

OPERATING INSTRUCTION

Xucia
Nº03

Home Portal
Meditation Lamp



IMPRINT

light attendance gmbh

Claudiaplatz 1

6020 Innsbruck, Austria

www.light-attendance.eu

2022

No liability for printing mistakes

Dear Light Traveler!

Welcome to the worldwide family of Lucia N°03.

With the Lucia N°03 Home Portal you have purchased a quality product. We congratulate you to this decision.

Your meditation lamp Lucia N°03 Home Portal was manufactured by craftsman with special diligence in Kufstein/Austria. It is an austrian quality product. The seperate parts come from the surrounding area of Kufstein except for a few electronic parts.

We set great value upon durable products. Each product gets high attention before it leaves our distribution.

Enjoy in experiencing of intense colorscales, an expanded state of consciousness and a journey within your own spirit.

We created this reference guide, to guide you in the beginning stages.

Of course you can contact your distributor or us at any time, if you have questions.

We hope you enjoy your Lucia N°03 Home Portal.

The Lucia N°03 Team

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■ THE COMPLETE EQUIPMENT LUCIA N°03 HOME PORTAL

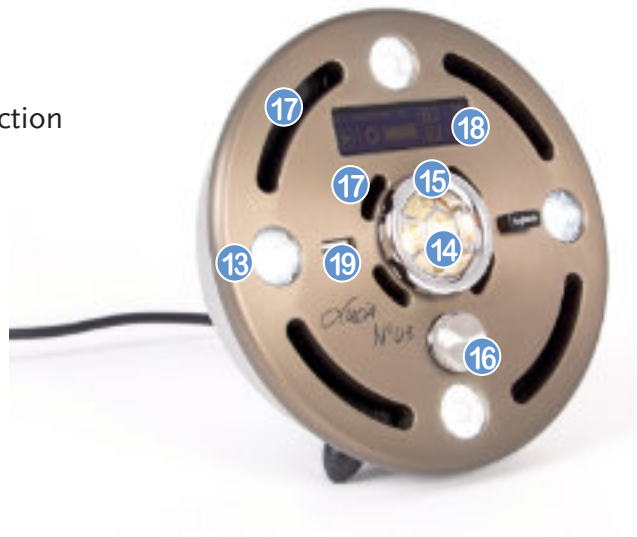
Product description and delivery contents

- 1 Lamp
- 2 Power adapter and connector (country specific), incl. manufacture specifications
- 3 Remote (wireless mouse) incl. Batterie and USB-Stick, incl. vendor note
- 4 Lucia N°03-USB-Stick (for data transfer)
- 5 Lampstand: base
- 6 Lampstand: Telescopic rod (= bracket for the lamp head)
- 7 Manual
- 8 Pillow with cover
- 9 Storage case
- 10 Round information sheet for serial number
- 11 Lucia N°03 Controller including charging cable
- 12 USB-Stick for Lucia N°03 Controller



Lamp Description

- 13 4 LEDs (flare light)
- 14 1 Halogen bulb (middle) with touch protection
- 15 Touch protection can be uncrewed for replacement of the halogen bulb
- 16 Turning knob
- 17 Louvers (4 large ones, 4 small ones)
- 18 Display
- 19 2 USB-Ports



- 20 Electric hook-up
- 21 3 Pedestals
- 22 Opening fixture for the vertical bracket of the lamp
- 23 Screw opening to stabilise the vertical bracket



Note

The meditation lamp Lucia N°03 is not a medical device.

■ IMPORTANT INFORMATION

Everything about the safe handling of Lucia N° 03 Home Portal

Purpose of use

Please read the operating instructions carefully. This will avoid errors that could lead to a malfunction. Store the manual carefully for future reference.

- ▷ Lucia N° 03 Home Portal shall not be operated by persons (includes children) that are not aware of how to use the lamp correctly.
- ▷ Excluded from the usage are: children, pregnant women, stroboscope incompatibility, humans with certain mental disorders (psychosis etc.) or other medical problems (seizure disorders, epilepsy etc.)
- ▷ The manufacturer takes no liability for damage or injuries resulting from inappropriate usage.
- ▷ By inappropriate handling, misuse, disregarding the safety regulations, use of force, interventions of persons not authorized by light attendance gmbh there will not be entitled for compensation, also there will be no assume of liability.
- ▷ Children, unauthorized persons and person with physical and mental disabilities should be denied access to this device, to rule out any misuse.
- ▷ If you sell or give your Lucia N°03 Home Portal to another owner, please notify the manufacturer.

Safety Instructions

- ▷ Please consider the technical data and the power connection (voltage), before using.



Attention!

As soon as the light sources are switched on, you must always keep your eyes completely closed in order to prevent injuries to the eyes!

- ▷ If the device is malfunctioning, don't try to repair it on your own. Turn off the device, unplug it and contact your distributor for technical support.
- ▷ No liquid should touch the lamp head or the main adapter.
- ▷ Make sure that no foreign objects or dirt particles enter the vents. This could damage the lamp.
- ▷ Never touch the lamp with wet hands or wet feet.
- ▷ To unplug the lamp pull the plug, never pull the cord.
- ▷ Disconnect the device from the power grid and let it cool off before you remove and store it in your storage case, before you change the bulbs or before you decide to clean the device.



Attention!

Risk of burning! The device head can get hot while in use and may not be touched at any time. Particularly the middle of the halogen bulb can get hot. Neglecting can cause serious burning.

If the Lucia N° 03 Home Portal is in use, there should be a safe distance of at least 40 centimeters (15,7 inch) between the user / or item and the lamp head.



Note

Pull the vertical telescope rod of the lampstand until maximum height.



Technical Instructions

- ▷ Only use the halogen bulb OSRAM 44892 WFL (12 V, 35 W, GU 4, 35 mm) on this device.
- ▷ Steam, dripping water, condensed water and other liquids shall not reach the lamp head. This could lead to damage the electronic.
- ▷ Lucia N° 03 Home Portal may not be used in the packing.
- ▷ The lamp head must not be opened or technically changed.
- ▷ By any damage Lucia N° 03 Home Portal should be disconnected from the power grid immediately.



Attention!

Electrical shock hazard! Default in complying with directions can lead to injuries, electric shock and life-threatening conditions. Therefore the device runs with electricity, electric shocks cannot be ruled out. Please note the following security hints:

- ▷ Only parts from the manufacture may be used in the device.
- ▷ Lucia N° 03 Home Portal may only be used with the provided ballast unit.
- ▷ Lucia N° 03 Home Portal may not be use with a defect or damaged cord (Electrical Shock Hazard!).
- ▷ Only cords from the manufacture are allowed to be used.
- ▷ To avoid overheating Lucia N°03 Home Portal may not be covered while in use at any time.
- ▷ Lucia N° 03 Home Portal may only be used in living and working areas (not in wet rooms or outside areas) and only for its intended purpose.

Assigned Purpose

This device serves the purpose of hypnagogic light experience and may only be in use by following the security advices. The manufacturer is not liable for any damage or harm that is caused by inappropriate use.

The security advices can be found in this manual or online www.light-attendance.eu in the menu „Costomer area“ under „PIN Manager“. They are always updated and available as download. Print the security advice, read it carefully and advice others who have access to Lucia N° 03 Home Portal, especially the ones that accompany you on your light trips.

Who can use this meditation lamp?

- ▷ Individuals that have reached 18 years of age.
- ▷ Individuals that are not excluded. Please note therefore the list „reasons for exclusions“.
- ▷ Individuals who are in good physical and mental health.

General Terms

What is Lucia N° 03 Home Portal?

- ▷ The device is a meditation lamp.
- ▷ The device is not approved as medical equipment.
- ▷ The device is intended for use by human beings.
- ▷ The device is designed for individual use.
- ▷ The device induces the hypnagogic light experience. This is a state of consciousness between being asleep and being awake. Solid and flickering light guide the user into an expanded state of consciousness, similar to meditation.



Note

When someone uses this device for the first time, the short demo sessions „demo easy“ (2 minutes), „demo medium“ (3 minutes) or „demo strong“ (5 minutes) should be run. Please observe the user always (at any moment!), so in case the user feels uncomfortable, you can stop the session at any time (remote function!) Never leave a person unattended while the session is running.

Reasons for exclusion

Before purchasing this product the risks have been pointed out to you through our product page and offer. Please read carefully each step and keep it in mind while using our product. Please note our special instructions and application rules in the manual, also available as download www.light-attendance.eu.

Individuals under 18 years of age

Please make sure, that a person under the age of 18 does not use this device. Reason: The brain of minors and juveniles are in different stages of development. In some stages of development the brain is in greater readiness to release an epileptic seizure.

Pregnant women

Pregnant women are excluded from the usage, because there are no medical statements how this would affect an unborn child.

Individuals with stroboscope incompatibility

Please make sure that if you or another person suffers from stroboscope incompatibility, or tend to have epilepsy, they do not use this device. The single sessions (light sequences) are programmed, that an intense flickering light is caused, which can result to an epileptic seizure.

Persons with mental illnesses

This device is not designed to be used for people dealing with psychosis, psychotic breaks, extreme anxiety disorders. The light could intensify their experience resulting in less than favorable results. If someone has any doubt about using the Lucia N°03, please refer them to their physician to discuss.

Consumption of alcohol, other drugs and medication

Being in a state of consciousness based on consuming alcohol or other drugs, do not use this device. The impact could be reinforced and could lead to uncontrolled reaction. If you take medication, please consult your doctor before using this device.

Sleep deprivation

If you suffer from sleep deprivation, you are in a different stage of consciousness than usual. Do not use this device in that case.



Note

Only use this device, if you are in a good physical and mental condition. If you let a third party use this device, then make sure he/she is using it by his or her own choice. Never force the usage on anybody. Give the user all necessary information for possible risks. Make sure, the person has no reasons of exclusions. Make the person sign a waiver before starting the session.

First time epileptic seizure

Even if you have never experienced an epileptic seizure before, there is a small possibility you could still have one. The possibility of a sudden seizure is rare, but it cannot be ruled out. Basically, an epileptic seizure can be evoked due to different events in daily life.

However, the use of flickering light increases the risk of a first-time epileptic seizure. Get further information from your doctor.



Attention!

Use this device only if there is a person around that could provide assistance and help if needed. Make sure this person does not have any reasons of exclusions and was informed about any risks using this device. Instruct this person on what to do in a case of an emergency (see also Emergency procedure).

Convulsions

In rare cases there is a possibility, that in deep state of trance caused of pulsed light, unexpected convulsions can be induced. Convulsions are cramps, shown as shaking and twitchy movements particularly of the limbs or the whole body. Cramps can be slight or severe. It could be that a person in this stage is not responsive.

Flashbacks

In rare cases there is a possibility of flashbacks especially in connection with pulsed light in deep state of trance. Get further information from your doctor. A flashback is a psychological phenomenon. This is a matter of re-experiencing and flashback caused by a key stimulus. The affected person has then a sudden and powerful re-experience of a past experience or a former emotional condition.

Pavor Nocturnus (=night terror)

People can fall in a deep trance and – similar in a dream – react differently than other people or even respond differently to other people. The phenomenon of “Pavor Nocturnus” causes severe scare from a slow-wave sleep phase without real and conscious awakening.

Safety functions

Safety function „Shock Detector“

If a session is running or your Lucia N°03 Home Portal is connected via function „Light streaming“ to a Lucia N°03 Practitioner System, then the safety feature „Shock Detector“ is activated.

Why?

The device turns itself off as soon the device is exposed to a vibration.

This can happen, if you suddenly feel nauseous during the session or have a seizure and bump against the device. Normally there will be no seizure. But it cannot be precluded, that this case of need can happen anytime.



Note

In case of emergency hit softly against the meditation lamp and the device turns itself off.

If the shock detector is activated unintentionally you can deactivate it immediately: If your display shows: Warning Shock Detected

Turn right ----> 10:

turn the knob to the right, until the figure „0“ appears,

Then the display indicates:

Turn left <---- Now turn 10 to 1 toward the left side.

Then the session proceeds where it has stopped.

Safety function „Remote left click“

You can stop a session at any time by clicking the left remote (mouse) button a couple of times consecutively.



Note

Before using this lamp the first time turn the remote (mouse) on (backside of the remote). Be sure that there is a charged battery. Be sure that the USB-Bluetooth-Stick of the remote (in the remote in the battery compartment) is inserted to the USB-Port of the Lucia N° 03 and therefore connected properly. Test the remote by picking a session. Keep the remote during the session within reach so you can use it anytime.

Safety features

Security Code – 4-digit PIN-Code

The 4-digit PIN-Code has to be unlocked online by the owner before he or she can use his device for the first time. There the safe operating of the device will be pointed out again. Furthermore the person will be informed (via email after registerin online), he or she has to take care that no unauthorized person can access or run the device. If an authorized person passes the code on then it is his or her responsibility to inform anyone who uses this device about its safe operation.

Assisting person nearby

We strongly recommend not using this device alone. It is important to have help close at hand in case of any incident. Ask a person to accompany you through your light experience. Make sure this person is informed about the using and the risks. Instruct this person on what to do in case of an incident (see Emergency procedure). This person should volunteer and never be forced.

Emergency plan

Take time to advice a person what to do in case of an incident.

Shock Detector

In case of an impact towards the device, it turns off abruptly. It can happen that the device turns over if it was not set up properly. Or if somebody lashes out, in cause of an epileptic seizure or by convulsions.

Stop function of the remote (mouse)

By tapping the left remote (mouse) button consecutively you can stop the device immediately. Before usage make sure that the remote is activated. Hold the remote in your hand and/or keep it close to you. Press the left button to deactivate the device.

Disconnect Power Adapter

A user should always use the device in company of another person, who can turn the device off and help in case of an incident. If you do not want to use the shock detector or the remote- stop-function, you can remove the power adapter from the electricity source. Without electricity the device cannot be used. The electric cord is well visible. Disconnecting the power is a step which is easy and fast and can be done by any person.

Emergency procedure

Complications and preparing

Since its introduction in 2009, Lucia N°03 has proven to be a highly effective tool in regards to directly influencing brain activity and awareness. Her impact could be corroborated independently through university studies. The combination between constant and pulsing light as well as the confrontation of the brain with particular frequency sequences lead to changed states of consciousness.

To experience such situations and the reaction of the clients are always individual phenomena, and are therefore unpredictable. Problematic cases are seldom worldwide and are an exemption. **Still, it is your responsibility as a light attendant to be prepared for potential complications.**

In very rare cases, flickering light, as it is used during a Lucia N°03 session, can trigger an epileptic or epileptic-like attack. Also, extremely deep states of trance (for example shamanistic rites with occult acts) can lead to uncontrollable body movements such as jerking, which look and work similar to an epileptic attack. In such situations your client might hurt himself, for example, by falling off a couch.

In case you observe a malaise or uncontrolled movements by your client (jerking, spastic movements):

- ▷ Talk to the person in a soft voice and try to bring him back to the everyday situation. Avoid hecticness, also maybe caused from other present people. Take it easy!

If an attack as described occurs, calmly talk to your client and discuss the situation. Recommend consulting a physician (General practitioner or Neurologist) or a hospital visit. It ultimately depends on your client's discretion if he/she wants to seek medical help.

Altered state of consciousness

The meditation lamp Lucia N°03 Home Portal enables with light impulse to reach an altered state of consciousness in quick way.

Consciousness of this type has always been used by people, to reach and dive into the inner "me", to experience relaxation, perceive unimagined beauty, or to activate the power of self-healing forces.

There is one risk that people can go very deep into a trance and - similar like a dream – act differently than usual or react to others. Mentioned as an example is the phenomenon of "Pavor Nocturnus" (severe scare from a slow-wave sleep phase without real and conscious awakening.) Please clarify this to people who are present while using the device.

- ? **What can a companion do, if that person that is on a light journey (= the person who is using the device) has an emergency (like an epileptic seizure etc.)?**

! Disconnect the device immediately (see above – Safety features).

- ▷ If the person being on the light journey has a cramp – protect her/him from self-inflicted injuries. Remove any objects that can cause it.
- ▷ Support the convulsing person, so she/he cannot fall from a chair.
- ▷ We advise stable side position, in case there is a sign of foam at the mouth so the person does not choke.
- ▷ Call help – keep the emergency numbers ready at hand and know how to operate the local phone.

Generally we advise to have first-aid training.

Report incidents

If you or any other person has an incident, you are obligated to send a message to the manufacturer as soon as possible: office@light-attendance.eu

A form is provided in the download section of the PIN manager.

Why should you inform the manufacturer?

The manufacturer creates a statistic, which will be analyzed. References about the course of events or circumstances can help to improve the product.

Change of owner

In case of selling your device, giving it away or any other taken possession the following acts have to be made:

Inform the light attendance gmbh (office@light-attendance.eu) of any change of possession, in order to take themselves out of the obligation of the responsible handling of the device.

Please send us following information:

- ▷ Date of transfer to another person.
- ▷ A confirmation that you briefed the other person (your signature and the signature of other person).
- ▷ Confirmation, that you cancelled the PIN-Code (on the lamp).
- ▷ Cancel the lamp registration respectively online, so the Lucia N° 03 Home Portal can be newly registered.
- ▷ Data of the new owner (Full name, city and country, telephone number, email).

Why?

- ▷ Therefore you make it for the new owner possible to have a good start with the hypnagogic light experience
- ▷ Therefore you assign responsibility to the new owner.
- ▷ Therefore it is ensured that the new owner has all the information for the device which is needed for usage.
- ▷ Therefore you endorse the steady improvement process.



Note

We retain the requirements of the data protection regulations.

■ UNPACK AND PLUG IN

Unpack and mounting

Unpack the device and accessories with care.

Make sure that after unpacking the meditation lamp is in good condition and that no accessories are missing. If there is visible damage, the device must not be used under any circumstances and your dealer/dealership must be contacted.

Put the pedestal base frame on the floor, so it stands safe and cannot tip over. Then put the vertical bracket in the pedestal base frame. Pull the telescopic rod all the way out until the end stop.



Attention!

Risk of injury! Make sure not to clamp your finger by pulling out or pushing in the telescope rod or the vertical bracket. Pull/push the parts very carefully until you have the right position.



Attention!

Do not clamp fingers!

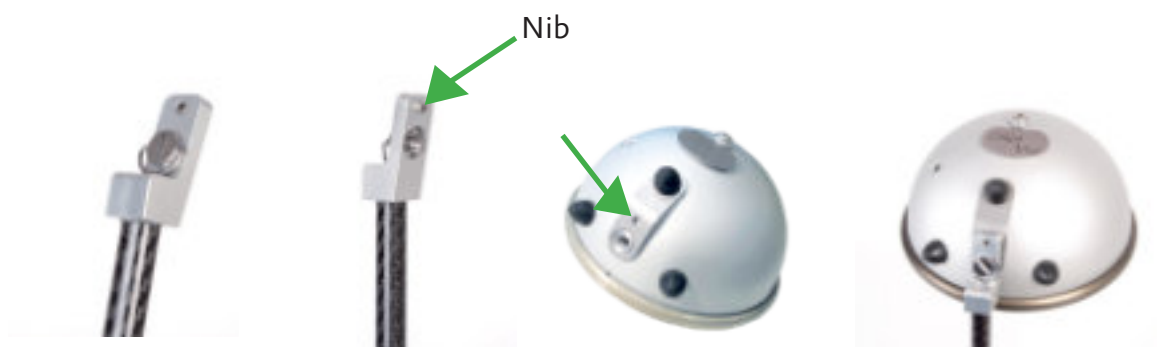


Note

To assemble, press gently with your thumb on the grooved surface and push the telescopic rod together.

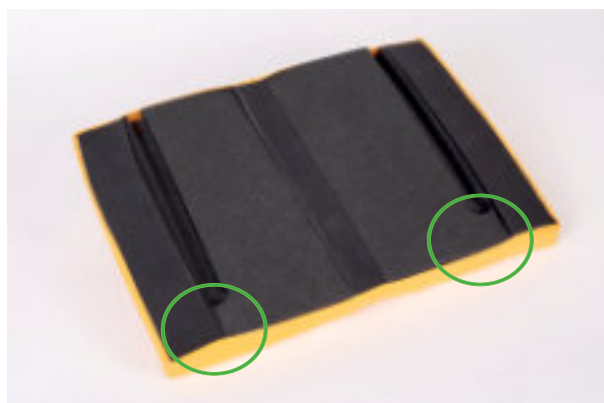


Attach the lamp head with the screw on the top part of the vertical bracket. Therefor snap the nib (on top off the screw) onto the lamp head. Now the screw is in the correct position and you can screw the lamp head on to the vertical bracket. Make sure that the screw is tight. But don't put on too much pressure by screwing it on too tight, otherwise there can be damage.



Please check if the lamp head has reached stability.

Then set the packed pillow in place on the base frame, so your head can rest in a comfortable position during your light journey.



Attention!

*The lamp must be positioned on a stable surface so that it cannot tip over.
We recommend placing the lamp on a flat floor and lying on a mat if wished.
Never place your device on a couch, recliner or any other soft surface.*





If you use a massage table, only use a Lucia N°03 Practitioner System that is firmly on the floor.

It is adjustable in height and the lamp head can be tilted so that the distance between the light source and the face of the person traveling with light is at least 50 cm.

Disassembly

Press on the grooved top of the black connecting part while retracting the telescopic rod to the minimum length.



Note

Never use force when pushing together. To assemble, gently press the grooved surface with your thumb and push the telescopic rod together.

First time activation of the device and activation of the PIN-Code

Overview

Serial number Lucia N°03 Home Portal:	6-digit for example	100005
Web-Code:	8-digit for example	68787466
PIN-Code:	4-digit for example	2242

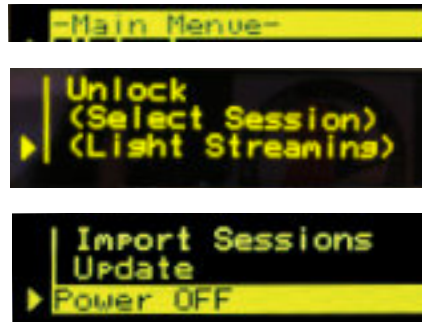
Take the device off the lamp stand (vertical bracket) and put it on the table so you have good sight of the display. Now connect the adapter with the lamp head and with the outlet. Please proceed safely and make sure you know the power connection of the country in which you use the device.

„Lucia“ appears on the display for a moment, then „Home Portal“ will appear.

This means that your device has power. Then the display darkens.

Turn on the display: Press the turning knob underneath the halogen bulb.

Now you see on the display „Main Menu“ with following sub items:



To move to the menu items (move the arrow) use the rotary knob.

The menu item „(Select Session)“ and „(Light Streaming)“ are marked in parentheses (), because they are not activated yet. To activate them you need the 4-digit PIN-Code (s. next page).

Manufacture serial number, locate hardware and software version

You need the serial number for the login area and to activate the 4 digit PIN-Code.

You need the hard- and software version if you have a potential failure. Serial number, hard- and software version you discover in the menu item „Power OFF“.

Prepare pen and a piece of paper to jot down the 6-digit serial number.

Go to the menu item „Power OFF“. Push and hold the knob until you have jot down the information:

- ▷ Serial number of the device (6-digit), e.g. „100324“
- ▷ HW-Rev. (Hardware Version), e.g. „3“
- ▷ SW-Rev. (Software Version), e.g. „1.20“



Online PIN-Code requesting

You need a PIN-Code (4-digit) to start a session or to participate the light streaming.

- ▷ Supply your device with power and switch it on (press the rotary button once).
- ▷ Move the arrow with the turning knob to „unlock“.
- ▷ Press the knob.
- ▷ The display shows: "Use Webcode xxxxxxxx to request you personal PIN-Code online. Please see manual." and the 8-digit Web-Code, which you should make a note of it.



Attention!

Don't turn the device off, otherwise a new Web-Code needs to be generated.



Note

*If you switch off the device anyway, no problem, use the **new** 8-digit WEB code.*

Now go to www.light-attendance.eu: Menu "Customer area" / Submenu item "PIN Manager". Here you need the 8-digit Web-Code.

Follow the instructions in the login area.

Read the security information carefully and print it out. Enter your personal data. This is necessary, to change the PIN-Code or to recall it, if the code gets lost.



Note

Remember your personal login data (e-mail and password)

- ▷ As soon as you have your 4-digit PIN-code, press {OK} on the display of your lamp (= press the knob once), to continue entering your PIN code. The following will appear on the display:



Proceed as described below.

Enter your PIN-Code on Lucia N° 03 Home Portal

As soon as your device is switched on and you have selected the menu item „unlock“ the following appears on the display:

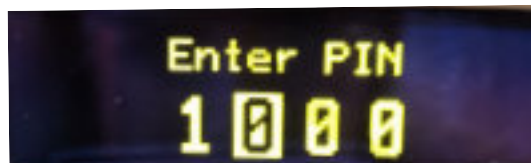


Let us assume that your online generated PIN-Code is "1234".

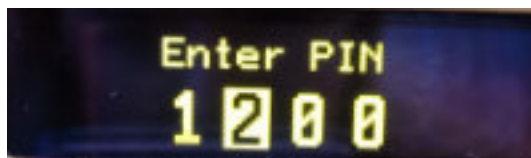
- ▷ First turn the knob once to the right, the following appears on your display:



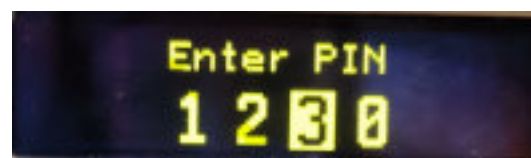
- ▷ After you have entered the first digit of your PIN code, press the knob once and you will get to the next digit.



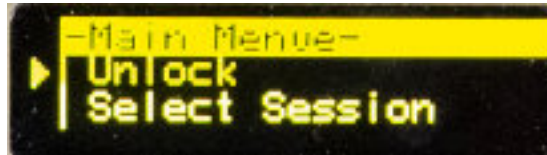
- ▷ Now turn the rotary selector again until your second digit of the PIN-Code appears. E.g. "2" and press the rotary knob once.



- ▷ Proceed as follows to enter your entire PIN-Code.



- ▷ Confirm that your PIN code is correct by pressing the rotary knob. The display now shows all selection points without brackets. Your lamp is ready to use.





Note

If you enter a number incorrectly, wait approx. 1 minute and you can enter it again.





Note

If, contrary to expectations, your PIN-Code does not work, please generate easily a new PIN-Code in the PIN manager: Go to the PIN manager, open the page "Registered devices" (menu on the left). In the "Actions" column you will see two symbols  . Put your mouse there and you will see: "Generate new PIN-Code" or "Delete device". Click on "Regenerate PIN-Code" and follow the instructions. The PIN manager will then show you the new PIN-Code.





Note

If you use a mobile device (e.g. cell phone instead of PC) the device could, depending on the setting, initially only display part of the information of a page, since the screen is accordingly small. For example: PIN Manager / "Registered Devices". For example, only the "PIN-Code" (e.g. 100005) would be visible, but not the buttons to delete  or generate  a PIN-Code, which are positioned further to the right. In this case, move the page to the left or to the right and the buttons for deleting or generate a PIN code will become visible. Or turn your mobile device to change the view: vertical screen = narrow view; horizontal screen = wider view.

Vertical screen = not all information or buttons are visible:

Registered ...		NEW DEVICE
number	Serial number ↑	PIN-Code
0	100005	2242

Horizontal screen = buttons for deleting or generating a new PIN-Code become visible:

Registered devices			NEW DEVICE
number	Serial number ↑	PIN-Code	action
0	100005	2242	 

It is also important that you update your data in case of changes and to be informed about any news. Advice: we retain to the data protection regulations and do not share information with any unauthorized individuals.

Forgot your PIN-Code? – What to do

If you forget your PIN-Code, then you are able to log in to www.light-attendance.eu under „Customer area“ > „PIN Manager“ to read your PIN-Code.

Delete PIN-Code and create new PIN-Code

If you want to sell your device or for any other reason want a new PIN-Code, then you are able to cancel your PIN-Code:

- ▷ Turn your Lucia N°03 Home Portal on.
- ▷ Select menu item “Unlock”.
- ▷ Enter your current PIN-Code.


Now you can delete your PIN-Code:

- ▷ Choose menu item „Unlock“ and press the turning knob 1x.
- ▷ Now enter „9999“ (9 four times).

Then the display shows „Pin deleted“.

- ▷ Turn the device off (Power OFF).
- ▷ Turn the device on again.
- ▷ Go to the menu item „Unlock“.
- ▷ The Display shows now: „Use Web-Code xxxxxxxx to request your personal PIN-Code online“. The Web-Code has 8 figures.



- ▷ Generate on www.light-attendance.eu in the menu Customer Area under "PIN Manager" a new PIN-Code  (4 digits).
- ▷ Please have the Web-Code (8 digits) as well as the serial number (6 digits) of your device ready.
- ▷ See also chapter "Initial registration".



Note

Change of ownership: Each device has a serial number. Only with this one you can register the device in the PIN manager in order to receive, change or delete a PIN code. Each serial

number can only be registered with a single owner. In the event of a change of ownership, the registered device must be deleted from the previous owner so that a new owner can re-register the device. If the device is registered and someone else tries to register it, an error message would pop up in the PIN manager: „The entered serial number isn't valid or is already in use!“ - In this case, contact the previous owner who needs to delete the device so that it can be re-registered.

PIN timeout: standard und extension

"PIN timeout" is the period of time during which your device remains operational without constantly entering the PIN code.

There are two modes: "PIN timeout 10 min" and "PIN timeout 30 h".

As soon as the device is in "PIN timeout" mode (= ready for operation), the menu items "Select Session" and "Light Streaming" can be seen without brackets.

Your device is ready to use.

However, if your device is not operational, the menu items (Select Session) and (Light Streaming) appear with brackets.

If the electric support is disconnected and you want to turn your device back on then you have to re-enter the PIN-Code. The chosen PIN timeout period will be memorized if the electrical support is however disconnected. You can change the PIN timeout period anytime, see "Shorten PIN timeout" on the next page.

Standard time ready for operation: "PIN timeout 10 min"

For security reasons, the device remains operational for 10 minutes after entering the PIN, provided you do not take any further actions.

After these 10 minutes have elapsed, you will be asked to re-enter your PIN code in the "Unlock" menu item.

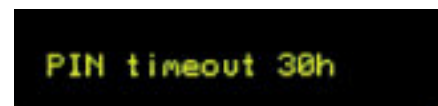
Extend the PIN timeout period to 30 hours

You already entered your PIN-Code and are now in PIN timeout mode, i.g. the menu items „Select Session“ and „Light Streaming“ are active and therefore accessible.

Go to the menu item „Unlock“ again.

Then the display will show:

Enter your individual PIN-Code again,
The display will show your individual PIN-Code,
To confirm, press OK, then the display shows:

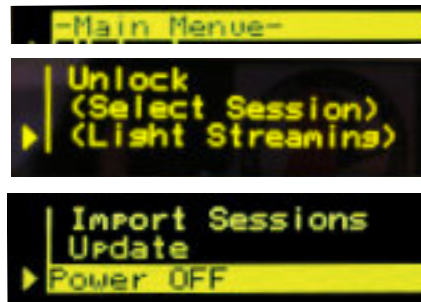


Note

You remain in the "PIN timeout 30 h" mode until you switch back to the "PIN timeout 10 min" mode. After a possible power interruption in the mode "PIN timeout 30 h" mode, this setting will be retained. When the device is switched on again (with the PIN-Code), the PIN timeout time is extended again to 30 h (see chapter "Shortening the PIN timeout").

■ MAIN MENU

You have following options - turn the knob to the right or left, to get to the wanted menu item. The arrow shows you your selection.



Menu item „Unlock“

For this menu item you need your 4-digit PIN-Code:

- ▷ to activate the menu items "Select Session" and "Light Streaming". As soon as you activated your device via PIN-Code, the functions "Select Session" and "Light Streaming" are shown without parenthesis "()".
- ▷ to extend PIN timeout to 30 hours or to reset PIN timeout to 10 minutes. Click "Unlock" again and enter your PIN-Code again. It will extend the PIN timeout time of your device to 30 hours.
- ▷ to deactivate your PIN-Code.



Attention!

You use the same PIN-Code every time. Keep it in a safe place.



Attention!

If you have turned on the 30-hour activation, remember that during this time unauthorized persons also have access to your device within this time. Make sure that unauthorized persons never have access to the device. Please also read the safety instructions if necessary.

Shorten PIN timeout

Go to menu item "Unlock".

The display appears:




Enter "0000" (4x the zero).



The display shows then:

To confirm the PIN-Code with OK, press the turning knob. Finally the display shows:



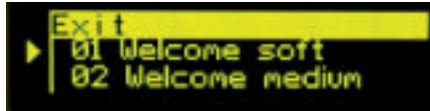
PIN timeout 10min.

You have turned the PIN timeout back into the mode PIN timeout 10 minutes. Then you are back to the main menu.

Menu item „Select Session“

Select “Select Session” with the arrow and press the turning knob.

The display shows:



Exit
▶ 01 Welcome soft
02 Welcome medium

"Exit" is highlighted in yellow - this is at the beginning and end of the session list. With "Exit" you can leave the menu item "Select Session" again.

The arrow highlights one session. By pushing the knob the session gets selected and is shown: e.g. „01 Welcome soft“.

The display shows the name of the session on the upper left side. The status is shown lower left side, which can be changed by pressing the turning knob once:



01 Welcome so. | 02:12
[] | 00:00

Status indicators:

- [] Square = Session is ready to start
- [▶] Arrow right = Session has started
- [▲] Arrow pointing overhead = Session stopped
- [≡] Two strokes = Freeze-Function is activated

By pressing the turning knob again you will return to the menu that lists the sessions, beginning with the session you had just chosen.

With “Exit” (at the beginning or ending of the session list) you will reach the main menu.



Attention!

It is better to use the mouse to avoid being blinded by the light. See in chapter “Mouse functions“.



Note

Make sure that the eyes are closed at any time.

Error: „no Session available“



Don't worry if your display shows „no Session available“. Your sessions are still saved on your lamp.

For technical reasons, there is a second buffer that ensures that the sessions can be seen on the display.


It can happen that the communication between the two storage devices is briefly interrupted (e.g. due to a voltage fluctuation in the power grid). This means that the buffer does not receive any information and the display then shows "no sessions available".

You can easily fix this by unplugging your Lucia N°03 Home Portal and restarting it as usual.

Menu item „Light Streaming“

Light Streaming means that with a meditation lamp "Lucia N°03 Practitioner System" you can control several "Lucia N°03 Home Portals" at the same time absolutely synchronously. Press the rotary knob once in the "Light Streaming" menu item.

You have following options:

- ▷ EXIT = Leave the menu item
- ▷ Restart search 
- ▷ Visual display of the Lucia N°03 Practitioner System with the serial number (4-digit, e.g. 0125) – in addition a “Lucia N°03 Practitioner System” with the function “Light Streaming” has to be activated synchronal.
- ▷ Visual display of active networks in the near area (to review if Wi-Fi is available, otherwise there is no performance).
- ▷ EXIT



Light Streaming is used in workshops or group experiences. Depending on the setting, it may be particularly important or interesting that all participants experience the same session at the same time. Once your Lucia N°03 Home Portal is connected to a Lucia N°03 Practitioner System, the sessions are controlled by the Practitioner System.

Late entry: Should anyone join later, it is possible that another Lucia N°03 Home Portal can

be added. – In a few moments this device will also start, exactly at the point where the other devices are at the moment (real-time synchronization).



Attention!

Note that the light pulses start abruptly and can be very bright.

Requirements for the meditation lamp Lucia N°03 Practitioner System:

- ▷ The meditation lamp “Lucia N°03 Practitioner System” decreases a Linux based laptop, which is equipped with “Light Streaming” software. Note: This software can be downloaded from the Lucia N°03-Academy www.light-attendance.info for free.
- ▷ WLAN-Adapter is necessary. We suggest e.g.: ASUS USB-N14 N300 WLAN ADAPTER. Available is this small device at participating electronic retailers or online.
- ▷ 3 USB-Ports: PC-mouse, WLAN, Bluetooth – get a distributor if needed

Menu item „Import Sessions“

With the meditation lamp Lucia N°03 Practitioner System you can compose new sessions of varying types.

For this purpose you can turn to a light attendant (= Person who uses Lucia N°03 Practitioner System). With the meditation lamp Lucia N°03 Home Portal you cannot program a session.

The provided Lucia N°03 USB Stick is FAT or FAT32 formatted.

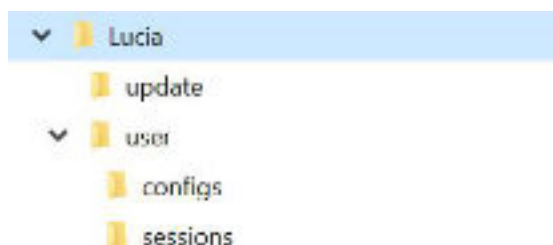
It contains the file “Lucia” with the subfolder “update” and “user”. “User” has another subfolder “Sessions”. The Light Attendant imports the wished sessions in the file “Sessions” (Lucia/user/sessions). Alternative there could be online sessions downloaded. Then load from there to the stick.



Note

Please always keep the folder and data structure of your Lucia N°03 stick unchanged. Any change (renaming, rearranging ...) would result in your Lucia N°03 Home Portal no longer being able to recognize that sessions exist.

File structure:



The folder "configs" is to be used for configurations (basic settings of light parameters) that you need for the Lucia N°03 controller. If your device has a serial number higher than 100100, this folder is not relevant for you until further notice, as we equip all Lucia N°03

Home Portals from serial number 100101 onwards with it as standard.

Delete a session:

Choose a session you would like to delete. Press the turning knob a little longer than usual.

The menu shows:



If you want to delete the session, go to "Yes" and confirm by pressing the knob. Or you can select "No".



Attention!

Deleted sessions cannot be replaced. If you want to have a deleted session back, contact your dealer.

Menu item „Update“

In costumer support / PIN Manager there will be updates made time to time, they are usually complimentary. We advise you to make updates so any dysfunction can be avoided.



Note

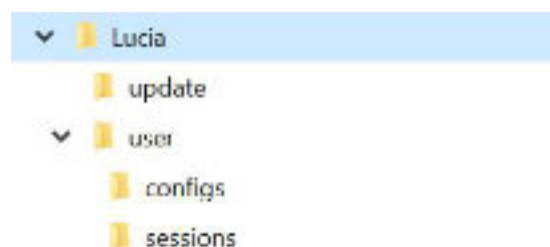
"please insert lucia stick" - This message appears on the display as soon as you press the "Update" menu. However, if you do not want to update, disconnect the power for 5 seconds and restart your Lucia N°03 Home Portal. If the device does not recognize your USB stick: see at "possible errors".

please insert lucia stick

Preparation for an update

Use a Lucia N°03-stick.

Make sure that the folder structure is in proper order:



The structure of the Lucia N°03 stick has always to be the same. It cannot be renamed. Other- wise your Lucia N°03 Home Portal cannot recognize if a session is existing.

Now drag the “update” into the folder “Lucia/Update”. Only in this folder. The software may not be renamed.

- ▷ Then turn on your device.
- ▷ Press on “update”.
- ▷ It appears: “Please insert Lucia stick”.
- ▷ Follow the orders on the display.

If the device recognizes an update, the device will restart itself. On the USB-stick the software will not be visible anymore. If the device does not find a matching software, you will see on the display that no software is recognized.

Possible errors:

- ▷ You use an USB-Stick which is not FAT or FAT32 formatted.
- ▷ The software is saved in the wrong folder.
- ▷ The software has been renamed.
- ▷ You used the previous software: Therefore, the name of the software cannot be recognized. You will have to download the newest software on your stick again.



Note

If your Lucia N°03 Home Portal cannot recognize the USB stick, unplug the device, wait at least 10 seconds and repeat the procedure.

„Power OFF" menu item



Switch off the device:

Go to the menu item "Power OFF" and briefly press the rotary knob 1 time.

Display of serial number of the device, software version, hardware version:

Go to the menu item "Power OFF" and keep the rotary knob pressed until the data appears on the display. As soon as you release the rotary knob, the device switches off.

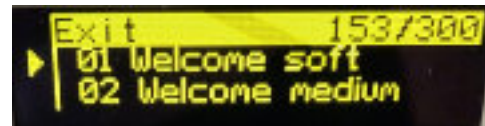
SESSIONS

A session takes anywhere from a few minutes to nearly an hour depending on the program. There are 153 already installed on this meditation lamp, which have a variety of different lengths and intensity.

To start a session, start the menu item “Select Session” and confirm the selected session.

For the beginning we recommend...

- ▷ „demo, easy“ (2 minutes).
- ▷ „demo, medium“ (3 minutes).
- ▷ „demo, strong“ (5 minutes).



...to get adjusted to the hypnagogic light experience.



Note

The number of sessions on your Lucia N°03 Home Portal is limited to 300.



Note

It is not possible to load the same session twice on your Lucia N°03 Home Portal. The device recognizes if a certain session is already on your Lucia N°03 Home Portal and will therefore not be imported twice.

Start the Session

To reach the meditative state, close your eyes as soon as the session starts and let your face be submersed by the light. Relax your muscles and enjoy the play of colors, which happens while your eyes are closed.



Attention!

As soon as the light sources are switched on, you must always keep your eyes completely closed in order to prevent injuries to the eyes!



Attention!

If you feel uncomfortable, then stop. Select another session or reduce the brightness with the mouse wheel.

By pressing the knob the session is started or stopped.



Note

The mouse should be used.

Wireless mouse functions

In the delivery contents there is a wireless mouse.

- ▷ Open the battery compartment.
- ▷ Activate the mouse by pulling the security latch out of the compartment.
- ▷ Be aware that the battery is put in correctly (as shown on the battery compartment) and that the battery is charged.
- ▷ Take the USB-Bluetooth Stick out of the battery compartment and stick it into one of the two USB-ports on your Lucia N°03 Home Portal.
- ▷ Make sure that the switch on the back side (on top of the battery compartment) is turned “on”.
- ▷ Test you wireless mouse every time before you enjoy a session to make sure that you can use the safety function if needed (turn the lamp off, press the left mouse button several times continuously).

Wireless mouse function in the “Main Menu”

With the mouse wheel you can pick any submenu.

The arrow on the left side of the display shows which menu item you have chosen. By pressing the left mouse button you activate this function.

Wireless mouse function for the menu item “Unlock”

By turning the mouse wheel you chose a number you want. Press the left mouse button once and then continue to the next number.

e.g. “7”

e.g. “0”

Then e.g. “3”

Then e.g. “5”

Your code would be in this case 7035.

Press the left mouse button again and the display shows:

“Please confirm 7035” Now you have 10 seconds time to confirm the code – BUT with the turning knob (not with the mouse pad).

Mouse function „Select Session“

Click the left mouse button once. Now a variety appears for the different sessions. With the mouse wheel you can skip the sessions fast. The left arrow points out to you, where you are, e.g. “firefly”. With one left mouse click the display shows you the details of the sessions.

Mouse function "Start session"

Left square on the display appears:
1 right mouse click to start the session.



Now the left arrow appears on the display and the session begins.

Wireless mouse function „Freeze“

When a session has started you can pause the session at any stage in the current mode. Press the left mouse button once. The light continues to flash at that frequency and the session is paused meaning that the time display does not change.

Two parallel strokes appear on the display
and the lamps keep shining.
The time display does not change.



End of function "freeze": Press the right mouse button once.

Wireless mouse function "Dim the brightness of a session"

In the middle of the lower row in the display is a beam, which shows you the intensity of the light. By turning the wheel on the mouse you can change the brightness of the LEDs and halogen bulb during a session. The beam shows you the level of change.

Wireless mouse function "Session ending"

Press the left mouse button several times continuously. The session turns itself off. You can start the session from the beginning by choosing the session again and start off with a right mouse button.

■ LUCIA N°03 CONTROLLER

Lucia N°03 Home Portal - Software from 1.11



Preparation

- ▷ Make sure that your Lucia N°03 Controller is fully charged. A charging cable is included.
- ▷ Remove the USB flash drive from your mouse and store it safely in the designated compartment on the back of the mouse (in the battery compartment).
- ▷ Connect the USB Bluetooth Stick of your Lucia N°03 Controller with your Lucia N°03 Home Portal.

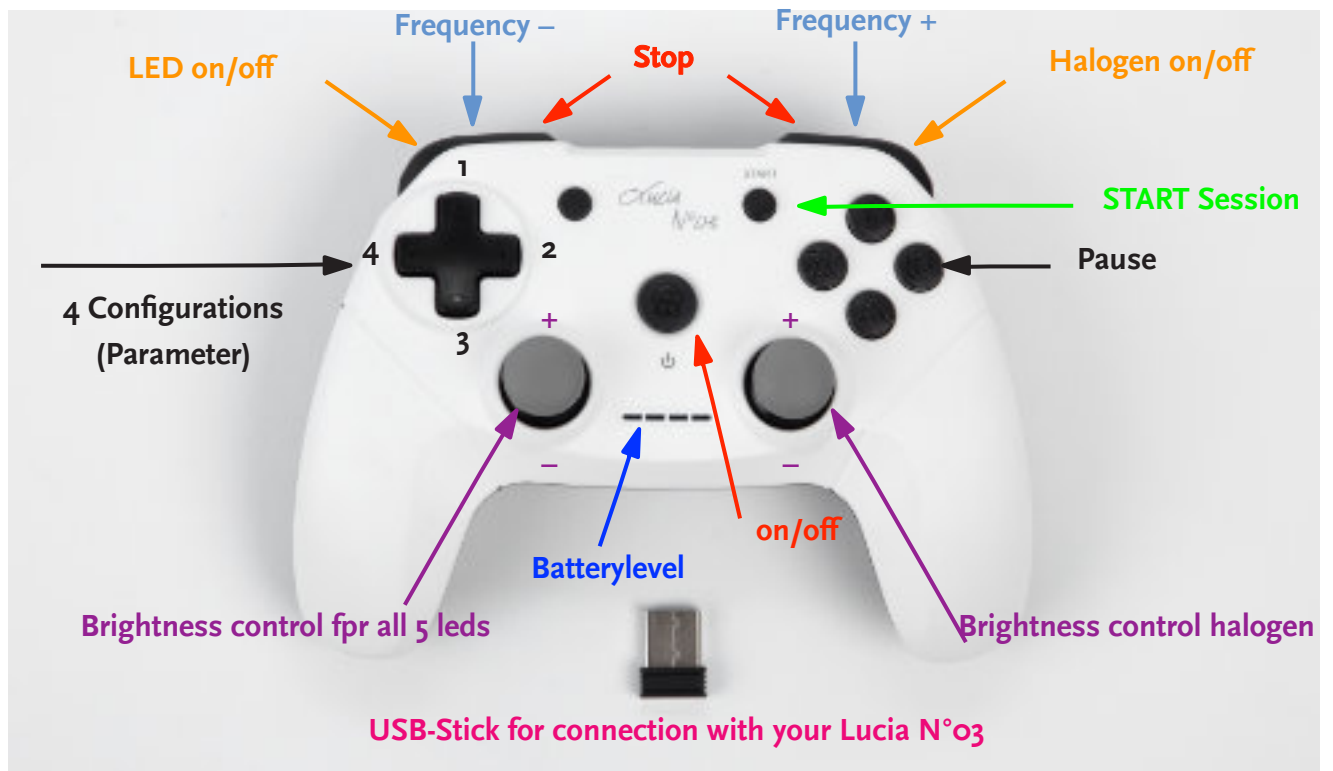
On the display of your Lucia N°03 Home Portal appears this:



Attention!

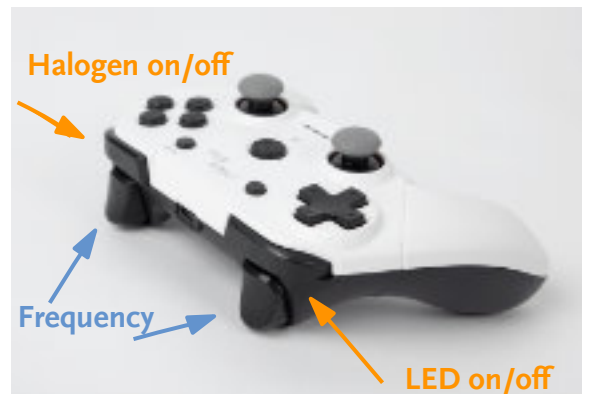
If this image does not appear, check if the USB stick of the mouse has been removed.

Control elements



Note

Store your USB-Stick in a safe place. If you lose it, you are not able to use your Lucia N°03 Controller.



Note

Your Lucia N°03 meditation lamp starts immediately after pushing the button "START". Arrange the position of the Lucia N°03 meditation lamp, so that others and yourself are not dazzled by the light.



Attention!

When you are ready for your session: As soon as the light is turned on please keep your eyes completely closed during the session, to avoid eye injuries.




Attention!

Be aware that the light pulses start abruptly and can be very bright.



Note

If your Lucia N°03 does not recognize the controller, check if the USB stick of the mouse has been removed from the device.

- ▷ On/Off initial operation .
- ▷ If the blue light beam does not appear on the Lucia N°03 Controller, please charge your Lucia N°03 Controller (charging cable is included in the delivery).
- ▷ “START”: the light source starts immediately and is very bright.
- ▷ Brightness control for all five light sources (show all at once):
 - Push the regulator up: more brightness
 - Push the regulator down: less brightness
- ▷ Brightness control only for the halogen lamp source:
 - Push the regulator up: more brightness
 - Push the regulator down: less brightness
- ▷ Pause = Turn on/ off all light sources (Button B)
- ▷ LEDs on / off (Button LB)
- ▷ Halogen on / off (Button RB)
- ▷ To minimize frequency (Button LT)
- ▷ To increase frequency (Button RT)



Attention!

*To turn off immediately:
Press both buttons at the
same time (Button LT & RT)*



Note

*The Lucia N°03 Controller has an automatic energy saving function factory-made that is activated three minutes after the last command was entered. To continue the session without interruption, please press the On / Off button. (Not the START button.)
If there is no command input for thirty minutes, your Lucia N°03 switches off. However, no time out is activated in streaming mode.*



Note

To record a session you need a Lucia N°03 Practitioner System, only this device has the laptop and needed software. Naturally you can export these sessions from a Lucia N°03 Practitioner System and import it to a Lucia N°03 Home Portal.

■ MAINTENANCE

Defect lamps

Defect halogen bulbs

If you have defect halogen bulbs you can replace them.



Attention!

Only use bulbs OSRAM 44892 WFL, 12V, 35W, GU4, 35 mm! If you use a bulb other than the recommended halogen bulb, it should only have a maximum of 35 Watts. If you use a halogen bulb that is not recommended, undesirable effects may occur (like a device defect or/and burning and even risk of injury).

Disconnect the device from the mains by pulling out the mains plug. Then unscrew the contact protection (15), carefully remove the lamp from the housing and pull off the plug without pulling on the cable. Replace the new halogen lamp correctly. We recommend that you go to a specialist store to obtain a new spare lamp from a specialist shop.

Defect LEDs

If a LED light fails, please contact your manufacture or distributor immediately!

Cleaning



Attention!

Fire hazard due to spontaneous combustion. Never apply any cleanser on a turned on or hot lamp! Cleanser or care products may not get into the lamp, the connector, the halogen bulb or the LEDs.

Before cleaning please disconnect the lamp from the electricity. (Pull the plug) and wait at least 10 minutes until all of the heated parts have cooled down. Before you turn the light on again wait at least half an hour until all flammable parts of the cleanser have evaporated.

The front should not be touched with greasy hands to avoid spotting. The back side should only be touched with clean hands. To avoid scratches, take any rings off before touching the lamp. Don't lean the lamp on the front face side and don't push the lamp.

Avoid cleaning with water because this could lead to damage the electronic or even cause a short circuit. Cleaning the lamp you should use a break cleaner (available at car dealers). Spray it on a lint free cloth and wipe the dirty parts of the lamp.



Attention!

Do not touch the LEDs!

On the lamp head spots can be formed based on the special surface coating. Remove them carefully with rubbing alcohol. Do not have contact with the LEDs. If spots stay, it is caused of the material and no quality failure. Plastic parts can be worn out by using strong cleansers. Therefore only wipe it with a dry cloth.



Note

We only process high quality material. Therefore we manufacture the front surface with the most durable aluminum alloy. This is provided with a robust surface finishing. The color of the surface finishing is not reach with any dye, it is due to the copper content of the alloy and with the microstructure of the material. As a result, the resulting surface color is not exactly reproducible and is subject to fluctuations. Optically “drawings” or areas of different colors are the result. This makes the surface “alive” and every Lucia N° 03 to a unique item.

The stand (made of stainless steel or carbon) should be cleaned carefully with a damp cloth.



Attention!

A magnet is in the connector of the lamp stand integrated at the lower end of the vertical holding part. Electronic equipment, Data carriers and watches can be damaged through magnetism or can be impaired in their function. It is advisable to keep magnets away from watches, computers, cell phones, video and tv devices, CDs, DVDs and ATM (EC-cards) and credit cards. People with pacemaker, electronic implants as well as during pregnancy shall not come into contact with magnets. We accept no liability for damages due to improper or incorrect handling.



Disposal

The device must not be disposed of with household waste. It must be delivered to an official collection point.

■ CONTACT ADDRESS

If, despite this instruction manual, you are faced with an unsolvable problem or suspect a hardware defect with your meditation lamp Lucia N °03 please contact your dealer, supervisor or the manufacturer.

Information can be found on the internet under **light-attendance.eu**
or by mail request to **office@light-attendance.eu**

light attendance gmbh
Claudiaplatz 1
6020 Innsbruck
Austria

■ TECHNICAL DATA

Lucia N°03 Home Portal

Dimensions:

Height:	max. 75 cm
Lampstand:	44 x 31 cm
Lamp head:	16 cm
Lamp head deepness:	10 cm
Weight (incl. suitcase):	6,7 kg

Material:

Lampstand complete:	stainless steel, carbon, POM
Lamp head:	rear anodized, hard-coated aluminum at the front
Turning knob:	stainless steel
Ring:	chromed brass
Degree of protection:	IP20
Working temperature:	10 °C bis 35 °C
Storage temperature:	-20 °C bis 65 °C
Humidity:	5 – 90 % RHD not dewing
Control:	WIFI, self-sufficient

Power adapter:

Input voltage range:	100 bis 240 VAC (47-63 Hz)
Power consumption:	1,3 A; active power factor correction

EMC emission	CISPR22 level B, FCC Class B
EMC immunity	EN61000-4-2, -3, -4, -5, -6, -11 (A)

Performance data:

Halogen:	12V, 35W
LED:	4 ∞ 8 W

Wear parts:

Halogen bulb:	12V, 35W, GU4, 35mm recommended lamp type: OSRAM 44892 WFL
---------------	---

■ POSSIBLE CAUSES OF MALFUNCTION

PIN activated in the PIN manager, but device does not work

Possible situation:

You have activated a 4-digit PIN-Code in the PIN Manager (e.g. 7711).
But you enter an incorrect PIN-Code (e.g. 8811) on your Home Portal. The lamp does not allow the use, but reports: „Wrong Pin 8811“.

Measure:

Switch off the device or briefly interrupt the power supply.
Turn on your device again and check what's on the display in the menu item “Unlock”:

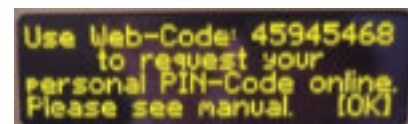
If the display shows „Enter Pin“:



Look in the PIN manager to see which PIN-Code you have.

Cause of the error: Wrong PIN-Code was entered.

If the display shows: „Enter Pin“ and an 8-digit Web-Code and if you have already activated a PIN-Code at PIN manager then your PIN-Code is deleted because at some point you entered the code “9999” instead of your valid PIN-Code. This disables the PIN-Code (which you see in the PIN Manager). Now you need a new PIN-Code.



Measure:

Go to the PIN Manager / menu item “Registered devices”. You see your registered lamp with the PIN-Code, which does not work anymore. Go to the button “Generate new PIN-Code” (pencil icon in the “action” column). A new window will open. The 8-digit Web-Code (which is shown on your Home Portal at “Un- lock”) must be entered there. Then your new PIN-Code will appear in the PIN Manager.

Cause of the error: PIN-Code was deleted on your Home Portal..





Note

Do not get the web code (8 digits) mixed up with the PIN code (4 digits) or the serial number (6 digits).



Note

Please read the manual carefully again.

PIN-Code forgotten

Measure:

Enter the PIN manager, the PIN-Code is stored in the "Registered devices" area.

PIN Manager Login does not work

Possible situation:

On case you forgot your password or have registered with several email addresses and / or have used different passwords and are no longer sure which password belongs to which email address and finally you might be quite frustrated:

Measure:

Open the PIN Manager, take one email address and ask for a new password (Password forgotten?) Follow the instructions.

Typing error Web-Code

Possible situation:

e.g. the Web-Code is: 12345678 but one put 12345677 into the PIN Manager. Then this PIN-Code will not work for the Web-Code 12345678 (since it was generated for another PIN-Code due to typing error)

Measure:

Create an new PIN-Code.

■ REPORT OF AN UNWANTED INCIDENT

This form can also be found as a word.doc in the Lucia N°03 Pin Manager under www.light-attendance.eu

in connection with the use of Lucia N°03

Light Attendant (name)

Lucia N°03 -Serial number

Date / place of the incident.....

Name of the session

When did the incident occur: ☐ at the beginning of a session
☐ in the middle
☐ at the end
☐ after the session?

How many sessions has the client experienced before?

Has the client had a problem with a session before ☐ Yes ☐ No

If yes, what kind of problem?

.....
.....
.....

Which of the following factors were present?

☐ Prior illness

☐ Foreign substances

☐ Lack of sleep

☐ Stress

☐ Other.....

Information regarding concerned individual:

Note: As a Light Attendant, please carefully retain the signed reconnaissance form, indicating that you have informed the individual of any risks prior to the session.

Initials (first and last name).....

Date of birth.....

Gender

Description of the incident:

.....
.....
.....
.....

Did the individual urinate?	<input type="radio"/> Yes	<input type="radio"/> No
Did the individual bite his/her tongue?	<input type="radio"/> Yes	<input type="radio"/> No
Did the individual foam at the mouth?	<input type="radio"/> Yes	<input type="radio"/> No
Has the person suffered any other injuries?	<input type="radio"/> Yes	<input type="radio"/> No

If yes, explain?

.....

.....

Previous signs:

Did the person mention something special, unusual at the beginning of the light experience?
If yes, what?

.....

.....

Actions

Emergency Call?	<input type="radio"/> Yes	<input type="radio"/> No
Doctor's visit?	<input type="radio"/> Yes	<input type="radio"/> No
Other:		

.....

.....

Outcome of the incident

If possible, please ask the affected person after one week for:

Enduring/ lasting problems? ☐ none ☐ yes ☐ unknown
If yes, which ones?

.....

Did the person notice something that has changed in the meantime?

This can be quite common or inconspicuous, e.g. concerning sleep, changed behaviors or the like.

.....

.....

GLOSSAR

Tip: Use the handy search function in PDF files.
You can find this document and all other forms online on our website
www.light-attendance.eu / PIN Manager

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