

Quantum Mind Method (with TMM) - User's Manual

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 painstakingly 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!

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, 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!

Special Note...

There are those who advocate that a simple change of tuning music from 440Hz (the standard in worldwide use since at least 1939) to 432Hz. can result in a more natural sound which could reveal numerous advantages.

Some feel it might help to make us happier, healthier and peaceful.

According to Brian T. Collins, a musician and researcher, the standard pitch (A=440 Hz) does not harmonize on any level that corresponds to cosmic movement, rhythm, or natural vibration. The classic masters, such as Mozart and Verdi, based their music on what is believed to be the natural vibration of A=432. There is only 8 vibrations per second (Hz) difference from the standard modern tuning of 440Hz, but this relatively small difference seems to have remarkable effects on our consciousness.

According to Richard Huiskens, music tuned to 432 Hz is softer and brighter, giving greater clarity and is easier on the ears. Many people seem to experience more meditative and relaxing states of body and mind when listening to such music. The natural musical pitch of the universe gives a more harmonic and pleasant sound than 440 Hz.

It is true that if you Google this you will likely see as many articles claiming all of this is a crock as there are claiming its efficacy. That being said, when I tuned some of my entrainment tracks to 432Hz the effects and benefits were unmistakable.

I now share this unannounced TMM innovation with you, enjoy!

General Listening Instructions...

- 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 stereo headphones will augment the overall and immediate effects by many times.
- Do not use earbuds.
- You should listen to these recordings at a conversational volume that is “**COMFORTABLE**” for you. 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
- 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 Mind Method (with TMM) system
- **Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings**

Main Programs...

Module 1

Quantum Mind Method (with TMM) - Neural Synergy

(available in 2 different stimulation patterns - monaural and isochronic, with 6 choices of "base" tone for each stimulation pattern.)

This recording is specifically designed to help to re-organize the brain to a higher level; allowing it to process more complicated stimuli easier than before. The brain's structure may actually change to a more advanced configuration that is capable of so much more than you currently think.

"Neural Synergy" is the first of the 2 main components of this program. With daily use, the changes can be rather startling and profound.

This recording may be considered an integral part of a fitness regimen for the brain.

"Neural Synergy" special listening instructions:

- See "General Listening Instructions"

Module 2

Quantum Mind Method (with TMM) - Eden Energy Wave Dynamics (available in 2 different stimulation patterns - monaural and isochronic, with 6 choices of "base" tone for each stimulation pattern).

This recording is designed to help with the inevitable loss of "action" that tends to follow any self help/improvement type of program.

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

It is specifically designed to pump up your energy levels, while at the same time quiet the "voices" that tend to make us stagnate and stop moving forward by making us think too much, or cause us fear.

This allows the user to not only continue to develop and improve, but also acts as an additional "brain" exercise that will contribute to the brain's re-organization to a higher level of functioning.

"Eden Energy Wave Dynamics" is the second of the 2 main components of this program. With regular use, the changes you experience may pleasantly surprise you.

This recording, along with "Neural Synergy" may be considered an integral part of a fitness regimen for the brain.

“Eden Energy Wave Dynamics” special listening instructions:

- See “General Listening Instructions”
- This recording may be rotated with Neural Synergy on alternate days for variety
- This recording may also be used anytime when you feel “stuck” or for a quick “pick me up”
- This recording requires the use of “stereo” over the ear headphones

Quantum Mind Programming

Module 3

Quantum Mind Method (with TMM) - Whole Brain Gratitude Meditation

This recording is designed as a gratitude building meditation. Gratitude is considered to be the key to unlocking the ability of people to be happy 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 with direction and intent and indeed to help you to change your current view of the world and reality as well. 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.

“Whole Brain Gratitude Meditation” special listening instructions:

- See “General Listening Instructions”
- This recording is intended to be listened to twice 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)

Module 4

Quantum Mind Method (with TMM) - Emotive Brain Wave Hypnosis

This recording is designed to help guide you to balance your emotions and experience happiness.

This hypnosis allows you to tap into the deep wiring of your subconscious mind, to help you deal with the matters that are most affecting your life right now. The hypnosis will help you "rewire" some of your old thinking patterns that aren't serving you well. It is also designed to help enable you to find true emotional balance and happiness within yourself.

This recording can help you with direction and intent and indeed to help you to change your current view of the world and reality as well.

"Emotive Brain Wave Hypnosis" special listening instructions:

- See "General Listening Instructions"
- This recording is intended to be listened to twice 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 just a few seconds)

Subliminal Support

Module 5

Quantum Mind Method (with TMM) - Subliminal Wealth and Prosperity Support #1

This recording addresses two major issues that frequently hinder the acquisition of wealth; subconscious negative associations with those who are rich and a general lack of understanding about how to accumulate wealth.

The other major focus of this recording is to implant in your subconscious the desire to

seek out and capitalize on daily opportunities that are always there (you just can't see them yet) to improve your "state of wealth."

Put to a beautiful soundtrack of rain and other subtle nature sounds, this recording 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.

"Subliminal Wealth and Prosperity Support" 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 rain, then its loud enough
- You may do other things while playing this recording, with the exception of driving or operating potentially dangerous machinery.

Module 6

Quantum Mind Method (with TMM) - Subliminal Health Support #2

Enhance how you use your mind to positively affect your health.

Think in terms of wellness instead of sickness. Don't think you're getting a cold, just because you feel like you are. It's only a signal that your body needs help to maintain your health. Use this recording to help direct your mind to be your best ally in attaining perfect health.

Put to a beautiful soundtrack of rain and other subtle nature sounds, this recording 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 when your watching TV.

"Subliminal Health Support" 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 rain, then its loud enough
- You may do other things while playing this recording, with the exception of driving or operating potentially dangerous machinery.

Module 7

Good Night, Sleep Well...

This recording is designed to help bring on sleep by quieting the mental "noise" that can adversely affect your quality of sleep. Think calming thoughts, or nothing, while you drift off listening to these specially designed tones that lead you gently into a healthful and restful sleep state.

This recording actually guides you into your sleep cycle, helping to give you a head start on a restful and rejuvenating nights sleep.

“Good Night, Sleep Well” special listening instructions:

- See “General Listening Instructions”
- Listening volume should be low

Module 8

The Schumann Resonance Meditation...

7.83hz. is the Schumann Resonance, or the frequency that electro-magnetic waves travel through the earth's ionosphere. Its' been given credit for stimulating the release of growth and sex hormones (N. Shealy).

More spiritual and psychic experiences have been reported using this frequency than any other.

“Schumann Resonance Meditation” special listening instructions:

- See “General Listening Instructions”

Module 9

VIE (Visual Image Entrainment)

Description...

VIE is a brand new, unique and innovative technology which stands for Visual Image Entrainment.

It is perhaps the most unique way for anybody to instantly affect their mood, ability, intelligence, psyche, and literally any other facet of “self” that may be involved in your everyday life.

This technology is not a system that takes months or even years to show effect or in fact be effective. This technology is literally the first of its kind in this field to be able to elicit a response, a positive response in as little as 3 minutes or less, often from the very first use.

Here is the basic architecture of VIE...

- 1) Cutting edge properly engineered audio-based brainwave entrainment by TMM (The Morry Method).
- 2) Specially curated imagery embedded with specialized coding using a proprietary technique that is unique to TMM.
- 3) The use of “frequency balanced color” which is a brand-new integrated color therapy technique to further enhance the effect/effectiveness of VIE.
- 4) A visual entrainment aspect that helps to further elevate the VIE technique to a whole new level.

All packed in a 3-minute video!

The Instructions are easy...

Download and play/watch ;)

You can stream it to your tv, or play it your tablet your phone, even your computer.

It's best to listen/watch with ordinary “over the ear” stereo headphones (do not use any noise cancelling/altering technology/equalizer or you may negate some of my embedded coding).

The VIE technology can be used without the audio aspect however they will likely be less effective.

You should watch/listen a minimum of 5 times for a total of 15 minutes a day. Each video is only 3 minutes in length.

I am introducing this new technology with 6 topics...

- 1) Active VIE
- 2) Career VIE
- 3) Happy VIE
- 4) Meditation VIE
- 5) Prosperity VIE
- 6) Sleep VIE

- Absolutely any topic can be created, even custom VIE's with your own photos!
- Contact us for more information

This is a brand new and cutting-edge technology never before seen, anywhere. It includes proprietary embedded technology and techniques exclusive to TMM.

Just sit back and watch with your full attention at least 5 times, for a total of 15 minutes each day.

- Watching while wearing stereo headphones will allow you to take full advantage of the brainwave entrainment aspect embedded in the VIE system.

IMPORTANT NOTICE

The VIE technology utilizes flickering imagery as a component that for approximately 1 in 4,000 people might prove unsettling. If you feel at all nauseated or uncomfortable in any way while watching the VIE recording then simply stop watching.

Module 10

Targeted “Mini” Systems (TMS)

The main part of the QMM system (Modules 1-8) is designed to be a generalized self improvement program that works to help you to help yourself.

The truth is that the only one with all of the answers you need YOU.

QMM is specifically designed to allow you to access whatever you need, whatever is inside of you so that you can be everything you are supposed to be.

This being said, sometimes we need highly targeted help and that is the reason for this module.

Our research has identified the 4 most pressing areas of concern.

These are...

Anxiety

Depression

Insomnia

Stress

These mini systems if you will, are targeted to these issues so that when you need them, they are there for you.

Further instructions are included with the “Mini” System downloads themselves.

Quantum Mind Method (Modules 1-8) Fast Start Instructions and Hint Sheet...

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

With respect to the 12 variations of each main recording (Eden Energy Wave Dynamics Monaural 1,2,3,4,5,6 and Isochronic 1,2,3,4,5,6 and Neural Synergy Monaural ,2,3,4,5,6 and Isochronic 1,2,3,4,5,6).

You only need to listen to one of the main system tracks from each of these recordings...

Included in this set are 6 recordings using a monaural stimulation pattern and another 6 that use an Isochronic stimulation pattern for each of Eden Energy Wave Dynamics and Neural Synergy.

The 6 choices within each stimulation pattern for each recording 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) from Eden Energy Wave Dynamics and Neural Synergy 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 that is different for each of these.

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 recording with spoken word with any bonus that includes a spoken word aspect, or a brainwave only recording (no talking) with the main system (brainwave only 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. 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 12 main recordings every day, while lying down with your eyes closed and with STEREO headphones (at least once)

2) Rotate listening to the Meditation and the Hypnosis 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. Its 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) DO NOT USE EAR BUDS – Inexpensive “over the ear” standard (no noise cancelling or other sound manipulating) headphones are fine to use for the brainwave entrainment based (pulsed sound) recordings and an inexpensive external speaker with a minimum upper range of 18,000hz (18khz) is to be used with the subliminals (most speakers of this type have an upper range of 20,000hz (20khz) so you should be fine).

6) DO NOT LISTEN to any of the QMM (with TMM) recordings in the car or when doing anything that might be potentially dangerous.

Here are some listening rules that will help you to use QMM (modules 1-8) with TMM more effectively...

* You may listen to "Whole Brain Gratitude Mediation" and "Emotive Hypnosis" immediately after listening to "Neural Synergy" only. All other recordings require a 30-minute pause between listenings.

* If you want to listen to both "Neural Synergy" and "Eden Energy Wave Dynamics" on the same day you should leave at least a 30-minute pause between listenings.

* You should not "loop" any of the recordings with the exception of the subliminals (they are OK to loop).

"Good Night Sleep Well" should be listened to once a day at bedtime, without headphones and at a low volume.

The "Schumann Resonance Meditation" can be listened to whenever you want, but leave at least 1 hour between BWE only recordings as mentioned above. It may also be used in place of Neural Synergy for a change of pace.

If you are listening to "Digital Coffee" and then "Alpha Flight" (or vice versa) you should leave a 15-minute break between listening's.

If you listen to either DC or AF and then 1 of the QMM BWE recordings a 15-minute pause is fine, however if you listen to one of the QMM BWE recordings first and then DC or AF then you should leave at least a 30-minute pause.

Note: The 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 QMM, here is how it works...

You only need to use headphones with Eden Energy Wave Dynamics as it is a dual brainwave recording (it entrains each hemisphere of the brain to a separate and distinct frequency).

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

* Please note that 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.

Additionally, some of our listeners have expressed concerns about not having enough time in the day to use all of our current and upcoming recordings and do not want to miss out on the positive effects of listening, so I thought I'd clear this up for everyone here and now.

QMM is its own system, but please remember that 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, the new "Koi Carp Guided Meditation with TMM" may be used in place of the "Whole Brain Gratitude Meditation" or the "Emotive Brainwave Hypnosis" as a change of pace, and recordings like the "Schumann Resonance Meditation" may be used in place of "Neural Synergy" 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.

How to Put the Quantum Mind Method on Your Device – Detailed Instructions...

(if you need further assistance, do not hesitate to contact Morry directly at themorrymethod@gmail.com)

Computer (Windows or Mac)

- 1) Click on the link in your welcome email
- 2) Put in your email address and password
- 3) Click the link to access your purchase
- 4) Click each link (1 at a time) under the "Members Navigation" Header (on the left side of the screen) and then "right click" (on a Mac, use "ctrl click") on the link for the audio/documents that are available for that section
- 5) Save file to the desired location on your computer
 - I suggest creating a folder called Quantum Mind Method on your desktop and download the files there for easy access
- 6) Repeat steps 4 and 5 for each download under the "Members Navigation" Header until you have everything saved to your computer

iPhone/iPad using iTunes on a Computer

- 1) Use the instructions above to download the recordings to your computer
- 2) You will need to open iTunes and create a separate playlist for each recording in iTunes
- 3) Drag and drop each recording into its corresponding playlist in iTunes
- 4) Connect your iPhone/iPad to your computer
- 5) Make sure you have selected your new playlists in iTunes (there should be check marks beside each one unless you have iTunes defaulted to sync everything)
- 6) Click the sync button (normally located on the bottom right side of the iTunes window).
- 7) Listen normally via the Apple Music App.

iPhone/iPad Without iTunes or a Computer

- 1) Go to the Google Play Store and install “Google Drive” if you do not already have it installed on your device and login or register if you need to (this is a free app)
- 2) Email me with a copy of your welcome email requesting that I “share” with you the full Quantum Mind Method system from my Google Drive. I will need the same email address you used to sign in/signup with your Google Drive and I will send you an invitation to share the files
- 3) Tap on the link in the invitation to accept the share
- 4) Open the Google Drive (it may be called “Drive”) app on your device
- 5) Tap the “Share” icon at the bottom of the screen (it will be located to the right of the star icon and looks like 1 person in front of another)
- 6) You will see my shared folder, now tap on that folder
- 7) You will see 3 horizontal dots to the right of each file, simply tap those dots for the file on the top and tap on “Make available offline”, then repeat the process for all of the others.
- 8) All you need to do to play the various recordings from within Google Drive is open the app, swipe “Left to Right” from the edge of your screen or tap the 3 horizontal lines at the top of the app and then tap on “Offline”. Your files will be

there, and you simply tap on the desired track to play it. Drive will only play one track and stop.

Android Phone/Tablet with or without a Computer

With a Computer

- 1) Use the instructions above to download the recordings to your computer
- 2) Open a browser on your computer and login/signup to Google Drive. You can do so from this link - <https://drive.google.com/>
- 3) Create a folder called Quantum Mind Method and drag and drop all of your Quantum Mind Method files there (they will automatically upload to your drive)
- 4) Once you have uploaded everything, go to the Google Play Store on your device and install "Google Drive" if you do not already have it installed on your device and login or register if you need to (this is a free app)
- 5) Now go to the Google Drive app on your device and tap to open the folder with all of your Quantum Mind Method files and "long tap" on the first one to select it (you will see a blue circle with a check mark inside), then simply tap all of the other files so that they are selected also.
- 6) There will be 3 dots at the top right of your app (the location may vary), tap that and select "Download", this will download all the files to your device.
- 7) All you need to do to play the various recordings from within Google Drive is open the app, swipe "Left to Right" from the edge of your screen or tap the 3 horizontal lines at the top of the app and then tap on "Offline". Your files will be there, and you simply tap on the desired track to play it. Drive will only play one track and stop.

Without a Computer

- 1) Tap on link in welcome email to access your product
- 2) Enter your email and password and tap "Login"
- 3) Tap the link to access your Quantum Mind Method downloads under the "Links" header
- 4) Long press each of the downloads (one at a time) and you will get an option to "Download link", Tap "Download link" and the files will download to your "download" folder

- 5) Once you have downloaded everything go to the Google Play Store and install "Google Drive" if you do not already have it installed on your device and login or register if you need to (this is a free app)
- 6) Use your devices "File Manager" (this may be named differently depending on the device you have) to go to your download folder and search for the first downloaded file (there may be other files present from other apps, ignore those).
- 7) Once you have found the first file (ie. NeuralSynergyIsochronic1.mp3) then "long press" it until you see a check mark beside it.
- 8) At that point search for all of the other files you downloaded to your device from the Quantum Mind Method and tap them also (you will notice a check mark as soon as you tap to show they re selected)
- 9) Once all of the files are selected tap the "Share" option (normally located at the bottom of the screen however the location and appearance may be different on various devices)
- 10) You will see many options. Scroll until you see the Google Drive icon with the words "Share to Drive" below it. Tap on that option
- 11) Tap on folder and then either select a pre-existing folder or tap the icon to add a folder to your drive (this normally has a + sign within the button) and then tap "select" (this may be different on various devices) and then tap "Save"
- 12) Now go to the Google Drive app on your device and tap to open the folder with all of your Quantum Mind Method files and "long tap" on the first one to select it (you will see a blue circle with a check mark inside), then simply tap all of the other files so that they are selected also.
- 13) There will be 3 dots at the top right of your app (the location may vary), tap that and select "Download", this will download all the files to your device.
- 14) All you need to do to play the various recordings from within Google Drive is open the app, swipe "left to right" from the edge of your screen and tap on "Offline". Your files will be there, and you simply tap on the desired track to play it. Drive will only play one track and stop.

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SPECIAL NOTE: By using this system or any of its parts the user acknowledges to having read carefully all of this document and agrees to the terms stated below...

TMM VIDEO/AUDIO BASED BRAINWAVE ENTRAINMENT SYSTEMS TECHNOLOGY IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. The TMM video/recording brainwave entrainment systems are a set of non-invasive tools. All resulting effects are produced in the brain solely by audio and visual stimulation.

WARNINGS...

- 1) If you are an epileptic, photic epileptic or have any history of seizures: We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the TMM Video based brainwave entrainment systems (VIE) unless under the supervision of a health care professional who is qualified in the safe detection of seizures.
- 2) We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the TMM video/audio brainwave entrainment systems unless under the supervision of a qualified health care professional.
- 3) We recommend that people currently using drugs and/or excessive alcohol consumption not use the TMM video/audio-based brainwave entrainment systems unless under the supervision of a qualified health care professional.
- 4) We advise that you always remain seated or reclined while using the TMM video/audio-based brainwave entrainment systems.
- 5) If at any time during a listening/viewing session, you begin to feel a sense of vertigo, nausea, euphoria, "déjà-vu", or a sense of mental instability, lower the volume of the tones or discontinue the session.

Traumatic Childhood or Other Experiences – The Morry Method technology may cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

Somatic Shock - If abruptly returning to a normal conscious state, a mild case of somatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a mild headache.

Orthostatic Hypotension - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

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DISCLAIMER OF LIABILITY

Morry Zelcovitch Brainwave Technology Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the TMM videos/recordings whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the TMM system(s), clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the TMM system(s). The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.