

Fast Start Triliminal Xpand Listening Instructions...

You should use stereo headphones as specific messages are designed to go to specific hemispheres and without stereo headphones you will likely not get the best results.

Laying down is also best but a chair is OK as long as you have head support and your eyes are closed.

This being said, some people listen over a speaker and claim to get results, but you will have to make up your own mind.

You can do anything you want while listening, but its best to listen while doing nothing, laying down with your eyes closed and using stereo headphones at a comfortable volume. One proviso... Do not drive or do anything potentially dangerous while listening.

Also, it does not make a difference what words you listen too, or not. Trust your intuition so if you want to pay attention to one side or another, go ahead, if not and your mind wanders, so be it.

You can listen to any Triliminal Xpand you like and do not need to wait until you accomplish the purpose of one before you move on to the next topic or issue.

They are designed to help each other to help you to help yourself towards all of your goals, so often mixing them together (playing them in series) can work out to be a very effective method of listening as you would be working on multiple aspects of yourself at one time with each acting to help the other to progress and move you forward.

Your brain can easily handle working on many things at once so do not be concerned you're doing too much, it can handle it

You can listen as often as you like only leave at least a 30 minute pause in between for at least the first 2 months.

Trust your instincts and listen to which ones you want when you want.

I'm here for you.
Morry Zelcovitch

Cautions:

If you are...

- prone to epileptic type events
- pregnant
- wearing a pacemaker
- prone to seizures
- under the influence of medication or drugs

...then you agree not to listen to these recordings without first consulting a physician.

- We do not recommend using these recordings while under the influence of alcohol or other mood altering substances.

- Sometimes this form of stimulation can bring repressed memories into consciousness, as a result it is always a good idea to have someone readily available to “talk to”, if the need should arise.
- Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings.

User Agreement:

By listening to these specially designed recordings the user agrees that...

The user assumes all risks in using these recordings, and waves the right to any claims against the creator, distributor or its affiliates for any and all mental or physical injuries. The user also agrees to assume all liabilities when allowing other persons use of these recordings.

In no case will the creator or distributor and its affiliates be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its recordings, instructions or documentation.

These statements and products have not been evaluated by the FDA.

Please note that these recordings are not intended to treat or cure any disease, nor should any of the subject matter on the site be taken as medical advice.

Those who are epileptic should not use these recordings. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic seizures. Such individuals should not use this series of audio recordings except of course, under the direction and supervision of a licensed medical physician.