

Quantum Confidence with TMM © - Users Manual

General Information...

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 carefully 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 Computer (PC and Mac) 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 or 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 TMM © 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... TMM © recordings have 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 Confidence with 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. It's 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.

"Quantum Confidence and Self Esteem with TMM" © System Recordings...

* **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 Confidence and Self Esteem with TMM ©**

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

Included in this set are 3 CD's in the Monaural waveform format, and 3 in the Isochronic waveform format. The CD's are labeled 1,2 and 3 for both stimulation types with each CD having a different pitch so that you can pick the one that's right for you, every time you listen!

It is specifically designed to pump up your sense of self esteem, while at the same time increasing your personal confidence levels by making you feel more relaxed and "comfortable in your own skin".

This will allow you to develop healthy new feelings and improve old feelings about yourself. It can also act as an overall brain exercise that can contribute to your brain's re-organization to a higher level of functioning.

With regular use of this recording, the changes you experience may pleasantly surprise you.

"Quantum Confidence and Self Esteem with TMM" © special listening instructions:

- See "General Listening Instructions".
- You must use headphones when listening to this recording as it entrains each hemisphere of the brain to separate and distinct frequencies.

This recording may also be used anytime when you feel "stuck" or for a quick "pick me up" .

2) **Quantum Confidence/Self Esteem Meditation with TMM ©**

This recording is designed as a self esteem and confidence building meditation. Strong self esteem and confidence in oneself is a major component needed to unlock your ability to be happy, successful 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 to actually think better and in a more healthful manner, more positively in fact so as to help you to manifest a new view of the world, a positive view that will lead you to joy and abundance. 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.

“Quantum Confidence/Self Esteem Meditation with TMM” © special listening instructions:

- See “General Listening Instructions”.
- This recording is intended to be listened to at least 2-3 times 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).

3) Quantum Confidence and Self Esteem Triliminal ©

Introducing a brand new technology, never before seen anywhere and exclusive to TMM... “Quantum Triliminals” ©

When we program ourselves everyday of our lives, we do so by affirming things over and over again...

How can I pay these bills???

How can I pay these bills???

How can I pay these bills???

Why can't I meet someone to really love???

Why can't I meet someone to really love???

Why can't I meet someone to really love???

Among countless others...

It is understood that this type of programming works, after all, just look at your life circumstances now and you will see what I mean.

With Quantum Triliminals © the end of this negative programming is in sight as we take this method of training/learning, a method that up until now has been used to tear us down and use it for “good” instead...

After all, energy is neither good or bad... In the end, it's how we use it that makes it what it is, and your thoughts are energy. It is the time now to convert it to a positive purpose, and that's exactly what the new technology of Quantum Triliminals © can help you with...

Here is how it works...

You hear 3 sets of specially designed affirmations... All at the same time!!!

In the left ear you hear affirmations specially designed for acceptance by the right hemisphere of your brain.

This is the “creative” side of your brain, so the affirmations are designed to be accepted more easily by being designed with that in mind.

In the right ear you hear affirmations specially designed for acceptance by the left hemisphere of your brain.

This is the “analytic” side of your brain, so the affirmations are designed to be accepted more easily by being designed with a logical flare.

At the same time as you hear the “hemispherically specific” (right and left brain) affirmations, you will also hear affirmations that are not hemispherically specific in nature as well. These are presented to both ears.

Thus, you end up hearing 3 sets of very specifically designed affirmations that when heard as they are, (at the same time) acts to cause the mind to literally reorganize itself to a higher level as it attempts to follow/understand the presented sets of affirmations.

The end result is that the positive messages get by any and all resistance and get “heard” directly by the “sub conscious” where they can do the most good.

Affirmations for left ear... (“right brain” - creative)

You are free to be yourself

You are loved

You are worthy of happiness

You are worthy of love

You are worthy of respect

You are worthy of success

You believe in yourself

You follow your heart fearlessly

You follow your dreams

You attain your dreams

You feel great about yourself

You radiate and receive love and respect

You make great choices and decisions

You have high self esteem

Affirmations for right ear... (“left brain” - logical)

You are important

You are sure of yourself

You are strong
You have great worth
You have high self-esteem
You know what you stand for
You know what is best for yourself
You know who you are
You manage your money well
You are a responsible person
You are in control of your life
You achieve your goals
You are intelligent
You love and accept yourself

“Non hemispheric specific” affirmations...

You attain all of your goals
You listen to your heart
You love all that you are
You love your body and mind
You love yourself completely
You make yourself proud
You say positive things about yourself
You are happy
People like you
You make a difference to the world
You are motivated
You like your work
You are successful
You are positive
You are confident
The universe loves and supports you
You are grateful for all of life's possibilities
You are sure of yourself
You love and trust yourself completely
You always speak and think positively
You love and accept yourself unconditionally
You approve of yourself and feel great about yourself
Your mind is filled only with loving, healthy, positive and prosperous thoughts

“Quantum Confidence and Self Esteem Triliminal” © special listening instructions:

- See “General Listening Instructions”.
- You must use headphones when listening to this recording as it contains spoken word aspects that are specifically targeted to each hemisphere of the brain.

Subliminal Audio Support

4) Quantum Confidence (TMM) Subliminal Self Esteem Support #1 and #2 ©

Self-esteem encompasses beliefs, emotions and behavior.

Self-esteem can be the value we place on ourselves and how we interpret what others think of us.

It can encompass all of the feelings that we have about all the things we see and feel ourselves to actually be.

It's knowing that we are liked, loved, respected.

It's also knowing that we are useful, able and unique.

Good self-esteem means that we have a healthy view of ourselves and a positive outlook.

This recording helps to instill this knowledge and feelings of confidence and self esteem into your fertile subconscious mind.

Put to a beautiful soundtrack of...

A coastal retreat with other subtle nature sounds (#1),

A crackling fire and rain with other subtle nature sounds (#2),

...these recordings 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.

Affirmations used... (#1)

I am positive

I am confident

The universe loves and supports me

I am grateful for all of life's possibilities

I am sure of myself

I love and trust myself completely

I always speak and think positively

I love and accept myself unconditionally

I approve of myself and feel great about myself

My mind is filled only with loving, healthy, positive and prosperous thoughts

Affirmations used... (#2)

I attain all of my goals

I listen to my heart

I love all that I am

I love my body and mind

I love myself completely

I make myself proud
I say positive things about myself
I am happy
People like me
I make a difference to the world
I am motivated
I like my work
I am successful

“Subliminal Self Esteem Support #1 and #2” © 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 background, then its loud enough.
- You may do other things while playing this recording, however **do not drive or operate potentially dangerous machinery**.
- You may feel free to loop these recordings if you wish.

Optimum Listening Schedule...

Quantum Confidence (TMM) ©...

Listen once per day (any time during the day is fine).

Quantum Confidence/Self Esteem Meditation (TMM) ©...

Listen at least 3 – 4 times per week (every other day).

Quantum Confidence and Self Esteem Triliminal ©...

Listen once per day (any time during the day is fine)

Quantum Confidence (TMM) - Subliminal Self Esteem Support #1 ©

Listen 3-5 times a week

Quantum Confidence (TMM) - Subliminal Self Esteem Support #2 ©

Listen 3-5 times a week

*** Special Note with respect to Quantum Mind Power Usage with Quantum Confidence with TMM © ...**

All of our recordings are created to be synergistically compatible.

What this means in essence is that you can consider the recordings interchangeable.

For instance, “Quantum Confidence with TMM ©” may be used in place of “Neural Synergy” © and the “Quantum Confidence/Self Esteem Meditation with

TMM ©" may be used in place of the "Whole Brain Gratitude Meditation" or the "Emotive Brainwave Hypnosis" in the same manner.

Thus you really do not have to increase your listening time in order to get the full effect of all of our recordings.

Here are some listening rules that will help you to use our systems more effectively...

- You need to have at least a one hour pause between listening to all recordings with the exception of the Triliminal © and the subliminals.
- If you want to listen to both "Quantum Confidence and Self Esteem with TMM" © and "Quantum Confidence/Self Esteem Meditation with TMM" © on the same day you should leave at least a 1 hour pause between listening.
- You should not "loop" any of the recordings with the exception of the subliminals and Triliminals © (they are OK to loop).

* Please note: The suggested pause is needed in order to allow for the various neuro chemicals/hormones and endorphins enough time to flow through your system before you release a whole new set of them.

Regarding the use of headphones with Quantum Confidence with TMM ©, here is how it works...

You only need to use headphones with the "Quantum Confidence and Self Esteem with TMM" © as it is a dual brainwave recording (it entrains each hemisphere of the brain to a separate and distinct frequency), and the "Quantum Confidence and Self Esteem Triliminal" © as it has messages specific to each hemisphere of your brain.

All other BWE recordings may be listened to with or without headphones (of course headphones will tend to make the effects stronger).

* Please note: You should not listen to the subliminals with headphones as they are recorded and embedded into the recordings at a rather high frequency and as a result if you were to listen to them too loudly (anything louder than barely audible) then you risk the possibility of damaging your hearing.

* With respect to volume: Volume acts as a "gas pedal" for our BWE. So generally speaking, the louder you listen the stronger the effects.

There is one proviso however...

The volume should at no time be at an uncomfortable level.

If it is at an uncomfortable level then you will not only risk damaging your hearing but you will also lessen the effects of the entrainment as comfort is at least as important to the entrainment process as any other factor.

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.