

There are two different modes of listening for the Sound of Stars and they are:

"ACTIVE LISTENING" means you are playing ONLY the frequency and no other music, you play it loud enough on good quality speakers (NOT HEADPHONES) and can feel the vibration inside your head and inside your body, so it needs to be loud enough so the sensation can be felt as it travels through you acoustically, this is where the energetic 'entrainment' comes from and you need to allow enough time to allow the rhythm to become established inside your body and this seems to be an average of three hours play time per day for at least three days, I would break the daily exposure time down to 45 minutes to 2 hours max play time, then resting for an hour and resuming to completion. If you want to experiment with longer exposure times for a day, make sure you are taking rest periods of an hour in between. If you start feeling lower back pressure or mild pain, start getting unusually thirsty, or start feeling agitated, stop use or change to a different frequency, drink water, take a break, resume later when body has had chance to rest.



"PASSIVE LISTENING" means you are playing the frequency at low volume so it is just detectable. Here we are going for a subtle effect geared mainly for subconscious mind entrainment. You can also mask the frequency by playing other music in the background that you like. One user plays the frequency at a normal volume but then plays his favourite classical music over top of it, he reports he really likes the effect of the combined sounds.

USING HEADPHONES does NOT typically yield the more dramatic phenomenon encountered with non-headphone audio playback. Use headphones with the SAME caution you would any other music with high frequencies in it, don't play to loud and if you are going to use with headphones then first burn the digital files as audio files to a CD.



You may find it helpful to first simply play the frequencies as sound waves on your computer via **Windows Media Player, WinAmp, iTunes** etc. for these frequencies it might be best to play at a lower volume so they can just be heard, possibly for about 45 minutes.

I would recommend only using a singular frequency or at most two or three frequencies of a similar nature consecutively. Too many different frequency types too quickly may not be helpful to the body and mind and may simply cause agitation.

Do NOT play frequencies for more than three hours continuously. Give your self at least an hour break in between if you are having long exposures, i.e. if you play the frequency stream in the background with normal music playing over top of it all day, then make sure to take a one hour break in between.

STOP playing the frequencies when your body-mind signals you that it is "full" or saturated. You may be able to tell this from an overall pleasant positive felling occurring during the exposure, which starts to transform noticeable to a sustained slight agitation. Wait for at least 5 minutes, if this persists, stop and take a break from the frequency. Any sound listened to non-stop can produce this sort of agitation.

Drink water before or after listening to the frequencies. Chances are for those who start feeling unusually thirsty more frequently than they are used to probably need to take a break from playing the sounds and take a rest.

People react differently to the frequencies. It is possible that if the frequencies are working for you there could well be some mild disturbance as internal negative energies hopefully become dislodged, such as mild melancholy or sadness, but if this is happening then there should also be coincident with that effect also a feeling of some relief a lighter happier feeling.

Some of these frequencies may match up well with some people and not with others. Possible variations seem to include to date;

- 1.) User starts really enjoying the pulsing rhythm of the frequency but after 45 minutes has had enough
- 2.) User starts off finding the frequency unpleasant or jarring but after five minutes as the frequency transforms, the user attenuates to the frequency and finds it pleasant and enjoyable and begins to experience positive results.
- 3.) User finds the frequency unpleasant from the start, after ten minutes still finds the frequency unpleasant. At this point, I would recommend turning it off and taking a break. Perhaps, if you wish, try the frequency another day or try a different frequency.

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