

USER MANUAL FOR TIN – 4

1. Introduction

Dear friends, our congratulations!

You became the owner of TIN of intuition (further referred to as TIN) - a device that has no analogues in the world. You have bought this device whether because of curiosity, or because of strong desire to learn, understand and feel yourself. Now you are the owner whether of the next toy, or of a powerful tool, which is able to give you the strength and confidence for every start if you train regularly.

Every day, life give us a choice and we often make not the best decision receiving in result the punishment in the form of troubles or suffering. With the help of the device you will learn how to think intuitively and how to successfully develop this ability. It will help you to avoid mistakes and to choose the right solution in every aspect of life.

TIN uses the main maxima of life - the punishment for a wrong decision. Working with TIN you have to guess, which of the two buttons has an electrical discharge, ready to plunge into your finger and based on the guess - to choose the "safe" option. For every mistake TIN punishes you with a small electrical discharge. Over time, you begin to feel which button is ready to discharge and make a "safe" choice. As you see - what's being formed in you is the reflex to take the right decision automatically, without thinking. The same principle is transferred into the real life. You can work with TIN at home, in the office, in transport, in the street, etc.

TIN's compatibility with PC allows you to extend the autonomous possibilities of TIN. Using a PC, you can collect and save statistics of working with TIN.

2. Components

Package includes:

- Trainer of intuition – 1 pc.
- USB-cable connection - 1 pc.
- User's manual - 1 pc.
- Packing - 1 pc.

Keep the packaging, if you plan to carry a simulator somewhere or keep it for long-term storage. Save completeness in case of replacement due to guarantee conditions.

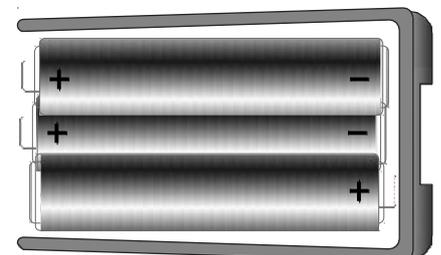
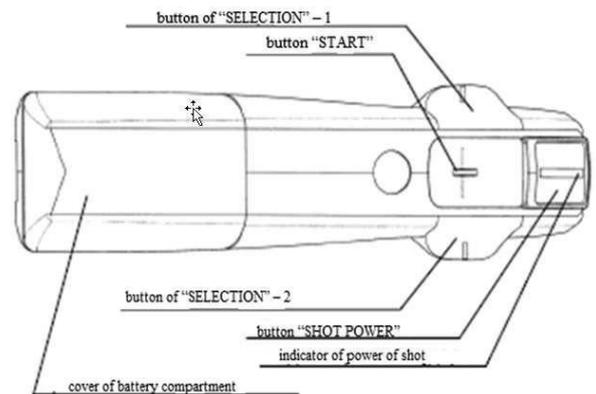
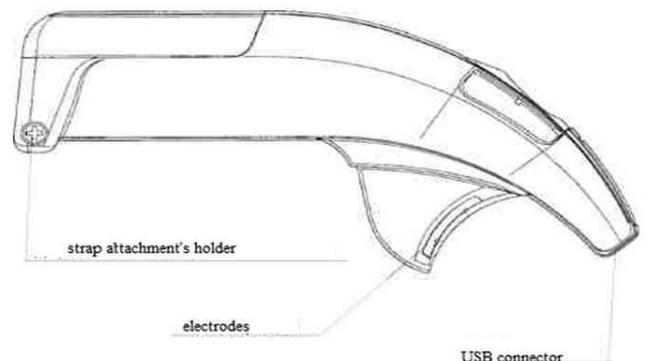
3. Technical Specifications

- selection of button for shot - random number generator
- amount of shots' level - 10
- the maximal energy of shot, J - 0,001
- frequency of the alternating voltage, Hz - 400
- power of device - three AA batteries
- individuality - the unique code assigned by the manufacturer
- amount of saved training results - 1012
- PC connection - USB port
- amount of operations, at least - 500000

4. Exploitation of TIN

4.1. The appointment of control buttons and indicators (pic. 1)

- "START" button
 - long pressing switches TIN on, if it was switched off.
 - long pressing switches TIN off, if it was switched on.
 - pressing this button during the training forces TIN to "appoint" one of the two buttons "CHOICE OF DECISION", which you are supposed to guess.
 - joint pressing with button "SHOT POWER" shows the chosen training.
 - repressing switches to the next training.
- "SHOT POWER" button
 - sets the power of an electric shot (the power of shot). By the next pressing power increases to the maximum (level 10), then drops out to the first level, etc. cyclically.
- Button of "SELECTION – 1" and "SELECTION – 2" ○ with these buttons you can intuitively choose one of two options for pressing, which, in your opinion, is not accompanied by electric shot. ○ joint pressing indicates the charge level of the battery (batteries) (if only one indicator is lit - the batteries are discharged, all indicators are lit - batteries are full charged). If only one indicators lit - it's time to replace the battery (charge the battery).
- Indicators of shot power - LED indicator of 10 LEDs.
- display the chosen power of shot - "running wave" from the first indicator to the indicator, which shows the chosen power of shot.
- while making a wrong decision (you do not select installed TIN button "CHOICE OF DECISION") - at the same time all the indicators are lit, electric digit appears on the electrodes.



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- Electrodes provide the passage of electricity through the skin of index or middle finger of the trainee.
- Connector USB allows to connect to a personal computer via a USB-cable.

4.2 Installation and replacement of batteries

To install the batteries, open the compartment's cover. Put the batteries, matching the polarity as it is shown in Picture above. Close the compartment's cover.

ATTENTION: Do not use TIN with the opened cover, simultaneous touch of electrodes and the battery contacts can cause powerful electrical shot.

4.3. Turn TIN on/off

On and off the simulator by pressing "START" button (about 10-12 seconds). If the machine is not connected to the computer, and no buttons are pressed, it automatically switches off for 1.5 minutes.

4.4. Choosing a shot power

- 4.4.1. Turn on the device. Inside the button "SHOT POWER" will light the indicator of power shot (TIN remembers the last level before switching off). Pressing the "SHOT POWER" changes the level of shot power. Press it as long as it is needed to light the first (the closest to the "Start" button) indicator responsible for the weakest level of the power of electrical shot.
- 4.4.2. Press the button of "SELECTION - 1", then the button of "SELECTION - 2", pay attention to the fact: if you press any of the buttons and all indicators of power are lit, it means you have made the wrong choice and the electrodes give electrical discharge.
- 4.4.3. Put the index or middle finger on the electrodes, which are placed on the "trigger" (the protruding part of TIN corps in the lower part of TIN), the smooth skin on the finger should touch to both electrodes at the same time.
- 4.4.4. Press the button of "SELECTION", which meant the wrong choice (all indicators were lit). At the same time the electrodes will discharge and you should feel an electric shot. Electric shot should be well felt (with a weak power of discharge efficiency of training strongly falls), but should not cause pain!
- 4.4.5. If you do not feel a shot or it was not strong enough, increase the power of shot by pressing the "SHOT POWER".
- 4.4.6. Repeat steps 4.4.4 and 4.4.5 as long as you choose the most suitable lever of power of shot for yourself.
- 4.4.7. If electric shot started hurting you (for example, due to changes in moisture level of the skin), reduce the power, according to the following paragraphs 4.4.2 – 4.4.6.

Attention!!! During installation of power shot, start with the first level! Do not miss the levels of shot, until you do not feel their power.

5. Training of intuition with TIN

In this chapter you will learn about the main goals and tasks facing the user during the exercises with TIN.

5.1. Principle of training

The task of the simulator during the training is to create conditions which change the internal state of the user. During the initial trainings the user can experience a fear of the inevitable punishment for a mistake while choosing a "dangerous" button. In the future there may appear an irritation or even an aggression to the fact of punishment. Such conditions are the most difficult for keeping calm. To preserve the internal balance, the user of a TIN needs to retain discipline and coolness. Then comes up a necessity to make an effort to apply these qualities during the training. The regular using of TIN gradually forms a reflex to remain calm, despite the severe external stimuli. This state in most cases determines making the right decisions not only during work with TIN, but also during making any choice in the realities of everyday life.

The task of the user is simple. Take the simulator in the right or left hand so that the palm is enfolding it easily. Place your pointing finger or forefinger on the electrodes located on the "trigger" so that the smooth skin of the finger would touch both electrodes at the same time. Turn on TIN. Select the shot power. Press the "START" button. At the same time the internal random number generator of the device spontaneously selects one of the buttons "SELECTION - 1" or "SELECTION - 2" "placing" on it the releasing of the electric charge.

"Feel" a button from which you won't get punishing charge. Try to guess it. Click the selected button. After receiving or not receiving the electric shock NECESSARILY press the "START" button again to begin the next attempt to predict the correct solution. During the training keep track of what's going on inside you, what feelings prevail, when you make the right choice. Be especially attentive to the analysis of internal states, when you don't get punishment after a few taps in a row. This means that you are "holding" somehow the work of your intuition. When you remember this state, try to induce it artificially, and then - test its effectiveness and impact during the training. Try to "feel" and to "uncover in yourself" these abilities and from training to training - improve your skill of intuitive perception.

Attention!!! It is not recommended to train more than 50 minutes a day.

5.2. Autonomous use of TIN

The simulator allows user to train the intuitive perception at home, in the office, in transport, outdoors etc. The power consumption of batteries, depending on the producer, may be enough for three days of non-stop working of the device. It means sticking to *not more than 50 min a day* rule allows user to take TIN to long trips and to places, where there is no opportunity to buy new batteries or to charge them. The simulator is so compact that can be held by user almost all the time, providing tons of training possibilities during the day.

5.3. Trainings

There are FIVE profiles of trainings, and one can switch between those by simultaneous pressing of buttons "SHOT POWER" and "START". The inbuilt internal nonvolatile memory allows to save the data about all the trainings, even if the TIN is without power. You can see the number of the chosen profile by the simultaneous switching of the buttons "START" or "SHOT POWER" on TIN. LED-indicator shows the number of the profile in the following way: the indicator is divided in 5 groups of two indicator lights (picture 3), the first group of the mini-USB joint is lit, when the profile of the first training is switched on, the second group – when the second profile of training is switched and so on.

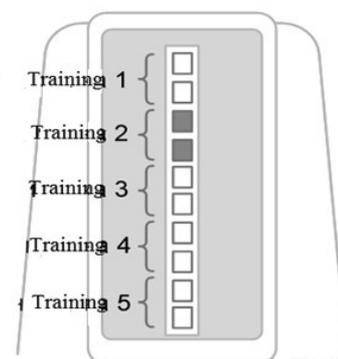


Fig. 3

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For switching the profile of the training is necessary to press the button “START” without letting the button “SHOT POWER”. In this case the next group of LED-indicators will light, that means a selection of the next profile etc. The statistics of correct answers are always saved in the appropriate training profile! The profile number is also saved in the nonvolatile memory and doesn't change when device is switched off or without battery.

5.4. Users

TIN allows to save the data of FIVE users for the authorization on the portal www.tintuit.ru. Data includes log-in (not more than 32 symbols), password (not more than 32 symbols) and also a connection of the user to the training profile (profiles). Authorization data (log-in and password) are saved in TIN for the possibility of automatic connection to the portal, when you work with TIN, connected to computer. It is not necessary to save the password in the simulator. For the comfortable work each user can have one or more training profiles of total number of training profiles (there are 5 of them).

6. Connection to the PC

For the connection to the PC one should use “TINtuit” software that can freely be downloaded from [m www.tintuit.ru](http://m.www.tintuit.ru) portal. It works in Win XP, Vista and Win 7 OS environment.

Main functions of “TINtuit” are:

- Reading user stats and progress from TIN and saving it all to the PC (all users and profiles)
- Creation/deletion of users and assigning training to them
- Usage of TIN for gaming and competitions on the web portal www.tintuit.ru

“TINtuit” is simple and easy to use. And description of it's usage is out of scope of this manual as all the questions regarding the program can be asked and answered at the portal.

7. Restrictions for work with TIN

There is a number of restrictions and limitations for training with the unit. You can't operate the device if any of the following applies to you.

In case of any chronic disease, you should consult a physician about possible restrictions when the body is exposed to electric shock.

The list of restrictions: cancer; brain tumor; aneurysm of blood vessels; epilepsy; heart disease, particularly in decompensation; circulatory disorders, especially if they are more serious than second stage; blood pressure higher than 180-100 mm Hg., thrombophlebitis; substantial mental disorders; treatment with use of tranquilizers or psychotropic drugs; drug and alcohol dependence; hypersensitivity to pulse current.

It is forbidden to use the simulator for people with implanted biocontrolled pacemaker, as well as women during pregnancy, lactation and during menstruation. Sessions with a TIN for people who have suffered a stroke, heart attack, abdominal surgery and eye surgery, are allowed not earlier than 9-12 months after the disease (surgery).

It is not recommended to use TIN in cases of exacerbation of any chronic disease, the presence of any inflammation on the skin, the superficial location of blood vessels and the presence of vascular spides and nets.

Attention!!! Even if you detected any contraindications in the list which relate to you, you can still train with TIN, with disabled option of electric shock. You should select a training mode "NO CURRENT".

8. Security measures

The electrodes of the simulator have to interact only with a smooth and dry skin of the index finger of the right or left hand.

It is strictly forbidden to place the electrodes of the simulator and a USB port to any other parts of the body.

Please do not allow children to play with the simulator, since it contains small parts and the level of current in the simulator is not designed for children under age of 15.

In any case, do not attempt to disassemble the simulator, which is switched on.

It is forbidden to use the simulator while driving in areas with a potentially explosive atmosphere.

Do not transport flammable gases, liquids or explosive substances in the immediate vicinity of the simulator.

9. Operating Conditions

- do not use TIN in water or moist conditions (in a bathroom, laundry room, wet basement, a sauna, swimming pool, etc.); - do not use TIN in extreme temperatures;
- do not keep TIN at temperatures over 60 ° C and less than -5 ° C;
- do not expose TIN to direct sunlight, open flames, physical and chemical aggressive environments;
- do not leave the device near heat sources;

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- do not try to dismantle TIN;
- the batteries gradually discharge even when they are not regularly used;
- extreme temperatures may reduce charging capacity of the battery;
- use the battery only of well-known manufacturers. TIN's operability strongly depends on the quality of batteries;

Attention! Damage to the seal will cancel warranty conditions!

10. Reference Information

Links to the patents

- Patent for the invention № 2240719, title: "M. S. Norbekov's method of teaching people to realize their potential", patent holder and author: Norbekov Mirzakarim Sanakulovich, the priority of application No. 2003131055, priority of invention: from October 22, 2003, registration in the State register of inventions of the Russian Federation: on November 27, 2004.
- **Patent for useful model No. 46418, title: "Apparatus for the development of brain activity", patent holder and author: Norbekov Mirzakarim Sanakulovich, the priority application No. 2005108277, the priority of the useful model from March 24, 2005, registration in the State register of utility models of the Russian Federation: July 10, 2005.**

11. Warranty

To avoid misunderstandings, we ask you to carefully study the operating instructions and warranty terms.

Warranty service:

- warranty period is calculated from the date of sale;
- if the product need the warranty service, you should return it to the place of purchase;
- the manufacturer guarantees full quality of material, device details and assembling at the time of purchase from the seller;
- warranty period - one year - starts from the date of purchase from the seller;
- If by the normal operation of the product during the warranty period you find the defects in materials or assembling, the local agency of the supplier and its authorized distributors will repair the device or replace the product according to the terms of the warranty.

Warranty conditions:

- the guarantee is granted only in case if you have genuine warranty card with serial number of the product and date of its purchase, issued by the seller.
- producer, seller and their authorized representatives, reserve the right to refuse warranty service if after the purchase of the product this information was lost or altered, - the warranty does not apply to defects which are results of improper handling, including the misuse of the product, nonobservance of operation instructions, negligence, accidents, moisture, dust, concentrated vapors, air suspensions and the use of low quality batteries, and also because of intentional damage,
- the warranty does not cover failure results of repair, modification, servicing or opening of the product carried out by unauthorized service centers or by yourself; the warranty does not cover products with the damaged seal.