

MindMachine

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COLLABORATORS

	TITLE : MindMachine		
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REVISION HISTORY

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Chapter 1

MindMachine

1.1 Main

Gene Nelms proudly presents....

GENOS MIND MACHINE

For a "legally" obtained state of altered awareness!!!

~Introduction~~~~	What is MindMachine?
~Theory~~~~~	The theory behind it all
~Compatibility~~~	What will it work with?
~Usage~~~~~	Use at your own risk...
~Health~Warning~~	The dangers involved
~The~Author~~~	About Me
~Thanks~~~~~	You know who you are

~The~Registered~Version How and where

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1.2 theory

THEORY

Studies have shown that sensory input consisting of visual and aural patterns of co-ordinated frequencies can affect the function of the brain. If the frequency starts at your "dominant frequency" and slowly changes it can entrain your brain to a new "beat frequency". Of course the entire brain doesn't operate on a single frequency. However EEGs show that

at any moment, the brain produces waveforms in four frequency groupings:

Beta waves (14-30Hz)
Alpha waves (8-13Hz)
Theta waves (4-7Hz)
Delta waves (1-3Hz)

Now, usually one of these is the dominant frequency (producing the highest amplitude on the EEG). Usually, the mind is in the beta state, signalling alertness. Also, the higher the subject's stress level, the higher the frequency of beta waves. Alpha frequencies are associated with meditation and relaxation. Theta waves are related to creative influences and dreamlike states, and delta waves are associated with sleep.

1.3 intro

INTRODUCTION

Since the beginning of time, man has found new ways to alter his state of awareness. This would include using drugs, which can be dangerous and expensive, and for some; exercise. The release of certain brain chemicals alter our mood, the way we think and feel and many other aspects of our daily lives.

The altering of reality occurred with stone-age man, through wild plants such as Marijuana and Psilocybe mushrooms. The same practices are used today with many of the same drugs. If you have ever watched a child start to turn around and around until they quite literally fall down, you know that even at this early stage in life there is some sort of satisfaction from escaping reality.

Enter Genos Mind Machine. By simply watching the computer screen in a darkened room. Your brain will begin to "harmonize" with the flashes of light on the screen. There are different speeds to coincide with the different brain waves in the human body. Through allowing your brain to simulate different brain wave patterns, you are to achieve different levels of altered states. At last, a perfectly legal answer to the "natural high".

1.4 compatibility

COMPATIBILITY

Genos Mind Machine has been tested on the following:

Amiga 2000 w/10 megs RAM
OS 3.1
68030 at 33mhz w/68882 coprocessor

This software has also been tested with 68000 processor, and runs

perfectly. WILL NOT RUN UNDER 1.3

To Install:

Drag and Drop the MIND drawer wherever you want it.

THAT SIMPLE

Bugs should be reported to me via email....

1.5 usage

USAGE

To use Genos Mind Machine, darken the room with your Amiga in it, turn on some soothing music if you are so inclined, and double-click the icon. The program will begin to load. At the main menu, select the level of brain stimulation you are interested in. Refer~to~Brain~Freq.

At Level 1 you will be beginning to relax. The following levels will start at Level 1 and gradually change into a deeper state of relaxation. By the time you reach Level 4, you will have been watching your screen for quite awhile so be patient, and think about relaxing.

If you will notice, there are dots in the background of the flashing screens. Just focus on these dots and allow the flashing to do its job.

The Registered Version will also contain sound waves through your Amigas speaker(s) to help achieve these states faster.

How often to use the program is up to you, but please be careful. I am NOT responsible for anything that happens as a result of using this program. Please use some common sense, as with anything else.

IF YOU SUFFER FROM SEIZURES OR EPILEPSY, PLEASE DO NOT USE THIS SOFTWARE!!

1.6 health

HEALTH WARNING!!

This product is not guaranteed to reduce mental illness or otherwise decrease the number of epileptic seizures the user may experience. In fact, tests indicate that the incidence of severe epileptic attacks in users of MindMachine is at least 1 in 200,000.

Further, it is not advised that MindMachine be used after a meal, after or before ingesting a MAO inhibitor, after a period of stress, during illness, before sleep, in the morning, or even at any other time in particular.

1.7 author

ABOUT ME

I am 34 year old former Police Officer who had to find a "safer" way to make a living. I started out on a Texas Instruments 99/4A many years ago before moving to a Commodore 64. Eventually, I saved enough to get an Amiga 500, before finally getting a "beefed up" Amiga 2000.

Trained in Electronic Engineering Technology through Cleveland Institute of Electronics, am currently employed by BMG. Specializing in compact disk mastering, pre-mastering, and manufacturing.

Have used most of the computers from the Sperry Univac to the newest Pentium machines, nothing still even compares to the AMIGA for cross-platformability!!!

1.8 thanks

THANKS

Special thanks go to the following people:

MIKE WILLIAMS- For all the support I have received during all those funky, can't figure it out myself sessions. And for convincing me that the AMIGA was "the" machine.

<subliminal message> "BUY MORE R.C. COLA"

DR. GREG PERRY- For helping out a guy when he needed to fax those important medical documents. Thanks for GPFax, still the best fax software for Amiga.

Thanks also to:

Don Russell
Tom Roberts
Bob Shaw
Tim Greenway
Juliet Nelms
Kim Nelms
Carroll Farmer
Mom & Dad

and everyone else involved in keeping those positive thoughts flowing when the rest of the world turned sour. Let's look forward to a BRIGHTER future.

1.9 register

REGISTER

The registered version of Genos Mind Machine will be available by late August directly from the author. This version will include sound waves in the required frequencies to allow more complete harmonization of the brain, also this will speed the results dramatically.

The cost is \$20.00 U.S., and will be sent via email. A check or money order should be sent to:

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The registered version will not be available until late August 1998