

# **METATONES**

## **OPERATIONS MANUAL**

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## **INSTALLATION INSTRUCTIONS - Windows Operating Systems**

Plug the USB flash drive into your computer or tablet and click on: **run set-up exc.** Then simply follow the instructions that appear on the screen. Clicking on yes, next or finish on each screen will complete the program loading process. Install the USB security key into a port **after** the programs have been loaded. Simply double click on the Metatones icon on your home page to begin. Please read this manual, particularly the Frequency of Use Guidelines, prior to using this technology. **Metatones is designed for Windows.**

## **INSTALLATION INSTRUCTIONS – Mac Computers**

Metatones was designed for a Windows operating system. However, an enhancement to the Mac hardware and the Apple Boot Camp utility program makes Metatones compatible. Although the steps required to install Metatones is not particularly complex, it is recommended to use a Mac tech to install Metatones.

If you have already installed Windows on your iMac then ignore the install instruction that follow. If you have installed Windows with a program other than BOOT CAMP then we cannot guarantee the operation of the Metatones programs. They may or may not work.

The following instructions assume that you have an Intel based Mac and have not previously installed or are running a Windows operating system on your iMac. You will need the following:

- Latest firmware/Apple updates installed on your computer
- A USB keyboard and mouse or a built-in keyboard and track pad
- At least 10 GB of free space on the disk/hard drive
- A licensed copy of Windows

Once you are up and running in Windows, please see the **Windows Operating System Installation Instructions** at the top of this page.

## **USB SECURITY KEY RESTRICTION & REPLACEMENT**

The programs will not operate unless a Metatones USB security key is plugged into one of your USB ports. The replacement cost of a USB security key is the price of the programs purchased.

## OTHER REQUIRED EQUIPMENT

1. Plug-in Microphone Optional – Most computers have internal microphones.
2. Headphones – For the Level 1 thru 3 programs, a frequency response of 20,000 Hz or greater is preferred, which is standard for most headphones. A binaural beat format is used by Metatones (different output frequencies simultaneously in the right and left channels). For this reason, **speakers are not to be utilized with the Metatones**. For the Level 4 and 5 programs a frequency response in excess of 35,000 Hz is needed.

## OPERATING INSTRUCTIONS

The programs are easy to operate. However, if any questions arise please review the screen descriptions that follow. **At a minimum, please read the Frequency of Use Guidelines that begin on page 5 plus pages 20 through 25 in the Introduction to Metatones booklet, which provide suggestions for making your voice recordings.** The next few pages describe the program screens in sequence. Reviewing this information as you view the screens is suggested.

### 1st Screen

- **Select Program** - The programs are Beginning and Levels 1 through 5. Within each program level there are also letters denoting program selections: A through E except for the first two levels, which also offers the F series. A single left click will activate the program level and letter selected. (No right mouse functions are used). Only the program levels that have been purchased will appear on the program select screen. A scroll down function provides access to all programs.
- **Select Length of Voice Recording** - The options are a 7, 9, 13 or 18 second voice recording. *The longer the voice recording, the longer and more potent the Metatones session will be.* There are a total of 48 intervals within the Level 1 programs with a one second gap between each interval. Thus, if you select a seven-second recording, the length of the session will be 48 times 8 seconds or approximately 7 minutes. See the chart on the next page for the number of intervals in each program level. Click on the applicable circle for the length of the voice recording desired.

Program	Number of Intervals
Beginning	56
Level 1	48
Level 2	72
Level 3	112
Level 4	152
Level 5	192

**Begin Recording Screen** - If you have not done so prior to this step, determine what your voice recording will consist of...with no background sounds, music, etc. To obtain a good voice recording, please speak up and speak clearly. Some experimentation may be needed to consistently obtain voice recordings at a good volume level.

The microphone volume controls within your computer may have to be adjusted and tested. The amplitude of the voice is the critical factor. The volume adjustments are easy to use once you are familiar with them. Please see your operating manual for the specifics. When you are ready to record your voice, simply single click on Begin Recording.

**Metatones Screen** - Tells you that three seconds after you click on the OK option you will begin recording your voice.

**Three Second Delay Screen** - With a bar graph display, this screen counts down the three-second delay prior to the voice recording mechanism being activated. As this screen disappears, begin recording your voice.

**Metatones Recording Screen** - When this screen appears, you will be recording whatever is spoken. The bar graph display at the bottom of the screen tells you how much of the recording time has elapsed. When the bar graph is solid, stop speaking. The spectrum analyzer visually displays the frequency of the voice recording. The amplitude (volume level) and frequency (hertz or vibrations per second) are displayed on the vertical and horizontal portions of the spectrum analyzer. **As you record your voice, the amplitude should fall between 1 and 6 on the spectrum analyzer.** The higher the recording level on the spectrum analyzer, the louder the output will be. The amplitude of your voice may be adjusted by either speaking louder or softer, adjustment of the internal microphone volume controls or by simply being closer to or farther away from the computer/tablet. If there is no frequency reflected on the spectrum analyzer, this probably means that you need to turn up the recording volume on your computer.

**Recording Complete Screen** – If the recording is not satisfactory for any reason, single click on the cancel option and make another recording. A question will inquire whether you would like the program to pause after the output processing function is completed. If your response is “yes” then the program will stop after the processing is completed. You will then have to activate the playing mode with a single click to begin the session and audio output. If you want the audio output to automatically begin playing (as soon as the processing is completed) then press the “no” option.

**Metatones Processing and Playing Screens** - These screens have a spectrum analyzer at the top and a bar graph on the bottom. Initially the bar graph will communicate the status of the program processing function, which depending on the program, takes a few minutes or less.

Prepare for the session by getting in a comfortable position and closing your eyes...*relax*. The first few times you utilize Metatones you may have to adjust the output volume to a comfortable level. Once the Metatones output begins, the spectrum analyzer will visually display the output frequencies of Metatones. You will be listening to intervals that contain your original recording plus computer generated permutations of your recording. The audio output will switch back and forth between the right and left headphones. In the middle of each program there are 2 intervals that only play the original voice recording (no permutations). This tells the user that the session is half over. The bar graph on the bottom of the screen also communicates the status of the playing time. When the sessions are over, single click on Exit Metatones.

## **FREQUENCY OF USE GUIDELINES**

Please use Metatones within the confines of these guidelines. Metatron reserve the right not to sell additional program levels to anyone who does not honor the guidelines. The guidelines are always being evaluated. We encourage our customers to join us in this process by providing your input, observations and recommendations.

In addition to the Beginning program, there are five primary levels of audio programming (1 through 5) and 5 programs within each level (A through E). Levels 1 and 2 also contain the most potent program series offered, the F series. Each level of programming is more potent than the previous, goes farther out in the auric layers and deeper into the meridian network. To maximize the benefits, long-term use is required. However, excessive use of Metatones is not recommended = *more frequent use is not necessarily better*. Metatones is a potent therapy that increases the energetic flow into the

human energy field and physical body. Too much of an energetic increase too quickly is not recommended. *Everyone who uses Metatones should closely monitor their reactions and adjust their usage accordingly.* Please utilize our support services to answer any question that may arise in determining the appropriate frequency of use.

## FREQUENCY OF USE GUIDELINES

<u>Program</u>	<u>Minimum Time Between Each Session</u>
Beginning	24 hours
Level 1	2 Days*
Level 2	3 Days*
Level 3	4 Days
Level 4 & 5	7 Days

**\* Because of the increased potency and depending on your reactions to program F, add at least two to five additional days between sessions. For other suggestions regarding the F series please see the SPECIFIC RECOMMENDATIONS section on page 10.**

**Children and seniors may have more fragile fields. Thus, reactions to Metatones should be closely monitored to determine the appropriate usage in each case. When in doubt, extend the number of days between sessions. All use by children should be closely supervised.**

***These guidelines reflect the maximum recommended use of Metatones.*** In addition to the general guidelines, and understanding that everyone may react differently, your reactions to each session should determine whether less frequent usage of a particular program (A-F) is appropriate. When selecting the length of the voice recording (7, 9, 13 or 18 seconds) please recognize that **the longer the voice recording the more potent the session will be.**

Per the guidelines, the maximum use of the Level 1 programs is once every other day. However, this does not mean that everyone should automatically do a Level 1 session every other day. Please monitor the effects of each session and adjust the time between sessions accordingly. Usage every 48

hours is only proper when you are *comfortably dealing with the effects*, with the understanding that some effects occur outside of the sessions.

Users begin to notice changes in their lives, sometimes very subtle, as they continue to use Metatones. These effects may be emotional, mental, physical, spiritual or a combination thereof. Thus, the proper use for the level 1 programs may be once every 2 days or once a week depending on your reactions. Due to the various and sometimes subtle benefits of long-term use, people may not always identify all of the post session effects with Metatones use. In this regard, the impact of the sessions are cumulative and the effects may be quite subtle. For examples of some of the reactions, please see the section in the Introduction to Metatones booklet entitled: Effects During and Subsequent to Sessions.

Beginning with the Level I programs, please start with the A program and either a 7 or 9 second voice recording. This represents a session of approximately 7 and 9 minutes respectively. Unless your reactions indicate otherwise, your second and third sessions should progress to the 13 and then the 18 second voice recording options. The general guideline is to experience the programs in numerical and letter order as they appear on the program select screen. For example, the Level 1A program should be experienced prior to using the Level 1 B program. It is also recommended that you experience each program (i.e. Level 1A, 1B, 1C etc.) at least three times before progressing onto the next program. In other words, do at least one 1A 9 second, 13 second and 18 second session prior to moving onto the Level 1B programs. This progression will *gradually increase the potency of each session*. If you sense a need to use Metatones less than the maximum recommended, please adjust your schedule accordingly.

Depending on how sensitive you are, it may take several sessions before you begin to consciously feel and sense the effects of the Level 1 programs. This is one of the reasons why we initially recommend a minimum of one session per week with the Level 1 programs. Conversely, some will notice the positive effects of Metatones with the first session.

**It is suggested to skip the level 1 programs (and begin with the Level 2 programs) only if one is essentially healthy from a physical, mental and emotional perspective and has no significant problems.** All the frequencies generated by the Level 1 programs are also produced by the level 2 programs. Thus, by skipping the Level 1 programs you will not be missing any Level 1 frequencies. You will just be starting off with the more potent Level 2 programs.

Each program letter (A through F) is more potent than the previous letter on the program select screen. If you skip the Level 1 programs and begin with the Level 2A program, the recommended progression remains the same. (Begin with either a 7 or 9 second voice recording session, followed by one 13 second and then one 18 second session.)

*Your frequency of use, for all the Metatones programs, should always be influenced by your reactions to the preceding session. If a program seemed too potent, please take a break from Metatones use. When you feel like you are ready to proceed, and depending on your specific reactions, either repeat the same program until your field and metabolism acclimates or revisit the prior, less potent program.*

Our human energy field (HEF or simply our field) is complex. Each field contains imbalances and flaws, which tend to be deeply ingrained patterns. Our energetic flaws are not permanently released from our fields with only a few sessions. Even after the adjustment/healing process has begun, our vibratory flaws have a tendency to return or “reset” back to the imbalanced patterns. Positive effects and the balancing of our fields is facilitated by consistent Metatones use, positive intention, and patience. These are a few of the reasons why long-term use of Metatones is highly recommended.

Some HEFs are simply more sensitive than others. The variables are endless. As one continues to use Metatones, sensitivity gradually grows as a result of the increase in the energetic flow from the Zero Point Field (quantum sub-structure of the universe) into the HEF. Because of the increase in the energetic flow into our fields, there is usually a bit of an *energy boost* right after most sessions. The energy boost will tend to make the physical metabolism work a bit quicker than usual, which can produce subtle euphoric sensations and/or a heightened sense of mental clarity.

If the physical body does not quickly acclimate to the increase in energetic flow, one may feel tired for a day or so after the initial effects pass. This “energy bump and then tired” effect may be more obvious using the longer and more potent 13 and 18 second voice recordings. If you have this reaction, please be advised that some people elect to avoid the more potent 13 and 18 second voice recordings all together. Under this scenario, at least four 9 second sessions are recommended, for each program letter, prior to moving onto the next program letter. Please understand that by not using the more potent 13 and 18 second voice recordings it will take longer to obtain the maximum benefits. If you fall into this general category, do not be concerned. The overriding objective is to arrive at a routine that fits the reactions of each user while facilitating long-term use. The most common affect experienced



immediately after sessions is an enhanced level of mental clarity, which over time will become permanent.

### **Physical, Mental & Emotional Symptoms/Conditions = Energetic Imbalances/Blocks**

As we communicate in more detail in other Metatones booklets, this sound therapy is directed at the quantum structure of our field. As Metatones gradually synchronizes the HEF (human energy field) it may facilitate the release of major or minor energetic flaws/imbbalances. We all have these energetic imbalances to one extent or another. Metatones may bring these vibratory imbalances to the surface of our conscious experiences in order to be resolved, released and healed. Our energetic flaws often manifest as physical, emotional and/or mental life challenges/symptoms. These challenges represent learning opportunities (within the experiential structure of the cycle of reincarnation). When the related life lesson is learned and incorporated into our behavioral patterns, the flaw/energetic imbalance is released from our field. Consistent use of Metatones will accelerate this natural purification and maturation process.

Depending of the circumstances, the path to resolving and releasing any given imbalance are endless. However, consistent Metatones use increases the energetic flow into our fields and in so doing so assists us to identify, learn from, and resolve our energetic imbalances. Thus, if you are currently dealing with a significant life challenge, please monitor your reactions to each session closely, particularly if you are dealing with physical symptoms. Please understand that whether you are conscious of this or not, the energetic effects of the sessions are cumulative and the most significant reactions to Metatones may occur when you are not listening to Metatones.

**In general, if you encounter a life crisis and/or an intensification of an existing physical, mental or emotional symptom or situation, please do not move onto more potent Metatones programs until the crisis is resolved or the intensity of your situation subsides. Depending on the specific circumstances, it may also be advisable to either use a less potent program and/or reduce the frequency of use.** When dealing with physical symptoms, big or small, we suggest referring to the chart in the book by Louise Hay, Heal Your Body. This chart provides specific affirmations by physical symptom, which will be very helpful in conjunction with Metatones use. Please contact us with any questions.

For more discussion on our energetic imbalances/blocks and the resolution thereof, please see the Introduction to Metatones, Metatones Theory and Past Life Review booklets, all of which are free and can be downloaded.

## **SPECIFIC RECOMMENDATIONS**

- **F Program** – This program is only available in Level 1 and 2. It represents a significant increase in potency from the E programs. Most energetic imbalances tend to reside within the foundation of the field and within the frequency ranges of our Level 1 and 2 programs. These factors cannot be overemphasized. For these reasons we recommend the extended use of the F series (at least 4-5 months) prior to the purchase of the Level 3 programs. After experiencing the positive effects of the F series, many customers do not feel the need to purchase the Level 3, 4 and 5 programs. Although some experimentation is recommended to arrive at your preferred routine, after the initial use/progression of the F program (i.e. one 9, 13 and 18 second session) one long-term option is alternating weeks of one 13 or 18 second F session with a less potent, Beginning or B program the following week.
- **Beginning Program** is the first program you will see on the select program screen. This is a mild program and it is suggested for anyone interested in a quick energy field tune up. It is also a good therapy for conditions such jet lag, motion sickness and recovering from strenuous physical exercise.
- **After Each Session** - No strenuous physical or mental activity is suggested for at least an hour subsequent to sessions = allow yourself to acclimate after each session. A glass of water before and/or after each session is also suggested = stay hydrated.

## **MENTALLY IMPAIRED OR DISABLED**

Any form of mental impairment or disability can be treated with Metatones. Metatones has been used successfully for a variety of symptoms since the late 1990s. We at Metatron suggest that the positive effects of consistent long-term use, on symptoms many consider to be non-treatable, will speak for themselves.

The only prerequisite to use Metatones is that the person must be able to make short voice recordings and be willing to maintain a consistent routine of at least one session per week. Any form of vocal sounds will work, even if

it's only humming. Level 1 sessions are all less than 16 minutes in duration, with some as short as 7 minutes. Metatones uses some very new approaches and discoveries to healing. Please see the Introduction to Metatones booklet for more details. The suggested guidelines in the following paragraphs are just that. In other words, the specific reactions to the sessions should dictate the protocol for each user.

The Level 1 programs target the spine, the first chakra layer (of the entire charka system), the meridian network and the brain waves. Vibratory irregularities, often referred to as imbalances within the brain waves, are generally accepted to be a primary cause of mental impairments and disabilities. Thus, reduce the vibratory irregularities of the brain waves and the mental impairments and disabilities should gradually improve.

**For all mental impairments, the recommended protocol begins with the Level 1A program** and progresses program by program up to the Level 1F program. Each program letter from A to F is a progressively more potent than the previous letter. As previously discussed, begin with a 7 or 9 second voice recording with each new program letter and then progress to the 13 and 18 second options. The longer the voice recording, the longer the session and the more potent the therapy. *Each program letter should be done at least 4 times at the 18 second voice recording setting before moving to the next program letter.*

For whatever reasons, if the client has elected to stop at the 9 second voice recording for each program letter (versus the more potent 13 and 18 second sessions) then please make sure at least seven 9 second recording sessions are done prior to moving onto the next program letter. Please closely monitor the reactions to the sessions. If the person is not inclined to use the longer and more potent 13 and 18 second voice recordings for any reason, simply understand it will take longer to obtain the benefits of this therapy.

As discussed in the Introduction to Metatones booklet, and in more detail in the Metatones Theory booklet, one of the benefits of Metatones is that consistent long-term use increases the flow of energy into both the HEF and physical body, inclusive of the brain. The higher the flow of energy, the quicker the healing process. However, too much energy too quickly may temporarily intensify the symptoms. Thus, all physical, mental or emotional symptoms need to be closely monitored during and subsequent to each session. **If symptoms intensify (or if a new one manifests) this is a sign that the vibratory imbalances are being triggered. Until the symptoms subside in intensity, it is recommended that only the Level 1A or Beginning programs be utilized and/or reduce the frequency of use.** Finally, use affirmations (to

make the voice recording) that create an intention to *reprogram the brain to heal and function better*, in addition to calming the client.

The steps communicated are a general guide. The specific circumstances of each person and the related effects of each session need to be considered. Look for and expect a very gradual improvement of the overall symptoms. Improvement may become more noticeable with the more potent Level 1 D thru F programs. Even small improvements should be used as motivation to continue the recommended routine. **Please do not use Level 1 programs more than once every other day under any circumstances and do not move onto the Level 2 programs until noticeable progress is made.** Multiple sessions each week is the recommended routine. **For all mental impairments only the Level 1 and 2 programs are recommended.**

Metatones is just like any other therapy — it must be consistently used to obtain the benefits. One of the goals of Metatones is to induce more synchronized brain wave patterns. Patience and multiple sessions every week is the recommended path to heal and correct the vibratory patterns of the brain. For the mentally impaired it is not unusual for emotional issues to surface. The importance and benefits of a caring adult or therapist to talk through the emotional issues cannot be overstated.

## **SUPPORT SERVICES**

General support services are provided by email [support@metatones.com](mailto:support@metatones.com). Extensive consultations will be billed an hourly rate.