

To create a more elaborate experience more cameras and an additional piece of equipment – an audio/video switcher – are needed.

The switcher allows you to input multiple video sources into the box, output the main signal to the video glasses, and switch between the sources by pressing the buttons on the front. I also split the video output from the switcher between the video glasses and a small television, so the television acts as a “monitor” and allows you to see what is being viewed in the glasses at all times. Small Sony 580 helmet cameras can be used for the extra cameras – I have one mounted to the ceiling and an additional one I can wear around my head to let the bottom see things through “my eyes.”

Additional Hints and Ideas:

If you already own RCA cables it's a good idea to buy some female/female RCA joiners – these let you connect multiple cables so you don't have to buy long ones.

Some of the scenes I've personally tried and had go well with video glasses are: wax, needles, fire, cutting, objectification, impact play, flogging, and the violet wand. The wand will interfere with the signal but it's still watchable.

You may input more than just live video into the glasses. With a DVD player connected to them you can have whoever is wearing the glasses watch porn, videos of themselves, or anything else.

The best place to buy equipment is almost always Ebay. RCA cables, joiners, Sony 580 cameras, and sometimes switch boxes can be had at good prices.

Accessories that may enhance the experience are a special effects processor, mirrors surrounding the area, or a digital delay.

Having the bottom wear an eye patch will usually help them focus on one screen and may intensify the disorienting effect.

Autoscopy / Video Glasses

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What Is Autoscopy?

Autoscopy is an experience in which the individual, while believing they are awake, sees his or her body from a position outside of their body. Stories of autoscopy have appeared in the folklore, spiritual narratives, and mythology of most ancient and modern societies. Modern psychiatrists frequently encounter cases of autoscopy.

Autoscopic experiences are characterized by the following three factors:

- **Disembodiment**, an apparent location of the self outside one's body
- Impression of **seeing the world from an elevated and distanced visuo-spatial perspective** or extracorporeal, but egocentric visuo-spatial perspective
- Impression of **seeing one's own body from this perspective** (autoscopy)

The Laboratory of Cognitive Neuroscience in Geneva, Switzerland has studied cases of autoscopy and has stated that the precipitating factors in most cases are sleep, drug abuse, and general anesthesia as well as neurobiology. Researchers at the Laboratory have stated that experimental investigation of the

mechanisms in autoscopies and related illusions in combination with neuroimaging and behavioral techniques might further our understanding of the central mechanisms of awareness and self-consciousness.

Autoscopy has also been linked to “new age” phenomena like out-of-body experiences and astral projection.

In my experience those who try the video glasses report that the effects of the scene become more intense. For example, one lady who enjoyed wax play tried it with these and said that it was the first time she had an orgasm only from wax play and attributed that to being able to sit back and watch it.

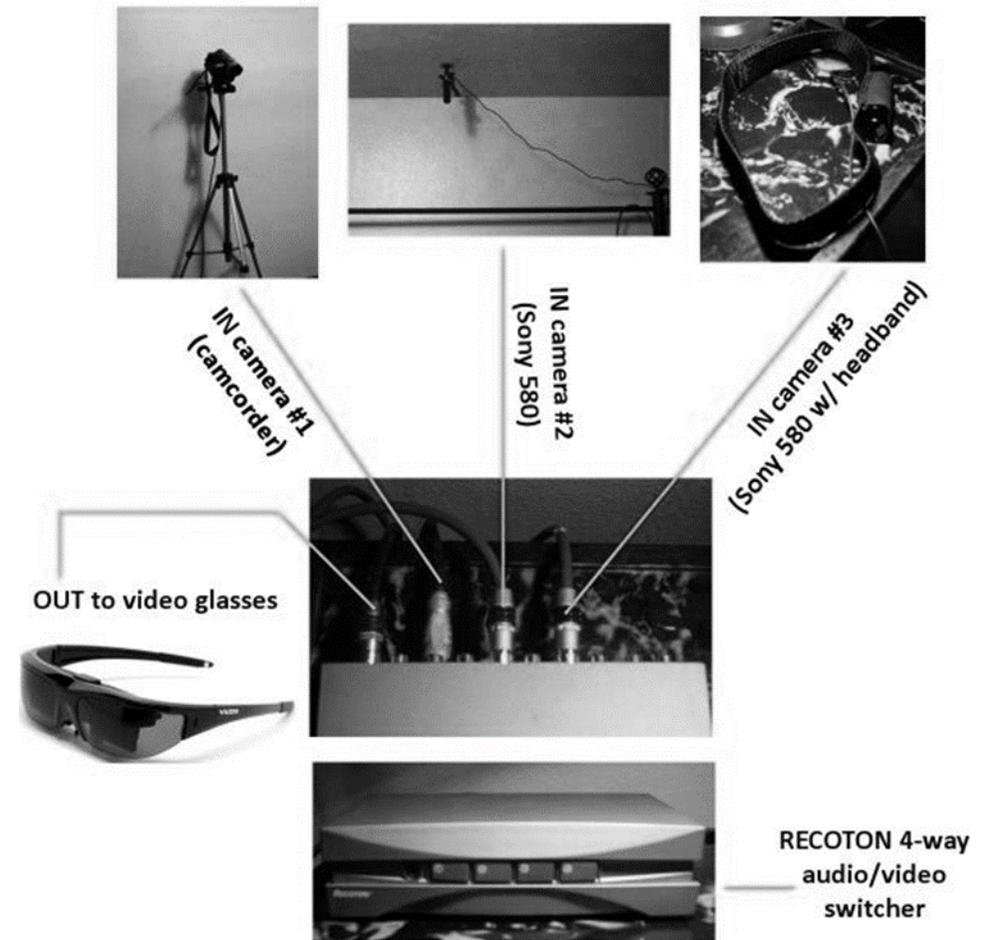
Another common occurrence is a general feeling of being disoriented, and of “coming back” when removing the glasses after the scene.

How to Simulate Autoscopy

We can simulate autoscopy by using a head-mounted display, also known as “video glasses,” in conjunction with video cameras.

Video glasses are worn like regular glasses, but they contain a small video screen (or screens) that allow the wearer to see any video signal input into the glasses.

I use the Vuzix Wrap 230 glasses with a rubber “light shield” that helps block out incoming light. These glasses are no longer in production but Vuzix and other companies like MyVu, EyeTop, and ITV make consumer-level video glasses.



The Vuzix models usually come with RCA jack or “composite” inputs, the same inputs found on the back of almost all television receivers that are used to connect DVD players.

The easiest way to set up an autoscopy scene is to connect a camcorder that also has RCA jack inputs to the video glasses using a RCA cable. The camcorder can be placed on a tripod at the foot of the bed or other location. Newer camcorders may not have RCA inputs so some type of adapter may be necessary.