

Mind Function - Ultimate Support Kit

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Collection of 15 files This collection contains the following products: Balance and Clarity Financial Vitality.mp3 BRAIN BOOSTER Piracetam Combo.mp3 CALM RELAXED CONFIDENT FULL VERSION.mp3 MENTAL CONCENTRATION.mp3 MENTAL PROBLEM SOLVING.mp3 MENTAL SCREEN GP Focuser d.mp3 MENTAL STAMINA.mp3 PSYCHIC SHIELD.mp3 #1 - MANIFESTATION MEDITATION ELECTRIC BLUE FIRE STAR.mp3 #1 - MANIFESTATION MEDITATION GET GROUNDED GET REAL.mp3 ENERGY and FOCUS OPTIMIZER POTENT ELIXIR.mp3 LIVER TONIC Tian Ma.mp3 NEURAL OPTIMIZER.wav NEURAL ACCELERATOR.wav RELAX EMOTIONS.wav

===== Frequencies for ; MIND FUNCTION -ENHANCEMENT - USER

ASKS QUESTIONS Monday, June 21, 2010 11:43 AM Hi Doc Which if the frequencies is best for use when working, to improve focus and concentration. I am doing a large programming job which has some quite complex elements, and need to be able to stay focused when I am working. Due to circumstances (sick wife and 2 small kids to look after), my work day is broken up into lots of small durations with constant interruptions, and I am really battling to stay focused. Any advice you could offer would be appreciated. Hi John! This is an EXCELLENT question! Man, I can SO relate to you! I know what this kind of scenario is like, pressure, need to stay focused you expressed it really really well. Ok, here is what I can tell you. After having gone through the wringer myself many times and feeling the urgent need to have a frequency buffer in place to offset the stress and to support my focus and related activities, I realized the best approach was to match specific frequencies to both circumstance, environment, timing, and the nature of focus. When I did that everything got better and got better fast. Likely the bulk of the frqs you will want to use will be those found here What I suggest is that you use the 'Mental' frequencies including Mental screen when noise distractions occur But specifically, choose frqs to match the type of action you are engaged in, so if doing analytical work thats intensive and requires a lot of focus, you want the Mental Prefix frqs, such as 'Problem Solving', 'Concentration', etc... I'd also mix in the Manifestation frq 'Get Grounded, Get Real' For distractions I'd mix Psychic Shield with Mental Screen... I'll get back to you with some more suggestins but this should get you started, read the descriptions of the Mental Kits

for now Also, a Higher Self Calibration will likely help enormously as well If I were you, Id experiment with both audio play back as well as silent delivery means... I think you will find them both to be helpful The above correspondence between John and I, continues below ; OT: User asks about the MIND FREQUENCIES Hi John Hi Doc Ok, so there are loads of frequencies to get: I have chosen Mental Concentration Mental Problem Solving Mental Stamina Mental Screen Psychic Shield Neural Optimizer Neural Accelerator Energy and focus optimiser Get Grounded, Get Real Fire Star Its a fine choice, you've done a good job with your homework! I can bundle this as a package and give you a 15 discount if you can pay via paypal, if you arent set up for paypal, then I can just bundle this together as a kit and you can purchase via tradebit, I'll provide a Tradebit discount of 5 for a bundle. I looked at the Higher Self page, and it struck me that to purchase all of the required calibrations for this very busy period would cost a lot of money (money that I havent made yet), although I would love to have these. I will be announcing new services for members that will allow access to this exotic technology at tiered price levels. I've been pretty busy on my end with r & d, and one of the recent breakthroughs is the capability of developing different scaled versions (geometric granularity resolutions)of the HS frqs, just havent had the time to formally announce or describe this yet, but hope to soon - stay tuned. Doc, looking at the above selections, could you please tell me: 1. Do you see any that are obviously missing that would be beneficial. In my opinion, you really have done a very good job at categorizing the most important frqs in our catalog for your specific purpose. There is really only two kinds of additional recommendations that I could imagine making in a case like this ; 1.) Consider adding those frqs that are pertinent and unique to your life situation which may support you indirectly in your work efforts. What I mean here, is that for the specific application of work and mind function you've got a very good list together however, say you suffer from poor digestion or chronic sore feet, or something similiar... and if this discomfort was to the point of distraction from work, in that case I would then add frqs into my mix to offset this stress so I would have more energy and greater focus for the work. 2.) I would make a suggestion based on my own personal preference and experience and I would be guesstimating that you would also find value in what works well for others and myself generally. So I'll do just that for you and I'll give a brief description for each frq track to justify why I would pick it. I'd definitely add these following tracks and in this order of priority ; BALANCE AND CLARITY - Financial Vitality.mp3 (22.89 MB) BRAIN BOOSTER Piracetam Combo.mp3 CALM RELAXED CONFIDENT FULL VERSION.mp3 (22.89 MB)

LIVER TONIC Tian Ma.mp3 (22.885 MB) RELAX EMOTIONS.wav (75.7 MB) Now here is why ;

BALANCE AND CLARITY - Financial Vitality.mp3 (22.89 MB) As you know this track is a subset of the new Financial Vitality series. This track is **INDISPENSABLE** for **EVERYONE!** Why? Because the instruction set contained therein is absolutely vital to establish the inner state for achievement, and in fact the coding in this track, the math and geometry of it, IS found typically in a persons mind function when they are achieving, except in the track its localized, concentrated and more stable. As you are working and if you ever get mentally bumped or jarred by distractions, loss of focus, interuptions, worries... watch just how fast this one single track just suddenly snatches you out of a deadfall into oblivion and tosses you back into a positive and productive trajectory... and not only that, note also how your body itself seems to suddenly start regulating and balancing its own internal processes better. Recall the old childrens Bible story of how an angel with a flaming sword stands guard to the entrance of Eden? It wont be long till you realize how very much this frequency is like that Angel, standing guard over the entry to your mind. This may sound dramatic, but Im dead serious about this and Im not exaggerating. **BRAIN BOOSTER Piracetam Combo.mp3** This is one of the substance emulations ;

spiralstarz.com/frequencycatalog/frequencycatalogsubstance.htm I'd strongly suggest that you check out the online reports of this one here in our archive. Its an older SOS frq track, but its design came out extremely well and it held up lovely under testing. For most users the effect is near immediate to under 10 minutes - which is unusually fast since we find that the average user has a dramatic reaction response in the 45 minute range, since time is required for the principal of resonant entrainment to kick in strongly. This is a track to go for when brain fog sets in... there you are, you are not being distracted by external forces, and you have the time to get your work done, but your mind just wont focus or it feels under powered. This track will feel like a deep, soothing tickling sensation inside your brain, BUT it will also power it up typically... imho you will likely notice an increase in neural processing, synaptic firing, dendritic throughput rates

CALM RELAXED CONFIDENT FULL VERSION.mp3 (22.89 MB) This is a beautiful track for calming frayed nerves, emotions, or an agitated mind, it works so well and so quick its surreal. I'd use this one when I'm trying to calm down after agitation to get back to work OR I'd definitely use this one in the background to just stay on track, interesting thing about this one that you can watch in real time, is that on certain dips or peaks in the sound.... you'll notice that your work stride and small breakthroughs seem to start synchronizing WITH this frerquency... if I hadn't told you this upfront you might have

wondered if you were imagining this all, at least until it got to the point of being too obvious. If and when you notice this, just surf mentally with it, like its a wave, you'll see what I mean! LIVER TONIC Tian Ma.mp3 (22.885 MB) I personally would not be with out this one when working on important projects.

Why? What does a "Liver tonic frequency" have to do with mental processes or work related needs? Far, far, far more than you might imagine, when viewed through the perspective of Traditional Chinese Medicine (TCM). see; THE LIVER IS IN CHARGE OF PLANNING AND STRATEGY

itmonline.org/5organs/liver.htm "Just as trees (wood) tend to unrelentingly pursue their upward quest for the light, the liver represents the innate will of the body/mind to spread outward. Just like qi and blood have to spread within the body to ensure physical survival, human shen needs to spread freely through the social environment to guarantee an uninhibited passage through life. Individuals with strong liver qi and blood are usually excellent strategic planners and decision makers: they know how to spread themselves into the world. Due to these qualities, they often make outstanding business managers. If, however, this tough and determined spreading nature of the liver is not in a state of harmonious balance with the softer side of liver wood-ease, smoothness, flexibility-the wood-endangering state of rigidity arises." "Liver Disharmony Reflecting on the Emotions and Mental Activities: a deficiency of liver qi typically causes a person to be indecisive and adrift, with a marked inability to plan ahead effectively. "

Some more related TCM liver links ; en.wikipedia.org/wiki/Liver_(Chinese_medicine)

en.wikipedia.org/wiki/Zang_Fu_theory itmonline.org/5organs/liver.htm RELAX EMOTIONS.wav (75.7 MB)

I would suggest lastly, the 'RELAX EMOTIONS' frq track, keep in mind that the thrust of this frq is not to relax the body and make you nod off to sleep, although if you wanted to use it as a support towards relaxation so you could sleep then likely it would work fine for that purpose too. However, for work, where you want to enhance your ability to problem solve, creatively visualize, etc, then in this case this track is geared towards smoothing turbulent internal emotions so you can function smoothly, this typically occurs in Alpha State ; ALPHA - 7-13 cycles per second - relaxation times, non-arousal, meditation, hypnosis crystalinks.com/medbrain.html Just one of the obvious benefits to using our tracks over more primitive tools like binaural beats and such, is that you have the opportunity to comfortably enter the realm of Alpha with out having to constantly wear headphones 2. What combinations of these would you recommend? I would suggest using mixes of 3 tracks at a time, but experiment with this, your body-mind will have its own preference and it will make this known to you, often as you are listening to a set, so allow your self to

adjust the mix number, you might want to minimize track loop size ; going from 3 looped tracks down to 2 or even 1, conversely you may want to increase track size, but try not to go above 5 tracks per set. As to what tracks to pair together, here are some rough suggestions, but only use this as a rough guideline and again, allow your self the freedom to experiment. Consider further, that frequency affectation, experience and reaction response often can and does vary with lunar position. You'll witness this first hand dramatically, and here is how this will play out. For a period of 3 days you choose a set of 4 tracks, and for that 4 day period you are happily impressed with the strong and beneficial results, however after taking a break for a day, you then go back and use the exact same set - but this time something feels different, or 'off'... maybe the frequencies feel flat, or for some reason they seem to be not affecting you at all, or perhaps they are just as strong but now they feel strange, almost as if reality seems to be shimmering like a peculiar cluster of shiny soap bubbles and you cant quite tell if you enjoy the odd sensations, or perhaps they are far stronger than you experienced in your previous session, and in fact they are so much stronger you almost cant take the intensity. Whats happening here and what do you do about it? Whats happening is that the passage of the moon causes variations in the earths gravitic field, 'flux'. Your body and mind are strongly affected by small changes in both gravitic and magnetic field fluctuations. For instance, the pressure on your cerebral spinal fluid will increase-decrease rhythmically over the lunar cycle, and at different nodal points on this cycle (plottable as a sine wave), specific behaviour and mental, emotional states are atypically evoked. The frequencies I create, I assert, interact directly with the biological EM fields (and other) in your body, see ; spiralstarz.com/evidence/ However, the background energies in nature and my frequencies and the inherent frequencies within you all combine, the frqs in your body and in nature are relatively constant and they shift, however the frqs I make are constant, a good way to imagine this is a ship at sea with a sail, both the waves of the water and the motion of the wind constantly move, but your sail is in a relatively fixed position on a mast, the trick is to steer the sail just right so you can harness the sea and wind, but if you point your sail in the wrong direction at the wrong time, the results may not be as good. The fix is simple, if you use a series of frqs that are your favourite, but suddenly they seem to not be working as strongly, dont despair, simply choose a different selection of frqs until you get the results desired, OR, wait a few days until the energy shifts back again. You should find, that repetively over time, the same windows of time for a given month are similiar, you'll even see this happening within a 24 day cycles, for instance the typical quality of

experience you have when using frequencies will often be very very different depending on the time of day, i.e. ; noon, 3 pm, midnight Here are some example suggestions for track pairing ; MENTAL SCREEN - Typically do not mix this with other tracks but rather use it on its own or ONLY in conjunction with the frq track ; 'PSYCHIC SHIELD' Also, use this track when needed with headphones to shield against outside noise, but do not turn the volume up past comfort levels, Mental Screen is the only frq track in this list that is predominantly recommended to use with headphones, when out in public. You can use it fine with out headphones as well, especially at home if you choose however. Here are further recommend frequency pairings for looping ; Mental Concentration Get Grounded, Get Real Mental Problem Solving Mental Screen Psychic Shield Neural Optimizer Neural Accelerator Energy and focus optimiser Fire Star Mental Stamina Energy and focus optimiser Fire Star Mental Stamina Mental Problem Solving When you say mix together, do you mean putting one after the other and looping them, yes, absolutely or literally mixing them into a single track? I cant recommend this as there is a very likely risk of geometric deformation, you'll experience significant information (data) loss if you do this. Whats so interesting about this though, is that while you'd lose a good chunk of the info if you attempted to just dump the contents of two tracks into one data file, this would NOT happen if you played the two tracks audibly, coincidently, via different audio players - the human body would resolve this very differently, in general. However, for now, I'd stick to just sequential looping, this is what has consistently yielded the best results over time I am getting money in later today, and will be buying based on your recommendations. I'm excited for you John, please do keep all of us informed with your experimental findings, the group grows in understanding as members contribute their discoveries Thanks again Doc John You are very welcome Warm regards D

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