

## Instructions for the First Use of the Lucia N°03 Explorer

For the first use of the Lucia N°03 Explorer, Engelbert Winkler, patent co-owner and co-developer, recommends the following approach: "After working with test persons for over ten years, we have discovered a range of particularly effective parameters or configurations of the Lucia N°03 settings (such as brightness, frequencies, duration of impulses etc.) on the one hand and the high importance of an individualized combination of these factors on the other hand. Therefore, we have developed the Lucia N°03 Explorer to make adjusting the hypnagogic light experience yourself possible. The following instructions have been elaborated to enable users to experience this opportunity with the most effective settings and parameters right from the very beginning and, at the same time, to explain the intuitive handling of the Lucia N°03 Explorer in a compelling way. Upon repeating Steps II and III several times, you should have a solid basic grasp of how to intuitively handle the Explorer."

The optimal approach is to have another person read out the instructions step by step while you lie under the meditation lamp with your eyes closed at all times. The person assisting ensures that you press the right buttons.

Be sure to already have your eyes closed when you start the Lucia N°03 Explorer in order to avoid eye injuries caused by the lights. Detailed descriptions of the control elements can be found in the chapter "Controls" in the user manual.

- I. Start the Lucia N°03 Explorer ("START Session"). The brightness of the constant light (halogen) and flickering lights (LEDs) is turned down to their lowest.
- II. Gradually increase the frequency by pushing the button "Frequency +". If you switch between the four configurations after each increase, you will experience the different effects of the configurations. If you switch on and off the halogen light with each configuration, you will experience another intriguing effect.
- III. Find out what frequency feels "interesting" to you. Increase the brightness of the LEDs up to a level that still feels comfortable to you. Then, reduce the brightness of the halogen light in whatever increments you feel like. Additionally, you can try out switching the halogen light on and off in between each individual increment.
- IV. Last but not least: By pressing the start button, all configurations will be reset to their original settings, and you can start over.