medi is a meditation aid

medi is a meditation aid software. It generates binaural sound that will help you to "reset your mind" so to speak.

The practice of meditation has been around for thousands of years. Although it's origin is often religious or spiritual, anyone can learn to meditate to better control one's own mind.

Meditation is a way to free your mind of all thoughts, desires, needs, and anxiety, resulting a better sense of self awareness and think clearly.

- medi
- audio setup
- get info
- timer bar
- speed/pitch
- frequency
- volume
- set timer
- start/stop
- pick sound

To Get Started:

- Download and run medi
- Start sound by clicking on the "start" button
- You can adjust Volume, Frequency and pitch of the sound by turning the knobs
- Set timer for your meditation session, choose from 1 to 60 minutes
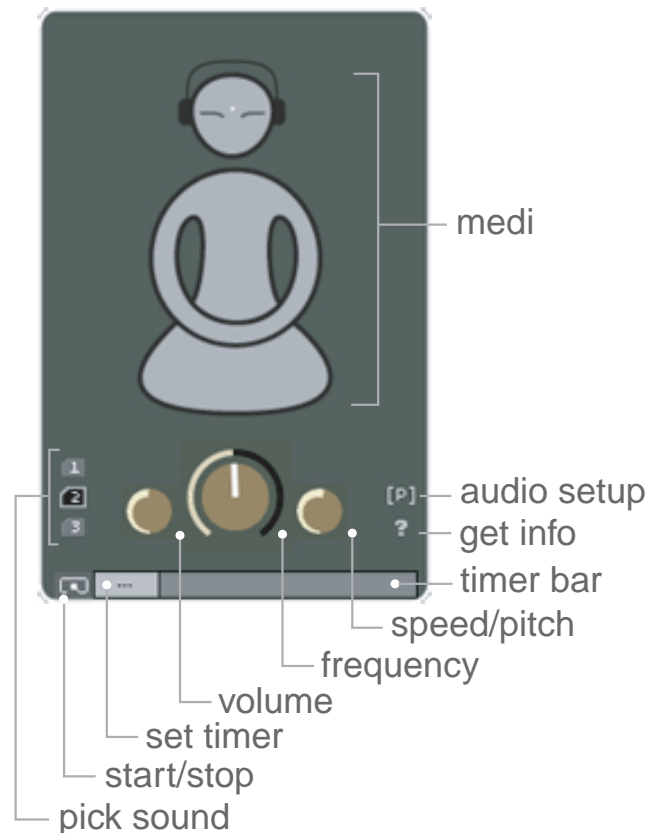- For best results, please use a headphone

To Meditate:

- Take a few deep breath, then breath normally
- Focus on your breath as you inhale and exhale
- Emerge yourself with the medi sound
- Keep focusing on your breathing

System Requirements:

- Windows XP or Mac OSX
- 256 MG of RAM or higher

Many thoughts may arise in your head as you try to meditate, this is normal. It's simply your busy brain trying to revisit the past and plan for the future. Just acknowledge any thoughts may arise, then continue to focus on your breath and listen to the medi sound. This will help you to practice living in the present moment.

Troubleshooting (why can't I hear any sound?):

- Make sure the start/stop button is turned on
- Make sure the first knob (volume) is not turned all the way down
- Check the sound card settings by clicking on the [P] button at the lower right, pick the correct driver for your sound card