

# How to Use

- Sit or lie down comfortably in a calm and quiet environment
- Before playing the music, relax your mind and body by practising slow breathing approximately ten times
- Use a good CD player and headphones to listen to the music with full concentration
  
- Allow the music to enter you and provide relief
- Recovery should be observed at the end of each month
- After recovery, reduce the frequency of dosage

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## REMEMBER

- The music should be heard only at the prescribed times mentioned above
- This is a supplementary therapy and is not recommended as a replacement to allopathy/naturopathy as prescribed by a trained Physician/Medical Specialist

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