

Neural Agility Lite Recording Listening Instruction

This is a sample of the foundation track of RevitaMind and RevitaMind Ultra.

Ideally should be used multiple times, every day.

Listen to this recording at least once a day **in the mid to late afternoon, evening and/or at night** before going to sleep. It is designed with a set of frequencies to support neural pathway growth, memory, cognitive processing speed and concentration.

If you are...

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

...then please consult a physician before use.

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

Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to this recording.

This recording is best listened to at a COMFORTABLE (conversational) volume, with your eyes closed and in a reclined position with ordinary stereo over the ear headphones.

It is not "music" in the traditional sense. It is a series of finely honed and sculpted frequencies that have been arranged in such a way as to have a profound and beneficial effect when used regularly with stereo headphones as described above.

It may take multiple sessions for your brain to "learn" how to react to this form of stimulation so don't be disappointed if you don't experience anything to "wild" the first few times you use it.

As with physical exercise, it is important to "exercise" your mind every day. The more you use these recordings, the more positive changes you will be likely to notice.

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By listening to this special mp3 the user agrees that...

The user assumes all risks in using these mp3's, any claims against the creator or distributor and 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 mp3's.

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.

I'm here for you.



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