle of operation, the SD card can be corrupted and not boot. If you have unreliable power, please use a 100W or greater UPS (Uninterruptible Power Supply) to protect the Ajna Lamp.**

## WiFi EMFs

The light uses 10w led lights to entrain the brain into different states of consciousness. WiFi is only used for controlling the lamp computer. The WiFi is used just like a router, to make a local connection (not an internet connection), and is far enough away from your body for the EMF radiation to be negligible. It is a big problem if you use WiFi on a phone for a long time next to your body over a period of ten years, as tumors can form (such as gliomas in the brain). But the Ajna Light WiFi is about 100 times further away than a phone is, so the WiFi EMF (electromagnetic field) is  $1/(100*100)$  of the power, ie 10,000th of the phone's EMF. So the effect of using WiFi to control the light is only 10,000th of the phone exposure, and typically people use their phone for many hours a day. Mostly people would use the Ajna Light at most for one session a day, a session being 10-60 minutes long.

## Cooling

The Ajna Lamp contains two fans internally, one 8cm size for the LED driver board, and one 4cm for the CPU board. If the room is around 20C and there is some airflow, like in an air conditioned room or with windows open and some breeze, these fans should keep the Lamp cool enough during normal operation. External airflow is essential to cool the Ajna Lamp box which heats up as the five 10W LEDs run. If there is no airflow in a room even if it is cool, the outside of the Lamp box cannot cool, so you need to use an external fan if running for extended periods. The CPU temperature is displayed in the top left of the web app running on your phone or tablet controlling the Lamp. If the room temperature is 30C or more, or there is little air flow in the room, you need to use an external fan to keep the Lamp cool for long sessions. The lights turn off automatically above CPU temperature of 60C to protect the circuits and LEDs.

## Using the Ajna Lamp



You control the Ajna Lamp using the lamp.com website served by the Ajna Lamp to play light files (.ajna) and music (.mp3). You can also upload more .ajna and your own .mp3 files to the Ajna Lamp. You can find new ajna files at [AjnaLight.com](http://AjnaLight.com). Light and sound play in sync, because they are started together when you touch the play button.

Sit in front of the Ajna Lamp, placing it at the level of your eyes, or lie down using a

standard camera tripod to position the lamp above your forehead. Your eyes should be about 20cm to 30cm (8 to 12 inches) from the LED modules in the Ajna Lamp. Touch the play icon in the home page, and select the light sequence and music you wish to play, as well as the length of the light session. Then touch the play button and close your eyes. The light sequence will start to play a few seconds later.

Light flicker frequencies entrain brainwaves, bringing you into a relaxed and meditative state. If you



are stressed or have a busy mind, even with your thoughts active while the light sequence is playing, you will automatically be brought into a more relaxed state. There is no need to try to stop your thoughts, just observe your sensations during the light session. The Ajna Lamp assists you entering the meditative state without years of meditative practice.

The Ajna Light system uses very powerful LED lights (5000 lumens total, the same as a 250W halogen bulb) flickering at specific frequencies between 1Hz and 50Hz to entrain the user's brainwaves into a range of trance states, from a light relaxing state to the deepest meditative state. Deep meditative states activate the pineal gland, located in the center of the brain (the sixth chakra or third eye). When activated, the pineal gland produces DMT (dimethyl tryptamine) from the naturally occurring amino acid tryptophan. In a similar way to hallucinogenic drugs, the user can gain great spiritual insights during this process, but the great advantage of using the Ajna Light is that it does not change the brain chemistry, and therefore the effect stops as soon as the lights stop.



Extensive testing with people from different backgrounds and spiritual interests during the development of the Ajna Lamp showed that although each person's reaction and subjective experience is different, and each session is different even with the same music and light sequence, the result was relaxing and centering. The user, when open and receptive, was also able to go on a soul retrieval journey, and to connect with guides, elemental beings, and other consciousnesses outside or inside their own waking mind-state.

## Controlling the Lamp Computer



The Ajna Light plays light files (.ajna) and music (.mp3) on the lamp computer in sync to bring you into a deep meditative state through light activation of the pineal gland and brainwave entrainment. The lamp is accessed through WiFi. The lamp computer is a WiFi access point (AP). The WiFi network AP name is AjnaLamp-xxxxxxx, you select this network in your phone, tablet Settings app. Each Ajna Lamp has a unique code xxxxxx which allows you to distinguish between Ajna Lamps if you are in WiFi range of more than one lamp.

The Lamp computer uses four software technologies (Linux OS, Apache2 webserver, MPD mp3 player daemon, and Perl scripting language - LAMP) as well as jQuery and Ajax for running responsively on the client phone or tablet.

First connect to the WiFi Access Point in your phone or tablet Settings app. After you select the AjnaLamp-xxxxxxx address, enter the password pineal777 the first time you access the lamp. Go to your browser and enter lamp.com in the address bar to access the lamp website app.

Only one user can control the lamp at a time, so the Ajna Lamp WiFi AP does not connect to the internet. The lamp is therefore protected from outside internet clients. The lamp computer provides DNS service, which means that any internet URL requested (such as google.com) will access the lamp website. If you wish to access the internet while using the lamp, go to the Settings app and either turn off WiFi if you have a phone data service, or select another WiFi AP which connects to an internet

router.

If there is more than one user connected to the lamp WiFi AP, only one is granted access to the lamp hardware at a time. At the top of the website page, the header displays the user name of the client's phone, tablet, or other computer in the top right corner, and a list of users currently on the lamp in the center of the screen, just below this. If you are not currently running the lamp, your user name is listed as waiting. You are only made the running user if the lamp is idle when you click the play button in the play page. If there is already another user shown as running, the lamp is working and therefore not available. Once the lamp has finished running, the running user is shown as waiting again. If you wish to abort a session started by another user (for example, if the running user is no longer present for some reason), you can do so by clicking the abort button. The abort button appears when the lamp is already running when you click the play button.

The Ajna Lamp website app controls the lamp to play light files (.ajna) and music files (.mp3) by touching the Play icon. Light and sound play in sync, because the light sequence and the music start playing together. The website app also allows you to upload and delete .ajna and .mp3 files by touching the Upload icon, to test the effect of any flicker frequency touching the Test icon, and to search the session log to find out when users had sessions by touching the Session Log icon. Details about these functions are provided by touching the Info icon.

## Electrical Safety

The Ajna Lamp uses 12V DC power, the peak current requirement is 4A, and average current when the LEDs are running on full intensity is 2A. The Anja Light package includes a universal (120V or 240V AC input) power adapter, rated at 12V



6A output. This power adapter is fully certified for electrical safety by CE, RoHS, CCC, B, NOM etc.

The [US government CE certification website](#) states:

"All electrical equipment designed for use with a voltage rating between 50 and 1000 volts for alternating current (AC) or between 75 and 1500 volts for direct current (DC) are covered by the Low Voltage Directive. Voltage ratings refer to the voltage of the electrical input or output, not to voltages which may appear inside the equipment."

The Ajna Lamp inputs 12V DC, and therefore does not need CE or other certification for safety.

Solar power systems run at multiples of 12V DC, and therefore if you have a solar power controller which outputs at least 6A, you can run the Ajna Lamp directly without using an inverter to convert the solar power up to 120V or 240V AC.

If you are using a diesel power generator for your electrical supply, it is necessary to use a UPS to

protect the Ajna Lamp, as stated above.

## Quick Start Guide



- 1 Screw tripod into 1/4inch connector
- 2 Plug Earphones or Headphones into Audio Connector
- 3 Connect Power Supply and position the tripod as you want
- 4 Turn on Power Supply and wait a few minutes for the Ajna WiFi
- 5 On your phone, tablet, or laptop, connect to AjnaLamp-xxxxxx
- 6 Enter WiFi AP password pineal777
- 7 Open your browser and enter lamp.com in the address bar
- 8 Touch the Play icon in the home page
- 9 Select the light sequence you wish to try
- 10 Select the music you want. The playlist can be up to 10 songs.  
As you select music, it is previewed, the green triangle shows
- 11 Make sure there is good airflow in the room, or use external fan
- 12 When you are ready, sit or lie down with the Ajna Lamp LEDs directed at your forehead using tripod to position the Ajna Lamp
- 13 Touch the play button and close your eyes – enjoy your journey!

### 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 by touching the shutdown icon to protect the SD card in the Lamp. Failure to shutdown properly is not covered by the warranty.

# Theory of Light Self Therapy

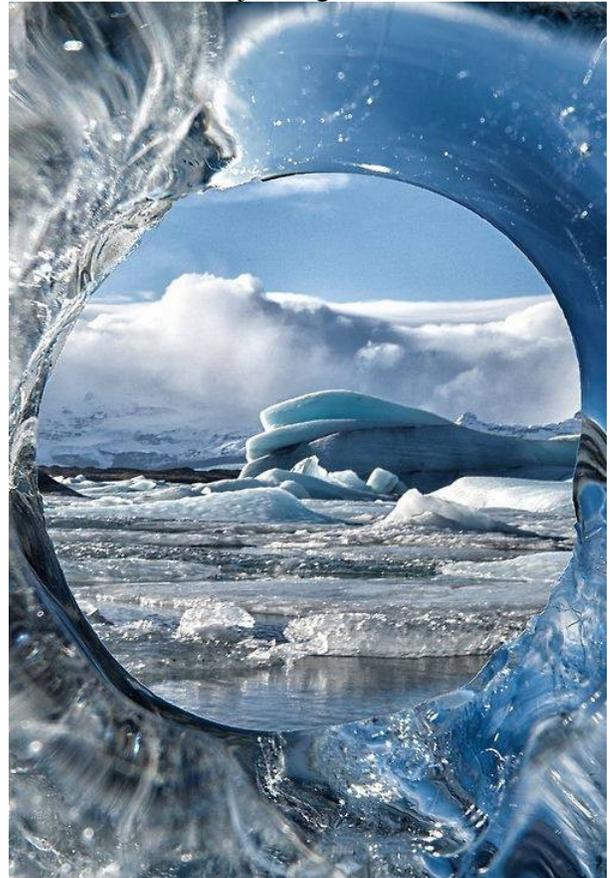
LST means Light Self Therapy. It derives from Ericksonian psychology and various methods of working with the hypnogogic state (between awake and asleep) when the mind sees images, a kind of trance we go into each night just before sleeping. In the 1960s and 1970s, LSD was popular as a method of going through [The Doors of Perception](#), opening the third eye or pineal gland to give psychic awareness. Strobe lights and goggles with low power LEDs have been used since then to help artists tap into inner creative states, as well as just for entertainment. The Ajna Light advances the state of the art by using very high powered LED modules and computer sequencing of the light flicker frequencies. The results show that the Ajna Light is a very powerful aid to both relaxation and meditation, as well as accessing inner wisdom.



Written records from ancient Egypt, dating from 5000 years ago or more, show that the Egyptian priests, in the healing temples such as the Temple of Imhotep in the city of Saqqar, understood that it is the unconscious mind which effects healing of emotional and spiritual issues. These issues show up in the body as symptoms, the sign of the body trying to heal itself and detoxify and clear energetic blockages. Engaging the patient through hypnotic suggestion and the medium of cultural symbols such as the gods and mental overload took the patient out of ordinary consciousness (alpha and beta brainwaves) and into a receptive trance state (theta, gamma, and delta brainwaves). Using trance induction through herbs and rhythmic prayer recitation for hours, the patient was then taken to a dark room to sleep and receive a vision of a cure. The patient them self received the guidance directly from their unconscious mind, in the delta brainwave state of sleep. The trance state resulting from the herbs and rhythmic chanting took the patient beneath the usual alpha and beta brainwave states of waking, controlled consciousness.



When the Greeks, starting notably with Pythagoras around 500 BC, came to learn the ancient wisdom, they took the idea of temple sleep to Greece. The Greek god of healing, Aesculapius, had healing temples for sleep therapy. The sleep chamber in the Greek



temples were filled with snakes, the symbol of Aesculapius. The patient was in a highly suggestive state of consciousness (theta brainwave), and therefore the usual inhibitions of the waking consciousness were avoided, so the wisdom of the unconscious mind could discover the patient's own form of healing. Temple sleep was an early form of hypnotherapy. Stretching back in time to the earliest trance induction techniques of shamanism, this wisdom of self healing has been reborn in our own time through trance dance, drumming, chanting and brainwave entrainment hypnosis using sound and light. The Ajna Light is part of this reconnection to ancient shamanic wisdom, trusting and helping the soul to heal itself and the body.

The Greeks also used divination through oracles. Before receiving the words from the oracle, the seeker was given herbs and taken into dark chambers filled with candles and brightly colored paintings. The hypnogogic images seen with the Ajna Light have the same quality of taking the user out of the ordinary state of consciousness and into trance, as well as out of body, when the user is open to that.

"The temple-sleep was one of the remedies employed by the priests of Egypt. Anyone who had suffered loss of health in any way in those days was not treated as a rule with external remedies; there were only a few of these, and they were seldom used. Sufferers were in most cases taken to the temple and there put into a kind of sleep. It was not an ordinary sleep, but a kind of somnambulistic sleep which was so intensified that the patient became capable of having not chaotic dreams merely but of seeing orderly visions. During this sleep the patient perceived etheric forms in the spiritual world, and the wise priests understood the art of influencing these etheric pictures which passed before the sleeper; they could control and guide them."

### Universe, Earth and Man



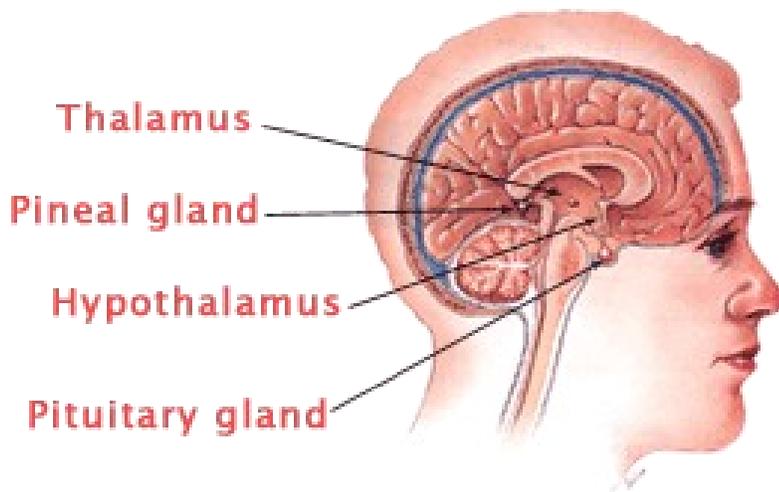
In modern times, psychologists and psychiatrists have taken over the role of the healing temple priests. As a result of the controlling, reductionist scientific dogma established by Descartes 300 years ago, every deviation from average in society is treated as illness to be drugged and repressed chemically in the patient's body. As a fear based paradigm, western allopathic medicine dis-empowers the patient, and makes the patient controllable and exploitable for profit by the pharmaceutical corporations. The rising chronic sickness of developed countries is seen as inevitable, and a normal part of getting old. Turning children into future profit resources for the sickness industry is accepted and encouraged by governments, who respond to the 'greed for profit at any cost' model of social capitalism.

If we are to recover our power and health, we need methods and therapies which give this power back to the individual patient, as in the ancient world. Already it is evident that the level of conformity to the institutionalized corporate sickness policies is reducing. More people buy organic food, and soda consumption has fallen about 10% in the last few years.



[Click image above to play video](#) Part of this impulse for self healing modalities is the Ajna Light. It uses the same concept as the ancient world, which is that in the absence of egoic, fear-based control structures of normal alpha and beta wave consciousness, the power of self healing is revealed in the trance states of gamma, theta and delta brainwave states.

The visionary psychiatrist, [Milton Erickson](#), 1901-1980, understood the impossibility of using the egoic consciousness to manipulate and "fix" deviations in the unconscious mind. The more someone tries to force a certain mental state, the more the inner child resists and sabotages the effort. Typical talk therapy falls into this trap - because the more therapists seek to control the patient and implant new behaviors, the more the therapy will be resisted by the ego and unconscious mind, and fail to cause positive change. It is the same in meditation. The greater the effort to meditate, the greater the sabotage by the unconscious inner child. Erickson understood that there are many levels of trance, including light trances present in any focused activity such as reading, physical exercise, and even the state of confusion. By recognizing the positive traits in the unconscious mind, with its own desires and beliefs, Erickson could engage the unconscious mind to help in the healing process. Many of his techniques influenced the development of NLP theory and practice.



The Ajna Light directly mediates with the unconscious mind, and the neurophysiology of the body. The focused state, a light trance, is characterized by a 40Hz sweep of electrical waves from the thalamus to the back of the head. Using this frequency in the light patterns entrains the brain into this trance state. If you look at the faces of the [Ajna Light Experiences videos](#), you can clearly see the trance states. Shamanic drumming is another ancient method of inducing trance, and I have found it to create much

deeper trance when combined with the Ajna Light. The Ajna Light patterns utilize all the brainwave frequencies to produce a broad range of induced responses, from the lightest trance using low light intensity and alpha or beta flicker frequency to the deepest trance state using the maximum light intensity and delta flicker frequency.

# Effect of Light Flicker Frequencies

Certain flicker frequencies directly stimulate a relaxed, meditative state, corresponding to certain brain wave patterns, because the flickering lights entrain these wave patterns in the brain. This effect is called the hypnogogic effect, and occurs naturally as you are just between being awake and asleep. These frequencies are:

- Delta (deep meditative state): exact multiples of 4Hz, especially around 20Hz
- Theta (sleeping state): 4Hz – 8Hz and multiples
- Alpha (alert, relaxed state): 8Hz – 13Hz and multiples
- Beta (awake, thinking state): 13Hz – 30Hz and multiples
- Gamma (conscious awareness): 30Hz and above, particularly 40Hz
- Schumann Resonance (Earth electromagnetic peaks, corresponding to EEG alpha - theta): 8Hz, 14Hz, 20Hz, 26Hz, 33Hz, 39Hz, 45Hz and 51 Hz (vary over 24 hours, and during thunderstorms)



Alpha brainwaves happen in relaxation, often when the eyes are closed, during light meditation or a daydream. It is an easy alert state of focus and concentration. This state engages your imagination and powers of visualization. The pacemaker cells in the thalamus generate alpha waves when they are coherent (in phase). As the brainwaves slow down in alpha to 8Hz, intuition comes, as low alpha is on the edge of the unconscious mind range (delta and theta).

Beta brainwaves happen in normal alert waking consciousness, when the logical mind is reasoning, judging, analyzing and thinking. As the brainwave frequency increase in beta, there is disconnect from the intuitive low alpha state. The inner critic becomes stronger, leading to physiological, emotional and mental symptoms of stress. These symptoms include shallow breathing, worrying, obsessive thoughts, elevated heart rate and blood pressure, and high levels of adrenaline.

Gamma brainwaves are associated with insight and high-level information processing. perception occurs when the 40Hz gamma wave, originating in the thalamus, sweeps the brain from front to back bringing different neuron regions into synchrony. If the thalamus is even slightly damaged, this wave stops, conscious awareness does not form, and the person falls into profound coma. Gamma waves have been induced using light frequencies delivered through fiber optic cable in mice brains. Researchers performed this study in the frequency range of 8Hz–200Hz. The study produced empirical

evidence of gamma wave induction in the approximate interval of 25–100 Hz. The gamma waves were most apparent at a frequency of 40Hz. Gamma waves have been observed in Tibetan Buddhist monks during a 2004 study with eight long-term Tibetan Buddhist monks. When the monks were asked to generate a feeling of compassion during meditation, their brain activity began to fire in a rhythmic, coherent manner, suggesting neuronal structures were firing in harmony. This was observed at a frequency of 25–40 Hz, in the range of gamma waves. These gamma oscillations in the monk's brains were the largest seen in humans.

Delta brainwaves occur during deep non-dreaming sleep, and also during the deepest level of meditation. The delta state of meditation is experienced by those with many years of practice, when awareness is fully detached from the outside world. The delta state accesses the power and knowingness of your unconscious mind. Delta is the gateway to the universal mind and the collective unconscious, known in yoga as the akasha, where all the information in the universe is available which is otherwise inaccessible at the conscious level. In the delta state, cerebro-spinal fluid (CSF) washes out toxins resulting from waking metabolic processes out of the brain. The neurons shrink in size by 30% at this stage of sleep, so the CSF can flush through the brain. The body heals and regenerates.

Theta brainwaves happen during deep meditation and the REM periods of light sleep. It occurs every time you drift into sleep, and is called the hypnogogic state. Images are seen during this time as you are just entering sleep, although you are still just awake and aware. The subconscious mind is active in theta. It is the frequency in which people are easily influenced. Children, up to the age of five years, are in a constant theta state and are therefore easily conditioned by the family emotional environment. After the core unconscious belief system and the mask of the personality are formed during the first five years, the child changes brainwave frequency to dominant beta and alpha states, which persists throughout adulthood. The child no longer believes in magic, and loses the natural, open, loving and non-judgmental awareness of early childhood. Deep spiritual connection and unity with the universe occur in meditation at the theta state. The inner voice of theta is a profound aware silence and it allows you to experience clear, beautiful visualizations, great inspiration, creativity and insight.

## **Brainwaves and Production of Neurotransmitters**

- Alpha brain waves: Thinking and action come from the parietal lobe. It produces alpha waves and the neurotransmitter acetylcholine.
- Beta brain waves: The frontal lobe, which controls movement and responds to messages that it receives from the sense organs via the hypothalamus, is associated with the neurotransmitter dopamine.
- Theta brain waves: Memory and language are governed by the temporal lobe, that sits just below the frontal and parietal lobes and balances their operation. The temporal lobe produces theta brain waves and the neurotransmitter GABA (gamma amino butyric acid).
- Delta brain waves: The occipital lobe is at the back of our head. It controls our visual function, regulates our rest, and synchronizes all the cerebral lobes. It produces delta brain waves and the neurotransmitter serotonin.

The first five Schumann Resonance modes (0-35 Hz) correspond with the frequency range of the first four EEG bands. These EEG frequency bands are: Delta 0.5 to 4 Hz, Theta 4-8 Hz, Alpha 8-13 Hz and Beta 13-30 Hz.

The perception of color occurs mainly around 12Hz while subjective images are induced over the whole range of frequencies, from 1Hz to 40Hz.

When someone has attentive focus, either in the alert alpha state, during REM periods of sleep, or in a deep meditative state, there is a 40Hz unifying brainwave which sweeps from front to back of the brain, originating in the thalamus. It is thought that this 40Hz synchronization of neuronal discharges causes the integration of distributed neurons in the brain, bringing focus. This is the 40Hz gamma frequency.

During development of the Ajna Light, subjects were tested over the range of flicker frequencies. It was a blind test, the subjects did not know which frequencies were being used. Their responses agreed with the research papers on hypnogogic light effects:

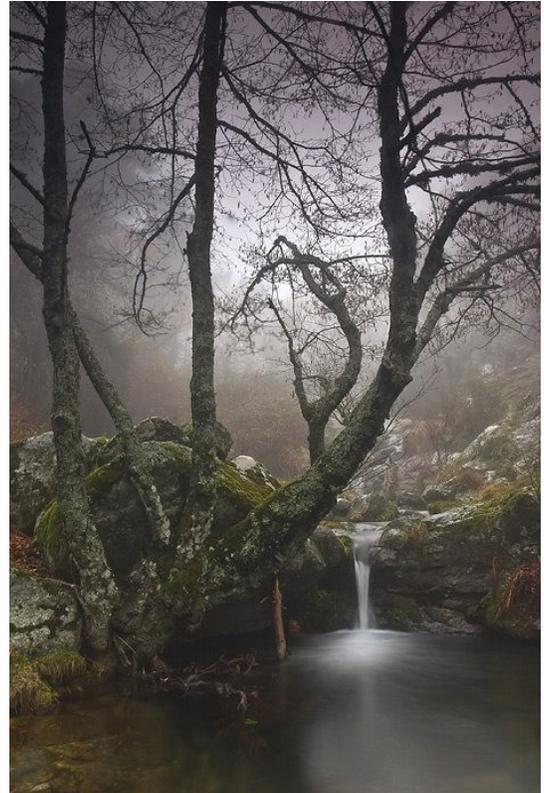
- 4Hz: 1 light flickering effect is ok, 3 lights strong, 5 lights very strong
- 10Hz 5 lights: start hallucinations, more color, 3D effect; physical release felt
- 13Hz 5 lights: laughing, green color stronger, nice feeling
- 19Hz 5 lights: relaxing, 2D, more superficial
- 24Hz 5 lights: loved it; lines, more laughing, spreading out in 2D
- 31Hz 5 lights: physiological effects of breathing slowing very quickly, felt much more relaxed; running for 80 sec relaxing, non invasive; felt ilio-psoas release
- 33Hz 5 lights: too fast for brain to process, so felt as if different frequencies were happening; enjoyment, pleasure and ecstasy when the frequency was given for a long time; felt visceral release, the vagus nerve going parasympathetic; calm, gentle

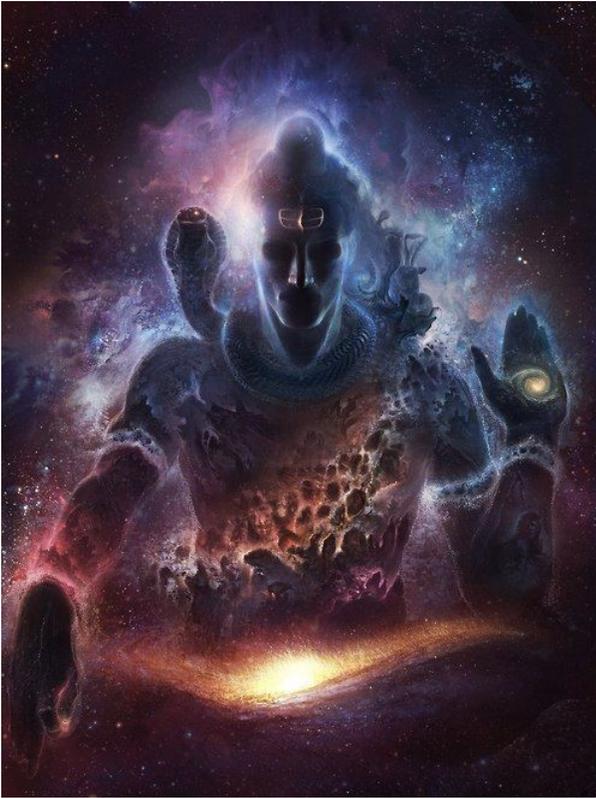
For further information, see this [article](#).

## Setting Your Expectations

Before your first Ajna Light session spend a little time quietly observing what your expectations are. Each session will be different, and each person's reaction different, even with identical light patterns and music. Allow the mind to be where it is. Look at the ego's desire to have a spectacular experience.

Like meditation, it is the process of patiently meditating regularly which is important, due to the subjective feelings which may or may not come up from session to session. These feelings, insights, and subconscious intuitions are present during meditation to be observed and accepted, and therefore released from cellular memory in the body, and they come up at their own pace. Regular meditation allows time for the feelings to release their toxic hold on the body, and this release cannot be rushed or controlled.





If there is an issue which you wish to gain insight into, think about it in a detached way before the session. Use compassion and gratitude to neutralize hostile and fearful feelings, and allow yourself to be receptive to whatever comes.

Often people see kaleidoscopic visions with very vivid colors, but some people just see black and white. Both experiences are valid and just as meaningful. Many people report seeing pure white light at some point in the process. This is the light of unconditional love. It appears that pure white becomes dominant when the user is connecting to source consciousness, and black when the user is connecting to the empty space of the void, as in Zen meditation.

There is often a hole or circle in the center of the geometric patterns. Gently focus your attention on that if you can. It is the DMT tunnel of light which appears when one is dying. Through entering this tunnel, your guides may appear, or some other form of insight.

Choose a relaxing, gentle light pattern first, such as one of the three alpha .ajna file provided, for 5 or 10 minutes. It is better if you have never tried the Ajna Light to have someone else around the first time you try the light. Typically someone will be demonstrating the light to you. Occasionally buried trauma from childhood comes up as part of the self healing. Later you can safely increase the session length up to 50 minutes if you like, so you can go deeper in each session.

## Safety

### Medical Issues

People who should not use the Ajna Light are those on anti-psychotic drugs, or are borderline psychotic, those suffering from epilepsy, having a family history of epilepsy, or suffering from frequent headaches which can be a precursor to epilepsy. Epileptics know they cannot be around strobe lights, and so will avoid the Ajna Light anyway. Epilepsy is a relatively uncommon condition, affecting about one person in 150 in the population.

If you have strained your eyes though overwork at the computer, it is a good idea to rest your eyes by changing your work schedule. If your eyes are strained, any bright light will feel uncomfortable. In this case, adjust the light intensity slider down. Even a 10% intensity can bring the user into trance.

### WiFi EMFs

The light uses 10w led lights to entrain the brain into different states of consciousness. [WiFi](#) is only

used for controlling the lamp computer. The WiFi is used just like a router, and is far enough away from your body to be negligible. It is a big problem if you use WiFi on a phone for a long time next to your body over a period of ten years, as tumors can form (such as gliomas). But the Ajna Light WiFi is about 100 times further away than a phone is, so the WiFi EMF is  $1/(100*100)$  of the power, ie 10,000th of the phone EMF. So the effect of using WiFi to control the light is only 10,000th of the phone exposure, and typically people use their phone for many hours a day. Mostly people would use the Ajna Light for one session a day at maximum, a session being 10-60 minutes long.

If you do not wish to be exposed to any WiFi EMFs at all, just remove the external WiFi USB adapter from the Ajna Light, and connect an Ethernet cable from the Light to your router. Then you can access the Ajna Light WebApp using any computer connected to your Ethernet router. See the QuickStart guide for details.