

Internet game **Mindmower** is based on biofeedback principle.

Biofeedback is a technology enabling to control internal physiological processes. It teaches curbing your reactions, helps to relax. Through these you can cope even under the most adverse conditions.

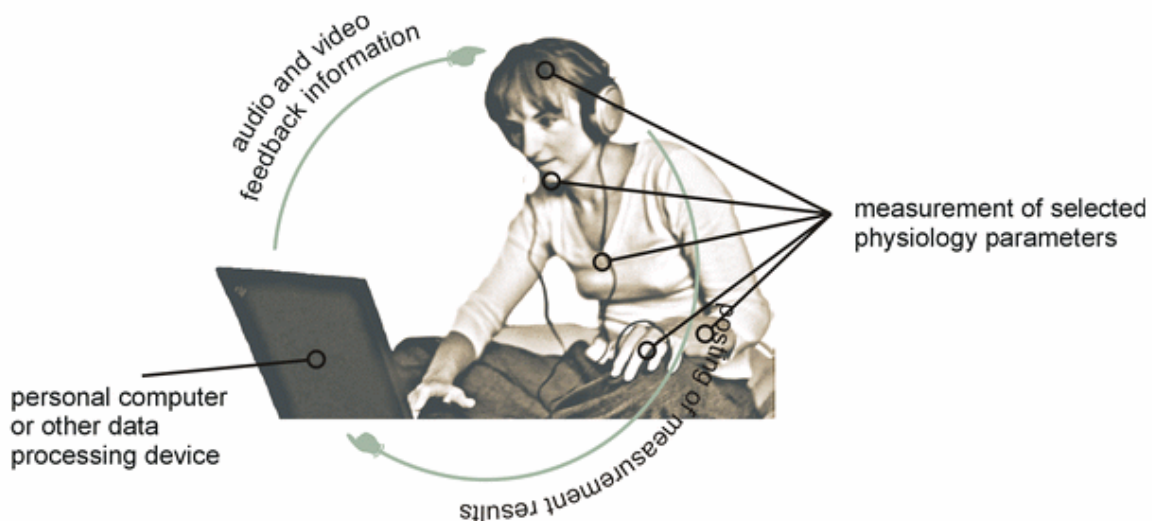
The technology, created in NASA, was initially applied for pilots' and spacemen training, who have to proceed faultlessly with the most complex activities under extreme stress and tension.

How does it work?

In various states of consciousness, the brain activity varies. The optimal solution is that the man learns how to strengthen the desired activity. However, complicated graphs shown on screens of medical equipment do not tell much to the man in the street. To overcome this, systems were built, which translate brain activity into audio and video games. Every change in brain activity causes change in the sound heard. The visual representation on the screen also changes, e.g. the tennis ball approaches you closer and closer. One interprets it as a good reaction. By collecting these stimuli, the brain reacts favorably. This again provokes further change in the sound and image received.

Thanks to the biofeedback method, the brain learns quickly what to do to make desired wave frequencies appear and, at the same time, reduce the bad ones. Internal regulation takes place.

The general biofeedback principle is shown in the below graph:



There are several types of biofeedback. Some of them, like EEG biofeedback (based on brain waves frequency measurement) need highly professional equipment and find application first of all in medicine. Others, like GSR biofeedback, used in polygraphs and in Mindmower, are perfectly suitable for home usage. A dedicated terminal can be connected to the home PC and

reactions of the player will be visible for other players via internet. In this way, the player becomes a part of community focused on mental training. Moreover, in the internet game, there is an additional factor of fun and competition between the players, which motivates to regular practice.