



NeuroLearn+[®]

by The Morry Method

Thank you for purchasing NeuroLearn+[®], or congratulations on receiving it as a gift.

NeuroLearn+[®] has been optimally formulated to meet the needs of university, college and school students looking to enhance their academic success and effectively cope with a demanding study schedule. The recordings are not "music" in the traditional sense. They contain finely honed and sculpted frequencies that have been precisely arranged in such a way as to have profound benefits when used regularly with stereo headphones. The device is used for quality control and to ensure the integrity of our recordings is preserved and you get the deepest entrainment effect.

As you may expect, this product is not a 'quick fix' and it may take multiple sessions for your brain to learn how to react to this form of stimulation. Some may find that it takes several days to adjust and **may find it harder to sleep initially or experience vivid dreams or strange feelings**. This is nothing to be concerned about as it is a good sign that you're sensitive to the entrainment process and will ease off.

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 notice. Initially, it **may take at least three weeks before you start to notice significant benefits**. You can listen to these tracks for as many months or years as you want and you will continue to receive further benefits. Even if you think you are plateauing from time to time you will still be receiving benefits (again, just like exercise).

Special Note...

There are those who advocate that a simple change of tuning music from 440Hz (the standard in worldwide use since at least 1939) to 432Hz. can result in a more natural sound which could reveal numerous advantages.

Some feel it might help to make us happier, healthier and peaceful.

According to Brian T. Collins, a musician and researcher, the standard pitch (A=440 Hz) does not harmonize on any level that corresponds to cosmic movement, rhythm, or natural vibration. The classic masters, such as Mozart and Verdi, based their music on what is believed to be the natural vibration of A=432. There is only 8 vibrations per second (Hz) difference from the standard modern tuning of 440Hz, but this relatively small difference seems to have remarkable effects on our consciousness.

According to Richard Huisken, music tuned to 432 Hz is softer and brighter, giving greater clarity and is easier on the ears. Many people seem to experience more meditative and relaxing states of body and mind when listening to such music. The natural musical pitch of the universe gives a more harmonic and pleasant sound than 440 Hz.

It is true that if you Google this you will likely see as many articles claiming all of this is a crock as there are claiming its efficacy. That being said, when I tuned some of my entrainment tracks to 432Hz the effects and benefits were unmistakable.



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Because we care, we have taken the time to tune all of the audio recordings in RevitaMind and Revitamind Ultra to the 432hz base frequency.

I now share this unannounced TMM innovation with you, enjoy!

Information for each recording:

Track 1 – Neural+ (Monaural version) (27 mins): This is the foundation track of NeuroLearn+ and ideally should be used every day – with an optional break one or two days a week. Listen to this once a day **in the evening or at night** before going to sleep (otherwise use mid-afternoon as a relaxing power nap, or it is also fine to use it first thing in the morning). It is designed with a set of frequencies to support cognitive function, memory, mental endurance and concentration.

Track 2 – Neural+ (Isochronic version) (27 mins): The same as Track 1 but providing a more intense tone that has a slightly stronger cortical evoked response. Please just select whichever tones feels most comfortable for you.

Track 3 – Motivate Me (27 mins): This is a great supporting track to *Neural+* and can be used every day or two **in the morning**. Listen to this in bed or a comfy chair when you wake up in the morning before starting out your day. It is designed with a set of frequencies to support energy, motivation and overcome any limiting thoughts you have that might de-motivate you in your career.

Track 4 – Cognitive Triplex (27 mins): This is a special tri-layer track containing unique affirmations operating at three layers in the brain that, with regular use, can help reinforce positive beliefs about your self-confidence at work. It is unlike any other positive reinforcement technology available and can be remarkably effective. Listen to this at least two or three times a week to receive benefits.

Track 5 – Focal Point (30 mins): This bonus track is ideal to use at the start of a study session or before going into an exam. It is designed to take your mind down to a specific frequency within the ‘Theta’ range that supports clarity of focus and memory retention – critical for succeeding with studies.

Track 6 – Digital Energy (14 mins): This bonus track can be used whenever you need a quick pick me up, or in place of Motivate Me.

Track 7 – Attention Augmenter (30 mins): A further bonus track designed solely to support people with attention deficit disorders by providing the all important ‘Sensory Motor Rhythm’ (SMR) stimulus. This ‘dual brainwave’ recording covers a precise range of frequencies within low Beta that are missing in people with attention deficit issues and alternates between a slow and faster rhythm. Researchers have found the SMR to be effective in increasing attention span and focus in people suffering from attention deficit issues.



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Listening Instructions (for all recordings):

1. Transfer the recordings to an mp3 player and create a separate playlist for each.
2. **Headphone policy:** Please obtain and use comfortable over-ear head phones – any reasonable pair will work so long as they are stereo (**you must have the left side on the left ear and right side on the right ear**). Do not use active noise cancelling headphones or earbuds.
3. Set the volume on your device to a **comfortably loud** level. Volume acts as a gas pedal for the benefits.
4. Lie back, close your eyes, relax and let your thoughts pass by.
5. Accept the sound of the tones, enjoying the relaxing time out from your day.
6. Initially, focus on your breathing and notice any physical/mental stress.
7. If you like, use a visualization to help your mind let go and relax deeper and deeper. One useful example is to **visualize** walking into an elevator – starting at ‘level 10’ and slowly moving your mind and body down level by level (to level ‘0’) over several minutes – allowing layers of stress, beliefs, worries etc to dissolve at each level and directing your mind and body to go deeper and deeper into a sea of relaxation. Allow your mind to “reset” any physical or mental stress to zero.
8. You may also choose to use some of the time for rest, meditation, creative visualization, day dreaming, etc. - whatever works for you to enjoy the time out each day, as this is important.
9. Please note that it can be equally beneficial to simply listen effortlessly.
10. **Important: Please only listen to one track during a ‘listening session’ and then switch off the device. Leave at least an hour or more before using any other track.**
11. **Caution: Do not use this technology while driving or operating any dangerous or potentially harmful equipment.**

Suggested Listening Schedule Options

1. **Optimal approach:** Listen to *Motivate Me* (or *Digital Energy*) in the morning when you wake up. If you’re short for time, simply set your alarm 30 mins earlier. You will find the rest and energy boost you get will more than make up for the earlier waking time. Then listen to *Neural+* in the evening or last thing before going to bed (particularly if you find it hard to sleep). You may wish to take a day or two off per week. If you like, listen to the *Cognitive Triplex* at least three times a week.
2. **Alternative approach:** If you really struggle to make the above approach work, or find it hard to keep listening everyday due to a varied and hectic lifestyle, then just listen first thing in the morning by alternating *Neural+* and *Motivate Me* each consecutive morning. Just wake up 30 mins earlier each day.
3. **Do It Yourself Approach:** Just work out whatever listening schedule works for you – whether you alternate the first two tracks each day and do so in the morning, evening or night or perhaps just listen to *Neural+* initially. Just do what



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you can so you don't lose momentum and lose sight of the benefits you want. **Those who listen regularly get the best results.**

Your Three Week Challenge – Making NeuroLearn+ A Daily Habit

NeuroLearn+ has the potential to make a substantial difference to your academic success. Think about that for a moment and what it could do for you. However, making this a regular habit is no easy feat and where most people fall down and therefore don't gain the benefits. Research has shown it takes **at least 21 days of conscious practice to create a new habit in your life** (*Dr Maxwell Maltz, 1971*).

You will need to make a firm commitment to listen to your preferred tracks every day as a regular habit - just like brushing your teeth, going for a walk, or watching your favourite program. Your challenge therefore is how you will commit to at least the next three weeks to something that will bring you so much benefit.

Key steps to ensure you help make this a daily habit include:

1. Set a goal you want to achieve – e.g. achieve a specific grade average with your studies. Think of all the benefits this goal will bring, as well as the improved cognitive function you will receive. **Anchor** that feeling to the use of NeuroLearn+ each day to help you achieve that goal.
2. Now **plan** how you are going to find time to listen to this every day. It should have as much priority as any other daily task or social event.
3. Find a way to **make the listening time enjoyable and useful for you.**
4. Remember: it's less than 30 minutes of **effortless** use per day.
5. Keep the audio device somewhere handy that reminds you to use it - like your favorite chair, or by your bed. **Associate** the use of NeuroLearn+ with another daily habit you do – e.g. always listen to this after brushing your teeth at night, or after going for a walk, or while taking your mid-afternoon break, or by waking up 30 minutes earlier using your alarm clock.
6. Most people struggling to stick with it find it works best for them to listen once a day first thing in the morning before getting up. Set your alarm earlier and **you will feel better than sleeping that extra 30 minutes.**
7. After a month, look back at how you might have improved (subtle ways at first or maybe something is much better). **Congratulate** yourself for your gains, as this is crucial to reinforce regular use.
8. If for whatever reason you stop listening for a week or month, **just pick up where you left off.** You may find it's even easier to notice improvements after getting back into for the second time.

How to get the most out of our products

Other than simply listening in accordance with the instructions, the following three factors will enhance the benefits you receive:



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1. **Eat well:** specifically increase intake of omega 3 fatty acids, protein, fruit and vegetables and reduce intake of refined white flour and sugary products.
2. **Exercise:** stimulating your cardiovascular system every day or two will help to support the increased cognitive function and well being you will experience.
3. **Set a goal:** setting goals and clear intentions helps us to achieve more in life. Our technology will support you in whatever you want to experience.

Disclaimer: Please note that the above statements and our products have not been evaluated by the FDA or any comparable therapeutic regulation agency. These recordings are not intended to treat or cure any illness or disease, nor should any of our subject matter be taken as medical advice. Those who are epileptic or pregnant should only use these recordings under the supervision of a licensed medical physician. By choosing to listen to our products, the listener assumes full responsibility for any adverse reactions and absolves Morry Zelcovitch Brainwave Technology Inc. and its principals from any liability. These recordings are not suitable for anyone under eight years of age. For adolescents, please monitor usage under adult supervision.