



## **Instructions for using this MP3**

This is a brand new recording, which has been created to be a powerful tool for self-development and inner exploration, if used properly.

Please note that the recording should only be used with your AudioStrobe device set in the "**Complementary Mode**".

You can refer to the instruction manual of the AudioStrobe compatible device you are using or ask it's producer. The list of the AudioStrobe compatible devices and tools for testing online normal vs. complementary mode you can find here:

[AudioStrobeShop.co.uk/mp3s-info/](http://AudioStrobeShop.co.uk/mp3s-info/)

In addition to using this recording with an AudioiStrobe compatible decoder it can also be listened to on any MP3 music playing device, without the light sound synchronization.

The recording contains binaural beats for hemispheric-synchronization in deep theta range.

Make sure that the player is not set in a repeat mode and the recording is only listened to once per individual session.

If you are prone to epileptic seizures do not use this recording.

**NEVER use this recording while performing high attention tasks like driving or operating machinery!**

- Find a quiet and comfortable place. Adjust the volume, and if

using AudioStrobe, adjust the light intensity as well.

- Please check if the AudioStrobe decoder is in the complementary mode.
- Make sure you will not be disturbed by anyone or anything during the session.
- Close your eyes and start the session.
- Relax and focus on here and now.
- Breathe deeply but gently allowing your body to regulate itself.
- If required, adjust volume and light intensity to comfortable level.
- Focus on the sound and your breathing - you will be gently guided into a deep theta state.

Please note that this recording is an open tool and there is no voice narrative to guide you. This way you can be open minded for any potential experience emerging to your "mind's eye".

Of course, you may want to identify a specific theme to focus on during the session. If so, do this before the session commences and stay focused on it while you are in the deep theta state. If you find that you drifting away, its fine, you have registered it, so you can focus again.

Because of the deep theta character of this session you may fall asleep and that's also fine. There is nothing lost, it's just a sign that your body and mind needed more regeneration and rest, rather than a new experience.

After the session allow yourself enough time for processing the session and "coming back". Take your time. Look around you, drink a cup of tea or water as you reorient yourself.

Stay alone for a while and ensure that you do not drive a car for at least 30 minutes.

You may want to take the opportunity to write down your experience in a diary so that you can refer back to it.

If you want to share it with us and other users please use our contact form: [AudioStrobeShop.co.uk/contact-us/](https://AudioStrobeShop.co.uk/contact-us/)

The products described here are not medical programs and should not be construed as substitutes for proper medical care. They are not intended for the treatment or diagnosis of any medical condition.

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