



# User Guide

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# The Global Telepathy Test

You are participating in a groundbreaking telepathy test for users around the world

With multi-sensory stimulation and crowd-scale telepathy testing, True ESP creates an immersive experience that synchronizes the brain waves of people located around the world – enabling them to tap into a collective consciousness and push the boundaries of what was thought to be possible. Recent studies have demonstrated that binaural music and haptic stimulation at specific frequencies can induce neural entrainment – which can help improve the accuracy of test participants as they send and receive mental images with each other in real-time. Your involvement in this groundbreaking telepathy test could help advance our understanding about the human brain, and the extraordinary potential for multi-dimensional communication between individuals.

# Privacy and Confidentiality



Your involvement in this telepathy challenge is completely anonymous and confidential

Your privacy is very important to us, and we ensure that your participation with this test is fully anonymous. We do not collect any identifying data from the users of True ESP, including last names, street addresses, city names or IP addresses. For additional privacy, we do not require your email address during account registration, and you can choose a random username if you prefer. All test results transmitted from this app to remote servers for processing are completely protected, and our datacenter infrastructure is configured for maximum security. As a participant in the global telepathy challenge, you can be certain that you will remain anonymous, and your test results will not be shared with any third-party companies or individuals.





## Preparing for your ESP test

Knowing what to expect and being prepared will help ensure a positive testing experience

Each telepathy test takes approximately four minutes to complete, and you should be prepared to focus all of your attention without any distractions. Throughout each test, there will be periodic interludes where binaural music is played to synchronize the brain waves of all participants. To help ensure optimal results, it is recommended that users wear earphones or find a quiet location before their ESP test begins. Inviting friends and family to participate in a telepathy test using their own mobile device is encouraged, however, it is not advisable to have other people assist you when taking your own test. Most users achieve their best telepathic performance when they are relaxed and well-rested. Meditating before using True ESP is also highly recommended.

# List of Global Participants



Your window into the world of participants who will be joining you in a telepathy test

Before a test begins, your name will appear on a list of global users who are participating in the telepathy challenge with you. These are the individuals with whom you are going to create a brief bond of shared consciousness. Together, your group will send and receive mental images with each other, as multi-sensory stimulation synchronizes your brain waves. This list of test participants is updated every minute before a test begins, and you can scroll up and down to see if your friends and family members have joined you. If you choose to use another app while waiting, an alert can be set that will notify you one minute before your test is scheduled to begin. If you miss your starting time, another telepathy test will be conducted every ten minutes around-the-clock.



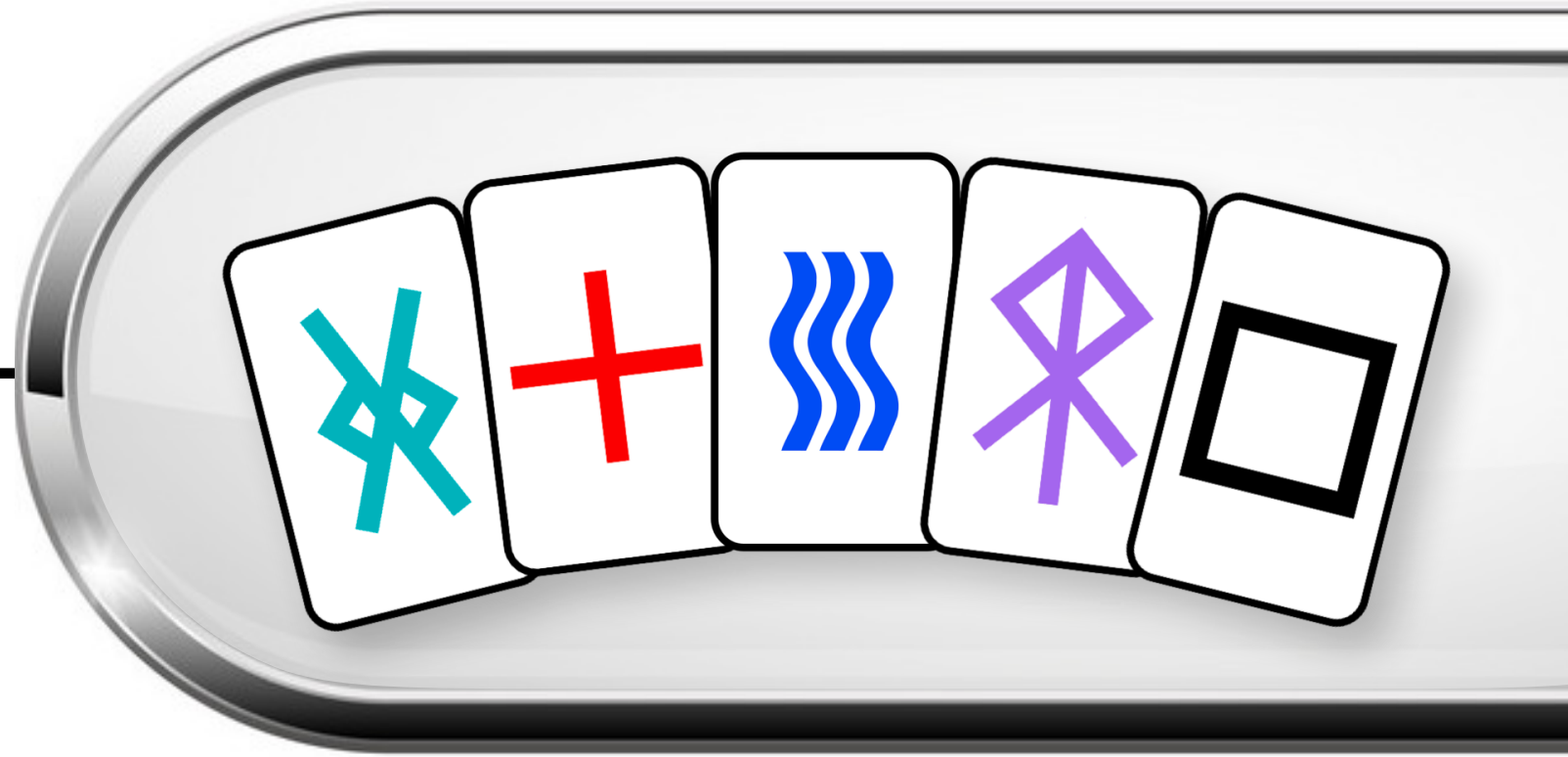
## Multi-Sensory Stimulation

Binaural and haptic algorithms make the iPhone resonate with rich sensory stimuli

Imagine touching a cello as it resonates, or listening to the echoing sound of waves crashing against rocky cliffs. Combining multiple sensory stimuli such as these can have a powerful effect on brain waves, and may significantly strengthen your perceptual abilities. Before each testing round, binaural music and vibrotactile stimulation are used to synchronize the brain waves of all test participants. The iPhone's haptic engine can generate richly-textured resonance patterns, and True ESP utilizes haptic algorithms to stimulate fingertip neurons with extraordinary detail. In addition, recent studies from leading neuroscientists report that binaural audio at certain frequencies induces neural entrainment throughout the limbic system and neocortex.

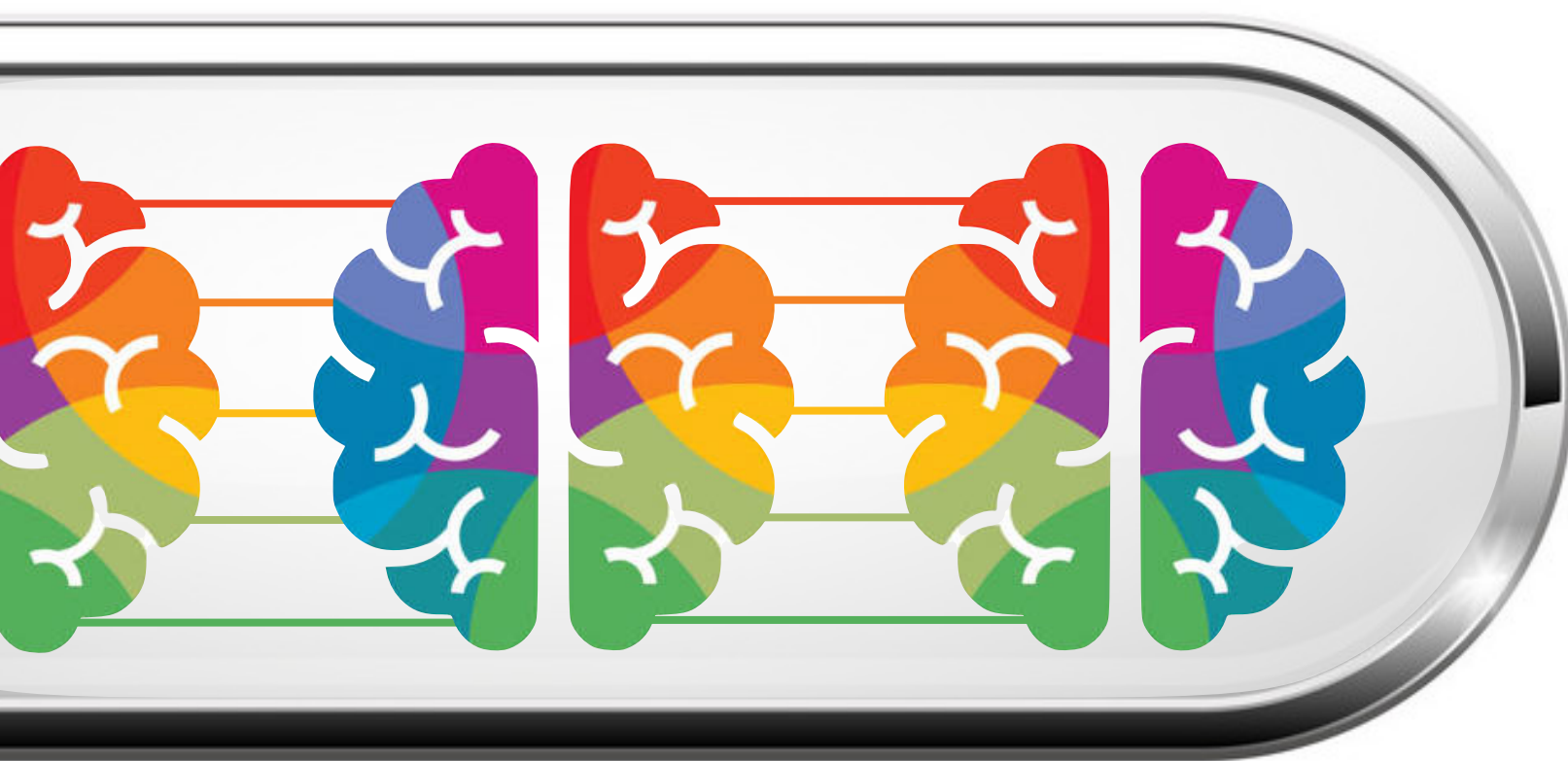


# Telepathy Testing Process



Participants alternate being senders and receivers during interactive telepathy tests

During each four minute telepathy test, users are divided into two equal groups of senders and receivers – with senders trying to mentally transmit an image – while receivers attempt to imagine what the other group is visualizing. Receivers select two images from a set of 9 cards – after which the groups switch roles, and then repeat the process again for a total of 3 rounds during each real-time telepathy challenge. A new test is conducted every 10 minutes around-the-clock, and users can participate as often as they want. True ESP also features a practice mode that utilizes virtual participants – allowing you to strengthen your telepathic abilities without affecting your official cumulative ESP score. This can help you develop new telepathy skills and strategies.



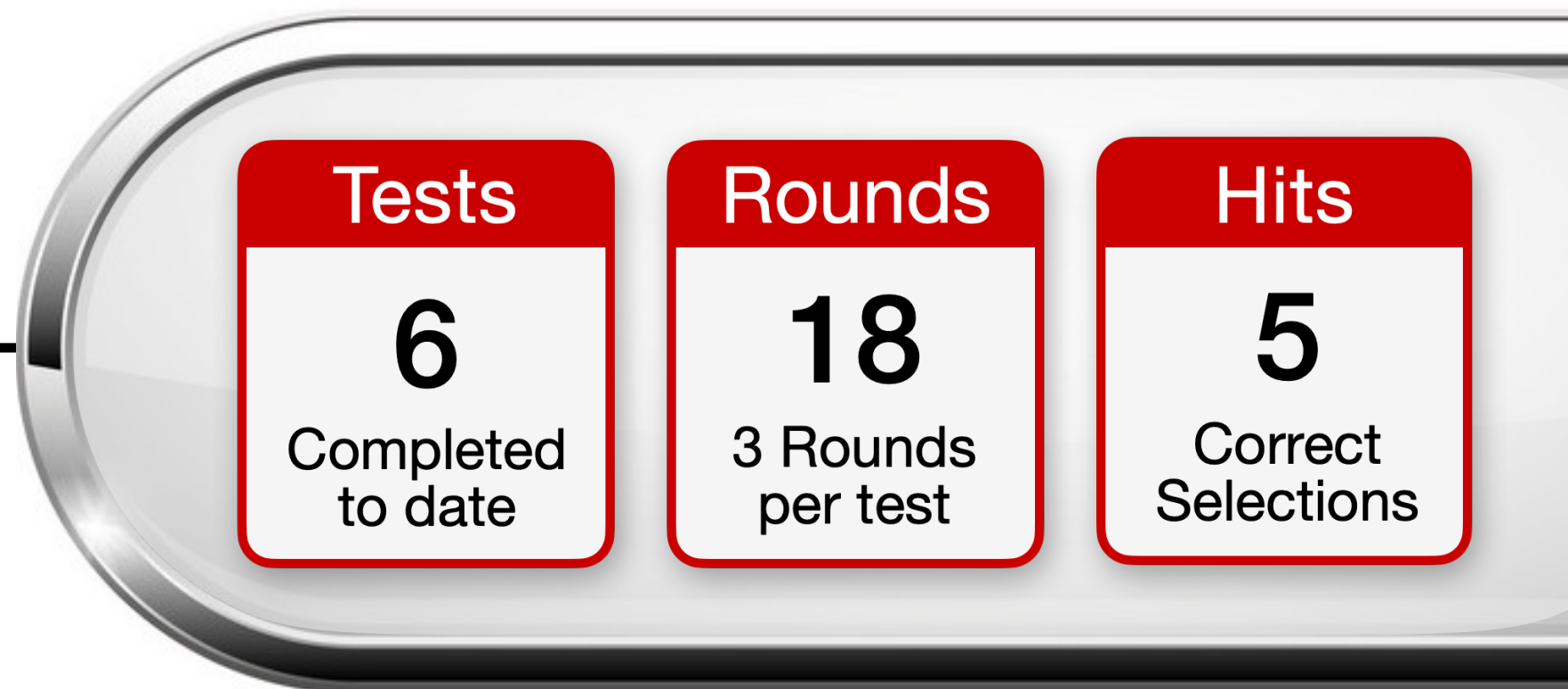
## Brain Wave Synchronization

EEG analysis shows that binaural music at certain frequencies induces neural synchrony

Recent studies have reported that binaural music with a 10% phase shift between audio channels can induce neural entrainment within the brain, when measured via EEG & MEG analysis. By generating haptic and binaural frequencies in the gamma wave range of 30–150 Hz, True ESP can induce neural synchrony during telepathy testing and enhance brain-to-brain communication. Studies using fMRI scans and magneto-encephalography analysis showed that brain wave entrainment was also achieved throughout the cortex in the alpha and theta ranges as well. To help improve the performance of participants during telepathy testing, True ESP also generates expanded frequencies beyond 150 Hz to induce neural entrainment in the high-gamma range.

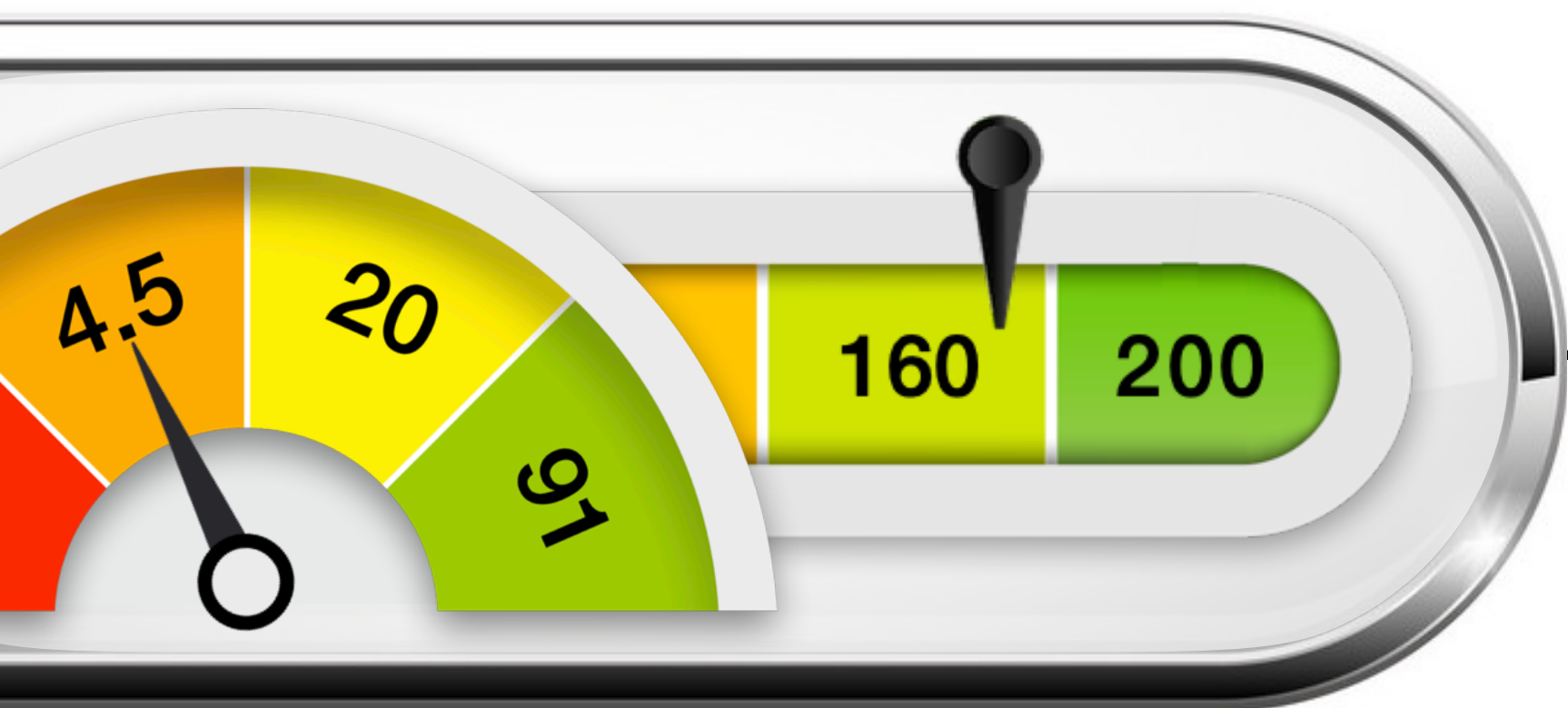


# Your ESP Test Score



Comparing your results with the other test participants from around the world

Comprehensive data analytics enables users to view their test results instantly – displaying real-time updates about test performance, and allowing participants to adjust techniques and strategies on-the-fly. True ESP presents telepathy scores as odds-to-one against chance, providing an intuitive and meaningful way to convey test results – as it allows users to easily understand the probability of correct answers, and appreciate the magnitude of their performance relative to chance. Personalized results are provided as a cumulative telepathy score that is continuously updated. A dynamic leaderboard showcases the top-scoring participants from around the world, displaying live performance results and fostering a sense of national pride and friendly competition.

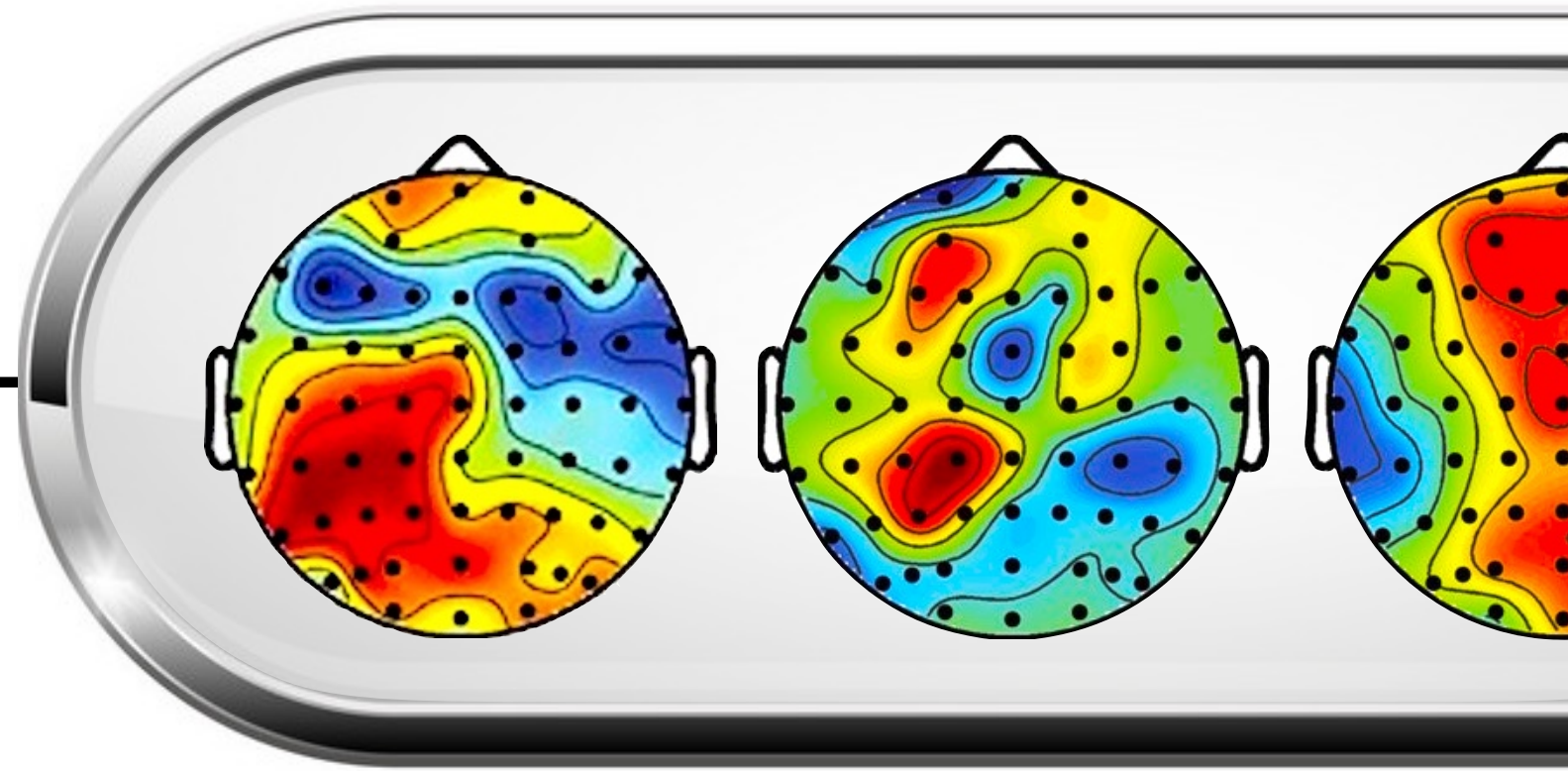


## Performance Analytics

Data analytics provide real-time insights for visualizing the results of ESP tests

Featuring rich infographics and advanced data analytics, True ESP offers deep insights into user performance during each round of the telepathy testing process. From real-time test scores to live leaderboards, participants can view the results of their telepathy challenges using interactive tools that keep them both informed and engaged. These detailed performance metrics enable users to track their progress, identify areas for improvement, and refine their ESP skills. Users can also compare their performance to that of other participants, gaining a better understanding of their relative strengths and weaknesses. This information can help users adjust their practice strategies, optimize their techniques, and ultimately improve their telepathic abilities.

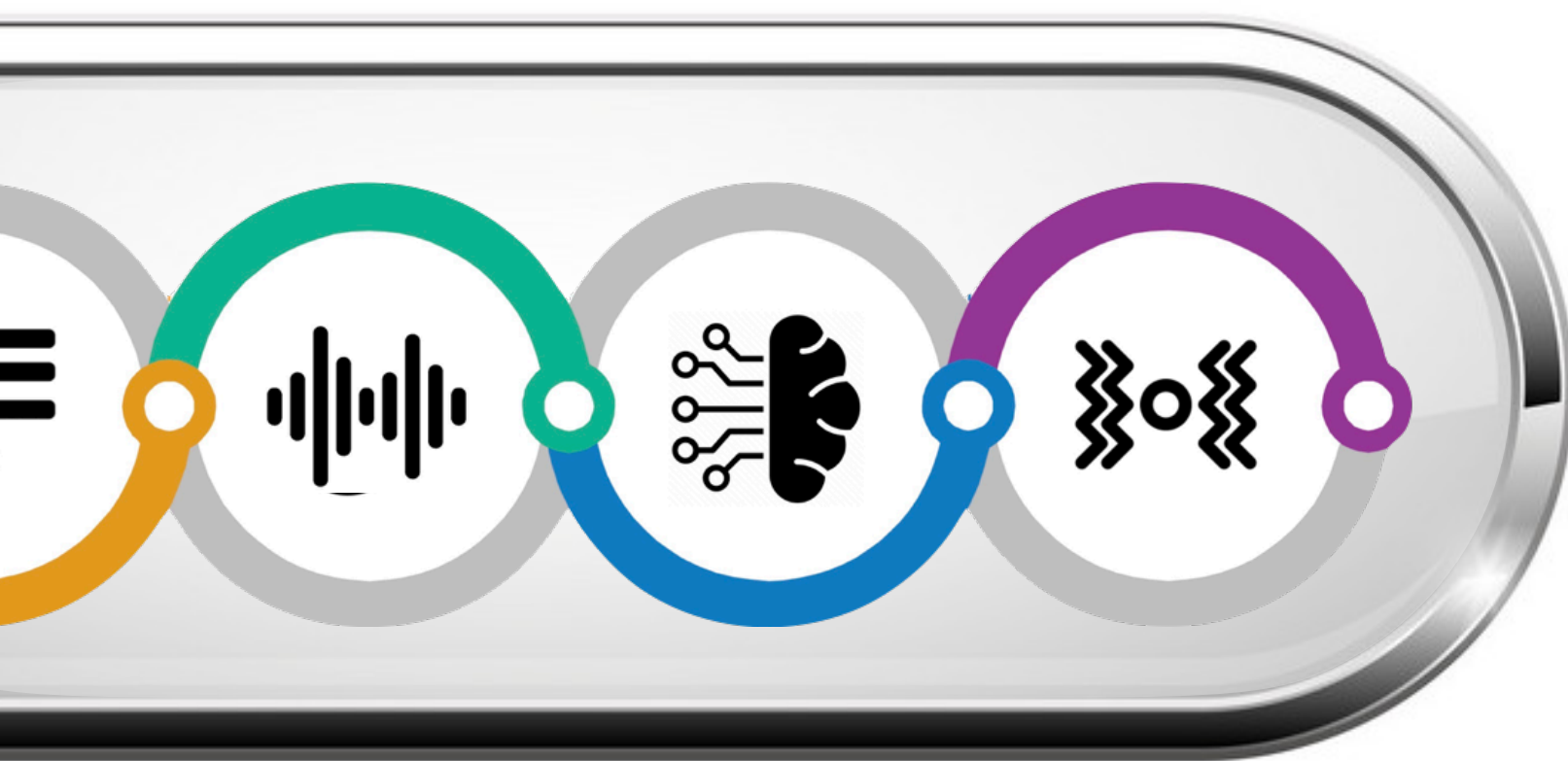
# Interpreting Your Test Results



What does it mean to have a high telepathy score? What if my results are only average?

It's important to remember that your telepathy score is a measure of a specific cognitive ability, not a reflection of your intelligence or character. Telepathy, like any other skill, can be influenced by factors such as your brain chemistry, life experiences, and even your mood on a given day. Therefore, it's crucial to interpret your results in a neutral and non-judgmental way, avoiding self-criticism or inflated self-perception. By separating your self-identity from your telepathy score, you can view your results as a fascinating insight into your cognitive profile, rather than a defining characteristic that dictates your self-worth. This perspective allows you to explore your abilities with curiosity and openness, rather than emotional attachment.





## Sharpening Your ESP Skills

Practice against simulated participants to help strengthen your telepathic abilities

To help you develop and refine your telepathic abilities, True ESP features an interactive practice mode using virtual participants. Neural algorithms simulate the behavior of people during telepathy tests, allowing you to sharpen your skills in a controlled environment that will not affect your cumulative ESP score.

Featuring the same multi-sensory stimulation and interactive features as the live crowd test, the practice mode delivers an on-demand experience that you can use at any time. By practicing with simulated users, you'll be able to develop a greater sense of confidence and control over your telepathic abilities. You'll also gain valuable insights into your strengths and weaknesses, allowing you to focus on areas where you would like to improve performance.

## Precautions for True ESP

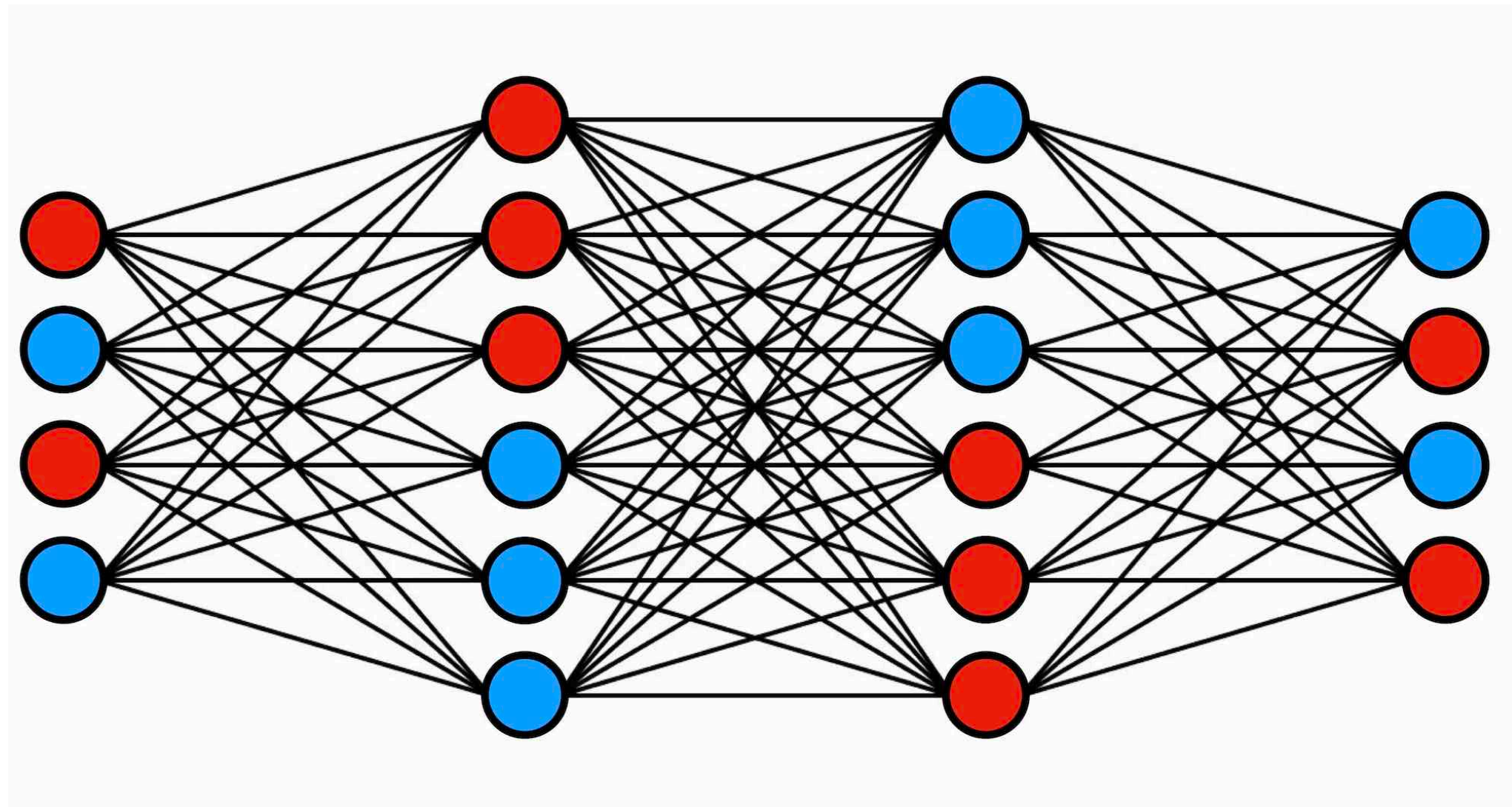


Ensure a safe and enjoyable experience with multi-sensory stimulation during tests

While using the True ESP app, do not drive or operate heavy machinery – and take regular breaks if you experience any physical or emotional distress. Before taking a telepathy test, it's important to be aware of potential sensory overload during the segments with brain wave synchronization. The combination of binaural and haptic stimulation may cause unease in individuals who are highly sensitive to sensory stimuli. If you're prone to dizziness, nausea or migraines, you may want to start with reduced volume levels until you are able to determine the appropriate degree of multi-sensory stimulation during tests. You may also consider beginning with fewer test sessions, and then gradually increasing your exposure to multi-sensory stimulation over time.



# Invite friends and family to join you in a True ESP telepathy challenge



Our scalable infrastructure enables the simultaneous testing of unlimited users

True ESP was developed with infinitely-scalable architecture and deployed on high-performance servers in redundant data centers. This robust system enables the simultaneous testing of an unlimited number of participants located around the world. Invite friends and family to join you.

