

Dear participants

Please read the following flow carefully, and remember as you can.

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Lie down and close your eyes.

(I will place the apparatus on your eyelids and put ear muffs.)

White light is emitted; this color will look “blood red” by penetrating the flesh of your lids.

Watch the color for a while.

(I give you a small interface which has two knobs side by side and a button under them.)

Adjust carefully for the color to become white to you, using two knobs.

(Take your time adequately, and make an effort to realize perfect white)

Press the button when it finishes.

(I take the interface away from you.)

A pre-made 5-minute video will be played unilaterally.

I will tell you when it finishes.

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