


- 
- A man is reclining on a dark grey couch, wearing a VR headset and large black headphones. A smartphone is mounted on the front of the VR headset. A thin black cable runs from the phone down the length of the couch. The man is wearing a dark blue long-sleeved shirt and dark pants. The background shows a wooden floor and a patterned rug.
- 1) Open the website, <http://diymindmachine.com> and select a session. Push the blue "flashing button"
 - 1) Mount your phone on headset as shown in picture
 - 2) Plug headphones into the phone
 - 3) Recline in your favorite chair
 - 3) CLOSE YOUR EYES
 - 4) Relax and enjoy!