

Koi Carp Lake with TMM Guided Meditation...

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

* 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.

Special Notes/Instructions...

The Koi Carp Lake with TMM guided meditation is also known as “the best friend” and the easiest way to describe it is as a bridge between your subconscious and conscious mind.

It provides a link that allows for a safe two-way communication between your conscious and unconscious mind.

There are times when we need to access the database of our accumulated learning that we all have stored in our minds. Often however we don't know how to access the various facts and details that we need in order to help ourselves in the now.

It is an actual fact that most people are even unaware that they have this storehouse of information and knowledge available to them.

There are times in our lives when we have certain issues or problems that can require some form of skilled assistance. Sometimes we have a need to bounce ideas around or ask questions and have them explained to us.

Often there isn't anyone suitable around who can help us.

We could try looking for professional help, but how do we know which discipline to choose and what kind of help would be the most applicable to our particular circumstance. The bottom line is we need a friend, a best friend who is totally trustworthy and who can keep our secrets if you will, and who in fact knows us as well as we know ourselves.

We are indeed fortunate to have such a person available to us at all times and in all situations. This person believe it or not is yourself.

This meditation is completely safe, and by following the steps and the guidance within it, you may utilize a process called fractionation in order to help you build a gorgeous bridge between your subconscious and conscious mind which allows for a wonderfully effective two-way communication link.

All of the resources that you need are stored in your neurons, in your brain, in your mind, all that is needed is for your imagination to be given the guidance that it needs in order to help put it all together.

The first time you do this meditation you build and you learn, subsequent events allow you to expand your consciousness and abilities so as to enjoy and have a much more fulfilled life.

During this meditation you will discover another person with whom you may interact. If the figure generated by your subconscious turns out to be an actual authority figure in your life like a parent, spouse, or another, simply ask this figure to please go now, and send someone else for you to relate with. This person will happily go and provide you with someone new so that you have no preconceived notions or responses which may hinder your travels to your new levels of enlightenment, happiness and joy.

Please remember that it is not necessary for you to speak with the person that you meet at the lake. Feel free to simply sit and enjoy the scene together and each time you go to the

lake the same friend will be waiting for you, to interact with them, or not as you require, as you wish.

Sometimes, the answers to a question may be less than direct and you will need to think about the response and mull it over in your mind, in other cases the answer to your question will be clear concise and immediate.

You will find that you get what you need, when you need it.

Now, please make yourself comfortable and prepare to enjoy... the Koi Carp Lake with TMM Guided Meditation...