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MindEnabled® Technology

Psycho-Mechanics for the future now

Mind-Enabled (ME) Trainer Operating Instructions and Training Guide*

What is ME Trainer?

ME Trainer is an interactive program or app used to exercise, measure and increase your skill level and scores when using MindEnabled Technology (ME Tech). ME Tech provides an exciting new way to get useful information not available by any other means, and allows ways of controlling games or equipment by mental effort without any connection.

Getting Started

To use the ME Trainer, you must first install the ME Trainer software. This will likely require a computer restart. The Trainer uses one of three sources of random numbers, two of which are built into the software. The pseudorandom source provides pseudorandom numbers. This may be used as a baseline where little MMI effects can be expected. PCQNG is a software-enabled source of true random numbers that uses hardware components already installed in your computer. Finally, a hardware MEDrive, Model MED100K, may be plugged into an available USB port. The MEDrive must be connected to the computer prior to selecting the hardware source.

The patented ME Drive responds to your focused mental intention to produce outputs corresponding to your intended results. Scores come from comparing the ME Drive output or "ME Bits" with "Target" information. Intended results can be either a match between ME Bits and Target information (Aim HIGH setting), or no-match (Aim LOW setting). A "Hit" is registered when the intended result is achieved; otherwise, a "Miss" is registered.

Target Modes

Three different Target Modes or types may be selected when using the ME Trainer. These are 1) Affect – directly influencing the outcome of an observed event, 2) Reveal – obtaining information about current events that are hidden from available information sources, 3) Predict – obtaining information about future events that cannot be inferred from presently available information.

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Selection of one of these Target Modes only changes the way Target information is produced. For Affect, the Target information is always set to a binary value of 1. Your focus, that is, your mental effort or intention, increases the chance the ME Trainer output, or ME Bits, will match the target for a "Target High", or mismatch for a "Target Low" target setting. In Reveal mode, the Target information is selected at random by a true random number generator before the beginning of a trial. Your mental effort causes the ME Bits to correlate with, or reveal, the hidden Target information. Predict mode produces the Target information by a true random number generator after the trial is completed. Your mental effort causes the ME Bits to correlate with, or predict, the future Target Bits.

In each Target Mode the desired outcome is for the ME Bits to match the Target information for the "Target High" setting, and to not match for the "Target Low" setting. "Target High" means trying to produce a higher number of matches than expected by chance, and "Target Low" means trying to produce a lower number of matches than expected by chance. The number of successes expected by chance is just 50% of the number of trials.

Changing the Target Mode during a session will reset both the statistics and the ME Rating level.

Menu Bar

The menu bar at the top of the ME Trainer window provides access to options and settings. Click "File", then "Auto Test" to start the Auto Test function, which verifies unbiased functioning of the ME Trainer with no player interaction. Click "Mode", and then either "Affect", "Reveal" or "Predict" to change the type of mental skill to be practiced. The "Options" menu includes a checkbox, "Show Stats", to check for displaying the statistics on the ME Trainer window. The "Reset Stats" button is on the bottom of the statistics window when displayed. The Options menu also includes "Mute Sounds", which mutes the audible feedback when checked, and "Change Target" that toggles between the "Target High" and "Target Low" when clicked. The "Help" menu contains the "Quick Start" and full "Help" file.

The selected Mode and Target Direction, High or Low, are shown on the right side of the Menu bar.

How to Use

To use ME Trainer, first select the Target Mode to be practiced by clicking on "Mode", and then clicking on the desired mode. Then select the Target High or Target Low. The High/Low selection determines whether you want to intend a higher number ME Bit/Target matches (Target High) or a Lower number of ME Bit/Target matches (Target Low). Sit comfortably in front of the computer and focus your intention on causing the desired outcome. While holding this intention, press a key or click the left mouse button to produce a trial. Your mental effort shifts the probability the entropy source in the MindEnabled Drive (or in the ME Trainer) and Target generator will match (or mismatch for Target Low) to produce a Hit or correct intended result.

Motion of a ball on the ME Trainer window and the Hit or Miss lights above and below the ball will show an immediate response to each trial. A successful trial lights the larger of the two

indicators and nudges the ball to roll as if you had pushed it on the edge where the indicator is positioned. For example, when "Target High" is selected, a "Hit" will cause the larger indicator to appear above the ball and nudge it to "roll" away. A "Miss" lights the small, bottom indicator and nudges the ball in the opposite direction. When "Target Low" is selected, the larger indicator will appear below the ball each time a Hit is achieved. For a "Target Low" setting, the desire is to lower the number of matches between the ME Bits and Target Bits.

A successful trial will always light the larger indicator. The ball rolls faster as if pushed by the larger indicator as more successful trials are registered. A string of unsuccessful trials will cause the ball to roll in the opposite direction. A sound is also produced for each trial. The higher tone corresponds to the upper indicator and the lower tone corresponds to the lower indicator. This is true regardless of the Target High/Low setting. Pressing "Reset Stats" will reset all statistics to their default values, but will not affect the ME Level slider.

Try different visualizations or other techniques to find what works best for you. This is an important part of learning with the ME Trainer. For example, form a clear image of the desired outcome, such as the larger light turning on or the ball rolling in the desired direction. Then press a key or mouse button while forcefully projecting a "pulse" of mental energy. The visualization may be of hearing the sound corresponding to the larger light, or moving the ME Level slider higher, or just feeling a successful result. Another approach uses meditation to get to an altered state where the visualization becomes more effective.

There is no indication that physical energy is required to achieve the intended results. However, some physical effort seems to accompany the process, especially when trying the energy pulse method.

ME Rating Levels

The scale on the right of the ME Trainer window indicates your ability rating for the current series of trials. The number in the oval-shaped slider is the approximate rating. Ratings, or ME Levels, range from 1.0 to 20. A rating of 10 or more is very high, while 20 is only achievable by a master of this mental skill. Each higher rating number requires about twice the ability to achieve. Keep in mind that the ME Rating is a statistical measurement. That means that the peak levels displayed in the slider can be the result of chance. The average ME Level produced by chance is 3.8 for any 100-trial session and 4.7 for a 200-trial session. The rating can be used to both monitor your progress and to compare your ability with others.

Resetting the statistics will not affect the ME Rating slider, but changing the Mode during a session will reset both the statistics and the ME Rating level.

Training Guidance

Developing any untapped skill requires desire and training. Most new players will get ratings of 3+ to 5, partly by chance. After a period of practice, levels of 5+ to 7 can be reached. Ratings of 7+ to 11 usually require significant development, and ratings of 11+ to 15 are extraordinary. Exceeding 15 indicates unusual talent and abilities. Only a very few will reach the "master" range of 15 to 20.

Nearly every player has a few common experiences. This information can assist in more effective progress.

- 1) There is always an initial period of learning. Don't expect great results immediately.
- 2) The learning is long-term and cumulative: you will see constant and enduring advancement as you train from day-to-day and week-to-week.
- 3) The mental abilities learned by using ME Trainer will start to pop up spontaneously in your daily life.
- 4) When using ME Trainer, slow down and refocus if you "Miss" or have a series of "Misses". Start at about one trial per second. Even the highest rated player will lose effectiveness above a certain speed of testing.
- 5) ME Trainer is not a "mind-reading" machine. A whim or casual thought will accomplish nothing. You may find certain modes of meditative states will work better for you. Relax, but be clearly present with your visualized or intended outcome.
- 6) The size of the mental effect on ME Trainer will tend to decline during a training session if continued too long. This is generally due to fatigue and decrease in focus.
- 7) If you feel unwell, distracted, upset or too tired, your results will be either very low or neutral. Strong negative emotions occasionally cause the accuracy to drop below chance expectations.

Statistics

A set of rigorous statistics is provided for the more technically minded researcher. The statistics include:

- 1) Total – the number of trials since the beginning of the training session or since the "Reset Stats" button was pressed.
- 2) Hit Rate – the fractional number of correct, that is, desired outcomes or "Hits" relative to the "Total" counter.
- 3) $p(\text{HR})$ – the cumulative binomial distribution probability that the current "Hit Rate" or higher could have been produced by chance.
- 4) Win HR – the fractional number of Hits in a moving window of length 41 trials.
- 5) $p(\text{Win HR})$ – the cumulative binomial distribution probability that the current "Win HR" or higher could have been produced by chance.

The numerical ME Rating is the greater of

- 1) $-\text{Log}[p(\text{Win HR})]$ and
- 2) $-\text{Log}[p(\text{HR})]$, when the number of trials is greater than or equal to 41. Log indicates the logarithm base 2. The ratings are rounded to the nearest 0.1.

Auto Test

The Auto Test function confirms unbiased results of the ME Trainer during "non-influenced" operation. Any Mode and either Target direction can be selected for Auto Testing. ME Trainer must be unobserved while running Auto Test to prevent mental influence.

To run, click "File" and then "Auto Test". Long term testing will produce a $p(\text{HR})$ typically between .01 and .99. Since this is a statistical measure, the $p(\text{HR})$ will exceed these limits 2% of the time.

Data Logging

ME Trainer automatically creates a folder named "ME Trainer Data" in your "My Documents" folder for logging data produced by operating the ME Trainer. "ME Trainer Data" contains a subfolder for each different user name and also for the Auto Test function. The subfolders are named "[username]" or "autotest". These subfolders in turn contain two folders named "Archive" and "Session", as well as a file named "[username]_data.csv". The "[username]_data.csv" file contains the cumulative logged data for "username". This is a comma-separated variable (CSV) formatted file and can be opened directly in Microsoft® Excel. The first row of the data file is a header with fields indicating: UTC (Universal Time Coordinated in seconds since 0000 Hours, January 1, 1900) at the beginning of the first logged training session, username and program name with version number.

The data from the training or Auto Test session begins in the next row. Each row includes the information from a single trial. The fields in the data rows are: UTC-timestamp at the end of each trial, Hit (1) or Miss (0), Aim High (1) or Low (0) and Target Mode; Affect (1), Reveal (2) or Predict (3). The session file is closed when the ME Trainer program is closed. Resetting the statistics does not affect the data logging.

The "Session" folder contains the same data and format as the cumulative data file. Each session file, named "[username]_[UTC-timestamp].csv", includes a header indicating the UTC at the beginning of the session.

If the cumulative data file becomes too large (Excel can only open files with 65,536 lines.), the entire file is moved to the "Archive" folder and a new cumulative file is started. Each archived file is named "[username]_data_[UTC-timestamp].csv", and the UTC is the same as the first trial in the file.

Questions and Comments

Please email contact@coreinventio.com if you have questions or comments about ME Trainer.