

*Vibra*LITE can help with MEDITATION:

Many people use Meditation to relieve stress, reduce illness and increase self-actualization. When using Meditation it is important to commit yourself to a regular routine and a specific length of time and stick to it. “*Vibra*LITE” watch will give you the reminders that you need. The benefit of vibration alarms allows you to be reminded without alerting or disturbing anyone else.

You can set the Countdown Timer for the recommended duration of time for the type of meditation and the Vibrations on the wrist will alert you that time is completed. The countdown time will stay in the memory and can be repeated each time you do your meditation. Simply set the Countdown for the 5,10,15 or 20 minute duration and you won’t need to keep on watching the clock. The Countdown Timer on “*Vibra*LITE 3” and on “*Vibra*LITE 8” will provide you with a short one-second reminder at 10 minutes and again at 5 minutes before zero. This little silent reminder is very often helpful. On “*Vibra*LITE 8” you can set this reminder feature to ON or OFF as you prefer.

On “*Vibra*LITE 8” you can preset up to 8 alarms for reminders for any daily activities or tasks. (medication, medical conditions, appointments) If you are planning a Meditation session once or twice a day, simply set the alarms for the times you need to be reminded to follow through with your commitment. These alarms will alert you each day at your preset times. Alarms can be turned ON or OFF easily. On “*Vibra*LITE 3” you can preset 2 alarms for variable reminders.

Use the hourly alert feature if you want a quick reminder that is a short - 1 second Vibration that will repeat every hour on the hour.

Disclaimer: In no event shall Global Assistive Devices, Inc. be held liable for any special, incidental, indirect or consequential damages whatsoever including, but not limited to, damages for loss of property, personal injury, loss of privacy, failure to meet any duty, negligence, and any other loss whatsoever, however caused, even if Global has been advised of the possibility of such damages. This disclaimer of liability applies to any damages or injury, including but not limited to those caused by any failure of performance of the product. Responsibility for selection, safety and suitability of any product rests with the consumer. Circumstances or consequences arising out of or in any way related to the use of or inability to use our products is the responsibility of the consumer. Global Assistive Devices, Inc. cannot be held liable in any way.