

## DEEP ZEN

You have purchased one of the most powerful and deepest meditation enhancement programs in existence. Years of research and program development have gone into creating this product. Used correctly, it will take you to the lowest levels of deep meditation that once took years of isolated practice to achieve.

We have written this document to help you get the most benefit from this incredible program.

The brain wave entrainment tones in Deep Zen 1 and 2 have backing tracks of the natural sound of rain in a deep forest. Deep Zen 1 has only rain. Deep Zen 2 adds live-recorded wind chimes blended into a harmonic 3 dimensional environment. Deep Zen 3 utilizes a perfect 5<sup>th</sup> drone chord mixed with Tibetan bowls and crystal bowls. The tones of each program are multi-layered and multi-tracked to produce a very deep Theta level brain wave. Some people have trouble relaxing into it if they are new to brain wave entrainment programs and intensely focused inner experiences.

I usually recommend at least a week or two of Totally Tranquil, our Alpha level meditation program, unless you are fairly well experienced at meditation.

If you have missed the opportunity to practice meditation with “Totally Tranquil” and still wish to dive right into “Deep Zen”, here are some suggestions for using these programs.

1- Ideally, these audio programs would be rotated once a week, but you can use them in any order and at any time with which you are comfortable.

It is recommended that you listen to Deep Zen 1 for a week and then switch to Deep Zen 2. Deep Zen 2 has lower frequency carrier waves. After initially experiencing both, you can switch as often as you like. This will amplify the effectiveness of the programs because it will keep your brain from getting entrenched in one set of frequencies.

2- I also recommend for you to use Deep Zen1 and Deep Zen 2 for at least a week before trying Deep Zen 3 because Deep Zen 3 uses our proprietary “Triple Chord Harmonic” technology; That means it is approximately three-times more powerful than any other program currently available on the market. Deep Zen 3 will be more effective after your brain has become accustomed to the brain wave patterns of Deep Zen 1 or 2.

Deep Zen 3 produces the same, low Theta, Brain Wave frequencies as Deep Zen 1 and 2 but it uses our TCH technique to amplify the effects of the brain wave entrainment. The same Theta brain waves are created in the brain as with the other Deep Zen programs, but they are entrained stronger and more prevalent in more areas of the brain. The brain never has just one brain wave frequency all over. It has many at the same time. More powerful entraining stimuli

produce stronger amplitude brain waves in a larger area of the brain. That's why we recommend only using it after you have had 1 week each of experience with Deep Zen 1 or 2 before trying Deep Zen 3.

3- Make sure you adjust the sound level on your headphones to something comfortable. It doesn't have to be loud to be effective. In fact, when you first begin using the programs, lower is better. The first time you listen to the audio program, start with the volume very low and slowly increase it until you can clearly hear the tones but they are not loud enough to be irritating. That will establish a comfortable listening level on your sound system that you can easily repeat. As long as you can hear the tones and pulses, the program is working.

4- Give yourself 45 minutes of quiet space where you can listen to the whole program, non-stop. If you have to stop before the 45 minutes is up, please be cautious for the first few minutes, as you will still be in the Theta brain wave state. Your body will automatically adjust itself back to a waking brain wave state, but it may take several minutes for it to do so.

It takes the first 12 minutes of the program to establish the lowest level of the Theta Brain Wave. So, if you only listen to 20 minutes of the program, you have only gotten 8 minutes of the Theta Wave. That is better than nothing, but more is better. Try to do at least 30 minutes of the program each time you use it.

5- Turn the phone ringer off. This program really takes you down to a deep meditation level.

6- The tone will have a pulse in it that will slow down as the brain wave frequency goes lower, but you may or may not hear the pulses under the background soundtrack. Just let go of all thoughts and listen to the soundtrack. If you have any thoughts, that is OK, just don't follow them. Listen to the pulses. As the program brain wave frequency goes lower, you may start having mini dreams or visions but your body will still be awake and INCREDIBLY relaxed. Toward the end of the program, the pulses will start to speed up and the program will bring you back up to a Beta, waking, brain state.

7- All three of these programs require headphones to be effective.

8- Do NOT listen to these programs while driving or using dangerous machinery. These programs WILL put your brain into a Theta, meditative brain wave state and may even make you feel drowsy while the program is playing.

9-It is OK to listen to these programs just before going to bed, as they do not bring you back to a fully awake brain wave state at the end. You should have no trouble getting to sleep if you listen to them just before bedtime.

Daily use will reduce stress from any source.

## Description

Deep Zen meditation accesses the Theta Brain Wave frequency. This is the frequency of deep relaxation and the deepest level of waking meditation - the place where conscious and subconscious boundaries align and creativity is sparked.

The deep Theta frequency of Deep Zen meditation:

- \* Increases memory and evokes razor-sharp mental focus.
- \* Is a gateway to an improved and lasting sense of well being providing immediate relaxation and stress relief.
- \* Improves intuition and aids in experiencing higher states of consciousness.
- \* Allows you to reach a deep level meditative mind state normally only accessible after years of meditation practice.

The Deep Zen meditations aid most people to instantly obtain a Zen monk level of meditative state bringing you a calm mind, enabling you to resolve stress and see the best solutions to life's most pressing issues with clarity.

**Deep Zen 1** has higher frequency carrier waves and you should start your practice with this audio program. It is composed of tones with natural rain sounds as background. It is multi tracked and use multilayered frequencies. Headphones are required with this program.

The carrier wave tones in Deep Zen 1 change left and right channels every minute to create improved brain hemisphere balancing. Each brain wave frequency used in the Deep Zen meditation is doubled at a lower harmonic every few minutes to amplify the effectiveness of the program. The layered harmonics aid you in getting the most out of your meditations by staying awake at the lowest waking brain wave frequencies.

**Deep Zen 2** meditation uses lower frequency carrier waves than Deep Zen 1 and can be started after 1 week of using Deep Zen 1. It is composed of tones with natural rain sounds and wind chimes as background. It is multi tracked and use multilayered frequencies. Headphones are required with this program.

Deep Zen 2 has an equally effective meditation program as Deep Zen 1. When Deep Zen 2 usage is rotated weekly with Deep Zen 1, it is valuable in reducing any possibility of brain entrenchment. Brain entrenchment occurs after listening to the same track with frequent repetition and the brain becoming acclimatized to the frequencies. Using both programs is like cross training for the brain.

The **Deep Zen 3** track utilizes our latest “Triple Chord Harmonic” technology. These multi-layered tones are combined with a perfect 5<sup>th</sup> drone and Tibetan and Crystal bowls. This program is more effective after experiencing Deep Zen 1 and 2.

Headphones are required with this program.

The Deep Zen meditations aid you in instantly obtaining the Zen monk level of meditation states, bringing you a calm mind and helping you to clearly see the total picture of your reality. This is a gift that takes the spiritual adepts years of training to master.

The Deep Zen meditations aid in centering your mind, creating mental stability and clarity and help your conscious to correlate with the subconscious. Deep Zen can promote healthy introspection, which can be grounding and enhance the retention and regeneration of memory.

All brain wave entrainment programs improve hemisphere activity balancing which leads to overall brain function improvements. Frequent and consistent use of our brain wave entrainment meditation programs will help to produce these desired results.

Our meditation audio programs will aid you in achieving a deep meditative state and allow you to reap all of the benefits that such a practice can provide. Your personal benefits will depend only on how and how often and effectively you use the program.

If you continually find yourself in this situation of not having enough time for your meditation practice, you should try our Laser Focus program so you can get more accomplished in the time that you work and so create more free time for yourself. <http://www.focusoptimizer.com/my-focus-demo2.html>

### **New Holothink Programs**

If you desire to enhance your creativity, sleep better, concentrate better on your work or studies, balance your chakras or several other possibilities, we have developed audio programs for those purposes and hope that you will be interested in those also.

<http://holothink.org>

We will be sending email announcements, as the new programs are made available.

### **How to Add Downloaded MP3s to iTunes and copy them to iPod or burn them to CDs**

(Our programs will play in other computer music players but we cannot give advice for them because we do not know what you might be using. We use iTunes)

iTunes is a music playing application from Apple and is available for PC or MAC as a free download. It will play our audio programs on your computer or copy them to your MP3 player or burn a CD.

We suggest getting the most recent version of iTunes since it is free. All of our instructions are for using the most recent version.

(Apple and iTunes are registered trade names of Apple)

1) Find the MP3 file link online and download it by right-clicking it, then choosing "Save as" in the window that opens by "Left" clicking on it. (different browsers will call this something different, but similar; in FireFox, it is "Save Link As," In Safari, it is called "Download Linked File," in Internet Explorer, it is called ""Save Target As.")

(If you have a Mac, you can hold the "Ctrl" key and click the single button mouse to emulate a "Right" click.)

The file will be downloaded to the place on your hard drive that you specify.

I usually put it on the Desktop so it is easy to find. If you choose to download to a folder, make sure to notice where the file goes so you can find it. It is a good idea to remember (or write down) the file name. It will appear in the download window just before you download it.

2) Find the file (from #1 above) in the location where it's been downloaded.

If you can't find it, use your computer's search tool to look for it, (that's why you wrote the name down).

3) Open the iTunes application.

You will have to adjust your "Preference Settings" before importing our programs.

**See last section of these instructions for details on setting preferences.**

4) In iTunes, Click on "Music" under "Library," then drag the file from #2 above into the open iTunes window. (click on the file name and, while you are still holding your mouse button, move it) It will have a plus sign next to it to indicate that it is being added. iTunes will process the file and add it to your music library.

5) To add the audio program to your iPod, or burn it to a CD, IT HAS TO BE IN A PLAYLIST.

a) Open iTunes (unless it is already open)

b) Create a new Playlist by clicking on "File" and selecting "New Playlist"

The New Playlist will initially be named "untitled playlist," rename it something appropriate (like "Holothink Programs," or whatever you like)

c) Click on "Music" under iTunes "Library,"

select the audio files you want to copy to your iPod or a CD and drag them to the New Playlist (that you just created and renamed).

d) Click on the name of the playlist to open it and see its contents.

If you want to make a CD, you can do it right now by clicking on the "Burn Disc" button on the bottom right of iTunes.

I suggest doing this even if you are going to copy the audio to your iPod; this way you have an archival copy if you ever need it.

e) To copy to an iPod, plug your iPod into your computer.

Your iPod should show up as an icon on the left side of iTunes under "Devices"

f) Click on the iPod icon and iTunes changes to an iPod window (or iPhone if that is what you are using).

g) In the iPod window, make sure the "Summary" Tab is selected.

Under "Options" I have checked "Automatically sync when the iPod (iPhone) is connected."

also Check "Sync only checked songs and videos." This will allow you to choose what gets added to your iPod instead of syncing all of your music library. (All of my music library will not fit on my iPhone.)

h) Click on the "Music" tab and the window changes.

Under "Sync Music," make sure "Selected playlists, artists, and genres" is selected, NOT "Entire Music Library" unless that is what you really want.

i) Under "Playlists," choose the New Playlist you just created and renamed, then click on "Sync." Your audio programs will be copied to your iPod.

### **Settings Preferences in iTunes:**

a) On a PC, Click on "Edit," then click on "Preferences."

(On a MAC, click on "iTunes" then click on "Preferences.")

(When the window opens, make sure you have the "General" tab selected.)

b) In the middle of the window that opens, look for a button labeled "Import Settings." Click on it.

c) In the drop down menu beside "Import using," select "MP3 encoder"

d) In the drop down menu beside "Setting," select "High Quality (192 kbps)."

e) Click OK in the "Import Settings" windows

f) Click OK in the iTunes Preferences window

g) go on to step 4 above.

### **NOTE:**

The above settings work for all of our audio programs EXCEPT Laser Focus.

For Laser Focus only, use the following instructions:

d) In the drop down menu beside "Setting," select "Custom."

e) In the MP3 Encoder window that opens, beside "Stereo Bit Rate," select "320 kbps"

Leave "Use Variable Bit Rate Encoding" unchecked

Sample Rate = Auto

Channels = Auto

Stereo Mode = Normal

Check "Smart Encoding Adjustments"

UNcheck "Filter Frequencies below 10 Hz"

f) Click OK in "MP3 Encoder" window.

g) Click OK in the "Import Settings" window

h) Click OK in the iTunes Preferences window

i) go on to step 4 above.

After you import the audio file into iTunes, it is safe to delete the copy of the file from your desktop since iTunes copied it to your music folder.

**Enjoy your programs on iPod or CD wherever you go.**