



Conscious Monkey™ Technologies

Users Guide **Breath Pacer Lamp** Breathe-01



Includes: Assembled Breath Pacer Lamp and 9V wall adapter

The Importance of Slow, Deep Breathing

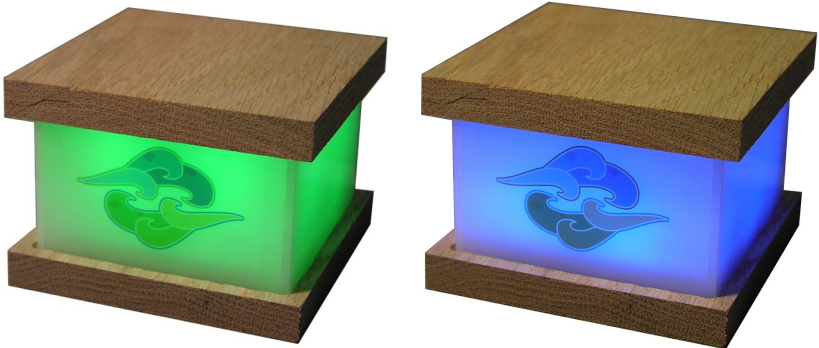
Slow, deep breathing can be very effective in influencing modern day problems such as stress and loss of focus.

Slow, deep breathing techniques have a very long history in traditional oriental medicines. However, it is being recognized by modern medicine because of the proven effects. For example slow, deep breathing is known to reduce stress we encounter every day. A few deep breaths can do wonders for stress reduction be it either at the desk at work or at home. Slow, deep breathing has also proved its worth lowering the high blood pressure. Increase in blood pressure following a stressful moment can be effectively dealt with by taking a minute or two to focus on slow deep breathing.

If you have problems with losing focus when working on something, slow, deep breathing techniques are an effortless way of getting back your focus.

Deep breathing is also practiced as a mediation aid in yoga and mindful meditation. The techniques of slow, deep breathing are being recognized and used in modern medicine, for managing a modern lifestyle.

Keep our Breath Pacer Lamp on your desk, use it to remind yourself



to take a few deep breaths through out your day, bringing your attention inward which can help to reduce stress and increase concentra-

tion. Whenever you are faced with a challenge we encourage you to take a moment, take a few relaxed centering deep breathes before moving forward.

As with all breathing techniques, it is important to progress gradually and comfortably. If you feel any lightheadedness return to normal breathing.

- This is not a medical device and cannot be used as such.

Using the Breathe Lamp



Images' Lamp has two controls located back of the shown in the

Breath Pacer potentiometered on the unit, as image above.

The potentiometer control on the left adjusts the length of one breath, that is one inhalation and exhalation. This time period can be varied from approximately 6 seconds to 20 seconds. When the knob is turned completely clockwise, it is set at the shortest time period. To increase the length of each breath turn the knob counter clockwise.

The right potentiometer control adjusts the ratio of the inhale to the exhale. The ratio starts at approximately 1:1 (inhale/exhale) and can go up to approximately to 1:3 (inhale/exhale). Most strive for a 1:2 ratio, with the exhaling breath being two times longer than the inhale breath. The 1:1 inhale/exhale ratio is set when the knob is turned completely clockwise.

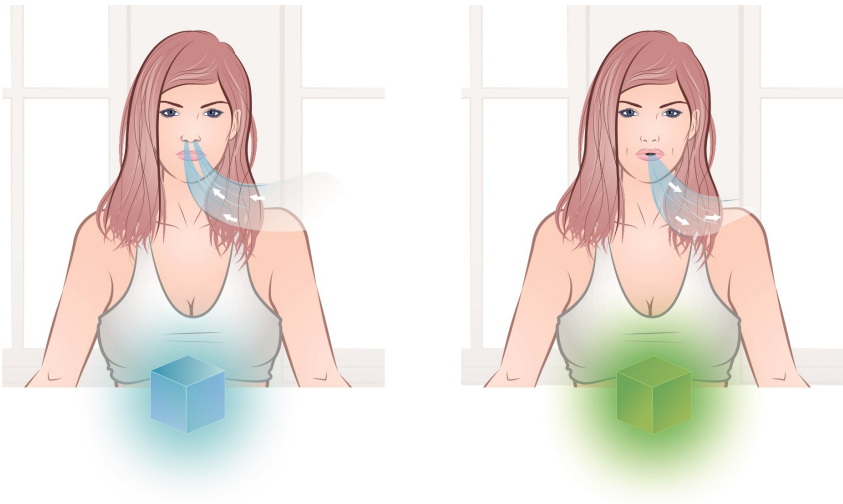
*NOTE: Any changes made to the timing settings will take effect af-

ter the unit has completed its current timing cycle.

To use the Breath Pacer lamp, simply plug in the included 9V wall transformer. Adjust the onboard potentiometers to a comfortable in-hale and exhale breathing routine. Do this by first paying attention to your normal breathing pattern. Then adjust the lamp's Blue (inhale) and Green (exhale) LED's to follow your normal breathing pattern. Place the lamp where it is visible. Then throughout your day, you can look at the lamp and take a few slow breaths to center yourself.

Adjust the timing when it feels comfortable to do so. Do not force your breath in any way; it should be comfortable and easy. If you feel any lightheadedness return to normal breathing.

Inhale for the duration the blue LED is lit, and exhale for the duration of the green LED, as illustrated in the image above.





Benefits of Yoga, Qigong, and Mindful Meditation

Interestingly, these benefits also corresponds with studies on the benefits of yoga and meditation. So many of the benefits of yoga and meditation can be obtained by using deep breathing techniques. Our Breath Pacing Lamp is designed to help you take develop your own deep breathing routine with a minimum investment in time.

Breathe Away Stress: Breathe In Calmness: Breathe In Focus:

Our Breath Pacer Lamp helps you achieve these deep breathing benefits by reminding you to do a minute or so of deep breathing, two to three times, per day, or whenever you need a moment to de-stress. The Breath Pacer Lamp sits unobtrusively on your desk or shelf, anywhere within eyesight of where you spend your day.

Pace yourself to relax, reduce stress, increase focus and mental clarity.

Deep breathing works hand in hand with the practice of yoga and meditation. Yoga uses deep breathing techniques to achieve calmness in poses. Meditation has a strong, deep slow breathing component. In meditation, one can focus on one's breath alone. During your busy day, most people cannot stop intermittently and take the time to practice yoga or sit in meditation. But you can steal a two minute period to take a few deep breaths. The Breath Pacer Lamp helps you achieve the benefits of deep breathing without sitting in meditation or practicing yoga poses.

Using Breath Pacer for Yoga Practice:

If you practice yoga, you know that yoga uses deep breathing tech-

niques to achieve calmness in poses. The Breath Pacer positioned in eyesight of where you practice can help you maintain slow breathing during yoga practice.

Using Breath Pacer for Mediation:

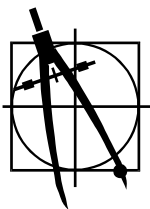
Meditation also has deep, slow breathing component. In meditation, one can focus on one's breath alone.

Also Available:

Breathe Pocket Stone and Stand



Remind yourself to take a breath with these beautiful smooth stones imprinted with your choice of “Breathe” or “Breathe Deeply.” Purchase the stone and stand or simply the stone. Clear stand makes it perfect for placing atop our Breath Pacer Lamp.



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