

The Kasina Deep Vision Bundle (excerpted from the Mindplace website)

- **Kasina** - This *Pali* term refers to an ancient system of meditation that uses visual objects to focus the mind. Our MindPlace Kasina can be used in a similar manner to induce positive mood shifting effects.
- Our most mature product yet, the Kasina is our latest audio-visual stimulation system. With over 50 audio-visual excursions, with aural backgrounds ranging from the soothing sounds of nature to ambient electronic tapestries to embedded binaural beats and isochronic pulses—all orchestrated and synchronized to the visual experience. Let your mind follow the frequency of the session you choose.
- Imagine a world of pure, jewel-like color illuminating your visual and mental fields. Amazing visual effects can be produced, including the illusion of complex, shifting geometrical imagery. This imagery, combined with soothing, flowing sounds, can be so compelling that the mind clears of extraneous thoughts – stops the “Monkey Mind”. In this way a Kasina session is a form of meditation.
- The Kasina system is bundled with new eyes-open option ganzfeld display and can be utilized to support: meditation, relaxation, focus, mood shifting, and access to altered states.
- **The Kasina Deep Vision Bundle includes:**
 - Stunning audio-visual experience – wow factor
 - Built in MP3 player - no need for external device
 - 255 shades of each color
 - Easy to use - plug and play out of the box
 - Copy your own music to the Kasina in MP3 and WAVE
 - This bundle includes the MindPlace Kasina Mind Media system, plus an extra pair of Ganzframes. This extra pair has an eyes open option and is proving to be very popular - check out our reviews!

A Light and Sound Mind Meditation session may trigger experiences possibly beyond anything you have experienced before, and for the beginning meditator it is truly a revolution to be able to silence the monkey mind (obsessive mental chatter).

The Kasina device has a special high frequency signal which directly controls the lights in a session, allowing precise synchronization between audio and visual stimulation. The Kasina has fifty or more pre-programmed sessions for you to choose from, each with a different purpose. The user selects a session, puts on

headphones and ganzframes (Ganzfeld effect frames), sits back and enjoys the experience, which can be for relaxation, stimulation, meditation or just plain fun depending on the session.

These key technologies come into play.

The 'light' part of the experience uses colored LED light providing stimulation that can lead to psychedelic patterns that morph and transport your mind to interesting and transformative spaces. The mechanism is that your mind responds by falling into step with the flicker frequency - this is called frequency following response. The Ganzframes react instantly to programmed flashes and deliver a crisp, coordinated waxing and waning geometrical display wrap your eyes in a spectrum of pure color that is truly aesthetic.

The 'sound' part of a session utilize binaural beats or isochronic tone pulses to lead your mind toward beneficial structured ranges of mind states.

These oscillations are recognized to fall within five key ranges; that is the slowest waves experienced during sleep and unconsciousness, delta. to the 'dream' waves theta, to 'relaxation' waves of alpha, to 'waking' waves of beta, to the latest discoveries of very fast waves considered to be 'integrating' or 'encoding' waves which are known as gamma. Our machines have frequency ranges that are easily able to cover any one of these states and utilize binaural and pulse waves in a customizable, personalized, or pre-programmed way. As the sound plays the lights flicker in perfect sync.

Add your own sound tracks as every machine has Audio In or expand beyond the basic with our range of sessions designed for specific mind states.

Meditation Mind Media systems manufactured by MindPlace are the realization of over 20 years of design and fine tuning. We stand behind what we say and know with confidence that these we make are unparalleled in power, performance, and price. They bring together a multi-sensory experience that involves our most potent senses and unites them in synesthetic network.