

BodySound Technology Intake Form

Name: _____ Date of Birth: _____

Current Holistic Providers: _____

Referral source: _____ Do you have a Pacemaker? _____

Current physical symptoms: _____

Current emotional symptoms: _____

Current spiritual practice(s): _____

Medications: _____

Reason(s) for seeking a session: _____

What do you expect from using this technology? _____

Do you believe in a higher power? _____

After reading the information below please sign and date this document. Thank you.

Usage Instructions and Disclaimers

BodySound technology can be used in many different ways and for many different purposes. For instance, it can be used to relax and used to learn how to recreate a state of profound relaxation. It can be used to bring up emotional feelings and used to learn how to deal with your feelings. It can be used to facilitate spiritual and metaphysical experiences and used to progress along a spiritual path. Essentially, BodySound technology is a tool that can be used in many ways depending upon how you are instructed or choose to use it.

The instructions that follow are an example of one approach that can be used to experience and recreate a state of profound relaxation. It also includes the first step in learning to experience the difference between the higher mind of your "observer or spiritual self" and your egoic or lower mind.

The BodySound technique is a very fast way of learning how to shift your state of consciousness and increase your power of observation. But, like any process, it is not instantaneous and requires some practice. However, the BodySound technology tends to bring about results more quickly and produce a more profound level of physiologic relaxation than other methods for many users. This is very helpful for stress reduction and provides an excellent foundation for spiritual development.

The first goal is to observe and learn what your sleeping body or nearly asleep body feels like. In this way you can recreate this maximal level of physiologic relaxation any time you choose. You can become far more relaxed much more of the time and are less likely to be triggered by stressful events. The second goal, which takes longer to achieve is to learn what your higher mind is like in this state, unfettered by your ego or conditioning. Your higher mind is actually your energetic, authentic or spiritual self. It is who you truly are.

Although you will learn to dramatically shift your state of consciousness with the aid of BodySound technology, you do so by focusing mainly on your body. It's fairly simple. With the help of this technology you can allow yourself to deeply relax or even fall asleep and then the technology will stimulate you enough to cause an increase in your awareness. You will find that your state of consciousness oscillates between drowsiness or sleep and more alert wakefulness. Your consciousness will shift up and down and down and up in your initial sessions. What you are trying to achieve on a consistent basis is a state of consciousness in which your body is very deeply relaxed or even asleep, while you retain enough awareness to observe how heavy and relaxed your body feels and how rhythmic and automatic your body breathes.

You want to achieve this state of consciousness because the first goal is being aware of what your very relaxed or sleeping body feels like. Once you learn what it feels like you can much more easily recreate this relaxed state by simply recreating how that feels.

With repeated achievement of that state during BodySound sessions your level of awareness will slowly increase, while you maintain your body in a very relaxed state. Don't force the increased awareness, just let it happen. The second goal is achieved when your level of awareness increases such that you are able to realize the difference between your higher mind and your egoic mind. Your higher mind emerges when you become more aware while your body remains asleep or nearly so. When your body and brain are asleep so is your ego because your ego is a product of the brain. Your higher mind is your energetic or spiritual self and is not a product of the brain. As a result, when your brain is nearly asleep or asleep, your ego is rendered less or non-functional. In this way, your higher mind, which is truly who you are, is no longer influenced by your ego or your conditioning. Your conditioning, part of your ego, results in the subconscious reactive patterns of your coping strategies. That is what so often influences your emotions and behaviors, particularly in response to a stressful event. Your higher mind is truly independent of these coping strategies.

It's helpful to use the bathroom to avoid any disruption during your session. Assume a nice comfortable position in the BodySound chair and just like when you go to sleep, use a blanket and get comfortable. The lights will be turned off and feel free to close your eyes.

The music that is typically played through the chair is layered. Multiple melodies are played simultaneously. This is done to provide full spectrum audio frequencies to your body and also to aid you in ignoring the music as it is difficult to follow. The lack of visual stimuli and the relative constancy of the sound and vibration produce a brain state of inattention, which aids you in becoming drowsy. The intermittent fluctuations in the sound and vibration will aid you in becoming more aware, once you have

become drowsy or fallen asleep so that you can seek that level of consciousness where your body is very relaxed or even asleep and your higher mind is awake.

Early in this process, your state of consciousness will drift between wakefulness and sleep. When you notice that you are alert or thinking, direct your attention to your body. Try to feel the vibrations throughout your body and more importantly feel how heavy and relaxed your entire body, neck, face and head are becoming. Learn what that feels like. Once you have learned what this feels like you will have the ability to recreate this state during your normal daily activities. Since being relaxed feels good, you will likely become this way more of the time.

In general we've noted an interesting gender difference in terms ease of letting go and becoming drowsy or falling asleep. Men tend to have an easier time becoming drowsy, but a harder time waking up. If this pattern is seen early on, it may be helpful to do the BodySound session in the morning or use a higher volume so the sound and vibratory stimuli are more likely to increase awareness. Women on the other hand, tend to have a more difficult time letting go and becoming drowsy, but an easier time waking up. If this occurs, consider a mid to late afternoon session time, avoid stimulants and more deeply practice letting go during the session in order to become drowsy more easily. This is your time to relax so let any concerns go for the duration of the session.

Because the BodySound technique focuses on the body and we sometimes are not all that well in touch with our bodies you may notice some pain during your session. Our advice is to move into or breathe into that pain and allow it to intensify. Typically, if it does intensify it will release or fade away. If it doesn't intensify, simply continue the process of deepening your level of relaxation and note what happens with the pain.

Also, since the BodySound technology is a form of energy work and since it facilitates a deeply relaxed state, realize that certain emotions may emerge. Allow the emotions to manifest without trying to contain or suppress them. They will typically have less of an effect on you if you have already become more relaxed. Sometimes, emotions may manifest hours or even a day after the session. Pay attention to them and try to understand their significance in your life. Also to the extent they need to be expressed, please do so safely.

BodySound technology and the techniques we employ while using the technology can make a dramatic difference in your life. Enjoy your sessions and more importantly, enjoy your life.

Note that BodySound technology is not a medical device or a medical treatment. Due to the vibrational stimulus if you have a pacemaker, please consult your physician before use. Also recognize that this technology is new and may have effects that are currently unknown to us.

I have read and understand the information above.

Signature

Date