

# Wisdom Truffle

Moon



Wisdom is a smart  
home device ecosystem  
inspired by the  
mycelium network,  
which connects trees in  
nature.





Wisdom Moon has a biofeedback mechanism to increase somatic connection using your heartrate and LED lights.





Wisdom's goal is to  
increase connection to  
self, community and  
environment.





Wisdom Moon can  
help keep our hearts  
away from fight or  
flight.





Wisdom Moon is designed to help train the prefrontal cortex to stay calm and increase possibilities.





Like *Psilocybe Cubensis* fungi, Wisdom Moon can inspire self-reflection and awareness of how the brain and body's interactions construct reality.





You can play with  
others to build deeper  
connections,  
understanding and  
support.





You can customize  
Wisdom Moon's color  
patterns. Wisdom is  
any/all genders, and  
their pronouns are  
they/them.





Wisdom can connect  
you to your wider  
environment by  
showing you CO<sub>2</sub>  
emissions of your local  
electric grid.





Wisdom Moon is a tool,  
a flashlight into yourself,  
your community and  
your wider environment.

It's up to you to find  
your way.





Wisdom Moon is not a therapist, and we do not make any medical claims, but this tool can be introduced to therapists for professional help.

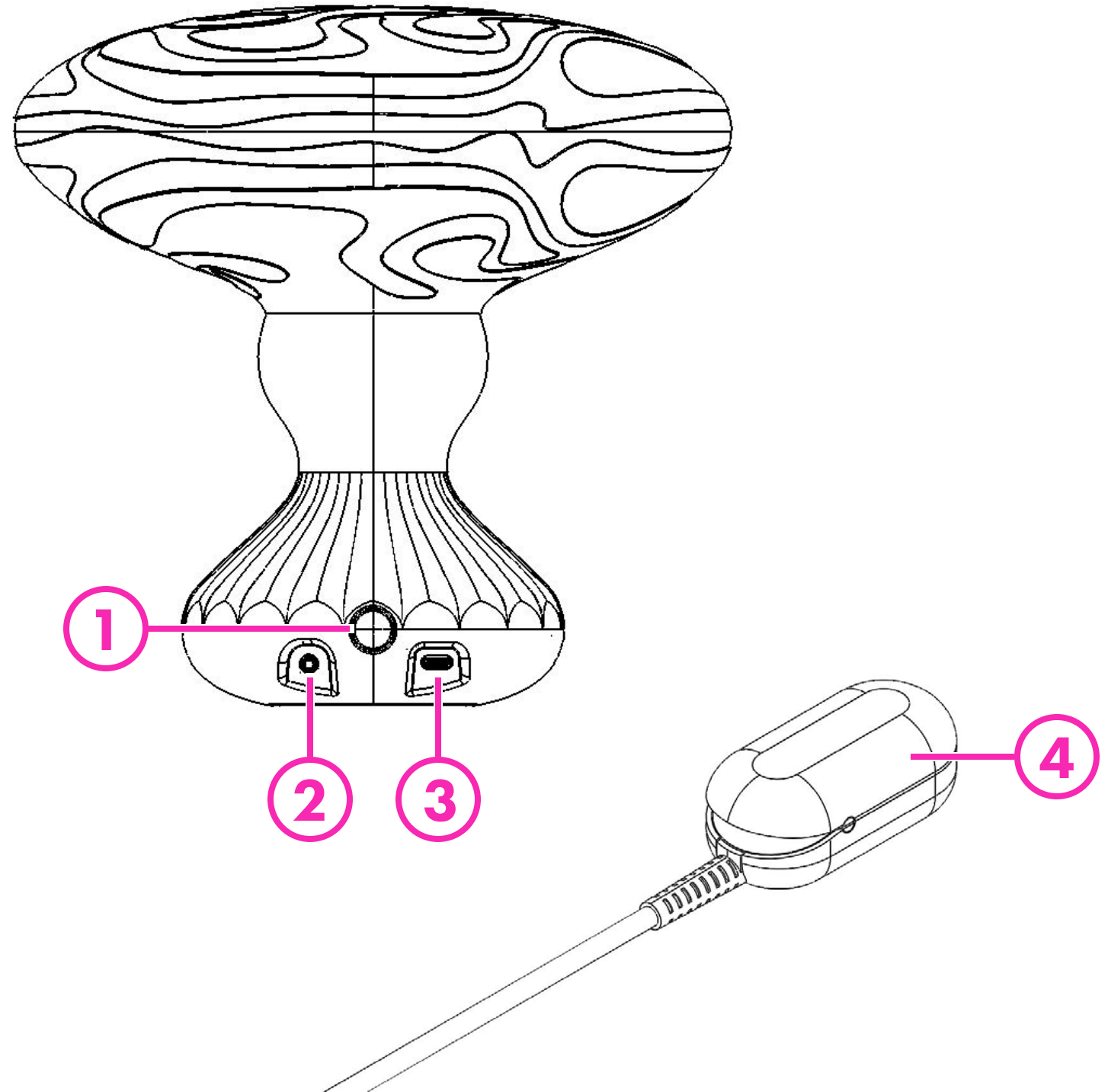




# Anatomy of your Wisdom Moon

1. Multipurpose button
2. Heart Rate Sensor Port
3. USB-C Power Input
4. Heart Rate Sensor

⚡ Wisdom Moon requires a minimum 25 Watt USB-C power supply which is not included in the box.





## Connect to the Web App (Optional)

Wisdom Moon can be used for biofeedback meditations without the web app. We recommend setting it up to save your meditations and to benefit from other features like displaying real-time local grid carbon emission data.

- STEP** **1** **Turn on WiFi**  
Find the WiFi menu under your device's settings. Make sure WiFi is on.
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- STEP** **2** **Turn on Wisdom Moon**  
Press the multipurpose button once to turn on Wisdom. It will automatically start a unique WiFi hotspot name that looks like "**Wisdom-Moon-XXXXX**".



**STEP**

**3**

### **Tap Wisdom in your list of WiFi networks**

It may take a minute for Wisdom WiFi to show up in the list. If it's not there, try turning WiFi off and on again.

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**STEP**

**4**

### **Connect Wisdom Moon to WiFi**

Open a browser, browse to [moon.local](http://moon.local), and connect Wisdom to your local network. Tap your local network and enter the correct WiFi password.



STEP

5

## Browse to the Wisdom Web App

Disconnect from Wisdom WiFi and return to your local WiFi network by tapping on it in your list of WiFi networks. Browse to [app.wisdomtruffle.com](http://app.wisdomtruffle.com) and register an account.



Great job! Wisdom Moon is set up and ready for everyday use.

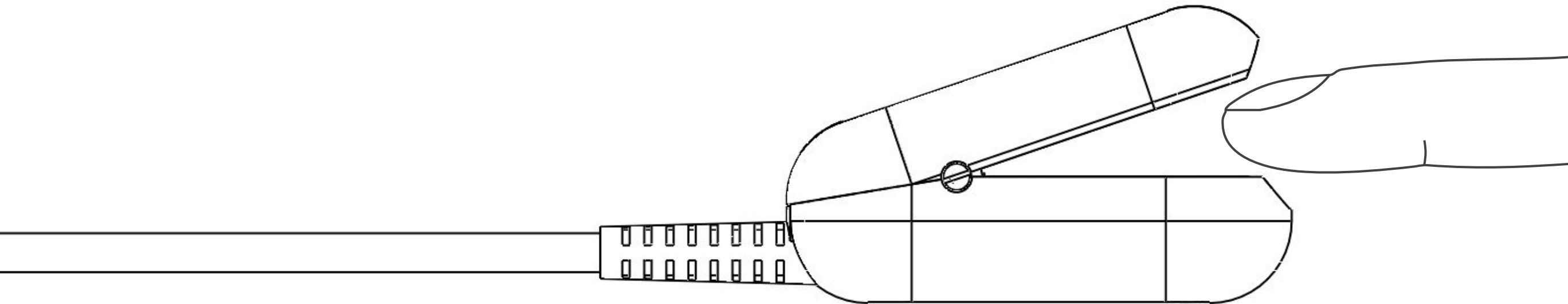
# Biofeedback Meditations

## STEP

1


### **Place your finger in the heart rate sensor.**

Place any finger all the way in the sensor device until your skin is snug against the red-light-emitting sensor. After about 10 seconds, Wisdom Moon will glow between blue and red depending on the speed of your heart rate. Blue is slow, red is fast.






## Changing the Brightness

- STEP**  **Press and hold the multipurpose button for 2 seconds**
- Repeat until you see the desired brightness.

## Changing the Pattern

- STEP**  **Double Tap the multipurpose button to change patterns.**
- Repeat until you see the desired pattern. You can create your own custom patterns in the app.

# Mind Play Guide (part 1)

## BASICS

Recommended 1–5 players.

Try building a habit of playing once per day. Anchor the game to a daily activity, like before you go to bed, or after lunch.

The game ends when each of the players has completed at least 1 Self card, 1 Community card, and 1 Environment card. Everybody wins. Neat!

There are two optional activities per card:

Mind: questions based on classical mindfulness exercises.

Play: active challenges.



# Mind Play Guide (part 2)

## PLAYING

Shuffle the deck and decide who is the first player.

The first player picks a card from the top of the deck and reads it aloud. Players can choose whether to play the card themselves or to give it to someone else to play.

Heart rate sensor attaches to the person playing the card.

Wisdom Moon will change color based on heart rate. Light blue means a slow heart rate and pink means a fast heart rate. The LED displays a color according to a linear transformation of the hue between blue and pink.



# Mind Play Guide (part 3)

## PLAYING

Follow the “Mind” and/or “Play” parts of the card as the mood fits.

If you run out of cards you can reshuffle and continue playing.

Make sure a player doesn't get the same card twice in a game.



# Mind Play Guide (part 4)

## ADVANCED

While playing the card, the player is encouraged to try to notice the sensations in different parts of the body and communicate them. For example, “When I saw the card I felt some expansion in my chest, and after I answered, I noticed a relaxation of my shoulders”. There might be a story about this sensation that the player would like to share. For example:

“The story I have is that this is because the card reminds me of \_\_\_\_ and it felt very connecting to share this.” Try to first notice the feelings before jumping to the stories.

# Mind Play Guide (part 5)

## ADVANCED

If somebody else is playing the card, observe their body and the feedback color from Wisdom Moon, and after they are finished, you can optionally offer feedback.

For example: "I noticed that when you said \_\_\_\_, you were tapping your leg and your heart rate went up."

If you are playing alone, you can also choose to go deep with one card per day. You can try journaling your reflections from the game.



These are just some ideas, you can make your own game! You can make your own cards with the blanks provided.

Join our online community on [app.wisdomtruffle.com](https://app.wisdomtruffle.com) to share ideas.



This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.