

Tone Your Soul

TONES: Instructions for Use

The **first 3 days** following the session are the most important and it is recommended to listen a minimum of **2x per day**.

After the **3rd day** a minimum of once daily is recommended. Please note that the more you listen to your tones, the **greater** the **effect**. Since these are your own personal tones, the ideal would be to keep them playing in the background as you go about your day.

It is NOT recommended to play your personal tones while driving as the frequencies are stepped down into the **Alpha, Theta** and **Delta** ranges to promote deep relaxation. This may impact your reaction times and motor coordination.

If you're not listening to your tones, ask yourself:

- 1) Is this resistance? (Like getting yourself to the gym)
- 2) Do you need to take a day off to integrate the effects of your tones?

It is our suggestion that a new set of tones be created on a monthly basis. This is easily accomplished with a remote sampling over the internet by using your smart phone.

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