

Quantum Mind Power (TMM) - Users Manual

IMPORTANT: Please read this manual carefully and in its entirety before your first use...

These recordings are not "music" in the traditional sense. They are a series of finely honed and sculpted frequencies that have been painstakingly arranged in such a way as to have a profound and beneficial effect when used regularly with or without headphones. Headphones are suggested, however, for maximum benefit.

These recordings are best listened to at the highest **COMFORTABLE** volume, with your eyes closed and in a sitting or reclined position.

It may take multiple sessions for your brain to "learn" how to react to this form of stimulation. Following the usage protocols/patterns for each recording is paramount to your chances for success.

As with physical exercise, it is important to "exercise" your brain every day. The more you use these recordings, the more positive changes you will be likely to manifest. If you were to exercise once in a while, you would not see much of a difference in your conditioning or health (if any). Do it regularly and you won't be able to deny the changes you see. It is the same with your brain. Do it regularly and be amazed!

Due to the inconstancies in PC sound cards and speakers, It is suggested that you "burn" a separate CD of each recording to ensure that you do not miss out on any of the experience. **Never record more than 1 track per CD.**

What is BWE (Brainwave Entrainment)?

When the brain is stimulated with pulsed sounds (neuro – electrical activity via the nerves originating from the ears), the overall activity of the brain will respond to and align with these pulses (also called the FFR or “frequency following response”). By selecting the desired rate, the brain, via the FFR, can be naturally induced towards the selected brainwave state and its inherent benefits.

It is also because of the FFR or “entrainment” that these pulsed sounds often produce benefits similarly found with deep meditation.

It is entirely possible that each use will provide a unique experience. Even if you feel nothing happened, pay close attention to yourself and see if you, or your friends, co-workers or family notice anything different.

One of the great things about BWE is that it can be used on its own, or with many other modalities as an adjunct to intensify the effects of pretty much whatever you choose to use with it.

What sensations might you expect when using our BWE based recordings?

- Some of the effects you may experience with our BWE recordings may be influenced by things like how “busy” your mind is, “whether you’re preoccupied”, how willing you are to “let go”, to name but a few
- You may find that you experience “lost time”. It’s common to find that a 30 minute recording is over and it only felt like 10 minutes
- When tension moves out of your muscles and other parts of your body, you can expect a number of possible sensations, some of which you may have never experienced before. These may include tingling, a floating sensation, momentary numbness, muscle twitches, feelings of flowing warmth, heaviness
- You may find that your mind wanders
- Some people may feel themselves falling asleep during a session
- And many more. Please let us know your experiences!

General Listening Instructions...

Important Update... It is strongly suggested that if at anytime you feel any form of discomfort while listening to “Quantum Mind Power” recordings, that you stop immediately and contact us at... support@quantum-mind-power.com. We will send you a brief questionnaire that will help us to understand what might be happening and give important information that will allow us to make the appropriate suggestions.

- Schedule a time every day for you to listen. This will help your mind/body to come to expect its use and accept your listening as a “habit” that will be easier to maintain
- Listen to the recordings where you are less likely to be interrupted by things like the telephone
- You may lie on your back or seat yourself in a comfortable chair with head and neck support
- Loosen any tight clothing. Remove your shoes, glasses, contact lenses etc.
- You may listen to these recordings with, or without headphones. Listening with headphones will augment the overall and immediate effects by many times

- You should listen to these recordings at the highest possible volume while still being “**COMFORTABLE**”. You don’t want to strain yourself; the idea is that the louder the sounds, the deeper the BWE may be (due to the increased stimulation to the brain). **COMFORT** is very important. If you listen to the recordings at too high a volume, you are working against the purpose of these recordings

Important Update... Quantum Mind Power has been found to be very powerful by its users; as a result we now suggest that if the effects feel too strong with headphones then you should begin listening without headphones until you get more used to it. You will still get the benefits and give your brain and mind time to adjust.

- Results will vary between users. Results also depend on your frame of mind when listening, the time of day (its always better to have a scheduled time every day to listen to these recordings as it will help your mind and brain to incorporate the benefits and at the same time it will make it easier for you to make it a “habit”
- Following the suggested listening protocols/patterns will ensure you get the most from the Quantum Mind Power (TMM) system
- Depending on the individual, effects from these recordings may be noticed the first time or maybe not until the 30th. **It is very important to remember that whether you initially notice “effects” or not, it is indeed having an effect. Its just like exercise, you would not expect to see changes in your body after the first few times working out would you?**
- Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings

Main Programs...

*** Please Note:** The recordings that have brainwave entrainment frequencies also have our unique “background” (it sounds like “shhhhh” or “hissing”). Our background is a relative of “pink noise” and is actually a set of hundreds of specific frequencies that when combined produce a uniform (steady and consistent) background that effectively cancels out much of the distracting noise that may be present when “running a session”. It is also harmonically related to the tones which we have found can ease the entrainment process.

1) Quantum Mind Power (TMM) System- Neural Synergy

“Neural Synergy” is available in two different stimulation patterns (monaural and isochronic), with 6 choices of “base” tone for each stimulation pattern. You can therefore choose the tones that are most attractive to you. **We have found that the more our customers find the tones pleasing to the ear, the better the results they receive.**

This recording is specifically designed to help to re-organize the brain to a higher level; allowing it to process more complicated stimuli easier than before. The brain's structure may actually change to a more advanced configuration that is capable of so much more than you currently think.

"Neural Synergy" is the first of the 2 main components of this program. With daily use, the changes can be rather startling and profound.

This recording may be considered an integral part of a fitness regimen for the brain and should be listened to once a day.

"Neural Synergy" special listening instructions:

- See "General Listening Instructions"

2) Quantum Mind Power (TMM) System - Eden Energy Wave Dynamics

"Eden Energy Wave Dynamics" is available in two different stimulation patterns (monaural and isochronic), with 6 choices of "base" tone for each stimulation pattern. You can therefore choose the tones that are most attractive to you. **We have found that the more our customers find the tones pleasing to the ear, the better the results they receive.**

This recording is designed to help with the inevitable loss of "action" that tends to follow any self help/improvement type of program.

It is a "dual" brainwave recording (A different and distinct brainwave pattern targeting each hemisphere of the brain separately).

It is specifically designed to pump up your energy levels, while at the same time quiet the "voices" that tend to make us stagnate and stop moving forward by making us think too much, or cause us fear.

This allows the user to not only continue to develop and improve, but also acts as an additional "brain" exercise that will contribute to the brain's re-organization to a higher level of functioning.

"Eden Energy Wave Dynamics" is the second of the 2 main components of this program. With regular use, the changes you experience may pleasantly surprise you.

This recording, along with "Neural Dynamics" may be considered an integral part of a fitness regimen for the brain.

"Eden Energy Wave Dynamics" special listening instructions:

- See "General Listening Instructions"

- You must use stereo headphones when listening to this recording as it entrains each hemisphere of the brain to separate and distinct frequencies
- This recording may be rotated with Neural Synergy on alternate days for variety
- This recording may also be used anytime when you feel “stuck” or for a quick “pick me up”

Quantum Mind Programming

3) Quantum Mind Power (TMM) System - Whole Brain Gratitude Meditation

This recording is designed as a gratitude building meditation. Gratitude is considered to be the key to unlocking the ability of people to be happy and content. When combined with a subtle, yet powerful brainwave entrainment rhythm, the possibilities become endless and allow this recording to be an integral part of the brain re-training process.

This recording is designed to help you with direction and intent and indeed to help you to change your current view of the world and reality as well. How we look at things and interpret their meaning can be everything, and amazing changes can occur when we change how we look at life.

“Whole Brain Gratitude Meditation” special listening instructions:

- See “General Listening Instructions”
- This recording is intended to be listened to twice a week
- **Special Note:** There are long “pauses” in the spoken word aspect of this recording to allow you to reflect, imagine and internalize a new way of being and thinking. When this is combined with the BWE aspect, and the “spoken word” resumes, a “startle effect” may occur (somewhat like someone talking in your ear suddenly when you are half asleep)

To counteract this we have inserted what we call “anti-startle tones” just before each spoken word aspect resumes so that you are not startled. (This is a low tone, sometimes called a “drone” that begins quietly and softly then ends at a similar volume level to that of the spoken word itself and it all happens in a just a few seconds)

4) Quantum Mind Power (TMM) System - Emotive Brain Wave Hypnosis

This recording is designed to help guide you to balance your emotions and experience happiness.

This hypnosis allows you to tap into the deep wiring of your subconscious mind, to help

you deal with the matters that are most affecting your life right now. The hypnosis will help you "rewire" some of your old thinking patterns that aren't serving you well. It is also designed to help enable you to find true emotional balance and happiness within yourself.

This recording can help you with direction and intent and indeed to help you to change your current view of the world and reality as well.

"Emotive Brain Wave Hypnosis" special listening instructions:

- See "General Listening Instructions"
- This recording is intended to be listened to twice a week
- **Special Note:** There are long "pauses" in the spoken word aspect of this recording to allow you to reflect, imagine and internalize a new way of being and thinking. When this is combined with the BWE aspect, and the "spoken word" resumes, a "startle effect" may occur (somewhat like someone talking in your ear suddenly when you are half asleep).

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Bonuses - Subliminal Support

5) Quantum Mind Power (TMM) System - Subliminal Wealth and Prosperity Support #1

This recording addresses two major issues that frequently hinder the acquisition of wealth; subconscious negative associations with those who are rich and a general lack of understanding about how to accumulate wealth.

The other major focus of this recording is to implant in your subconscious the desire to seek out and capitalize on daily opportunities that are always there (you just can't see them yet) to improve your "state of wealth."

Put to a beautiful soundtrack of rain and other subtle nature sounds, this recording will help to act as a guide for your brainwave entrainment training and should be played in the background every day when cleaning, cooking, working at the office, even while your watching TV.

"Subliminal Wealth and Prosperity Support" special listening instructions:

- **DO NOT LISTEN WITH HEADPHONES** (Play in the background over speakers) and go about your daily/nightly activities
- **DO NOT LISTEN AT A LOUD VOLUME** - If you can hear the rain, then its loud enough
- You may do other things while playing this recording, How ever **do not drive or operate potentially dangerous machinery.**

6) Quantum Mind Power (TMM) System - Subliminal Health Support #2

Enhance how you use your mind to positively affect your health.

Think in terms of wellness instead of sickness. Don't think you're getting a cold, just because you feel like you are. It's only a signal that your body needs help to maintain your health. Use this recording to help direct your mind to be your best ally in attaining perfect health.

Put to a beautiful soundtrack of rain and other subtle nature sounds, this recording will help to act as a guide for your brainwave entrainment training and should be played in the background every day when cleaning, cooking, working at the office, even when your watching TV.

“Subliminal Health Support” special listening instructions:

- **DO NOT LISTEN WITH HEADPHONES** (Play in the background over speakers) and go about your daily/nightly activities
- **DO NOT LISTEN AT A LOUD VOLUME** - If you can hear the rain, then its loud enough
- You may do other things while playing this recording, How ever **do not drive or operate potentially dangerous machinery.**

Optimum Listening Schedule...

“Neural Synergy” should be listened to every day, but for a change of pace it is fine to use “Eden Energy Wave Dynamics” if you wish in its place. You may also alternate days between these two recordings.

“Eden Energy Wave Dynamics” should be listened to help keep energy levels and attitude up. If your low energy and motivation, use it to make you feel more positive and energized.

Also, you should listen to the hypnosis and meditation recordings on alternate days while also listening to the “brainwave only” recordings daily...

For example...

Monday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.) and "Whole Brain Gratitude Mediation" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 60 minute total listening time with headphones

Tuesday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 30 minute total listening time with headphones

Wednesday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.) and "Emotive Hypnosis" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 60 minute total listening time with headphones

Thursday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 30 minute total listening time with headphones

Friday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.) and "Whole Brain Gratitude Mediation" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 60 minute total listening time with headphones

Saturday...

"Neural Synergy" (30min.) or "Eden Energy Wave Dynamics" (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 30 minute total listening time with headphones

Sunday...

“Neural Synergy” (30min.) or “Eden Energy Wave Dynamics” (30min.) and “Emotive Hypnosis” (30min.)

The subliminals get played over speakers in the background while working, sitting about, etc. when its convenient throughout the day.

- 60 minute total listening time with headphones

And so on...

Finally, I suggest you play the subliminal tracks (in the background While working, sitting about, etc)...

Remember, the subliminal tracks must be listened to over speakers...

DO NOT USE HEADPHONES.

Your total listening time with headphones is about 30 min. on one day And then 60 min. the next. (and so on...)

Special Note...

You may listen to “Whole Brain Gratitude Meditation” and “Emotive Hypnosis” immediately after listening to “Neural Synergy” only. All other recordings require and hour pause between listening.

If you want to listen to both “Neural Synergy” and “Eden Energy Wave Dynamics” on the same day you should leave at least a 1 hour pause between listening.

If you would like to listen more than is suggested in the Users Manual, then please contact me at morry@quantum-mind-power.com with how you would like to use it and I will be pleased to get back to you with my thoughts.

Fast Action Bonuses...

7) Good Night, Sleep Well...

This recording is designed to help bring on sleep by quieting the mental "noise" that can adversely affect your quality of sleep. Think calming thoughts, or nothing, while you drift off listening to these specially designed tones that lead you gently into a healthful and restful sleep state.

This recording actually guides you into your sleep cycle, helping to give you a head start on a restful and rejuvenating nights sleep.

“Good Night, Sleep Well” special listening instructions:

- See “General Listening Instructions”
- Listening volume should be low, and you may want to try it without headphones at first.
- This recording should only be played once a night (remember, it is intended to get your sleep cycle started). Do not repeat.

8) Schumann Resonance Meditation...

7.83hz. is the Schumann Resonance, or the frequency that electro-magnetic waves travel through the earth's ionosphere. Its' been given credit for stimulating the release of growth and sex hormones (N. Shealy).

More spiritual and psychic experiences have been reported using this frequency than any other.

“Schumann Resonance Meditation” special listening instructions:

- See “General Listening Instructions”

Cautions:

If you are...

- prone to epileptic type events
- pregnant
- wearing a pacemaker
- prone to seizures
- under the influence of medication or drugs

...then you agree not to listen to these recordings without first consulting a physician.

- We do not recommend using these recordings while under the influence of alcohol or other mood altering substances
- Sometimes this form of stimulation can bring repressed memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise

- Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings

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User Agreement:

By listening to these specially designed recordings the user agrees that...

The user assumes all risks in using these recordings, and waves the right to any claims against the creator, distributor or its affiliates for any and all mental or physical injuries. The user also agrees to assume all liabilities when allowing other persons use of these recordings.

In no case will the creator or distributor and its affiliates be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its recordings, instructions or documentation.

These statements and products have not been evaluated by the FDA.

Please note that these recordings are not intended to treat or cure any disease, nor should any of the subject matter on the site be taken as medical advice.

Those who are epileptic should not use these recordings. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic seizures. Such individuals should not use this series of audio recordings except of course, under the direction and supervision of a licensed medical physician.

Under no circumstances should you drive a car or operate dangerous or complicated machinery while listening to these recordings.