

Quantum Confidence Fast Start Instructions and Hint Sheet...

In order to get the most from our systems or even individual bonus recordings its best to stick with the protocol, at least for the first little while...

With respect to the 6 variations for Quantum Confidence's main recording (3 versions that are Isochronic and 3 that are monaural) you only need to listen to one of the main system tracks from each of these recordings...

Included in this set are 3 recordings using a monaural stimulation pattern and another 3 that use an Isochronic stimulation pattern.

The 3 choices within each stimulation pattern are of different "pitches".

The two patterns have a different feel for different people at different times, as do the different "pitches".

You simply choose the recording that you like the best at the time of listening (Research shows that entrainment is likely to be much better if you "like" the sounds as much as possible 😊).

So what this means is you can pick one of the tracks (the one you like best) and forget about the others, or you can rotate through the choices for the sake of variety... The choice is yours as the frequency is the same, it is only the pitch of the tone and stimulation pattern that is different.

All you need to do is listen to each version for about 10 seconds and give them a score from 1-10, the one(s) you will listen to are the ones or one with the highest score(s).

With respect to the bonuses...

Its best to leave all bonuses alone until you have used the main system for at least 2-3 months in order to be able to get the most from the system, that being said, if you absolutely want/need to use them now this is what I suggest...

Preferred method and the most effective – Use the main system and as you find extra time to fit in the bonuses you can do so (not at the expense of regular listening to the main system).

Not so preferred method (although it is fine after 2-3 months of listening as suggested above), but can still be effective – You can work in the bonus recordings in place of similar main system recordings (IE: you can replace the system Triliminal with any bonus that includes a spoken word aspect, or a brainwave only recording (no talking) with the main system recording)

Not suggested at all and your results are likely to be slow and inconsistent – Listen to any combination at any time that you want, completely ignoring the main system listening protocol. The system has been meticulously prepared and your chances at overall success are greatly enhanced by following my suggestions (at least for the first 2-3 months of use, after that you should start listening to your internal voice for guidance on how to listen ☺).

* For your best chance at maximum results over time you need to commit to yourself and listen every day, regularly and consistently for at least the first 2-3 months.

* You should never loop/repeat any of the recordings with the exception of the subliminals. If you want to listen more often then be sure to leave at least a 30 minute pause in between listenings.

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

Less of a commitment from you will not likely stop you from getting results, but the results you do get will likely be slower and less dramatic and not as targeted to the intention of the system in nature.

Here is an easy listening plan for you designed for simplicity and optimal results...

1) listen to one of the 6 main recordings every day
(Quantum_Confidence_Isochronic_1,2 or 3, Quantum_Confidence_Monaural_1,2 or 3), while lying down with your eyes closed and with STEREO headphones (at least once).

2) Rotate listening to the Meditation and the Triliminal on alternate days (If you like one more than the other feel free to use it more).

3) If you like, listen to the subliminals when you go to sleep, or while at your computer (at a low volume and over speakers).

4) DO NOT LISTEN OVER YOUR COMPUTER – If you must listen from your computer then please do your best to have nothing else other than your player running when you are listening. It's also best to listen while reclined with head support and your eyes closed. If you want to listen while at your computer (i.e. surfing or reading email and the like then you can certainly do this and get results but they are likely to be slower.

5) If you want to include Triliminals there are 2 ways to effectively do so... The first involves using them in place of any of the “spoken word” recordings like the meditations or hypnosis. This way is best if you do not have allot of time.

The other way is to add them to your regular listening and the best way to do that is to listen as per my suggestions previously mentioned in this email and then simply add them any time you like.

You can listen to any Triliminal you like and do not need to wait until you accomplish the purpose of one before you move on to the next topic or issue.

They are designed to help each other to help you to help yourself towards all of your goals, so often mixing them together (playing them in series) can work out to be a very effective method of listening as you would be working on multiple aspects of yourself at one time with each acting to help the other to progress and move you forward.

Your brain can easily handle working on many things at once so do not be concerned you're doing too much, it can handle it 😊.

Trust your instincts and listen to which ones you want when you want.

I'm here for you.

Morry