



# Resting beat



## Audio for your mind



Thank you for your purchase of Resting Beat

In order to get the best from Resting Beat we recommend that you use it daily and as described in this guide

**ALWAYS USE HEADPHONES**

**Do not use any of the audios while driving**



## Start Your Day

In order to start your day, relaxed and focused  
we recommend **audio 1** entitled Mallets, Hammers and Strings

This is just over 16 minutes long.

Includes binaural beats for entrainment

Try to make time for this, as the morning sets the agenda for how you feel  
throughout your day.

So many of us are already stuck in our heads as soon as we wake up. Planning  
the day, worrying about the day ahead.

Get off to a good start by listening to Audio 1 and start your day calm



## During Your Day

Often during the day, we start to experience stress, that goes unnoticed.

Keep this in check, before it builds up by listening to **Audio 2**, entitled Contemplating Seven

You will need to set aside 15 minutes for this

Taking the time for this, gives you 15 minutes (every day) of wakeful meditation.

This audio program uses 7Hz binaural beats.

Use headphones and do not use this while you are walking, driving or doing other tasks

Take 15 minutes out of your day, for yourself, slip your headphones on, relax,  
And you are ready for the rest of your day



## Early Evening

It is so important to learn to let your day go, when you come home

Many people are still caught up with thoughts relating to work, and can never fully unwind.

Time to unwind, leave work behind, and relax

You can choose a spoken word, guided relaxation **Audio 3**

Or keep with the binaural beats entrainment by listening to

**Audio 4—Rook Delighting Heaven**

**60 beats per minute, with use, your heart rate should slow down**

Use headphones and do not use this while you are walking, driving or doing other tasks



## Before bed

If you have difficulty sleeping, feel restless or can't stop thinking

Time to plug in!

The further you get into your program, the more quiet your mind is at bedtime

We have given you a choice again for your bedtime program

You can choose a guided program for sleep (spoken word) **Audio 5**

Or keep with the binaural beats entrainment by listening to

**Audio 6—Resting Beat**

Remember your headphones



## Treatment Program

This is a complete program.

If you are serious about feeling more relaxed, less stressed, take the time to use it

Use it daily to teach your mind to rest

When your mind can rest, your body can rest

We hope you enjoy Resting Beat