



# How-to Video LightWorks LW1

## Transcription

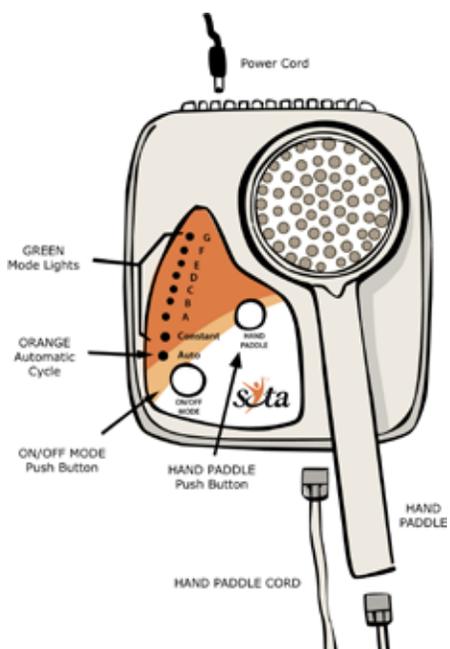
Well, I will be demonstrating the use of the SOTA LightWorks Unit. Our latest model, Model LW1 is shown here.

### Wall Adaptor

The LightWorks is powered by an AC-DC wall adaptor. The specifications are 12 Volt DC, 1.5 amps and the tip or center polarity is positive. Make sure that you do have the polarity correct or the unit won't turn on. It won't hurt it, but it won't turn on.

And please remember that if you are

not using our wall adaptor, that the wall adaptor you have meets the same specifications—12 Volt DC, 1.5 Amps. What is real nice about our wall adaptor that we offer here is the ability to change the blades depending on the country that you live in. I can just unclick the blades and replace them. You can order the blades for your country. And every country is different and it's really simple, you get your blades and click them into place and you are good to go.



Now powering the unit, we take our 2.1 mm power plug and again center positive and we turn the unit and on the back we see that there is a power outlet, really simple. You plug the power plug into the power outlet, make sure it is fully placed in. And I am just going to demonstrate turning the unit on for now.

### Turning the Unit On

There is a large ON/OFF/MODE button here and the unit is on and running perfectly. And I'll just turn it off for now. You hold the button down for two seconds and the unit turns off.

## Connecting the Hand Paddle to the Unit

The next step is connecting the Hand Paddle. The Hand Paddle that comes with the unit has both Infrared and Red on one side or the other. We use a standard telephone style cord. I'll put the paddle down for now. We use a standard telephone style cord. You can get this at any telephone store, at least here in North America. It is very common, just a modular plug. It is a four conductor cord. If you are going to buy one, you may want to get a longer length than what we offer here. And you just want to get it locally. Make sure that it is a four conductor cord. And how you connect it into the unit—there is a small jack on the front part of the unit and you simply take the telephone style connector, plug it in, click it into place and give it a tug to make sure it is nice and secure.

And then, take the other end of the cord, take your Hand Paddle and on the end of the Hand Paddle there is also a jack that you can plug the telephone cord into. Make sure you line it up correctly. Click it into place. Make sure it is nice and tight and now you are connected to the unit. I will turn the unit on and you will see a nice bright Red light. It will start on the Red side of the paddle. Now your paddle may have a protective covering, a blue lens cover, it just prevents it from being scratched. Make sure you peel off the protective covering on both sides.

## Switching Colors on Hand Paddles

I am going to see if I can show you here, there is a paddle selector switch. I am going to turn the paddle around to the Infrared side and hit the selector switch and you will see that the lights now come on, on the Infrared side. If I hit the switch again, it will switch back to the Red side. And you can see all the LEDs are on. Just make sure none are burnt out for whatever reason. Make sure all the LED's are on – there are 60 LEDs. I'll go back to the Infrared side. You notice on the Infrared side that there are five Red indicator lights. Infrared is normally invisible to the human eye. In a darkened room you might just be able to see it, but normally it is just invisible. For us to know that the lights are actually on, we have added five indicator lights showing you that there are five banks of the Infrared on.

So please make sure all five Red indicator lights are on which tells you all the Infrared lights are on. Sounds confusing, but that is just the way it is. Now, I'll put it back to Red.



## Using the Unit

The light that comes off the unit is used in this fashion—you need to put it right against the skin. You don't want to put it through clothing because light will be blocked by clothing. So when you do apply it, make sure you apply it directly against the skin. And light dissipates very rapidly, in other words, the strength out here is not as powerful as here. So make sure it is always right against the skin and not trying to treat an area in this way—it is too far away. It won't be beneficial. So make sure it is right against the skin. I am going to put the paddle down and we are going to talk about the lights on the unit now.

## Turning the Unit On

When you first turn the unit on, it will go into Auto Mode. It is an Orange indicator light and this is the default mode. When it turns on, it turns into this mode. And you have the ability through this button to go into Manual Mode. I am going to hit this button once. Now I have actually gone into Manual Mode and the auto light is off and I can select each of the different modes. All the way up to mode G and the next step it will go back into Auto Mode.

## The Modes

When you are in Auto Mode the unit will cycle through each of the 8 different modes including constant and the frequencies A through G. Constant Mode means the light is not modulating or there is no frequency involved. The light is on steady and constant. It is the most powerful mode as far as light output. And then you have the option of going through each of the different frequencies which have a unique frequency attached to them.

In Auto Mode the unit will spend approximately, well I shouldn't say approximately, it will spend exactly 4 minutes in every mode multiplied by 8 modes. That is 32 minutes in one Auto session. When the 32 minutes has elapsed, the unit will go into sleep mode. The unit will just flicker and you can either ignore it and the unit will shut itself down in 30 seconds, or you hit the button again and it will start up again and restart the sequence.

Note, please keep in mind that any time that you touch any of the buttons, whether it is the paddle selection button or the ON/OFF button for selecting your modes it resets the internal timer, so it is like starting the session fresh from that point forward.

In Manual Mode, there I am in Constant Mode now. Constant Mode will run for about 30 minutes in Manual Mode and if I go into any other frequencies they will run for 15 minutes each. And again, once the sequence is completed, the Manual Mode will finish and it will go into sleep and you have the option then of restarting that Manual Mode where it left off, or restarting the timer and starting again. And the same thing as I mentioned, if you hit the paddle button and you want to change the other side, it is like resetting it and restarting it completely.

And for turning it off, it is really simple, you hold down the button for two seconds and the unit turns off. And that's the operation of the SOTA LightWorks unit.

### **Additional Color Hand Paddles**

Your LightWorks unit comes with the Red and Infrared paddle and the base unit. We also offer the option that you can purchase two additional paddles which offer four new colors and I'd like to demonstrate those colors to you now. This one paddle has Green and Blue, I'll just plug it in and you should see a nice Green color. And again all 60 LEDs are used. If I change to the other paddle side, you see a nice bright Blue – it's quite an intense color; it is quite nice. And I'll change it back and I'll now demonstrate the other paddle which is the Orange light, which is nice and clear. Even though the camera might not pick this up properly, it is a nice Orange color. And on the other side, it is a nice bright Yellow. And that is basically it. It is very simple to operate, it is exactly the same as the Red and Infrared paddles.

### **Using Two Hand Paddles at the Same Time**

If you are interested in using two paddles at the same time. We offer the LightWorks Hand Paddle Connection Kit. I am going to demonstrate that for you here. The Hand Paddle connection kit comes with an extra wire. It is the same four conductor telephone wire and has a special adaptor. This adaptor allows you to plug in two LightWorks Cords, to plug into two different Hand Paddles. And you can use any two Hand Paddles that you like. And I am going to demonstrate how you do this.

The first thing you want to do is take the adaptor and insert it into the end of the unit just like you are going to insert the cord. I am going to do that now. Click it into place. Give it a little tug. That's fine. Then you are going to take one of your cords and plug it into the end like this. Click it into place. Make sure it is nice and secure. You are going to take the second cord and you are going to plug it into place. Now you have two cords plugged into the unit. I am going to put the unit down. I'll take one of the paddles and on one of the cords I will plug that cord into this paddle. I will take the second cord, plug it into the second paddle and I am going to hold both these paddles up. I can do this and I am going to turn the unit on.

As you can see we have both the Orange and Green lights on and notice they are both the same side as if you were using them independently. I will switch paddles and now we have the Yellow and the Blue. And that is how you can use two Hand Paddles at the exact same time.

**Note:** This video and the transcript are intended to complement the product manual that accompanies your unit. Please be sure to read the complete product manual before using your unit.