

Specific Guidelines for how to use Hope & Healing™

The *Hope & Healing* composition is designed to help create a spirit of reverence, reflection, and peace as you or your loved ones pass through periods of transition and change in life. Scientifically and artistically designed to create a spiritual perspective on your journey through life and helps remind you that each phase of life has meaning and purpose.

The Hope & Healing composition has many possible applications including:

- Provides calm, peace and resolve during times of life-crisis, especially helpful for 12-step participants and their families
- Creates a spirit of reverence and reflection that helps you to ground yourself and reconnect with your spiritual and emotional inner senses
- Strengthens and uplifts those who work with, and serve, patients in a health care setting
- Helps facilitate discussions of reverence and reflection as loved ones gather and talk about a loved one's life
- Creates a calm and reflective atmosphere

This composition has successfully been used by many who are looking to strengthen, re-connect with, and heighten their spiritual senses.

Some basic guidelines for getting the most from this composition include:

1. Keep it simple. It is best to not overcomplicate the use of your Hope & Healing composition. In most cases, you simply need to play the CD when you have a need and let it help you transition into a state of greater peace, calmness, reverence, and reflection.

2. Feel free to use the Hope & Healing composition in any way that is most helpful to you. There is no right or wrong way to use this composition. You should experiment and find the best approach that works for you. This composition can be effectively used as background music in a reverent setting, or as a personal and reflective listening experience.

3. Use a sound system that works best for you. The Hope & Healing composition is designed to be effective using many different sound systems. There are patterns and frequencies designed into this composition that are best heard and experienced with stereo speakers or with the use of headphones. However, the composition will still be very effective using any good sound system.

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.