

# General Information and Guidelines for all Nuphonics™ Music

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## 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 *Child Focus*

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1. **Please read the [General Information and Guidelines for all Nuphonics™ Music](#).**
2. **Keep it simple.** It is best to not overcomplicate the use of your *Child Focus* composition. In most cases, you simply need to play the CD when there is a need and let the music help transition the child or adult into a state of greater focus and effectiveness.
3. **Set the stage for using the *Child Focus* composition.** When setting the stage for using the composition with a child, simply explain that the music is designed to be a fun and helpful tool for studying and doing work. Allow the child to give input and feedback on whether they like the music, and whether they would like the music on or off while they study or work. The composition works best when the child likes the music, actually feels like he or she has a choice in using it, and doesn't feel that it is being used to "fix" them.
4. **Play the music loud enough to clearly hear all sounds and arrangements** but not so loud that it becomes distracting. Playing the composition at a low but clearly audible level is typically the most effective level to be used for study. Adjust the volume up or down depending on observations of the student's responsiveness and their preference for comfort. When verbal instructions are being offered to the student, it is recommended that the volume be adjusted down or off as to not compete or cause any distraction.
5. **Find complimentary applications that work best for the child or adult.** We each have issues and challenges that are unique as to our ability or inability to focus. Use your understanding of the person's unique needs to help create an environment that best facilitates focused and productive work. *Child Focus* is a powerful tool that helps to prepare both your mind and body for study, as relaxed feelings, facilitated by the *Child Focus* baroque-styled music, produces the best possible state for effective study. Test its best effectiveness for you or your child. It may be best to prepare your mind and body for study with *Child Focus* (10-15 min of listening time), and then turn it off while studying.

**For study:** It is recommended that you create an environment where there are as few distractions as possible. For example, turn off the television, manage interruptions from others, and provide a place of privacy. We recommend books such as [Study Smarter, Not Harder](#) for other ideas concerning study prep and success (ex: have two light sources, post positive messages around your workspace, enrich your environment with plants, clearly define your goals, and activate your prior knowledge.)

**For task completion:** Provide normal help and support as you would normally give to encourage task completion. Possible suggestions for supporting this process may be providing rewards, encouragement, and parental follow-up with periodic supervision.

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