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## **Stress & PTSD Testimonials**

### **Testimonial from Karen Selick Belleville, Ontario, CANADA January 10, 2005**

"I'm a lawyer during the week and a magazine columnist on weekends. My brain doesn't get alot of 'down time'. For years, off and on, I have tried to establish some sort of meditation program for stress relief. The problem was, I couldn't get my brain to go off duty. Meditation was bo-o-o-ring, and I invariably found myself pondering office work or an article in progress instead of my mantra. Every attempt at meditation fell by the wayside within a week.

It's a whole different ballgame using a light and sound machine. With the kaleidoscope of images, the auditory stimulation and the HRV feature, there's enough going on to keep my thoughts from straying. I actually look forward to sitting down with my DAVID Paradise TC in the evening or on weekends for half an hour of alpha or theta. It's pleasurable while I'm doing it, instead of being tedious and boring, and I feel mentally refreshed afterwards.

I had tried one of your competitor's cheaper model before buying the DAVID. It worked, but not as well. I really like the DAVID's HRV feature, which allows me to focus on my breathing like all those yoga instructors are always recommending. The audible heartbeat gives me something to pace myself with, like a beginner musician using a metronome. I also like the DAVID's ability to stimulate the different sides of the brain at different rates, something the competitor's products didn't offer.

I often use of the delta programs as I fall asleep at night. I never had any problems falling asleep at bedtime, but I used to wake up repeatedly during the night and have difficulty getting back to sleep. This problem diminished significantly since I began using the DAVID. I wake up far less often, and I'm usually able to go back to sleep within a few minutes. I feel as though I've re-taught my brain how to slow itself down and re-establish sleep.

For several years before I began using the light and sound machines, I had noticed that I rarely dreamed -- or if I did, I couldn't remember doing so in the morning. Now I am dreaming a lot, and remembering my dreams after I wake up. I have definitely gone back to a sleeping pattern that resembles what I remember sleep being like as a child.

I love my DAVID and would recommend it to anyone who has sleep problems or a high-stress occupation. "

### **Testimonial from Daren Banford Sherwood Park, Alberta, CANADA March 21, 2004**

"Just wanted to let you know how my DAVID PAL was working for me with a testimonial letter you may use anyway you wish.

My first experience with the DAVID PAL was a half hour session the staff at Mind Alive had set me up with. After the session I did not experience any fireworks or anything out of the ordinary that would make me want to buy one of these devices.

When I returned home from doing my errands and having my session at Mind Alive I decided to have a nap. I slept for 2 hours and woke up feeling really good, I felt peaceful and serene. It was then I realized that maybe there was something to this DAVID PAL. I immediately phoned Mind Alive and talked to Nancy, I let her know that I was interested in buying a PAL and that I would be coming right down to pick it up.

Since I have been using my DAVID PAL I feel more relaxed and at peace with myself and the world around me. It has become second nature for me now to use my PAL when I wake up in the morning to start my day. I have also noticed that a lot of my muscle and bone or cartilage pain has been reduced greatly, that is because I am more relaxed and not so tense and uptight. I am really excited to see what the long term benefits of using this device will be, just because the short term benefits were so profound and beneficial to me. "

**Testimonial from Louise Federal**  
**Charlotte, North Carolina, USA**  
**November 20, 2003**

"Put Your Grumpy Husband To Sleep With The DAVID Paradise!

Actually, my husband couldn't sleep last night (and oh boy...we know how they can get grumpy when they can't sleep). He was kind of anxious because we're retiling some rooms in our condo right now. You should have seen my husband at 12:30 p.m. last night, walking out of his bedroom, mumbling jumbling all kinds of worries he had around this tile job. Talk about chatter in his head, there was a whole audience in his head engaging conversation with my husband, and doing a very good job convincing him that all kinds of problems would occur (the world was falling apart, tiles included).

Well, I set him up with the machine. It was his first time. Well, by God...he was able to fall asleep. This morning he told me that this machine is quite impressive. It calmed down his anxious mind as he was slowly fading away into La La Land. The next day, my husband was so impressed with how fast he fell asleep without waking up a single time, as he usually does.

The tile job went very well. He finished the next day and it looks beautiful. I will use the DAVID Paradise again on my sweetie, you can count on that."

**Testimonial from Don Wilson**  
**Anacortes, Washington, USA**  
**March 21, 2002**

"For the past year, I have used the DAVID Paradise XL to assist in meditation, to improve cognitive functioning, to aid in dental work and to assist in relaxation. During this time, I used neurofeedback on others and myself both adolescents and adults.

While the neurofeedback sessions are effective, the DAVID has been very useful as well. In a high school setting, where I have to do many things, the DAVID creates the possibility of working with a larger population. The students that have tried it tend to like it immediately and the results seem to be as good as the traditional neurofeedback sessions. The adults that I have worked with have had Seasonal Affective Disorder (SAD) and the neurofeedback sessions once a week were not enough."

**Testimonial from Alex Ferrer**  
**Miami, Florida, USA**  
**December 4, 2000**

"Back in October, 1991 I was a practicing litigation attorney in Miami, Florida. Being in trial is very

stressful and I often found it difficult to fall asleep, as I would constantly think about the progress of the trial or the testimony of witnesses who would be called to the stand the following day. In fact, even before trial I would spend weeks without a good nights sleep as I contemplated my trial strategy and the strengths and weaknesses of my case.

Luckily, I came across a newspaper advertisement that led me to try relaxation therapy using the DAVID Paradise. Unlike some of my friends, I have never been able to take a nap during the day. Imagine my shock when I tested the unit at 4 o'clock on a Sunday afternoon and woke up approximately 20 minutes later. The relaxation was so deep that I simply drifted off to sleep. I knew immediately that this clever device would save my health.

Since that time, I have used it regularly to relax and to fall asleep, even under the most stressful situations. It is an amazing device and I have recommended it to many friends. I just wanted to express my sincere gratitude to your company."

### **Testimonial from Ann DiManno**

**July 14, 2000**

"I received a letter from my daughter's school informing me that she was in serious danger of having to attend summer school. She had failed the last seven math exams she had just recently taken.

Christina is a 14-year-old junior high school student. She has pretty much always maintained a fairly high class average in most of her subjects, and is extremely bright and intelligent young lady, but she suffers from exam jitters. Until now, it had never become an issue and never really seriously affected her marks. Given the situation, something had to be done quickly.

I ordered the DAVID Paradise XL. Christina continued to use the Paradise XL and listened to two sessions a day, morning and evening. And after five days, she was able to take an exam confidently, and perform well once again. Needless to say, she didn't have to attend summer school."

### **Testimonial from L. Kalinowsky**

**Edmonton, Alberta, CANADA**

**May 21, 1998**

"I had been reading about machines that stimulate brainwaves since the early nineties. I know that traders in the London Stock Exchange use them to help them get through a frantic day's work; and I had a curious desire to see if these 'meditation machines' would be of benefit to myself. To my surprise, I discovered a local company in Edmonton: Mind Alive!

I made an appointment because in the past year (1996), I had experienced just about all of life's top 100 most stressful experiences (moving, unemployment, bereavement, a break-up and break-ins, not getting paid at work!, family member with rare disease in hospital for months, etc.).

I almost canceled my appointment as we had been vandalized that particular day. However, after Dave Siever's fascinating personal demonstration of the DAVID, and an explanation on how my brain works, I felt completely relaxed, mellow, and yet alert! Later that day, I was able to deal with the police, a very defensive parent, and a manipulative teenage vandal in a calm, firm manner without letting my distress or anger at an appalling situation get in the way, and I actually enjoyed the rest of the evening.

That was my first experience after 20 minutes on the DAVID Paradise machine and I was sold! With the use of my Paradise Jr., I am proud to say that I have kept my brain from exploding with stress, (and that's literally quite what it felt like sometimes), without ever using drugs, such as Prozac.

I will often use my Paradise unit in the mornings before work. Also, if I come home with a headache,

it helps me feel better—I actually feel like going out afterwards!!!"

**Testimonial from James E. Damon, M.D.**  
**Coeur d'Alene, Idaho, USA**  
**December 3, 1997**

"My experience with the DAVID 2001 has been very beneficial. I have used it myself to achieve relaxation, to induce sleep, and to treat my own condition, episodic atrial fibrillation.

The latter is an irregular heartbeat which occurs without warning. The most effective method I have found to resolve this bothersome condition is to lie down in a quiet, dimly lit place and turn on my DAVID 2001 and listen to the regular rhythmic heartbeat. It seems to re-program my own heart to revert to it's own normal rhythm in about 10-15 minutes.

Thanks for all your kind assistance. "

**Testimonial from Didier Combatalade**  
**Thought Technology**  
**Montreal, Quebec, CANADA**  
**November 4, 1997**

"Dave, I hope that you and Nancy have had a nice and safe trip back home. Thank you for your visit to Montreal, I really enjoyed your presentation on brainwave entrainment.

Alain has loaned me a DAVID Paradise device so I could try it out for a while. I must admit that I find it quite pleasant to use, particularly the alpha sessions. I usually have a lot of difficulty in staying awake during a meditation but with the machine, I can let myself go into that relaxed state and stay completely aware throughout the session. It's quite satisfying. What's also nice, is that I can also get myself in that state any time I want, without the machine, because I know how it "feels" to be in that state. Out of curiosity, I am recording as many sessions as I can with the BioGraph system. I want to see what changes will be reflected in my EEG traces."

**Testimonial from C. David Reader**  
**July 30, 1993**

"Thank you very much for all of your kindness and attentiveness. I cannot begin to tell you (unless I continue on for about 20 pages) how much I love the Paradise, and how much it is helping me achieve my goals.

How fortunate for me to have met you at the Brain and Mind Symposium, and to have been so impressed by your professionalism and feeling for your product that I wound up shelling out twice the money I was expecting to spend on a mind machine. Sorry it took so long to write and tell you that it is hard even to put a price on this machine now—I wouldn't consider parting with it."

**Testimonial from Glenn Conroy**  
**Healthcare Development Associates International, Inc.**  
**November 3, 1992**

"I would like to take a moment to tell you how very excited I am about my new DAVID Paradise. I initially tried a unit that a friend of mine had and was so impressed that I faxed my order to Comptronic Devices and two days later I had my own DAVID Paradise. I use the DAVID three times a day and I love it. It has increased my ability to relax, helped me to sleep better and has helped to

quit smoking. I have had such a great experience with the DAVID that I just ordered an OASIS today.

Your company has a wonderful product and you too have been very pleasant and helpful on the telephone. I appreciate your getting the DAVID to me so quickly."

**Testimonial from Robert John Fisher**  
**States of Mind Television and Music Production**  
**Scarborough, Ontario, CANADA**  
**February 10, 1992**

"As you can see on the accompanying videotape, I find the DAVID Paradise a first rate product. I have done over thirty free sessions with a wide range of people from young children to senior citizens, including a doctor. All agree that the experience is very relaxing and often inspiring. CONGRATULATIONS!"