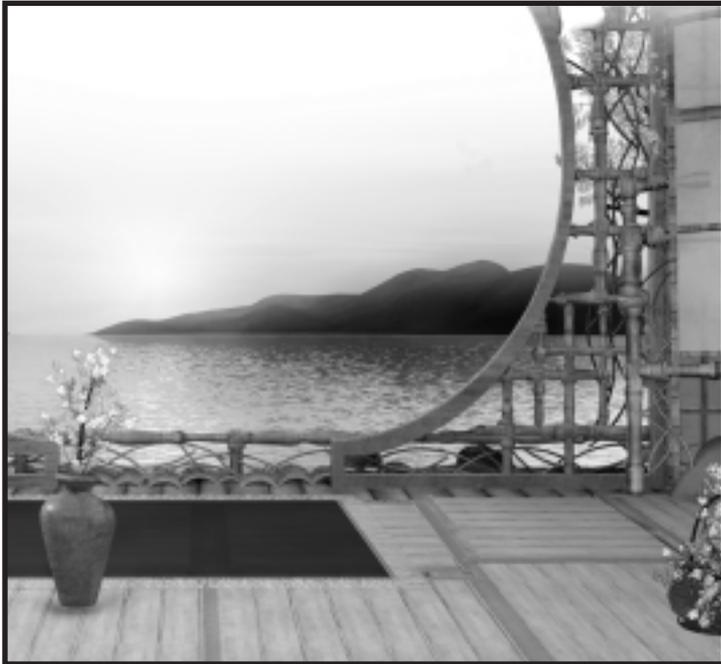


healing *Rhythms*



User's **Manual**

Healing Rhythms User's Manual

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I. Welcome

I've spent most of my adult career in the biomedical field. For years, I worked to find solutions to help those with the most serious medical needs, and I derived great satisfaction from being able to provide tools to help them through their illnesses. Over time, however, I began to become interested in the cause of disease, rather than its treatment.

At the time, experts were just beginning to focus on the cumulative effects that stress has on the body and I was convinced from my own research that it would not be long before the correlation between our mind and body would finally be understood.

As we now know, stress pressures the body and leads to many forms of dis-ease. Whether it's hypertension, migraines, anxiety or depression, stress takes its toll on our physical and mental well-being.

What this means is simply that every one of us must take responsibility for our own physical and mental health and empower ourselves to take care of our mind and bodies.

This is the essence of what we offer to you with our latest release, *Healing Rhythms* — a deeply researched tool that you can use to create balance and wellness in your life. Because in the end no computer or pill can bring to your life the basic elements to create a happy mind and healthy body — only you can do that through your own pursuit.

We hope that our products can help you to find your own healing rhythm and that you guide yourself to a happy mind and a healthy body.

Be well and be empowered!

A handwritten signature in black ink, appearing to read 'Kurt Smith', with a stylized flourish at the end.

Kurt Smith, D. Sc.

II. Biofeedback in *Healing Rhythms*

Dr. Bob Whitehouse, a psychologist certified in biofeedback, and a former board member for the Association for Applied Psychophysiology and Biofeedback, and biofeedback practitioner Sunny Turner, MA, provide the following information about the science of biofeedback:

Biofeedback uses electronic equipment to monitor your internal physiological states and gives feedback that helps you learn how to control these states, to activate, balance, release or to recover from them. Usually this also involves a coach, who guides the process, interprets the results, and makes suggestions. In *Healing Rhythms*, however, the product itself gives you information about whether you're progressing or not. And, if you're having trouble, you can seek guidance from a mentor within the program and learn a new practice to change your energy.

Healing Rhythms' biofeedback component measures a player's **Skin Conductance Level (SCL)** and **Heart Rate Variability (HRV)**. **SCL** measures sweat gland activity. Increased perspiration indicates increased autonomic nervous system activation, which is associated with increased energy — both positive, like excitement, and negative, like nervousness.

HRV is calculated from the differences in heart rate from one heartbeat to another. No two intervals are exactly the same, and you need a method more sophisticated than just taking your pulse to determine it. Greater **HRV** is a healthy goal. In fact, people who exhibit greater **HRV** tend to live longer and enjoy life more. Parts of *Healing Rhythms* require users to attain this goal in order to complete an activity. You can view your **SCL** and **HRV** directly on the **iom Graph** screen.

Examining **HRV** is the fastest growing area in biofeedback and it can provide important methods of working with our own physiology. Research suggests that when you increase your **HRV** you can reach a state of coherence within the power spectrum frequencies of the heart that signals the brain to synchronize with the heart and boost the immune system. This coherence pattern in the heart frequencies is also known as the heart's **Resonant Frequency**.

Meditation, slow and easy abdominal breathing, or connecting with positive emotions are three researched ways for getting this desired pattern of both strength and balance. By synchronizing your heart rate with the breath (two skills that can be gained through practices in *Healing Rhythms*), you can quite easily reach your heart's **Resonant Frequency**. Also, when we are in this state of coherence, the heart's desired vibration pattern ripples out around us in an electromagnetic doughnut shape detectable eight or more feet in all directions. It even shows up in the brainwaves of anyone we touch! Who wouldn't want to experience the positive effects of such a state more and more often?

The sequence of training events throughout *Healing Rhythms* was designed to increase a person's ability to regulate their energy and physiological reactions by experiencing the mind body connection associated with such emotions as joy, hope, excitement, relaxation and patience, to mention a few. The body responds by increasing, decreasing or synchronizing body rhythms in a positive and healthy way.

Healing Rhythms gives users more awareness of the correlation from their emotional and mental states to their physical states. When users acquire enough awareness of how to make the shift from one state to another, they can begin to do this voluntarily. They will have integrated what we call our BEST team: Body, Emotion, Spirit and Thought.

III. Getting Started

What's Included in Healing Rhythms:

- CD-ROM Software:
 - One installation CD-ROM for PC
 - One installation CD-ROM for Macintosh
- **iom** Biofeedback hardware and finger sensors
- 88-page, full-color, Guided Training Manual
- User's Manual

System Requirements:

- 800 MB of disk space,
- 256 MB of available RAM
- 800 X 600, 24-bit color display
- CD-ROM or DVD drive
- Available USB port

PC:

- Intel Pentium III or higher
- 800 MHz processor (minimum)
- 1.25 GHz processor (recommended)
- Windows 2000, XP or Vista
- QuickTime 6.5 or higher (QuickTime 7.0 included)
- 3ivx video codec (included)
- Sound Blaster or compatible sound card
- Speakers
- Microsoft DirectX 5.2 or OpenGL

System Requirements (cont.):

Macintosh:

- G4 or higher
- 800 MHz processor (minimum)
- 1.25 GHz processor (recommended)
- Mac OS X v10.2.8 or higher
- 3ivx video codec (included)
- QuickTime 6.5 or higher
- Speakers

Installation of the Software:

Note: This process will take approximately ten minutes including the software registration. Please allow the install of 3ivx and QuickTime as they are required for proper usage of the program. They will not reinstall if the same or newer version already exists on your computer.

PC:

Step 1: Insert the PC installation disk into your computer's CD-ROM drive.

Step 2: The *Healing Rhythms* disk will auto start and begin the installation process.

Note: If the installation process does not begin, open the Start Menu and select the run option. Type the command: run X:install_healing_rhythms.exe, where x is the letter of your CD-ROM drive. Then click OK.

Step 3: Follow the on-screen instructions.

Step 4: The installers for **QuickTime** and **3ivx** will

begin after the *Healing Rhythms* software installation is complete. Follow the on-screen instructions to complete the installation of these programs.

Step 5: To begin using *Healing Rhythms* select the application from the **All Programs** section of your **Start Menu**, or double click the *Healing Rhythms* icon on your Desktop.

Macintosh:

Note: Due to differences in the operating system on Intel based Macs, you should change the default installation location when prompted for the install location. Intel Mac users should change the installation path to "/Applications/The Wild Divine Project". Otherwise the install process will proceed but your application will not be installed in your Applications folder, you will find it installed in "/opt/The Wild Divine Project".

Step 1: Insert the Mac installation disk into your computer's CD-ROM drive.

Step 2: Open the *Healing Rhythms* CD-ROM and double click the **Install Healing Rhythms** icon.

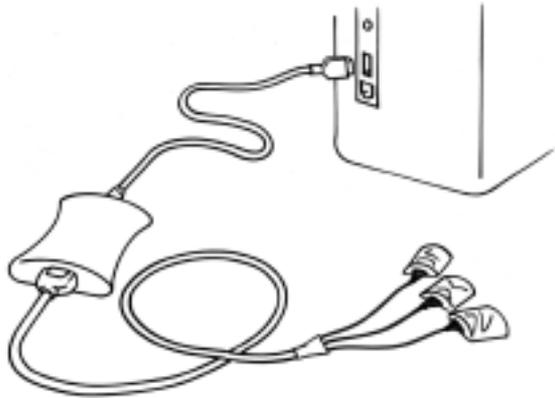
Step 3: Complete the installation process using the on-screen instructions.

Step 4: The **3ivx video decoder installer** will begin automatically after the *Healing Rhythms* files have been copied to your computer. Follow the on-screen instructions to install the decoder.

Step 5: The *Healing Rhythms* folder will be left open when installation finishes. This is a good time to drag the *Healing Rhythms* icon to your dock for easy access. You may start the application by clicking this icon.

Connecting the **iom** hardware:

Remove the three hardware pieces from the package and connect the cabling using these steps and the figure below as a guide:



Step 1: Insert the round tip of the USB cable into the matching port on the back of the **iom**.

Step 2: Insert the opposite end of the USB cable (where the image is stamped) into the rectangular USB port on your computer.

Step 3: Insert the plug at the end of the finger sensor cable into the receptacle at the opposite end of the **iom**.

Attaching the Finger Sensors:

The biofeedback finger sensors must be properly placed on your fingers in order to control the **Practice Events** in *Healing Rhythms*. They are worn on the three middle fingers of the hand that will not be controlling the mouse. **The heart sensor is marked with a gold dot and should be placed on the middle finger.** The other two sensors measure skin conductance level and should be placed on the index and ring fingers. The pads of your fingers should rest comfortably inside the sensors with the wings going over your finger nails.



Technical Support:

If you have questions, please refer to **Chapter V, Frequently Asked Questions** on page 37 of this manual. If you are still having problems, call Technical Support at **1-866-594-WILD (9453)**. You can also expect a response within one day for questions sent to **customersupport@wilddivine.com**.

IV. How to Use the Program

Opening and Registering Healing Rhythms:

Open the *Healing Rhythms* program from the **Start Menu** on your PC or the **Applications folder** on the Hard Drive of your Mac. The program will perform a hardware check as it starts up. If your hardware is not connected or is not functioning properly than the program will pause until your hardware is connected and properly functioning. The first time you use the program you will be asked for an activation code after the hardware check is completed. You can receive this code by registering the program online by clicking the **Register** button, or by going directly to www.wilddivine.com/RegisterHR. Registration will require your software serial number which can be found on the back of the installation disk jewel case for the full version of *Healing Rhythms*, or on the front of the PC installation disk sleeve of the software only version.

Note: The activation code will never contain a letter "O" but may use zeros.

Note: Be sure to record your Healing Rhythms activation code as it will be required should you ever have to reinstall the program. The back cover of your User's Manual or Training Manual are both excellent places to put this information.

If you are not currently online click the button that says **Click Here** next to **Need Registration Assistance**. Then click the button **Begin Grace Period**. This will allow you to begin a five day registration grace period. However, you must complete your registration within five days or the grace period will end and you will lose access to the

program until your registration is completed. If you experience any difficulty and choose to activate your program temporarily using the five-day grace period please call our customer service department at **1-866-594-WILD (9453)** for assistance in permanently registering your product.

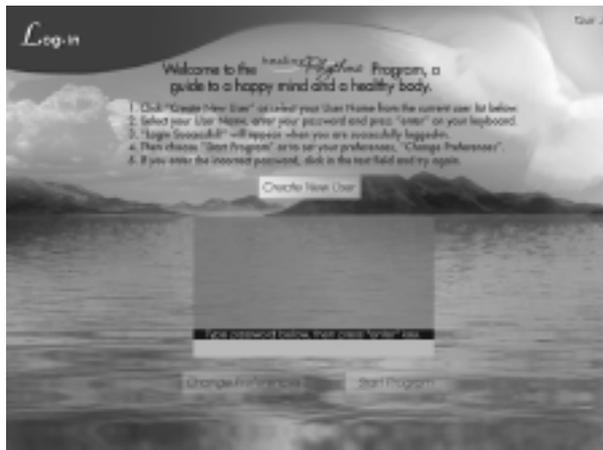
Log-in Screen:

Once the activation code has been entered you will arrive at the **Log-in screen**. The first time you use the program you will be required to create a user-name in order to use the program. Future use of the program will allow you to select an existing user-name or create a new one.

You may follow these steps to Create a New User.

Step 1: Click the **Create New User** button.

Step 2: Enter your desired user name and then click the **Next** button.



Log-in Screen

Step 3: Enter your password in the **Password** field and verify the password by re-entering it in the second field, then click the **Create User** button. If you leave both fields are left blank it will be possible to access this account without entering a password.

The first user name created in *Healing Rhythms* will become the **Administrator Account**. This is the only account with the privileges necessary to delete other user names or change their passwords. All users created will be listed in the translucent blue field. To log-in with one simply select your user name, enter your password and press the Enter key on your keyboard.

Note: If you created a user name without a password you can log-in by double clicking the user name.

Once you have logged in you may click the **Start Program** button to enter the program or you can click the **Change Preferences** button to change your preferences, or administer other accounts if you have administrator privileges. Both of these options will be available every time you log-in to the program, and the **Change Preferences** option will also be available at the **Main Screen** of the program. For more information on changing preferences or other account settings see pages 18-21.

After clicking the **Start Program** button you will see the **Welcome Video** and be taken to the **Main Screen** for *Healing Rhythms* where you will hear an audio introduction to the **Main Screen** and the options available there.

Note: The full Welcome Video and Audio Introduction will only play on the first visit for each new user. After this only a shortened version of the video will be displayed. To replay both of these you can click the *Healing Rhythms* logo in the upper left corner of the Main Screen. It will replay the Welcome movie and audio

instructions. To skip the intro movie and just hear the instructions click on the video screen while the Welcome Movie is in play and you will go directly to the Main Screen where you will hear the audio instructions.

At the main screen you have several options. Just to the right of the center of the screen you will see two options, one for **Guided Training**, and another for **Self Exploration**. These will take you to the two types of training programs. In the upper right hand corner there are a series of navigation buttons that will allow you to access other parts of the program. **Home**, **Journal**, **Graph**, **Preferences**, **Quit**. At the bottom of most screens in the program you will see another button that says **Finished** or sometimes **Home**.



Main Screen

Navigation Buttons:

Guided Training: This will take you into the **15 Step Guided Training** menu.

Self Exploration: Selecting this option will take you to the **Self Exploration** screen where you will be able to access any of *Healing Rhythms*' **Practice Events** and **Guided Training** sessions.

Home: Clicking the **Home** button will return you to the **Main Screen**.

Journal: The **Journal** is designed to allow you to record your thoughts and experiences from *Healing Rhythms*. Use this button to access it. See page 18 for instructions on how to use the **Journal**.

iom Graph: The **Graph** button will open the **iom Graph** where you can view biofeedback data from the sensors in real time, or open saved bio-data files. For more detailed information on use, see **Chapter V, How to Use the iom Graph**. For technical description, see page 44.

Preferences: Clicking this will take you to the **Preferences** screen where you can adjust the difficulty of **Practice Events**, change video settings, and other program parameters. Page 18 has additional information on how to configure your *Healing Rhythms* preferences.

Quit: Pressing this button will save your progress and exit *Healing Rhythms*.



Finished/Home: This button will go up one level or return you to the **Main Screen**.

The Journal:

The *Healing Rhythms Journal* allows you to easily record any thoughts and feelings that come up while using the program. To access the **Journal** click the **Journal** button in the upper right hand corner.

The **Journal** controls are all very easy to use. There are a series of buttons along the bottom of the **Journal** that will modify your text. If you select text and press one of these buttons the text will be modified accordingly. If you press a button with no text selected, anything that you type will have this modification applied to it.

The **plus** and **minus** buttons next to **Font Size** will increase or decrease the font size. The next series of buttons to the right apply styles to the font. The **B** button will bold your text, the **I** will put it in italics, and the **U** will underline the text. To the right of those buttons are the text alignment options. The first button aligns text to the left, the second centers text, the third aligns text to the right, and the last button will justify the text so that it is evenly spaced the entire way across the screen. The checkerboard of color to the right will modify the color of the text.

The last button at the bottom of the **Journal** is the **Export** button. This will export a text file that can be opened with other programs. When you click the button a new window will appear and allow you to save your exported file.

Setting Preferences:

The **Preferences** screen can be accessed from the **Log-in screen** after entering your user name and password, or from the **Main Screen** by clicking the **Preferences** button in the upper right corner. Normal users are able to change the following:

- Monitor Settings
- Difficulty Level for Practice Events
- Whether bio-data will be logged

The **Administrator** is the first user created, and has the ability to change all of the previous settings and is also able to change user passwords, and delete user accounts.

Monitor Settings:

If the game is being displayed properly it is best to leave these settings as they are. If you are using an LCD or flat panel display and the program is not being displayed full screen, enable the **Best for LCD Display** (60 Hz refresh) by checking the box next to it. If the video appears to be stretched horizontally you may want to select 896x600, 1152x768 or 1280x854. The default resolution for the program is 800x600, but if the administrator changes the resolution, their selection will become the new default for the program. Individual users can then select their own resolution which will be used when they log-in.

Difficulty Level for Practice Events:

This setting changes the level of difficulty for **Practice Events** and will change the scale used for heart coherence in the graphing function of the program. This changes the scale used for **SCL** events so that larger changes in **SCL** are required in order to complete events when the more difficult options are chosen, and smaller changes are necessary when the easier options are selected. This also holds true for **HRV** so that breathing must be closer to the established pattern in order to complete **Practice Events** or establish heart coherence in the **iom Graph**. For more information on **HRV**, coherence, and the **iomGraph**

please refer to **Chapter V, How to Use the iom Graph**, on page 27 of this Manual.

Bio-data Logging:

This option determines whether bio-data is logged when you exit the program. If you do not wish to review your bio-data than you can turn this option off. If you would like to save data for comparison in the future, leave it enabled. Bio-data files contain the **HRV** and **SCL** measurements from your *Healing Rhythms* sessions. Bio-data is saved from **Guided Trainings**, **Practice Events**, and when you are in the **iom Graph**.

Changing User's Passwords (administrator only):

The *Healing Rhythms* administrator (the first user created) has the ability to change other users' passwords.

1. Select a **user name** from the list.
2. Type the new password into the blank light blue field beneath the user list.
3. Press the **Reset Password** button.

Deleting User Accounts (administrator only):

The *Healing Rhythms* administrator can also delete user accounts:

1. Select a user name from the list.
2. Press the **Delete User** button.
3. A dialog box will appear. Press the **Delete User** button.
4. The user will be deleted.

Note: If you choose to delete the administrator account, the next user account created will become the administrator.

Choosing Your Mode of Training:

From the **Main Screen** you can choose one of two modes: **Guided Training** or **Self Exploration**. To receive the full benefits of *Healing Rhythms*, it is recommended you start with the **15-step Guided Training** mode. Once you've completed the 15 steps, **Self Exploration** mode is a great way to customize your practice and revisit activities or lessons again and again.

Guided Training Mode:

The **Guided Training** mode is a 15-step program divided into three parts:

- Self Discovery
- Creating Happiness
- Develop Life Skills

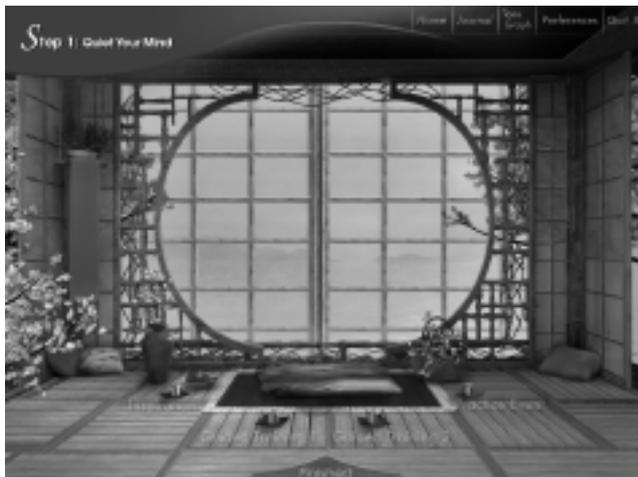


Guided Training Mode

Each of the three parts includes 4-6 steps designed to provide you with the tools to achieve a happy mind and a healthy body. These steps build off of previous steps and are intended to be completed successively. To begin, click on one of the three tab sections, and then click a step to enter it. You will enter your **personal meditation space**, complete with a cushion to sit on and four candles. Each of the four candles corresponds with one of the parts you must complete in order to master the teachings of that step.

There are four parts at every step:

- **One Inspirational Message** - a short descriptive passage designed to introduce you to the focus of the step and act as an inspiration.
- **Two Guided Trainings** - where you will receive guided instructions from Healing Rhythms expert mentors.
- **One Practice Event** - a biofeedback event chosen to help you perfect your newly learned skills.



Guided Training Step Screen

Once you have visited an activity within a step its corresponding candle will glow. If you complete all four of the exercises, you will be rewarded with a gift and taken to the **Guided Training** page where you can select your next step or return to the **Main Screen**. When you have visited all four of the exercises within a step, that step will appear as a darker color on the tab of your **Guided Training** screen and will have a check mark next to it, letting you know you have already attempted each exercise in that step and are ready to proceed to the next step.

Guided Trainings: There are two **Guided Trainings** in each step. You will be guided through each of them by one of *Healing Rhythm's* wellness guides. During the **Guided Training** your **Skin Conductance Level (SCL)** and **Heart Rate Variability (HRV)** will be monitored. Changes in these will be reflected in the background. Changes to your **SCL** can be seen in the background, such as a setting sun or clouds clearing. Improving your **HRV** will make images such as birds or seeds peacefully fly across the screen.



Guided Training

Practice Events: During a **Practice Event**, the shoji screen will open and present you with a visual exercise to complete using the skills learned from the prior **Guided Trainings**. For example, you may build a bridge across the sky with relaxing, soothing breath or learn to float balloons across the sky with your thoughts.

Some events have a definitive end, others are more open ended and intended to be used for practice. These open ended practice events will be indicated by a button that says **I'm Finished Here**, located in the lower right hand corner of the event screen. Click this whenever you want to return to the meditation room.

Note: You can exit any section and return to the previous screen by clicking the Finished button at the bottom of the screen.



Practice Event

Self Exploration Mode:

Once you've completed your **Guided Training**, you can use the **Self Exploration** mode to create your own personal *Healing Rhythms* practice. Through this mode you can access specific **Guided Trainings** to listen to, or specific **Practice Events** to practice.

In Self Exploration mode, you're given the choice of five different mind/body skills to exercise:

- Balance
- Breathing
- Invigoration
- Mindfulness
- Relaxation

Click on the skills to receive an index of the **Guided Trainings** and **Practice Events** associated with it. Scroll through and click the one you want to practice.



Self Exploration

V. How to Use the Graph

Any time you are using the *Healing Rhythms* program, whether you are at the **Main Screen** or participating in a **Guided Training** or **Practice Event**, you may choose to view a live graph of your body's rhythms as they are captured through the biofeedback hardware. Click the  **Graph** button in the top right corner or in the lower right portion of the screen during **Guided Training** to activate the **Graph**. The  **Graph** is also able to open the bio-data from saved training sessions for printing or viewing.

Note: If you are taking part in a Practice Event and open the  Graph, when you return to the event you will have to start again at the beginning. Practice Events are the final part of every step and are the areas where you are able to participate in exercises where you actively move objects on the screen using the biofeedback hardware. Guided Trainings which make up the middle two parts of every step where you receive guidance from Healing Rhythms expert mentors will not be interrupted by opening the  Graph.

What I am watching on the Graph Screen:

For an *instant help* screen with definitions of each of the measurements on the  Graph screen, click the **Information** button on the lower left portion of the Graph Screen. To close, click the **Close Info** button.

Heart Rate Variability (HRV) is a measurement of the beat to beat changes in your heart rate. **HRV** is one of the fastest growing types of biofeedback, and is leading a renaissance in the understanding of the heart and its role in emotional and physical health. The traditional idea that the heart is a pump and should beat steadily and without



IOM Graph Help Screen

variability has gone by the wayside. Instead we are finding that the heart has a great influence on other aspects of the body, particularly emotions, and the more its rate varies the better.

To measure your heart rate the sensors send a beam of light into your finger and measure the amount that is reflected back. This will vary depending on the volume of blood in the finger, and allows us to find individual heart beats. *Healing Rhythms* can then calculate the beat-to-beat interval to determine your heart rate and trace it on the **Heart Response** chart.

There are several aspects of **HRV** that you can monitor using *Healing Rhythms*. The first and most important is the periodicity, or duration of time of each wave cycle, of your **HRV** which is primarily influenced by your breathing patterns. As you breathe in your heart rate increases and as you breathe out it will decrease. So as you breathe in and out you will see that the purple line in the **Heart Response** window forms a sine wave pattern. When we talk about periodicity we are looking at the

length of time from the beginning of one wave of variability to the beginning of the next. The ideal length of time for this is ten seconds, and a ten second pattern here is referred to as **Coherence**.

One of the most interesting heart rate frequencies is the resonant frequency which is **.1 Hz** and creates a wave of **HRV** that lasts ten seconds. This is the strongest most stabilizing heart frequency and is commonly referred to as **Coherence**. It is the source of many positive changes in the body and is the best tool for recovery from stress and creating a happier healthier mind and body. While in **Coherence** you can expect to feel more positive emotions, have increased intuition, be better able to connect with the people around you, and find a state of balance.

The **Average Heart Coherence meter**, located below the **Coherence Spectrum** scores your level of coherence on a scale of 0 to 100 where 0 is no coherence at all, and 100 is ideal coherence. The closer you get to achieving the ideal ten second breathing cycle and wave of **HRV** the higher your score will be. This scale is based on the difficulty setting that you have selected at the **Preferences** screen. So as the event difficulty is increased it will become harder to achieve ideal Coherence. This meter is cumulative, so the reading displayed will be for the entire Graphing session.

The **Coherence Spectrum** displays a colored interpretation of your coherence score over the course of a graphing session so that you can see how coherence improves or weakens. Dark blue represents ideal coherence, green symbolizes moderate coherence and yellow signifies minimal coherence.

The second measure of **HRV** is the **amplitude**. To calculate the amplitude of **HRV** find the average height of your peaks, and subtract the average valleys. So if your

heart rate rhythmically varies from 65 to 85 BPM than you have 20 BPM of variability.

Note: The lines on the Heart Response chart are in 10 BPM intervals.

20 BPM is a good goal for people under fifty and greater than 10 BPM is good for people over fifty. Generally greater amplitude is better. So if you have more than 20 BPM of variability, wonderful, but remember that you don't want to achieve amplitude by over breathing. Over breathing throws off the oxygen to carbon dioxide ratio in your body and can lead to symptoms like dizziness, anxiousness or nausea. If you find that you become light headed while working on breathing events try to remember that a healthy breath isn't necessarily the largest one you can take, but a comfortable effortless one.



iom Graph Screen

How can you increase your HRV? There are several great ways to improve HRV that will provide you with many benefits in addition to improving HRV.

1. Biofeedback gives immediate feedback about **HRV** and **SCL** so you can see or hear how you are doing and learn quickly how to gain control of heart rate patterns. *Healing Rhythms* is a great tool for improving **HRV**.

2. Breathing effortlessly around 6 breaths per minute typically increases **HRV** and coherence. The deeper the breath, the greater the **HRV**. However, a very important caution is needed here: deep belly breathing may make a person hypoxic, a form of over breathing or hyperventilation in which more air is taken in than given back out. This creates and imbalance in the oxygen to carbon dioxide ration of our blood and we may feel light headed, anxious, nauseous, dizzy, numb or other toxic feelings. So, if you are doing deep breathing and you experience sensations like these, just ease the breath. The normal healthy breath is not deep, and it's not up in the chest; it's just a complete breath. It should feel natural and effortless. *Healing Rhythms* teaches several breathing techniques that are beneficial to **HRV**. Practicing these breathing techniques will improve **HRV** and your ability to control **SCL**.

3. Meditation tends to quiet the busy mind and produce greater **HRV** and **Coherence**. Easing the troubled mind and body is key. *Healing Rhythms* provides many opportunities for guided and solo meditation.

4. Accessing positive emotions like compassion, gratitude, appreciation, joy, and connection will help develop greater **HRV** and **Coherence**, and will also allow them to last longer. Using the techniques taught in *Healing Rhythms* will allow you to more

easily access these positive emotions and allow you to be more resilient to negative ones.

5. Positive interpersonal relations in the moment and over time contribute to greater longevity, **HRV** and coherence and resonance. The felt sense of positive or loving connection seems to be the key. You will probably find that many of the techniques taught in *Healing Rhythms* will improve your interpersonal relations.

6. Exercise within one's target heart rate zone tends to increase **HRV** at rest. Try taking a walk before using the program and you will probably find that your **HRV** is higher than it normally is.

SCL Measurement: Skin Conductance Level (SCL) is one of the oldest forms of biofeedback and is over one hundred years old. It is a measure of the conductivity of the surface of your skin and provides a window into your emotions. Increased **SCL** can be an indicator of emotions like excitement or nervousness. Decreased **SCL** can show things like relaxation or a suppressed **Autonomic Nervous System (ANS)**. The level of conductivity is influenced by the level of sweat gland activity, which in turn is an indication of the level of **Sympathetic Nervous System (SNS)** activity. **SCL** is measured by sending a very small current of electricity, too small to feel, across the surface of your skin. The conductance of this electricity is measured in μMho (the inverse of a micro ohm) and recorded by *Healing Rhythms*.

There is no ideal **SCL** that you are trying to reach. You will find that it varies throughout the day depending on a wide variety of factors including your mood, stress levels, how much sleep you had the night before, and the use of alcohol or caffeine. What is more interesting are the

changes that you see during a training session. Can you raise **SCL**? Lower it? Hold it steady for extended periods of time? This is sometimes called "Skin Talk" and can be a fun way to learn more about how your mind and body are reacting to the environment around you. Watch your **SCL** response as somebody calls your name unexpectedly, or when you start laughing. Breathe more deeply and vigorously to see what happens, or try breathing more gently and steadily.

There are a couple of ways to view your **SCL** in the **iom Graph**. On the left side of the screen you can see a dial called the **SCL** meter. When you start the **iom Graph** a baseline **SCL** is recorded, and then changes in reference to this baseline are indicated by the **SCL** meter. Clockwise movement indicates increased **SCL** and counterclockwise movement signifies the reverse. You will also see that the **SCL** meter changes colors. Increased **SCL** will cause the meter to turn magenta while decreased **SCL** will turn it blue.

To the right of the **SCL** meter at the bottom of the screen you can see the skin response **Graph**. This shows a plot of your **SCL** over time, and is a great way to track changes in **SCL**. The range of this chart will automatically adapt to show the full range of your **SCL** response. So if you your **SCL** never goes over 1 it will show a range of 0 to 1. If your **SCL** is higher the range will increase.

Viewing saved bio-data files with the **iom Graph**:

You can open *Healing Rhythms* bio-data files with the **iom Graph** as well as bio-data files from *The Passage*, *Wisdom Quest* on the *Wild Divine Grapher*.

*Note: Bio-data files contain the HRV and SCL measurements from your Healing Rhythms sessions. Bio-data is saved from Guided Trainings, Practice Events, and when you are in the **iom Graph**.*

Press the **Graph** button to open the **iom Graph**, then select the **Open File** option. Navigate to your saved bio-data, select it and then press the **Open** button.

Your bio-data files will be broken up into individual training sessions. So if in a particular bio-data file you completed all four parts of a step and then spent a few minutes using the live **iom Graph** there will be four parts to your data file. The two **Guided Trainings**, the **Practice Event**, and the **iom Graph** session. You can move through these sessions by pressing the **arrow button** immediately below the **Skin Response graph**. The arrow pointing right will move you to the next session, the arrow pointing to the left will move you to the previous one. On the left side of the screen you will see a thumbnail and text description of where that session took place.

When viewing a saved data file you can see the **Average Heart Coherence** and **Heart Rate Meters**. These will both show an average of the session that you are viewing. If you wish to print a session you may do so by pressing the **Print** button. A print dialog box will appear and you will have the option to select from portrait and landscape modes.

To exit the **iom Graph** just click the **Finished** button at the bottom of the screen, or one of the other navigation buttons along the top of the screen.

VI.

Troubleshooting/FAQs

Question: Where is my serial number to register?

Answer: If you purchased the full version of *Healing Rhythms* the software serial number is located on the back of the installation disk jewel case. If you purchased the software only version of *Healing Rhythms* (requires Lightstone biofeedback hardware) the software serial number is located on the front of the PC installation disk sleeve.

Question: Where can I find my activation code?

Answer: You can register the game online and obtain your activation code by clicking the Register button at the Activation Screen or at **www.wilddivine.com/RegisterHR**. You can also contact customer support at **1-866-594-9453**. You can also e-mail questions to **customersupport@wilddivine.com** and expect a response within one business day.

Question: Why can't I get past the hardware check screen?

Answer: In certain circumstances, the USB interface between the computer and the **iom** may need to be reset. To reset the USB interface, unplug the USB cable from the **iom** and then reconnect it.

Question: Why aren't my sensors detecting my heartbeat?

Answer: The connection between the sensors and **iom**, the position of the sensors on the fingers and the warmth of the hand are the most important factors in getting a good heart rate signal.

To make sure the sensors are properly connected to the **iom**, disconnect the sensors and then reconnect them gently but securely.

The sensors should be positioned with the wings going over the finger nails, making sure that the pads of your fingers are resting comfortably in the sensors. There is an illustration of this on page 10.

The heart rate variability sensor measures the volume of blood in your finger. Therefore it is essential that your hand be warm in order to ensure a sufficient volume of blood for the sensor to measure. A soft cloth wrapped around the hand after the sensors have been put on will keep the hand warm and block any ambient light that might interfere with the optical heart sensor. The heart sensor is also responsive to motion, so the hand should be kept still in order to maintain a good signal.

Question: My SCL reading isn't going above 1.0.

Answer: The connection between the sensors and **iom**, the position of the sensors on the fingers and the warmth of the hand are the most important factors in getting a good skin conductance level signal.

To make sure the sensors are properly connected to the **iom**, disconnect the sensors and then reconnect them gently but securely.

The sensors should be positioned with the wings going over the fingernails, making sure that the pads of your fingers are resting comfortably in the sensors. There is an illustration of this on page 10.

Wrapping your hand in a soft cloth will keep your hand warm and promote sweat gland activity. If you find that the

signal declines over time, it can be helpful to get up and move around a little bit in order to increase circulation and warm your hand.

Question: Can I take the finger sensors off while playing the game?

Answer: Yes you can. If you remove the finger sensors or give them to somebody else, the program will be paused until they are placed on the fingers again. The program will then require 25 seconds to calibrate the sensors.

Question: Will my Lightstone work with *Healing Rhythms* or will my **iom** work with *The Passage*, *Wisdom Quest* and/or *Wild Divine Grapher*?

Answer: The two types of hardware are interchangeable. However, the activation codes for *Wisdom Quest* and *Healing Rhythms* are tied to the biofeedback hardware that they are first registered with. So if you activate *Healing Rhythms* using your Lightstone, you will be unable to use your **iom** with *Healing Rhythms* and vice versa. If you have further questions about this technical support is available by calling **1-866-594-WILD (9453)**.

Question: Why do I see white screens in the program?

Answer: The video decoder for the program, **3ivx**, needs to be installed.

1. Click the **Start** menu and select **My Computer**.
2. Open **Local Disk C:**.
3. Open **Program Files, The Wild Divine Project, Healing Rhythms** and then **Installers**.
4. Open the **3ivx** folder.
5. Run the installer contained in that folder.

If during setup, the installer says that **3ivx** is already installed, choose to continue the installation and remove the copy that is already on your computer and reinstall the program.

Question: How do I return to the main menu?

Answer: Click the home button in the upper right hand corner.

Question: Do I have to do all of the events in order?

Answer: Playing the events in order isn't required, but we recommend that you do them in order the first time. Each event is designed to play in an important role in the *Healing Rhythms* training plan and is best understood in the context of the events that precede it. Once you have completed all fifteen steps use **Self Exploration** to create your own custom practice.

Question: Can I return to events that I have already completed?

Answer: Yes, you can. Just select the desired event from the list as you would with a new one.

Question: How do I make the background change in a **Guided Training**?

Answer: The background is controlled by your skin conductance level. As you relax your **SCL** will decrease and you may see something like the sun setting or clouds clearing.

Question: What are these things flying across the screen for in **Guided Training**?

Answer: Objects such as birds and seeds are controlled by your **HRV** response and will peacefully fly across the screen as your heart coherence increases.

Question: What is heart coherence?

Answer: **Heart coherence** is a state where the sympathetic and parasympathetic components of the autonomic nervous system are in balance and working together. This is characterized by a smooth rhythmic pattern of heart rate variability and leads to a longer,

healthier, happier life.

Question: How do I reach technical support?

Answer: Technical support is available by calling **1-866-594-WILD (9453)**. Or you can also e-mail your question to **customersupport@wilddivine.com** and expect a response within one business day.

VII. Technical Support and Safety Information

Technical Support

The answers to **Frequently Asked Questions (FAQs)** can be found in this User's Manual on **page 37** or for a more detailed and updated list, visit **www.wilddivine.com/Faq**. Technical support is available by phone at **1-866-594-WILD (9453)**. You can also e-mail your question to **customersupport@wilddivine.com** and expect a response within one business day.

For customers in USA:

Model Number: HR001.1

Trade Name: Wild Divine

Responsible Party: Healing Rhythms, Inc.

Address: 3330 Eldorado Springs Drive, Box 381

Eldorado Springs, Colorado 80025

Telephone: 303.499.3680

 Tested to comply with FCC Standards.
FOR HOME OR OFFICE USE

This device complies with the limits for a Class B digital device pursuant to Part 18 of the FCC rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

For customers in Canada:

This Class B digital apparatus meets all requirements of the Canadian Interference-Causing Equipment Regulations.

For customers in Europe:

CE The CE mark indicates that this product complies with the European requirements for safety, health, environment and customer protection. For more information on CE compliance, please refer to the enclosed Declaration of Conformity.

RoHS This product has been determined to be lead-free and have no more than trace amounts of lead, cadmium, chromium IV, mercury, and PBD/PBDEs; substances associated with environmental risks. It certifies this product to be in compliance with European Union Directive 2002/95/EC.

Technical Description of Device

The **iom** hardware is a multi-media, user interface device that contains an electronic biofeedback component. This product consists of three hardware components: user applied finger sensors, the **iom** unit, and a USB connector that plugs into your PC/Mac. Please refer to **Chapter III, Getting Started** of this User's Manual for a full description of hardware set-up and usage.

The **iom**'s biofeedback component tracks user's **Skin Conductance Levels (SCL)** and **Heart Rate Variability (HRV)** by measuring pulse and sweat gland activity through the finger sensors. This information is then relayed to the computer via the USB to be used by the *Healing Rhythms* software. The program provides numerous ways to visually represent feedback for greater awareness of these emotional and mental states. For a full description of goals and intentions of using *Healing Rhythms'* **iom** for biofeedback practice please refer to pages 3-4 and pages 27-34 of this manual as well as the Training Guide.

Definitions:

Type BF Equipment:

This device is a type B equipment with an F-type isolated (floating) applied part.



The applied part (user connected finger sensors) is isolated from all other parts of the equipment to the degree that leakage current will not exceed allowable limits given in IEC 60601.1, the International Standards for Medical Electrical Equipment.

This device contains no user replaceable parts. For warranty and replacement information see **Chapter XIV, Satisfaction Guarantee and Warranty** of this User's Manual.



Direct Current:

This device is powered by 5 volts direct current as supplied by the PC USB cable.

Intended Use:

For a full description of goals and intentions of using your *Healing Rhythms'* **iom** for biofeedback practice and recreational use please refer to pages 3-4 and pages 27-34 of this manual as well as the Training Guide.

Instructions for Use of the **iom** and Accessories:

Please refer to the Training Guide for complete instructions for use. Additional instructions on hardware set-up and troubleshooting are available in **Chapters III-VI** of this User's Manual.

General Product Guidelines

Storage Procedures:

- Do not store this product in extremely hot or cold places.
- Store this product within the temperature range: - 40°C to 70°C.
- Store this product with a relative humidity range: 10-100%.
- Do not store this product in places with excessive dirt and dust, or in direct sunlight.

Operating Precautions:

- Use only with a computer that meets leakage current requirements as put forth by IEC 60601.1
- Use this product within the temperature range of 5°C to 35°C.
- Use this product within a relative humidity range: 10-95%.

Cleaning Procedures

- Use a soft dry cloth to clean this product.
- Disinfect sensors with alcohol or germicide.

USB Connector Cable Handling Precautions

- Do not touch the terminal ends of the USB connector; doing so may induce electrostatic discharge and damage the device or host PC/Mac.
- When unplugging the USB connector, pull it out by the plug, not by the cable.

Sensor Cable Handling Precautions



- When unplugging the sensor cable, pull it out by the plug, not by the cable.

The **iom** device meets isolation and leakage currents of IEC 60601.1. In order to maintain medical compliance, this device must be used with a PC/Mac that meets IEC 60601.1.

VIII. Credits

Corwin Bell – *Creative Director*
Kurt Smith – *Executive Producer*
Wendy Goldner – *Producer*

Artists

Corwin Bell – *Concept and 3D Artist*
Bryan Mayner – *Lead 3D Artist*
Karen Sadenwater – *Artist, Production Manager*
Dennis Ruybal – *Photoshop Artist*

Programming

Jan Delany – *Director of Technology*
Pete Clark – *Program Integration*

Sound

Michael Verdick – *Sound Director*
Andy McEwen – *Additional Sound Recording and Editing*

Hardware development

Neil Blank & Dave Farrell – *Hardware Development*
Russ Brinkmann – *Firmware*
Unovo – *Hardware Design*

Guided Training Practice Guidance

Deepak Chopra, M.D.

Original Recordings written and performed by Deepak Chopra, M.D. for Healing Rhythms

- *Reveal Your Inner Wisdom Inspiration*
- *Handle Your Emotions*
- *Natural Beauty*
- *Opening Yourself to Others Inspiration*

- Discover Gratitude Inspiration
- Open Your Heart
- Connect to Something Outside of Yourself
- Inspiration
- Connect to the Universe
- Setting Your Intentions Inspiration
- Take a Daily Supplement Inspiration
- Commit to a Daily Practice Inspiration
- Find Your Rhythm Inspiration

Additional information available from: www.Chopra.com

Dean Ornish, M.D.

Original Recordings written and performed by Dean Ornish, M.D. for Healing Rhythms

- Introduction to Meditation
- Observe Your Thoughts Inspiration
- Find Your Balance Inspiration
- Natural State of Balance
- Release Physical Tension Inspiration
- Subdue Your Inner Critic Inspiration
- The Freedom of Compassion
- Set Intentions

Additional information available from: www.pMRI.org

Andrew Weil, MD.

Originally released on the recording Mastering the Art of Breath, published, and copyrighted by Sounds True
Written and performed by Andrew Weil, M.D.

- Quite the Mind Inspiration
- Deeper, Quieter, Slower Breath
- Let yourself be Breathed
- Follow Your breath
- Stimulating Breath
- Relaxing Breath

Available from: Sounds True
www.soundstrue.com

Nawang Khechog

Original Recordings written and performed by Nawang Khechog for Healing Rhythms

- Peaceful Breath
- I Want to be Relaxed
- Learning to Cultivate Positive Emotions Inspiration
- Transform Your Emotions
- The Practice of Mindfulness
- The Art of Forgiveness
- Contemplative Thought
- Practicing Compassion Inspiration
- The Heart Breath
- Conscious Living
- Inner Happiness
- The Wisdom Breath

Additional recordings available from:
www.nawangkhechog.com

Sharon Salzberg

Originally released on the recording The Force of Kindness, published, and copyrighted by Sounds True
Written and performed by Sharon Salzberg

- Loving Kindness
- Force of Kindness

Available from: Sounds True
www.soundstrue.com

Stephen Cope

Originally released on the recording Yoga for Emotional Flow, published, and copyrighted by Sounds True
Written and performed by Stephen Cope

- Daily Body Scan
- Ride the Wave
- Clear the Field

Available from: Sounds True
www.soundstrue.com

Joan Borysenko

Original Recordings written and performed by Joan Borysenko for Healing Rhythms

- Gratitude Everyday
- Clear Intentions

Additional recordings available from: Sounds True
www.soundstrue.com

Voice Over Talent

Anna Coy – *Voice of Healing Rhythms*

Packaging/Guided Training Manual/User's Guide

Wendy Goldner – *Creative Director, Copy Writer*

Terri Trespicio – *Guided Training Manual: Editorial Concept Development/Writer/Editor*

Linda Ruttan-Moldawsky – *Product Packaging & Promotional Design, Photoshop Artist*

Molly Ruttan-Moffat – *Guided Training Manual: Design/Layout/Production Artist*

Stephany Wilson – *User's Manual Writer*

Matt Cullen – *User's Manual Writer*

Emily Vorhees – *Packaging Copy*

Songs

Mind/Body Practices Music Scoring
and Biofeedback Event Music

Written and performed by Carolyn Fazio

Available from:

Sonic Farms

www.sonicfarms.com

AudioAngel@sonicfarms.com

Nawang Khechog's Mind/Body Practices Music

Written and performed by Nawang Khechog

Published and copyrighted by Nawang Khechog

Originally released on the CDs "Music as Medicine",
"Universal Love," and "Sounds of Peace"

Available from:

Sounds True

www.soundstrue.com

"Gate' Gate'" – Bow & Arrow Biofeedback Event

Written and performed by Deva Premal

Published and copyrighted by WhiteSwanMusic

Originally released on the CD "Love is Space"

Available from:

WhiteSwanMusic

www.whiteswanmusic.com

Biofeedback Event Music

Written and Performed by The Wild Divine Band

Originally released on the CD "Soul Flight"

"The Time Has Come"

"Soul Flight"

"Midnight Sun"

Available from:

The Wild Divine Project

www.wilddivine.com

Biofeedback Harp Event Music

Performed by Thaddeus Venar

www.thatharpguy.com

gafferbear@yahoo.com

Sound EFX Rain Event

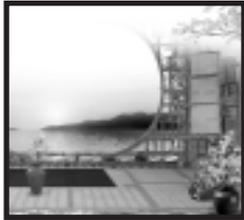
Mickey Houlihan

Wind Over the Earth

www.windovertheearth.com

VIV. Satisfaction Guarantee and Warranty

The creators and developers of *Healing Rhythms* want you to have a rewarding experience with this product as we have committed years of our lives to bring this unique program to you. However, if you have purchased the program directly from The Wild Divine Project, and you are not happy with it, please contact us within 30 days of your purchase and we will gladly allow you to return it for a full refund. Additionally, your hardware is covered for 90 days from the date of your product's registration and will be replaced free of charged if it should fail within this period.



THE WILD DIVINE PROJECT
*is a provider of multi-media programs
for healing and transformation.*



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