

## Use the Pyradym "Tune Up" CD to Relieve Pain, Stress, Improve Circulation

**From the CD:** "This recording is a small sample of the Tones produced by AugusTara's Pyradym Light and Sound Therapy System. "

"The "7 Minute Tune-Up" is a sound vibrational programme to be used as a Chakra balancing tool. Each tone sequence begins in the root Chakra and proceeds through the entire system resonating each of the energy centers for approximately 1 minute. The "soft" track is an excellent tone series for relaxing and healing the entire body. This is a sample recording of the Pyradym's "soft" settings, and is reminiscent of a crystal singing bowl. The "hard" settings can be used as an energizing boost or breaking up deep seated energy blockages. This is an example of the Pyradym's "hard" settings and is reminiscent of a didgeridoo or throat singing. (This sound can be somewhat upsetting to those with a sensitive constitution.)"

"The Pyradym has many applications in use with the human body. By resonating and stimulating the endocrine and lymphatic systems, greater resistance to viral infection may be achieved, thus stimulating and promoting the human immune system."

**Congratulations on buying the Pyradym "7 Minute Tune Up" CD.** You have in your hands a CD containing two of the most powerful and well-proven healing parts of the Pyradym Instrument, the output of the sound and vibrational components. The FDA has approved the vibrational component (the physio-acoustics monitor) as a Class 1 Medical Device and allows the claim that the vibration "relieves pain and stress and improves circulation". So, you can count on the healing impact of the CD.

- The first 7 minutes help relax the cells of your body, one minute for each energy center or chakra. You can hit stop and repeat if you need to focus on relaxing.
- The second 7 minutes are set to clear and release stuck energy in the cells, one minute for each chakra.
- The physio-acoustics component was tested by the International Standards Organization and is certified safe for 24 hr a day operation.
- You can play the CD out loud or through head phones. See which works better for you. Everyone is different.
- Oxygen is a proven healer. Whenever you play the CD, breathe in to the count of 6 and then out to the count of 6 to speed the relief.

Here are some guidelines on how to get the best results from your CD...but keep in mind, that your creativity or intuition might suggest other uses as well. Try them out and when you get successful results, let me know so I can share the bright ideas with the other users.

### **For pain:**

- Since the CD is 14 minutes long, and the second half is for clearing and releasing, that part will be most powerful in helping you let go of pain. But the first half is for relaxing, so I recommend that you play the CD over at least twice, and as many as 4-5 times to get deep relief.
- If you have extreme pain, put the CD on low and play it on repeat, all night.
- Wherever you feel/sense the pain, place your hands on that spot, or sandwich the area, if possible. The energy of your hands will intensify the power of the CD and you will experience greater relief, whether you know energy healing or not. But, if you do know how to do energy healing, by all means, use it at the same time as you play the CD.

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### For stress:

- If you have a big, important day ahead of you, put the CD in a clock radio, set 15 min before you need to get up, and raise your vibration and balance the energy throughout your body to assure a positive, productive day.
- If you have had a challenging or long day, play it as you crawl into bed once or twice, longer if it was a "really difficult day", so you can let go of the events of the day and prepare for sleep.
- If you are experiencing insomnia or cannot calm down after your day, play the CD several times, until you feel your logical mind releasing its hold on your emotions. You can even play the CD very low for several hours, to assure you relax and let go for deep sleep.
- Place one hand on your forehead and the other behind your head, at the base of the head. [For some people, it works best on either side of the head.] The energy of your hands will intensify the calming, emotion-diffusing effect of the CD.

### For accelerated healing:

- If you have had surgery or injured some part of your body, the CD can be used every day, for an hour or longer, if possible, to speed recovery.
- Place your hands lightly around the area that is affected, without touching the injury or surgical incision, and play the CD while you are focusing your attention on the place where you want to speed healing.
- To learn which energy center or chakra affects which body cells, organs or systems, go to the web:
  - <http://www.healer.ch/ChakraRefEnglish.pdf>.
  - [http://www.multidimensions.com/Conscious/con\\_body\\_chakra.html](http://www.multidimensions.com/Conscious/con_body_chakra.html)
- While you are playing the CD, imagine yourself 5 years in the future when this issue has been completely healed. Use all your senses, visualization, smell, touch, hearing, taste, to really anchor the reality of yourself and the relief you feel at your recovery. Imagine or intend that you going about your day in a completely healed state, and that you have been healed for 5 years.

### For emotional healing:

- If you feel gripped by emotions in some part of your body (throat, stomach or heart), place your hands there and feel the sensations under your hands as you breathe deeply (in 6/out 6). Don't think about the event that triggered the emotions, just breathe deeply and let yourself feel the pure emotion(s) so your body can completely release it from your cells.
- If you want to balance your energy throughout your body, to help you deal with all discordant or negative emotions better, place your hands on each center of the body as the Pyradym CD plays the tone (starting from the 1<sup>st</sup> or base chakra and moving up to the crown). The effect will be to first relax each chakra, then clear or release the emotions in each.
- For different perspectives on emotional issues linked with the chakras, go to the web and see which is most comfortable for you. These are not recommended, but offered as possible ways to focus on emotional healing while playing the Pyradym CD:
  - <http://www.eclecticenergies.com/chakras/emotions.php>
  - <http://www.spiritualnetwork.net/chakra/>
  - [http://www.emclear.com/Emotions\\_emotionalrelease.html](http://www.emclear.com/Emotions_emotionalrelease.html)