

Alpha Flight V2 Recording Listening Instructions...

Please **Read carefully** the instructions before listening to your recording...

Alpha can help you to relax, have clear concentration, reduce anxiety and even help with the immune system and insomnia among many other things...

- If you are...
 - prone to epileptic type events,
 - pregnant
 - wearing a pacemaker
 - prone to seizures
 - under the influence of medication or drugs...then please consult a physician before use.
- We do not recommend using these recordings while under the influence of alcohol or other mood altering substances.
- Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to this recording.
- This recording is best listened to at the highest COMFORTABLE volume, with your eyes closed and in a reclined position.
- This recording is not "music" in the traditional sense. It is a series of finely honed and sculpted frequencies that have been painstakingly arranged in such a way as to have a profound and beneficial effect when used regularly with or without headphones. Headphones are suggested however for maximum benefit.
- It may take multiple sessions for your brain to "learn" how to react to this form of stimulation so don't be disappointed if you don't experience anything to "wild" the first few times you use it.
- As with physical exercise, it is important to "exercise" your mind every day. The more you use these recordings, the more positive changes you will be likely to notice.

By listening to this special mp3's the user agrees that...The user assumes all risks in using these mp3's, any claims against the creator or distributor and its affiliates for any and all mental or physical injuries. The user also agrees to assume all liabilities when allowing other persons use of these mp3's.

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

Enjoy!