

Starflight VR™



Use and Benefits Guide

Reduce Stress
Manage Anxiety
Promote Better Sleep
Focus and Revitalize



COREREBOOT

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Introduction

Welcome to the Starflight^{VR0} experience!

This is a new generation mobile Mindfulness app that has been designed to bring you into a state of peace and neural integration to promote well-being through a gentle 3D flight in space.

Starflight^{VR} brings you the benefits of various integrative therapy techniques that are incorporated subtly to help support a busy lifestyle.

Using various therapies including clinical hypnotherapy and color therapy, with music designed to complement the experience of soothing the sympathetic nervous system.

We also include EMDR to move people out of anxiety and stress into a productive and open awareness, Starflight is using a proprietary blend of color, sound, and sacred geometry (shapes found throughout nature) to gently shift your physiological state.

The design of Starflight^{VR} helps to eliminate the feelings of nausea that can on occasion accompany the VR experience.

Starflight VR can provide the following benefits

1. Increase in serotonin levels to calm the mind
2. Helps expel damaging toxins through the relaxation process
3. Helps lower heart and respiratory rates
4. Regular use can help in blood pressure reduction
5. Helps enhances mood and energy levels

Important Notice

Special Considerations Before Beginning Use

The use of Starflight^{VR} is safe for most people, as there are no known serious side effects. However, there are few cases in which Starflight^{VR} should only be used with the prior approval and monitoring of a medical or health-care professional, and certain conditions under which Starflight^{VR} should not be used at all.

- If you're on medication that impacts cognitive abilities, Starflight^{VR} may not be right for you at this time. Consult with a medical professional before beginning use.
- Persons suffering from any sort of serious physical or medical condition—including epilepsy, brain injury (TMI), mental impairments, visual photosensitivity, any form of macular degeneration, cardiac arrhythmia or other heart disorders—or those using a pacemaker must consult with a medical professional before beginning use.
- Children or minors should use only with prior parental consent and monitoring. If any psychological pre-conditions exist, please consult with your minor's medical professional prior to use.
- Use by minors must be within the guidelines provided by the individual VR hardware manufacturers and/or providers. Please review their guidelines as they may vary.
- Do not use while under the influence of drugs or alcohol.
- Do not use while operating machinery, vehicles or other mechanical devices.
- While rare, discontinue use if you experience any adverse reactions such as dizziness, or discomfort such as onset of headache, migraine, or anxiety. Please consult with a medical professional if these or any other unusual symptoms occur or persist.

Wellness Realities Inc. and CoreReboot, LLC make no implicit or overt claims for cure or treatment of any medical or psychological disorders. No expressed or implied medical claims are made for Wellness Realities Inc. and CoreReboot, LLC products.

This is Complementary and Integrative Health product. These products are designed to promote wellness and are not intended for use in relieving any medical or psychological condition without professional medical advice and monitoring.

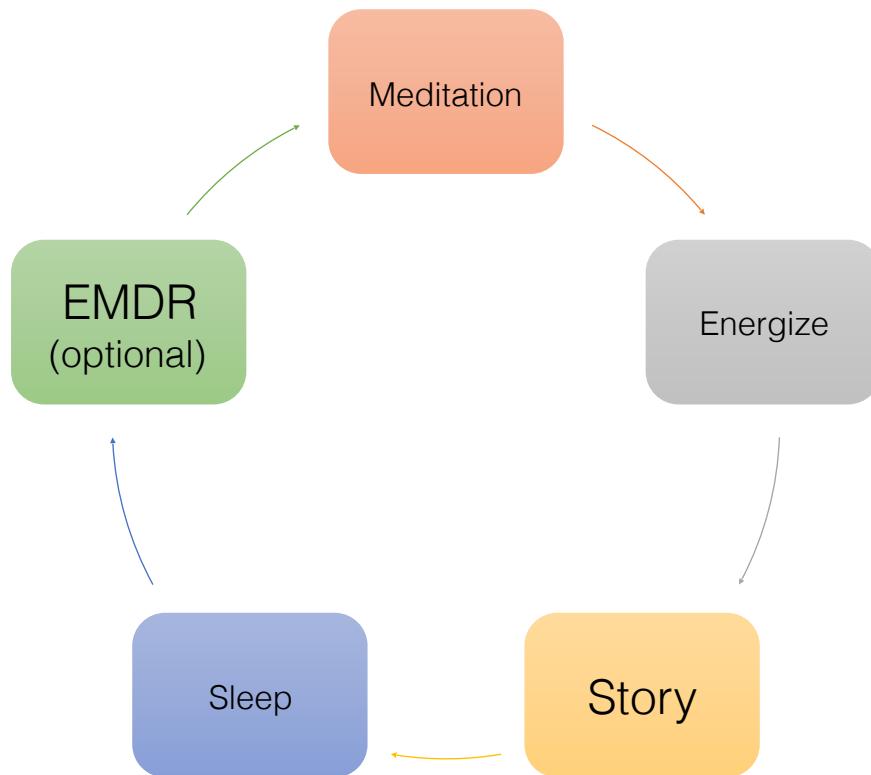
QUICK START – How to Begin

Start the Starflight^{VR} app on your mobile device and place your mobile device in your VR headset. Connect your headphones or earbuds and set the volume to a comfortable level.

The program uses dynamic placement meaning the direction you are pointing when you open the app is where the front of the screen will be located.

Home Screen

With your headset on, find the Home Screen Starflight^{VR} offers four session choices plus an option.



Starflight^{VR} uses head tracking to choose a function. You will see a small white cursor dot in the middle of the screen. This functions similar to a computer mouse cursor.

Place the dot cursor over the session of your choice and hold it in place while the session loads.

Session loading is indicated by a circle that will be generated around the function.

Using the Sessions

Starflight VR is easy to use and designed for busy lifestyles. The effect is cumulative. You will receive long-term benefit by just 6-8 minutes of daily use. Feel free to extend use time for added benefit up to 20-30 minutes, or as time allows.

For the best experience, use at a time when you will remain undisturbed. We suggest placing your mobile device in Airplane or Do not disturb mode during your session. You can sit in a swivel chair that will allow you to easily change your direction. However, sitting or lying in a set position will work quite well. In general, start by following a moving image across the screen until it fades from view. Then open your gaze toward the entire scene for a few seconds. Repeat this process several times.

Sleep Session

Use this session shortly before or at bedtime. The cadence and design of the star field and the accompanying audio track helps bring you into a state of flow and calm. The background at first appears to be static but observe with a non-critical mind as it evolves in both color and pattern first into a green and golden background, as if you are in the center of the galaxy, and then into a calming violet field.

Providing a safe and immersive environment to experience a quickly shift your state, open your focus to the field and then choose to follow an object as it glides by. Observe the quasars with your peripheral vision as they appear and then are absorbed and disappear into black holes.

Use of your peripheral vision is an excellent method for shifting from the awake, aware state into calmness and quiet. The audio track is designed to resonate with your heartbeat. It helps shift your brain into the alpha, alpha/theta state of deep, restful relaxation helping to encourage and enhance the sleep experience. Note how your breathing almost automatically syncs with the visual and audio flow...

Energize Session

As you use this session on a regular basis you will begin to pick up on the less obvious subtleties built into it. Note how there are different views within the field with slightly different colors and patterns. Depending on your emotional and physical state, you may find yourself gravitating toward various sections.

As you follow a pattern and allow it to fade into the background, open your gaze using your peripheral vision and take a deep breath or two. Now pick up another pattern and allow it to fade away. Keep repeating this. At some point, you may feel like staying in the peripheral vision mode, or shifting your gaze to the star fields toward the top. Allow what comes naturally. As you do this, allow your mind to remain still free of thought...

While doing a session pay attention to your breathing. Breathe deeply from your abdomen in a slow, rhythmic manner. Pay attention to your body sensations while conducting the sessions.

Meditation

The star field contains several scenes depending on the direction you are facing. This is an intuitive guided meditation session allowing you to find the view that feels right to you. While designed primarily for women with anxiety and stress issues, it is equally helpful to men as well.

The session opens up with a brief body awareness exercise designed to connect you with yourself, then shifts into a deeply relaxing audio track. Note the sacred geometric shapes as they evolve and shift, helping you to shift consciousness.

Sit or lie in a comfortable position free of distraction. Set the volume low and use for anywhere from six to thirty minutes. Practice breath awareness to stay focused and relaxed. Allow your mind to drift freely...

Story

Story is designed to promote neural integration well-being. This short but powerful session is specifically for women dealing with stress and anxiety. However, anyone can add an outside audio track to customize the experience. As with the other sessions, allow your breathing to become slow, deep and rhythmic. Allow your mind to defocus, listening to story with a non-critical mind. Feel your body relax...

How to Use EMDR

Eye Movement Desensitization and Reprocessing (EMDR) therapy uses integrative psychotherapy for the treatment of trauma. Developed about 30 years ago when it was observed that eye movement under certain conditions helps to reduce intense emotional events that affect our ability to fully function in society and in our interactions with others. EMDR is administered by trained therapists.

Here we use EMDR to help shift your state in a safe, secure and comfortable manner. You will notice when you add EMDR to any of your sessions, it changes the intensity of that session in subtle but noticeable ways. The added objects move at varying speeds. Find a slower moving object and follow it from one side to the other allowing it to disappear from view before following another. Continue this process to generate a sense of focus and calmness.

Additional Session Information

There are 9 main methodologies used in this app-

- 1. The experience of Awe**
- 2. VR the new digital medium to heal the mind?**
- 3. The effects of eye muscle traction mechanisms on the Mind and Brain**
- 4. Exact uses of geometric formations to encourage a state of relaxation**
- 5. Color therapy principles**
- 6. Maslow's Pyramid of Needs**
- 7. The power of using the visual principle**
- 8. Self-Hypnosis**
- 9. Somaesthetics principles**

Please visit Wellness Realities www.wellnessrealities.com for a complete explanation.

1. Experiencing awe is healthy, calming and brings out the best in ourselves

The Greater Good Center in Berkeley completed a recent study on awe and its benefits to human health. Here are a few excerpts. It is in itself an amazing healing therapy for inflammation, and other stress related diseases. Momentary experiences of awe stimulate wonder and curiosity.

Awe is able to bring us into the experience of the present moment and binds us to social collectives, and enables us to act in more collaborative ways that enable strong groups.

2. The VR medium is unique in its properties for calming the mind.

VR is relatively new to the general public but has been in use since its inception in the mid-1980's in psychology, medicine and psychiatric care.

VR provides unique immersive experiences and by giving these experiences meaning contributes to making VR an effective tool for the treatment of anxiety and stress.

This is called the “perceptual illusion of non-mediation”, the disappearance of the body actually reinforces the feeling of being present in it. When we suffer from stress related symptoms or are in a state of anxiety or suffer from panic attacks we are often not present in our bodies.

The ability to bring people back into their body in a pleasant and beautiful experience is priceless.

A considerable body of empirical evidence suggests that VR therapy can decrease PTSD symptoms within the veteran population and follow-up data do show promise for maintaining positive treatment outcomes.

3. The effects of eye muscle traction mechanisms on the Mind and Brain.

Eye movements and tracking with the eyes has a direct effect on brain integration. Eye movements have been demonstrated to induce a state of relaxation, or decreased psychophysiological arousal.

One hypothesis is that this relaxation response is a reaction to changes in the environment, part of an orienting response that is elicited by the shifts of attention caused by the repeated bilateral stimulation, which links into processes similar to what occurs during R.E.M. sleep.

4. The exact uses of geometric formations to encourage a state of relaxation.

Using visual stimuli to create illusions is very common-using these creations to foster a sense of well-being and ease is not. Here we are using the integration of these geometric formations in a targeted manner so as to effortlessly convey a visual message of relaxation and soothing.

5. Color therapy linked to body processing that has been fine tuned to provide a soothing and healing environment.

“Light is responsible for turning on the brain and the body. Light enters the body through the eyes and skin. When even a single photon of light enters the eye, it lights up the entire brain. This light triggers the hypothalamus, which regulates all life-sustaining bodily functions, the autonomic nervous system, endocrine system, and the pituitary (the body’s master gland).

The hypothalamus is also responsible for our body’s biological clock. It also sends a message, by way of light, to the pineal organ, which is responsible for releasing one of our most important hormones, melatonin.

The release of melatonin is directly related to light, darkness, colors, and the Earth’s electromagnetic field. This necessary hormone affects every cell in the body. It turns on each cell’s internal activities, allowing them to harmonize with each other and nature.

The pineal gland is believed to be responsible for our feeling of oneness with the universe and sets the stage for the relationship between our inner being and the environment. If that relationship is harmonious, we are healthy, happy, and feel a sense of well-being. An imbalance in this relationship makes itself known in the form of disorders or disease in our physical, mental or emotional states.

6. Maslow's pyramid of needs and its ramifications for attaining a balanced and accomplished life.

When we are in a state of fear and deficiency it is impossible for us to open up to a relaxed and open mindset-or to a growth we could experience if our needs for safety, basic physiological needs love and belonging and self-esteem were met.

We can start by experiencing the endless, the open space, the ultimate way of being and from there stabilize our fight flight and freeze during times of stress and times of anxiety. The pyramid grows into our growth needs. cognitive, aesthetic, self-actualizing and self-transcendence.

7. The power of the visual

Whereas task-related criteria are often based on extrinsic motivation, aesthetics, through pleasure and engagement, primarily contributes to intrinsic motivation. Thus, there is little reason to believe that the need for aesthetics disappears in front of the computer.

Visually pleasing design enriches our experiences with interactive systems just like they do with any other environment

8. Self Hypnosis

You will be experiencing present moment awareness-the instant reset button

9. Somaesthetics Principles

Described holistically, somaesthetics is “a life-improving cognitive discipline that extends far beyond questions of beauty and fine arts and that involves both theory and practical exercise,” which seeks “to end the neglect of the body that [was] disastrously introduced into aesthetics,” with the ultimate goal to “contribute significantly to … an art of living”.

About US

We are committed to helping improve quality of life through non-invasive complimentary alternative health products and applications.

Dorote Lucci, CEO (Starflight creator)



Dorote's background include complementary medicine practices, interpersonal neurobiology, a Master of Clinical Hypnosis, spiritual practices and psychology. She also holds a Master in International Management, cross cultural management and marketing strategy as well.

Dorote loves the connection between neuroplasticity, human behavior and the possibilities available for us to change our patterning and habits through somatic and visual experiences.

She is fluent in English, German, French and Spanish. She loves poetry, art, blogs for the Huffington Post.

Frequently Asked Questions

Q. When and how often should I use Starflight VR?

A. The MindSpa VR system is designed to fit busy schedules and our hectic lives. Overall consistency is more important than specific times of day or specific number of times per week. Daily use can produce excellent results, but so can using the technology a few times per week. We recommend choosing times and schedules that work consistently. The benefits are cumulative through regular use. With consistent use, most experience results in four to six weeks. The cumulative benefits will continue to build over time resulting in a calmer disposition and being more in control of stressful situations. As another benefit, this includes improvements in sleep quality, productivity, creativity and clarity.

Q.: Is there any benefit to using the sessions more than once a day?

A.: In general, we recommend daily use for maximum benefit. Using the program more than once per day (for example in the morning and afternoon) can offer additional benefits, but it is not required to experience noticeable, long-term results. You can mix the sessions as you prefer.

Q.: What is the best way to sit or recline during a session?

A.: Get into a comfortable position and allow a few moments to settle in before beginning a session. Keep legs and arms uncrossed unless in a meditation position; for most, sitting in an open position will help to reduce muscle tension. When starting a session, follow our patterns and take a few deep breaths deep into your abdomen. This helps release tension, and promote relaxation and focus.

Q.: May I lie down, and what happens if I fall asleep?

A.: You may assume any comfortable position. You'll gain maximum benefit by remaining in a relaxed yet aware state, but you will still experience benefits even when falling into a light sleep state. Note that at times a deep state of relaxation feels like you are asleep. If you find you wake up at the end of a session, most likely you were simply in a very deep, calm state, rather than in a traditional sleep state. If you find that you fall asleep for an extended period of time during the day while doing a session, consider adjustments to lifestyle to ensure you are getting adequate rest and recovery time. The average adult optimally should get between 7 to 8 hours of solid sleep per night.

Q.: How can I learn more about any of the subjects covered here?

A.: Please visit our websites at www.corereboot.com or www.wellnessrealities.com for articles, blog posts and research data.

Our Companion Apps



Click for iTunes

Flow for Breath VR

Flow for Breath ^{VR} is designed to support your ability to get the most out of Starflight ^{VR}. It will help center your thoughts and calm your mind through deep breathing exercises. Deep breathing is a natural tranquilizer and, practiced in an all immersive environment, it has far reaching benefits.

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WELLNESS REALITIES

If you have any comments to share with us, we love hearing from you! Thank you for supporting our product! It is our hope you find our products helpful in your daily life.

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