



### **Quick Tip Starter Guide For Maximum Use of Your Music**

Congratulations on your decision to work with Voices of Eden Ancient Healing and Transformational Music. It takes an open heart to discern to potent power of this unique sonic application.

What is unique about this music?

- 1) It is 100% organic. There is no synthesized sound used. Everything you hear is real and natural.
- 2) There is no editing of the sound. If you hear an echo, it happened naturally. If you hear birds in the background, it is because they were attracted to sing at that point. There is no additional editing of the music as is customarily done in recording studios in post-production to cosmetically correct variance of sound levels, background noise, hissing etc...
- 3) In Voices of Eden recordings you may very well hear background noise as it is part of the natural environment. There is great healing power in the pro
- 4) The music is always recorded live in nature.
- 5) This music approach has been medically tested and found to lower blood pressure, heart rate, increase focus and quality of sleep. You can learn more about the research projects conducted upon Voices of Eden music on the website. <http://www.voicesofeden.com/research/>
- 6)

#### **Tips for Use:**

- 1) This music is very powerful whose healing power operates similar to homeopathy. Sometimes, particularly at the beginning of listening you may have a strong reaction to hearing the music. It might even be uncomfortable. If this DOES happen, know that it is a VERY POSITIVE and HEALTHY sign. It means that the natural healing property of the sound is doing its natural ultra sound laser, breaking up the blocks which are ready to be released.
- 2) Have patience. Do not run if the above happens. Listen a little at a time. The music grows on you and its healing power increases with repeated use.
- 3) There is no wrong or right way to use this music. It may be used actively or passively in the background.
- 4) It can be particularly effective to use this music before an important meeting, or situation where you want to be particularly calm and focused. Other great uses for this music:
  - a. Meditation
  - b. Yoga
  - c. Accompaniment to Massage – Bring it to your massage therapist and ask them to play it on their system. Most healing music is based upon

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# VOICES OF EDEN™

ANCIENT HEALING & TRANSFORMATIONAL MUSIC

synthesizers. As your massage therapist listens to this music, it will ground and focus them more, which means you will receive a higher quality treatment.

- d. As a sleep aid. Turn off the television, the computer, play the music in your bedroom with nothing else to distract you. Download to your iphone ipod or any music player and listen. The sounds will deeply penetrate, allowing for your brain and body to deeply relax.

**[www.voicesofeden.com](http://www.voicesofeden.com)**

**blog: [www.inspirationalmessage.blogspot.com](http://www.inspirationalmessage.blogspot.com)**

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