

INDIGO Start-Up

instructions (Model V1)



welcome!

To help you get started setting up your equipment in a quick and easy fashion, this document contains some important first steps to take, and many helpful hints that are easy to follow.

We highly encourage you to take a few minutes to first read this information before doing anything.

Please contact us if you have questions.

ACCOUNTS, UN's & PW's

LAPTOP

TABLET

SETTING UP THE INDIGO & LAPTOP

HARNESS SET

CLIENT DATA BACK-UP & RESTORE

WINDOWS UPDATES

G.E.M. CAST

ONLINE TRAINING / CERTIFICATION

ACCOUNTS, USER NAMES & PASSWORDS

- 1. Software / Device Account:** Is set up on www.qxsubspace.com The Username is your email address, and the Password is initially set at 12345678 This account is to access software service packs, new updates, full software downloads and software activations. You can change your account password if you wish.
- 2. G.E.M. Cast:** *Is a live and archived interaction-session program that is available only to recent and current Quantum World Vison Biofeedback customers.*
- 3. The Quantum Academies (TQA):** A series of emails from TQA will be sent to you explaining how to access the training courses - materials, books and videos. In one of those emails, there will be an assigned private User Name and Password.
- 4. EDUCTOR64 Software Program for INDIGO Password:** 1122 - After opening the program and clicking through the first few panels, you will reach the password page. This is where you enter 1122.

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The password for the laptop is 1122

1. The Taskbar that runs along the bottom of the screen is in Auto-Hide Mode. To make the Taskbar appear, move the arrow to the bottom of the screen.
2. It is recommended to use a mouse with the laptop. The Touch Pad can be used but it is quite sensitive and it is easy to inadvertently click on something in the program with a brush of a finger or palm without knowing it.
3. On the desktop there are 2 Folders. 'MISC Shortcuts' with software installation programs, and 'MANUALS & INFO' for the Prayer, Anti-Smoking and BIG program Manuals, and Warranty info.
4. Icons for the software programs - EDUCTOR64, Anti-Smoking and Prayer are on the desktop. All are activated and ready to use. NOTE that all the programs with the exception of the Prayer, need to have the INDIGO connected to the laptop and turned on.
5. To view The Quantum Academies training files and materials and videos on your laptop, PDF Reader has been installed on the laptop. The Icon to open this app is on the Taskbar. A user name and a password, along with instructions to access the online courses, will be included in an email to you from The Quantum Academies.
6. In order to attend and view the Live G.E.M. Cast Sessions on your laptop, Zoom must be installed on it. Please go to zoom.us and sign up - it is free and only takes a minute. Please take advantage of these important sessions with Susan.
7. ZOHO Assist has been installed onto the laptop. ZOHO Assist is the program we use to be able to remote-into a laptop. In the case of software installation, troubleshooting, or any other support element, Teamviewer can help us help you for a quicker and easier solution. The ZOHO Assist icon is on the Taskbar for easy access.

TABLET

Set-Up: The Tablet has not been opened and will need to be set-up with your personal preferences. Just a matter of removing it from the box, turning it on and following the Tablet set-up prompts. The Tablet has WiFi connectivity so you can go online and do email. The Samsung Tablet runs on the Android OS like on Samsung phones, and the Apple iPad on Apple iOS like on iPhones.

NOTE: To view The Quantum Academies training files, materials and videos on your Tablet, Puffin Browser and Javelin PDF Reader have to be installed:

- To start, turn on your Tablet and make sure you are online / connected to WiFi.

1. Puffin Browser. Go to puffinbrowser.com then click on "Mobile Apps" then click on "Google Play" for the Samsung and App Store for the iPad. Install.
2. Javelin PDF Reader. For the Samsung, go online to Google Play and type in Javelin PDF Reader in the Search Bar. Install. For the iPad, go online the Apple App Store - search Javelin PDF Reader. Install.
3. To attend and view the G.E.M. Cast Live Sessions on your tablet, Zoom has to be installed on it. For Android (Samsung), go online to Google Play and for the Apple iOS (iPad) go online to the App Store and type in Zoom Cloud Meetings in the Search Bar. Install. and type in Zoom Cloud Meetings in the Search Bar. Install.

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1.) Use the USB cord that came with your INDIGO device box, connect the square end to the back of the INDIGO box, and the other USB connector end **into the designated USB port on your laptop**, every time. Plugging the USB cord into a different USB port on your computer will prevent the Indigo from being recognized (detected) by the software. Prior to your computer recognizing the INDIGO, the specified com-port must have been configured for device usage. If your computer was a part of your device purchase package, a **Colored Sticker will indicate the designated USB port on the left side**.

NOTE: *On USB connections, a good habit to get into is, when removing a USB cord from a USB port, always pull it straight out – this, as opposed to "wiggling it" as you pull it out. It may seem easier when you wiggle it, but by pulling it straight out, the USB port itself will maintain a strong connection and avoid becoming loose/damaged over time, requiring repair.*

2.) On the front of the Indigo, there is a round "power button" on the left side of the blue Indigo face. When you push the power button, it should depress and you will hear it click into place. You will also see a slight illumination to help indicate it is "on". **It's necessary to have the INDIGO connected to your computer via the USB cable AND the "power" turned "on" prior to opening the Indigo software.** After turning the Indigo on, give it a few moments to initialize before opening the software. You will hear a faint chime and you will notice the initializing progress on the INDIGO's device screen. This indicates that it is engaged and you can proceed to open the software. When finishing an INDIGO session or closing the INDIGO program, always be sure to close the software program first, before turning off the INDIGO device.

3.) Double click the "EDUCTOR64" icon on your computer's desktop, and wait a few moments for the Indigo system program to start launching. **At 25% of loading, it will pause as it searches for the INDIGO device connection.** A small window will appear displaying an Indigo device image and the serial number of your device. At the bottom of this small window is a Close button. Once the Close button is clicked the program will continue to open. Each time this device recognition window appears - at 25% of loading, it is indication the Indigo device is being properly detected by the computer.

Note: The INDIGO software will also run in what is referred to as Virtual Mode— meaning, without the Indigo device connected to the computer. This is a great feature, offering increased flexibility and portability for learning and travelling. The software is programmed to allow 50 of these virtual uses (with slightly less than full software functionality) before it defaults to "Demo Mode". This is easily rectified and/or prevented. You simply reconnect the Indigo device to the computer's designated USB port and receive visual confirmation of the device's detection. At 25% as the software launches, a small window will display an INDIGO image and your device's serial #. If one has failed to reconnect the Indigo device before the software counts down to zero, it defaults to "Demo Mode". In this state, the TEST function will be inactive and the system will require reactivation. This is done through the Password screen, with your Username and Password, while the computer is online. Detailed instructions can be found on the website Support FAQ's; <http://www.quantumworldvision.com/services/indigo-faqs/>

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4.) Click the small "Continue" and the Main Menu screen will appear. Click "Password" / OK, to open the password panel. At the top, in the password field, where the cursor will be blinking, type in 1122. This is the default password needed to proceed to enter the software. Please note; **if you change this password**, it can cause some inconveniences ...should you ever require technical assistance.

5.) After the password is entered and "OK" clicked, you will be returned to the Main Menu page. At this point click on "Demographics" and the SOC Index panel appears.

6.) On the SOC Index panel, if entering a new client start by entering a client's full name in the Testee Name field (upper left). It is a good idea to start with a Test Client. You can use the words "Test Client" for the Testee Name. Select "Male" or "Female" or "Both". Then go through the SOC questions and when done, click on "Client Data (Load New or Previous Client)"/ OK.

NOTE: *On subsequent sessions, if you want to load a client that was already entered into the program previously, as in a "Test Client", you can bypass the SOC index questions, skip entering the name and go right to the Client Data panel by clicking "Client Data (Load New or Previous Client)"/ OK.*

7.) The Client Data panel appears. If this is a new client entry, Click "New Client" /Click Ok to the Birth Date dialogue message and then enter the birth data. Use the calendar arrows for selecting the month and click on the day and then type the correct year of birth. Enter the birth place (town/city, state / province and country). Click "Save Current Client". Click Yes/OK to the dialog boxes that pop up, and you will return to the previous SOC Index Panel. Click the bottom Close button on the screen. If a Biorhythm concern dialog box pops up, click "No" to this and you can Click Close on the SOC Index panel. Note: If you are selecting a client already listed from a previous entry, click to highlight that client's name on the list and click "Previous Client" / OK.

8.) Once the SOC Index panel has closed, you will again be returned to the Main Menu page and you can now click "Calibration". The Calibration panel appears - Click "Calibration" – you will notice the cursor spinning (busy), but click anyway. When the calibration is complete, a dialogue box appears, "Calibration Complete Proceed to Test" - click "OK" and then click "Yes" to closing the Calibration panel.

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continued two

9.) Again you will be returned to the Main Menu, now click “Test” and the Main Matrix screen opens. Look for the “Prepare” button (top center area). Click once and the button itself changes to “TEST”, in red letters. Click on “TEST” you will notice the cursor spinning (busy), but click anyway. The client reactivity test takes approx. 3.5 minutes and when done, there will be a large button, “Please Load New Info Report”. Click this, and the results will be revealed. Only click this button after a TEST has been completed for accurate results. All the matrix signature items, will be listed in order of reactivity, with the highest reactive value items at the bottom. Resist jumping to conclusions about what you see. These are the most basic steps to get you started. From this point, you're a detective and will learn more about proper interpretation and all levels of navigation, as you view The Academy training videos.

NOTE: *For accurate results—only click a “load report” button—after a TEST has completed, as you may see one before running the TEST function. Future software versions may no longer require that you click anything to load the results, as they will be revealed after the TEST function completes.*

STEPS 1-9 are the minimum instructions for loading a client into the system and are provided here solely for the purpose of helping you get started with the navigation. You will learn all the additional steps, navigation techniques and proper interpretation of the data, as you view The Quantum Academy training materials and videos.

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HARNESS SET

Head & Limb Harnesses - Device & Client Connections

On the right front of the INDIGO box, you will see 2 connectors; these are called "Harose connectors" and are where your head and limb harnesses connect. It does not matter which Harose connector you use to connect either the head or limb harness; the INDIGO is designed to know the difference between the 2 harnesses so you can connect each one to either port. Hold the INDIGO device firmly in one hand and press the cable connector end into the receiving connector on the device and turn until you feel it move into the exact position that will allow it to be firmly depressed and "locked" into place. As soon as the limb harness is pressed into place the lights around the Harose connector will illuminate in red. To remove the harness pull back on the spring sliding, metal casing around the connector and continue to pull straight out until it disconnects.

The head harness is the long, single strap, with the 8 electrode strips on one side. This secures at the back of the head with the Velcro and the white cable positioned to the right side of the clients head. The head harness should be fastened comfortably snug, for good contact, but not "headachy tight". The 8 black electrode strips should be centered on the client's forehead, ideally with skin contact or directly over a thin, sanitized, sanex strip, moistened to obtain the necessary "skin resistance" for best reactivity results. As soon as the head harness is pressed into place the lights around the harose connector will illuminate in blue. To remove the harness pull back on the spring sliding, metal casing around the connector and continue to pull straight out until it disconnects.

The limb harness has 4 long wires with a color coded system of connectors for each wrist and ankle: There are Velcro wrist and ankle straps that should wrap comfortably around the skin of each wrist and ankle, again, snug but not too tight. Use the following color connections on each limb.

- a.) The Yellow connects to the client's left wrist (It's easy to remember "Lemon for Left")
- b.) The Red connects to the client's right wrist (It's easy to remember "Red for Right")
- c.) The Black connects to the client's left ankle (count left as "first" and remember the term "Black and Blue" for the ankles; with black first, blue second)
- d.) The Blue connects to the client's right ankle (Blue for 2nd ankle.)

NOTE: The skin should be clean of makeup, creams or lotions as this can hinder, affect and degrade the electrode conductivity over time. Electrode sprays and/or gels can be used, as dry skin does not conduct well. Please review the Manufacturer's, Instructions for Use manual, for full details on which products can be used and harness use and care. This document is available for reference or download on our website.



G.E.M. CAST for Quantum World Vision Biofeedback customers. A series of live interactive sessions to get you up and running for a quick start, and/or to help guide you along to a better understanding of the software program whether for a SCIO, INDIGO or EDUCTOR. The live sessions are an excellent complement to the online training courses and are designed to parallel the courses, give you tips and pointers to make sure your learning is consistent and in-depth.

There are several important items and actions that we need to tell you about. Such as how to access the live G.E.M. Cast sessions, the archived recordings, and the live session calendar. You will also need the software required to attend the live sessions.

In order to attend a live session, or access an archived recording, and/or view/download the session calendar onto a computer and a tablet, follow these steps:

Software: The live sessions are broadcast with a program called Zoom. NOTE: To attend and view the live sessions, first download and install Zoom on your computer. It's free and only takes a minute to accomplish. Go to <https://www.zoom.us> and click the "Sign Up Free" button and follow the prompts. NOTE: If you wish to use a Tablet for G.E.M. Cast, Zoom Cloud Meetings can be installed from Google Play for Android (Samsung) and the APP Store for Apple iOS (iPad).

Go to www.quantumworldvision.com - in the top left-hand corner of the website page, you will see a G.E.M. Cast button.

Click on the G.E.M. Cast button.

It will take you to a Password required page.

Enter the password.

This will take you to the page with the live session dates and times as well as the archived recording links (when available). There will be PDF links to the calendar, and the G.E.M. Cast Descriptions.

The Calendar illustrates the dates and time schedule of the live sessions.

To attend a current session, or to watch a previous recording, click on its associated link.

G.E.M. Cast sessions commence with an Orientation (OR) and a series of Beginner and Advanced (6 of each). It is encouraged that students attend the sessions in sequential order for the best flow and progressive learning.

From time to time, we will send-out notifications with updated information such as new live session and recordings links. Again, all this information will be available in the G.E.M. Cast section on www.quantumworldvision.com

On the Facebook Group "Quantum World Vision G.E.M. CAST with Susan Harms" we will post information and G.E.M. Cast updates, and we encourage students to join in. Not essential, but like any forum, a great place for people to exchange and share ideas.

Here is the link to the group: <https://www.facebook.com/groups/1529604867167082/>

If any questions regarding the G.E.M. Cast, or require any Technical/Navigational support, please call 800-388-2033 or email Susan Harms at support@quantumworldvision.com

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Step 1: Biofeedback Course:

Online course content (downloadable). The Quantum Academies' Biofeedback Course is a ten-hour lecture of the science and history of biofeedback. This course is theoretical and does not require a biofeedback device.

Step 2: Basic Navigation Home Study Course:

This is a prerequisite for beginning the Beginners Course. Please review the Basic Navigation manual a minimum of three times cover-to-cover prior to your Beginners Training. You will need to have the device software program loaded on your laptop prior to beginning this prerequisite. You will not be allowed to attend to further training courses without having completed this prerequisite.

Step 3: Beginners Course:

This course is to provide the new student with a working knowledge of the device software program, and is designed to immerse novice Quantum device users in hands-on practical training for utilizing the device and its software. With the completion of this course and the biofeedback course, each student is given the opportunity to become a Certified Biofeedback Technician (CBT), which is accredited through the Board of Advanced Natural Health Sciences (BANHS) (see Step 5 for details). The benefit of becoming a Certified Biofeedback Specialist (CBS) after obtaining a CBT is that you can be an independent practitioner as a CBS.

Step 4: Commence the Coaching Course:

Complete the first three online modules of the Coaching, Consent and Compliance Course (Course Overview; Legal Language & the Law; Compliance).

Step 5: Biofeedback Technician Application:

Upon completion of the Beginners Course, Biofeedback Course, and first three modules of the Coaching Course, each student is given the opportunity to become a Certified Biofeedback Technician (CBT), which is accredited through the BANHS. The fee for the CBT certification is \$149 and the annual renewal fee is \$59. See <http://banhs.org> for details. The CBT will allow you to apply for professional liability insurance.

Step 6: Anatomy & Physiology Course:

You must take this course or the equivalent (as documented by transcript or license) as a prerequisite to the Advanced Course, as well as being required for Certified Biofeedback Specialist status.

Completion of the course requires that you take and pass the Anatomy & Physiology online exam. (Exam fee: \$50, available online at <http://www.thequantumacademies.com/exams/>).

Step 7: Competency Hours (300 Hours Practicum):

Candidates for certification as a Certified Biofeedback Specialist with the BANHS must complete a 300 Hour Practicum on the device software becoming skilled at navigation. We will not call these "supervised hours" but rather "skill development/competency practicum hours" and can begin to be counted towards the Practicum once the student reaches a point of efficiency (basic navigation) using the device software. The memorialization of hours needs to include the date and hours for each activity and list a client code name or number and short description of the activity. Any such development time incurred in a clinical or professional setting while under the approved supervision of a BCBS shall be counted as double time. Such supervisory approval may be authorized only by BANHS.

Step 8: Advanced Course:

This six-day program at the Academy covers advanced topics for a deeper understanding of the device software program. It is recommended that you register for the Advanced Course two-three months after taking the Beginners course. This class should be taken contemporaneously with the Competency Hours and Coaching Course.

Step 9: Complete the Coaching Course:

Complete the online modules of the Coaching, Consent and Compliance Course. The practicum and observations requirements of the course are designed to be completed as part of the Advanced Course. (Exam fee: \$50, available online at <http://www.thequantumacademies.com/exams/>).

Step 10: Advanced Exam:

Demonstrate the knowledge gained from our training program through the online Advanced Exam. This examination is required for the Specialist Certification and should be taken following the completion of the Quantum Academies training courses. Register at www.thequantumacademies.com/exams/advanced.html. Exam fee: \$50.

Step 11: Biofeedback Specialist Application:

Following the completion of steps 7 through 11 (Anatomy Course, Competency Hours, Advanced Course, Coaching Course and Advanced Exam), a Certified Biofeedback Technician earns the right to apply for designation as a Certified Biofeedback Specialist. See <http://banhs.org> for details.

Liability Insurance: The CBT will allow you to apply for professional liability coverage through a qualified insurance company. See <http://banhs.org> for details.

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