

Christ Audio Programs

User Manual & Operating Instructions

INTRODUCTION

This document explains how to use the special audio programs developed by ChristAudio.com.

The programs developed by Christ Audio are powerful self-development tools based on new sound-matrixing technology. Used regularly they can have a profound impact on your life. You should read this manual before using them to become familiar with new technology.

To achieve the absolute best results, the Christ Audio *Voice* version programs should be used with a **stereo player and quality headphones**. The exclusive sound engineering process included in the “Voice” version programs naturally lead the mind into a deep state of relaxation and meditation. Special sound frequencies are delivered to relax the brain to better enable your desired end result. A quality pair of headphones is suggested to gain maximum effect from this sound-matrixing technology.

If you purchased one of the *Ocean Surf subliminal* versions of your program you will more effectively re-program your subconscious beliefs and habit patterns. *Subliminal Boosters* are designed to reinforce your subconscious re-programming. Unlike the *Voice* version programs subliminal programs may be played on a stereo or mono system.

Your audio programs were created using the most sophisticated engineered sound processing software using state-of-the-art digital mastering techniques. They have been produced to insure playback on most if not all digital devices. In addition each of your soundtracks are delivered in high quality 5.1 surround sound using a special recording process. This audio transfer procedure was developed specifically to insure the integrity of the sound-matrixing. Although it's an expensive process, the result is a near perfect clone of the original.

So why go through all the trouble and expense? These are not ordinary audio files. The sound-matrixing is very sensitive and can be easily distorted or destroyed by normal duplicating procedures. Going to this extra effort and expense simply insures an extraordinary experience for you.

GETTING STARTED

There are a few general rules to keep in mind when you use these audio programs.

To get the most out of your audible *Voice* program, it is best to use it on a regular basis. Unless you repeat the experience on a frequent basis, you will not receive the full benefits it has to offer. Once you have experienced the pleasant sensations of deeper relaxation and Godly programming you will look forward to these short sessions as a welcomed “time-out”.

For best results use it for 30 days before you go to sleep and throughout the day whenever deep rest is possible. You are cautioned not to use the *Voice* programs when you need to be fully alert or while driving car as it suggests closing your eyes and relaxing deeply.

Try using the audible *Voice* programs in a place that is quiet and dimly lit. Use a sturdy, comfortable arm chair, sofa, or bed that supports your body well. Loosen any tight clothing so that you can breathe easily, and allow the blood to flow freely through all parts of your body. Some people like to remove their shoes during these times. If you wear glasses you or contact lenses, you may feel more comfortable removing them as well.

HOW TO USE YOUR AUDIBLE VOICE PROGRAM

Tension is the opposite of relaxation, the best way to approach the experience is to “just let it happen”. The sound-matrixing in your program will automatically lead your mind into a state of deep relaxation without any effort on your part except just letting yourself go. Use stereo headphones for optimal results, and start each session at the beginning of the program. Slowly, as the program begins the relaxation techniques and sound-matrixing will take you from a conscious beta brainwave to a soothing alpha state of mind and then into deep “theta” relaxation.

During “theta” your mind is more receptive to permanently changing behavior and modifying self-image. It is during this time that Godly affirmations are implanted into your subconscious mind to better direct your conscious mind in the ways you desire during your waking hours.

Most audible *voice* programs last approximately 30 minutes with several minutes at the start for guided breathing and relaxation techniques and several minutes at the end to slowly bring you back to a “beta” state of mind.

It’s recommended that you listen to the *voice* program at least once a day. No specific place or time is required, other than to be undisturbed for 30 minutes.

You may wish to keep a written journal of your experiences. After each session, take 15 – 20 minutes to record your thoughts, feelings, and experiences. Not only is this a valuable process that gives you a formal record of your progression, but the short time you devote to

contemplation has many rewards. You will find this time highly creative, and useful for creative problem solving in every area of your life.

WHAT TO EXPECT DURING YOUR SESSIONS

When accumulated tension and stress flow out of your body you can anticipate a number of sensations. These can include tingling, momentary twitching, and warm sensations throughout your body. As you mind transitions from the busy “beta” mode to the calming “theta” mode you may also find your mind wandering to unexpected thoughts. This is entirely natural since in beta mode the mind frequently jumps from thought to thought.

Some people feel themselves dozing off during a session. You are probably not actually sleeping as the combination of the sound-matrix and audible voice affirmations is holding your attention in “theta” mode, just above the threshold of sleep. But because you’ve lost all “time sense” it may feel as though you’ve been sleeping. For best results however you may want to remain fully aware during your experience. If you are physically or mentally exhausted before starting your session, you may find it desirable to turn off your device and drift off to sleep after your session.

BEST USE PRACTICE

Meditation is more than just relaxation and dealing with your thoughts and emotions. Meditation is actually a process of seeking and finding God. This is an instinctive inclination of the human psyche. Embedded deep within all human beings is a natural born desire to know God, our creator. Most of us just “know” that we can be better people if we could see, hear, and feel God. Our so called normal waking state is neither the highest nor the most effective state of which the human mind is capable of. There are vastly greater levels of mind in God that we can experience, and that God wants us to experience. And it is for this reason why Christ, the son of God died.

In the face of sin all the programming in the world is rendered useless. Sinful thought has a way of creeping back into the mind diffusing positive change. Without God’s help we are powerless. The first step in changing all behavior comes from a change of heart. By accepting Jesus as the Christ into our heart we become resurrected in Him made whole and new unaccountable to our sin anymore.

Once the snare of sin is removed our mind is more sensitive to the mind of God. In Him “we have the mind of God”. These audio sessions are designed to help you train your brain to think Godly thoughts at the deepest level.

To reach such levels of understanding we have to go very deeply into a state of mediation around the word of God. Many highly respected Rabbis and Priests experience this state of mind by

spending many hours a day studying and contemplating Holy Scripture. Although highly desired by most people this is very difficult for those with regular lives.

The combination of sound-matrixing and Godly affirmations offers a small solution by comparison to the diehard dedication of a life completely consecrated to God. Because God created the human mind to operate in four modes, Alpha (light sleep) Beta (busy day frequency), Theta (deep relaxation and meditation), and Delta (sleep state), we believe He created Theta for the purpose of high level communication with Him and to experience His power with full conscious control.

Because the now-established benefits of “theta” mode thinking, or meditation, are widely known many ailments which are the result of stress can be improved or even completely cured within a few weeks of regular practice. Busy people everywhere can center themselves in a God filled reality to see situations more clearly and cope with the difficulties of life. The *Voice* programs are the perfect tool for achieving the benefits that deep meditation and “thinking” in God have to offer.

HOW YOUR AUDIBLE *VOICE* PROGRAM WORKS

The human brain operates in four distinct brainwave patterns which can be measured as electrical cycles per second. Delta, the slowest of the brainwaves produces 0 – 4 cycles per second and most prominent during deep sleep, but not during dreaming. Theta, the second slowest, produces 4 – 8 cycles per second and is usually related to creativity, dream activity, and meditation. Alpha produces 8 – 13 cycles per second and is characterized by a relaxed alert state of mind. Beta produces 14 – 26 cycles per second and is related to normal waking hours.

Alpha, Beta, Theta, and Delta are the brain’s electrical output measured by science. Scientists don’t know how these “waves” of energy affect the physical world, but they do know it affects the inner world of a human being. Almost all artists, musicians, athletes, successful entrepreneurs, and Godly people are prolific producers of alpha-theta brainwave patterns. Creativity and high achievement seem to be link to strong alpha-theta activity.

Monks, Priests, Rabbis, Yogis, and others who experience deep levels of thought and concentration are able to induce “theta” at will. This deliberate switch is the result of years of practice. This letting go of normal everyday “beta” mode expands the mind into Godly realities and controls attention at a much deeper level. Through regular use your audible *Voice* program will give you the same ability.

How does it achieve this? Just as certain harmonies affects your mood, certain sound waves played in the right combination and frequency will naturally lead the mind into “Theta”. The sound patterns on the *Voice* programs help the mind match 4 – 8 cycles per second and the result is conscious theta mode, the place where you and God can meet. In addition, key harmonies,

guided relaxation techniques, Godly affirmations, and heavenly imagery enhances whole brain synchronicity.

BREAKTHROUGH SOUND MATRIXING

The sound-matrixing is composed of musical tones, sonic, and subsonic frequencies (just below normal hearing). The audible voice programs start with a little music and then move into “theta” sounds. This process helps you go from a busy day mode (Beta) to the slower soothing meditative (Theta) mode. At times you may hear a low humming sound in the background. This is the sonic and subsonic sound-matrix at work.

Layered over this subsonic sound-matrix is a special mix of environmental sounds and soothing musical tones developed as the main listening range. As you progress into the audio session you will hear more and more the sonic and sub-sonic “theta” frequencies.

Where do these sonic and subsonic frequencies come from? In the fall of 1977 two Voyager spacecraft were launched to investigate interstellar space. The Voyagers were equipped with specially designed instruments to detect and record audible vibrations. The Voyagers returned the data to Jet Propulsion Laboratory for NASA to study and analyze.

The sonic and subsonic frequencies you hear were created from the original Voyager recordings. These recordings come from a variety of environments which include solar wind, charged ionic particles, naturally occurring radio waves, magnetosphere movement, electromagnetic fields, and particle emissions. What the Voyagers recorded is literally the sound of God’s creation.

Within the NASA recordings our audio ministers discovered low frequency “theta” sound waves which have been included in your audible voice program. These sounds are not music, even though at times they may sound like music they are not. This is important because without a musical pattern to fixate on, the brain slows down into a state of deep meditation or “theta”.

WHY THESE PROGRAMS ARE SO SPECIAL

God created the human brain with four distinct frequency patterns, Alpha, Beta, Theta, and Delta. All four frequencies are emitted by the normal human brain simultaneously with dominance in one frequency denoting our current “state of mind”. The “theta” sound waves extracted by our audio ministers from the interstellar space sounds appear to be the most stimulating to the human brain.

Most, if not all “theta” sounds are synthetically produced in studios. Compared to those electronic these frequencies are natural and invoke a deep inner receptivity from the brain. God has His own “theta” sounds and they’ve been recorded for your enjoyment.

WHAT HAPPENS TO YOU IN THETA

Your audible *Voice* program will gently take you from busy “beta” to soothing “theta”. With guided relaxation techniques and a smooth transition from musical tones to God’s interstellar sound frequencies your program will transport you into theta within minutes. As your body relaxes, your heart rate decreases and your respiration become regular and relaxed. Your muscles relax and you “feel” calm in your body. The sensation of being fully alert while completely at peace can trigger sensations of joy and even euphoria. That’s “theta”.

Here’s some comments from different people:

“I felt like I was floating. I was very calm like when I sleep but awake at the same time.”

“I felt like everything in life was petty compared to the awesomeness of God. In “theta” I can feel Him.”

“All my tension goes away and then I begin think more clearly. I feel like God’s eternal energy is all I need.”

“I felt so relaxed and awake at the same time. It’s not like taking a nap. It’s like I’m waking up in the kingdom!!!”

“I began to experience my body as just a vehicle and the Holy Spirit of God as my true life. I felt alive in eternity. Wow, thanks!”

It’s believed by psychologists and neurologists that the brain uses the state of “theta” for physiological and psychological programming. And the overwhelming negative messaging our minds are exposed to everyday is bound to impact our psyche. By naturally leading the mind to consciously rest in theta on a daily basis for 30 minutes while focusing on Godly thought, we can experience God’s kingdom. God created “theta” for us to enjoy His presence.

WHY THETA IS SO IMPORTANT

In Matthew 19:14 Jesus said this: “Let the little children come to Me, and do not forbid them; *for of such is the kingdom of heaven.*” Christ is literally saying that the place where the glory of God reigns is part of the natural make of a child.

“Theta” brainwaves is most dominant in children! Children virtually live in theta. As a child grows into adulthood they experience theta on a limited basis and usually without knowing. As you use this program over a period of months, you will notice less overall stress in your daily life. The relaxing qualities of regular meditation is well documented, and these programs if used on a regular basis can help you perform at optimum levels.

After only a few months of use you should discover a subtle, but profound shift in your life. You should also notice a significant reduction in overall stress and heightened spiritual awareness. Your thinking should be clearer and your understanding will be enhanced by your new found peace. You’ll feel a greater sense of “aliveness” and “focus” as you engage your daily activities. The shift is subtle but profound. The life transforming effects you’ll experience over the months and years to come are forever.

SUBCONSCIOUS GODLY PROGRAMMING

If you are using one of our *Ocean Surf Subliminal* programs you should be aware how this technology works. It’s been know for decades that the human mind operates at conscious, subconscious, and super-conscious levels.

The conscious mind is the awareness of who we are and the environment which we dwell in, while the subconscious is an infinite level of mind where limits are not know. All memories are stored in the subconscious. Any person who achieves the impossible is a person who subconsciously thinks of the possibilities and then goes on to achieve it. The conscious mind sees the reality in the subconscious.

The super-conscious is not as well documented as the former, but it is believed that the super-conscious is the level of mind where the highest thought takes place. Psychologists think that it is a “higher universal mind” believing that it is like a bank of eternal “good” thought that communicates the highest form of thought or concepts.

As Christians we know this to be as the Holy Spirit which speaks God’s truth to us. And we believe that during the “theta” state of mind, uncluttered by worldly thought, we are free to consciously experience the super-conscious mind - Holy Spirit.

By repeating Godly thoughts like, “*Christ dwells in me. I am glorified in Him.*” and “*The Spirit of God dwells in me. I am sensitive to His Spirit. I think in the Spirit. I talk in the Spirit. I walk in the Spirit*” our experiences and behavior become automatic functions of the conscious mind led by subconscious, and super-conscious thought. This technique will literally create a self-image in God and the more you dwell in that image of who you are in God the more real it becomes in your daily life. The change you want no longer becomes a challenge but a reality.

For the best possible experience you should experience the program in both the audible *Voice* version and *Subliminal* version. Doing this will invoke powerful images and memories you experienced during your *Voice* session while you listen the *Subliminal* version.

Ocean Surf Subliminal program are safe to listen during any activity throughout the day or night since all relaxation techniques have been removed.

PEAK PERFORMANCE SUBCONSCIOUS PROGRAMMING

Another breakthrough discovered by our audio ministers! While you listen to your audible voice program you'll notice that certain sounds or musical tones have been embedded during key times when the messages convey an image or an important message. This creates a memory in the brain associating the sound to the message or image.

The subliminal counterpart of your program has the same embedded sounds or musical tones for your program which are played throughout the subliminal version. They are carefully synchronized with the messages so that you may enjoy the subliminal at both the conscious and sub-conscious level.

USING YOUR SUBLIMINAL BOOSTERS

Subliminal boosters are specially designed musical and subliminal programs that reinforce all audible *Voice* programs. You can listen to Subliminal Boosters during any activity throughout the day. All relaxation techniques have been removed from all our *subliminal* programs.

Many people find them perfect for exercising, running, cycling, or just having fun. Embedded within each *Subliminal Booster* are highly relevant "Master" affirmations. These affirmations are the foundation to all our programs.

The subliminal messages have been embedded several times. The idea is to deliver a steady stream of "Master" affirmations in a short period of time.

FAQ's

Q: What results should I expect from these programs?

A: Each person is different. The experience largely depends on how often you play them. Many people feel an immediate difference. However it may take several weeks of repetitious sessions before you see results. Everyone should have some positive effect within 60 days.

Q: How often should I use the programs?

A: The audible *Voice* program should be used once per day for the full duration of the program, usually 30 minutes. By arranging your schedule to fit at least 30 minutes a day to fit your audio session you'll enjoy the benefits of stress-relief, more self control, more creativity, and mental clarity.

Q: What type of stereo player and headphones should I use for playing my audible Voice program?

A: Better stereo players and headphones yield better playback. You don't need the most expensive equipment in the world to get results but a quality system will enhance the experience significantly. The single most important factor in making the audible *Voice* program most effective is the quality of the headphones. The ultra-light headphones, or ear buds, are not the most effective way of delivering the rich interstellar low frequencies. The most effective headphones are the kind with strong magnets that completely surround the ear. If you are planning to invest in a quality set of headphones get the kind that completely surround the ear. Sony produces a great headset for about \$20 (Sony – Dynamic Stereo Headphones MDR-V150) and usually be found at any Wal-Mart.

Q: What type of stereo player works best?

A: Small electronic devise such as MP3 players and phones may or may not deliver the best quality. Quality is usually determined by space and not memory. It's very difficult to place high fidelity processors in a small space. If you prefer to use a portable device such as a phone or an MP3 player consider using a good set of headphones with it. Also some of these devices now feature artificial sound enhancing capabilities which can help the playback quality.

Q: What is the content of the subliminal messages?

A: Complete lists of subliminal affirmations are posted in our website for each program.

Q: What is the best time to play my program?

A: The audible *Voice* program requires at least 30 minutes of undisturbed relaxation. Plan a time when you can give yourself these 30 minutes each day. Many people report best results when

listened to in the morning before starting their day. Some prefer two sessions a day for maximum results one in the morning and one before going to bed.

Q: Are there any side effects?

A: Not really. Brainwaves are produced all day everyday by the human brain to included “theta”. Because you are taking some time out to consciously focus your mind in “theta” mode, a relaxed state of mind you may require less sleep and when you sleep you may experience a more restful sleep. Some people also report feeling closer to God, or increased sensitivity to the Holy Spirit.

Q: Is there anything that I can do to help my growth and development?

A: Absolutely. In fact we encourage it. The best thing you can do to experience extraordinary breakthroughs in your life is to study the word of God. If you give yourself quiet time everyday understand the God’s holy word (the Bible) your mind will naturally start moving into “theta” mode where the word of God will become a revelation. Not understanding, but revelation, a clearly seen or heard message from God.

By the way this how children learn. They learn through inner “revelation”, a captured vision, or by mentally experiencing a message.

Q: Can I use the audible Voice programs while I’m driving?

A: No. Never use the audible voice programs while driving a car as they contain suggestions to close your eyes and relaxation deeply. The *Ocean Surf Subliminal* programs may cause some drowsiness. *Subliminal Boosters* can be used during any activity.