Super IQ7
Mind Machine
User Guide

Read this User Guide Before Using the Super IQ7 Mind Machine

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(Note: you may have purchased only some of these programs.)

Mind Machine Lab, 59 Sector 4, Udaipur (Raj) 313002
Notes about Cells, Sound, ....

About using pencil cells: Please make sure you insert pencil cells as marked + and -.

About the mind machine audio recordings and sounds: Please note that the recordings are not ordinary audio recording (music, songs for entertainment), but are special sound patterns designed to alter your brainwaves and more. You may hear sounds somewhat like mild “hiss” type of sound (fainter or milder than sound from a fridge or fan).

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**WARNING**

All Mind Machine Programs are for use ONLY VIA the Mind Machine and MUST NOT be listened to directly from CD/DVD player /Computer/ MP3 Player / Mobile with MP3 player (because listening directly can cause harm to the speaker system, headphones and also ears if listened to for long).

Persons with seizures type problems or undergoing or having undergone psychiatric or psychological treatment should use this machine only under medical supervision. Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes, such as watching TV, playing video games or using mind machines, even if they never had a seizure before.

If you use a program at a time other than when going to sleep and need to drive a car or ride a motor cycle, please use Awake and Energize for 3 to 5 minutes before driving a car or riding a motor cycle.

Like with any exercise / food / learning / game / work, if you do not like the mind machine for any reason at all, simply stop using it.

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Welcome

Hello …

Congratulations on your purchase of the *Super IQ7 Mind Machine*, which is our most advanced and most powerful mind machine for students…It is the single best tool or “success multiplier” for students for learning and exam success.

More and more students are using this mind machine for big success in exams and competitions for achieving their ultimate goals in life.

Many executives, business owners, professionals and others are also using it for learning, stress management and meditation.

If you have **TripleCombo**, please use like this:

- If you are preparing for an exam, use ALEM. No need for Stress Buster or Meditation.
- If you are preparing for GRE, CAT, GMAT, etc. requiring strong vocabulary, then use Vocab Builder. You can also use ALEM when going to sleep.
- Otherwise use Stress-Buster & Meditation. For those who don’t need to take exam, but want relaxation, stress management, meditation, and peak performance.

**For help, please email to** [help@MindMachineLab.com](mailto:help@MindMachineLab.com)

Please note that your Pendrive and www.MindMachineLab.com have the new user guide. CDs/DVDs may have older User Guide.

Wishing you mega success,

*Raj Bapna*
Introduction and Getting Started

Use of Words **MP3 Player, Mind Glasses & Pendrive**

As you know, you need your own MP3 Player, PC, Notebook, or Mobile phone with mp3 player, iPod, iPad, Notepad, etc.

The Mind Machine Programs come as MP3 files on Pendrive or CDs/DVDs.

**The easiest way to use** is to copy the MP3 files from Pendrive to your PC, Notebook, MP3 Player, or Mobile with mp3 player.

You can also play the Program by inserting CD/DVD on your PC/Notebook and selecting a file to play.

For ease of writing / reading this User Guide, we'll use the terms:

- **MP3 Player** to also mean PC, Notebook, Mobile phone with MP3 Player
- **Pendrive** to also mean CD/DVDs
- **Mind Glasses** to mean *Brain Booster Mind Glasses*

What Do You Get

You get the following Hardware and Programs:

- **Hardware**
  1. *Mind Machine CPU*
  2. *Brain Booster Mind Glasses* with attached cable
  3. Headphone
  4. Stereo-to-stereo cable and Pencil cells
  5. User Guide
• **Programs**

You get one or more Programs in the form of **MP3 files** on **Pendrive** or on **CDs/DVDs**.

**Super IQ7 Works With and Without Mind Glasses**

With blinking lights, you almost immediately enter a state of deep relaxation and with closed eyes see various changing colors and shapes. Even though the Mind Glasses have red lights, you see various orange/yellow/red etc colors because they are produced inside your brain itself.

**You Feel When Using Mind Glasses on Closed Eyes**

When using **without Mind Glasses**, the mind machine uses various mind technology sounds and tells stories to create the desired results.

When using **with Mind Glasses**, the mind machine offers blinking lights on your closed eyes to deepen the learning state or meditation state.

**What is DAPS**

*(Dual Auto Peripheral Suggestions)*

DAPS technology uses a separate story in each ear at the same time. Hidden within the stories are gentle suggestions for belief change enabling dramatic improvements in your learning & exams success.

Most Programs have DAPS in the beginning. And, the remaining time you hear soft, comforting, relaxing music, sounds of a river flowing and birds chirping, and brainwave entrainment mind technology sounds.
Connecting MP3 Player to Mind Machine CPU

**Simply copy the MP3 files** from Pendrive or CD/DVD to your MP3 Player, Mobile Phone With MP3 Player, PC or Notebook computer.

**Special Instruction for Advanced Computer / PC Users:** If you have made specific sound effect changes to the computer’s music system, please disable the changes. If you (like most people) do not understand what this means, then you don’t have to do anything.

**How to Connect**

- On the front side of the box are connections to Headphones and Mind Glasses.
- On the back side of the box are connections to MP3 Player (via stereo-to-stereo cable).
- Insert 3 pencil cells in the top chamber which has a sliding lid on top.
- Once 3 pencil cells are inserted and also the stereo cable is connected to the Mind Machine CPU, you’ll notice that the **blue indicator light** on the front side is on.
Common Connection Problems and How to Solve Them

If the indicator light is off, there can be 2 reasons
(1) The stereo cable from MP3 Player is not connected to the CPU properly. Remove the cable and re-connect it.
(2) Pencil cells are not correctly inserted or have no power. Remove them and reinsert new ones.

If there is no blinking light in the Mind Glasses, the cause is that the Mind Glasses is not fully inserted in the CPU or the stereo cable is not fully inserted in the CPU or the MP3 Player. Please remove both and re-insert.

If there is no sound in the Headphone, the cause is that the Headphone is not fully inserted in the CPU or the stereo cable is not fully inserted in the CPU or the MP3 Player. Please remove both and re-insert.

If there is NOISE in the Headphone, the cause is a mobile phone or router for Internet near the CPU. Please keep CPU away from them.

If it still does not work, please have someone else do these steps. If it still does not work, please call /email us for suggestion. And in the rare case it still does not work, send only the CPU to us after packing nicely for repair.

How to Use It First Time

Connect the Mind Machine CPU with Mind Glasses and Headphones.

If you have just purchased the mind machine, do NOT use it for the first time if less than a week remains for an important exam. Why? Because, it may take a little time for some people to get confident/comfortable to this new way of learning and relaxation.

If possible, switch off the TV and any source of noise including your phones.

For best results, adjust sound volume and light intensity as below:
How to Adjust Sound Volume

- Keep the volume **low** such that you can hear water flowing (river) or music and understand the stories but not louder/higher volume that necessary.
- Don’t be concerned about other music/sounds.

How to Adjust Light Intensity

- Keep your eyes CLOSED.
- Set the Light Intensity on CPU to **maximum** and it will work fine for almost everybody.
- However, if you find the Light Intensity to be so strong as to be uncomfortable, then reduce it a little at a time, till it is comfortable for you.

The Experience of Using the Mind Machine is So Relaxing, Almost Everyone Fall Asleep Within 7 to 10 Minutes

Almost everyone falls asleep when using the mind machine. The only exception is the Program “Awake & Energize”.

Do Not Have to Focus on Stories / Voice, Just Relax

On parts of Programs with voice, **you’ll hear two stories**, a different story in each ear—you don’t have to focus on any story and **don’t have focus or try to understand any story**. In fact, it is impossible to understand both the stories simultaneously. So, just relax without trying to do/understand anything.

“Relax Now”

On Programs with stories, you hear the phrase “RelaxNow” as part of the stories, which programs your body and mind to instantly enter the state just by telling to yourself “RelaxNow”.

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Tell yourself “RelaxNow” when sitting in class, just before an interview, or in the exam room and see how well it works for you.

**Simple Steps to Use It**

1. Connect MP3 Player, Headphones, Mind Glasses to CPU
2. Sit in a comfortable place or chair or lie down comfortably
3. Put on Mind Glasses and Headphone
4. Keep your eyes closed.
5. Play a Program on your MP3 Player

When using the mind machine at night time, you’ll naturally go to sleep and that is ok.

If using at times other than night time, wake up when the Program ends. If you need to do something requiring your full attention such as riding a motorcycle or driving a car, please use Awake & Energize for 3 to 5 minutes.

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**Special Guidelines for Different Users**

**For All Students for Learning & Exams**

- If you are preparing for an exam, use ALEM. No need for Stress Buster or Meditation.
- When you sit down to study in the morning or during the day, use ALEM201 or ALEM202 once for about 7 minutes with Mind Glasses and then continue till the end of the program without the Mind Glasses.
- At the time of going to sleep, use ALEM203, ALEM204 or ALEM205 program for about 29 minutes as you fall asleep.
- More details later …
For Vocabulary: GRE, CAT, GMAT

- If you are preparing for GRE, CAT, GMAT, etc. requiring strong vocabulary, then use Vocab Builder
- Use Vocab program (cd101 to cd129) when are ready to spend about 60 to 74 minutes to learn vocabulary.
- Use it any time in the day or evening.
- Use mind programming (cd100 or cd130) for about 29 minutes when you go to sleep.
- More details later …

For Meditation and Stress Management

- For those who don’t need to take exam, but want to do well in life and be happy (peak performance and stress management.)
- Start with SB1 and after experience move to SB2 to SB5
- Use it for up to 74 minutes when you go to sleep.
- More details later …

AWAKE & ENERGIZE

This Program is for 5 minutes only. It does not have voice.

This Program has 2 very specific uses:

- Use it when you are feeling sleepy and need quick boost. **IMPORTANT**: The goal is not to reduce or cut down on sleep, but to feel awake and energized just in case you are feeling sleepy/lazy.
- Use it if you want to get out of a state of deep relaxation to do something requiring full attention such as riding a motorcycle or driving a car.
ACCELERATED LEARNING and EXAM MASTERY

If you are a student preparing for an important exam, ALEM is most important package for you.

It has 5 Programs.

**ALEM201** and **ALEM202** are for 74 minutes each. Use them when you start studying or continue studying. The goal is to put you or keep you in the Learning State.

**ALEM203**, **ALEM204**, and **ALEM205** are for 29 minutes each. Use them when you go to sleep at night. The goal is to program your subconscious mind with positive beliefs, and to eliminate negative beliefs, so you can enter the learning state quickly, easily, or for exam mastery.

**When You Start Studying,**
**Use ALEM201 or ALEM202**

Please note that **ALEM202** is similar to **ALEM201** with the **difference** that **ALEM202** has no voice or signal for *Mind Glasses*.

**Start with ALEM201.** When you start studying, use the *Mind Glasses*, and then after about 7 minutes when the lights in the Mind Glasses stop, remove the *Mind Glasses* but continue to use the Headphone for as long as you want. When this program ends, remove Headphone and continue studying without the Mind Glasses, or use **ALEM202** again and again.
How to Use It for Mind Programming When Going to Sleep for Accelerated Learning and Exam Mastery

For the first 2 months, use one of the 3 Programs (ALEM203, AEM204 ALEM205) when you go to sleep at night. After the 2 months, you can use them as often as you like.

All 3 Programs are for 29 minutes each.

Subconscious Mind Programming to Enter the Learning State (ALEM203 and ALEM 204)

The only difference between these 2 Programs is that ALEM203 has signal for Mind Glasses for about 6 minutes whereas ALEM204 has for about 11 minutes.

Both help your body and mind to learn to enter the Learning State. They build empowering beliefs and overcome limiting beliefs, so you can concentrate better, study for longer periods, learn faster, remember more and achieve breakthrough in your learning to get the maximum success.

Try each Program for 3 days, and then use the one you like the best.

Subconscious Mind Programming for Exam Mastery (ALEM205)

If exam anxiety/nervousness is a big problem for you, ALEM205 is very important for you because it helps you get the most out of your hard work during the exam hours.

It builds empowering beliefs and overcomes limiting beliefs, so you can take exams with speed, accuracy and confidence and without stress or nervousness as well as avoid silly mistakes.

It has signal for Mind Glasses for about 6 minutes.
VOCAB BUILDER

This package is for those appearing for exams such as CAT, GRE, GMAT.

This package has a total of 31 Programs:

- 2 Programs cd100 and cd130 are for use when going to sleep. To Program your subconscious mind to enter the learning state for memorizing English words easily.
- 29 Programs cd101 to cd129 are for memorizing vocab.

What is on Each of the 29 Vocab Programs (cd101 to cd129)

Most Vocab Programs are up to 70 minutes (some are slightly longer than 70 min).

The 29 Vocab Programs together have 5,871 words.

Each Vocab Program (cd101 to cd129) has 3 parts:

1. **Enter the Learning State for English Vocab** (6 min)
   Each Program starts with "Enter the Learning State for English Vocab" about 6 minutes. It helps your body and mind to relax and enter the learning state specifically to memorize English words quickly and easily.

2. **Learn, Revise, Memorize up to 200 Words** (up to 60 min)
   Up to 60 minutes of up to about 200 words in Indian pronunciation, with influence of both British and American accents. About half the words are in male voice and half in female voice. For all words, you hear meanings, and for up to 90% words, you also hear **memorable sentence fragments** that have been very carefully chosen for easy memorization. Both US and British spellings are shown in the printed book that you get. Roughly half way through the words, there is a 3 minute break where no words are spoken.
3. **Awake and Energize** (3 min)
   Ending with 3 minutes of "Awake and Energize", so at the end of each Program, you can get up, stretch yourself, take brief relaxing break, and be ready for the next task.

Use Vocab Programs (cd101 to cd129) in 2 simple steps:

- **STEP 1**
  Use the book with each Vocab Program **for the first few times to learn to recognize the words**:

  Start using a Program with your eyes closed and *Mind Glasses*. Once the light signal stops, remove the *Mind Glasses* and open your eyes. Now, continue listen with your eyes open and see the spelling in the Vocab Book as you hear each word. **Try to repeat each word** to yourself immediately after you hear it.

  You need to repeat this step till you can recognize the words when you hear them even though you may not remember the meanings.

- **STEP 2**
  Use Vocab Programs with **closed eyes** to memorize words after you are familiar with words (in step 1 above):

  Once you are familiar with the words, you no longer need to keep your eyes open to read the Vocab Book.

  Put on your *Mind Glasses*, close your eyes, use a Vocab Program and listen to the same words again.

  You do not have to focus on words or music, just relax and enjoy the process of learning in this new way; there is nothing active to do, just keep your eyes closed, remain passive and learn in automatic way.

  Repeat the Step 2 for quick and easy revision.
Use the Mind Machine Mind Programming When Going to Sleep

- **cd100** Subconscious Programming: Enter the Learning State for English Vocab
- **cd130** Subconscious Programming: Enter the Learning State for English Vocab

These 2 Programs are very similar.

Both Programs have stories for about 11 minutes to help relax and “enter the learning state specifically for memorizing English words” and to Program your subconscious mind for specifically achieving breakthrough performance in memorizing English words by building new empowering beliefs and eliminating any limiting beliefs.

The only difference is that **cd100** has signal for *Mind Glasses* for about 6 minutes whereas **cd130** has for about 11 minutes.

Try both and use whichever you like better.

During the first 2 months, use cd100 or cd130 when you go to sleep. After the first 2 months, you can stop using them or use them as often as you like.

**How Many Months Does it Take to Memorize All the Words**

That depends on your current level of knowledge, your aptitude for the English words/language, and the amount of time you spend using the Vocab Programs.

However, you can expect to learn 3 to 7 times faster with the mind machine than without it.
Revision: The Single Most Powerful Memory Technique

Do you realize that the Mind Machine helps you to revise very fast—about 200 words per Program, and that too in an easy, relaxed, effortless way?

And once you have memorized the words on a Program, you still need to revise that Program again (though less frequently), so that you continue to remember the words well for your exam success.
STRESS BUSTER

This package is for everyone including executives, business owners, doctors, engineers, parents and others in the family who are not students.

Of course, students can also use it, but their time is better utilized with **Accelerated Learning** to Enter the Learning State and **Exam Mastery**.

Use it once daily when you go to sleep at night. Or, you can also use it anytime during the day. Expect wonderful benefits of relaxation, deep sleep, peak performance and healing.

There are total of 5 Programs.

**SB1 Has Stories/Voice**

Start with **SB1**. This 59 minute Program has 10 minutes of signal for Mind Glasses.

Use it for the first 2 months before using other Stress Buster Programs.

The **SB1** Program includes stories/voice and helps your body and mind to learn to relax and begin relaxation easily with alpha brain waves. This Program is great for reducing stress which is a major problem of modern life. You can use it to relax better, to sleep better, and to aid in healing

Expect wonderful benefits of relaxation, meditation, deep sleep and healing within 1 to 2 months after which you may stop or continue to use it.

Use it for at least 2 months before moving to **SB2 to SB5**.

As you’ll discover this Program is different and special and you may want to continue to use this Program once in a while in place of **SB2 to SB5**.
**SB2 to SB5 Do NOT Have Stories/Voice**

- SB2: Stress Buster 2 Nature and Music (59 minutes)
- SB3: Stress Buster 3 Nature and Music (59 minutes)
- SB4: Stress Buster 4 Pure Nature (59 minutes)
- SB5: Stress Buster 5 Pure Nature (59 minutes)

After using **SB1** for 2 months, you can move to **SB2** or **SB5**.

The 4 Programs (SB2 to SB5) are similar. These don’t have Stories/Voice and can also be used by those who do not know English.

The difference is that

- SB2 and SB3 have gentle music in addition to sounds of nature.
- SB4 and SB5 have only sounds of nature.
- SB2 and SB4 have signal for Mind Glasses for 10 minutes whereas SB3 and SB5 have signal for Mind Glasses for 29 minutes.

You get these 4 variations because stress management is hard and you need these variations so that you can try all of them and then use the one you like the most.

All of them offer the same benefits. Try each for at least twice and then decide which you like the most.

**Then, Continue to Use Daily or Occasionally**

After using the Stress Buster as above, you can continue regular daily use, or you can use once in a while when you feel the need.

You can use this package for many many years to come.
MEDITATIONS:
Alpha, Theta, Delta
Om7 and Namokar

Alpha Meditation

It has the following 3 Programs, each 29 minutes long.

Use it for 1-3 months.

**Alpha-1: Beginner’s Meditation**

This program is to help your body and mind learn to relax and begin to meditate easily with alpha brain waves.

Use the Alpha-1 program for 2 months. Use it at least once daily when you go to sleep at night. You can also use this during day time. Out of the total of 29 min, 13 min has my voice offering gentle suggestions for making breakthrough improvements in your experience of relaxation and meditation.

Expect to begin to get the wonderful and miraculous benefits of meditation.

Experienced meditators can use it for 2 weeks and then move on to deeper Alpha meditations (without DAPS) below.

- Alpha-2: Alpha Ganzfield Meditation (29 min)
- Alpha-3: Alpha Ganzfield Meditation (29 min)

Without DAPS. This program is in two formats.

Try both programs and use the one you like better. This program is to help your body and mind learn to relax and begin meditation easily.
Theta Meditation

It has the following 3 Programs.

- Theta-1: Theta Meditation with DAPS (29 min)
- Theta-2: Theta Ganzfield Meditation (29 min)
- Theta-3: Theta Ganzfield Meditation (29 min)

Programs Theta-2 and Theta-3 are without DAPS in two formats and provide Ganzfield. Try both and use the one you like better.

These are for theta brain waves, which is deeper than alpha. You can begin with these if you are an experienced meditator or if you have done Alpha meditation for at least 3 weeks.

Delta Meditation

Deepest Meditation for Advanced Meditators only

It has the following 2 Programs.

- Delta-1: Delta Meditation and Deep Sleep with DAPS (29 min)
- Delta-2: Delta Ganzfield Meditation and Deep Sleep (29 min)

While Delta-1 Program is with DAPS, Delta-2 Program is without DAPS and provides Ganzfield.

These are for delta meditation, which is deeper than both theta and alpha. The delta brain waves represent is the deepest level of meditation and this is a relatively difficult meditation.

You can begin with this program if you have already meditated for several years or if you have done Theta meditation for at least 6 weeks.
What happens if someone without mediation experience uses these Programs? Well, nothing will happen, that is, the user without meditation experience will most likely not find the Delta-1 or Delta-2 Programs effective.

**Om 7 Meditation**

*Imagine 7 Monks Chanting At the River Ganga*

It surrounds you in sounds of Om coming from every direction. It gives the experience as if you are sitting near the river Ganga early in the morning with a group of 7 monks and all are chanting "Om".

The voice for Om7 Meditations comes from a Jain monk, which gives these meditations a deep spiritual significance.

- Om7-Alpha-1 (29 min)
- Om7-Alpha-2 (29 min)
- Om7-Theta-1 (29 min)
- Om7-Theta-2 (29 min)
- Om7-Delta-1 (29 min)

All are without DAPS.

First 1 to 3 months, meditate with Om7-Alpha-1 or Om7-Alpha-2.

Next 3 to 6 months, meditate with Om7-Theta-1 or Om7-Theta-2.

Only then you are ready to use Om7-Delta-1, which is advanced meditation.

Similar instructions apply to Om7 also.
**Namokar Meditation:**
The Most Sacred Mantra of Ancient Jain Religion

Jainism is my religion and that is why we have created these meditation programs for our religion and we've also gifted these to our monks.

The voice for Namokar Meditations comes from a Jain monk, which gives these meditations a deep spiritual significance.

Benefits: For the health and sleep related benefits of meditation as well as spiritual reasons.

- Namokar-Alpha-1 (29 min)
- Namokar-Alpha-2 (29 min)
- Namokar-Theta-1 (29 min)
- Namokar-Theta-2 (29 min)
- Namokar-Delta-1 (29 min)

All are without DAPS.

First 1 to 3 months, meditate with **Namokar-Alpha-1** or **Namokar-Alpha-2**.

Next 3 to 6 months, meditate with **Namokar-Theta-1** or **Namokar-Theta-2**.

Only then you are ready to use **Namokar-Delta-1**, which is advanced meditation.
IMPORTANT NOTICES

1-Year **Free Repair** of
Mind Machine CPU

- **FREE repair during the first 1 year:**
  Just send the mind machine CPU **without anything else** in safe packing. We'll repair / replace at our choice and return by Speed Post or courier. We take a few days to repair and return it.

- **Repair after 1 year:**
  Send the mind machine CPU **without anything else**.
  The repair fee is Rs 400 currently and can pay online or send DD or cheque. The fee includes postage by Speed Post or courier (in India only; foreign postage extra). We take a couple of days to repair and return it. You can pay online here: www.MindMachineLab.com/warranty.php

- Warranty void if the *Mind Machine* is partly or fully broken. Or if somebody other than our lab has tried to repair it.

**30-Days Free Replacement of Everything Else**

- 30-day free replacement of stereo cable, headphone, Pendrive, CDs/DVDs, and Mind Glasses.

- After 30 days, purchase at www.MindMachineLab.com/pricelist.php
Contact Us

Support Phone: 077377-14080 (call or send SMS)

Support Email: help@MindMachineLab.com

Website: www.MindMachineLab.com


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