Mantra Spiral Task (MST)

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This task type generates a spiral imposed over a black screen or an image slideshow, depending on whether the creator has uploaded images, with a sequentially ordered series of text lines being displayed line by line. Additional lines known as distractors may appear as either random popups in various locations or as a changing wall of text that spans the entire page.

Similar to Brainwash Spiral Tasks, Mantra tasks also embody the classic brainwashing trope found in media that entails a rapid-fire series of images, psychedelic visuals, and/or text-based suggestions. Mantra tasks, however, have the benefit of always displaying their session lines in the order that lines are entered, rather than by random selection. This allows creators to provide a more focused and directed experience for their subject(s), rather than a random and hectic one.

When the subject has completed the task, they will immediately be returned to the Project Details list.

Creating a Mantra task entails the configuration of the following options:

Session Lines - An area to enter lines of text that will be displayed to the subject in the center of the screen. Lines are displayed in sequence, line-by-line, from the top of the list to the bottom. External lists of lines can be imported using the Import Script option.
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Distractors Lines - Lines of text that by default will be displayed in random locations on the screen. These are used to both distract the subject by pulling their attention from the session lines, but also to provide additional suggestions and reinforcement in the subject's peripheral vision while they are staring at the screen's center. Distractors are great at reinforcing core concepts and themes within a session
Tip: Try to keep these to single words or short phrases. While they can have other creative uses, such as making a session entirely out of distractor lines, when used in combination with session lines short distractors tend to be the most effective.
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Images - From here you can upload images from local storage for use in the session. Uploaded images will be randomly selected for display in the session's slideshow.
*Tip: Which images to include depends on the type of vibe you want for your session. A small handful of images tightly centered around the session's theme can help a session feel curated, focused, and well-defined. Conversely, a large selection of images can help a session continue to feel fresh and content-rich, even after it's been viewed many times.
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Import/Export JSON - Found at the top of the Session Settings page, this option can be used to locally save a session, or import/export it from/to another project. It has additional functionality in that, while individual lines in Brainwash, Mantra, and Story tasks can not be edited from the main Session Settings screen, the Import/Export JSON view contains a list of fully editable session lines, distractor lines, and more. Once any edits have been completed, select Update JSON, then Close, and then Save the Session Settings to finalize the changes.

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When you've finished configuring the task, select Save to finalize the changes.

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