

The Schumann Resonance Meditation...

7.83hz. is the Schumann Resonance, or the frequency that electro-magnetic waves previously traveled through the earth's ionosphere. Its' been given credit for stimulating the release of growth and sex hormones (N. Shealy).

More spiritual and psychic experiences have been reported using this frequency than any other.

Usage...

- Schedule a time every day for you to listen. This will help your mind/body to come to expect its use and accept your listening as a "habit" that will be easier to maintain.
- Listen to the recording where you are less likely to be interrupted by things like the telephone.
- You may lie on your back or seat yourself in a comfortable chair with head and neck support.
- Loosen any tight clothing. Remove your shoes, glasses, contact lenses etc.
- You may listen to this recording with, or without headphones. Listening with headphones will augment the overall and immediate effects by many times.
- You should listen to these recordings at the highest possible volume while still being "COMFORTABLE". You don't want to strain yourself; the idea is that the louder the sounds, the deeper the BWE may be (due to the increased stimulation to the brain). COMFORT is very important. If you listen to this recording at too high a volume, you are working against the purpose of it. Important Update... TMM recordings have been found to be very powerful by its users; as a result we now suggest that if the effects feel too strong with headphones then you should begin listening without headphones until you get more used to it. You will still get the benefits and give your brain and mind time to adjust.
- Results will vary between users. Results also depend on your frame of mind when listening, the time of day (its always better to have a scheduled time every day to listen to these recordings as it will help your mind and

brain to incorporate the benefits and at the same time it will make it easier for you to make it a “habit”.

- Following the suggested listening protocols/patterns will ensure you get the most from this recording.
- Depending on the individual, effects from this recording may be noticed the first time or maybe not until the 30th. It is very important to remember that whether you initially notice “effects” or not, it is indeed having an effect. Its just like exercise, you would not expect to see changes in your body after the first few times working out would you?
- **Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings.**

Enjoy:)

Morry

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