

magic horizons
my better life

Guide to the innovative system in Virtual Reality

The unique, holistic platform for stress reduction,
calming, mental regeneration and training



Guide to the innovative system in Virtual Reality

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Welcome to Magic Horizons

We are glad you are here. Take 10–15 minutes and enjoy the soothing relaxation of mind and body. Feel the stress and tension lift away right here, right now. Immerse yourself in a unique oasis of tranquillity and forget the hustle and bustle of everyday life.

Switch on – Dive in

Take a brief virtual break at the push of a button: Virtual Reality (VR) is the first and only technology that enables instant immersion in relaxing and calming applications. Discover new worlds – Extend your horizon.

How does it work?

The 360° Virtual Reality environments enable intensive “immersion” in the VR worlds. VR screens you completely from the outside world. You immediately feel transported into the real setting. The human brain lets go much faster this way – and your mind clears. This helps you achieve far deeper and long-lasting relaxation. In Virtual Reality, you do not just watch films about dolphins – you swim directly along with them.

What does science say?

All VR applications are based on scientific research, a study by Humboldt-Universität zu Berlin for Magic Horizons and collaboration with the University of Southern California (USC) and King's College London. To learn more, refer to chapter 6 | "Scientific Information".

The holistic concept

Combined with a VR headset, the Magic Horizons systems helps you come to rest, reduce stress, distract patients and recharge your batteries:

- In the **Playlists** you can select from a variety of categories and also create your own playlists
- The **Training Plan** enables you to focus on targeted stress relief, relaxation and resilience strengthening
- The **Single Application** menu lets you select individual applications that are particularly good for you
- The future **Tablet Mode** provides a user-friendly remote-control function for the VR headset

Magic Horizons offers a wide range of VR applications in the following categories:

- **Nature:** e.g. swimming with dolphins, relaxing on beautiful beaches, experiencing regeneration in green forests
- **Binaural Beats:** say goodbye to everyday stress with soothing audio frequencies and images
- **Meditations:** guided breathing exercises and meditation for deep relaxation
- **Color rooms:** immerse yourself in environments that instil a sense of calm, trust and security
- **Fairy tales and sleeping aids:** perfect and "fairy tale" deceleration
- **Dream worlds:** Fantasy trips into relaxing worlds
- **Interactive** (only in Premium Mobile): Applications like number training or kinesiology

Frequency of use

- Even just 2–3 VR sessions per week are enough to achieve lasting relaxation of mind and body
- In the Training Plan, each VR session contains 1–2 VR applications – which is equivalent to approx. 10–15 minutes. The training sessions can be used multiple times
- The Playlists enable VR sessions lasting one hour. They are particularly good for distracting during treatments
- As a rule of thumb: carefully dosed and purposeful use is important

First steps – Quick Start Easy Mobile

1. Plug the headphones into the VR headset
2. Place the headphones and controller in front of you
3. Switch on the VR headset (the blue LED must light up) and put it on
4. Use both hands to move the whole VR headset slightly up and down until the image is as clear as possible
5. Once you have put on the VR headset, then put on the headphones and pick up the controller
6. When you see a prompt in the VR headset, press and hold the "Home" button on the controller to connect with the VR headset and center the image
7. The whole system is operated with a single click: just use your index finger to press the "Trigger" button and make your selection
8. In the main menu in the VR headset you can select between the Playlists, the Training Plan and the Single Application
9. If the view becomes misaligned, use the "Home" button on the controller to recenter the image
10. For detailed information on operating the system refer to Chapter 2 | "Manual"

First steps – Quick Start Premium Mobile

1. Plug the headphones into the VR headset
2. Place the headphones and both controllers in front of you
3. Switch on the VR headset (the blue LED must light up) and put it on
4. Use both hands to move the whole VR headset slightly up and down until the image is as clear as possible
5. Once you have put on the VR headset, then put on the headphones and pick up both controllers
6. When you see a prompt in the VR headset, press and hold the "Home" button on both controllers to connect with the VR headset and center the image
7. The whole system is operated with both controllers: just use your index finger to press the "Trigger" button on each controller and make your selection
8. In the main menu in the VR headset you can select between the Playlists, the Training Plan and the Single Application
9. If the view becomes misaligned, use the "Home" button on one of the controllers to recenter the image
10. For detailed information on operating the system refer to Chapter 2 | "Manual"

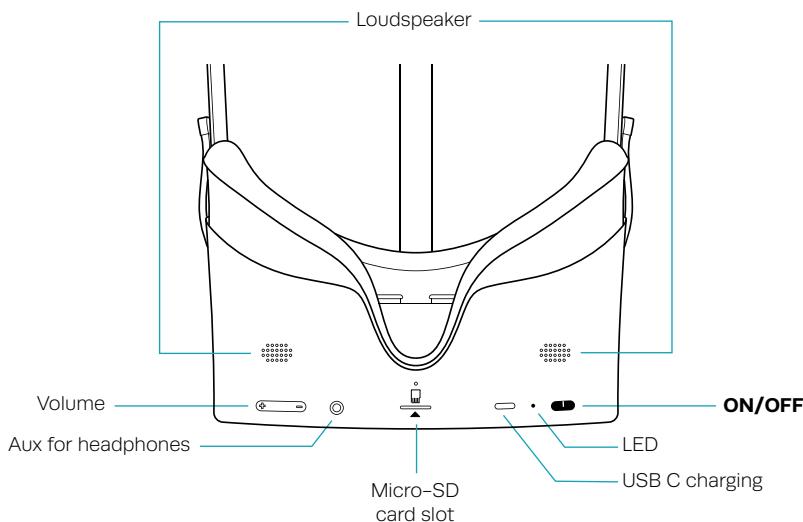
Enjoy a relaxing time out and mental regeneration
in the unique, virtual worlds by Magic Horizons

Instructions for the VR headset Easy Mobile

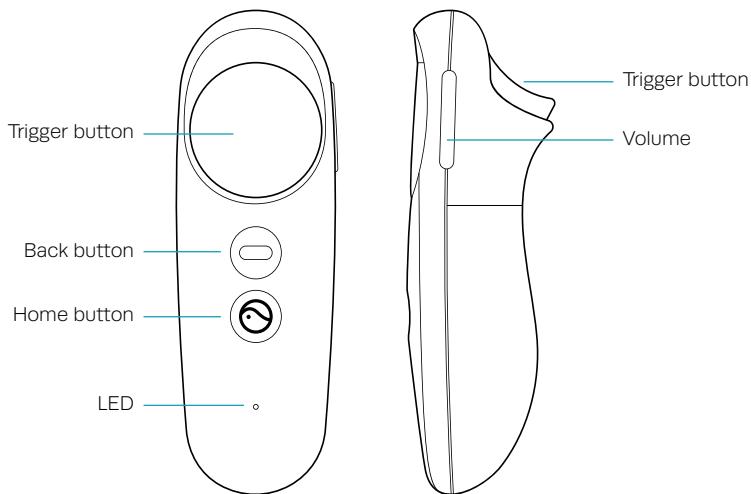


How to start the VR headset and the software

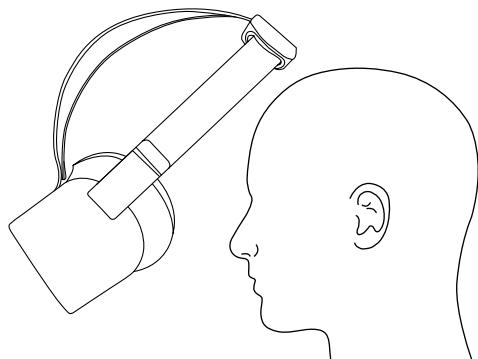
- Switch on the VR headset with the ON/OFF button located on the lower side of the VR headset
- To do this, press the ON/OFF button until the blue LED lights up
- Then plug the headphones into the VR headset at the bottom
- Place the headphones and the controller ready in front of you
- Put on the headset. The Magic Horizons software will start automatically
- **To see as sharply as possible**, slide the VR headset after putting it on slightly up or down with both hands
- After the VR headset is in focus, put on the headphones and pick up the controller
- After request, press the Home button  on the controller for approx. 2 seconds to connect the controller to the VR headset and center the view to the front
- If the view should be misaligned, center it again with the Home button on the controller



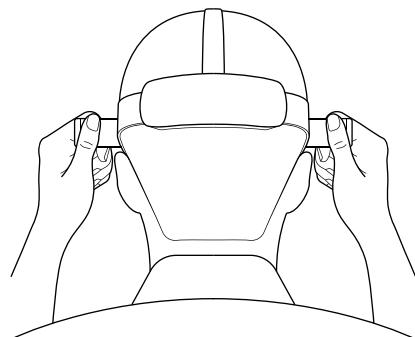
How to use the controller



How to put on the VR headset



How to put on



How to tighten the stripes

Important to know

- This VR headset is to be used only while sitting or lying with sufficient free space around the user
- The **lenses must not be exposed to direct sunlight**, otherwise the displays can be damaged and thus the warranty is void
- Please only clean the VR headset thoroughly with suitable cleaning agents
- Please only clean the lenses with a dry microfiber cloth, otherwise they can be scratched very easily
- The controller requires two 1.5 volt AAA batteries. Open the battery cover and replace the batteries if necessary
- The battery pack runtime of the VR headset is approx. 3 hours. With a long charging cable, the VR headset can be operated infinitely with the charger
- We recommend to charge the VR headset in time
- The VR headset is fully charged when the LED at the bottom lights up completely green
- If the LED lights up red after switching on the VR headset, the VR headset must be charged first
- If there are functional problems with the VR headset/software, please switch off the VR headset and start it again
- To switch off the VR headset, keep the ON/OFF button on the VR headset pressed for a few seconds
- We recommend to use the attached headphones additionally for an immersive listening experience



Instructions for the Magic Horizons software

- In the main entry menu you can choose between 3 programs: playlists, training plan and single application
- You can adjust the language, your sitting/lying position and the volume
- You can adjust the volume alternatively on the right side of the controller or on the bottom left on the VR headset
- With „skip intro“ you can skip the spoken introduction
- For updates, you can connect the VR headset to WIFI in the future
- Should the direction of sight have been changed, reset it to default by long pressing the home button  on the controller
- To start a program or a single VR application, point on it with the laser beam and press the trigger button with your index finger

Playlists

For more information on using the playlists, please refer to chapter 3 | „Playlists“

Training Plan

For more information on using the training plan, please refer to chapter 4 | „Training Plan“

Single application

- The single applications have their own submenu
- You open the submenu by pressing the "trigger" button with your index finger while the single application is running
- Inside the menu choose the audio mix, loop, play/pause and the volume with your index finger (trigger). By pressing the "X" symbol you finish the single application
- The menu closes as soon as the laser beam no longer points to it

- There are two ways to go back to the main entry menu:
 1. Click on the "back to main menu" symbol with your index finger
 2. By pressing the back-button on the controller, you go up one level higher to the main entry menu
- The VR headset doesn't have to be switched off during breaks. It switches to standby mode after a short time
- If you use the VR headset again, it will be immediately back in the software. After a longer break, the home button on the controller must be pressed for approx. 2 seconds

Please note

- Virtual Reality applications may cause discomfort, nausea and disorientation.
- Users with mental illness, confusion, epilepsy and persons receiving medical or therapeutic treatment should always consult their physician before using these VR applications. If you feel unwell during use, please stop the VR application immediately.
- Magic Horizons GmbH, its heirs, assigns, representatives, employees and agents bear no responsibility and are not liable for special or consequential damages resulting from the use, misuse, inability to use or interpretation of the contents of this VR application.

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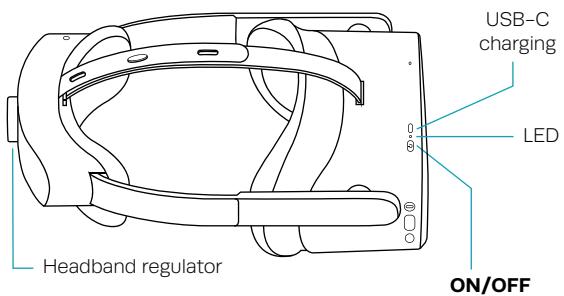
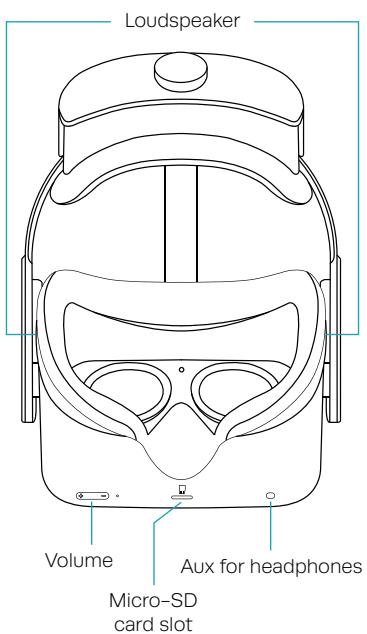


Instructions for the VR headset Premium Mobile

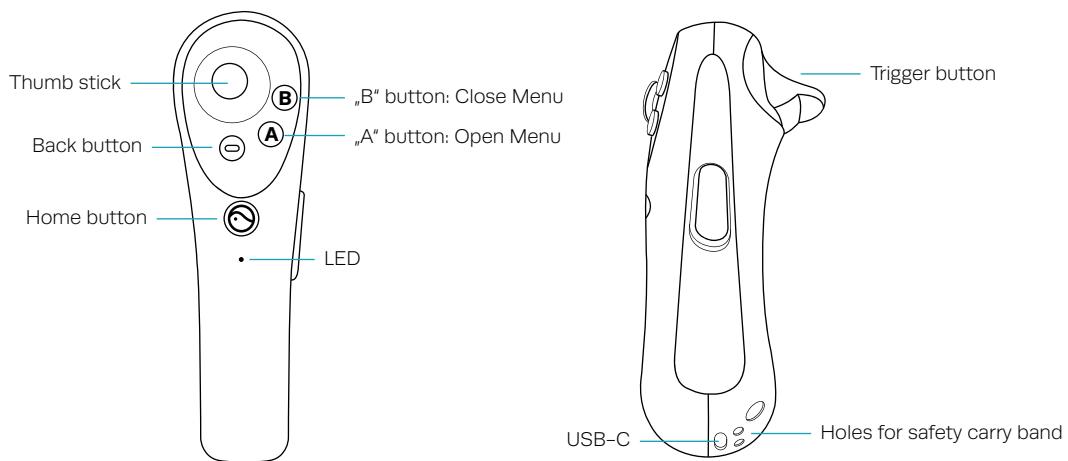


How to start the VR headset and the software

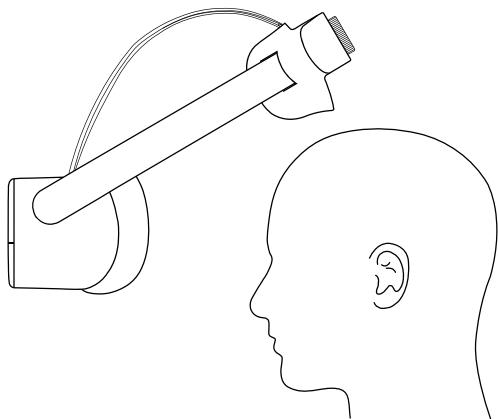
- Switch on the VR headset with the ON/OFF button located on the upper side of the VR headset
- To do this, press the ON/OFF button until the blue LED lights up
- Then plug the headphones into the VR headset at the bottom
- Place the headphones and both controllers ready in front of you
- Put on the headset. The Magic Horizons software will start automatically
- **To see as sharply as possible**, slide the VR headset after putting it on slightly up or down with both hands
- After the VR headset is in focus, put on the headphones and pick up the controllers with both hands
- After request, press the home button  on both controllers for approx. 2 seconds to connect the controllers to the VR headset and center the view to the front
- If the view should be misaligned, center it again with the home button on one of the controllers



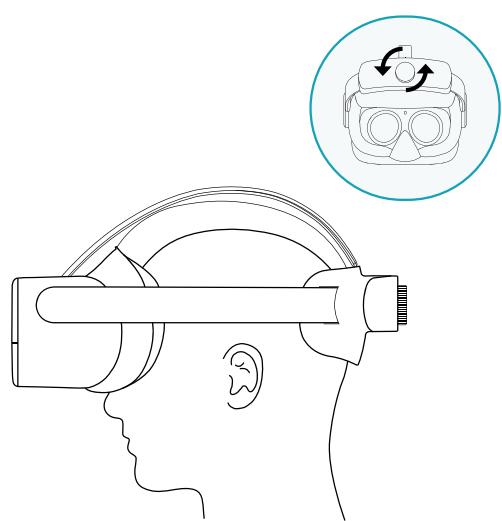
How to use the controller



How to put on the VR headset



How to put on



How to tighten with headband regulator

Important to know

- This VR headset is to be used only while sitting or lying with sufficient free space around the user
- The **lenses must not be exposed to direct sunlight**, otherwise the displays can be damaged and thus the warranty is void
- Please only clean the VR headset thoroughly with suitable cleaning agents
- Please only clean the lenses with a dry microfiber cloth, otherwise they can be scratched very easily
- Both controllers need to be charged with the Y-cable and the second charger
- The battery pack runtime of the VR headset is approx. 3 hours. With a long charging cable, the VR headset can be operated infinitely with the charger
- We recommend to charge the VR headset in time
- The VR headset is fully charged when the LED at the top lights up completely green
- If the LED lights up red after switching on the VR headset, the VR headset must be charged first
- If there are functional problems with the VR headset/software, please switch off the VR headset and start it again
- To switch off the VR headset, keep the ON/OFF button on the VR headset pressed for a few seconds
- We recommend to use headphones additionally for an immersive listening experience



Instructions for the Magic Horizons software

- In the main entry menu you can choose between 3 programs: playlists, training plan and single application
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- To start a program or a single VR application, point on it with the laser beam and press the trigger button with your index finger

Playlists

For more information on using the playlists, please refer to chapter 3 | „Playlists“

Training Plan

For more information on using the training plan, please refer to chapter 4 | „Training Plan“

Single application

- The single applications have their own submenu
- Within an application, open the submenu by pressing the "A" button on the right controller or the "X" button on the left controller while the single application is running
- Alternatively, you can select the floating at the top "M" (Menu) or „X“ (Exit) symbol with your index finger (trigger) within the application
- Inside the menu choose the audio mix, loop, play/pause and the volume with your index finger (trigger). By pressing the "X" symbol you finish the single application
- The menu closes as soon as the laser beam no longer points to it or when you press the "B" button on the right controller or "Y" button on the left controller

- There are two ways to go back to the main entry menu:
 1. Click on the "back to main menu" symbol with your index finger
 2. By pressing the back-button on the controllers, you go up one level higher to the main entry menu
- The VR headset doesn't have to be switched off during breaks. It switches to standby mode after a short time
- If you use the VR headset again, it will be immediately back in the software. After a longer break, the home button must be pressed for approx. 2 seconds

Please note

- Virtual Reality applications may cause discomfort, nausea and disorientation.
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Playlists

In the Playlists Menu there are 2 types of playlists:

1. "Preset Playlists" with preselected lists
2. "User Playlists" that you can create yourself

1| Preset Playlists

The "Preset Playlists" let you select from different categories to suit your preferences. A color code in the VR headset helps you recognize the category immediately:

- Deep Relaxation
- Calming
- Distraction
- Fantasy Trip
- Gain new Energy
- Random Play

The Preset Playlists menu:

- Once you have selected a playlist, a "play" icon appears
- You start the playlist by looking at the "play" icon until the green circle closes (aka "gaze control")
The person will then not require a controller and can start the selected playlist by gazing at the "play" icon in the VR headset
- This function also lets you select a playlist and then hand the VR headset to someone else.
- If the person is not able to start the playlist by gazing at the "play" icon, you can start the playlist for them by using your index finger to press the "trigger" button on the controller
- You can also use your index finger to press the "trigger" button on the controller and skip to the next VR application within the selected Preset Playlist ("skip to next application" function)
- The running time of the individual "Preset Playlists" is approx. 1 hour each

- The Preset Playlists were compiled using the findings of the study by the Humboldt–Universität zu Berlin
- A smart content management system ensures that the sequence of VR applications is rearranged constantly within the individual categories
- The "Random Play" Preset Playlist contains applications from all categories



2 | User Playlists

- The "User Playlists" function lets you create and save your own playlists from the various applications by clicking on "create playlist"
- Once you have finished your User Playlist, you select the door icon ("back to playlists") to return to the main playlist menu.
- Once you have selected a User Playlist, a "play" icon appears
- You start your User Playlist by gazing at the "play" icon until the green circle closes. This function also lets you select a User Playlist and then hand the VR headset to someone else. The person will then not require a controller and can start the selected User Playlist by gazing at the "play" icon in the VR headset
- If the person is not able to start the User Playlist by gazing at the "play" icon, you can start the playlist for them by using your index finger to press the "trigger" button on the controller
- You can also use your index finger to press the "trigger" button on the controller and skip to the next VR application within the selected User Playlist ("skip to next application" function)
- The "pen" icon lets you edit your own User Playlists.
- By selecting the "X" icon you can delete your own playlists.

The Create User Playlists menu:

- Click with the green laser pointer at one of the available VR applications in the menu in front of you
- You will see your selection appear on the list to your right
- Use the arrow icon to rearrange the order of your selected applications
- You can cancel any selected VR application by clicking again on it in the menu in front of you. It will then also be deleted in the list to your right
- Use the "save" icon to save your User Playlist
- The User Playlists are saved under names "Playlist 1", "Playlist 2" etc.
- By clicking on the "back to playlists" icon you return to the main "Playlists" menu to play your User Playlists

Playlists Easy Mobile and Premium Mobile

Number	Playlist category	Color code	Included VR applications
1	Deep relaxation	●	"Dreamy Beach", "Sunny Island", "Green Mountains", "Dolphins' Dream", "High Mountains", "Mystic Temples", "Deep Jungle", "Golden Autumn", "Delta Waves" 1Hz, "Color Rooms Green", "Gratitude" (Meditation)
2	Calming	●	"Delta Waves" 2Hz, "Color Rooms Blue", "Cool Down", "Theta Waves" 4Hz, "The Inner Smile" (Meditation), "Color Rooms Purple", "Day at the River", "Sunny Island", "Green Mountains", "Free Your Mind" (Meditation), "Dolphins' Dream"
3	Distraction	●	"Echoes in White", "Underwater Dreams", "Cool Down", "Dolphins' Dance", "Theta Waves" 6Hz, "Relax on Mars", "Mystic Temples", "Deep Jungle", "Color Rooms Yellow", "Golden Autumn", "Magic Garden", "Day at the River", "Breathe & Relax" (Meditation)
4	Fantasy trip	●	"Echoes in White", "The Sleeping Beauty" (Fairy tale), "Magic Garden", "Relax on Mars", "The Peasant's Wise Daughter" (Fairy tale), "Underwater Dreams", "Color Rooms Green", "The Frog King" (Fairy tale), "Color Rooms Purple", "The Bremen Town Musicians" (Fairy tale), "Sleep Well" (Relaxation story)
5	Gain new energy	●	"Gorge Walk", "Alpha Waves" 9Hz, "Echoes in White", "Color Rooms Yellow", "Mystic Temples", "Relax on Mars", "High Mountains", "Green Mountains", "Deep Jungle", "Dolphins' Dance", "The Inner Smile" (Meditation), "Day at the River"

Training Plan

Our Training Plan is a holistic concept for targeted stress reduction, calming, distraction and mental training.

As few as 2–3 VR sessions per week have been shown to promote lasting relaxation of mind and body as well as to build up your resilience over the long term. Each VR session lasts between 10 and 15 minutes. For optimum results, we recommend completing the Training Plan in the intended sequence. Of course you can repeat individual training sessions that are particularly good for you.

According to the study conducted by the Humboldt-Universität zu Berlin for Magic Horizons, a variety of studies have demonstrated that music and virtual environments have relaxing effects and promote regeneration after periods of stress.

"The approach by Magic Horizons, which involves combining binaural, orchestral musical experiences with stereoscopic images in Virtual Reality therefore aims to achieve relaxation effects, stress reduction, and anxiety reduction." (Quote: Dr. Christian Stein, Humboldt study dated 01/11/2018)

The Training Plan contains VR applications from the following categories. A color code in the VR headset helps you recognize the category immediately:

- **Deep Relaxation**
- **Calming**
- **Distraction**
- **Meditation**
- **Fantasy Trip**
- **Gain new Energy**
- **Interactive (only included in "Premium Mobile")**

One VR session usually consists of 2 applications. The combination of 2 specifically coordinated applications is a holistic concept to ensure a particularly intense and sustainable response to your individual needs. Depending on the category, a suitable binaural music mix based on 3 existing options was combined to achieve an optimum relaxation effect. For instance, only the "soft" audio mixes were used in the "Deep Relaxation" category. By contrast, the "Gain new Energy" category features "full" audio mixes. The "Meditations" and "Interactive" categories include only one application per VR session. This ensures that you benefit from their full effects.

Start the Training Plan:

- Start individual sessions by pointing on them with the green laser beam of the controller and clicking the "trigger" button with your index finger.
- You can also use your index finger to press the "trigger" button on the controller and skip to the next VR application within the selected training session. This skip function gives you a brief preview of a training session. But it is important to complete the training session in one go to experience its optimum effects.

The following tables provide an overview of all training sessions for the "Easy Mobile" and "Premium Mobile" VR headset.



Training Plan Easy Mobile

Number	Training unit	Color code	Included VR applications
1	Deep relaxation 1	●	"High Mountains" and "Delta Waves" 1Hz
2	Deep relaxation 2	●	"Dreamy Beach" and "Color Rooms Blue"
3	Meditation 1	●	"Free your Mind"
4	Fantasy trip 1	●	"Echoes in White" and "Color Rooms Green"
5	Distraction 1	●	"Underwater Dreams" and "Theta Waves" 6Hz
6	Gain new energy 1	●	"Deep Jungle" and "Color Rooms Yellow"
7	Meditation 2	●	"Breathe & Relax"
8	Calming 1	●	"Dolphins' Dance" and "Sunny Island"
9	Fantasy trip 2	●	"Magic Garden" and "Deep Jungle"
10	Deep relaxation 3	●	"Golden Autumn" and "Gratitude" (without voice)
11	Fantasy trip 3	●	"Bremen Town Musicians"
12	Gain new energy 2	●	"Alpha Waves" 9Hz and "Gorge Walk"
13	Distraction 2	●	"Dolphins' Dream" and "Color Rooms Blue"
14	Deep relaxation 4	●	"Mystic Temples" and "Color Rooms Purple"
15	Calming 2	●	"Day at the River" and "Theta Waves" 4Hz
16	Fantasy trip 4	●	"The Frog King"
17	Distraction 3	●	"Cool Down" and "Underwater Dreams"
18	Deep relaxation 5	●	"Dreamy Beach" and "Sunny Island"

Number	Training unit	Color code	Included VR applications
19	Gain new energy 3	●	"Green Mountains" and "Alpha Waves" 10Hz
20	Meditation 3	●	"Sleep Well"
21	Distraction 4	●	"Relax on Mars" and "Theta Waves" 7Hz
22	Deep relaxation 6	●	"Deep Jungle" and "High Mountains"
23	Calming 3	●	"Color Rooms Purple" and "Free Your Mind" (without voice)
24	Fantasy trip 5	●	"The Sleeping Beauty"
25	Gain new energy 4	●	"Gorge Walk" and "Mystic Temples"
26	Distraction 5	●	"Dolphins' Dance" and "Cool Down"
27	Meditation 4	●	"Dreamy Beach" and "The Inner Smile"
28	Deep relaxation 7	●	"Breathe & Relax" (without voice) and "Golden Autumn"
29	Calming 4	●	"Inner Smile" (without voice) and "Theta Waves" 5Hz
30	Gain new energy 5	●	"Underwater Dreams" and "Green Mountains"
31	Fantasy trip 6	●	"The Peasant's Wise Daughter"
32	Distraction 6	●	"Mystic Temples" and "Deep Jungle"
33	Meditation 5	●	"Color Rooms Blue" and "Gratitude"
34	Deep relaxation 8	●	"Dolphins' Dream" and "Day at the River"

Number	Training unit	Color code	Included VR applications
35	Calming 5	●	"Sunny Island" and "Delta Waves" 2Hz
36	Fantasy trip 7	●	"Echoes in White" and "Magic Garden"
37	Distraction 7	●	"Golden Autumn" and "Color Rooms Yellow"
38	Gain new energy 6	●	"High Mountains" and "Alpha Waves" 9Hz
39	Deep relaxation 9	●	"Color Rooms Green" and "Green Mountains"
40	Fantasy trip 8	●	"The Frog King"
41	Deep relaxation 10	●	"Delta Waves" 1Hz and "Dolphins' Dance"
42	Calming 6	●	"Inner Smile" (without voice) and "Theta Waves" 4Hz
43	Fantasy trip 9	●	"Relax on Mars" and "Color Rooms Purple"
44	Distraction 8	●	"Cool Down" and "Dolphins' Dream"
45	Meditation 6	●	"Color Rooms Yellow" and "Sleep Well"
46	Gain new energy 7	●	"Day at the River" and "Color Rooms Green"
47	Fantasy trip 10	●	"Bremen Town Musicians"
48	Deep relaxation 11	●	"Delta Waves" 2Hz and "High Mountains"
49	Meditation 7	●	"Color Rooms Blue" and "Breathe & Relax"
50	Gain new energy 8	●	"Gorge Walk" and "Mystic Temples"

Training Plan Premium Mobile

Number	Training unit	Color code	Included VR applications
1	Deep relaxation 1	●	"High Mountains" and "Delta Waves" 1Hz
2	Deep relaxation 2	●	"Dreamy Beach" and "Color Rooms Blue"
3	Meditation 1	●	"Free your Mind"
4	Fantasy trip 1	●	"Echoes in White" and "Color Rooms Green"
5	Interactive 1	●	Interactive movement exercise
6	Distraction 1	●	"Underwater Dreams" and "Theta Waves" 6Hz
7	Gain new energy 1	●	"Deep Jungle" and "Color Rooms Yellow"
8	Meditation 2	●	"Breathe & Relax"
9	Interactive 2	●	Interactive exercise: see, recognize, aim
10	Calming 1	●	"Dolphins' Dance" and "Sunny Island"
11	Fantasy trip 2	●	"Magic Garden" and "Deep Jungle"
12	Deep relaxation 3	●	"Golden Autumn" and "Gratitude" (without voice)
13	Interactive 3	●	Interactive exercise: brain training, eye / hand coordination
14	Fantasy trip 3	●	"Bremen Town Musicians"
15	Gain new energy 2	●	"Alpha Waves" 9Hz and "Gorge Walk"
16	Distraction 2	●	"Dolphins' Dream" and "Color Rooms Blue"

Number	Training unit	Color code	Included VR applications
17	Interactive 4	●	Interactive throwing exercise
18	Deep relaxation 4	●	"Mystic Temples" and "Color Rooms Purple"
19	Calming 2	●	"Day at the River" and "Theta Waves" 4Hz
20	Fantasy trip 4	●	"The Frog King"
21	Interactive 5	●	Binaural auditory stimulation
22	Distraction 3	●	"Cool Down" and "Underwater Dreams"
23	Deep relaxation 5	●	"Dreamy Beach" and "Sunny Island"
24	Gain new energy 3	●	"Green Mountains" and "Alpha Waves" 10Hz
25	Interactive 6	●	Interactive movement exercise
26	Meditation 3	●	"Sleep Well"
27	Distraction 4	●	"Relax on Mars" and "Theta Waves" 7Hz
28	Deep relaxation 6	●	"Deep Jungle" and "High Mountains"
29	Interactive 7	●	Interactive exercise: brain training, eye / hand coordination
30	Calming 3	●	"Color Rooms Purple" and "Free Your Mind" (without voice)
31	Fantasy trip 5	●	"The Sleeping Beauty"
32	Gain new energy 4	●	"Gorge Walk" and "Mystic Temples"
33	Interactive 8	●	Interactive exercise: see, recognize, aim

Number	Training unit	Color code	Included VR applications
34	Distraction 5	●	"Dolphins' Dance" and "Cool Down"
35	Meditation 4	●	"Dreamy Beach" and "The Inner Smile"
36	Deep relaxation 7	●	"Breathe & Relax" (without voice) and "Golden Autumn"
37	Interactive 9	●	Interactive throwing exercise
38	Calming 4	●	"Inner Smile" (without voice) and "Theta Waves" 5Hz
39	Gain new energy 5	●	"Underwater Dreams" and "Green Mountains"
40	Fantasy trip 6	●	"The Peasant's Wise Daughter"
41	Interactive 10	●	Binaural auditory stimulation
42	Distraction 6	●	"Mystic Temples" and "Deep Jungle"
43	Meditation 5	●	"Color Rooms Blue" and "Gratitude"
44	Deep relaxation 8	●	"Dolphins' Dream" and "Day at the River"
45	Interactive 11	●	Interactive movement exercise
46	Calming 5	●	"Sunny Island" and "Delta Waves" 2Hz
47	Fantasy trip 7	●	"Echoes in White" and "Magic Garden"
48	Distraction 7	●	"Golden Autumn" and "Color Rooms Yellow"
49	Interactive 12	●	Interactive exercise: see, recognize, aim
50	Gain new energy 6	●	"High Mountains" and "Alpha Waves" 9Hz

Number	Training unit	Color code	Included VR applications
51	Deep relaxation 9	●	"Color Rooms Green" and "Green Mountains"
52	Fantasy trip 8	●	"The Frog King"
53	Interactive 13	●	Interactive exercise: brain training, eye / hand coordination
54	Deep relaxation 10	●	"Delta Waves" 1Hz and "Dolphins' Dance"
55	Calming 6	●	"Inner Smile" (without voice) and "Theta Waves" 4Hz
56	Fantasy trip 9	●	"Relax on Mars" and "Color Rooms Purple"
57	Interactive 14	●	Interactive throwing exercise
58	Distraction 8	●	"Cool Down" and "Dolphins' Dream"
59	Meditation 6	●	"Color Rooms Yellow" and "Sleep Well"
60	Gain new energy 7	●	"Day at the River" and "Color Rooms Green"
61	Interactive 15	●	Binaural auditory stimulation
62	Fantasy trip 10	●	"Bremen Town Musicians"
63	Deep relaxation 11	●	"Delta Waves" 2Hz and "High Mountains"
64	Meditation 7	●	"Color Rooms Blue" and "Breathe & Relax"
65	Interactive 16	●	Interactive movement exercise

Number	Training unit	Color code	Included VR applications
66	Gain new energy 8	●	"Gorge Walk" and "Mystic Temples"
67	Gain new energy 9	●	"Deep Jungle" and "Color Rooms Yellow"
68	Meditation 8	●	"Breathe & Relax"
69	Interactive 17	●	Interactive exercise: see, recognize, aim
70	Calming 7	●	"Dolphins' Dance" and "Sunny Island"
71	Fantasy trip 11	●	"Magic Garden" and "Deep Jungle"
72	Deep relaxation 12	●	"Golden Autumn" and "Gratitude" (without voice)
73	Interactive 18	●	Interactive exercise: brain training, eye / hand coordination
74	Fantasy trip 12	●	"Bremen Town Musicians"
75	Gain new energy 10	●	"Alpha Waves" 9Hz and "Gorge Walk"
76	Distraction 9	●	"Dolphins' Dream" and "Color Rooms Blue"
77	Interactive 19	●	Interactive throwing exercise
78	Deep relaxation 13	●	"Mystic Temples" and "Color Rooms Purple"
79	Calming 8	●	"Day at the River" and "Theta Waves A" 4Hz
80	Fantasy trip 13	●	"The Frog King"

Description of the VR applications for Easy Mobile and Premium Mobile

A| VR NATURE VIDEOS

Relax within our stereoscopic 360 VR Nature applications, where you can swim with dolphins in the ocean, immerse within the untouched landscape and white sandy beaches of Crete, or ponder amidst the contemplative ambience of the Alps with its vast mountain lakes and lush green forests. If Thailand is your desire, you can relax while walking amidst mystic temples, pristine coves and ancient jungles. To optimize your relaxation, special binaural music has been adeptly synced with each application. The virtual journey to picturesque nature settings has a positive effect on mental health, promotes stress relief and mental regeneration and has, according to a study by the prestigious Humboldt-Universität zu Berlin conducted for Magic Horizons, a relaxing effect.

1| DREAMY BEACH (length 5 mins)

Beautiful beaches and fascinating waterfalls in Thailand ...



... create new perspectives and outlooks. They soon make you forget everyday life with all its cares and worries. Stress and hectic fade into the background. Deep relaxation arises.

2| SUNNY ISLAND (length 5 mins)

Fantastic nature on Crete ...



... invites you to dream and slow down. It distracts you from everything that is making life difficult and cumbersome. Your mind clears. The outside world gradually disappears. Nothing and nobody disturbs the peace.

3 | GREEN MOUNTAINS (length 5 mins)

A day off in green Alpine landscapes ...

... enables particularly deep and pleasant relaxation. You can literally feel the clean air. Immerse yourself and breathe deeply beside the murmuring stream – a wonderful experience!



4 | DOLPHINS' DANCE (length 5 mins)

Dive in and swim with dolphins ...

... and observe their magical dance. Detached from time and space. One with yourself. Stress and tension quickly fade into the background. Swimming and diving with dolphins becomes a unique experience and creates a sense of deep relaxation. A wish comes true!



5 | DOLPHINS' DREAM (length 5 mins)

Dive with dolphins ...

... the gorgeous experience continues. These fascinating sea creatures reveal their unique way of playing happily in the water. Their lightness and abandon are pervasive and infectious. You feel part of the game, caught up in their play. Agile, light, worry-free and liberated.



6 | MYSTIC TEMPLES (length 5 mins)

A fascinating trip to the famous temples in Thailand ...



... leads straight to the holy sites of Wat Phra Si Sanphet, Wat Ratchaburana and Wat Phra Mahathat. They create purifying, deep inspiration at an age-old, mystical place of peace and reflection. A majestic experience of pure relaxation!

7 | DEEP JUNGLE (length 5 mins)

Recharge your batteries surrounded by ancient, mighty Makayuk trees in Thailand's green jungle ...



... The succulent green strengthens the mind, while exerting a particularly calming effect on the human psyche. "Bathing in the forest" like this, e.g. during a treatment, reduces stress and tension and creates a sense of inner serenity.

8 | GORGE WALK (length 5 mins)

Gain new energy in an Alpine gorge ...



... meandering upwards on narrow, lofty paths, flanked by green vegetation – drawing ever closer to the summit, sensing the joy of inner freedom and strength. Let go and find yourself on the banks of clear mountain streams, far from the worries of everyday life. Breathe deeply and feel your vitality and youth as you linger and relax.

9 | GOLDEN AUTUMN (length 5 mins)

A golden autumn day in Lithuania ...

... spirits you away into bright-coloured forests, through golden leaves and past romantic lakes. Let your soul come to rest, accompanied by relaxing, binaural music. Free your mind and forget about your everyday concerns. Let go, open your spirit to the beauty of nature as you gradually recharge your batteries. Absorb perhaps the year's last warm sun-beams. Feel the liberation and strength.



10 | DAY AT THE RIVER (length 5 mins)

In the wild Karwendel Mountains ...

... turquoise water seeks its path, sometimes slowly, other times faster. It has a cooling and refreshing effect. Your mind becomes clear and free, released from worries and brimming with fresh inspiration. The succulent green also fills the human psyche with strength and power. Let go and be free in the here and now.



11 | HIGH MOUNTAINS (length 5 mins)

High up once again ...

... in the beautiful landscape of the lofty Swiss Alps. Find rest and recuperation in the majestic landscape, far from the bustle of everyday life. Feel as if your lungs are filling with fresh, clear air on this virtual mountain hike. Take time to let go in peaceful tranquility, helped by the atmospheric sounds of a guitar.



B| BINAURAL BEATS

The scientific benefits of "Binaural Beats" are extensively analyzed in the previously mentioned Humboldt study: it's about sine waves for the left and right ear, that differ slightly in their frequencies. This slight difference generates the appropriate beats in the human brain, which move it to the respective frequency condition. In our applications below, music is used to fit with the different frequencies. In the selection menu, users can also listen to just the sine waves without music. In a beautiful virtual relaxation room, you're also shown the wave movements to engage your eyes as well as your ears, which enable you to dive in and relax even more deeply (= immersion).

1| DELTA WAVES (length 10 mins)

Deep relaxation with delta waves ...



... in a virtual relaxation room, far from the outside world. Accompanied by just a few images that slowly change and gradually bring absolute peace and relaxation. One with yourself, accompanied by slow, calming music and delta waves in a range of 1 to 2Hz. A magical, dreamlike journey!

2| THETA WAVES A (length 10 mins)

The dream journey continues ...



... in an enchanting underwater world, framed in endlessly clear blue. Theta waves in the 4 to 5Hz range stand for medium relaxation and clear your mind.

3 | THETA WAVES B (length 10 mins)

Light relaxation with theta waves B ...

... is ensured in the 6 to 7Hz range. A white room welcomes visitors in an unblemished environment with indescribable clarity. A focus is placed on the relaxing sine waves. Immerse yourself, let go and draw closer to your soul – in the pristine white of the here and now.



4 | ALPHA WAVES (length 10 mins)

New energy with alpha waves ...

... in a particularly beautiful setting. Alpha waves are offered in the 9 to 10Hz range and bring daydreams to life in a calming, wakeful state. Leave everyday life far behind and feel the sun on your skin in a wonderful desert landscape. An exceptionally inspirational yet calming experience!



5 | SOUNDWAVE CINEMA (length individual) – only included in Premium Mobile

Relaxing and binaural sounds of nature ...

... – select your favorites in the virtual home cinema. Fill your virtual home cinema with calming, natural sounds like streams and waves or musical sounds such as bells, gentle drumming and others. Exactly what you need to distract yourself or simply take a break from everyday life.



6| Color Rooms (length 5 mins each)

Let go and dive in ...



... to the colorful rooms in blue, yellow, green and purple:

- Blue stands for inner serenity, trust and longing. But clarity and safety as well.
- Yellow represents optimism and joy. As well as a pervasive sense of joy of living.
- Green stands for safety, hope and healing.
- Purple represents dignity, self-confidence, mysticism and protection.

C| DREAMS & MEDITATIONS

Using guided breathing and sleep enhancing exercises, meditations and fairy tales (read in a soothing voice) helps achieve a state of deep relaxation, slow breathing, and regeneration of the mind and body. At the same time, the virtual environments provide thorough visual relaxation.

1| BREATHE & RELAX (length 7 mins)

Breathe & relax ...



... during a fabulous time-out with a guided breathing and relaxation exercise in a beautiful, animated landscape.

Focus on your breathing to gradually enter a powerful state of blissful calm, security and complete relaxation. Stress reduction is the magic word here.

2| FREE YOUR MIND (length 7 mins)

With a guided meditation ...

... beside a picturesque brook. Find peace and serenity here, at this enchanting place. Liberate your mind of worries and the endlessly revolving spiral of thoughts. Switch off, calm down and listen to the voice on the banks of the murmuring brook, as the 360° sensory impressions greatly enhance the effect.



3| THE INNER SMILE (length 5 mins)

A guided meditation ...

... on a picturesque beach in Thailand. The priorities here are to welcome the gift of a smile and to discard your negative feelings and worries. The view of a beautiful bay lets your thoughts come to rest as you fall and connect with your inner world. Gentle words form a smile on your face, for the purest rest and relaxation!



4| ECHOES IN WHITE (length 5 mins)

A journey to magnificent, fantasy worlds ...

... starts in the breathtaking setting of outer space, perched on an asteroid. Endless expanses, planets and stars offer a truly unique experience. Completely relaxed, forgetting everything around you, floating on a white "echo ball", the journey takes you from outer space to a lush "green oasis" full of strength and joy of living. Recharge your batteries and feel the energy, before the journey continues into a seemingly magical "white world". This is mainly a place to slow down and come to rest. The calm 360-degree camera work and the atmospheric images guarantee a relaxing experience in 3D.



5| FAIRY TALES (length 10 mins each)

Sleeping Beauty and consorts ...



... sublime experiences in the unforgettable fairy tale world of the Brothers Grimm. Immersed in beautiful scenery, the narrator's voice spirits you away into ancient times where wishes occasionally still came true. Switch off, relax and dream ... and experience the precious feeling of being a child once again.

6| SLEEP WELL (length 7 mins)

Carried by the lightness of being ...



... setting off on a relaxing story trip through enchanting 3D scenery that makes the outside world disappear and creates a pleasant sensation of drowsiness. Shut out the world – and come to rest!

7| MAGIC GARDEN (length 4 mins)

A picture comes to life ...



... and magically captivates all of your senses. A pomegranate and red wine glass move in a surreal dream. Floating images dissolve and reform. Leaves engage in their magical dance, far removed from everyday events. Time to switch off, time to dream. In the here and now.

8 | COOL DOWN (length 5 mins)

Dive into the icy Arctic world ...

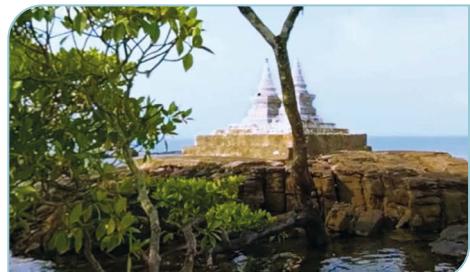
... to free your mind and briefly forget the stresses of life. Experience the majesty of the icebergs and the crystal clear waters. The sense of liberty and clarity induces mental relaxation and "refreshment". Everything seems like it is just at your fingertips.



9 | GRATITUDE (length 6 mins)

A guided meditation ...

... to consider the topic of gratitude, far removed from the hectic of life and everyday worries. Gratitude as the key to better satisfaction, serenity and health. Committing to the moment at a beautiful spot by the sea. Listening to the soft voice and forgetting the outside world.



10 | Underwater Dreams (length 5 mins)

See and marvel, relax and daydream ...

... surrounded by bright-coloured fish, glittering coral and variegated plants. Dive in and forget the world around you. An exquisitely beautiful, captivating and intense VR experience!



11| RELAX ON MARS (length 5 mins)

On Mars ...



... feel endless freedom in the wide expanses of the universe. A wonderful, unique place to extend your horizon. An incredible VR experience. Perched up on the vantage point, you gaze down on this distinctive Red Planet. Switch off and marvel as you watch the astronauts go about their business. An endless expanse of red and yellow fills you with strength and pleasant calm. Breathe deeply, in and out, in the "Greenhouse" before setting off on your voyage back to Earth, happy and strengthened.

D| INTERACTIVE APPLICATIONS – only included in Premium Mobile

Our interactive applications are especially effective thanks to the fully isolated display of the Virtual Reality headset. In scenarios developed specifically for this purpose, two controllers are used to offer a particularly interactive and relaxing immersive experience. You can playfully attain a relaxing flow state in the "Crystal Cave". Keep your mind sharp with the interactive "Number Training". "Kinesiology" is a training for the hand-eye coordination. "Moon Experience" is an interactive throwing game on the moon.

1| CRYSTAL CAVE (length 6 mins)

Direct your environment with light and objects ...



... in an enchantingly magical crystal cave. Use the controllers to stream light particles, flowers, leaves, butterflies, fireflies and globes of white light. The different particles are spun through the air by moving your hands (controllers) gently or strongly. Gentle movements send out just a few dancing particles, while strong/fast movements emit powerful streams. It's great fun and a highly enjoyable distraction. Leave everyday life far behind for a few brief moments and immerse yourself in the colorful world of the crystal cave to feel that important state of "flow" pervade your body. This also uses "playful" techniques to practice and strengthen coordination and fluid movements of the hands and arms.

2| NUMBER TRAINING (length 4 mins each)

A number training for the brain, eyes and responses ...

... awaits in a fantastical 360° world. Hunt-discover-catch are the key words in this application: The aim is to find specific, prompted numbers like the "8". You then need to discover and catch all the 8s – hidden among many other numbers – that rain from the sky in different levels of difficulty. Just click on them with the controllers. This game mainly trains your concentration/attentiveness, responses and dexterity. The application offers fun and distraction. Successfully finding all the numbers will boost your self-confidence as well.



3| KINESIOLOGY (length individual)

VR exercises for improved hand-eye coordination and better concentration ...

... in a welcoming, Asian-style room. These exercises are a bit of a challenge for many people, especially children. Using the controller (so the hand) to trace the lines precisely requires a lot of concentration. Tracing the "horizontal eight" in particular is another way to stimulate and connect both hemispheres of the brain: The right side of the brain controls the left side of the body and vice versa.

The objective of these exercises is:

- To train hand-eye coordination
- To practice hand and arm movements
- To improve concentration



4| MOON EXPERIENCE (length individual)

Practicing movements on the moon ...

... invites you to visit a magnificent lunar landscape. To feel endless freedom on the moon's surface just once, absorbing the endless expanse of the universe. A unique experience – as well as a throwing game that combines the coordination of using the fingers/controllers to aim and throw. It's more than just fun – it mainly teaches you to "switch off your mind". So let's set off on a wonderful trip to the moon!



Scientific Information

Quotes from Dr. Christian Stein from the study by the Humboldt University of Berlin (Cluster of Excellence Image Knowledge Design, gamlab.berlin) from November 1st, 2018 for Magic Horizons

 "Relaxation effects and regeneration after stress have been demonstrated for music and virtual environments in various studies."

 "When the primary topic is relaxation, such as with Magic Horizons, it is therefore crucial that a state of presence is achieved and the consistency of the environments shown is high, in that the VR user expects a relaxing experience, which is supplied consistently and intensively. A high degree of efficiency of the relaxation effects is therefore linked to the intensity of the experience, the expectability of such an experience, and the feelings it triggers. No other technology is able to provide a more intensive and more consistent simulation when it comes to perception than VR."

 "VR is the medium which enables the experience of 'presence' in a computer-generated world best."

 "The Magic Horizons applications are characterised by a high acoustic production quality. They feature premium Binaural Audio with the help of Ambisonic, in which the instruments are ordered in an acoustically localised way around the user."

 "The approach by Magic Horizons, which involves combining binaural, orchestral musical experiences with stereoscopic images in Virtual Reality therefore aims to achieve relaxation effects, stress reduction, and anxiety reduction."

“A further intensification of the presence effect and hence the relaxation effects is aimed at through a certain degree of interactivity (EXPL), which gives users the feeling of moving about more freely in the world presented and being able to interact with it. In this case, attention is to be paid to the correct degree of difficulty of the interactions, in particular through focusing on relaxation effects. In game research, this is referred to as flow, i.e. the degree of pleasant involvement in a game and/or an interactive experience ...” “Accordingly, flow can be achieved via a level of interesting experiences and/or tasks adapted to the user. If the requirements placed on the user become too complex, he will leave the flow state – the same thing happens when it becomes too easy.”

“One core objective of the Magic Horizons applications is to achieve demonstrable relaxation effects for the largest possible number of users. This takes place through a combination of music, sound, and virtual environments which are perceived by immersive Virtual Reality headsets.”

“Various studies examine the influence of Binaural Beats on brain waves. Theta waves, which manifest particularly strongly during deep relaxation, daydreams, and processes of recollection, play a particular role for relaxation in this context. It was shown that theta waves increased significantly after hearing Binaural Beats ...” “The specific frequency range of theta waves is the most interesting for Magic Horizons ...” “Hence, theta waves are a highly useful and essential range of brain waves for relaxation ...” “When theta waves are optimal, they can augment creativity, emotional bonds, intuition, and relaxation.”

“Probably the most important principle in the context of VR and emotions is presence ...” “The studies show that, for the decisive degree of perceived presence in order to achieve a high degree of relaxation effects, VR is currently the best possible technology. The visual intensity is supported by the stereoscopic content, which Magic Horizons also offers. The high rendering quality of the Magic Horizons experiences also plays a decisive role here, and reinforces the presence effect.”

FAQ

What is the use of the Magic Horizons VR applications?

Magic Horizons is a holistic platform on which customers can find virtual reality solutions for stress reduction, patient calming, mental training and the promotion of mental health.

Anytime & anywhere. You can expect relaxing, stress-reducing and calming virtual worlds full of beauty:

- Real natural worlds in 360° and 3D, to switch off, relax and gain new mental energy
- Binaural beats for deep relaxation
- Guided meditations, sleep aids, fairy tales and fantasy trips
- Interactive exercises from number training to kinesiology (only in "Premium Mobile")

All VR applications are based on scientific research and a study by the Humboldt-Universität zu Berlin for Magic Horizons. We also work with King's College London and the USC (University of Southern California).

What does "Magic Horizons – my better life" stand for?

- **Magic** – for magically simple usage and the positive feeling when experiencing our VR
- **Horizons** – for the variety and quality of our VR applications
- **My better life** embodies the increased quality of life and added value through our products and services

What does Virtual Reality (VR) mean?

Virtual Reality is a technology that, by means of a so-called Virtual Reality headset or VR glasses, enables the user to immerse himself in real or artificially generated worlds in 360° and 3D.

What does immersion mean?

Immersion means "plunging" in real or artificially generated worlds. This experience makes the respective world appear real to the user.

What does presence mean?

When the immersion is particularly intense, this is also termed presence. The user believes that they are actually standing and relaxing on the dream beach, for example.

What does resilience mean?

Resilience is the psychological ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly

What is special about VR technology?

The 360° VR environment enables a much better immersion than, for example, smartphone relaxation apps, which can still be distracting because of the external environment. In VR, however, you are completely away from the external, shielded from the outside world.

In virtual reality, you don't just "see" a film about dolphins, you are right in the middle of it and swim with dolphins. You don't only watch a film about the sea, you are on the "dream beach" and the sea is within your grasp. The same applies to any other VR world: the feeling of "presence" arises - you actually believe that you are "on site". This makes it much easier for the human brain to "let go" and relax much deeper and faster. The high resolution and stereoscopy (3D) help here to make the VR worlds appear even more realistic to the brain.

How do VR headsets differ from smartphone relaxation apps?

In virtual reality, the presence effect is many times higher. This enables a much faster and more lasting relaxation and stress reduction.

What is Magic Horizons' data security policy?

The protection of our customers' data is our top priority. As a German company, the protection of private data and GDPR compliance are very important to Magic Horizons. Customer data is not sold or otherwise made available to third parties.

Do Magic Horizons customers have to register the VR headset online?

No, our customers who rent the "Easy Mobile" or "Premium Mobile" VR headset as a subscription do not have to register online or go online with the VR headset. Only if you want to receive updates online in the future, you have to go online specifically via your own WiFi for this purpose.

Do I need WiFi to use the VR headset?

No, all software is completely installed. If you want an update via WiFi in the future, this is possible. An update without WiFi is also possible in the future. Then the update will take place via SD card.

Can I wear my normal glasses under the VR headset?

Yes, please leave your normal glasses on under the VR headset.

Do I have to install anything?

No, all the required software is pre-installed on your VR headset. You can start right away.

Can I also use interactive applications on the Easy Mobile VR headset?

No, to use interactive applications you need the "Premium Mobile" VR headset.

Download the latest
version of the guide here:



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Magic Horizons

Switch on – Dive in

A new dimension of mental health



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