

General Information and Guidelines for all Nuphonics™ Music

Purpose-

The scientific and artistic elements within each Nuphonics™ composition is designed to lift, strengthen, and help you in both general and specific ways. They help create a positive environment of renewal, balance, and harmony and facilitate the specific state or outcome which you desire.

You can benefit from these compositions by simply listening to them as a stand-alone improvement tool, or you can use them in conjunction with other helpful life improvement tools and processes.

Process-

Nuphonics™ compositions are designed to help you, the listener, in two specific ways:

1. By creating a direct, physical shift: Nuphonics™ compositions use vibration and sound wave patterns that help create a physical shift, or syncing up of the body with the music, that leads to an improved level of performance and functioning.
2. By creating a mental and emotional shift: Nuphonics™ compositions also stimulate mental and emotional shifts which help to transition you into a desired state of functioning.

Basic Guidelines-

1. **Use as stereo sound system or headphones.** Each Nuphonics™ composition is designed to be effective using many different sound systems. There are patterns and frequencies that are best heard and experienced in stereo or with a good set of stereo headphones. However, the composition will still be very effective using any good sound system.
2. **Use slow, abdominal breathing.** Research has shown that adding a simple step of slow, abdominal breathing to your listening routine can add to the experience. Simply inhale slowly, hold for a moment, and then slowly exhale while relaxing tense parts of the body.
3. **You should not try to “force” yourself into the state that you are trying to create.** Instead, you should relax, take a few deep breaths, and allow the music and sounds to naturally take you on a mental, emotional, and physical journey that will help you transition into your desired state. For instance, if you are trying to relax, worrying about feeling stressed creates more stress! Just “let go” and “let what happens” happen.
4. **Never use the compositions as a punishment or as a manipulation** to “fix” or get a response from another person. Nuphonics™ compositions are powerful and effective tools for helping people improve various aspects of their lives, but are not intended to be a “quick fix” to manipulate others or to solve all of their problems.
5. **Be honest and offer the music for what it is: a positive tool that can help others** function more effectively and achieve their goals in a more positive and enjoyable way.

Create an environment where the music can lift others and where they have the opportunity to choose how it is used.

6. **By regularly finding ways to empower and improve your life**, you will further the great power and potential that you have within you to direct and create good outcomes. Nuphonics™ compositions help stimulate positive thoughts, emotions, and physiological responses to aid in the creation of those good outcomes. Anything that you do to positively improve your life and relationships will only enhance the effectiveness of the compositions and speed up the achievement of your desired goals and objectives.

Specific Guidelines for *ADHD Management*

1. **Keep it simple.** In most cases, simply playing the music as an audio background will help the ADHD listener to transition from a hyperactive state to a focused and effective state. Try not to influence the outcome of the listening experience with verbal cues, detailed directions, or time constraints. Outcomes will vary for individuals and within each experience, so let the soundtrack do its work, knowing that the experience will be profound at times and, at other times, simply modest in its effect.
2. **Create a routine using the soundtrack.** For instance, use the music to routinely transition from school to home. Play the soundtrack just as your listener comes through the door after school to help create a calm atmosphere for listener and family. Play the soundtrack just prior to homework time, before mealtime, or while preparing for bedtime.
3. **Take time to talk about the music**, the experiences, and especially the feelings that come as the listener experiences *ADHD Management*.
4. **Observe the listener.** As a quiet observer, you may want to track activity levels, postures, expressions, gestures, or comments of the ADHD listener. Note the environment: time of day or day of the week, location, other people and distractions present, or the proximity of mealtime. Use this information to improve the physical and audio environment of your ADHD listener.
5. **Both ADHD and non-ADHD listeners may benefit** from repeating Track 2 as the peaceful tones and tempos sustain a calm environment.