PROGRESSIVE SCAN MEDITATION
HOW TO PLAY GUIDE

Welcome to Wild Divine's Progressive Scan Meditation (PC/Mac Version)

What is a Progressive Body Scan Meditation?

A progressive body scan meditation specifically focuses your attention on breathing and, starting from the top of the head, you focus your attention on each body part and "scan" your body all the way to the feet, visualizing the breath penetrating and releasing tension in each part of interest. Zen Master Nissim Amon will guide you in this process.

Who is Zen Master Nissim Amon?

Master Amon was ordained in Korea by Zen-Master Seung Sahn at the Hwa Gye Monastery, with the designation of monk and Meditation Teacher. Later he traveled to Japan, and studied with G.W. Nishijima, a Soto Zen-Master, from which he received a Dharma Transmission and his Zen-Master title.

Please use this Knowledge Base article to help you get started as well as answer any questions you may have as you continue to use this powerful program. If you are looking for a version of this article for **iOS Devices** such as **iPhone**, **iPad** or **iPod Touch** please click **HERE**.

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INTRODUCTION

Iom Sensors

Progressive Body Scan Meditation will work with both the IomPE and the IomPro sensors on your Mac or Windows computer.

IomPE

IomPRO

If you are using the IomPro sensors (white housing) you will need to use the IomDriver program. This is the same IomDriver program required for other Wild Divine software that use the IomPro sensors (green butterfly program icon - see below).

IOMDriver

If needed, the IomDriver program can be downloaded FREE by clicking HERE.

NOTE: If using IomPro sensors please start the IomDriver **BEFORE** you launch Progressive Scan Mediation to ensure proper connectivity with the IomPro sensors and the program.

If you are using the IomPE sensors (green housing) no additional driver software is required for the program to function properly with your sensors.

System Requirements

PC - Windows Vista/Win7/Win8
Mac - OS X 10.7 or greater
Hardware Needed: INTEL Core Duo2 (or equivalent) or greater
2GB Main Memory, Graphics processor with 256 MB VRAM or SDRAM, 250 MB Free Disk Space, USB 2.0 Port (no USB Hub)

Other Links

Here are some additional Knowledge Base articles that may help you with any sensor connection issues you may experience.

IomPro Troubleshooting Guide
IomPE Troubleshooting Guide

SYSTEM CONFIGURATION and LAUNCH MENU

When you initially open Progressive Body Scan Meditation you will be presented with a menu that allows you to set various options regarding game performance and display settings. These settings allow you to customize the gameplay experience based upon your preferences as well as your system performance capabilities.
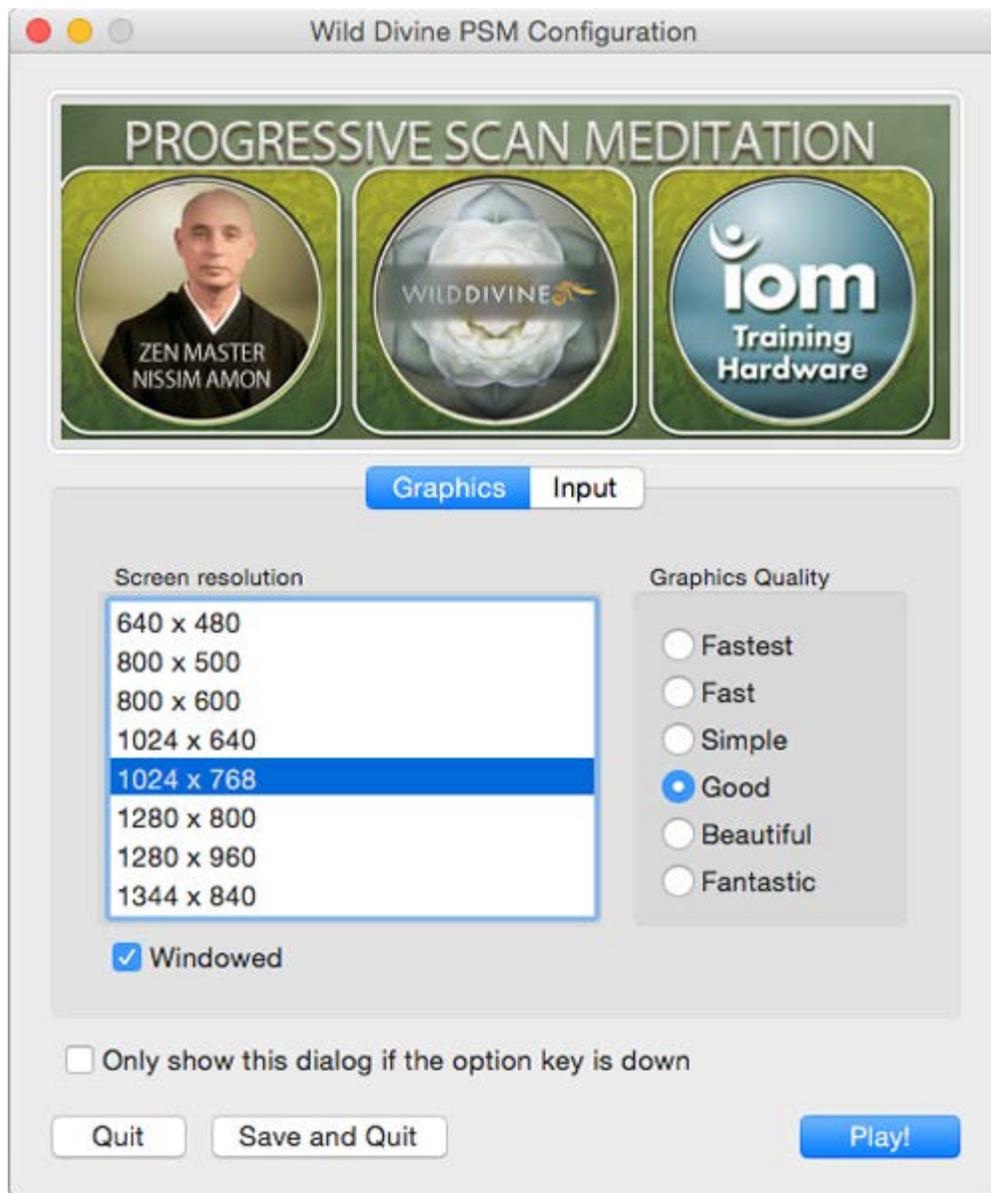
Screen Resolution

You can change the quality of the screen resolution to maximize your display's capability or for optimal viewing. Increased screen resolution (higher values) also cause an increase requirement in processing power on your CPU and/or Graphics processor. We suggest starting at the default value of **1024×768** and adjust according to your personal requirements.

Graphics Quality

This setting controls the density and quality of the graphics during gameplay. Increased quality of graphics will also cause an increase requirement in processing power on your CPU and/or Graphics processor. We suggest starting with the default value of **"Good"** and adjust according to your personal requirements. If you are using an older or less powerful computer we suggest using one of the settings with the least performance impact such as "Simple", "Fast" or "Fastest".

"Windowed" Checkbox

If this is checked/selected, then the program will run in windowed mode. This will allow you to see other programs on your desktop as well as Progressive Body Scan Meditation when using the application. If this is not checked/selected, Progressive Body Scan Meditation will run in full screen mode and no other programs will be seen or accessible when using the program.

NOTE: If playing in Full Screen mode ("Windowed" not checked) you will need to use **ALT+TAB** keys in Windows to return to your Desktop and then **RIGHT-CLICK** on the PSM program in the Taskbar and select **"Close"**. Mac users - **CONTROL-CLICK** on the PSM icon in your Dock and select "**Quit**".

ÒOnly show this dialog if the option key is downÓ Checkbox

Once you find the settings that work best for you, check this box to save them as your gameplay preferences and the configuration will no longer appear at program startup. If you want to change settings after checking this option, simply hold down the OPTION key when you start the program and this menu will appear again.

LAUNCH MENU

The Launch Menu will appear each time you open Progressive Body Scan Meditation.

How to Play

Selecting How to Play will open this Knowledge Base article when you are connected to the Internet.

Play

Open the game to the "Select Avatar" screen.

Buy Iom

Open link to Wild Divine Online Store for more information or to purchase Iom sensors.

SETTINGS and SELECTIONS

Iom Sensor Signal Indicator

Step 1 - Set Session Settings

Step 2 - Select Avatar

Iom Sensor Signal Indicator

As you play Progressive Body Scan Meditation you will see an indicator on most settings and selections screens that displays the quality of the Iom sensor signal. Red/Poor indicates that the Iom Sensors are not properly connected to the system/game or are not functioning properly. Green/Good indicates that sensors are connected and working properly and you will be able to utilize the active feedback features of the program.
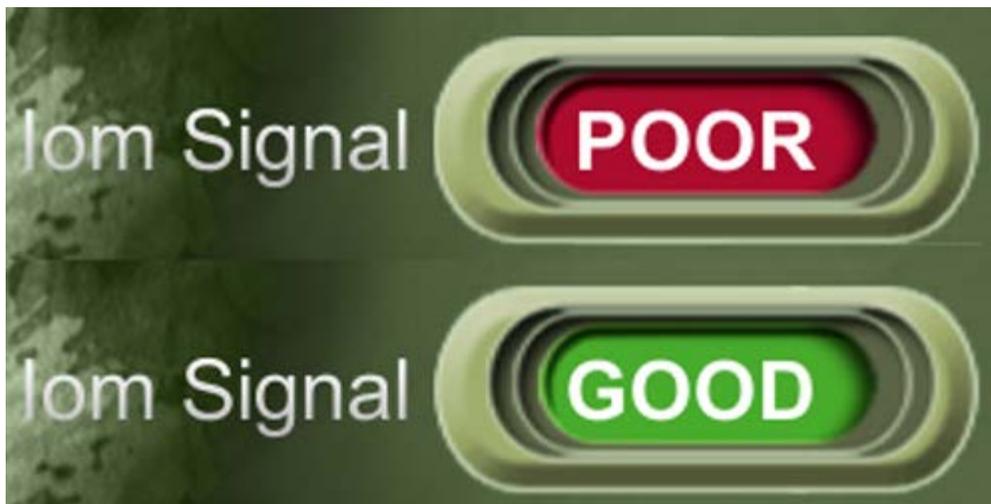
NOTE: While you can play Progressive Body Scan Meditation without using sensors, you will not be able to score any sessions as no active feedback data will be used during the meditations.

If you are experiencing any issues with your sensors connecting to the program or your system, please refer to appropriate Knowledge Base article below for your sensor type:

IomPro Troubleshooting Guide
IomPE Troubleshooting Guide

Step 1 - Set Session Settings

Progressive Body Scan Meditation has a number of settings that will let you create a very personal experience each time you use the program. These settings can be changed each time you do a session in the program. The

program also stores your last setting change each time you change them.

You access the session settings by clicking in the upper right icon on the screen labeled ÒSettingÓ (see below).

Access to this function is available on all selection screens (Avatar, Location and Music).

- Session Length - 6 - 30 minutes

- Breath Cycle - 8 - 14 seconds (10 seconds is default/average but adjust to your specific needs)

- Difficulty - Easy, Normal, Difficult, Very Difficult (effects scoring and coherence during session)

- Music Volume - 0 Ð 100% (background music)

- Zen Master Volume - 0 - 100% (use this setting in conjunction with Music Volume to find the right balance for you)

Step 2 - Select Avatar

Progressive Body Scan Meditation allow you to choose from four (4) avatars to use when you are meditating. This selection does not effect scoring or gameplay in anyway but is made available to provide you some visual variation when using the application.

- Copper Buddha

- Wood Buddha

- Gold Buddha

- Patina Buddha

To make your selection press the ÒSelectÓ button beneath your choice to continue to Step 3 Ð Select Location or Setting.

Step 3 - Select Location or Setting

Progressive Body Scan Meditation allow you to choose from four (4) locations or settings to use when you are meditating. This selection does not effect scoring or gameplay in anyway but is made available to provide you some visual variation when using the application.

- Landscape 1 Ð Mountains

- Landscape 2 Ð Forest Stream

- Landscape 3 Ð Water Garden

- Landscape 4 Ð Zen Garden

To make your selection press the ÒSelectÓ button beneath your choice to continue to Step 4 Ð Select Background Music.

Step 4 - Select Background Music

Progressive Body Scan Meditation allow you to choose from four (4) background music tracks to use when you are meditating. This selection does not effect scoring or gameplay in anyway but is made available to provide you some aural variation when using the application.

- Canyon

- Cosmos

- Om

- Zen

You can audition each of these tracks by clicking on the icon above each title. A short audition of the selected track will play to help you make your selection (see icon below).

To make your final selection press the "Select" button beneath your choice to continue to Gameplay.

GAMEPLAY

Start Meditation
Breathing Cycle Indicator
Volume Settings
Objective and Scoring

Start Meditation

Once you have made your final selections for Avatar, Location and Music you will see the large blue arrow to continue. If your sensor connection is "Poor" you will also see the message "Warning: lom is not detected. Your session will not be scored." You can either work to correct any issues or if not using lom sensors, press the the arrow to continue.

Jom Signal GOOD

Before the meditation begins, you will see your selected Avatar, Location and begin hearing your background music selection play. Press the Play button to begin the meditation. It will countdown 3,2,1 then begin.

Begin Meditation

Breathing Cycle Indicator

When the meditation begins you will see an object on the left side of the screen moving up and down in rhythm (in this example it is a rock. "Location" determines the object that will be used.) This is your breathing indicator. As the object rises you should slowly and gently inhale. As the object falls you should slowly and gently exhale. It is this breathing pattern that will influence your heart rate variability and coherence scores.
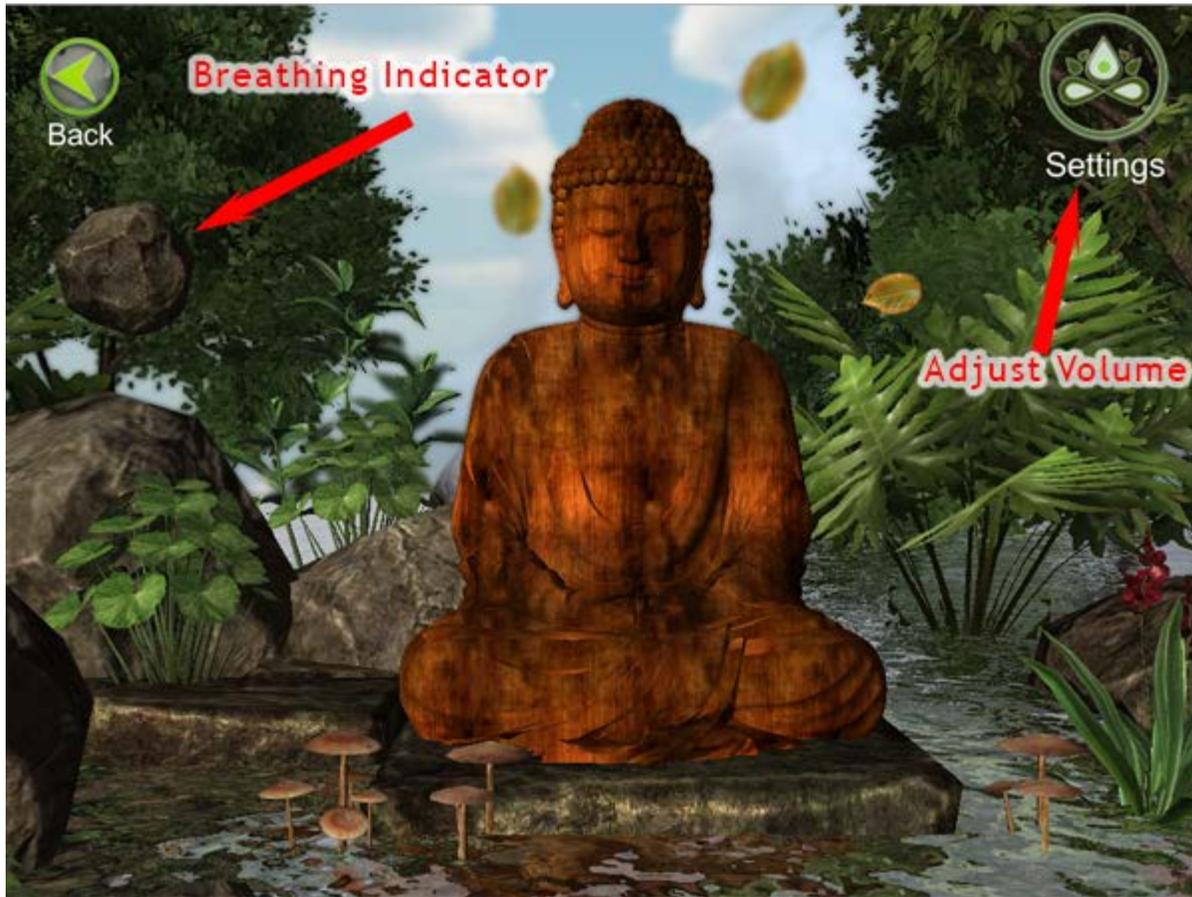
Volume Settings

In the top left corner of the screen you will also see a button ("Settings") that will allow you to adjust the volume of both the background music and the Zen MasterÕs voice. Use these when you need to make changes during the session. You can reduce either level to zero if you choose as a means of customizing your meditation experience with Progressive Body Scan Meditation.

Objective and Scoring

Progressive Body Scan is a meditation that moves through your body in a top-down motion. As you progress through the meditation you will see parts of the avatar begin to glow either **YELLOW** or **PURPLE**. The color indicates the snapshot of your coherence at the end of each of the 11 phases of the meditation. Yellow indicates that your are out of the coherence level required for your chosen level of difficulty and Purple indicates you are within the coherence requirements for your chosen level of difficulty (see image below).
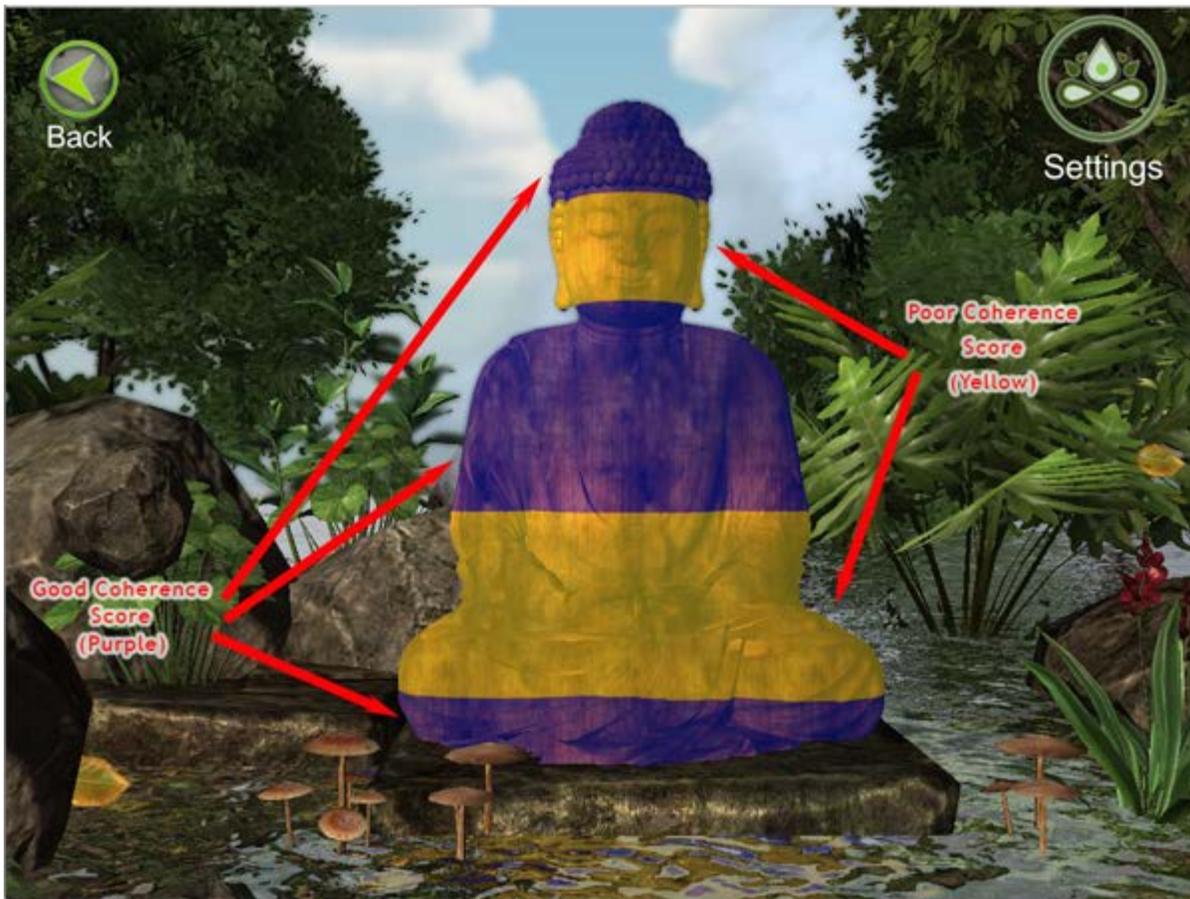
The objective is to make the entire avatar glow purple as you move through the meditation. If you see any part of the avatar glowing yellow simply relax and gently ease your attention to your breathing cycle along with the guidance from Zen Master Nissim Amon to help guide you back into the purple. Let this be a helpful guide to be mindful of the meditation session. "Trying harder" is not an effective means of achieving your relaxation and meditation objectives. Relax and breathe.

You are also trying to meet the overall average objective of the meditation based upon level of difficulty. Those objectives are:

- Extra Easy - 40% Coherence

- Easy - 60% Coherence

- Normal - 70% Coherence

- Difficult - 85% Coherence Extra

- Difficult - 95% Coherence

When you have completed the meditation you will be presented with a screen that shows your current session score

and information as well as the 4 most recent Progressive Body Scan Meditation sessions' information. The score you see is the overall average coherence score for the entire meditation session (see below).

Tips and Suggestions - Start off with the Normal setting and adjust upward or downward based upon your initial attempts. The more you use Progressive Body Scan Meditation the more you will become more familiar and in tune with your body's state of relaxation and your breathing cycle. As you accomplish the goals of each level feel free to adjust the settings to more difficult levels to help provide you insight using the active feedback measurements on your current state and progress.

Remember that Heart Rate Variability (HRV) is an important component in improving your coherence score. Adjust your Breathing Cycle rate so that your are easily and in a very relaxed way breathing in sync with the breathing indicator on the left side of the screen. Once you find this natural rhythm you will also find increased state of relaxation increased coherence scores at the end of each session.

You can also try varying your session length, background music or try using Progressive Body Scan Meditation with only the background music or perhaps no audio at all. All of these variations will help you become more aware of your meditative state as well as your breathing and level of relaxation. Experiment to find your best combination of

elements each day.

Soon your daily meditation will look the image below on a consistent basis!

ADDITIONAL INFORMATION and SUPPORT

Credits

Contact Support

If you are experiencing issues with Progressive Body Scan Meditation you can contact us at PSM Support for further assistance.