

# INTRODUCTION TO METATONES

AN ALTERNATIVE SOUND THERAPY



BY

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# INTRODUCTION

TO

## METATONES

An Alternative Sound Therapy

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**INTRODUCTION**  
**TO**  
**METATONES**  
AN ALTERNATIVE SOUND THERAPY

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## **INTRODUCTION**

Physicists tell us that the physical body is an organized field of molecular vibrations existing within an atmosphere and universe of smaller subatomic (i.e. quantum) vibrations. Our universe of invisible quantum vibrations is referred to as the zero point field. In addition, our physical body's molecular vibratory structure has as its' substructure and foundation a smaller, quantum matrix of vibrations connected to and part of the zero point field. The common name for our human matrix of quantum vibrations is the aura. Traditional approaches to human health generally attempt to effect healing change at the molecular vibratory level. One of the numerous medical examples of attempts to effect healthy change at the molecular vibratory level is the bio-chemical effect of every prescription. Although traditional molecular approaches towards health have many effective applications, they fail to encompass the quantum vibratory matrix that is the foundation of the human being. Because of these facts, traditional medical approaches have many inherent limitations and many questions about human health and illness remain unanswered.

Science tell us that the surrounding auric layers of the human body is an organized field or matrix of subatomic or quantum vibrations. This organized field of vibrations is sometimes referred to as the subtle bodies, light body, human energy field or simply the HEF. Since the 1930s man has been photographing the HEF or aura through the use of Kirlian photography (aura photography), thus confirming the existence of the human light body. For examples of aura photography please see the 'Seeing Is Believing' exhibits within. The Metatones technology embraces a very ancient theory that is now commonly accepted by some within the scientific community: our physical, denser, molecular body is simply a reflection or amplification of the quantum matrix of vibrations known as our human light body. Consistent with this theory it has been proposed, and confirmed to varying degrees, that all physical and mental illness, in addition to all mental and emotional life challenges, are a reflection of some vibratory imbalance or impurity at the quantum level of our human energy field. Thus, in order to facilitate health at the physical molecular level, in cases where traditional medical approaches are not successful, the quantum vibratory structure of the human energy field must be included in the therapeutic approach. More specifically, the vibratory impurities within our human energy fields' vibratory matrix, that manifest in the physical body as illness, must be corrected at the quantum vibratory level if healing is going to occur.

The general concept communicated in the preceding paragraph is very important so it is going to be repeated and a related question proposed. Many of life's physical, mental and emotional challenges, inclusive of all physical and mental illnesses, are a reflection of a vibratory imbalance or impurity at the quantum level of our human energy field. As long as the vibratory impurities that manifest as physical, mental and emotional life challenges reside within the human energy field the related life challenge or illness will persist. Do we want our life challenges to persist or do we want to learn new ways to isolate and eliminate these vibratory impurities from our human energy field, there by overcoming our physical, mental and emotional challenges?

The evolution of medical science dictates the invention of new therapies for

identifying, removing and healing vibratory imbalances at the quantum level of our being. These new quantum therapies are referred to as zero point field therapies. To be effective, these new zero point field therapies must correct our vibratory flaws where they originate; within the invisible vibratory substructure of our human energy field (HEF). Once the vibratory impurities are removed from the quantum level of our human energy fields, the new healthier vibratory structure is transferred to our molecular, physical body via our chakra and meridian networks. This healthier human structure is referred to as the vibratory synchronization of our human energy field. As mankind is slowly learning, vibratory synchronization at the quantum level facilitates physical, mental and emotional health because it increases the flow of energy from the zero point field into the human energy field. This increase in the energetic flow from the zero point field into the human energy field facilitates human health because it accelerates the removal of all remaining vibratory impurities. As previously stated, vibratory impurities in the HEF are the source of many of our problems in that they manifest as physical, mental and emotional life challenges. In other words, the cleaner or purer our human energy field becomes at the quantum vibratory level the healthier we are from a physical, mental and emotional perspective. This new quantum vibratory approach towards human health facilitates an accelerated path towards the realization of our human potential. One specific benefit of the higher energetic flows from the zero point field into the human energy field is the hemispheric synchronization of our brain waves. Simply stated, hemispheric synchronization of our brain waves means that the two parts of our brain, the right and left hemispheres, are in ideal vibratory balance. This vibratory balance of the right and left hemispheres of the brain induces peak brain performance.

By the close examination of the vibratory structure of amino acids, which comprise our human DNA, mankind has learned that **there is a common vibratory formula to the physical human structure. If we combine this fact with the theory that all physical matter, inclusive of the human body, is simply a reflection of some quantum vibratory sub-structure, then it is quite elementary to deduce that there is a common quantum vibratory formula to the human energy field. In other words, we all have 'invisible quantum DNA' that is the source of our human energy field, just as our physical DNA is the source of our physical bodies.** We propose that the key to human health and the realization of our human potential lay within the vibratory formula of the quantum DNA that constructed our human energy field.

At the Metatron company we have discovered a portion of the common vibratory formula to the human energy field. The vibratory formula of our HEF (human energy field) is incorporated in our voice activated audio therapy called Metatones. Years of research indicates the best way to effectively treat our quantum substructure is with uniquely 'personalized' vibrations. Thus, Metatones uses thousands of precisely calculated vocal permutations to deliver beneficial effects.

The Metatones audio software is comprised of numerous voice activated computer programs. Each of the audio programs escalates in potency and generates vocal permutations of the client in a series of binaural beats, utilizing the vibratory principle of resonance. Binaural beats are created when different

frequencies are delivered to the right and left hemispheres of the brain simultaneously. This therapy affects the invisible vibratory layers of our human energy field, the chakra system, the meridian network and the physical body, inclusive of our brain wave patterns. The result being the gradual movement of our HEF (human energy field) towards vibratory synchronization and an increase in our energetic intake from the zero point field. Thus, consistent use of the Metatones zero point field therapy accelerates the movement of our being towards health, including the treatment of symptoms previously thought to be 'non-treatable'. Many years from now new human energy field and zero point field therapies will be developed and used in ways that we can only imagine. These new therapies will induce physical, mental, emotional and spiritual health by purifying the HEF and increasing the energetic flow from the zero point field. The related benefits to the human psyche and physical body will reinvent accepted therapies to maintain and improve all facets of human health. Today the first generation of this new type of vibratory therapy includes an experimental sound therapy called Metatones.

#### Four Types of Metatones Users

The Metatones therapy is directed at four general groups of people.

1. This first group has a mental impairment or disability. Examples of some of these mental impairments are attention deficit disorder (ADD), epilepsy, learning disabilities, autism, addictions, depression, dyslexia, hyperactivity, insomnia, closed head injuries, post traumatic stress disorder (PTSD), Alzheimer's etc., etc. Thus, there is a need to improve mental abilities in order to function in a more normal manner. As discussed in more detail within, Metatones binaural beat format has a positive impact on the brain waves. By improving the balance of the brain waves mental capabilities gradually improve.
2. The second general group of Metatones users are interested in solving one of their current problems. These people have often been dealing with a life challenge or crisis for an extended period of time and are simply tired of the process. **Metatones improves the vibratory substructure of the human energy field.** Many benefits occur when the vibratory structure of our human energy field improves. One of these benefits may be obtaining a new, clearer perspective towards one's problems. This new perspective facilitates the implementation of a successful approach towards life's challenges. Thus, if one is truly serious about a new perspective and approach to making positive life changes, Metatones may be the answer.
3. The third group is interested in obtaining the many benefits associated with peak brain performance. Peak brain performance is obtained by balancing the brain waves between the right and left hemispheres, commonly called hemispheric synchronization. These individuals want to improve how their brain functions so that they can be the 'best that they can be'. Peak brain performance is indicative of many positive attributes. Some of these qualities include accelerated learning skills, healthy sleeping patterns, high work productivity, enhanced mental and emotional clarity, reduced stress

levels and a calmer, more evolved decision making process. These people are generally interested in more mature behavioral patterns. In this regard, inducing peak brain performance via hemispheric synchronization is conducive to more satisfying professional and personal relationships.

4. The final group of Metatones users takes the idea of self improvement as far as possible. These people are interested in peak brain performance via hemispheric synchronization, purifying their human energy field of all vibratory imperfections and increasing the energetic flow from the zero point field. This is a challenging path to pursue because it accelerates the mental, emotional and spiritual pace of the evolutionary process. Simply stated, this is the challenging path of positive change.

With the possible exception of the second category above, long-term use of this new human energy field therapy is necessary to maximize the related benefits. Metatones is not a quick fix but rather a new vibratory therapy that gradually effects change to the human condition.

### **DESCRIPTION - PART 1**

Regardless of how technical Metatones may initially sound, the operation of the sound therapy is extremely simple. Metatones has been intentionally designed for use by the general public for many reasons. Metatron wanted to be different in this regard. In other words, Metatron wanted to bring sophisticated and potent vibratory therapy right into the homes of our customers. The Metatones audio software operates on any computer with a Windows operating system or new model MAC/Apple. The only other equipment that is needed is headphones and a microphone that plug into your computer. Each session begins by making a short recording of the voice. The Metatones audio software then generates a series of precisely calculated permutations of the voice frequencies for audio output. One obtains the benefits from this new sound therapy by simply listening to the audio output. The 'Frequency of Use Guidelines' communicate the protocol. The Level 1 sessions are only five to fifteen minutes in length and no more than three sessions per week are recommended. Long-term use of Metatones, consistent with the Frequency of Use Guidelines, is essential to maximize the benefits of this new zero point field therapy. Simple to follow operating instructions are supplied to each Metatones customer. Customer support is provided via the telephone and email.

The Metatones audio therapy and the Frequency of Use Guidelines are intended to make the shift to a healthier vibratory pattern at a comfortable and manageable pace. As it will be discussed, this 'shift' naturally results in positive changes to behavioral patterns. Although change is usually very educational, it can also be very challenging. The intention is not to overwhelm the users of this new zero point field vibratory therapy. The Level 1 programs begin with the vibratory structure of the spinal cord and the layers of the human energy field (HEF) closest to the spinal cord. In this manner the vibratory foundation of the human energy field is slowly cleared of all energetic flaws. Each level of programs (1 through 6) gradually progress outward into the human energy field and more deeply into the meridian network. Each program (A through E), at each level of programming, progressively impacts a larger portion of the HEF. Please see the illustration on page 19 of the chakra system for a diagram that communicates the vibratory

ranges of the various levels of Metatones programming. There are three CDs containing the Metatones voice activated audio software. CD 1 is available for sale to the general public and each of the six levels of programming are sold in sequence. CD 2 and 3 are only available after a considerable education on the Metatones technology is obtained.

Communicating why Metatones is beneficial is not a simple process. Over the years one of the biggest challenges has been to find a way to effectively communicate how such a technically advanced therapy is effective and at the same time so easy to use. Metatones is a mathematically based sound therapy for our invisible vibrating substructure; also referred to as the aura, human light body and human energy field (HEF). Metatones is **unlike any other sound therapy because it utilizes the mathematically based vibratory substructure of the HEF and the parallel structure of the zero point field to improve the human condition.** This unique sound therapy affects positive change in a two step process. First the vibratory substructure of our human energy field is gradually adjusted to a more balanced and healthy vibratory structure. Once this adjustment begins to occur more energy begins to be transferred from the zero point field to our human energy field and in turn to our physical body and brain. This energetic transfer from the zero point field into our human energy field (HEF) and then into our physical body is accomplished by the vibratory networks known as our chakras and meridians. The meridian system is the same invisible internal network used with acupuncture. Thus, Metatones uses information that only physicists and a relatively small group of accomplished healers are familiar with.

The best description we could come up with for Metatones in the 1990s was homeosonic; representative of a like frequency or vibration curing the problems of a like frequency or vibration. In other words, man as described by physicists is as an organized field of vibrations and Metatones is able to facilitate the healing and purification of this human field of vibrations with computer generated permutations of the human voice. From a mundane perspective, think of Metatones as a sound message that slowly enhances your mental capabilities and improves your abilities to deal with daily challenges.

As the years of research passed and the Metatones technology was improved, a more comprehensive understanding of Metatones surfaced. The book by Lynne McTaggart entitled The Field provided scientific explanations for what Metatones users were experiencing. Portions of Lynne McTaggart's book read like a scientific introduction to the Metatones zero point field therapy. This book is highly recommended because it communicates many aspects of the Metatones technology and the zero point field in a non-technical manner. However, much of the cutting edge zero point field research described by McTaggart is not exactly mainstream information. A general background on the human energy field and physics is helpful in understanding the significance of the zero point field. This book also helps in explaining how the Metatones technology opens a new door to the zero point field and its life sustaining energy and information.

The starting point for understanding the benefits of Metatones is to describe the quantum world we live in, called the zero point field. All matter, including the human body, breaks down into the world of atoms. On still a smaller scale, the invisible subatomic or quantum scale, 'all' matter is found to be composed of

energetic vibrations. Man is still learning about the invisible vibratory world in which we live. In this regard, scientists have learned that there is no such thing as a void or a vacuum. Even where it had been traditionally thought that there was nothing present science has now found a world saturated with these quantum energetic vibrations: the invisible world of the zero point field. Thus, **whether we are discussing the atmosphere that we live in or the cells that make up our physical human bodies, everything vibrates and is connected to and part of this matrix of quantum vibrations known as the zero point field. Science has also learned that the quantum vibratory world of the zero point field, that we are part of and live in, is an endless vibratory reservoir of energy and information.** How much energy are we talking about? According to physicist Richard Feynman, if we could tap into the energy reservoir of the zero point field a single cubic meter of our atmosphere would bring all the oceans of the world to a boil! Scientists refer to this invisible vibrating world that passes through and connects everything in the universe, including our human energy fields, by a variety of names. We at Metatron refer to our universe of interconnected invisible vibrations as the zero point field or simply the ZPF.

Because 'EVERYTHING' is in a constant state of vibration, EVERYTHING in our universe is a complex web or matrix of quantum vibrations that are all interconnected. Thus, from a quantum vibratory view of the zero point field, that we all exist within and are part of, we are all truly ONE. This quantum matrix of vibrations is where the elite members of the scientific community know that many of the mysteries of life live and breathe. How every facet of our quantum world functions is still to be determined, yet we do know that the zero point field is an unlimited supply of vibrating energy and information. In fact, we now know that we are all constantly exchanging energy and information with the zero point field as part of our unconscious physical, mental, and emotional processes! The scientific community has already begun the race to figure out how to tap into this zero point field to increase the beneficial energetic flow into the human energy field. We just do not hear about this zero point field race on the nightly news.

As difficult as this is for some to accept, the small independent Metatron team has made a major breakthrough. **We have discovered a simple therapeutic way to increase the beneficial flow of energy and information into the human energy field from the zero point field.** This pulsating energy field that we exist in is the central engine of our being, our consciousness and is an unlimited reservoir of information and energy. This invisible energy supply constantly assists us with our never ending physical, mental, emotional and spiritual evolution. All living things are unique vehicles operating within this quantum sea of invisible vibrations. An essential element of our ongoing existence is a constant and unconscious exchange of energy and information with the zero point field. This exchange of energy and information is constantly pulsating through not only our human energy field but also our physical brain and body. One of the smallest known quantum elements of our zero point field world is referred to as a neutrino. **Three trillion neutrinos pass through every square inch our skins' surface every second!** As mind boggling as this fact is, many have concluded that we must find new therapies to increase the beneficial flow from the zero point field into the human energy field. This increase in energetic flow is needed in order to solve many of our physical, mental and emotional problems. The ultimate goal is to accelerate our evolutionary process and consistently experience our optimum human potential.

It is now apparent that man has only evolved individually and collectively as a race as our level of vibratory synchronization, on the invisible quantum level, with the zero point field has slowly improved. Simply stated, by improving the vibratory organization of our human energy field (HEF) we induce a beneficial increase in the energy and information exchange with the zero point field. As the energy and information levels within our human energy field gradually increase we are positively affected physically, mentally, emotionally and spiritually, which culminate in more evolved behavioral patterns. To date, this slowly improving energetic flow from the zero point field into the human energy field has occurred unconsciously. We submit that the consistent long-term use of Metatones gradually increases the beneficial energy and information exchange with the zero point field by improving the vibratory organization of the human energy field. Why does the Metatones therapy have this beneficial effect? Because **the Metatones vibratory therapy, the common vibratory substructure of the human energy field and the zero point field share the same mathematically based vibratory formulas. By incorporating the principle of resonance with these common vibratory formulas Metatones induces the gradual synchronization of the human energy field with the zero point field, thus increasing the beneficial flow of energy and information.** In other words, by exposing the HEF to thousands of frequencies that mirror the ideal vibratory patterns of the HEF Metatones gradually synchronizes our HEF with the zero point field. This is a gradual process that occurs with long term Metatones use.

## **DESCRIPTION – PART 2**

The Metatones approach incorporates a principal that humanity is slowly beginning to understand: **many of our physical and mental illnesses, in addition to our emotional problems originate with a vibratory flaw or imbalance at the quantum level of our human energy field (HEF).** In other words, the vibratory impurities within our HEF manifest as our physical, mental and emotional life challenges. Thus, if we purify the vibratory structure of our HEF then our life experiences will mirror this ideally healthy condition. This aspect of the Metatones technology is supported by a relatively new theory. More specifically, all physical matter is simply a reflection of invisible quantum matter, commonly called 'mirror matter'.

Assuming this theory is accurate, it magnifies the critical importance of developing therapies that isolate and eliminate energetic flaws from our HEF.

Some readers may be thinking that invisible vibrations manifesting as physical, mental and emotional symptoms/illnesses may sound a little too bazaar to be possible. If you think about this principle for just a second you may quickly change your perspective. What do you think a typical virus is that results in the flu? Can we see the vibrating electrons that make up the molecular structure of the virus that disrupts our physical metabolism and puts us in bed for three days? In other words, medical science has already proven that physical illness is simply a manifestation of some vibratory imbalance within our physical body. In terms of mental and emotional challenges, medical science has also developed an endless number of prescription drugs to effect positive change at the vibratory foundations of our being. Unfortunately, traditional medical approaches have not

been able to reverse all of the harmful vibratory imbalances that negatively affect us. This is why more effective vibratory therapies are needed.

The human energy field (HEF) is a complex vibratory matrix and it is reflected in the physical body in the form of many components. Our human vibratory matrix collectively delivers life sustaining energy and information from the zero point field to the physical body. Thus, it is critical to understand how our human energy field functions. As an introduction, the primary components of our HEF (i.e. light body or aura) are as follows:

1. The starting point is the HEF's 'energetic equivalent' of the physical spinal cord.
2. Extending out from our energetic spinal cord we find the chakra system (front and back) and its layers of counter rotating vibratory funnels. These funnels act as part of the energetic highway between our physical body and the zero point field (ZPF). Each layer of our chakras vibrating structure operates at various but mathematically related frequency ranges.
3. Also extending out from our energetic spinal cord there is an energetic progression of emotional and mental layers operating at different but mathematically related frequencies. These energetic layers surround our chakra system.
4. A portion of our HEF operates exclusively inside the physical body. This component is commonly called the meridian network. The meridians are part of our energetic network that function as an intermediary between our human energy field and physical body. The physical parallel of our meridian system is the nervous system. Part of our meridian network operates within the physical brain. The right/emotional and left/logical sides of our brain operate using different but complimentary frequency patterns. Our brain's emotional and logical frequency patterns mirror the emotional and mental vibratory patterns present within the energetic layers of our HEF (see item 3).

This is a very simplified overview of our HEF (human energy field). A more detailed description is located within the Metatones Theory booklet. The end result is that we have learned that our HEF is an organized field or matrix of quantum vibrations. The higher the level of vibratory organization (i.e. synchronization) within our HEF the higher the energetic exchange is with the zero point field (i.e. the universe). The higher the energetic level within our HEF the healthier we are from a physical, mental, emotional and spiritual perspective. In addition, as the level of synchronization escalates within the HEF this improved vibratory structure manifests as more evolved behavioral patterns. Thus, our common goal is to maximize our human potential by purifying and synchronizing our human energy field. One of the eventual beneficial effects is optimum brain efficiency commonly called peak brain performance. It is important to understand that refining and improving the overall synchronization of the human energy field is a **relative** process; a process that can be accelerated with the proper intent, effort and technology. In other words, it matters not whether a person is mentally impaired or is a Ph.D. from MIT, the Metatones sound therapy offers an easy to use technology for self-improvement.

The six Metatones program levels provide a therapeutic system of sound therapy that gradually increases in potency. The target of this sound therapy are the key

frequencies within each vibratory layer our HEF. Utilizing the vibratory principal of resonance, fully explained within the Metatones Theory booklet, Metatones gradually adjusts the vibratory composition of our HEF to its optimum vibratory pattern. This optimum vibratory pattern is referred to as synchronization. As the vibratory organization of the human energy field (HEF) improves, more energy flows from our environment (i.e. the zero point field) into our HEF. By increasing the energetic flow into our HEF vibratory impurities, referred to as energetic flaws or vibratory imbalances, are brought to the surface of our consciousness and life experience for resolution **at an accelerated pace**. These vibratory impurities generally originate with an emotionally significant event and contain pertinent information essential to our overall physical, emotional, mental and spiritual health. **These vibratory impurities manifest in our lives as physical, emotional or mental challenges. These challenges provide learning opportunities within the complex evolutionary process we call "life". If we learn the related life lesson the energetic impurity is eliminated from our human energy field. If we do not learn the lesson associated with each challenge or crisis point in our lives, the energetic imbalances simply continue to manifest similar and more intense life challenges, within the current or future incarnations.** Thus, the more energetic flaws in our HEF the more difficult and stressful our lives will be.

Thousands of ordinary people have experienced first hand that our evolutionary path can be greatly accelerated by using past life and life between life review techniques. Many people are surprised to learn that past life review sessions are offered by a growing number of well educated and trained professionals. In addition, many in western civilization take a few steps back when the human reincarnation cycle is brought up due to centuries of Christian conditioning. For those with an open mind, Metatron offers a free booklet on past life review (PLR) techniques. Two internet sites that will communicate the professionals in your area are [www.IARRT.org](http://www.IARRT.org) and [www.spiritualregression.org/michael.html](http://www.spiritualregression.org/michael.html).

The owner of Metatron is in the process of completing a book from the Christian perspective on reincarnation and past life review. This book makes a substantial case that **the authentic teachings of the 'enlightened Jesus' included the gradual evolution of our souls via reincarnation and the substantial benefits of past life review**. For more information on this book please see booklet #6 within the Supplemental Information section of the Metatones internet site. On a very personal note, the reality of human evolution via reincarnation was initially very challenging to accept because I was raised in the Catholic religion. If you choose not to use the 'past life review shortcut' you will continue to clear the energetic flaws from your field through the traditional learning process; living through and from challenging life experiences. Regardless of your evolutionary approach, consistent use of Metatones will accelerate the purification of your field.

**The purification of our human energy field and the related release of energetic flaws requires us to learn and mature. Few humans understand the direct correlation between learning life lessons and the release of impurities from the human energy field (HEF). As previously stated; our physical, mental and emotional life challenges often originate with an energetic impurity within our HEF. As the related life challenge is addressed and overcome we learn and mature from the**

**experience. This learning process is what causes the energetic impurities to be released from our HEF. The release of an energetic flaw from our HEF represents a healing on the quantum level and a positive step in our evolutionary process. Some people refer to our HEF as the energetic equivalent of our soul. It is important to understand that as we release an energetic flaw from our HEF the related physical, mental or emotional problem is overcome and eliminated!** In addition, as the vibratory impurities are eliminated, the HEF naturally becomes more synchronized with the zero point field. Thus, the purification process increases the energetic flow from our environment (i.e. the zero point field) into our HEF and physical bodies. In summary, the higher the level of energy and information within the human energy field, that is facilitated by consistent use of the Metatones therapy, the healthier we are from a physical, mental, emotional and spiritual perspective.

### Mental Disabilities & Peak Brain Performance

Consistent use of the Metatones zero point field therapy may assist with a number of specific human challenges. For example, people that are mentally impaired or disabled have brain waves patterns that are not balanced and synchronized. The human brain is divided into two distinct parts: the right hemisphere and the left hemisphere. EEG tests measure the brain waves produced by the right and left hemispheres and in doing so quantify the relative level synchronization present. In mundane language, and as verified by EEG testing, people with mental disabilities have vibratory imbalances between the right and left hemispheres of the brain.

As previously stated, everything in the universe vibrates and the related frequency or pace of the vibrations can be measured. Thus, by measuring multiple frequencies simultaneously we can quantify the relative level of synchronization or imbalance. By measuring our brain waves it can be determined how well the two sides of the brain communicate and effectively perform the brain functions. The better the communication and cooperation the better the brain functions. Serious vibratory imbalances between the right and left hemispheres of the brain manifest as mental impairments and disabilities. The severity of the vibratory imbalance mirrors the severity of the related mental disability. If there are no imbalances in the brain waves this means the two hemispheres are performing the brain functions as efficiently as possible. This type of optimal vibratory synchronization is very rare and reflects the vibratory pattern required for 'peak brain performance'. In other words, most of us would greatly benefit from brains that operate more efficiently. Thus, any therapy that assists in the synchronization of the brain waves would assist in reducing obvious behavioral abnormalities, from minor to severe, in addition to inducing optimal brain performance.

As previously stated, the Metatones technology provides benefits to the human brain by delivering computer generated vocal permutations in a series of binaural beats. Binaural beats refer to sound technologies that deliver different frequencies simultaneously to the right and left ears (and the right and left hemispheres) via headphones. 'If' the correct frequencies are used they can gradually induce hemispheric synchronization. In this regard, by consistent use of the Metatones technology the frequency patterns of the brain waves are gradually adjusted towards a coherent synchronization of the hemispheric frequencies. An

often asked question is as follows: “what causes this improvement in brain waves occur”? Metatones causes the brain wave synchronization process to occur in two ways simultaneously.

As previously stated, the vibratory composition of our physical body is a reflection of the vibratory composition of our HEF (human energy field). Thus, as Metatones improves the overall vibratory organization of the HEF this improved level of synchronization is automatically transferred to the physical body via our chakra and meridian networks. As specifically related to the brain, the benefits of these improved vibratory patterns are transferred to the brain via the parts of the meridian network and nervous system located within the physical brain. In other words, the improved vibratory patterns of the HEF induce more synchronized brain waves which naturally improve brain functions. **Simultaneously, the binaural beat technology of Metatones forces the right and left hemispheres of our brain to work together in a unique form of cooperative exercise. Over the long-term this cooperative right and left brain exercise program has the same impact as any effective therapy program. Simply stated, the more our right and left hemispheres exercise together, the more synchronized our brain waves become. The more synchronized our brain waves become the more efficient and effective our brain functions.**

The key to any effective binaural beat sound therapy is to use frequencies that maximize the benefit of the brain wave exercise program. In this regard, the frequencies produced by the Metatones technology target the common mathematical progressions utilized by our right and left hemispheres. In doing so, the vibratory patterns of the right (emotional) and left (logical) hemispheres of our brain gradually improve, which manifest in many beneficial effects over the long-term. The ultimate goal is hemispheric synchronization and peak brain performance. Generally speaking, peak brain performance is reflective of a more mature and evolved life style.

At the opposite end of the brain wave spectrum, mental disabilities are reflective of abnormal brain wave patterns. From an energetic perspective, mental impairments are also indicative of vibratory flaws within the first layers of the HEF, also referred to as first chakra issues. The Metatones voice activated audio software provides a series of programs that mirror the vibratory progression of the HEF. Because the Level 1 programs emphasize the spinal cord, the vibratory foundation of our meridian network and the layers of the first chakra, people with significant mental impairments exclusively use these Level 1 programs. Each of the five level 1 programs (A thru E) gradually increases in strength. The use of the more potent Level 1 programs is determined by monitoring of the client’s symptoms and the effects of the sessions. People do not progress to the more potent Level 2 programs until substantial progress with the first chakra issues (i.e. mental impairments) have been realized.

Research has verified that physical, mental and emotional life challenges are directly related to some vibratory imbalance at the quantum level of our human energy field. This research has resulted in an explosion of new vibratory therapies aimed at synchronizing our HEF and the elimination of our energetic impurities. The resolution and release of the energetic flaws stored within the HEF is one of the primary goals and benefits of consistent long-term Metatones use. This new

approach to health targets the vibratory impurities that represent the foundation of our human challenges; be they physical, emotional or mental. **In a nutshell, our physical experiences are simply a reflection of some portion of our human energy field's non-physical energetic structure; i.e. 'as above so below'. Earth is a dimension of cause and effect. Thus, if one elects to improve, heal and purify the human energy field via consistent use of Metatones, or any other effective vibratory tool, you are choosing to change some portion of the experiential process for the better. It is that simple!** For example, even small improvements in the brain functions resulting from consistent Metatones use, often results in a new perspective towards one of life's challenges. By considering a life challenge from a new clearer perspective, induced by more synchronized brain waves, the resolution process accelerates because of improved decision making abilities. Gradually and *relatively* speaking, life's complex process is simplified. *'Consistent long-term Metatones use'* provides benefits that most humans are not used to observing or experiencing because it effects positive change in a new way; improvements at the quantum sub-structure of the our human energy field.

Many equate realizing our ultimate human potential as directly related to obtaining peak brain performance. Some people refer to this state of 'super-consciousness' as the manifestation of our 'higher self'. Eastern cultures often use the term 'ENLIGHTENMENT'. One of the pre-requisites to consciously exist in the super-conscious state is to clear the HEF of all energetic impurities. With the challenging process of clearing an energetic flaw we naturally become more experienced, educated and evolved. This educational process dictates changes in our conscious living habits, reflective of a more mature and evolved life style. Making major changes in our life style is usually very challenging if not impossible, unless of course we aggressively change and refine the quantum substructure of our HEF. Simply stated, **the refinement of our HEF makes positive change easier.**

Regardless of the desired change in our behavioral patterns, we must be committed to positive change in order to make the change our reality. Even when a change in behavior is obviously in our best interest, we often rationalize and remain in our old negative habits. As previously communicated, these negative habits mirror a vibratory flaw ingrained within our HEF. This is why the evolution of man has taken so very long! Let us continue to remember that our physical, mental and emotional experiences are simply reflective of the invisible vibratory structure of our HEF. In this regard, the 'conscious' part of us has a tendency to avoid positive change which in effect is resisting the clearing of a vibratory flaw within our human energy field. Because of our anti-change tendencies, the conscious self may enlist the aid of the sub-conscious to inhibit the educational process of positive change. For these reasons, the process of positive change may result in an intense internal struggle. When we understand our tendencies to maintain the old behavioral patterns and avoid positive change it is quite an interesting process to observe.

As previously stated, the use of modern day regression or past life review techniques may accelerate the educational process integral to the energetic flaw purification process. This only occurs if these new regression techniques are directed at the original cause our negative behavioral patterns and the applicable energetic flaws. Let us remember that we live in a dimension of cause and effect.

In other words, our physical, mental and emotional challenges did not just magically appear. Some prior decision or action probably created the energetic flaw that is manifesting negatively in our life experience. **By remembering the original experience that created the energetic flaw, which is typically stored in our subconscious memory, we accelerate the educational process needed for positive behavioral change and the release of the applicable energetic flaw.** Simply stated, as we become more educated about ourselves positive change becomes much easier to implement. The elimination of an energetic flaw improves the overall level of the synchronization in the HEF and the brain waves. The movement towards synchronization manifests as more mature and evolved behavioral patterns. In regards to mental impairments, a combination of Metatones and the skills of an experienced regression therapist is the preferred course of action.

In conclusion, if one wants to consciously experience the optimum state of super-consciousness and peak brain performance all energetic flaws and impurities must be removed from the HEF. Consistent long-term use of the Metatones technology in conjunction with regression techniques greatly accelerates the clearing and release of all vibratory impurities. This is much easier said than done. The conscious process of clearing vibratory imbalances from the human energy field may be new territory for some readers. For those interested, please see our Past Life Review - Self Regression booklet for more information on this subject.

### Summary

Our universe is an unlimited and invisible vibrating reservoir of energy and information called the zero point field (ZPF). The zero point field is a vast vibratory matrix that surrounds and flows through everything in the universe inclusive of our HEF. We constantly and unconsciously exchange life sustaining energy and information with the zero point field. Our collective challenge is to discover new vibratory therapies and techniques to increase the beneficial flow of energy from the zero point field into our human energy field. Consistent Metatones use assists us to synchronize our human energy field and purify it of all vibratory imbalances. As our human energy field's vibratory structure improves this automatically increases the energy and information flow from the zero point field. The more extensive our energy and information exchange with the zero point field the healthier we are from a physical, emotional, mental and spiritual perspective.

Considerable information in the Introduction and Description of Metatones Part 1 & Part 2 has been covered in a condensed manner. For those interested, please see the Metatones Theory booklet for more information.

### **SKIPPING TO THE LEVEL 2 PROGRAMS**

As you can see on the diagram on page 19 there are 6 levels of programming. The human energy field is composed of vibratory layers in a mathematical progression of frequency ranges. The Metatones levels of programming parallel the vibratory progression of the human energy field (HEF). The Level 1 series of programs primarily

affects the meridian system, the spine of the HEF, the first chakra and the first chakra layer of the entire HEF. There is also some effect on the second layer of the chakra system. A significant portion of the first layer of the chakra network is largely concerned with physical survival, security issues, self-preservation and the basic physical and mental functions of everyday existence. If a person is basically healthy from a physical and mental perspective, **with NO significant physical or mental problems**, this is an indication that the first few layers of the chakra network and the essential elements of the meridian network are functioning at an acceptable level. People that are within this general category of physical and mental health may not consciously feel the effects of the Level 1 programs unless they are very sensitive. For the reasons communicated, physically and mentally healthy people may elect to skip the Level 1 programs and begin using Metatones with the Level 2 programs. The Level 2 programs provide all of the frequencies of the Level 1 programs plus frequencies that balance, align and clear the entire second vibratory level of the chakra system. The third level of the chakra system is also partially affected by the Level 2 programs. In addition, each new level of programs provides a deeper penetration into vibratory structure of the meridian network.

**Any person who has symptoms of physical illness or mental impairment should NOT skip the Level 1 program routine. Individuals with significant first chakra issues, inclusive of mental impairments and disabilities, should continue a routine of Level 1 therapy until a significant reduction in the symptoms occur, prior to usage of the Level 2 programs.** Please review the specific usage recommendations for persons with mental impairments and disabilities within the Frequency of Use Guidelines, located within the Operations Manual. Please direct any questions on the recommended Frequency of Use Guidelines to Metatron.

## **MENTAL IMPAIRMENTS AND DISABILITIES**

EEG testing documents that all mental impairments and disabilities are reflected of imbalances between the right and left hemispheres of the brain. Thus, in order to permanently reduce the symptoms associated with any mental impairment or disability the imbalances in the brain waves must be reduced. Conversely, the more balanced and synchronized the brain waves are the more efficient and effective the brain functions. The more efficient the brain functions the closer the brain is to its peak performance levels. The founder of biofeedback, Robert Monroe, believed that if the proper frequencies were utilized on a long term basis in conjunction with binaural beats this would entrain the brain waves into balanced and synchronized patterns. The results of synchronized brain wave patterns are mental abilities that many consider are reserved for the extraordinarily gifted. As we discussed in more detail in the previous Description – Part 2 section, binaural beats are a unique type of vibratory exercise and therapy for the brain. In summary, the more the right and left portions of the brain effectively exercise together, the better they function. Binaural beats are also discussed in the next section, Technologies Incorporated into Metatones.

Unfortunately, Monroe never discovered a standard progression of frequencies to induce peak brain performance. The Metatron team agrees with many elements of

Monroe's research. Metatron has taken the binaural beat technology into a new era of vibratory healing because we have discovered a standard progression of frequencies that facilitates the inducement peak brain performance. This same progression of frequencies can also be used to correct flawed brain wave patterns that result in mental disabilities. The key ingredient is consistent long-term use of this easy to use therapy as described within the Frequency of Use Guidelines.

Metatones uses some healing approaches with some new technologies that may initially sound a bit unconventional. More specifically, any mental impairment or disability is reflective of an emotionally based vibratory imbalance within the first few layers of the human energy field (aura). If you heal these vibratory imbalances within the human energy field, the related physical deficiency will also be corrected. In the case of mental illness, the abnormal brain waves and the related mental disability will be corrected. This general approach towards healing is not traditional but the general concept has been around for quite some time. What is very new is the development of an easy to use vibratory therapy called Metatones that is a practical application of this healing premise.

We want to further explain the Metatones therapeutic perspective as it relates to mental disabilities. This healing perspective will communicate why Metatones may be effective on mental disabilities that are considered untreatable mental symptoms and behavioral patterns. The study of human brain waves has confirmed that all patients that are mentally impaired have abnormal or flawed brain waves to some degree. In many cases, science has not been able to deduce what the cause of these flawed brain waves patterns are and how to correct them. We believe that the foundation and cause of these flawed brain waves lay within vibratory imbalances or flaws within the auric field around the human brain. In other words, the vibratory imbalances within the auric field manifest as flawed brain wave patterns that in turn result in a variety of mental symptoms and behavioral problems. In order to correct the flaws and imbalances within the brain wave patterns the primary cause within the human energy field must be addressed. The Metatones therapy targets the vibratory imbalances within both the auric field around the brain and within the brain waves. The target of our binaural beat frequencies is the flawed brain wave patterns, while other frequencies generated by the Metatones programs are directed at the human energy field that surrounds the physical brain. These two types of frequencies are produced by Metatones to correct the deeply ingrained vibratory patterns that cause mental symptoms and behavioral problems. Thus, by addressing the cause of the mental symptoms with this new approach Metatones seeks a permanent corrective solution.

Let us take a little closer look at how the Metatones sound therapy was developed. Science has learned from the study of our DNA that there are standard vibratory patterns (speed of the electrons), based in mathematics, to our physical structure that are common to all humans. We also know from the study of brain waves that there are healthy vibratory patterns, based in mathematics, that are indicative of optimum brain performance. We have discovered that there is also a standard vibratory pattern, based

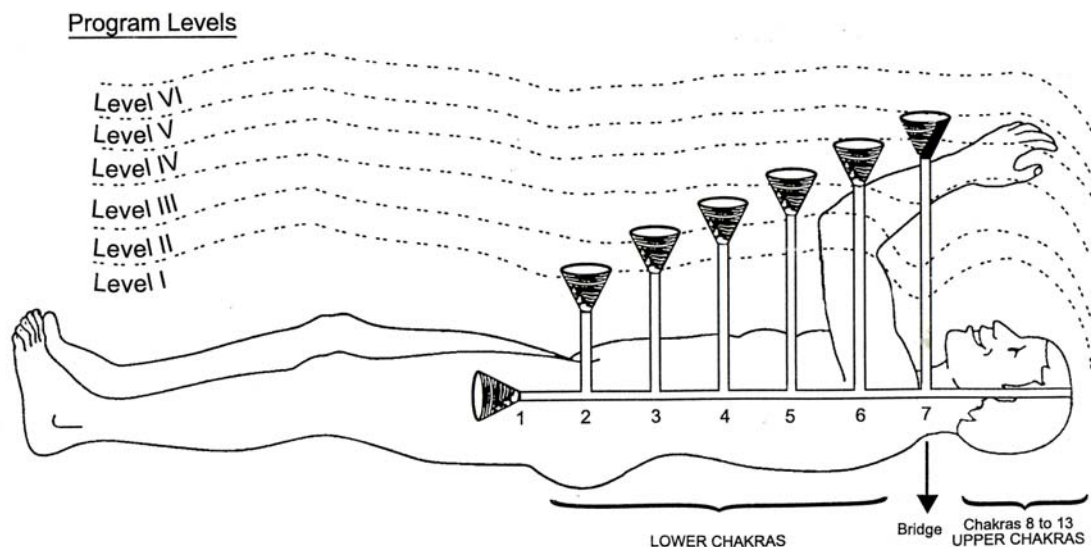
in mathematics, to the portion of the human energy field that surrounds the physical brain. Metatones uses these common human vibratory formulas to balance, clear and synchronize the vibratory patterns of the physical brain and the portion of the human energy field that surrounds the human brain. We believe that by consistent use of the Metatones therapy the deeply ingrained vibratory patterns that cause the mental disabilities and behavioral problems will be gradually corrected. Thus, consistent use of the Metatones therapy 2 or 3 times per week for 6 to 8 weeks may produce noticeable results on mental symptoms where no other therapy has proved helpful. Why? Because Metatones treats the problems at the cause: the vibratory imbalances within the invisible vibratory substructure of the human energy field.

Once positive results are noted this should be used to justify ongoing Metatones sessions. People who have been stuck in mental and behavioral patterns, indicative of flawed brain wave patterns, gradually begin to take small steps towards a healthy correction of the symptoms. This is a one step at a time process that requires considerable patience. There is a related part of this healing process that is critical to understand. In the process of correcting the brain wave imbalances, related emotional and psychological issues generally come to the surface to be discussed, understood and resolved. This is when loved ones and therapists can be extremely helpful. People need guidance, understanding and encouragement to assist them in resolving their psychological issues which keep them moving in the right direction.

Some readers may be saying “how can sound therapy targeted at the physical brain and the human energy field around the brain help improve the vibratory patterns of the brain waves”? This perspective needs a bit of education from modern day physics and other successful medical technologies. As simply one example, ultra sound is a type of sound therapy that has been used for years by doctors that has helped thousands of patients. Ultra sound therapy operates on basic physics and vibratory principles. We live in a universe of vibrations. All matter has atoms, all atoms have electrons and all electrons vibrate. At the subatomic or quantum levels of our existence there is still other invisible layers of our universe that vibrate. Thus, everything vibrates on some level inclusive of every component of the human anatomy. Healing is all about correcting unhealthy vibratory patterns to ones that are healthy vibratory patterns. This process of changing the unhealthy vibratory patterns of the brain to healthy vibratory patterns is one of the benefits of consistently using the Metatones vibratory therapy. This is a gradual process that only occurs with long-term use. Please see the Metatones Theory booklet for more information how Metatones provides beneficial effects.

## *The Metatones Programs and the Affected Chakras*

The Metatones audio programs utilize the universal vibrational formula of the H.E.F. (Human Energy Field) and the 13 chakra system. Each program frequency range shown below excludes harmonics generated by each program. Each Metatones program uses all of the frequencies generated at the level indicated, plus all of the frequencies utilized by the programs below it. For example, the Level II programs generate the frequencies unique to the Level II programs plus the frequencies generated by the Level I programs. Not shown in the illustration is the internal chakra network, within each chakra. For example, the 3rd chakra has two additional internal chakras operating at the same frequencies as the 1st and 2nd chakras. So when the Level I programs clean, balance and align the 1st chakra, it also provides the same benefit to the 1st internal chakra of all of the other chakras. Not shown below are the 8th and 9th chakras that are affected by the Level VI programs.



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## **SOUND TECHNOLOGIES INCORPORATED INTO METATONES**

To most people Metatones sounds as though it is a totally new sound therapy. However, many of the techniques and technologies utilized by Metatones have been successfully used by respected professionals for many years. The next few pages will highlight some of the healing sound techniques successfully utilized by others that are integrated into the Metatones technology. It is important to understand that when it comes to the human brain man has learned how to monitor its functions through the use of EEG tests and more recently QEEG monitoring technologies.

### **Binaural Beat**

As also discussed within the Description of Metatones – Part 2, when different frequencies are simultaneously played through right and left channels of stereo headphones the difference between those frequencies creates what is referred to as binaural beats. Robert Monroe made this practice well known in the 1960's with his book, *Journeys Out of the Body*. Today the Monroe Institute continues the work started by Robert Monroe and is considered by many to be the leader in

alternative sound therapy. Monroe utilized this binaural beat technique to induce a variety of responses and benefits. For example, if frequencies of 300 and 400 hertz are played in the right and left ears respectively, 100 and 700 hertz binaural beats are created. The difference between and the sums of the frequencies played into each ear create electrical signals within the brain. These self-generating signals occur whenever the two hemispheres of the brain work together. As previously discussed, this is a unique type of exercise therapy for the brain. Properly used, binaural beats alter and refine existing brain wave patterns into what Monroe called hemisphere synchronization. Simply stated, binaural beat technique facilitates improving brain-wave activity into a more organized, coherent and synchronized pattern. In other words, long term use of binaural beats induces healthier brain waves and reverses the vibratory patterns indicative of mental disabilities.

Research has shown the proper use of the binaural beat technique can result in a variety of positive effects including accelerated learning abilities, reduction of pain and enhanced immune system functions. Electroencephalogram (EEG) research has shown that the binaural beat technique must incorporate existing brain-wave patterns. The proper techniques produce expanded higher-order brain wave patterns out of which expanded states of consciousness emerge. Because Metatones uses the vibrations of the human voice it incorporates the vibrational patterns of the brain.

#### High Alternating Frequencies – Above 8,000 Hertz

Alfred Tomatis, M.D. ([www.tomatis.com](http://www.tomatis.com)) is another famous alternative sound practitioner. There are over 100 centers world wide that utilize his technique (the Tomatis Effect) to treat a variety of symptoms including deafness, various emotional disturbances, hypertension, ADD, ADHD, insomnia, speech defects, epilepsy, hyperactivity, dyslexia, autism, depression and many more. The research done by Tomatis resulted in the conclusion that the ear is the primary organ of consciousness. According to Tomatis the ear is the vehicle of a much larger and complex human process than previously believed that involves every cell in the body. The diagram of the human ear in a few pages documents this perspective by illustrating that all major organs of the body have meridians in the ear. Tomatis came to believe that the proper mix of sounds provides nourishment for the entire body in the form of electroneural stimulation to the brain. The long time success of the Tomatis sound therapy demonstrates that this nourishment or energizing affect has many positive effects on the brain functions.

A portion of the Tomatis work included recording mother's voices at high frequency ranges above 8,000 hertz. Tomatis would then play the recordings back to children with disabilities such as autism, dyslexia and hyperactivity. Noticeable immediate improvements in learning abilities and behavior patterns

resulted. Tomatis developed and refined his techniques into a recording process called the “electronic ear”. This technology switches between high and low frequencies. He found that the use of high frequencies enhanced the benefits of the sound therapy, including a noticeable whole-body healing and energizing effect plus a jump in overall mental abilities. We believe that this energizing “Tomatis Effect” is an increase in the exchange of energy and information with the zero point field. Consistent with our previous discussions, the increase in beneficial energetic flow is obtained by improving the level of vibratory synchronization between the zero point field and the human energy field. These conclusions seem rudimentary in light of documented research that shows many positive effects from the Tomatis Effect including increased mental capacity, accelerated learning abilities, improvement in memory, enhanced concentration, weight loss, improvement in the ability to relax, overall reduction of stress and many other benefits.

Subsequent to the alternative sound therapy breakthroughs of Robert Monroe and Alfred Tomatis, M.D. many others have expanded, altered and refined the basic techniques that these gentlemen discovered. Although there are several sources available on Monroe, Tomatis and others, we referred to Michael Hutchinson’s book *Mega Brain Power* for the information included within. In summary, at the heart of many of the best alternative sound technologies are the following four components:

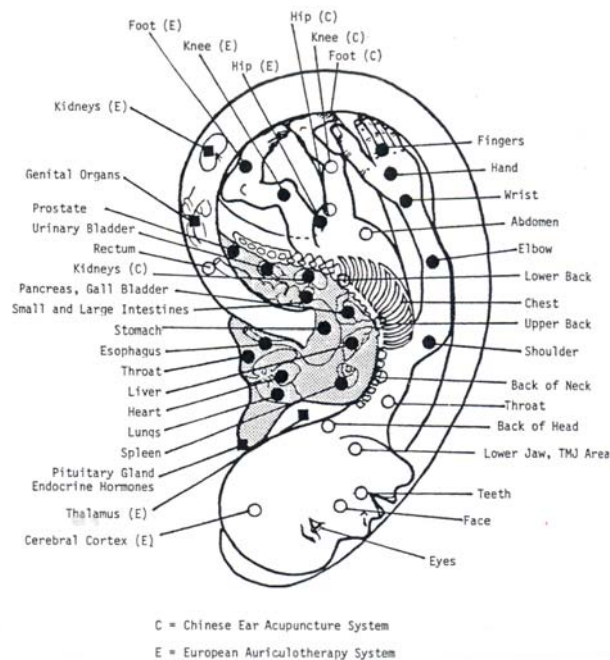
- 1) Binaural beats
- 2) High frequencies – above 8,000 hertz
- 3) Alternating between high and low frequencies
- 4) The human voice

These techniques represent proven elements of the most successful alternative sound therapies. In addition, we suggest that all of the documented successes of these and other alternative sound therapies are based on the principle of resonance. Metatones incorporates all of these successful techniques plus a few new technologies that the Metatron team has invented and discovered over the years. The two most significant additions and discoveries are the Metatones keynote theory and the common vibratory formula to the human energy field, both of which have their foundations in the principles of basic physics. In the final analysis, in comparison to other effective sound technologies we suggest that the Metatones sound therapy is the easiest to use, least expensive, most potent and overall most effective. Please see the *Metatones Theory* booklet for additional information.

### **MERIDIANS AND ACUPUNCTURE POINTS WITHIN THE HUMAN EAR**

The Dr. Tomatis perspective that the ear is a much more important organ than

previously recognized, that involves every cell in the human body, is verified by the extensive meridian system that terminates at the ear. A source for related information is the book Holographic Universe by Michael Talbot, which states the following: "The ancient Chinese art of acupuncture is based on the idea that every organ and bone in the body is connected to specific points on the body's surface. By activating these acupuncture points, with needles or some other form of stimulation, it is believed that diseases and imbalances affecting the parts of the body connected to the points can be alleviated and even cured. There are over a thousand acupuncture points organized in the lines called meridians on the body's surface." Talbot goes on to inform us that ears contain an acupuncture micro-system that was first discovered by the Chinese 4,000 years ago. If one connects the dots of the acupuncture points in the ear they form an anatomical map of a miniature human inverted like a fetus. The diagram below (copyright Dr. Terry Oleson) of the little man in the ear documents that a meridian for every major organ terminates in the human ear. As we have previously discussed EVERYTHING vibrates. Thus, the acupuncture points can be positively activated by the frequencies of sound output of headphones. This use of vibrations via sound to activate the meridians would explain many of the benefits documented by Dr. Tomatis, Robert Monroe and other professionals using alternative sound therapies.



## **METATONES SESSIONS AND TECHNIQUES FOR USE OF THE TECHNOLOGY**

A C.D. ROM contains the Metatones programming. In order to utilize the Metatones

programs you need the following equipment:

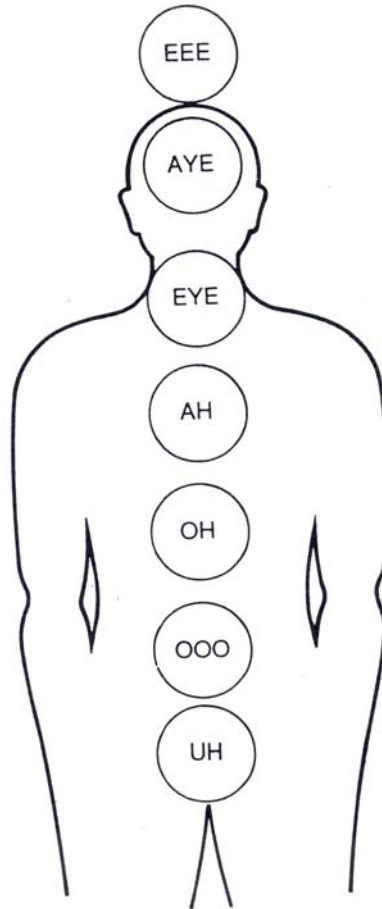
1. Computer with Windows
2. Exterior microphone: a microphone is needed to record one's voice.
3. Headphones

The human voice has been used in a variety of ways by numerous cultures for healing purposes. We can now incorporate some of these past practices with the technology available through the Metatones vibratory therapy. A new recording of your voice, with a maximum length of eighteen seconds, is needed each time you use Metatones. Each Metatones program plays a series of computer generated variations of the voice frequencies referred to as intervals. Each interval is a different combination of computer generated permutations of the voice recording. The audio output or vocal permutations generated in each interval is designed to move a particular component of the human energy field (H.E.F.) back towards its' ideal or resonant frequency utilizing the principle of resonance. The four types of suggested voice recordings are positive affirmations using the present tense ("I am humble, calm and patient" versus "I will be..."), vowel sounds, consonant sounds and mantras. A combination of these vocal variations has also been utilized. Pick whichever one suits you the best and that you are most comfortable with. The next few pages provide some suggestions and examples.

If an individual is working on a particular part of the body and chakra, the affirmation, consonant or vowel sound selected may emphasize this particular part of the body. For example, if someone is experiencing a disruption of some sort within the stomach area, this general area of the body can be specifically addressed with the recording of the voice. See the next page for a diagram of vowel sounds and the related chakra center. In addition, the chart on page 21 relates the sound of consonants to specific body components and emotional energy storage locations. A very special source of affirmations is contained in the book, You Can Heal Your Life by Louise L. Hay. At the end of her book, there are almost forty pages of affirmations organized by specific physical symptoms. This list by Louise L. Hay is ideal for a Metatones application. It identifies the physical manifestation of vibratory imbalances within the light body, the originating emotional cause and the words of intent needed to release the imbalance. She provides suggested affirmations for everything from AIDS to insomnia. Using Alzheimer's as an example, the emotional cause may be related to either a conscious or unconscious inability to face an element of life as it is. This can be related to a lack of a perceived purpose in life. Thus the suggested affirmation could be something like "Everything happens in the right sequence. Right action is taking place at all times. I reprogram my brain to be patient and to be open to a new purpose in life." Please see the Louise Hay book for more examples.

Intention is a critical element of one's voice recording. Use as much personal intent as possible during the Metatones recording of your voice. In the use of affirmations, utilize the emotions of the words, to flood every cell of your body with the emotions behind the

words. For example, if "clear, calm and peaceful" is part of your intent and recording, let the words not only represent, but also sound as though you are clear, calm and as peaceful as possible.



Jonathan Goldman's Vowel/Chakra Sounds  
from Healing Sounds by Jonathan Goldman

## MERIDIAN CONSONANT SOUNDS

Y	Gall Bladder	Love and rage
Th	Liver	Happiness and unhappiness
S/Z	Heart	Love, forgiveness and anger
F/V	Small intestines	Joy, sorrow and sadness
Sh/Ch/J	Circulation - sex	Renunciation of past, generosity and relaxation, jealousy, sexual tension, regret and remorse
R	Triple heater - thyroid	Elation and depression
P/B	Stomach	Contentment, disappointment, distrust and greed
H	Spleen	Faith in future or anxiety about future
Q	Lung	Tolerance and intolerance
M	Large intestines	Self-worth and guilt
W	Bladder	Peace, harmony, restlessness and impatience
K/G	Kidney	Sexual security and sexual indecision
L	Conception vessel (Lower Abdomen)	Shame
T/D/N	Governor vessel (Spinal Cord)	Embarrassment

Acknowledgements to Dr. John Diamond, Life Energy, Paragon House, 1990 and Chloe Wordsworth, M.A., Holographic Repatterning, Wordsworth Productions, Inc., 1994.

Jonathan Goldman's book, Healing Sounds - The Power of Harmonics, goes into great detail regarding the importance of intention when using the voice for healing. In his book, Jonathan Goldman communicates some wonderful formulas for the use of

intention with the voice for healing purposes.

- 1.) *Frequency + intention = healing.*<sup>1</sup>
- 2.) *Visualization + vocalization = manifestation.*<sup>2</sup>

Jonathan Goldman's book is excellent at describing various vocal healing techniques and endorses the concept of the healing effects of vocal harmonics.

If you use consonant or vowel sounds, there are two recommendations for your voice recording. Access as many frequencies within your voice as possible. For example, one can use one frequency and make the vowel sound, "aaaaah" or one can get several different frequencies of higher and lower tones by saying the same vowel sound, "AAAAAAH" in a rising or lowering scale/pitch. Different vowel sounds naturally create different harmonics. The more frequencies contained in the recording of your voice, the greater the number of resonant frequencies will be generated by Metatones and the more effective the session will be. As is the case with affirmations, put some feeling behind the sounds you are making. Pick one or two basic feelings or qualities you would like more of in your life and use this as an overall emotional background when making the recording of your voice. Calm, peaceful, relaxed and mature are a few examples.

If one elects to concentrate on a specific chakra and body location, you can utilize the appropriate vowel or consonant sound for the entire Metatones recording of the voice. There is also a good overall clearing, balancing and aligning technique for all seven major chakras. Using a single breath, begin at the root chakra and proceed in sequence to vocalize all of the vowel sounds up to and including the crown chakra. In other words, utilize all of the vowel sounds located on the diagram a few pages back. No matter what type of vocal recording is made, we do generally recommend that the selected vocal sounds be sung or toned. By singing or toning the recording one maintains a constant, **uninterrupted recording of the voice frequencies**. It is very important to have uninterrupted voice frequencies on the entire recording without any silent gaps. In order to accomplish this, particularly when you are using an affirmation, you may have to repeat the affirmation 2 or 3 times and add a few seconds of a vowel sound at the very end of the recording. "I am very talented and see life clearly with a positive outlook as I calmly accomplish my daily tasks YAAAAAAAH" is one example. This singing technique helps maximize the benefits of Metatones because it helps in adding some emotions to the recording in addition to eliminating any silent gaps while the recording is being made. The variations that can be used to make the recording of the voice are endless. We have provided you with a few suggestions to get you started. Please call Metatron if you have any questions or if you would like to obtain some

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<sup>1</sup>Goldman, Jonathan, Healing Sounds - The Power of Harmonics, (Element Books, Inc., 1993, revised 1996) p. 20.

<sup>2</sup>Ibid., p. 22.

specific recommendations for making your voice recordings.

Once the voice has been recorded into the Metatones program, prepare yourself for the session. Lying down is the recommended position to assist everyone to be as relaxed as possible during the session. Sitting in a comfortable chair is also a common position selected. Wear loose, comfortable clothing. Do not consume large quantities of food for at least an hour before a session and preferably longer if it is convenient. Metatones sessions done at least a few hours prior to bedtime have assisted individuals to either reduce or eliminate insomnia. Before beginning a Metatones session try some nice long deep breaths to get the body, emotions and mind as relaxed as possible. To whatever extent possible the meridian system should be connected. To facilitate this process, the thumb and forefinger of each hand should be lightly touching each other and the tongue should be touching the roof of your mouth. Close your eyes and calm your body and emotions. You will be listening to your own voice expanded to include frequency variations of your vocal vibrations. It is suggested to breathe through your nose during the session.

### **EFFECTS DURING & SUBSEQUENT TO METATONES SESSIONS**

The reactions and sensations that have been experienced during the sessions vary significantly from session to session and from individual to individual. Although there are some patterns, there are no absolutes in terms of what is experienced during or after a Metatones session. Some of the reactions during the sessions are quite physical. Ultra sensitive individuals actually feel the various effects on parts of the body even during some of the initial sessions. For example, as a frequency (of your voice) opens and clears a particular chakra, energy (prana/chi) can be felt moving in this area of the body. This can be a very dramatic and wonderful sensation, particularly if one has not had this experience before. If one has had this experience, the strength of this sensation potentially may be stronger than any similar sensation you have experienced. The chakra centers most often initially mentioned by first time Metatones users are the Root and Crown chakras. However, initially most people do not experience any energetic sensations.

Some readers are going to raise the question, "What exactly does it feel like to have your chakras balanced and aligned and the related meridian system cleared whereby the movement of energy is a conscious feeling?" When there is a saturation of energy in part of the body, the individual will feel numbness within the applicable body part. There is no need for concern. As soon as one moves the body part affected, the numbness usually passes immediately. A more dramatic sensation is to actually feel energy move in one's body. This is a pleasant tingling sensation, which may last a second or two, or come in several waves that give one a tingling feeling off and on for a few minutes. This pleasant tingling sensation has been compared to a very low voltage electric current moving slowly through the body. If there are no blockages in the meridian network, energy can be felt entering one chakra, the crown for example and move all the way through the body to the feet. Both the numbness and the tingling

sensation may occur during the use of Metatones. Once upon a time, only very sensitive individuals could feel energy move within their bodies. With the consistent and long-term use of Metatones movement of energy in the body can be consciously experienced by everyone!

During a session, one may become aware of or sensitive to a particular part of the body. "Subtle" discomfort, a twitch in some soft tissue or temporary pain may be experienced. We have no allopathic explanation for this. We believe the physical sensations are caused by some form of energetic congestion or imbalance within the human energy field being triggered by Metatones. These vibratory imbalances are commonly called energy blocks because they block the natural flow of energy through the body. These energy blocks or vibratory imbalances in the human energy field are the possible location of a memory of a traumatic event that may have been blocked out of one's conscious memory. Examples of events that create these emotionally based vibratory imbalances are sexual abuse, emotional abuse and other horrific events such as battle field occurrences that can create a variety of related and ongoing mental, emotional and physical problems. Consistent use of Metatones, particularly the most potent E program series on CD 1, has the capability to bring the memories and emotions to the surface of consciousness that created these energetic blocks. In the introductory paragraphs of this booklet we communicated that all physical, emotional and mental problems are related to energetic, emotionally based imbalances somewhere within the human energy field. By bringing the memory and emotional cause of our problems to the surface of our consciousness we are provided with an opportunity to resolve and release the energetic imbalance and heal the related mental, emotional or physical symptom. This new energetic approach to healing at the quantum (subatomic) level via vibratory therapy is what Metatones is all about. If you are interested, please contact Metatron to discuss this general subject matter in more detail.

Hearing one's voice played back at numerous different frequencies has created discomfort in some individuals. This type of reaction is not unusual. ("I don't like the way my voice sounded during part of the session." "I couldn't put my finger on why, but it made me feel uncomfortable.") If the client elects to have ongoing Metatones sessions, this uncomfortable feeling or sensation fades. This type of discomfort can be minimized by keeping the volume low during the initial sessions. Falling asleep during sessions is also not uncommon. One of the functions of the sleeping state is to process all of the energies that entered our aura that we did not process during the waking state. The build up of this unprocessed information is one of the causes of the sleeping cycle we experience. The Metatones technology has brought on this processing mode in many individuals by aligning and balancing the human energy field (H.E.F.) whereby the processing of this energy and information is accelerated. This acceleration of the processing mode induces the sleeping state. There is no need for concern. Benefits of the Metatones therapy still occurs during the sleeping state. These are just a few of the reactions during a session. There is no right or wrong reaction and as stated, the reactions have varied greatly from person to person. It is recommended to take it easy following a Metatones session and to avoid strenuous physical and mental activity.

Definitive reactions and effects from Metatones sessions are difficult to quantify until research studies are completed. However, the reactions to date to consistent use of Metatones have generally been positive. The ultimate goal of the Metatones vibratory therapy is to increase the exchange of energy and information from the universal field of energy and information commonly called the Zero Point Field to the human energy field. This is a life changing process so unless you are an individual who has an interest in changing your life, the use of Metatones is not recommended. Consistent and long-term use of Metatones may facilitate positive changes in your life of a physical, mental, emotional and spiritual nature. As we all know, major life changes are not always an easy process. A component of using Metatones is committing to changing one's life.

Excluding the effects to mentally disabled individuals, there appear to be four general trends that have occurred to individuals who use Metatones. Before we get into these trends, let's remember the Metatones vibratory therapy is consistent with many homeopathic principles. More specifically, using a "like frequency to cure a like frequency" or in the case of Metatones using the frequencies of the human voice to improve or enhance the human condition. Some of the effects of homeopathic treatments experienced by its originator, Dr. Hahnemann, in using a like frequency to cure a like frequency, is a "healing crisis" or a temporary worsening of symptoms may occur. This healing crisis and or worsening of effects has been experienced by individuals whether they were dealing with physical or emotional symptoms, in addition to the surfacing of symptoms that were not consciously present to begin with. Reactions of this nature are synonymous with the surfacing of vibratory imbalances within the human energy field for the opportunity to release the imbalance and heal the emotional or physical symptom.

The four general trends are as follows:

- 1.) Physical reactions have varied quite widely. We believe what Dr. Chopra said in his book, The Path To Love, *"The body generally registers some degree of agitation or even discomfort as it moves into alignment with Spirit."* Many clients have had an initial short-term negative physical reaction. A minor backache or sinus congestion, etc. are just a couple of examples. Realize that in some cases a positive reaction may, in the short term, appear to be a negative one. We believe that as stored imbalances in the body are released by Metatones, the symptoms of the imbalance may be magnified for a short period of time. Some individuals have experienced a day or two of longer sleep periods than normal. That is, if one normally sleeps six or seven hours, you may have a few evenings when your body tells you that eight to nine hours is preferred. Metatones accelerates the entire metabolism and increases the free flow of energy throughout the human network. Your body may not be completely prepared for this increase in quantum activity and energy flow that may translate into an increase in biochemical activity. This acceleration may naturally dictate some added rest and sleeping periods for a day or so. This type of experience may reoccur as you experience each more potent level of the Metatones

programming.

Insomnia has been reduced or eliminated with some clients. Some clients have been treated for various types of physical pain; the results have been very positive. An increase in the level of energy (prana/chi) in the H.E.F. reduces physical pain. This reduction of physical pain, due to increased levels of energy (prana/chi), is also a basic premise of acupuncture. Consistent use of Metatones is believed to remove toxins from the physical body. This can create a variety of positive effects. One practice that specializes in closed head injuries (usually from auto accidents) is using Metatones to improve a wide variety of mental disabilities and symptoms; they are seeing promising effects. See the last page of this booklet for a Testimonial Exhibit.

- 2.) Some individuals have become "lighter". Day-to-day life loses some of the stress and tension that individuals normally create in their experiences. Some clients even believe that their sense of humor has improved. This does not mean that they are taking life any less seriously than they had before, but rather have a much less stressful and calmer perspective in parts of their lives after Metatones than before.
- 3.) Some life problems, choices and challenges seem to be seen in a much clearer perspective and facilitate a much improved decision-making process. Decisions often mean changes in one's life that can result in a wide spectrum of related emotions. Similar to the short term effects of a "healing crisis" reported by Dr. Hahnemann, added clarity can facilitate an "emotional crisis". That is clients who have agonized over a particular relationship, occupational or other problem area in their life stop debating on what to do. The decisions and choices may not be easy ones, however, a clearer perspective eliminates the gray areas of one's life. In other words, the gray areas of one's life become black and white, decisions are made and life changes for the better.
- 4.) As is the case with some forms of biofeedback therapy, one may experience a few hours of increased energy levels, enhanced mental clarity and heightened mental skills. These very positive, enjoyable and conscious effects of Metatones clearly provides evidence of the beneficial results on the physical, emotional and mental functions. Long-term consistent use of Metatones will gradually make these heightened states of mental and emotional clarity a permanent reality and improve how you function in everyday life. This gradual process of enhancing mental and emotional capabilities can also be a very subtle process. A calmer, more mature and less stressful approach to everyday life is the long-term end result that is indicative of hemispheric synchronization and peak brain performance.

A good portion of the new healing and human enhancement principles behind the Metatones vibratory therapy relates to the human energy field that exists around and through the physical body. We believe as time passes the approach that Metatones uses to emphasize healing at the quantum/subatomic level of our human energy field will become a common component of accepted health care. One element of this new

approach parallels the common sense approach we now use toward our physical body. That is, just as it is healthy to keep our physical body clean so too with the auric field around our physical body. Keeping the auric layers of our body clean has many beneficial results. Any combination of exposure to sunlight (15 minutes per day), meditation, exercise and salt baths is recommended. Salt baths are particularly effective in cleaning the auric layers. We have one final suggestion in regards to the consistent use of Metatones. We believe Metatones aids in eliminating toxins from the physical body so drinking an adequate amount of water daily to assist the physical body with this detoxifying process is also recommended.

## PHOTOS OF THE HUMAN LIGHT BODY OR AURA PHOTOGRAPHY

Over sixty years ago a new kind of photography was invented that allows us to see what the auric layers around our physical body look like. This new technology confirmed the existence of the human energy field that surrounds us that is commonly called our light body or subtle body. The traditional medical community has never incorporated the existence of the light body into the common healing sciences. As more is learned about the human light body we suggest that its vibratory structure will become a very prominent element in new therapies that solve numerous human health challenges. We believe that Metatones is one of the first vibratory therapies to truly integrate the auric layers that surround our physical bodies into a new therapeutic approach towards human health.

The parallel of the physical body's nervous system in the light body is called the meridian network. This meridian network is what acupuncturists use for healing the physical body. The acupuncturist aim is to clear the meridian network so that a maximum flow of energy can flow into and through the physical body from our light body. As we have previously discussed, the higher the flow of energy from the zero point field into our human light body and then into the physical body the healthier we are from a physical, mental, emotional and spiritual perspective. We believe that all illness originates with a blockage of the free flow of energy from the zero point field to the physical body. Metatones represents one of the first vibratory therapies that incorporates the vibratory relationships, based in mathematics, between the zero point field, the light body and the physical body into a very simple to use sound therapy.

People often ask us "how do you know Metatones delivers more energy to the human energy field?" There are many ways to answer this question. One such way follows. If Metatones increases the quantum flow of energy from the zero point field into the light body, and it does, then people who use Metatones will have a bigger, brighter light body or aura. It is that simple. On the next few pages you will locate a few aura photographs demonstrating this simple premise that **by Metatones increasing the flow of energy into the light body it becomes bigger and brighter. Seeing is believing.** As you view these photos please realize they were taken many years ago, when we were using the initial versions of the Metatones sound therapy. The Metatones vibratory therapy we are using today has been significantly improved and it is considerably more potent. Rita Aguirre made the initial Metatones discovery in 1996. The research, refinement and improvement process has been an ongoing effort ever since.

Revised July 2006

**AURA PHOTOGRAPHS**  
January, 1997

Aura photography is a variation of Kirlian photography that was discovered in 1939 in Russia. Aura photography captures some of the auric layers of the human being as seen in the photographs below. One way we have been able to capture the visible effects of Metatones is through the use of Kirlian and Aura photography.



**A**



**B**

Photograph A was taken without the aid of Metatones. Photograph B was taken two minutes after photo A and after two minutes' use of the Metatones II device. This person had no exposure to Metatones prior to these photographs.

AURA PHOTOGRAPHS  
January, 1997



A



B



C

This series of Aura photos is over a three-week time period in January, 1997. Photograph A was taken prior to any Metatone sessions. Photographs B and C were taken immediately after Metatone sessions. Photograph C was taken approximately three weeks after Photograph A and two weeks after Photograph B.

**AURA PHOTOGRAPHS**  
January, 1997



**A**

**Without Metatones**



**B**

**2 minutes after Photograph A with  
Metatones II technology operating.**

## TESTIMONIAL #1

Dear Michael,

I would like to give you some feedback regarding the environment in which I am using Metatones and some of the positive outcomes that we are experiencing.

I am a Professional (Registered Nurse) working in a school for teenage girls and young women (12-21) with behavior problems in South Africa. Girls with various behavior problems are sent here by court order for intervention when all other measures have failed. Unfortunately, we no longer have any therapists (Social Worker, Occupational Therapist or Psychologist). I introduced the Metatones sound therapy hoping some of the girls would take advantage of this technology. I had been personally using Metatones with positive results so I was confident the girls would also experience benefits from Metatones.

We (the then psychologist and I) initially selected girls who we thought would benefit most from a Metatones routine. This was not very successful for reasons alluded to in the Metatones literature; Metatones users have to want to use the sound therapy on a long term basis to obtain the benefits. I then introduced various incentives for using the Metatones therapy and began to see positive outcomes!

As mentioned, we still had a Psychologist on staff when we initially started the Metatones therapy. One of the first things that the Psychologist noticed was that after Metatones sessions the girls were noticeably more prepared to deal with the relevant issues. Metatones is not an 'instant cure all' and some of the girl's progress has been more noticeable than others. However, habitual use appears to consistently open up the personality in a way that facilitates slow and gradual improvement. Even though Metatones utilizes new technologies unfamiliar to most, the benefits of long-term Metatones use should not be discounted by traditional mental health professionals.

According to the participants, Metatones sessions generally keep them more relaxed and help them to calm down after any crisis. In fact, they often rush into the clinic and ask to do a Metatones session after stressful events on campus. Some say that they are calmer, don't fight as much and even sleep better. Some of the girls no longer have a need for sleeping pills and medications that control their anger. I have never encountered any therapy like Metatones and continually observe many positive results.

## A Few Specific Cases

- When one 15 year old arrived here she was so traumatized that she could not speak coherently and could not read or write. Her social worker had in fact tested her hearing as she was non-responsive. She also used medication to mitigate her frequent anger outbreaks. Since she has been using Metatones she can now speak much better, can write an understandable letter and can read simple books! Her cognitive abilities have improved dramatically and her anger is more under control. This was after approximately six months of sustained Metatones therapy, without any sessions with a psychologist! After a few more months of Metatones use I was able to completely wean her off of her anger control medications. She is now completely drug free and doing very well!

- One girl had been at our facility for 2 1/4 years with minimal progress. This pattern changed when she began to use Metatones. Noticeable progress was being made after 9 months of Metatones sessions but her court order expired and she left our facility.

- Apart from other behavioral issues which brought her to the facility, one girl had bulimia and anorexia. She basically used food as a weapon to manipulate those in authority when she was unhappy about a given situation. After using Metatones for about 8 months this habit came to an end! Her problems still need attention but at least the self destructive aspects have come to an end.

- One girl carried on relentlessly about many trivial items. There was a subtle underlying level of nervousness and anxiety about many things. Consistent Metatones has changed all of this and she is now much calmer.

- One girl suffering from the trauma of witnessing a murder had frequent migraines. Written examinations at our school as well as impending trial dates would often trigger her anxieties and result in a migraine attack. She found that Metatones kept her calmer and wrote her final exams over a period of a month without one migraine attack. She still had many problems when she left our facility but she was making progress. I wish she could have used Metatones longer.

I have made Metatones available to everyone on our campus including members of the staff who have asked to participate. One notable case is a staff member who no longer needs her stress medications or sleeping pills.

Even though Metatones represents very new concepts I hope this information motivates others to try Metatones. Long-term use is essential. I would love to help people with Metatones full-time but for now I will carry on with 'my girls'.

All the best,  
Linda Viveiros  
(viveiros@telkomsa.net)

## TESTIMONIAL #2

Re: Letter of recommendation for Metatones - ADD child and in general

To whom it may concern:

My 14 year old son Andrew has various mental disabilities. He has difficulty with his reading and writing, has severe speech impediments, is overweight, is emotionally immature, and has ADD. After about a month on the Metatones therapy Andrew is doing better than he ever has and continues to show signs of ongoing improvement. He is much calmer, can now do some basic math in his head, his speech has improved, he completes tasks, looks forward to his homework (which he never did before Metatones), doesn't have temper tantrums any more, does not argue with his mother and father as he use to and even his facial expressions are softer and more gentle where as prior to Metatones he was frustrated or angry a good percentage of his waking hours. I simply can not adequately communicate the positive difference that Metatones has had on Andrew and our home life. Andrew now demonstrates periods of a new inner joy and a new acceptance of himself that was never there prior to Metatones. He always smiles when he finishes a Metatones session. Metatones has absolutely changed Andrew's and our lives in such a short period of time. We now have hope for our son and better yet, Andrew now has hope for himself!

My husband I also began to use Metatones when we saw the positive changes with Andrew. Metatones has helped us to approach life with a calmer and less stressful perspective. We do not fight over the little things that we use to and we are communicating better than we have in years. It seems like we generally do not have the fears and doubts that we use to have and approach life in a much more constructive and peaceful manner. Metatones has opened the door to balance, self-awareness and purpose.

We still find life challenging and we have our bad days but we see things improving thanks to Metatones. A few very nice things about Metatones is that it

is very easy to use even though we are not knowledgeable about computers and the Level 1 sessions take less than 20 minutes. I totally recommend Metatones for not only mentally disabled people but for the entire human race!

Sincerely,  
Grace Newton

### TESTIMONIAL # 3

Auto Accident - Metatones Helped pull me through

Do you feel everything your doing isn't working to the highest potential?

YES.

Do you feel stuck and your healing process needs a different type of attention?

YES.

Do you have the need for infinite LOVE for yourself and all others?

YES.

Sound familiar?

YES.

Then read below.

Several years ago in January 1999 I had an experience of a car accident that changed my life and the way I was living it. I lost everything including myself (that had to happen). Well let's back up for a minute. Before all of this I was a neuromuscular massage therapist. I was trained at the Reilly School of Massotherapy in Virginia Beach, VA. I studied Edgar Cayce methodology, massage and remedies. Over the years I received training on a variety healing techniques. I had a thriving business and everything in my life was so positive and exciting that it is difficult to put into words. Now lets jump to July 2001 (after my accident). My normal week was around 4 hours of various therapies 4 times per week. My physical abilities had so deteriorated that I was barely able to function as a social human being. I didn't have the ability to drive, to go to any major public places (restaurants, malls, etc.). I lost the ability to have friends and above everything, I lost my freedom and who I was. I dropped to my knees and cried (several times) and asked GOD to help me, just help in anyway. I was ready to surrender everything I knew and believed in. Even though I must of said these words many times and cried my eyes out more than a few times I guess I

was not really ready for change and allow healing to come into my life. This is when Metatones came into my life.

I was referred by a good friend of mine, a therapist, to go see the "lady who does Metatones", a new alternative sound therapy. Well I did and at first to be honest I thought that Metatones was just another therapy that was not going to help me. Well I dare you, no I double dare you to do Metatones for at least 11 times and after that tell me you are not changed for the better. All I can say is for me it worked and I really don't believe this is just another therapy. I have worked in the "therapy" business for years and have experienced the seemingly endless list of healing treatments, techniques and technologies that are available today but I must say this is the real deal. It has been an interesting journey of change and healing. In the beginning sessions I sensed change was taking place, but I didn't really notice or understand it till the 11th session. It was then after consistently using the Metatones technology that I had profound experiences. I will not even attempt to completely describe the healing process, both physically and spiritually, that I went through because I could never do it justice. It was like someone just turned on the light switch in my body. The beneficial effects would last for 2-3 days and for me that was monumental because just taking a shower use to be exhausting. I have been doing Metatones for over a year now and it has honestly been my lifesaver. I am not the type of person who tells people to read this or that book, take these herbs, or do this therapy because it will help you in your life's journey..... no you can do what ever you want to and YOU know what works for you. But if what therapy you are using or being in life isn't working, I encourage you to try Metatones and stick with it for at least 12 sessions. This is a life changing therapy that is very easy to use in your own home! If you are ready for some life changes, and if fear comes up when you consider it, then you really know you should give it a try.

Specific healing experiences with Metatones:

1. I have found that right after I do a Metatones session I can see about 75% better. It is like someone switched my eyes back on. I sometimes practice driving after Metatones. Things that would normally irritate my vision like shadows, distances and so forth just don't seem to bother me as much and for me this is really monumental because after my accident my eyes had become so hypersensitive. I have been using various other vision therapies for my vision problems for over 2 years and the fact that Metatones CHANGES how I see is well, I just cannot explain how huge that is for me!

2. Since my accident I have had to deal with a serious case of adrenal fatigue. It was so bad that I could not even take the recommended supplements for my symptoms because the digestion process took all the energy out of my body. For those who have never had this problem it is like having a serious never ending case of the flu. At approximately the 12th Metatones session I really started to notice a definite shift in my energy levels. It was like I was getting my body and normal energy levels back again. It was more than an amazing experience! For me it was like someone put the light back into my body! At the beginning my energy levels fluctuated up and down. I think this occurred because I had some "junk" in my lower chakras. As I continued with the Metatones sessions the therapy assisted me to clear out my chakras by gradually releasing the junk that was stuck and that process was part of my journey.

3. In summary I have found that Metatones not only improved my sight and increased my energy level, it changed the way I was living. I have found that the healing process is really not about doing the work, it is about accepting without judgment what comes and opening our heart to the flow of life. Metatones will assist you to change your life for the better forever.....are you ready? I am!

With all my LOVE,  
Vanessa Wichman  
Golden, Colorado

#### TESTIMONIAL # 4

Dear Michael (Metatron):

I am a psychologist from El Salvador and I bought your sound therapy this year. The purpose of this email is to let you know about some of the results that my client's have had with Metatones.

\*

One of my patients is a seven year old boy who came to my clinic because he was not doing well in school. He had a difficult time paying attention and concentrating. After three months of bi-weekly sessions with Metatones he has improved a great deal. His teachers have congratulated him on his progress and even the Principal of the school was pleased to hear about his advance. I

combined Metatones sessions with other emotional therapy and it has worked very well.

\*

Another person using Metatones is a 31 year old man. He suffers from depression and has undergone numerous tests (EEGs, blood tests, etc.) to find the origin of his problem. This is a hard case because he feels like crying often and generally feels very sad. We are trying to get him to express everything that he feels and thinks to determine the origin of his illness. He is not interested in using drugs because of the side effects. Even though he has just started using Metatones (just finished the Beginning level) he claims to feel more relaxed with a better state of awareness.

\*

My mom has been using Metatones for two months now and the first time that she used it her arrhythmia stopped. She generally feels calmer and more relaxed now.

\*

Several other people including my father and other members of my family have used Metatones. The general reactions are tingling sensations in various parts of their bodies plus a very relaxed attitude after the sessions. It has been very positive. The tingling sensations are probably do to an increase in the energy flow through the meridian system. I have had a few children say the repetitive nature of the sessions was boring and they did not want to use it again.

\*

I am personally using Metatones and look forward to advancing to the Level 3 programs. I feel very relaxed after the sessions and if I have a headache it fades away. Metatones has a definite calming effect and is probably a very good therapy for stress related symptoms.

\*

I have begun using Metatones on a few clients who want to improve their learning skills so I will let you know how they do.

I personally think that the Metatones system is awesome. I have recently read a book by Masaru Emoto (Japanese) on water that supports the power of thought. You know, just the fact of hearing a positive thought over and over again with Metatones gets into your subconscious and the power of thought moves us and

the world in a more positive direction. Considering our bodies are over 90% water the Metatones therapy presents many interesting possibilities.

Well that's my update. I really think your system is wonderful and hope to be able to help others with this tool.

Peace be with you,  
Jessica Parker de Salinas  
Psychologist from El Salvador

Update from Jessica Parker de Salinas

This is additional feedback on two closed cases that started receiving Metatones Sound Therapy last year: Daniel Chevez and the man I will refer to as Mr. D.

Daniel Chevez came to my clinic because he had been diagnosed as Hyperactive by his teachers and was flunking many subjects at school. He took Level I and II and received a total of 56 Metatones sessions, distributed in 10 months. At first, he accompanied these sessions with emotional therapy, and received a total of 16 sessions.

As I mentioned before, he improved his academic record greatly! He started showing improvement after three months of Metatones sessions and maintained a good average at school ever since then. His behavior also got better: he was more attentive, more calmed and easy going.

We successfully ended this case on May 7th

Mr. D was the man who had two suicide attempts years before, who had lived in what he referred to as "in darkness" for many months, developing photophobia and practiced all the exams necessary to determine his condition (he even went to CUBA to do MRIs, EEGs, many blood tests, etc.) and no physical causes were found to be altering his emotional behavior.

Mr. D received a total of 12 emotional therapy sessions (he didn't want to continue with them) and a total of 55 Metatones sessions, distributed in almost 6 months. He also completed Level I and II. At the same time, he was taking

natural remedies with another doctor, including herbs like Bellen Star, Valeriana, Pasiflora, San Juan's herb, etc.

When he begun Level II, he stopped taking those natural remedies and stayed only with Metatones sessions to see if this sound therapy was sufficient enough to maintain benefits and he reassured this fact: he could take efficient decisions, he felt more energetic, he could sleep better and even felt more attentive and sensitive to people around him.

I proposed to him (as you and I agreed a few months ago) that he could continue receiving Metatones's Level II Program, alternating between the beginning program 18 seconds session and Level II E 18 seconds session. But he said he felt prepared to continue on his own feeling much better.

We successfully closed this case on May 1st.

There is a new child receiving Metatones, he started on March this year. He came because he had "Separation Anxiety Disorder". He has improved, but still needs to continue. We made 8 sessions of Stress Inoculation Training (SIT) and he has received a total of 12 Metatones sessions. I'll feedback you on his advances in a few months.

Hope everyone at Metatron is well and all of your family too.

Blessings, happiness and love,  
Jessica

Additional Update from Jessica Parker de Salinas

This is feedback on advances with three cases.

Case number 1 is Oscar P. He is a 7 year old boy who came to my clinic on March this year because he had separation anxiety disorder. I made 8 stress inoculation sessions and gave him Metatone's level I program. After four months of therapy he improved significantly. He is actually about to finish Level I and is able to manage being apart from his parents, is able to close doors any time, anywhere, is able to handle staying alone in the dark, among others. His parents are very happy with results and will stop taking him to the clinic after finishing level I program, because they are already satisfied with Oscar's positive behavior changes.

A 12 year old boy, Daniel R., started receiving Metatones Therapy on May this year because his academic average was very low. He had been taking Ritalin for four months before going to my clinic, but showed no improvement with it. After 8 sessions of Metatones therapy Daniel uplifted his school average and started scoring 90s and 100s. He didn't even have to attend summer school after. He will finish level I program on September, and her mother wants to stop right after to see if his good behavior, capacity of paying attention and responsibility towards studies continues without the need of more therapy.

Finally, an 80 year old man went to receive the beginning program and level I A, on June this year. He went because he felt depressed and had trouble dealing with sadness and anxiety on his own. He felt so well after 11 sessions that decided to stop after. He has been feeling wonderful ever since then (two months so far).

Hope this contributes to your research data.

I'll let you know if a new Metatones therapy client shows up. So far, so well. Thanks to your system, I have been able to help 14 people and that is an amazing feeling.

Thank you for creating such a wonderful tool.

Send you my best intention, gratitude, happiness and love.  
Jessica D. Parker Salinas

## TESTIMONIAL # 5

Dear Metatron:

I have been using Metatones consistently for many years and felt the urge to express my appreciation for the development of such a unique and effective therapy. To say I am not the same person who started the Metatones program would be a considerable understatement. At the time I started using your sound therapy my objective was to reinvent myself and in the process shed many millstones which had hung around my neck.

I was involved in a very debilitating and emotionally abusive marriage. Prior to using the Metatones sound therapy I had been receiving professional help with

very limited success. When I began to use Metatones in conjunction with professional help things really started to happen. I started to move in a positive direction for the first time in a long time. Today, I am completely out of the abusive relationship. I am now involved in a new and fulfilling relationship. Metatones played a very important role in this long and challenging process.

The positive changes to my life did not stop with the major relationships described. Today I am also the president of my own company. The success and accomplishments of the past few years were incomprehensible prior to using Metatones. I am on a very positive road of growth, joy and success!

The Metatones formula of combining positive intention and affirmations with sound technology is something that I may not completely understand but it is truly effective. Over the years of Metatones use I have seen my general attitude and approach to life's challenges improve due to a much clearer mental perspective. As a result, my decision making abilities have noticeably improved. My life is less stressful now and the normal anxieties that we all experience some how seem to be less intense than they use to be. I also attribute long term Metatones use to a significant improvement in my sleeping habits.

Yours truly,  
Sam  
Denver, Colorado

#### TESTIMONIAL # 6

Hello Michael

This is just a short note of thanks for the years you have devoted to the Metatones sound technology. I had tried so many different things looking for some help to my long history of migraine headaches and insomnia. Just as you had predicted, several weeks into your Metatones routine I began to sense something was changing. It was like some of the mental pressure was slowly and subtly beginning to subside. I began to sleep longer and deeper. The frequency and severity of my headaches also decreased.

Thanks!  
Melissa  
Phoenix, Arizona

## TESTIMONIAL # 7

Hi Michael

I started to use the Metatones program a few months ago and have been slowly working my way through the Level 1 programs. I am currently on program 1D. Metatones is as easy to use as you told me it would be and things are going very well. I am noticing that I am much less stressed and seem to be thinking much clearer these days. A few people have even commented how well I am looking, so I think the positive results are quite evident. I am thinking that I would like to move onto the next level of Metatones programs. What is involved?

Susan

London, UK

## TESTIMONIAL # 8

Re: Metatones helps with depression and poor memory

Hi Metatron,

I have been suffering with a variety of anxieties and depression since 1992. My condition has hospitalized me on more than one occasion. Over the years I have used almost every antidepressant psychiatry has to offer and several mental health professionals. In my most desperate periods I even used ECT (electroshock therapy) on two occasions.

It has been expensive and devastating to be worn down without gaining any stability or positive direction. By about 2003 I was completely worn out from traditional approaches and not getting anywhere so I decided to try a spiritual approach. I read many books spirituality. I became convinced that there were more effective treatments for mental health than the conventional medication and talk-therapies. I have become convinced that many mental disorders start with an energetic block within the human energy body. These energy blocks manifest in a variety of symptoms. In my case my blocks have caused anxieties, a weak memory and even states of emotional unavailability. A weak memory is normal with extended periods of depression.

Over the years I always hoped for an easy to use system that was affordable and could be used on a PC or laptop. I needed a system that could improve my thinking and memory. I have tried a lot of different things including Hemi Sync, hypnosis software and many other CD products. The Metatones Audio Software is by far the most effective therapy that I have found and its' cheap. The Metatones approach of using variations of the voice frequencies to access the unified energy field to heal the human energy body is brilliant. Its' so High Tech I can't find the words to describe it. Metatones is product ahead of our times. In the years to come Metatones will be recognized as a groundbreaking technology.

I am only into my fourth week of the Metatones Level 1 routine. I am already feeling the benefits. I have felt an improvement in my memory in that old memories are surfacing with clearer details. This is a big step for me. I am also making better decisions due to a general improvement in my overall mental clarity.

Best regards,  
Ted  
Sydney, Australia

#### TESTIMONIAL # 9

Hi Michael,

After my last email to you I got to thinking about some of the experiences I've had with Metatones. Thought I'd outline them for you for a testimonial. This will be my contribution to helping other people see the value of Metatones so they will try it and stick with the suggested routine.

When I first began to use Metatones all sorts of childhood memories began coming up during dreams, in the middle of the night waking me up and keeping me up or randomly during the day. Some memories triggered strong emotional reactions. I had some cries along the way so this was not a painless process. The related issues were obviously unresolved. By consciously confronting my unresolved emotions and releasing what was stored within me it had the effect of healing old wounds. Each such occurrence seemed to take a few days. There are a number of relationships that now feel healed to me. This process included revisiting emotional injuries from earlier relationships and somehow

understanding them from a new perspective. The end result was letting go and feeling OK.

Having childhood memories moved onto young adult memories. All of them came to me in dreams, early morning insights or throughout the day. The same healing cycle seemed to be repeating itself only with a few more physical sensations. There were times where I would feel emotionally bad combined with physical symptoms.....like an emotional fever of sorts. Eventually the emotional and physical negativity would pass leaving me feeling better than before the episode began. It was like I was lightening my load. This was all happening naturally. I was not trying to make any of this happen.

I have now moved onto becoming more aware of current relationships. I have noticed how much more stable I now feel, particularly in comparison to some of the people around me. I am feeling more solid physically, mentally, emotionally and spiritually. My self esteem has definitely improved and I am more appreciative of the unique individual that I am. All of these improvements are ongoing with a positive new twist. Because I feel more loving and compassionate towards myself its like some of these new positive feelings are effortlessly going out to the people around me. I did not plan any of this, it's just happening. It's a wonderful experience.

I've always been a fairly mellow person, but even more so now. I also feel more trusting that everything is happening just as it should and pretty much flowing with it. Although I still have stressful moments, because of the process described I quickly move into a much more trusting perspective that everything will be taken care of. The worry then subsides. The overall pattern has been that whatever needs to come (emotions or relationships) to be resolved comes up. Then with a new found level of maturity I observe how the issue is somehow understood from a new perspective. With this new increased level of understanding the matter gets resolved and cleaned up.

I am only on the Level 2 programs and much has happened. In describing the pace my progress is taking it's very much like a seed that's been planted. Every seed has its own timing on when it sprouts and flowers. It's quick for some and slower for others, but the sprouting and flowering is taking place. Seeing it in this way keeps me patient and trusting. I'm getting so much more out of this Metatones experience than I ever expected and I am only on level 2!

It's been a wonderful journey thus far. Although I have tried to explain some of the benefits I really don't have the words to describe everything that has

happened. It's both subtle and not so subtle all at the same time. All I know is that the pace of receiving new insights into many facets of my life is faster now that I am using Metatones. Things that I've tried to resolve before are now healing and falling away. I am becoming free of all the emotional baggage I have been carrying around. My life is now freer and more pleasant in so many ways. The profound nature of the entire Metatones process and the positive effect on my day to day life cannot be adequately put into words.

As I continue my process I intend to investigate my past lives and life between life experiences as suggested in your booklets. This appears to be a necessary step. I need to add that I've read 100's of self help books, have taken a few seminars over the years and not one of them has come close to the benefit and experience that I'm having with Metatones.

I so much appreciate you providing Metatones for those of us who want to move forward but haven't made the desired progress on our own. I truly value your gift to the world.

Sincerely,

Marsha  
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