

# Meditation Stages Monitor






## Demo Mode User Guide

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### What is Demo Mode?


Demo Mode is an **automated walkthrough feature** that takes you on a guided tour through the key meditation stages and states. Instead of manually adjusting sliders, you can sit back and watch as the app automatically demonstrates different combinations, showing you how the three dimensions (Absorption, Peace, Joy) relate to various meditation stages.

#### Perfect for:


-  Presentations and workshops
  -  Teaching meditation concepts
  -  Testing the app's full range
  -  Quick overview for new users
  -  Learning about meditation stages
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### Quick Start

#### Starting Demo Mode

1. Look for the **Demo Control Panel** at the top of the app (below the title)
2. Click the "  **Start Demo**" button
3. Sit back and watch the automated sequence!

#### Stopping Demo Mode

- Click the "  **Stop Demo**" button anytime during the sequence
  - The sliders will return to your control immediately
  - Demo will also stop automatically after completing all 10 steps
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## The 10-Step Demo Sequence

Demo Mode walks through **10 carefully selected states** that showcase the full range of meditation experiences. Each step lasts **3 seconds**, giving you time to observe and read the feedback.

### Step-by-Step Breakdown:

#### Step 1: Not Meditating

**Sliders:** 0% | 0% | 0%

**Stage:** Not meditating

**Purpose:** Shows the baseline state when no meditation is happening

**You'll see:** "😓 Dude, you are not meditating!" message

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#### Step 2: Dharana - Beginning

**Sliders:** 30% | 40% | 25%

**Stage:** Dharana (Concentration)

**Purpose:** Demonstrates early concentration with mind wandering

**You'll see:**

- "🧠 Mind Wandering" for Absorption
  - "🌿 Shanti" for Peace
  - "😓 Low Mood" for Joy
  - Overall: Dharana stage message
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#### Step 3: Dharana - Mixed Development

**Sliders:** 45% | 35% | 48%

**Stage:** Dharana (Concentration)

**Purpose:** Shows uneven development where qualities grow at different rates

**You'll see:** Mixed feedback with one dimension still below 50%

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#### Step 4: Dhyana - Sustained Flow

**Sliders:** 65% | 70% | 60%

**Stage:** Dhyana (Meditation)

**Purpose:** First sustained meditation state with all dimensions engaged

**You'll see:**

- "👁️ Steady Attention" for Absorption
  - "🌸 Gentle Peace" for Peace
  - "🌻 Content" for Joy
  - Overall: "🌟 Dhyana - Sustained meditation" message
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### Step 5: Perfect Balance ⚖️

**Sliders:** 72% | 75% | 70%

**Stage:** Dhyana - Perfect Balance

**Purpose:** Demonstrates harmonious development when all three are closely aligned

**You'll see:** Special "⚖️ Dhyana - Perfect Balance" message indicating all qualities within 10 points

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### Step 6: Absorption Dominant 🎯

**Sliders:** 90% | 45% | 40%

**Stage:** Varies (likely Dharana due to low Peace/Joy)

**Purpose:** Shows strong concentration with other qualities less developed

**You'll see:**

- "🎯 Laser Focus" for Absorption
  - "🌀 Gentle Focus" or "🌿 Shanti" for Peace
  - Individual dominance message about deep absorption
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### Step 7: Peace Dominant ☮️

**Sliders:** 40% | 90% | 45%

**Stage:** Varies (likely Dharana due to low Absorption/Joy)

**Purpose:** Shows profound tranquility leading the practice

**You'll see:**

- "🌺 Perfect Serenity" for Peace
- Lower readings for Absorption and Joy

- "🕐 Peaceful State" dominance message
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## Step 8: Joy Dominant 😊

**Sliders:** 45% | 40% | 90%

**Stage:** Varies (likely Dharana due to low Absorption/Peace)

**Purpose:** Demonstrates bliss and happiness as primary experience

**You'll see:**

- "🌟 Pure Bliss" for Joy
  - Lower readings for other dimensions
  - "😊 Joyful Spirit" dominance message
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## Step 9: Samadhi - Complete Absorption 🕉

**Sliders:** 100% | 100% | 100%

**Stage:** Samadhi

**Purpose:** The pinnacle - all three dimensions at maximum

**You'll see:**

- "🎯 Laser Focus" for Absorption
  - "🌿 Perfect Serenity" for Peace
  - "🌟 Pure Bliss" for Joy
  - Overall: "🕉 Samadhi!!! - Complete absorption in divine consciousness"
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## Step 10: Reset 🔄

**Sliders:** 50% | 50% | 50%

**Stage:** Dhyana

**Purpose:** Returns to balanced middle state, demo complete

**You'll see:** "Demo complete - explore on your own!" message

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## What You'll Learn

### Understanding Stage Transitions

Watch how the app determines which stage you're in:

- **Below 50%** on any dimension = Dharana
- **All above 50%** = Dhyana
- **All at 100%** = Samadhi

### Recognizing Patterns

See how different combinations create different experiences:

- **Balanced development** (Step 5) vs. **Uneven growth** (Steps 6-8)
- **Building foundation** (Steps 2-3) vs. **Sustained practice** (Step 4)
- **Single focus** (Steps 6-8) vs. **Integrated wholeness** (Step 9)

### Visual Feedback System

Observe how the interface responds:

- **Color gradients** change with slider positions
  - **Text descriptions** update for each level
  - **Overall stage** reflects the combination
  - **Progress indicators** show depth of practice
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## Using Demo Mode Effectively

### For Presentations

#### Before Your Talk:

- Run through demo once to familiarize yourself with the sequence
- Note the timing (30 seconds total)
- Prepare talking points for each step

#### During Presentation:

1. Start Demo Mode

2. Narrate what viewers are seeing
3. Point out key transitions (Dharana → Dhyana, reaching Samadhi)
4. Emphasize the relationships between dimensions

**Pro Tip:** Let the demo run silently first, then run it again with your commentary

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## **For Teaching**

### **Classroom Use:**

- Use Demo Mode to introduce meditation stages visually
- Pause between steps by stopping and restarting
- Ask students: "What do you notice about this combination?"
- Follow up with manual exploration after the demo

### **Discussion Prompts:**

- "Why does Dharana appear when Peace is high but Absorption is low?"
  - "What's special about the Perfect Balance state?"
  - "How do the dominance states relate to meditation styles?"
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## **For Self-Learning**

### **First-Time Users:**

1. Watch Demo Mode completely without interaction
2. Read the descriptions carefully at each step
3. After completion, try to recreate the states manually
4. Experiment with your own combinations

### **Returning Users:**

- Use Demo Mode as a quick reference
  - Compare your meditation experiences to the demo states
  - Identify which steps feel most familiar
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## For Testing & Validation

### Verify Functionality:

- Ensure all 10 states display correctly
- Check that timing is appropriate (3 seconds per step)
- Confirm sliders move smoothly
- Validate that messages appear accurately

### Quality Assurance:

- Test on different devices (mobile, tablet, desktop)
  - Verify buttons are responsive
  - Check that demo stops properly when interrupted
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## Visual Elements During Demo

### What Changes During Demo Mode

#### Demo Control Panel:



- ☒ "Start Demo" button becomes grayed out and disabled
- ☒ "Stop Demo" button appears (red, prominent)
- ☒ Step counter shows "Step X of 10"
- ☒ Message box displays current state description

#### Sliders:

- ☒ Animate smoothly between positions
- ☒ Become slightly dimmed (disabled state)
- ☒ Cannot be manually adjusted during demo
- ☒ Gradient fills adjust automatically

#### Feedback Display:

- ☒ Stage name updates in real-time
- ☒ Percentage values change with sliders

-  Individual state texts update below each slider
  -  Progress indicator reflects overall level
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## **Timing and Duration**

### **Sequence Timing**

- **Per Step:** 3 seconds
- **Total Sequence:** 30 seconds (10 steps  $\times$  3 seconds)
- **Transition:** Smooth, immediate

### **Why 3 Seconds?**

This timing allows you to:

- Read the demo message
- Observe the slider positions
- See the stage feedback
- Notice the visual changes
- Prepare for the next step

**Too fast?** Stop the demo and manually adjust sliders to explore at your own pace





**Too slow for presentations?** The predictable timing lets you narrate efficiently

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## **Technical Notes**

### **Browser Compatibility**

Demo Mode works on all modern browsers:

-  Chrome/Edge (Chromium)
-  Firefox
-  Safari
-  Mobile browsers (iOS Safari, Chrome Mobile)



## Performance

- Lightweight animations
- No external API calls
- Runs entirely in browser
- No data collection

## Accessibility

- Demo can be stopped anytime
  - Clear visual indicators of demo state
  - Button states clearly communicated
  - Works with keyboard navigation
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## Educational Value

### For Students

Demo Mode helps you understand:

- How meditation stages relate to inner qualities
- The progression from scattered mind to absorption
- Why balance matters in meditation practice
- Different patterns of meditation development

### For Teachers

Use Demo Mode to:

- Introduce complex concepts visually
- Create consistent lesson demonstrations
- Spark discussions about personal experiences
- Illustrate theoretical teachings practically

### For Researchers

Demo Mode provides:

- Standardized demonstration sequence
  - Reproducible state presentations
  - Clear examples for documentation
  - Reference combinations for studies
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## Frequently Asked Questions

### **Q: Can I pause Demo Mode between steps?**

**A:** Not directly, but you can click "Stop Demo" at any point and the sliders will hold their current position. You can then manually adjust or restart the demo.

### **Q: Can I change the demo sequence?**

**A:** The current version has a fixed sequence optimized for teaching. Future versions may allow customization.

### **Q: Why do sliders lock during Demo Mode?**

**A:** This prevents accidental interference with the automated sequence and ensures the demonstration proceeds smoothly.

### **Q: Can I speed up or slow down the demo?**

**A:** The timing is currently fixed at 3 seconds per step (30 seconds total). This balancing reading time with presentation flow.

### **Q: What happens if I refresh the page during demo?**

**A:** The demo will stop and the app will reset to its default state (50%, 50%, 50%).

### **Q: Does Demo Mode work offline?**

**A:** Yes! Once the app is loaded, Demo Mode works entirely in your browser without internet connection.

### **Q: Can multiple people run demos simultaneously?**

**A:** Yes, each person's browser runs independently. Perfect for classroom settings where everyone has their own device.

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## Tips for Maximum Impact

### **Presentation Tips**

1. **Run it twice:** Once for overview, once with detailed commentary
2. **Point to transitions:** Highlight when stages change (especially Dharana → Dhyana → Samadhi)
3. **Relate to experience:** Ask audience members to identify their typical state
4. **Compare patterns:** Show how dominance states differ from balanced states

## Teaching Tips

1. **Pre-demo discussion:** Ask students what they expect to see
2. **Post-demo reflection:** Invite sharing of observations
3. **Manual exploration:** Follow up with hands-on slider adjustment
4. **Real-world connection:** Relate demo states to actual meditation experiences

## Learning Tips



1. **Watch actively:** Don't just observe—read and absorb the messages
  2. **Take notes:** Jot down states that resonate with your experience
  3. **Repeat viewing:** Run the demo multiple times to catch details
  4. **Experiment after:** Try to recreate interesting combinations manually
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## Key Takeaways

- ✦ **Demo Mode is a teaching tool** - It demonstrates key states automatically
  - ✦ **30 seconds, 10 steps** - Covers the full spectrum of meditation stages
  - ✦ **Hands-free operation** - Perfect for presentations and group settings
  - ✦ **Can be stopped anytime** - Full control over the demonstration
  - ✦ **Educational focus** - Designed to help understand, not just showcase
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## Getting Started Now

### Ready to try Demo Mode?

1. Open the Meditation Stages Monitor app
2. Look for the purple "  Start Demo" button at the top
3. Click it and watch the magic happen!
4. Stop anytime with the "  Stop Demo" button

5. After the demo, explore manually to deepen your understanding

**Remember:** Demo Mode is a learning tool. The real value comes from combining the automated demonstration with your own exploration and actual meditation practice.

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## **Need Help?**

If you have questions about Demo Mode or the Meditation Stages Monitor:

- Review this guide for detailed information
  - Experiment with the tool to build familiarity
  - Share your insights with meditation communities
  - Use it as a springboard for deeper meditation study
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 **May Demo Mode serve your understanding and teaching of meditation practices!**

*Last Updated: [Date]*

*Version: Demo Mode v1.0*