

i CAP Technologies Release Meter User's Guide**Release Meter User's Guide****i CAP Technologies Release Meter User's Guide**

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I. Using the Release Meter

The Release Meter...

... is a new technology that makes the Release Technique more powerful and easier to use than ever by measuring your level of release.

... is a computer application that can guide you through a release session while recording your level of release to review it later.

How to start the Release Meter

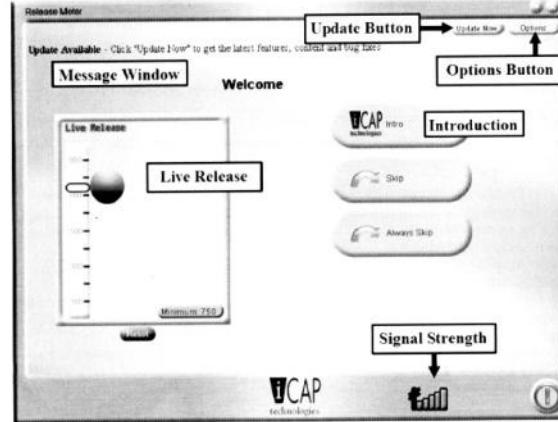
Follow the "Quick Start Guide" to install, setup, and run the Release Meter. The following describes how to use the Release Meter.

I.a. Welcome Screen

The Welcome Screen will greet you every time you start the Release Meter. In it, you can see your **Live Release**, go straight to the **Introduction**, create or access your **Accounts**, get **New Courses**, **Update**, and set your **Options**. These buttons are labeled in the screen shots below.

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I.a.i. Live Release

The Live Release Meter displays your current level of release, and keeps track of your lowest reading, which is described by the session minimum.

The more released you are, the lower the ball will drop.
Your highest level of release corresponds to the minimum number.

I.a.ii. Introduction

The Welcome Screen initially starts with three main buttons: "Intro", "Skip", and "Always Skip".

Clicking on the Intro button with the mouse will take you to the Introductory Course. Clicking on the Skip button will display the Accounts and the "Create Account" button. Clicking on the Always Skip button will do the same as the Skip button, but remembers to Always skip the Introduction.

Signal Strength

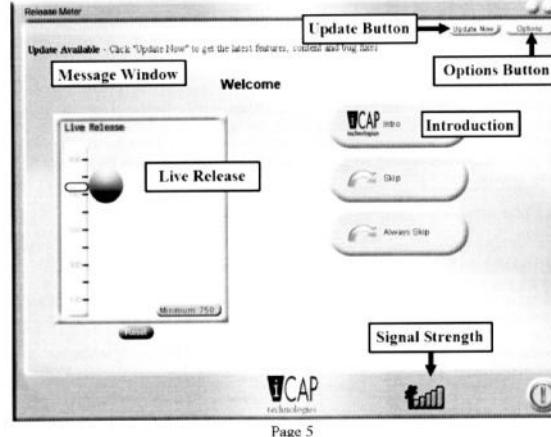
If the base station is plugged in and installed correctly, you will see bars representing the headset's signal strength. Otherwise, a sign will say "Looking for base station" in its place. The signal strength should normally be 4 or 5 bars.

If the connection to the headset is lost entirely, a current session will be paused and a red "X" will appear in the signal strength indicator.

I.a.ii. Media Buttons

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I.a.i.a. Accounts

An account gives you a way to access sessions. there are two types of accounts: the **Guest Account** and **User Accounts**. You can Create a user account using the "Create" button.

I.a.i.1 Guest Account

The Guest Account allows you to easily choose a Course and a Session to quickly begin to Release. It also lets you casually share your Release Meter with family and friends. Clicking the "Guest" button will take you directly to the **Select Course Screen**. If you only have one course installed then it will take you to the **Select Session Screen** of that course.

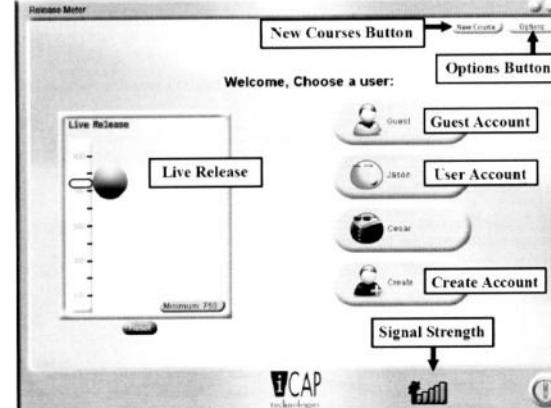
I.a.i.2 User Account

A User Account has access to many more powerful features than the Guest Account. Your progress using the Release Meter is saved after each Session in your **Gains Sheets**, allowing you to see how you have progressed through the courses and identify topics that are keeping you from being released. User Accounts also have access to the **Self-Guided Session** feature, which allows you to use the Release Meter as a tool with a coach or partner.

Clicking on a User Account will take you to the User's Account Desktop where you can **Continue With Next Session**, **View Gains Sheets**, **Select a Course**, and begin a **Self-Guided Session**.

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a.i.3. Create User Account

The "Create" button on the **Welcome Screen** creates a User Account. Clicking on it will take you to a window where you can give the new User Account a name and an icon.

Next to "New User Name:", replace the text ("User" by default) with the desired new User name.

The name must be unique. The new User will not be created if a User of that name already exists.

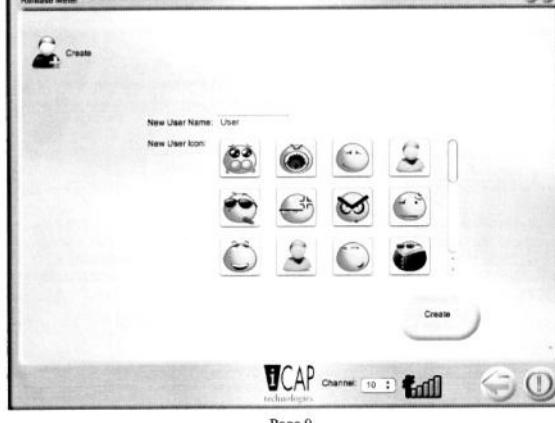
Next to "New User Icon:", select the desired new User icon.

When you are done, click the "Create" button to create the new User Account. This will take a few seconds. You will be returned to the **Welcome Screen**.

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a.iv. New Courses

There are two buttons in the top right corner of the **Welcome Screen**: **New Courses** and **Options**.

Clicking on the "New Courses" button will take you to the **New Courses Browser**. There you can browse new content through your internet connection, and add Courses to your collection. An internet connection is required to access new content.

1.a.v. Options

There are two buttons in the top right corner of the **Welcome Screen**: **New Courses** and **Options**.

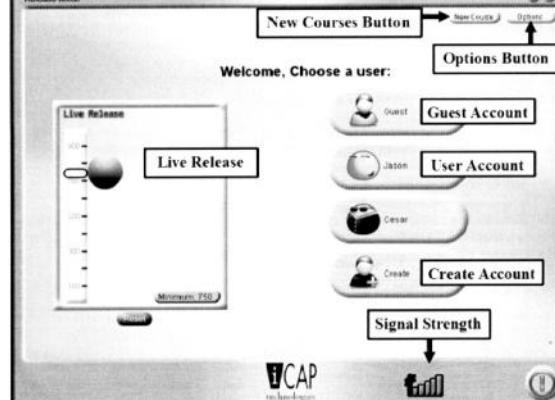
Clicking on the "Options" button will take you to the **Options Screen**. There you can **Edit Users**, **Delete Users**, modify your **Display** settings, and find **Support** information.

1.a.vi. Signal Strength The Signal Strength provides lots of useful information about the USB base station and the headset.

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1.b. Account Desktop

The Account Desktop serves as In the Account Desktop you can **Continue With Next Session**, **View Gains Sheets**, **Select a Course**, and begin a **Self-Guided Session**.

Both buttons take you to a screen. **Select a Course** or **Select a Session** accordingly, that will allow you to choose a course or a session.

Once a course is chosen, you will go to the Select a Session screen where you can then select a session, which will start the session and take you to the **Session Window**.

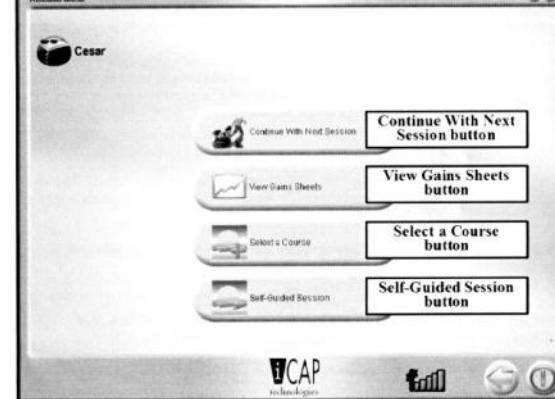
1.b.iv. Self-Guided Session

Self-Guided Session accessible from the **Account Desktop** allows you to use the Release Meter as a tool with a coach or partner. It is very similar to the **Session Window**, except that it does not play any audio, and you can not store gains information.

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I.b.i. Continue With Next Session

The fastest way to get a User Account started is to use the "Continue With Next Session" button.

Clicking on the “Continue With Next Session” button will take you to the session that is recommended you take next based on the last completed Session. This button initially starts with the first session of the Introductory Course.

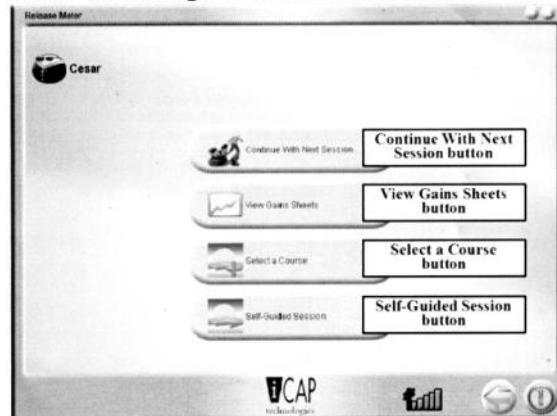
I.b.ii. View Gains Sheets

Clicking on the "View Gains Sheets" button will take you to the **Gains Sheets**. There you can review all your data collected and saved for each individual session and each time you viewed that session.

The Gains Sheets will be increasingly useful as you continue using the Release Meter.

I.b.i. Select a Course / Select a Session

If you have more than one Course installed, the "Select a Course" button will be displayed. Otherwise, the "Select a Session" button will be displayed.



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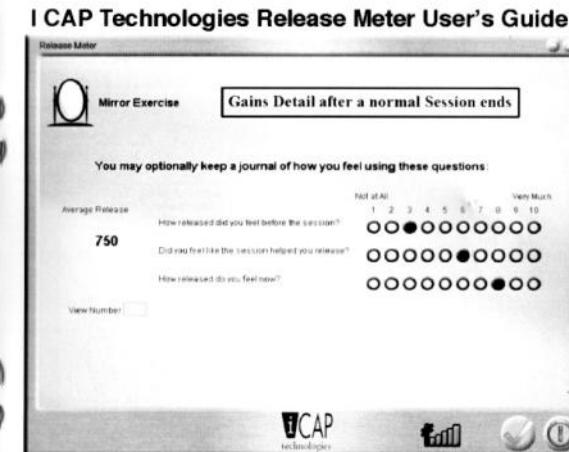
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I.c. Gains Sheets

The Gain Sheets allow you to review all the session information you have collected using the Release Meter.

There are two ways to access the Gain Sheets: through the Account Desktop and by completing a Session. If in a User Account, you will be automatically taken to the Gains Sheets at the end of a session. There you can review the previous Session View and enter a journal log for that Session.

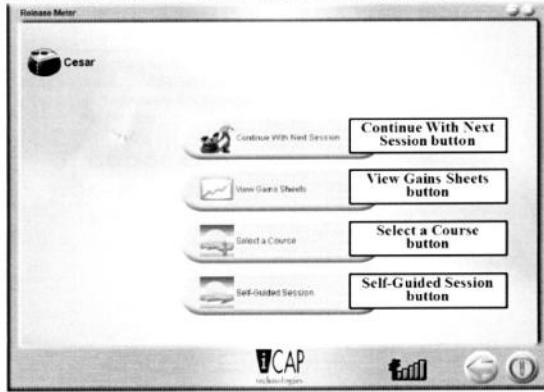


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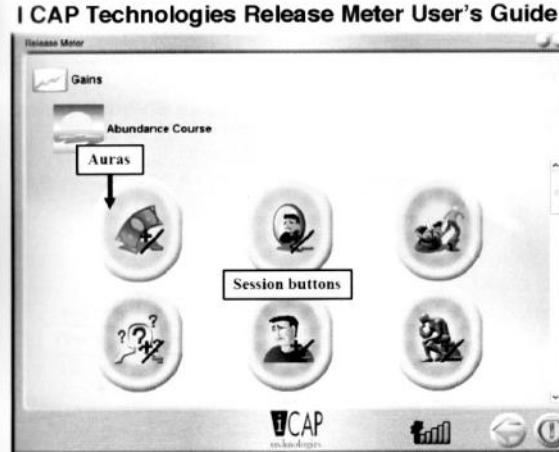
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To access gains through the **Account Desktop** click “**View Gains Sheets**” button and then click on any of the “**Session**” button to view gains for that session.



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To review all the session information you have collected using the Release Meter, go to the **Gains Sheets** using the **Account Desktop**. You can change which view number you review by selecting the number in the **View Number Box**.

To view more session details, click on the "Advanced" button at the bottom left part of the screen. It only appears in the Gain Sheets and the Session Window.

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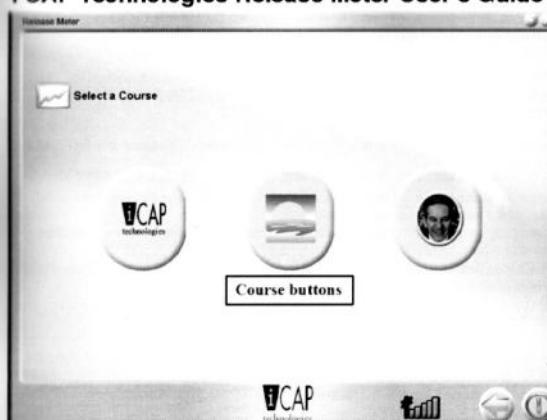
1. Select a Course Screen

The Select a Course Screen allows you to select one of the courses that are installed on the system.

Selecting a course takes you to the Select a Session Screen for the corresponding course.

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1.e. Select a Session Screen

The Select a Session Screen allows you to select a session from a selected course.

Selecting a session takes you to the Session Window.

You can reveal the session's title and length by hovering your mouse over a session button.

1.e.i. Session Types

There are three different types of sessions: normal Sessions, Cleanups, and Self-Guided Sessions.

Normal Sessions are the meat of every course. They are displayed in a recommended order to best guide you through a course.

Cleanups are additions to a course that are to be used alongside the normal Sessions.

They also have a separate order from left to right.

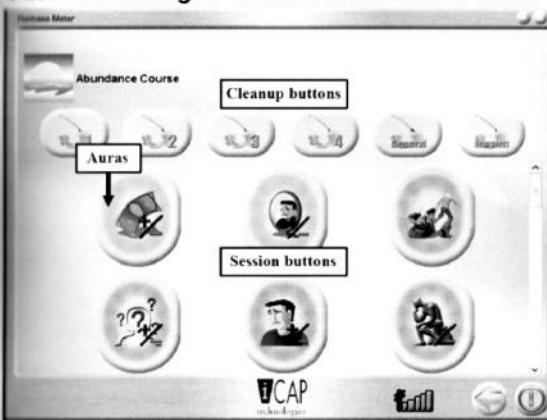
Self-Guided Sessions are a way for you and a coach or partner to release. These sessions are accessible through the **Account Desktop**.

1.e.ii. Auras

The Auras around the session icon on the session button are a symbol of your progress with the topic that session emphasizes. The colors range from grey to light blue. As you better release a topic, the auras will become bluer. Before completing a session, an aura will be grey.

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I.f. Session Window

The Session Window is the screen where you will use to listen to audio session which will guide you to releasing.

There are three major components to the Session Window: the media buttons, the **Live Release** display and the **Advanced Release** display.

You can switch between the two displays by selecting "Live Release" or "Advanced" in the bottom left of the screen.

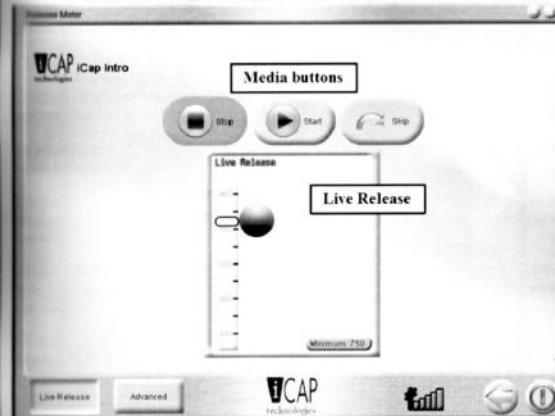
I.f.ii. Live Release

The Live Release is a very simplified display of your current level of Release. It also remembers your highest level of release, and lowest depending of the **Options** you have selected.

The more released you are, the lower the ball will drop.
Your highest level of release corresponds to the minimum number.

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The Media Buttons are used to control the audio playback. There are five buttons: Play, Pause, Resume, Stop, and Skip.

Clicking the **Play** button starts a session audio. It also starts recording **Release**.

Clicking the **Pause** button temporarily stops the session audio and the recording of release. This button is displayed in place of the **Start** button once the session has begun.

The Release Meter player can also be paused by turning off the headset TAC switch. This will wirelessly pause the Release Meter. To restart just press the TAC switch again and the session will resume.)

Clicking the **Resume** button continues the session audio and the recording of release by un-pausing them. This button is displayed in place of the **Pause** button once the session has been paused.

Clicking the **Stop** button restarts the session. Any Release information recorded will be lost. The audio will start from the beginning. You can only click on **Stop** after the session has started.

Clicking the **Skip** button skips the session if you are using the **Continue With Next Session** button on the User Desktop. The Guest Account can not use this button.

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I.f.iv. Audio Feedback

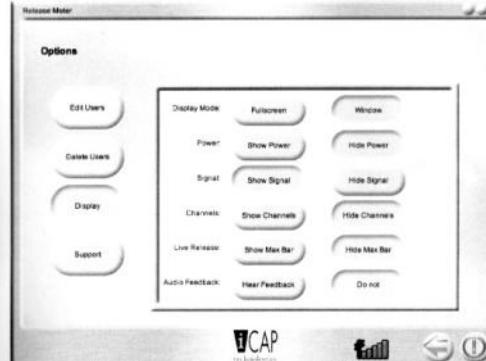
The Release Meter has an audio feedback feature to enable a user to hear his or her state of release by the pitch of an audio tone. When this feature is enabled an audible tone is heard. A high tone represents a high reading on the Live Release Meter, and a low tone represents a low reading on the Release Meter.

To enable this feature, click on the "Hear Feedback" button on the display options menu.

To disable this feature, click on the "Do Not" button on the display options menu.

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