

Experience the most REVOLUTIONARY  
Brainwave Entrainment in the world with  
NeuralSync™'s EXCLUSIVE technology.

EXPAND YOUR MENTAL HORIZONS AND  
REVITALIZE YOUR BODY, MIND AND SOUL!

FACILITATE NATURAL HEALING  
PAIN RELIEF  
END STRESS  
RELAXATION  
ANTI-AGING/DNA REJUVENATION  
WEIGHT LOSS  
SEXUAL ENHANCEMENT  
MEDITATION  
SPIRITUAL INSIGHT &  
TRANSCENDENT MENTAL STATES



USER MANUAL

## INSTRUCTIONS FOR USE

NeuralSync™ audios and CDs must be used with stereo headphones in order to deliver all the benefits of the entrainment. **Do not use noise-canceling technology, bass boost or other augmentation as they alter the entrainment effects!**

Use daily for at least 30 to 45 days, and thereafter as desired. As with any entrainment, your intention and actions during use are key to your success. It is preferable that you listen around the same time each day and also better to set aside a time either in the morning before your day begins or in the evening before you sleep.

To begin each session, find a place away from distractions so that you can focus on your NeuralSync™ entrainment without interruption - a quiet, darkened room is ideal. Do not perform any activity while listening to a NeuralSync™ audio, with a few exceptions noted later in this manual. It is crucial that you use this time only for yourself in order to maximize the benefits you will experience from NeuralSync™ technology. Sit down or lie down with your spine straight and your palms by your sides, facing up. Close your eyes. Breathe deeply and regularly to facilitate relaxation and enhance your receptivity to the entrainment frequencies and Zero-Point energy.

Listen to NeuralSync™ at a volume level that is loud enough to be heard but still comfortable. As you listen, allow your mind to wander, enjoying the nature soundscapes integrated with the entrainment frequencies. Dismiss any thoughts that intrude on your relaxation and let yourself remain “in the moment” as much as possible for the duration of the session.

New users may find themselves nodding off or falling asleep before the end of the session. This is normal and should pass over time. Occasionally, you may find yourself somewhat irritable when trying a new NeuralSync™ audio. This is also normal, as your brain is adjusting to the new rhythms and is temporarily trying to retain its old patterns. Be patient and continue use and the reaction will soon segue into a more positive experience.

## DISCLAIMERS and PRECAUTIONS

*Refer to usage instructions prior to listening.*

NeuralSync™ audios and CDs are not recommended for pregnant women, those wearing a pacemaker, those prone to seizures, those that are photosensitive, or those under the influence of medication or drugs. NeuralSync™ audios and CDs are also not intended for use by anyone under 18 years of age.

Do not use this program if you suffer from epilepsy or any psychiatric disorder; such individuals should not use brainwave entrainment, except under the direction and supervision of a licensed medical physician. Consult your doctor directly if you have any questions or concerns regarding the use of NeuralSync™ audios and their effect on epilepsy or other neurological conditions.

**Under no circumstances should you drive a car or operate machinery while listening to ANY NeuralSync™ audio or CD.** This technology can produce extreme relaxation that may endanger you in situations that require your direct attention.

**Do not combine NeuralSync™ with other brainwave entrainment products as this could counter their effectiveness.** Do not use more than three NeuralSync™ CDs or audios concurrently. Wait at least 2 weeks from the use of any NeuralSync™ audio before using any other similar product. NeuralSync™ audios and CDs are not known to cause any reaction with any medication or chemical therapies. If in doubt, consult your doctor. If you are in therapy and have any questions, consult the doctor who provides your treatment.

None of the statements contained herein have been evaluated or verified by the FDA. NeuralSync™ audios are not intended to diagnose, cure, treat or prevent any disease, nor should any information contained within or on the website be taken as medical advice.

No results are implied or guaranteed. Use of any NeuralSync™ audio or CD is solely at your own risk.

## NEURALSINC™ EXCEPTIONS

As noted earlier, NeuralSync™ in general is meant to be used during passive relaxation. Exceptions to this are below, however NO NeuralSync™ audio or CD should ever be used while driving or operating machinery of any kind!

Pure Energy/Eternal Youth/Fat Blaster—may be used during solo exercise such as running or walking ,or doing activities where wearing headphones won't cause any issues for awareness or safety.

Mind Expansion—may be used during solo creative activities such as painting, writing, sculpting, etc. Again, only in situations where being aware of your external surroundings is not important.

Intense Focus—is intended to be used for studying and school work.

The following are the ONLY NeuralSync™ audios appropriate for looping:

- Deep Restful Sleep
- Fall Asleep
- Headache Gone
- No More Migraine
- Pain Free
- Relieve Joints and Muscles
- Soothing Relaxation

Note: both Sleep-related audios may be looped for an entire night's rest. The remaining audios may be looped as long as your individual preferences dictate. Discontinue looping if you begin to feel agitation or discomfort, which can be signs of over-stimulation.

Finally, while NeuralSync™ audios are intended to be used with headphones for the FULL effect, if you find you want to use an audio for ambient background sound you may still experience the benefits of the audible tones and Zero-Point energy to a lesser degree, which may be both beneficial and enjoyable.

## USING NEURALSINC™ with HOLOLIMINALS™

HOLOLIMINALS™ are a uniquely advanced system to induce whole-brain processing of subliminal affirmations.

Using “stereo confusion”, positive assertions are delivered to the right brain while problem-solving questions are given to the left ,so that each hemisphere is targeted according to its specific strengths. A third and deeper dimension is added when both sets of affirmations are mixed into “reverse speech” and layered into the audio for your subconscious to unravel and assimilate. This tri-targeted method assures that your brain is fully involved in processing the affirmations from all levels.

**All audios containing HOLOLIMINALS™ are meant to be used in single session/once per day only.** Do not loop or lengthen your time using any HOLOLIMINAL™ audio as it may cause agitation and irritability due to overstimulation.

## CHAKRA BALANCING with NEURALSINC™

Chakras are energy centers in the human etheric—or energetic—body. Each center corresponds to vibrational frequencies of sound, color and light and influences specific parts of the mind/body connection. NeuralSync™ chakra audios are created to attune each individual energy center to frequencies that best correspond to enliven it, and then synergize all chakras together as a whole.

Beginning with the base chakra and rising through each subsequent center, there are 7 separate sessions included in a single audio. Chakra audios are designed to be used as needed, but no more than once per day. Do not loop as this will counteract the ascension of energy from lowest to highest points, which is essential to the balancing effect.