

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 *Renewal*

1. **Keep it simple.** It is best to not overcomplicate the use of your *Renewal* composition. In most cases, you simply need to play the CD when you have a need and let it help transition you into a state of greater balance and renewal.
2. **Play the music loud enough to clearly hear all sounds and arrangements** but not so loud that it becomes distracting.
3. **Best use and caution.** There is no right or wrong way to use this composition. This composition can be effectively used as soft background music while studying, doing tasks, or while driving in your car. You can make it a more focused listening experience by using headphones (or listening to your music in a private setting) to better help you unwind and reduce stress. If you find that *Renewal* makes you feel sleepy instead of energized, use appropriate caution and do not use while driving, operating heavy equipment, or performing similarly unsafe activities. You should experiment and find the best approach that works for you.