



## 2A2HYREFLECTORB5 Digram Mapping User Guide

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## REFLECT INSIDE

### what's in the box



Orb



Cable



Dust Bag



Quickguide

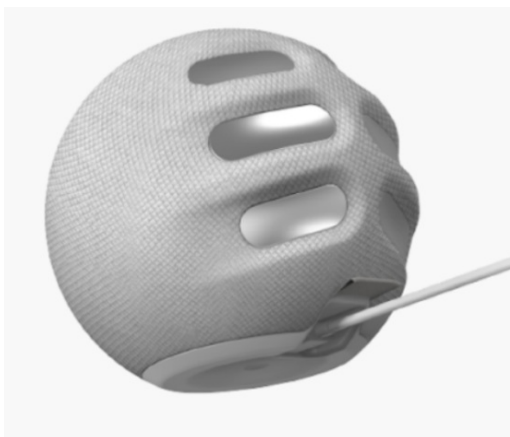


## SETUP



### download the Reflect app

follow the instructions there to set up your Orb



### Charge your Reflect Orb

to complete your first setup, you must plug your Orb into an electrical outlet to charge it, using the cable that came with it



### **Turning your Reflect Orb On & Off**

Your Orb is always on – to use it just place your hands on the electrodes. If you even need to turn it off completely, push the button at the bottom for 15 seconds. To turn it back on, do the same and wait for the light pattern that indicates your Reflect is on

### **USING REFLECT**

placeholder for  
illustration

### **Sit comfortably**

you can use a meditation pillow or just sit on your favorite couch – wherever you feel good.

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illustration

### **Hold your Reflect Orb**

Make sure your fingers are resting on the electrodes correctly without pressing hard

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illustration


### Turning your Reflect Orb On & Off

Your Orb is always on – to use it just place your hands on the electrodes. If you even need to turn it off completely, push the button at the bottom for 15 seconds. To turn it back on, do the same and wait for the light pattern that indicates your Reflect is on

### HOW TO USE YOUR REFLECT

<b>Off</b>	No light, doesn't wake up when you put your hands on it	Push button at bottom for 15 seconds until you see [light pattern TBD]
<b>Turning On</b>	Light pattern TBD	Push button at bottom for 15 seconds until you see [light pattern TBD]
<b>Charging</b>	A moving ring of red light until fully charged	Plug in the device to an electrical outlet using the accompanying cable
<b>Charged and ready to use</b>	No light	Unplug from charger
<b>Session Start</b>	Pulsing white light	Hold your Reflect orb with your fingers on the electrodes
<b>During Session</b>	Light will change according to physiological signals	See the light scale on the next page to understand what the lights mean

your path to wellbeing

	<p><a href="#">reflect 2A2HYREFLECTORB5 Digram Mapping</a> [pdf] User Guide</p> <p>REFLECTORB5, 2A2HY-REFLECTORB5, 2A2HYREFLECTORB5, 2A2HYREFLECTORB5 Digram Mapping, 2A2HYREFLECTORB5, Digram Mapping</p>
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