

Specific Guidelines for how to use Child Focus™

One of the great challenges that many children face today is that of staying focused. With so much sensory stimulation available, children often find their minds wandering when they need to be focused on completing a task at hand. The Child Focus composition is designed to help with this challenge by using frequencies, patterns, and musical structure that stimulates left brain activity and helps the mind stay more focused, active, and alert.

The following simple guidelines will aid you in getting the most from this composition.

1. 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 into a state of greater focus and effectiveness.

2. Set the stage for using the Child Focus composition with the child. 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 or not and if they would like to have the CD playing while they 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.

3. Feel free to experiment with the composition and find complimentary applications that work best for the child. Each child will have unique issues or challenges relating to their inability to focus. Use your understanding of the child's unique needs to help create an environment that best facilitates focused and productive work.

a. For study, it is recommended that you create an environment for the child where there are as few distractions as possible. For example, turn off the television, manage interruptions from others, and provide a place of privacy.

b. For general tasks, possible ideas for helping support effective task completion might include providing rewards, encouragements, and periodic supervision.

4. Adjust the volume to match the type of activity being engaged in.

a. Using Child Focus for study: When using Child Focus for study, adjust the volume to be just loud enough to hear the different sounds and arrangements but not so loud that it competes for the child's attention. 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 child's responsiveness.

Note: It may be most effective to either turn the composition volume down very low or completely turn it off during the time that a parent or teacher is instructing the child.

b. Using Child Focus for routine tasks: When using Child Focus to help a child complete routine tasks, feel free to adjust the volume to any level that is comfortable and engaging for the child.

5. Provide normal help and support as needed during study and task time.

General Information for all Nuphonics™ Compositions

Purpose

The scientific and artistic elements within each Nuphonics composition are designed to lift, strengthen, and help you in both general and specific ways. They help create a positive environment of renewal, balance, and harmony, while also helping to facilitate the specific state or outcome that 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 at least two important 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 imagery and emotional shifts that help transition you into a desired state of functioning. While each composition is uniquely designed to help you with a specific need, feel free to experiment with the compositions and use them in any way that may be helpful. Many listeners have reported additional benefits that have been found from different uses and applications of the Nuphonics CDs.

Basic Guidelines

- 1. 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 transition you into your desired state.

2. 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. Be honest and offer it 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 and help others and where they have the opportunity to choose how it is used.

3. Enhance the effectiveness of the compositions by regularly finding ways to empower and improve your life and relationships. You have great power and potential within you to direct and create good outcomes in your life. 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.