

# INTRODUCTION TO METATONES

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## **WHAT IS THE METATONES SOUND THERAPY?**

- Quantum based technology that promotes improved brain functions, higher levels of consciousness and optimum performance.
- Easy to use audio software that delivers personalized sound therapy
- Operates on any computer or tablet with a Windows operating system
- Other equipment needed: headphones

## **HOW DOES METATONES WORK?**

- Each session begins with a short recording of the user's voice; positive affirmations have been the most effective
- The software then delivers a series of sound intervals comprised of the original voice recording plus permutations thereof, calculated using the common formula to the Human Energy Field—a Metatron discovery
- Binaural beat format is utilized: brain synchronization therapy that delivers different frequencies simultaneously to the right and left ear
- Benefits derived by listening to the audio output in a relaxing environment
- Initial sessions are 16 minutes or less
- Because of the potency, maximum of 3 sessions per week

## **OVERVIEW OF BENEFITS**

- Gradually synchronizes the Human Energy Field (HEF) and physical body to the Zero Point Field (ZPF), which is the quantum field/energetic substructure of the universe = the quantum substructure of everything, including the human body.
- The ZPF is a field of limitless energy and information. Thus, synchronize the HEF with the ZPF = increases in the flow from the ZPF = many benefits that facilitate a shift to optimum performance (physically & mentally) and higher levels of consciousness at an accelerated pace.
- Gradually improves brain functions by synchronizing the brain waves. Ultimate goal: peak brain performance and higher levels of consciousness.
- Improves ability to focus/concentrate, increases mental and emotional clarity, reduces stress, increases productivity, improved and calmer decision making, better sleeping patterns, etc.
- The intention of the user is a component of each session via their voice recording/positive affirmations = facilitates problem solving and positive lifestyle changes. Formula: Improved brain functions via synchronization + positive intention = positive change.
- Used for a variety of mental impairments and disabilities.

## WHO USES METATONES?

With a higher energetic flow into the Human Energy Field (HEF) from the Zero Point Field (ZPF) and gradually improving brain function (from synchronizing the brain waves) one thing is for certain...change. So...unless you are looking for positive change in your life versus maintaining the status quo, Metatones is not for you.

Who doesn't want positive change in their life? As odd as this may initially sound, the *human ego is generally unconscious and addicted to maintaining the status quo*. Why? Because the human ego is *addicted to the perception of maintaining control* and if it cannot control the change, it will oppose any change out of fear...*fear of the unknown!* If you consider this reality and apply it to your life, you will probably remember countless situations where fear of the unknown (via your ego) kept you from exploring positive changes in your life. With this reality as a foundation, this empowering and life changing technology is directed at several groups.

1. One group has a spiritual orientation and recognizes that our HEF (aura or light body) houses our higher self = the soul. These people are interested in the more traditional benefits of Metatones (described in items 2 and 3) plus purifying and synchronizing their HEF or light body. When all the benefits are combined, higher levels of consciousness are the result. With the right education, intention and lifestyle, the manifestation of enlightenment, sometimes referred to as Christ Consciousness, *is the inevitable result*.
2. Another category of users is interested in solving one or more of their current problems. By improving the balance of the brain waves (hemispheric synchronization) many benefits occur, including improved brain functions. With a new, clearer perspective towards one's challenges, confusion subsides, facilitating decisions and the implementation of solutions. So, if you are seeking a new approach to problem solving and positive change in your life, Metatones is what you have been looking for.
3. Some users are interested in the benefits of more synchronized brain waves, a prerequisite for improved brain functions and eventually, *peak brain performance*. Improving focus and concentration also improves the performance of any physical activity or sport, particularly when combined with an increase in the energetic flow into the body from the ZPF. Improved brain functions are also indicative of many other positive attributes, such as healthier sleeping patterns, higher productivity, accelerated learning skills, reduced stress levels and a calmer, better decision-making process.
4. The final category of Metatones users have a mental impairment or disability. Examples include:
  - a. Attention deficit disorder (ADD)
  - b. Post-traumatic stress disorder (PTSD)
  - c. Learning disabilities
  - d. Addictions
  - e. Hyperactivity
  - f. Insomnia & Sleeping Disorders
  - g. Closed head injuries, Autism, Alzheimer's etc., etc.

With the possible exception of the people that fall into group 2., long-term use of Metatones is needed to maximize the benefits. Metatones is not a quick fix but rather gradually effects positive change at the quantum level, which is transferred to the physical, emotional, mental and spiritual elements of any individual.

## **INTRODUCTION – THE SCIENCE - QUANTUM TECHNOLOGY**

Physicists tell us that the physical body is an organized field of molecular vibrations *existing within a universal field* or universe of smaller quantum vibrations, referred to as the Zero Point Field (ZPF). Our physical body's molecular structure has as its foundation a quantum substructure of vibrations that is *part of the ZPF*. Part of our quantum substructure is also known as our Human Energy Field (HEF), commonly referred to as our aura or light body. Physicists also tell us the following:

- **The ZPF is a limitless field of energy and information, which also has intelligent characteristics.**
- **There is a constant exchange of energy and information between the ZPF and the HEF.**
- **If we could discover ways to increase the energetic and informational exchange between our HEF and ZPF, we would be able to induce humanity's optimum performance levels.**

Traditional approaches to human health generally attempt to effect healing change at the molecular level. One such example is the biochemical effect of every prescription, which strive to heal our molecular imbalances (illnesses) at the molecular level. Although traditional approaches to health have many effective applications, they fail to encompass the quantum foundation of our human structure. Because of these facts, traditional medical approaches to health and attempts to optimize our performance levels have inherent limitations.

Our aura is sometimes referred to as our subtle bodies, light body, Human Energy Field (HEF) or simply *our field*. Since the 1930s man has been photographing our light body through the use of Kirlian photography (aura photography), thus confirming the existence of our light body. For examples of aura photography, please see the [Seeing Is Believing](#) exhibits on our website.

The Metatones technology embraces an ancient belief that is now commonly accepted by many within the scientific community: *many if not all physical and mental illnesses, in addition to many of our emotional and spiritual challenges, are caused by vibratory imbalances at the quantum level of our field*. Thus, to facilitate health and optimum performance levels, particularly where traditional approaches are not successful, *our field* (quantum substructure) must be included in the therapeutic approach. More specifically, the imbalances within our field, that manifest as

physical illness, mental impairments or ongoing emotional challenges, must be corrected at the quantum level if healing is going to occur. Further, improved brain functions and optimum performance levels will not be obtained as long as energetic imbalances reside within our field. Finally, elevated levels of consciousness (enlightenment and Christ Consciousness) may remain elusive until techniques and technologies for purging our field of imbalances are developed.

As long as imbalances reside within our field, the related life challenge or illness, be they physical, mental or emotional, will persist. Many now propose that the *purification of our fields* not only lead to physical, mental and emotional health but also represent the foundation for optimum performance levels and higher levels of consciousness. What does higher levels of consciousness really mean? One description is...*remembering ourselves prior to the creation of our energetic imbalances...or our natural, God given enlightened state, which some refer to as Oneness Consciousness, Christ Consciousness and/or God Consciousness*. An outrageous statement? Some would say yes, but then there is that ancient biblical statement...*we were created in the image of God*.

The evolution of medical science dictates the invention of new therapies for identifying, removing and healing our imbalances/flaws at the quantum level. These new, quantum-based therapies hold the key to *purifying our fields*, whereby we induce the optimization of all aspects of human performance...by correcting our imbalances/flaws where they reside: within the quantum structure of our fields. Consistent with the contemporary/channeled teachings of Jeshua ben Joseph (Jesus), our physical bodies are simply a reflection of our HEF. Thus, once an energetic flaw is purged, the new, healthier vibratory structure is automatically transferred to our physical body via our chakra and meridian networks. This healthier vibratory structure is a step towards the *purification or synchronization of our Human Energy Field (HEF) = optimum vibratory structure*.

Physicists recognize the Zero Point Field as a limitless field of energy and information, which is stored within the ZPF's vibrational matrix. The consensus is that increasing the energetic and informational exchange between the ZPF and our HEF will produce our optimum performance levels. A principle of the Metatones technology follows: **The gradual synchronization of our field/light body facilitates physical, mental and emotional health, in addition to our optimum performance levels, because it increases the exchange of energy and information from ZPF into our field.**

One of the reasons an increase in energetic flow (from the ZPF into the HEF) facilitates health, in all aspects of the human condition, is because it places additional *energetic pressure on any imbalances/impurities, thereby bringing them to the surface of consciousness for resolution at an accelerated pace*. As previously stated, vibratory imbalances in our fields are the source of many of our problems because they manifest as physical, mental and emotional life challenges,

sometimes referred to as karma. **A huge benefit of fewer vibratory imbalances in our field is that it facilitates a higher energetic and informational exchange with the ZPF.**

Although our spiritual nature is rarely addressed by the scientific community, the Metatones team asserts that the purification of our HEF has corresponding spiritual benefits, consistent with the contemporary/channeled teachings of Jeshua ben Joseph (Jesus). Jeshua ben Joseph's The Way of Mastery trilogy (The Way of the Heart, The Way of Transformation and The Way of Knowing) promotes a path to Christ Consciousness. **It is no accident that Jeshua ben Joseph discusses the *purification of our souls* as the path to Christ Consciousness, just as some physicists discuss the *purification of our HEF* as the path to our optimum performance levels.**

Besides increasing the energetic and informational flow into our field (from the ZPF), an additional benefit of removing imbalances (synchronizing our field) is *hemispheric synchronization*. This is when the right and left hemispheres of the brain are in ideal vibratory balance (synchronized), which optimize brain functions, also referred to as *peak brain performance*. Considering that far less than 1% of the population have synchronized brain waves, *most would experience noticeable improvement in their brain functions with hemispheric synchronizations.* **Would you like to gradually improve your brain functions with an easy-to-use therapy, which requires less than an hour a week?**

Just as there is a genetic/vibratory template for our physical body, there is also a common vibratory formula for our HEF. **The Metatron team has discovered a sizable portion of this vibratory formula and has incorporated it into every Metatones program, thereby creating a sound technology that *increases the energetic and informational exchange with the ZPF.*** Metatones combines the common vibratory formula with a short recording of the user's voice to produce *uniquely personalized vibrations*. Consistent with the principles of homeopathy and resonance, the Metatones technology produces thousands of precisely calculated *vocal permutations* using the common formula to the HEF. The result are waves of frequencies that gradually refine, balance and synchronize the HEF. More specifically, by synchronizing the layers of our light body, inclusive of our chakra and meridian networks, Metatones increases the energetic and informational exchange between the ZPF and our Human Energy Field.

The Metatones audio software provides a *progression* of voice activated programs. Each program escalates in potency by producing an increase in the permutations of the user's voice, which are delivered in a series of binaural beats. Binaural beats, a brain function improvement therapy, are created when different frequencies are delivered to the right and left hemispheres of the brain simultaneously (via headphones). Metatones affects the layers of our Human Energy Field, chakra system, meridian network and the physical body, inclusive of our brain

waves. The effect is the gradual movement of our field towards synchronization, **which simultaneously synchronizes our field with the Zero Point Field, thereby increasing our energetic and informational exchange with the ZPF.** Thus, consistent use of Metatones accelerates our movement towards optimum performance levels and higher levels of consciousness.

Years from now, new, more potent Zero Point Field therapies will be developed and used in ways that we can only imagine. These new quantum-based therapies will help us induce physical, mental, emotional and spiritual health by purifying our fields and increasing the flow from the ZPF. The related benefits to the human psyche and physical body will reinvent accepted therapies and improve all facets of human health and performance. The first generation of this new quantum-based technology is the easy-to-use audio software called Metatones.

As you are reading this sentence, some of the brightest physicists on the planet are trying to discover how to tap into the energetic and informational matrix of the ZPF. The reasons are numerous, including the consensus that by increasing the flow into our field we will accelerate our evolutionary process and unlock the ultimate potential of humanity. They simply don't know that the discovery they search for has already been made and incorporated into Metatones.

Metatones is a mathematically based sound therapy for our quantum substructure—the Human Energy Field. It is **unlike any other sound therapy because it utilizes the vocal frequencies of the user in conjunction with the mathematically based formula to our field, which also incorporates portions of the parallel formula of the ZPF.**

Metatones affects positive change in a three-step process.

1. Our light body or field is gradually adjusted to a more synchronized and healthy vibratory structure. Think of a Metatones session as a *sound message and energetic tune up* for our light and physical bodies.
2. As our field becomes more synchronized, more energy and information is automatically transferred from the ZPF into our field, and then into our physical body and brain. This transfer is accomplished within the layers of our HEF, which contain the networks known as our chakras and meridians. The meridian system is the same network used with acupuncture. The principle is simple: more energy = better health and optimum performance.
3. The synchronizing effect of Metatones combined with a binaural beat format promotes a balancing of the brain waves (hemispheric synchronization), which gradually improves brain

functions...an essential ingredient for higher levels of consciousness = Christ Consciousness.

In the 1990s the description the inventor (Rita Aguirre) arrived at for Metatones was *homeosonic*, representative of a sound therapy using the homeopathic principle = like vibrations cure imbalances in like vibrations. In other words, we are an organized field of vibrations and Metatones facilitates health with permutations of our vocal frequencies. Thus, Metatones is the ultimate application of the homeopathic principle.

Regarding our brain functions, think of Metatones as a synchronizing sound therapy for your brain waves that slowly enhances and improves your brain functions. There are many healing and empowering facets to the Metatones technology, all of which have positive effects on our *energetic/quantum anatomy*, many of which are transferred to our physical body and brain.

The starting point for understanding the benefits of Metatones is to appreciate the quantum world we live in, the Zero Point Field. The structure of all matter, including the human body, breaks down into a quantum field *composed of energetic vibrations*. We now know there is no such thing as a void or a vacuum, anywhere in the universe. Even where it had been thought there was nothing present (a void), science has discovered a world saturated with a matrix of quantum vibrations: *the invisible and mysterious universe of the Zero Point Field*. Thus, whether we are discussing the atmosphere we live in or the cells that make up our physical bodies, **EVERYTHING VIBRATES and is connected to and part of the matrix of quantum vibrations known as the Zero Point Field**. Scientists refer to this invisible vibrating structure, which passes through and connects EVERYTHING in the universe, by a variety of names. The Metatron team refers to the quantum structure of our universe as simply the ZPF.

*EVERYTHING in the universe is a part of and connected to the ZPF—a massive universal web or matrix of quantum vibrations*. Thus, from the quantum view of the ZPF, **that we all exist within and are part of, we are all truly ONE...one single mysterious field**. The elite members of the scientific community focus their attention on the ZPF because they know it is where many of the mysteries of life live and breathe. How every facet of our quantum world functions is still in question. However, we do know that the ZPF is a limitless reservoir of energy and information, and that we are constantly exchanging energy and information with the ZPF as part of our physical, mental, emotional and undoubtedly, spiritual functions.

In summary, the Metatron team has made a game-changing breakthrough for humanity. *We have discovered a simple way to increase the flow of energy and information into the Human Energy Field from the ZPF. This pulsating energetic matrix or field is the engine of our being and consciousness*. This invisible energy supply constantly assists us with our never ending physical, mental, emotional and spiritual evolution. All living things are dependent on this quantum ocean of vibrations. The unconscious and life sustaining exchange of energy and information



with the ZPF is constantly pulsating through not only our field but also our physical brain and body.

A component of the ZPF is the smallest known particle of matter, the neutrino. *Billions of neutrinos pass through every square inch of our field and skins' surface every second.* As mind-boggling as this fact is, many have concluded that to obtain our true potential we must find new therapies to increase the energetic flow from the ZPF into our Human Energy Field, thereby accelerating the evolution of humanity.

It is now apparent that up until now the improvement in the energetic flow (from the ZPF into our fields) has occurred unconsciously and gradually, parallel to the evolution of humanity. This era is coming to an end with the consistent use of Metatones because it gradually increases our energetic and informational exchange with the ZPF and thus, accelerates our evolutionary path. Why does the Metatones therapy have this beneficial effect? **Because long-term Metatones use induces the gradual synchronization of the Human Energy Field and brain waves to the ZPF. Why?...because the HEF and ZPF share the same mathematically based formula or vibratory structure...and this common formula is used by Metatones. Thus, by employing the principle of resonance and its synchronizing effect, the inevitable result is an increase in the ZPF's exchange with the HEF, which manifests as gradual improvements to the human condition.**

Although many of the principles and technologies used by Metatones are complex, the operation of this sound therapy is simple. Metatones was designed to bring this life changing therapy right into the homes of our customers. Each session begins by making a short recording of the voice. Positive affirmations have been the most effective. The software then generates a series of precisely calculated permutations of the voice frequencies, which are mixed with the original recording. The benefits are obtained by simply listening to the audio output. The Metatones sound therapy *induces a gradual shift to a healthier vibratory pattern*, which helps us to make positive changes that improve the quality of our lives.

All of the programs begin with the foundational layers of our field. Each level of programs (1 through 4) progress outward into our field and more deeply into the meridian network. Each program (A through E), at each level of programming, also progressively impact a larger portion of our field. The four levels of programming gradually increase in potency and are sold in sequence, except for Level 1 and 2, which can be purchased together at a discount. Because of the potency of Metatones, many customers do not feel the need to use more than the first two levels. *A related factor is that most of our energetic imbalances reside within the first few layers of our field, which are within the frequency range of the Level 1 and 2 programs.* Thus, if you are dealing with an emotional challenge or crisis, consistent Metatones use will accelerate the resolution thereof for reasons previously described = improved brain functions = new and

clearer perspective on solutions.

Simple to follow operating instructions and the Frequency of Use Guidelines are contained in our Operations Manual. The suggested beginning sessions are less than twenty minutes in length. Because of the potency of Metatones, no more than three sessions per week are recommended for program levels 1 and 2. Long-term use of Metatones is essential to maximize the benefits. Considering Metatones can be used in the privacy of the home and that anyone who has access to the software can use Metatones, the cost per session is minimal. For those interested in an introductory book on the ZPF and the benefits of increasing the energetic flow from the ZPF into the HEF, *The Field* by Lynn McTaggart is suggested.

The balance of this Introduction to Metatones booklet and our Operations Manual conveys how to use Metatones. In terms of explaining why Metatones is a *game-changing technology for humanity* and how it provides its benefits, *inclusive of incorporating key elements of the teachings of Jeshua ben Joseph*, please read the Metatones Theory booklet. We explain in detail how and why Metatones accelerates the path to higher levels of consciousness = Christ Consciousness. All three booklets are available in the Free Booklet section of Metatones.com.

## **IMPROVING BRAIN FUNCTIONS, CLEARING IMBALANCES & OPTIMUM PERFORMANCE**

A reality humanity is beginning to better understand and accept is that **our physical, mental and emotional challenges originate with and manifest as a result of a vibratory flaw or imbalance at the quantum level of our field**. This principle, long accepted by new agers and physicists, magnifies the critical importance of developing therapies that isolate and purge the energetic flaws from our fields.

Some readers may think that flawed vibrational patterns manifesting as physical, mental and emotional illnesses and/or life's challenges may sound a little too bizarre to be possible. However, if you think about this principle for just a second you may change your perspective. What do you think a typical virus is that causes the flu? Can we see the vibrating electrons that make up the molecular structure of the virus that disrupts our physical metabolism and puts us in bed for three days? Medical science has already proven that physical illness is simply a manifestation of some vibratory imbalance within our physical body. In terms of mental and emotional symptoms, medical science has also developed an endless number of prescription drugs to effect positive change at the molecular level, which also means that the drugs change some element of our vibratory structure. Unfortunately, traditional medical approaches have not reversed all of the vibratory imbalances that negatively affect us. This is why a more comprehensive approach to quantum-based therapies is needed. More specifically, therapies that address the vibratory imbalances in our Human Energy Field promote a higher energetic and informational exchange with the ZPF.

The HEF is a vibratory matrix and it is reflected in our physical body in the form of many

components. One of the many functions performed by our field is the delivery of life sustaining energy and information from the ZPF into our physical bodies. If we are going to increase the beneficial flow from the ZPF, it is essential to understand how our energy field functions. As a brief introduction, the primary components of our HEF are as follows:

1. The starting point is our fields' *energetic equivalent* of our physical spinal cord.
2. Extending out from our energetic spinal cord we find the chakra system (front and back) and its progressive layers of counter rotating energetic funnels. Our chakras are part of the quantum highway between our physical body and the ZPF. Each vibrating layer of our chakras rotate at different but mathematically related frequencies.
3. Extending out from our energetic spinal cord there is another network or energetic progression of emotional and mental layers, which also operate at different but mathematically related frequencies. This complex network of quantum layers contains our chakra system.
4. A component of our field operates inside the physical body; the meridian network, which is used by acupuncturists. This network functions as an intermediary between our field and physical body. The physical parallel of our meridian system is our nervous system. Part of the meridian network operates within our physical brain. The right/emotional and left/logical sides of our brain operate using different but complementary frequency patterns. *Our brain's emotional and logical frequency patterns mirror the emotional and mental vibratory patterns present within the energetic layers of our field (see item 3).*

This is a simplified overview of our field/light body. The bottom line is that our field is an organized field of vibrations. The more balanced or synchronized our field is, the higher the exchange with the ZPF, and the healthier we are from a physical, mental and emotional perspective. Repeating the obvious, as our level of synchronization escalates it manifests as improved brain functions, enhanced physical performance, more evolved behavioral patterns and higher levels of consciousness. Thus, our common goal is to maximize our potential by purifying and synchronizing our field. Improving our overall level of synchronization is a *relative* process; a process that can be accelerated with the proper intent, techniques and technology. In other words, it matters not whether a person is mentally impaired or is a Ph.D. from MIT, Metatones is an easy to use technology for self-improvement.

On the quantum level the frequency or pace of vibrations can be measured. By measuring the frequencies of our brain waves we can quantify the relative level of synchronization or lack thereof. Thus, by measuring our brain waves it can be determined how well the two sides of our brain communicate and function. Serious imbalances between the right and left hemispheres manifest as mental impairments and disabilities. The severity of an imbalance mirrors the severity of the related mental disability. If the brain waves are synchronized, which is extremely rare, peak brain performance is the result. Any therapy that assists in the synchronization of the brain waves will assist in *reducing behavioral abnormalities*, from minor to severe, in addition to inducing improved levels of brain performance and the quality of life.

Metatones promotes hemispheric synchronization, synonymous with peak brain performance, by delivering computer generated vocal permutations in a series of binaural beats (different frequencies delivered simultaneously to the right and left ears via headphones). The *correct frequencies* in a binaural beat format is an essential ingredient because only the *correct frequencies* will gradually induce hemispheric synchronization. Metatones promotes brain wave synchronization in two ways.

- The vibratory composition of our physical body is a reflection of the vibratory composition of our field. As previously touched on, *our field has emotional and mental layers, which have a vibratory relationship with the right/emotional and left/logical sides of our brain.* **As Metatones improves the vibratory balance of the emotional and mental layers of our field, which correspond to the right and left sides of our brain, the improved level of balance or synchronization is automatically transferred to the physical brain** via our chakra and meridian networks, plus our nervous system. Thus, the improved vibratory patterns of our field induce more balanced brain waves, which naturally improve brain functions.
- *Simultaneously*, our binaural beat technology produces a unique form of cooperative exercise/therapy between the right and left hemispheres of the brain. Over the long-term this brain exercise routine has the same impact as any effective therapy program. **Simply stated, as our right and left hemispheres exercise together, our brain functions gradually improve. Improved brain functions have many positive results including:**
  - **Enhanced levels of concentration, which facilitate higher levels of learning, productivity and physical performance.**
  - **Calmer and improved decision-making abilities.**
  - **Provide the foundation for higher levels of consciousness/spirituality.**

Various research, countless case studies and alternative healing techniques have verified that our physical, mental and emotional challenges are directly related to imbalances at the quantum level of our field. This has resulted in an explosion of new vibratory therapies aimed at synchronizing our field and the elimination of our energetic imbalances. In most cases and for a variety of reasons, the results have been inconsistent at best. This has created considerable confusion and skepticism. Metatones is different for many reasons, including the use of the **common formula to our Human Energy Field (HEF)**. With few exceptions, anyone who has followed the recommended protocol for 60 days has experienced noticeable benefits.

Our quantum-based approach targets the vibratory imbalances that cause our challenges; be they physical, emotional or mental. **In summary, our lives are conditioned and influenced by our Human Energy Field. Thus, if one elects to improve and purify their HEF with consistent use of Metatones, or any other effective vibratory tool, you are choosing to change some portion of your experiential process for the better. It is that simple.** For example, even small improvements to our vibratory structure can and do manifest as more balanced brain waves and a new perspective towards life's challenges. By considering any challenge from a new and clearer perspective, the problem-solving/resolution process

accelerates. Gradually and *relatively* speaking, life's complex process is simplified. Consistent Metatones use provides benefits that most humans are not used to observing or experiencing because it affects positive change in a new way; improvements at the quantum level of our HEF.

Many equate realizing our ultimate potential with a state some refer to as *super-consciousness and/or enlightenment*...the manifestation of our so-called higher self or soul. Pre-requisites to obtain the super-conscious state is to clear our fields and brain waves of imbalances. By actively clearing our energetic flaws we trigger an educational process that dictates changes to our living habits, reflective of a more mature and evolved lifestyle. Making major changes in our lifestyle is usually very challenging if not impossible...thanks in part to the "*maintain the status quo*" mentality of the human ego. Quantum physics and Metatones has helped us to understand that by aggressively improving and refining the structure of our field positive change becomes easier.

Regardless of the desired change in our behavioral patterns, we need to be committed to positive change in order to make it our reality. Even when a change in behavior is in our best interest, our egoic tendencies, including the fear of the unknown, induce us to remain stuck in our old negative habits. We now understand that our negative habits often mirror a vibratory flaw ingrained within the depths of our field, in what we call our soul, which is why we have repeating flaws in our behavior that accompany us from one life to the next. This is one of the reasons why the evolution of man has taken so very long. The analogy is that we are *energetically stuck* in our poor/immature behavior patterns, just as addicts often find it impossible to kick "the habit". This means that our fields contain formidable anti-change and anti-evolution tendencies. For these reasons, the process of learning the related lessons and making positive changes often result in an intense and often frustrating internal struggle.

**The Metatron approach is to embrace new technologies and techniques that make positive change easier = improves our lives.** We could all benefit from viewing our challenges from a *new and clearer perspective*, which is the natural byproduct of more balanced brain waves and improved brain functions. Enhanced mental clarity promotes understanding and resolving our challenges quicker and more effectively.

On the quantum level, most of our major challenges represent an imbalance in the initial layers of our field, often referred to as *lower chakra issues* (root, sacral and solar-plex). Our imbalances or *energetic congestion* tend to have an emotional orientation and inhibit/block the energetic flow into our field from the ZPF. These so-called *energy blocks* literally lock in a variety of negative emotions, such as fear, anger, greed, jealousy, low self-esteem, etc., which manifest in an array of negative behavioral patterns. If you have ever been locked in a period of negative emotions, as we all have been to one degree or another, the related crisis is caused by an imbalance that restricts the energetic flow into your lower chakras.

Just as we can have congestion, bruising or tightness in our muscles that restrict the blood flow and healing process, so too in the energetic structure of our field. A Metatones routine will open-up our field and produce a higher energetic flow to our congestion and blocks...just as a deep tissue massage will help us heal damage in our muscles. The quantum approach to

mitigating or removing our energy blocks begins by increasing the energetic flow into our fields, particularly to our lower three chakras.

Although there are a variety of methods to accomplish this, we suggest that Metatones is the most effective technology. Understanding that consistent Metatones use triggers all of the benefits discussed thus far, our Level 1 and 2 programs specifically aim to increase the energetic flow into the lower chakras. This facilitates an accelerated path to resolving some of our most perplexing and stressful challenges. However, Metatones is not a stand-alone *cure all*. Understanding and overcoming our fears and other major life challenges is no easy process under any circumstances. Metatones is a *therapeutic tool* that helps us promote higher energetic levels and better brain functions, which must be combined with intention and discipline to induce positive change.

The Metatones programs provide a *progression* of sessions that gradually increases the energetic flow from our environment (the Zero Point Field) into our field. *By increasing the energetic flow, imbalances and blocks are brought to the surface of consciousness and life experience for resolution at an accelerated pace. This occurs for one reason: as the energy levels increase, this increases the pressure on and highlights any imbalances, promoting timely resolution.*

As already discussed, our energetic flaws often originate with emotional and unresolved prior events, sometimes referred to as *karma*. The memories of these prior events are stored within our field in the form of energetic imbalances and subconscious memories. **These vibratory impurities manifest in our lives as physical, emotional and mental challenges. These karmic challenges provide learning opportunities within the experiential process some call *the school of Earth*. If we learn the related lesson, and elevate our behavioral patterns accordingly, the energetic impurity is eliminated from our field. If we do not learn the lesson associated with each challenge (or crisis point in our lives) the energetic imbalances continue to manifest similar life challenges, over and over...and over.**

These life challenges may manifest in the current or future incarnations. Some people associate karma (what some may call bad luck) with some form of punishment and nothing could be further from the truth. Karmic flaws are simply energetic reminders in our field that a lesson, *which we want to learn*, needs to be addressed and resolved before we graduate to more mature and enlightened behavioral patterns.

## **Shortcut to Clearing Our Imbalances**

A growing number of people have experienced firsthand how their lives improve by using *past life* and *life between life* review/regression techniques. These techniques provide access to the memories of our prior life events, including those in the *in-between spiritual dimension*, all of which are stored in our subconscious. More specifically, by remembering the unresolved events, which are the source of energetic flaws and/or karma, we potentially learn the related lesson, resolve the life challenge, elevate our behavioral patterns and ultimately purge the energetic flaw from our field at an *accelerated pace*.

Thus, when past life review (PLR) is focused on the source of our energetic imbalances/blocks, it represents *a shortcut to our field purification process, thereby improving our lives*. As a side comment, there are ancient sources that confirm that both Jesus and Buddha endorsed the benefits of remembering our prior lives. Many people are surprised to learn that past life and life between life review sessions are offered by a growing number of traditional therapists.

Some take a few steps back when the experiential cycle of reincarnation is mentioned. This is usually the result of one or two factors:

- A lack of awareness of the growing mountain of research and case studies that proves definitively that **human consciousness survives physical death = we have no end...ever**.
- Centuries of Christian conditioning: the heaven or hell afterlife alternative.

For those with an open mind, we offer a free booklet on past life review (PLR) techniques, more commonly referred to as past life regression, in addition to Life Between Life (LBL) regression and Akashic Record Readings, within the [Free Booklet section](#) of our website.

There are a variety of methods, PLR being one of them, that allows anyone to remember the events that created their energetic imbalances/blocks. If you choose not to use one of these methods/shortcuts, you will continue to clear your energetic flaws through the traditional learning process; living through challenging life experiences...oblivious to the originating cause. **This traditional approach is typically the more confusing and challenging alternative because you will not understand why the challenging life events are being encountered.** How many times have you or your friends asked...*why is this happening to me?* Millions have learned that PLR techniques answer many of our *why questions*. *Consistent use* of Metatones often push the memories or cause our blocks to the surface of consciousness and/or into our experiential process. When combined with a method for remembering the initiating events, we accelerate the healing process = purification of our fields and the synchronization of our brain waves, which provide a long list of benefits.

Some will argue that all of our major life challenges, be they physical, mental, emotional, and/or spiritual cannot be caused by karma and unresolved prior events. They are absolutely correct, but not for the reasons many propose. We plan our lives in advance, in what is referred to as our **Pre-incarnation Planning Process (PPP)**. This occurs in the spiritual realm before we incarnate. Often, part of our plan is to experience specific life challenges, with the opportunity to learn specific lessons. Why? For a number of sources that answers this question, please read the Metatones Theory booklet, plus consider the suggested reading list therein.

Although we can alter our PPP once we are born via our free will, most people would be stunned to review the details of their PPP and see how it often mirrors much of their life experiences...*there are no accidents*. One of the growing number of sources on our pre-incarnation planning function are the books by Robert Schwartz, which are ground-breaking.

Just as we can be educated on the source of our karmic flaws, by remembering the applicable prior life event, thereby accelerating the resolution thereof...the same principle applies to the challenges *we chose* and plan for in our PPP. This education can be obtained through one of two methods. Life Between Life Review (commonly known as LBL), allows us to remember our experiences in the spiritual dimension, including our *Pre-incarnation Planning Process*. The technique is the same as PLR in that we access our subconscious memories, usually with the assistance of a LBL therapist. Another alternative is to have Akashic Record Reading (ARR). ARR is when a third party is used to access your Akashic Records—a history of everything you have ever done...in all dimensions...including your PPP.

For more details, please see our website: the Past Life Review booklet in the [Free Booklet section](#) and/or Akashic Record Readings in the [Personal Reading section](#). A fascinating aspect of delving into the details of our PPP is that we can often discover what our optimum solution was to the challenges that we planned for and are currently facing, *which leads to implementing the related solutions in an accelerated manner*. Needless to say, we have entered a new era.

The purification of our field/light body and the release of the related energetic blocks/flaws requires us to learn, mature and *elevate of our behavioral patterns*. Just understanding the cause of an imbalance does not purge it from our field...unless there is a corresponding maturation and decision to alter our perspectives and related behavioral patterns. This maturation process triggers a refinement of our energetic structure, which is what causes our imbalances/bocks to be released from our field. The release of an energetic flaw represents a healing on the quantum level that manifests as new, more mature and elevated behavioral patterns.

**It is important to understand that as we release an energetic flaw, the related physical, mental and/or emotional problem is overcome and resolved.** Thus, our conscious reactions can be dramatic and emotional. In addition, as our energetic flaws are purged, our field naturally becomes more synchronized with the ZPF, thereby increasing the energetic and informational flow into our field and physical body.

The use of modern-day techniques can be of great assistance in understanding and resolving our behaviors flaws, reflective of negative emotional and mental patterns, all of which originate with an imbalance in our field. Whether the cause is an unresolved prior life event or an element of our pre-incarnation plan, the cause can be identified in our subconscious memories. **By remembering the initiating cause of a major life challenge, we accelerate the educational process needed to understand and improve our lives.** Because of the benefits, combining Metatones with an experienced regression therapist and/or Akashic Record Reading is a course of action that many will begin to consider.

Is there an end game with all of this information about synchronizing brain waves, increasing the energetic flow into our fields, removing energetic imbalances and optimizing human performance? Early in my search for the answers to the big questions (who are we and why are we here?) a motivational speaker (Tony Robbins) taught me an invaluable lesson. Anytime I am trying to accomplish something new, find someone who has already done so and learn from them...use them as a model, versus stumbling through the trial and error process.



I wanted to better understand myself and my life, so I could improve the quality of my life and eliminate something that had overshadowed my life—fear. I wanted to *live free of fear*, while being conditioned by more positive qualities...like peace, joy, compassion and love. This led to years of studying what I refer to as *the really smart people*; which included cutting edge physicists, experts in many other fields, plus people like Jesus, Buddha and other so-called ascended masters.

I learned that there was a consensus among *the really smart people*. We are spiritual light beings (as in our light or auric bodies) seeking a higher level of self-awareness...the awareness that we are very special and highly evolved spiritual beings, even though we are temporarily in physicality. An element of this self-awareness is living with the knowledge that we are all *connected*, as confirmed by quantum physics...**there is no separation. In other words, the perceptions of separation and aloneness, which are caused by our physical senses, are illusions.**

Each time we put on a temporary costume (physical body) we dive into the illusion of separation and aloneness in the Earth dimension. Earth is the classroom where we seek an advanced degree in self-awareness...awareness of who and what we were before we created any of our energetic imbalances. Another part of the consensus (*of the really smart people*) is that **everything began with the vibration of love**, including ourselves, and we are slowly evolving towards the conscious awareness that **we are connected vibrationally to everything, including the Source of All-God**. Considering that quantum physics has proven that **everything is connected vibrationally via the ZPF, then we must be connected to whatever created us!** This state, living being aware of our Creator, is referred to as Enlightenment, Christ Consciousness or Oneness Consciousness.

To digress for a moment, I was stunned when I discovered ancient documents that confirm Jesus was an expert in quantum physics and taught a highly evolved lifestyle that consolidated love and quantum physics, which I refer to as **scientific spirituality**. The inevitable conclusion is that he discovered how to tap into the resources of the ZPF as a matter of routine, which allowed Him to live like no other before him. This is consistent with the perspective of many physicists who propose that tapping into the resources of the ZPF is the path to our optimum or some who say *superhuman* abilities. Let us remember that Jesus predicted just such an era in human evolution when in reference to His miracles He said...*That which I do, you will do, and even greater things will you do.*

To make a long story short, Jesus was the model I was looking for...but definitely not the Jesus of the traditional Christian perspective. As crazy as this may sound, Jesus is back...in the form of many channeled books and CDs...from a growing list of channels and mediums. In his contemporary teachings, he clearly does not endorse Christianity...but rather promotes a spiritual life-style based on universal principles, which include quantum physics. For more information, please see the Jesus Channeled Books buttons in the descriptions of Free Booklets 6 and 7 at metatones.com.

This brings us to the final component of our HEF—the *spiritual layers* of our energy field. We will

not be aware of or manifest our spiritual essence/soul/spark of divinity (Enlightenment/Christ Consciousness) and obtain our ultimate potential until we purify our field of all imbalances, thereby living in the *optimum energetic flow from the ZPF*. Metatones is designed to aid us in this process.

In conclusion, it matters not whether you are seeking improvements to your brain functions or striving for a spiritually oriented goal (like Christ Consciousness), consistent Metatones use will assist you. For a more in depth understanding, consider reading the Metatones Theory booklet.

## **METATONES SESSIONS AND VOICE RECORDING TECHNIQUES**

A C.D. Rom or USB Flash Drive contains the Metatones programming. Please refer to our Operations Manual for a step by step description of how to use the Metatones audio software. The following equipment is needed:

- Computer or tablet with Windows (Mac computers can download Windows)
- Headphones

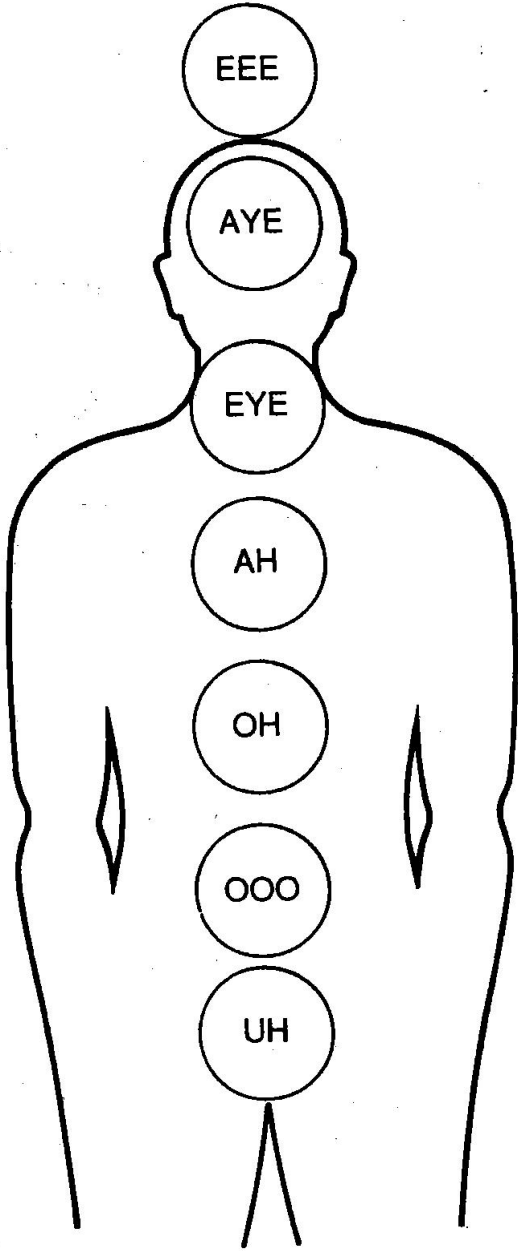
A new recording of your voice, with a maximum length of eighteen seconds, is needed each time you use Metatones. The Metatones software then prepares a series of computer-generated permutations of the voice frequencies, referred to as intervals. The audio output is a series of intervals, which contain the original voice recording plus different combinations of voice permutations. Using the principle of resonance, each interval adjusts a particular component of the Human Energy Field towards its ideal or resonant frequency. The four types of voice recordings are positive affirmations using the present tense (*I am* etc., etc., versus *I will be...*), vowel sounds, consonant sounds and mantras. A combination can also be used. With the understanding that positive affirmations have been the most successful, the next few pages provide some suggestions and examples.

When recording your voice, positive intention is an important ingredient. Thus, to maximize the effects of each session, the suggestion is to always incorporate as much positive intention as possible. Utilize the underlying emotional intent of the words to flood every cell of your body with the emotions of your goal. For example, if *clear, calm and peaceful* is part of your intent, let the words not only represent, but also sound as though *I live in clarity, calmly and peacefully*.

With positive affirmations, the general idea is to address an area of your life where you are striving for positive change and improvement. Using a competition skier for example, a possible affirmation could be; *I see the slope, anticipate the terrain and ski smarter, better and faster than ever before*. It is important to use the present tense, which verbalizes that you have already obtained your goal. This is what positive intention is all about.

If an individual is working on a particular part of the body or chakra, the affirmation, consonant or vowel sound selected may emphasize the particular part of the body. See the diagram of vowel sounds and the related chakra center below. The chart on the following page conveys the consonant sounds associated with specific meridians, organs/body components and types of

emotions. You can utilize the applicable vowel and/or consonant sounds for part of or the entire recording of your voice. Multiple vowel sounds can also be used for a good overall balancing and synchronizing effect on a few or all of the seven major chakras. For example, using a single breath, begin at the root chakra and proceed in sequence, saying all of the vowel sounds up to and including the crown chakra.



From Healing Sounds by Jonathan Goldman  
**MERIDIAN CONSTANT SOUNDS**

Y	Gallbladder	Love and rage
Th	Liver	Happiness and unhappiness
S/Z	Heart	Love, forgiveness and anger
F/V	Small intestines	Joy, sorrow and sadness
Sh/Ch/J	Circulation - sex	Renunciation of past, generosity and relaxation, jealousy, sexual tension, regret and remorse
R	Triple heater - thyroid	Elation and depression
P/B	Stomach	Contentment, disappointment, distrust and greed
H	Spleen	Faith in future or anxiety about future
Q	Lung	Tolerance and intolerance
M	Large intestines	Self-worth and guilt
W	Bladder	Peace, harmony, restlessness and impatience
K/G	Kidney	Sexual security and sexual indecision
L	Conception vessel (Lower Abdomen)	Shame
T/D/N	Governor vessel (Spinal Cord)	Embarrassment

Acknowledgements to Dr. John Diamond, Life Energy, Paragon House, 1990 and Chloe Wordsworth, M.A., Holographic Repatterning, Wordsworth Productions, Inc., 1994.

Jonathan Goldman is an expert in using the voice to induce health and positive change. In his book, *Healing Sounds - The Power of Harmonics*, he emphasizes the importance of using positive intention. In this regard, Goldman communicates some wonderful formulas.

- **Frequency + intention = healing.**
- **Visualization + vocalization = manifestation.**

Incorporating the energetic exchange with the ZPF, my favorite formula is:

**More Energy from the ZPF + Positive Intention = Positive Change**

Goldman describes various vocal healing techniques and as many before him, endorses the healing effects of vocal harmonics. If you use consonant or vowel sounds to make your voice recording, there are two recommendations:

- Access as many frequencies within your voice as possible. For example, you can use one frequency and make the vowel sound, "aaaaaah" or one can produce several different frequencies of higher and lower tones by saying the same vowel sound, "AAAaaaAAAAaaH" in a rising and/or lowering scale/pitch. Different vowel sounds naturally create different harmonics. The more frequencies contained in your recording, the greater the number of harmonics and resonant frequencies that will be generated by Metatones, resulting in a more potent and effective session.
- As is the case with affirmations, put some feeling behind the sounds you are making. Pick one or two basic feelings or qualities you would like more of in your life and use this as an emotional foundation when making the recording of your voice. A few examples are; clarity, aware, energized, relaxed, calm, peaceful and loving.

A very special source of positive affirmations is contained in the book, *You Can Heal Your Life* by Louise L. Hay. This is one of the endless sources that embrace a principle discussed in the introduction: *All physical symptoms originate with an energetic imbalance or flaw somewhere within the Human Energy Field.* This is a famous book about how Louise used positive affirmations to heal herself. At the end of her book, there are almost forty pages of affirmations organized by specific physical symptom. This list is ideal for Metatones applications. It identifies specific symptoms, the negative emotions/mental patterns that cause the energetic imbalance, and the affirmations needed to cure the symptom (and release the imbalance). A shorter book by Hay that contains just the positive affirmation chart is *Heal Your Body*.

Hay provides affirmations for everything from AIDS to insomnia. Using Alzheimer's as an example, the emotional cause may be related to a conscious or unconscious inability to face life. This is often tied to a perceived lack of purpose. A suggested affirmation could be something like; *Everything happens in the right sequence. Right action is taking place at all times. I reprogram my brain to be patient and to be open to a new purpose in life.* Hay states that a frequent cause of insomnia is fear, and not trusting the process of life. Her suggested affirmation: *I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.* The Louise Hay approach has produced countless success stories, which explains why just about everybody who uses positive affirmations with Metatones reports positive results. In other words: **More energy from the ZPF + Positive Intention = Positive change.**

No matter what type of recording is used, it is suggested to either sing or tone the vocal

sounds. By singing or toning the recording one maintains a constant, **uninterrupted recording of the voice frequencies**. Uninterrupted voice frequencies on the entire recording (or with as few silent gaps as possible), aids in maximizing the benefits of each session. To accomplish this, particularly when you are using a short affirmation, you may need to repeat the affirmation 2 or 3 times and/or add a few seconds of a vowel sound at the very end of the recording. Example: *I am very talented, my brain functions are improving, and I always see life clearly and calmly with a positive outlook AAAAAaaH*. In addition to eliminating silent gaps in the recording, singing also helps to add intention and emotions to your recording. The variations that can be used to make recordings are endless, as long as you just use your voice, without any background sounds. A few suggestions have been provided to get you started but use whichever techniques you prefer.

Once your voice has been recorded, prepare yourself for the session. A few suggestions:

- Be as relaxed as possible physically, mentally and emotionally...and consider taking a few nice, long, deep breaths = release all tension.
- Avoid the consumption of large quantities of food just prior to sessions.
- Lying down or sitting in a comfortable chair is preferred. Consider connecting your meridian system by lightly touching each thumb and forefinger and your tongue to the roof of your mouth, which will cause you to breathe through your nose.
- Close your eyes and calm your body and emotions.

You will be listening to your voice mixed with variations of your recording, using higher and lower pitches. **Visualization of your goal is important because it will increase the effectiveness of the session**. Thus, as you listen to Metatones, *visualize yourself living your affirmation*. Using the earlier skiing affirmation as an example, see yourself on the slopes skiing better and faster than ever before. If you are using Metatones for insomnia, begin by experimenting with a few Metatones sessions in the morning hours. Metatones tends to have a short-term energizing effect. Thus, until you know how you react to Metatones, sessions in the late afternoon or evening should be avoided. However, as you listen to Metatones, visualize yourself in a deep relaxing sleep.

## **EFFECTS DURING & SUBSEQUENT TO SESSIONS**

The reactions and sensations during the sessions vary. Although there are some general patterns, there are no absolutes in terms of what is experienced during or after a Metatones session. Some of the sensations during the sessions may be physical. Even during the initial sessions, some feel the energetic effects on various parts of the body. For example, as Metatones opens and balances a particular chakra, energy (also referred to as prana or chi) can be felt moving in this area of the body. This is a wonderful tingling sensation, particularly if one has not had this experience before. If one has had similar experiences, the energetic surges will tend to be stronger and longer in duration than prior experiences.

Some may raise the question...*What exactly does it feel like to have my chakras and meridian system synchronized, whereby the movement of energy is a conscious feeling?* When there is a saturation of energy there can be a sensation that feels similar to a form of numbness. There is no need for concern. As soon as you move the body part affected, the numbness passes. A more dramatic sensation is to actually feel energy moving in part of your body. This is a pleasant tingling sensation, which may last a second or two, or come in several waves that provide a tingling sensation off and on for a few minutes. These pleasant tingling sensations have been compared to a very low voltage electric current, moving slowly through the body. For example: Energy can be felt entering one chakra, the crown for example, and then it moves all the way through the body to the feet. Both the numbness and the tingling sensations may occur during or after Metatones sessions. Once upon a time only sensitive individuals could feel *energy running* through their bodies. With long-term Metatones use, these pleasant sensations can be felt by everyone.

A sample of broad categories of reactions to consistent Metatones use follows:

- A relatively common reaction is a *bump* in energy levels for a few hours following a session, often accompanied by a definite sense of enhanced mental clarity or even euphoria. Long-term use, combined with the *purification of the field*, will gradually make these heightened states of mental, emotional and spiritual clarity permanent. As previously discussed, purification refers to the process of identifying and releasing energetic blocks/imbances from the field.
  - The path to positive change may be a very subtle and gradual process, due to the cumulative effects of each session. That is, the positive effects of each session build on each other and gradually refine and improve the vibratory structure of the field, which manifest in a variety of benefits. Change the field with positive intention = positive life-style changes. A person may not even be conscious of any specific effects after a session. However, when they look back after months of consistent use, the recognition of noticeable improvement in their lives is the inevitable result.
- A crisis or problem will be seen from a clearer perspective, because of an apparent *shift in outlook*. For example, people who had been confused about a particular set of circumstances, which they had agonized over for months, recognize a course of action...and move forward. In other words, because of a heightened sense of mental and/or emotional clarity, the gray areas of one's life become black and white, decisions are made, and life moves forward for the better!
- Individuals have reported a new and more frequent sense of inner peace and tranquility. Life has become a bit *lighter...and judgmental tendencies subside*. Some clients believe their sense of humor has improved. They have released some of the tension of day to day living and a less serious, calmer approach to life has resulted. Consistent with a calmer, clearer approach to life, sleeping disorders have become less severe.
- Improvement in the ability to focus and concentrate has produced better physical

performance in an array of sports and activities, including higher productivity levels in the work environment. Improvements to hand and eye coordination have also been reported. After each session, some people have found that it takes the physical body some time to acclimate to the energetic effects. For this reason, a long practice or warm up session is a good idea before any serious competition.

- Via the chakra and meridian networks, Metatones increases the flow of energy throughout the body. This increase in energetic flow often translates into an acceleration of the entire metabolism and a noticeable *bump in energy levels and mental clarity*. When the *acceleration effect* wears off, the physical body may be tired. Thus, this may dictate some added rest and sleep for a day or so. This type of reaction may reoccur as you experience the progression of more potent Metatones programs.
- Some clients use Metatones to treat various types of physical pain, including migraine headaches. Metatones also aids the body to recover quicker from physical exercise. The reduction in physical pain, due to an increase in the energetic flow into the field, is also a premise of acupuncture.
- A variety of mental impairments and behavioral disorders (including ADD, PTSD, speech impediments, learning disabilities, closed head injuries from auto accidents and addictions) have been treated with Metatones. Long-term use has resulted in many positive effects, *even in cases when no other therapy was helpful*.
- People who routinely meditate report deeper and more satisfying meditative states. Enhanced psychic abilities, along with better results from various regression techniques, have also been reported.

This has been a quick overview of the reactions that may be experienced during or after a session. There is no right or wrong reaction to Metatones and as stated, the reactions will vary from person to person. **It is recommended to allow your metabolism to acclimate after each session, so please consider refraining from intense physical and mental activity for about an hour.** Less frequently reported reactions include the following:

- Falling asleep during sessions is not uncommon. One of the basic functions of the sleeping state is to process all of the energies that entered our aura during the waking state. The buildup of "unprocessed information and energy" is one of the causes of the sleeping cycle. Metatones facilitates the *processing mode* by synchronizing the Human Energy Field, which accelerates the processing of the pent-up energy and information. The benefits of Metatones still occur during the sleeping state.
- Some of the principles supporting the effectiveness of Metatones are identical to many homeopathic principles (*using a like frequency to cure a like frequency*). The originator of homeopathy, Dr. Hahnemann, describes the possibility of a "healing crisis" and/or a temporary worsening of symptoms. This has been experienced by some individuals, in addition to the surfacing of symptoms that were not consciously present to begin with. Reactions of this nature are synonymous with the surfacing of energetic



imbalances/blocks within the field.

- o According to Dr. Chopra, from his book, *The Path To Love*, *The body generally registers some degree of agitation or even discomfort as it moves into alignment with Spirit*. Simply stated; some clients have had an initial short-term negative physical reaction. A minor backache or sinus congestion are just a couple of examples. Thus, as imbalances in the field are brought to the surface by Metatones, the symptoms of the imbalance may be magnified for a short period of time.
- It has been communicated that many of our physical, emotional and mental challenges originate with emotionally based, energetic imbalances within our field. During sessions, one may become aware of or sensitive to a particular part of the body. Subtle discomfort or a twitch in soft tissue have been experienced. Some of these sensations may be caused by what has been referred to as energetic blocks or imbalances within the field, which are being triggered by an increase in the energetic flow.
  - o By bringing the applicable memories to the surface of consciousness we obtain an opportunity to understand the cause of the block and release the energetic imbalance, thereby healing the related mental, emotional or physical symptom/problem. This energetic or quantum approach to improving our lives has been around for millennia, but few people knew about it until the last fifty years. By incorporating Metatones and the proper techniques, such as Past Life Review and Akashic Record Readings, the pace of the entire process can be greatly accelerated. Please see our free Past Life Review booklet for more information.
- Hearing one's voice, and permutations thereof, has created some minor discomfort in a small percentage of users. For example: *I don't like the way my voice sounded during part of the session or I couldn't put my finger on why, but it made me feel uncomfortable*. Why does this happen? The voice frequencies mirror the frequencies in your field. Thus, any uncomfortable feelings are reflective of the related negative emotions from one or more imbalances/karma. The discomfort can be minimized by keeping the volume low during the initial sessions and uncomfortable feelings tend to fade after a few additional sessions.

Even though the reactions to Metatones have varied, there is one underlying principle: **Ongoing use of Metatones will increase the flow of energy into the Human Energy Field. Long-term, this is a positive and life changing process. However, unless you are interested in changing your life, the use of Metatones is not recommended.** Positive change is obviously desirable...but can be quite challenging to implement in the short-term...for many reasons, including one already conveyed: *subconscious egoic tendencies prefer the status quo...and the perceived control of non-change*.

The performance enhancement and healing benefits being experienced with Metatones are just the beginning of the dividends that quantum-based therapies will pay. An element of this

new quantum approach parallels the common-sense approach we use toward our physical body. That is, just as it is healthy to keep our physical body clean, so too with our field. In this regard, and in addition to Metatones use, any combination of exercise, meditation, moderate amounts of sunlight and salt baths are recommended. Salt baths are particularly effective in cleaning the auric layers. Metatones also aids in eliminating toxins from the physical body, so drinking an adequate amount of water daily is also recommended.

## **TECHNOLOGIES INCORPORATED INTO METATONES**

In some respects, Metatones is a completely new approach to sound therapy. However, many of the techniques have been successfully used by professionals for decades. The next few pages will highlight some of the sound techniques utilized by others that are integrated into the Metatones technology. It is important to understand the functions of the human brain can be monitored through technology (EEGs) to confirm the effectiveness of the sound therapies described.

### **Binaural Beats**

As already discussed, when different frequencies are simultaneously played through right and left channels of headphones they create binaural beats in the brain. Robert Monroe, founder of the Monroe Institute, made this beneficial practice well known in the 1960's. Today the Monroe Institute is a leader in sound therapy. Monroe utilized the binaural beat technique to induce a variety of responses and benefits. For example, if frequencies of 300 and 400 hertz are played in the right and left ears respectively, 100 and 700 hertz binaural beats are created. In other words, the difference between and the sum of the frequencies create electrical signals in the brain. These self-generating signals occur whenever the two hemispheres of the brain work together, producing a unique type of exercise therapy for the brain.

Properly used, binaural beats alter and refine existing brain wave patterns into what Monroe called *hemisphere synchronization*. Simply stated; binaural beats improve brain-wave activity into a more organized, coherent and synchronized pattern. The bottom line is that the more synchronized the brain wave patterns are, the better the brain functions, which is obviously essential to obtain optimum levels of performance.

According to Monroe, long-term use of binaural beats **reverses the brain wave patterns indicative of mental impairments**. Clinical tests have shown the proper use of the binaural beat technique can result in a variety of positive effects including accelerated learning abilities, reduction of pain and enhanced immune system functions. Electroencephalogram (EEG) research has shown that optimal binaural beat techniques produce higher-order brain wave patterns, out of which expanded or higher states of consciousness emerge. This last sentence is important to anyone that is seeking higher levels of consciousness.

### **High and Low Alternating Frequencies - Dr. Tomatis**

Alfred Tomatis, M.D. was another famous sound therapy pioneer. Today there are over 100 centers world-wide, which utilize his technique (the Tomatis Effect) to treat a variety of

symptoms including deafness, various emotional disturbances, hyper-tension, ADD, ADHD, insomnia, speech defects, epilepsy, hyperactivity, dyslexia, autism, depression and many more. According to Tomatis, the ear is the vehicle of a complex process that involves every cell in the body. The research done by Tomatis resulted in a surprising conclusion: the ear is the primary organ of consciousness. The diagram of the human ear on page 32 documents this by illustrating that all major organs have meridians in the ear. Tomatis also believed the proper mix of sounds provides nourishment for the entire body in the form of electro-neural stimulation to the brain. **The long-time success of this therapy, in addition to over forty clinical studies, confirms the nourishing/energizing effect improves brain functions.**

A portion of the Tomatis work included recording mother's voices at high frequency ranges above 8,000 hertz. Tomatis would then play the recordings back to children with disabilities such as autism, dyslexia and hyperactivity. Noticeable improvements in brain wave patterns, learning abilities and behavior patterns resulted. Tomatis developed and refined his techniques into a recording process called the "electronic ear". This technology switches between high and low frequencies. He found the use of high frequencies enhanced the benefits of the sound therapy, including a noticeable whole-body healing and energizing effect, plus a jump in overall mental abilities. Some propose that the *energizing Tomatis Effect* is caused by an increase in the exchange of energy and information with the ZPF. Consistent with the Metatones theory, increases in the energetic flow is obtained by increasing the level of synchronization between the ZPF and the HEF. These conclusions seem rudimentary in light of the clinical studies that confirm the many positive effects of the Tomatis sound therapy, including increased mental capacity, accelerated learning abilities, improvement in memory, weight loss, improved concentration, improvement in the ability to relax, overall reduction of stress and many other benefits.

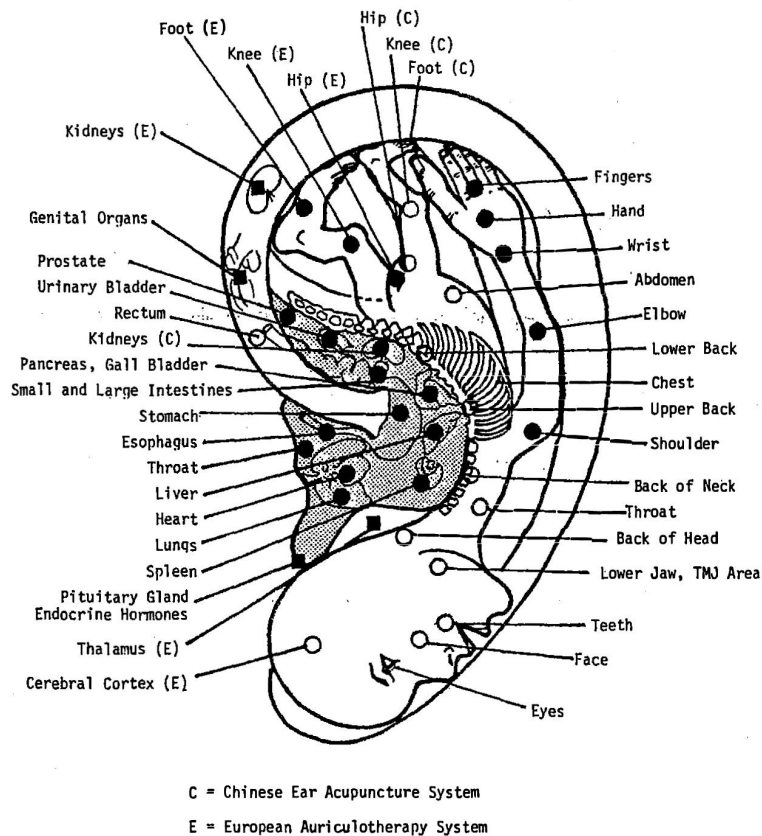
### **Meridians and Acupuncture Points in the Human Ear**

The Tomatis perspective is that the ear is a much more important organ than previously recognized because it involves every cell in the body. This is confirmed by our meridian network. All major organs of the body have a meridian that terminates in the ear. A confirming source of information is the book *Holographic Universe* by Michael Talbot, which states the following: *The ancient Chinese art of acupuncture is based on the idea that every organ and bone in the body is connected to specific points on the body's surface. By activating these acupuncture points, with needles or some other form of stimulation, it is believed that diseases and imbalances affecting the parts of the body connected to the points can be alleviated and even cured. There are over a thousand acupuncture points organized in the lines called meridians on the body's surface.* Talbot goes on to communicate that the ear contains an acupuncture micro-system first discovered by the Chinese 4,000 years ago.

By connecting the dots of the acupuncture points in the ear, they form an anatomical map of a miniature human, inverted like a fetus. The diagram on the next page (copyright Dr. Terry Oleson) of the *man in the ear* illustrates that a meridian for every major organ terminates in the ear. *Everything vibrates, therefore, if the right frequencies are used, acupuncture points can be positively activated by the frequencies in headphones. As the Metatones frequencies activate*

the meridians, many of the benefits documented by Dr. Tomatis result.

Although there are several sources available on Monroe, Tomatis and others, we referred to Michael Hutchinson's book *Mega Brain Power* for the information included within. The techniques and technologies briefly described represent proven elements of some of the most successful sound therapies. Metatones incorporates all of these technologies, plus the vibratory formula to the Human Energy Field, which the Metatron team has discovered.



### Imbalances in the Human Energy Field = Imbalances in the Brain Waves

People with mental impairments or significant behavioral flaws have brainwave irregularities reflective of imbalances between the right and left hemispheres of the brain. Even so-called *normal people* have brain waves that are not synchronized, indicative of less than optimal brain performance. In order to maximize brain performance and/or reduce the symptoms associated with any mental impairment, the level of imbalance in the brain waves must be reduced. A growing perspective is that the originating cause of flawed brain wave patterns lay within what has been described as vibratory imbalances or energetic blocks within the Human Energy Field, which surrounds and penetrates the human brain. In other words, the vibratory imbalances within the HEF manifest as flawed brain wave patterns, which to varying degrees, result in less

than optimal brain performance.

The Monroe Institute, via clinical tests, proved that the use of binaural beats entrains (i.e. refines) the brain waves into more balanced and synchronized patterns, thereby improving brain functions. Simply as a reminder, hemispheric synchronization produces mental abilities that are reserved for the extraordinarily gifted, referred to as *peak brain performance*. Although the Monroe Institute, and other organizations such as the Tomatis Group, produce sound therapies for improving brain waves, no therapy has ever been discovered to induce peak brain performance...until Metatones.

The Metatron team has taken the Monroe and Tomatis discoveries into a new, more potent era of sound therapy. We have discovered a progression of frequencies that promote peak brain performance and higher levels of consciousness. This same vibrational progression or formula can also be used to gradually modify flawed brain wave patterns, which are indicative of a variety of mental impairments and behavioral flaws. An essential ingredient is a routine of long-term use, as conveyed by the protocol in our Frequency of Use Guidelines.

From an energetic or quantum perspective, anything less than hemispheric synchronization (and peak brain performance) is indicative of flaws and imbalances within the first layers of the Human Energy Field, also referred to as lower chakra issues. Portions of the initial layers of our field, and any related imbalances, surround and penetrate our physical brain. These imbalances will manifest as irregular brain waves and if severe enough, as mental impairments and disabilities. *Metatones provide a series of programs that mirror the optimum vibratory patterns of each layer of the Human Energy Field.* Because the Level 1 programs emphasize treatment of the initial layers of our field, portions of which surround the brain, people with mental impairments exclusively use the Level 1 programs. They do not progress to the more potent Level 2 programs until noticeable progress has occurred.

*By reducing the level of imbalance within the Human Energy Field, our brain waves will gradually move towards synchronization, and many mental deficiencies (whether minor or severe) will be gradually reversed.* This is a complex subject, which often includes the Pre-Incarnation Planning Process. Each imbalance and related impairment needs to be investigated to determine the originating cause. However, in many cases the long-term use of Metatones will gradually improve the level of brain wave synchronization and the related symptoms will be reduced. For all of the reasons described, the Metatones approach may be effective on *any brain wave imbalance*, including those that manifest as severe disabilities.

The target of our binaural beat frequencies is the flawed brain wave patterns, while other frequencies generated by Metatones focus on the HEF surrounding and penetrating the physical brain. These two categories of therapeutic frequencies are produced by Metatones to correct imbalances in the brain waves, including those that cause mental impairments and *negative behavioral patterns*. **Thus, by addressing the cause of anything less than optimal brain performance, Metatones obtains results not produced by any other therapy. Thus, consistent use of Metatones 2 or 3 times per week for 8 - 10 weeks will generally produce noticeable results for everyone**, including those with severe mental impairments. Why?

Because Metatones treats the problems at the cause: the imbalances within the quantum substructure of the Human Energy Field.

Once positive results are observed, this will hopefully justify long-term Metatones use. Whether you are treating a serious mental impairment or striving to optimize brain performance, synchronizing the brain is a *one step at a time process*, which requires time and patience. There is a related part to this overall process that is critical to understand. By correcting any level of brain wave imbalance, related emotional and psychological issues may come to the surface to be discussed, understood and resolved. This is when loved ones, traditional therapists, PLR therapists and people providing Akashic Record Readings can be extremely helpful. All of us need guidance, understanding and encouragement to assist us in resolving our unique issues, which help us to move in a positive direction.

### **The Only Personalized Sound Therapy + Benefits**

Because Metatones requires a new voice recording for each session, it provides personalized and time sensitive frequencies unavailable from any other therapy. One of the reasons for this approach is that the Human Energy Field is in constant flux, changing from minute to minute, depending on what is going on in our lives. Our vocal frequencies mirror the vibratory composition of our field. Given this reality and the common formula to the Human Energy Field (used exclusively by Metatones), the only way to produce the most effective sound therapy is by using a current voice recording and permutations thereof. By consolidating all the techniques and technologies described, Metatones offers a very potent and effective therapy.

#### **Some of the benefits of Metatones:**

- **Less time consuming** - While other sound therapies recommend daily sessions, sometimes of an hour or longer in duration, we recommend a maximum of 3 sessions per week, which have a duration of less than sixteen minutes.
- **Less Expensive Per Session** - Metatones is a simple to use audio software. This approach not only delivers a more potent sound therapy but allows anyone who has access to the software to use it. This significantly reduces the cost per user and per session.
- **More Potent and Effective** - No other sound therapy consolidates all the techniques and technologies that Metatones does, which empowers people to improve the quality of their lives while in the privacy of their home. Please see the Metatones Theory booklet for additional details on this quantum-based technology.

### **SEEING IS BELIEVING**

#### **PHOTOS OF THE HUMAN LIGHT BODY OR AURA PHOTOGRAPHY**

Decades ago, a new type of photography was invented that allows us to see the aura or light body around our physical body, which proved the existence of the HEF.

As has been discussed, by increasing the energetic flow into the Human Energy Field from the ZPF, we become healthier from a physical, mental, emotional and spiritual perspective. Simply

stated, we move towards and induce optimal human performance. In addition, a growing perspective is that all illness, along with our inability to maximize our human potential, originates with a blockage of the free flow of energy from the ZPF. Metatones primary goal is increasing our energetic and informational intake from the ZPF, which provides a long list of benefits.

People often ask me...*How do you know Metatones delivers more energy to the Human Energy Field?* There are many ways to answer this question. One way is that *if* Metatones increases the flow from the ZPF, and it clearly does, then people who use Metatones will have bigger and brighter auras! It is that simple. On our website ([Seeing is Believing section](#)), you will locate aura photographs demonstrating this reality. That is, **Metatones increases the flow of energy into the Human Energy Field, which causes the aura to become bigger and brighter = seeing is believing.**