

METATONES

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OPERATIONS MANUAL

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Windows Operating System - INSTALLATION INSTRUCTIONS

The Metatones CD has an automatic loading feature. Load the Metatones CD into your computer and simply follow the instructions that appear on the screen. Clicking on yes to all, next or finish will complete the program loading process. Install the USB security key into any of the ports **after** the programs have been loaded. When the installation is completed, double click on the Metatones icon to begin the program. Please review the operating instructions and the Frequency of Use Guidelines within prior to using this technology. **Our standard programs are designed for XP, Vista and Seven.** If you have an earlier Windows operating system please contact us at support@metatones.com if an error message is encountered.

Mac Computer - INSTALLATION INSTRUCTIONS

Metatones was initially designed for a Windows operating system. However, an Intel chip enhancement to the Mac hardware and the Apple Boot Camp utility program makes Metatones compatible. Although the steps required to install Metatones is not particularly complex, it is recommended that someone who is Mac literate install Metatones. Once Metatones has been properly installed the recurring use of the Metatones programs is very easy.

If you have already installed Windows on your iMAC then ignore the install instruction that follow. If you have installed Windows with a program other than BOOT CAMP then we cannot guarantee the operation of the Metatones programs. They may or may not work. Thus, **we recommend that you only use BOOT CAMP to run Metatones via Windows.**

The following instructions assume that you have an Intel based Mac and have not previously installed or are running a Windows operating system on your iMac. You will need the following:

- Latest firmware/Apple updates installed on your computer
- A USB keyboard and mouse or a built-in keyboard and track pad
- MAC OS X version 10.5 or later
- At least 10 GB of free space on the disk/hard drive
- A licensed copy of Windows XP Home Edition or Professional, or Windows Vista Home Basic, Home premium or Ultimate

With your iMac running perform the following:

1. In the Finder go to the upper left hand corner of screen – click on Go.
2. Pop down screen appears – click on Utilities.
3. Click on Boot Camp Assistant.

4. Introduction screen appears – print out installation instructions for the Windows Seven, Vista or XP operating system. This is easy and relatively fast reading. Follow instructions communicated therein.
5. Click on Continue.
6. Click on Start Windows Installer.
7. Must have a Windows operating System CD (either the Seven, Vista or XP) for this next step. Insert CD and follow the automatic loading instructions. After the Windows installation you will be given instructions as to how you want your computer to default on start up – either to Windows or Apple.

Once you are up and running in Windows install the Metatones CD and follow the automatic loading instructions. Install the Metatones USB security key into any of the ports **after** the Metatones programs have been loaded. See the Operating Instructions below for specific information on each screen within the Metatones program.

USB SECURITY KEY RESTRICTION & REPLACEMENT

The Metatones programs will not operate unless the USB security key is plugged into one of the USB ports. The replacement cost of a USB security key is the price of the programs purchased.

REQUIRED EQUIPMENT

The equipment you will need for the Metatones programs are as follows:

1. Microphone – Most of the newer computers have internal microphones. Some experimentation and test sessions with the internal microphone will indicate whether or not the audio output is adequate. Simply stated, is the output clear. If you decide to purchase a microphone an inexpensive model can be purchased at any Radio Shack store. Several models can also be reviewed on-line at www.radioshack.com. Due to the narrow frequency range of the human voice we generally do not recommend expensive microphones.
2. Headphones – a frequency response of 20,000 Hz or greater is preferred. A binaural beat format is used by Metatones (different output frequencies simultaneously in the right and left channels). **Speakers are not to be utilized with the Metatones.** For the Level 4 and 5 programs a frequency response in excess of 35,000 Hz is recommended.

OPERATING INSTRUCTIONS

The programs are easy to operate. However, please take a few minutes to acquaint yourself with the operating instructions. **At a minimum please read the Frequency of Use Guidelines that begin on page 5 of this manual and pages 25 through 33 in the Introduction to Metatones booklet.** The next few pages describe the program screens in sequence. Reviewing this information as you view the screens is suggested.

Select Program - **Please review the Frequency of Use Guidelines before selecting a program.** The seven program categories are Beginning and Levels 1 through 5. Within each program level there are also letters denoting programs within each level. Each program level offers programs A through E except for the first two levels, which also offers the F series. A single click with your left mouse will activate the program level and letter selected. (No right mouse functions are present within the Metatones program). Only the program levels that have been purchased will appear on the program select screen.

Length of Voice Recording - **The longer the voice recording, the longer and more potent the Metatones session will be.** There are a total of 48 intervals within the Level 1 programs with a one second gap between each interval. Thus, if you select a seven-second recording, the length of the session will be 48 times 8 seconds or approximately 7 minutes. See the chart below for the number of intervals in each program level. Each interval represents a different group of permutations of the voice recording. Single click on the circle for the length of the voice recording desired.

<u>Program</u>	<u>Number of Intervals</u>
Beginning	56
Level 1	48
Level 2	72
Level 3	112
Level 4	152
Level 5	192

Begin Recording - If you have not done so prior to this step, determine what words or vocal sounds you are going to use to record your voice. **Metatones is NOT designed for group recordings.** Please see the Introduction to Metatones booklet and the section entitled Metatones Sessions and Techniques for Use of the Technology for suggestions on the types of voice recordings. If you are using an exterior microphone make sure it is plugged in. To insure a good usable voice recordings please speak up and speak clearly. Some experimentation may be needed to consistently obtain voice recordings at a good volume level.

The microphone volume controls within your computer may have to be adjusted and tested. The amplitude of the voice is the critical factor. The volume

adjustments are very easy to use once you are familiar with them. (Windows Operating System - To access the volume adjustments left double click on the small speaker, generally in the lower right hand corner of the screen. To adjust the recording volume setting single click (upper left hand corner of your screen) on options, properties, recording (below recording only the microphone option should be checked) and OK. Now it's simply a matter of depressing the left mouse on the applicable volume control and adjusting the volume up or down. In addition to the volume controls within the Windows operating system, most lap top computers also have a manual volume control that may need to be adjusted. The volume controls of Mac computers are similar to Windows. Please see your operating manual for specifics.) When you are ready to record your voice simply single click on Begin Recording.

Metatones Screen - Tells you three seconds after you click on the OK option you will begin recording your voice.

Three Second Delay Screen - With a bar graph display, this screen counts down the three-second delay prior to the voice recording mechanism being activated. As this screen disappears begin recording your voice.

Metatones Recording Screen - When this screen appears, you will be recording whatever is spoken into the microphone. The bar graph display at the bottom of the screen tells you how much of the recording time has elapsed. When the bar graph is solid, stop speaking into the microphone because the recording is complete. The spectrum analyzer at the top of the screen visually displays the frequency of the voice recording. The amplitude (volume level) and frequency (hertz or vibrations per second) are displayed on the vertical and horizontal portions of the spectrum analyzer display. As you record your voice, the amplitude should generally fall between 1 and 6 on the spectrum analyzer. The higher the recording level on the spectrum analyzer, the louder the output will be. If the recording of your voice exceeds 6 it may be too loud. If the recording is too loud you will obtain a default message on the screen. This means you will need to make a new recording. The amplitude of your voice may be adjusted by speaking louder or softer, adjustment of the volume controls previously described or by simply holding the microphone closer to or farther away from your mouth. If there is no frequency reflected on the spectrum analyzer this probably means that you either need to turn up the recording volume or hold the microphone closer to your mouth. See the Begin Recording paragraph for instructions on how to turn up the recording volume.

Recording Complete Screen – If the recording is not satisfactory for any reason, single click on the cancel option and make another recording. A question will inquire whether you would like the program to pause after the processing is completed, which can take several minutes depending on the program. If your response is yes then the program will stop after the processing is completed. You will have to activate the playing mode with a single click to

begin the session and audio output. If you want the audio output to automatically begin playing (as soon as the processing is completed) then press the 'no' option.

Metatones Processing and Playing Screens - These screens have a spectrum analyzer at the top and a bar graph on the bottom. Initially the bar graph will communicate the status of the program processing function. Depending on the program and length of the voice recording this pre-program processing function can take several minutes. Prepare yourself for the session. The first few times you utilize Metatones you may have to adjust the output volume to a comfortable level. Once the Metatones output begins, the spectrum analyzer will visually display the output frequencies of Metatones. You will be listening to intervals that contain your natural voice plus computer generated permutations of your voice. The computer generated permutations of your voice will switch back and forth between the right and left headphone. Until you are used to the audio output it is suggested to keep the volume relatively low because the permutations of your voice may initially sound unusual. In the middle of each program there are 2 intervals that only play the initial voice recording (no permutations). This tells the user (without looking at the screen) that the program has completed one half of the session. The bar graph on the bottom of the screen will also communicate the status of the playing time. When the session is over single click on Exit Metatones.

METATONES - FREQUENCY OF USE GUIDELINES

It is respectfully requested that you use the technology within the confines of the Frequency of Use Guidelines. Metatron reserves the right not sell the more potent program levels to anyone who does not use Metatones consistent with the intent of these guidelines. The Metatones technology and related guidelines are always being evaluated. We encourage users of Metatones to join us in this process by providing us with your input, observations and recommendations. In only a few pages a considerable amount of information is communicated in a condensed manner. For those so inclined, the Introduction to Metatones and Metatones Theory booklets supply additional information.

In addition to the Beginning program there are five primary levels of audio programming (1 through 5) and 5 programs within each level (A through E). Levels 1 and 2 also contain the most potent program series offered, the F series. Each level of programming goes farther up the chakra system, out into the auric layers and deeper into the meridian network. To maximize the benefits of this technology consistent long-term use is required. However, excessive use of this technology is not recommended – more is not necessarily better. Metatones is a unique and potent new form of vibratory therapy. Everyone who uses Metatones should closely monitor their reactions and adjust the usage of Metatones accordingly. Please utilize our customer support services to answer any question that may arise in determining the appropriate frequency of use.

FREQUENCY OF USE GUIDELINES MAXIMUM RECOMMENDED USE

<u>PROGRAM</u>	<u>MINIMUM TIME BETWEEN EACH SESSION</u>
Beginning	24 hours
Level 1	2 Days*
Level 2	3 Days*
Level 3	4 to 7 Days
Level 4	7 to 14 Days
Level 5	7 to 14 Days

*** Depending on your reactions to program F, another day or two may be added to the days in between each session.**

These guidelines reflect the maximum recommended use of Metatones. In addition to our general program Level guidelines it is also recommended that you

monitor your reactions to determine whether less usage of a particular program (A-F) is appropriate. When selecting the length of any program please recognize that **the longer the voice recording the more potent the session will be.** If it is communicated that the maximum use of a program is once every 2 days, this does not mean that everyone should automatically do a session once every 2 days. Please monitor the effects of each session and adjust the time between sessions accordingly. Usage every 2 days is only proper when one is comfortably dealing with the effects of Metatones. You may notice some subtle changes in your life as you continue to use Metatones. These effects may be emotional, mental, physical, spiritual or a combination thereof. Thus, the proper schedule of use may be once every 2 days or once a week depending on your reactions. People often do not associate various post session effects with the use of Metatones due to the new and unique benefits of long-term use. The effects of the sessions are generally cumulative and they may be subtle.

Everyone's energy field is unique and depending on a number of variables may react differently. **If you are beginning with the Level 1 programs please start with the A program and either a 7 or 9 second recording (length of voice recording, not the length of the session).** This represents a session of approximately 10 minutes. Unless your reactions indicate otherwise, your second and third sessions should progress to the 13 and then the 18 second voice recording options. The general guideline is to experience the programs in numerical and letter order as they appear on the program select screen. For example, the Level 1 A program should be experienced prior to using the Level 1 B program. We also recommend that you experience each program (i.e. Level 1 A, Level 1B, etc.) at least a three times before progressing onto the next program. In other words, do at least one 1 A 9 second, 13 second and 18 second recording session prior to moving onto the Level 1 B program. Thus, we recommend that you gradually increase the potency of each program by simply using a longer voice recording.

Depending on a number of variables it may take many sessions before you begin to consciously feel and sense the effects of the Level 1 and 2 programs. This is one of the reasons why we initially recommend a minimum of one session each week with either the Level 1 or 2 programs. If you sense a need to use Metatones less than suggested, please adjust your schedule accordingly. This basic approach is recommended with all of the program levels. **We only suggest skipping the Level 1 programs and beginning with the Level 2 programs if one is essentially healthy from a physical, mental and emotional perspective and has no significant problems.**

Each program letter (A through F) is more potent than the previous letter on the program select screen. **If you are skipping the Level 1 programs and beginning with the Level 2 A program, it is recommended to begin with either a 7 or 9 second voice recording session, followed by the progression outlined in the preceding paragraphs. Your frequency of use for all**

Metatones programs should always be influenced by your reactions to the preceding session. If your system was a little overwhelmed by a program continue to repeat the same program until your system comfortably adjusts to that level of programming. This is quite normal. In situations where you need to take a step back to the prior, less potent program selection please do so until your system acclimates. The HEF (human energy field) is quite complex and does not change over night. Positive change takes time. If you have any questions regarding how quickly to progress through the programs please contact Metatron.

Metatones is most effective when it is utilized consistently on a long-term basis. Generally, the vibratory patterns of our HEF do not permanently change with only a few sessions. Our vibratory imbalances have a tendency to return or reset back to the vibratory patterns of the past, thus **consistent long-term use of Metatones is highly recommended.**

Whether you have purchased the Level 1 programs or all of the Metatones programs, please be responsible for the prudent use of this technology by your clients, friends and family members. **When you progress to the more potent Level 2, 3, 4 and 5 programs, the time between sessions should become progressively longer.** Please see the chart on page 6. You may also find that you may need a few additional days between sessions when you initially progress to the next program Letter within each Level of programming. For example, using the Level 1 D program once every 2 days may feel like the proper timing but when you progress to Level 1 E and F you may initially feel it appropriate to extend the time between sessions to 3 or 4 days.

Our energy fields are a huge complex matrix of vibrations. Progressively, each program is designed to vibrationally penetrate more of our energy field's matrix. This includes the chakra and meridian networks plus our brain waves. The more extensive the vibratory penetration, the more extensive the healing vibratory reorganization will be. The more extensive the vibratory reorganization the longer it may take to acclimate to the more balanced and synchronized field. As we gradually integrate the movement towards a more synchronized vibratory field the benefits of the sessions become more obvious.

As we communicate in more detail in other sections of the Metatones literature, this is a vibratory therapy directed at the quantum structure of the aura or as it is referred to within; the Human Energy Field (HEF). Metatones is a new vibratory approach towards health and healing using new discoveries about our HEF. As Metatones gradually synchronizes the vibratory structure of the HEF it may cause the release of major or minor energetic flaws. Although **this type of affect generally occurs with the more potent CD 2 and 3 programs, which are not sold to the general public, the CD 1 programs can also have this effect.** These energetic blocks and impurities reside within the HEF without our conscious knowledge. We all have these energetic imbalances in our HEF to

one extent or another. Metatones may bring these vibratory imbalances to the surface of our conscious experiences in order to be resolved, released and healed. These energetic blocks often manifest as physical, emotional or mental life challenges. These challenges represent learning opportunities. When the related life lesson is learned, the energy block is released and cleared from our HEF. One of the reasons for the days of non-use between each session is to provide time to deal with the educational process of releasing these energetic flaws and integrating the effects at a comfortable pace.

As communicated, these energetic impurities or flaws may manifest themselves as a physical, mental or emotional life crisis. This is part of the reason why we recommend that everyone monitor his or her reactions to each session closely. If an individual uses Metatones too often and does not resolve the effects of these energetic imbalances, too many energetic flaws may potentially be brought into the life experience simultaneously. This may overwhelm the user. Some people do not like the crisis word; they prefer phrases such as life lesson or growth opportunity. In any case, the resolution and release of energetic impurities is one of the reasons the frequency of use guidelines were developed. **The recommendation to experience each program letter in order and at least a three times (9, 13 & 18 second recording) facilitates a safe systematic approach to Metatones.** If you feel the need to take a break from using Metatones to more comfortably resolve and release a specific energetic flaw please do so. If you have any questions in this regard please contact us at Metatron.

Over the years it has become obvious that that some human energy fields (HEFs) are simply more sensitive than others. As one uses Metatones consistently, sensitivity gradually grows as a result of the increase in the energy flow from the zero point field into the HEF. Because of an increase in the energetic flow there is usually a bit of an energy boost right after most sessions. Many people also experience an enhanced level of mental clarity. The energy surges tend to make the physical metabolism work a bit more than usual. If the physical body does not quickly acclimate to this increased energy flow one may feel tired for a day or so after a session. This effect may become more obvious when using the more potent 13 and 18 second voice recordings. Because of this reaction, some people may elect to avoid the more potent 13 and 18 second voice recordings all together. Under this scenario, at least four 9 second sessions are recommended at each program level prior to moving onto the next program letter. Please understand by not using the more potent 13 and 18 second voice recordings you will slow the process of obtaining the maximum benefits. Metatron encourages a schedule of use that fits the unique reactions of each user. Thus, this type of adjustment is recommended.

It is slowly becoming more accepted that all physical illness, emotional crisis and or mental impairments of any type originates with an energetic/vibratory imbalance within the HEF. If vibratory imbalances have not yet manifested

themselves they may 'quietly' reside at the quantum levels of the HEF. Further, these vibratory flaws often originate with a significant unresolved emotional event. The energetic residues of unresolved emotional events are retained within the human energy field until they are understood, resolved and released. The healing and purification process is one of education, understanding and acceptance. As a result of this purification process, the behavioral patterns generally become more refined and represent a more mature perspective. Some people call this process evolution. In this regard, each chakra and vibratory layer of the HEF store specific categories of unresolved emotions. The Metatones programs provide a logical and systematic progression to gradually release these energetic flaws, beginning with the spine and root chakra layer. Once the cause of the energetic flaw is understood and released the related physical, mental or emotional symptom dissipates.

Our normal experiential process may eventually deal with all of our energetic flaws and imbalances. However, a common human pattern is one of getting energetically stuck on one or a few of these unresolved issues. This is reflected by specific life challenges that remain unresolved during one's lifetime. These circumstances are often quite obvious when a person struggles with the same life challenge for decades. Consistent use of Metatones will accelerate the resolution and clearing of these energetic flaws by increasing the energy flow through the human energy field. The increase in the energetic flow increases the pressure on our energetic flaws and the need to resolve them. Thus, if you are currently dealing with a significant life challenge please monitor your reactions to the sessions very closely, particularly if you are dealing with physical symptoms. Please understand that whether you are conscious of this or not, the energetic effects of the sessions tend to be cumulative. Thus, the most significant reactions to the sessions may occur when you are not listening to Metatones.

In general, if you encounter a life crisis or an intensification of physical or emotional symptoms please do not move onto more potent Metatones programs until the crisis is resolved or the intensity of the symptom subsides. When dealing with physical symptoms, big or small, we also suggest referring to the chart in the back of the book by Louise Haye, You Can Heal Your Life. (Also see page 25 in our Introduction booklet.) In many cases this chart provides guidance as to the emotional cause of the physical symptom. This chart also suggests specific affirmations for specific symptoms that can be utilized with Metatones. Implementing this suggestion may accelerate the release of the related energetic flaw and the healing of the related physical symptom. Please call us with any questions regarding your specific circumstances.

Whenever an energetic imbalance has manifested as a physical, mental or emotional life challenge a non-traditional course of action has been shown to be extremely helpful. For those interested, we suggest considering the use of past life review techniques. A growing number of professionals are using past life

review techniques to resolve and heal human problems of many categories, when no other traditional therapy has been successful. Long-term use of the Metatones therapy will bring our energetic impurities to the surface of our conscious experiences, if they have not already manifested in our daily lives. In this regard, past life review (PLR) techniques are suggested to accelerate the resolution and healing process. In other words, via PLR people are able to educate themselves on the original cause of the unresolved emotional event which manifested as a current life challenge. For an introduction to the PLR subject, please request a copy of our free booklet entitled Past Life Review.

Although people have experienced some major short-term effects, looking back on one's life after 6 to 12 months of consistent Metatones use generally reflects some significant and very positive life changes. However, the process of gradually refining our vibratory substructure can be very subtle process. For those interested in books which discuss the layers of the aura, chakras and energetic blocks we suggest Hands of Light by Barbara Ann Brennan and Pranic Healing by Master Choa Kok Sui. Although the second half of each book becomes more technical, the first one hundred pages provide a great introduction to the HEF.

Specific Recommendations

- The first program you will see on the select program screen is the Beginning program. This program is good for anyone interested in a quick energy field tune up. It is also good mild therapy for conditions like jet lag and motion sickness.
- Children and older adults may have more fragile HEF's. Reactions to Metatones should be monitored to determine the usage appropriate in each case. Naturally, all use of Metatones by children must be closely monitored and supervised.
- As a general recommendation, **no strenuous physical or mental activity is suggested for at least an hour subsequent to all sessions. A glass of water before and after each session is suggested. As one progresses to the more potent programs (Level 3, 4 & 5) and depending on the effects of the sessions, longer periods of avoiding strenuous activity is recommended.** Please contact Metatron with any questions on the frequency of use.

Mentally Impaired or Disabled

Any form of mental impairment or disability can be treated with Metatones. Metatones is an experimental therapy and has not yet undergone clinical studies. However, Metatones is being used successfully by individuals and professionals to treat a variety of symptoms. We at Metatron suggest that the effects of consistent long term use on symptoms considered to be non-treatable will speak for themselves.

The only prerequisite to use Metatones is that the person must be able to make short voice recordings and be willing to maintain a consistent routine of at least one session per week. Any form of vocal sounds will work, even humming. Level 1 sessions are all less than 16 minutes, with some as short as 7 minutes. Metatones uses some very new approaches and discoveries to healing. Please see the Introduction to Metatones booklet and the section entitled Mental Impairments and Disabilities for more details. The suggested guidelines in the following paragraphs are just that. In other words, the specific reactions to the sessions should dictate the protocol for each user.

The Level 1 programs target the spine and the first chakra layer of the HEF plus the basic vibratory structure of the meridian network, inclusive of the right and left hemispheres of the brain. Thus, all of the programs impact and treat the vibratory imbalances in the brain waves. Vibratory irregularities within the brain waves are generally accepted to be a primary cause of mental impairments and disabilities. Correct the vibratory irregularities of the brain waves and the mental impairments and disabilities should improve.

For all mental impairments the recommended protocol begins with the Level 1 A program and progresses program by program up to the Level 1 F program. Each program letter from A to F is a stronger vibratory therapy than the previous one. Begin with a 7 or 9 second voice recording session with each new program letter. The longer the voice recording is the longer the session and the more potent the vibratory therapy. **Each program letter should be done at least 4 times at the 18 second voice recording setting before moving to the next program letter.** For what ever reasons, if the client has elected to stop at the 9 second voice recording for each program letter (versus the 13 and 18 second) then please make sure at least seven 9 second recording sessions are done prior to moving onto the next program letter. Please closely monitor the reactions to the sessions. If the patient is not inclined to use the longer 13 and 18 second voice recordings for any reason, simply understand it will take longer to experience the benefits of Metatones. The importance of long term consistent use cannot be over emphasized.

As is discussed in the Introduction to Metatones booklet and in considerable detail in the Metatones Theory booklet, one of the benefits of Metatones is that **consistent long-term use** increases a balanced flow of energy into both the

HEF and physical body, inclusive of the brain. The higher the flow of energy becomes, the quicker the healing process begins. However, too much energy too quickly may intensify symptoms. Thus physical, mental and emotional symptoms, and the effects during and subsequent to each session, need to be closely monitored. If symptoms intensify (or if new ones manifest) this is a sign that the vibratory imbalances are being triggered. **Until the symptoms subside in intensity, it is recommended that only the Beginning program be utilized.** In addition, use affirmations (to make the voice recording) that create an intention to 'reprogram the brain to heal and function better, in addition to calming the client'.

The steps communicated are a very general outline. The specific circumstances of each person and the related effects of each session need to be taken into consideration. Look for a very gradual improvement of the overall symptoms. Improvement may become more noticeable with the more potent Level 1 D thru F programs. Even small improvements should be used as encouragement to continue the recommended routine. **Please do not use Level 1 programs more than once every other day under any circumstances and do not move onto the Level 2 programs until progress is made.** Multiple sessions each week, gradually increasing in strength, is the recommended routine. For mental impairments only the level 1 and 2 programs are recommended.

In many respects Metatones is just like any other physical therapy in that it must be consistently used to obtain the benefits. One of the goals of this therapy is to induce more synchronized brain wave patterns. Patience and multiple sessions every week is the recommended path to heal and correct the vibratory patterns of the brain. For the mentally impaired it is not unusual for emotional issues to surface. The importance of a caring adult or professional therapist to talk through the emotional issues cannot be overstated.

WINDOWS OPERATING SYSTEM SOUND ADJUSTMENTS

There are some general guidelines that should be followed in regards to the software sound settings within the Windows operating system. By not having the Windows operating system properly set per the suggestions that follow, the quality of the Metatones output may be adversely affected.

1. Always have the screen saver options turned off. Even if the screen saver only goes on when the computer is not in use it still needs to be turned off. Simply access the screen saver controls by clicking on settings, control panel, display (double click) and screen saver. Turn off the screen saver (none) and exit.
2. Within the volume controls the only options that should be “checked” within the recording and playback properties is microphone and wave box respectively. To make these adjustments double click on the small speaker or microphone icon, usually in the lower right hand corner of your screen. Then simply click on options (upper left hand corner of screen), properties and playback. Under playback the only category that should be checked is wave. Then click on OK, options, properties and recording. Under recording the only category that should be checked is microphone. Also make sure the select box is checked. Then click on OK and exit volume controls.

SUPPORT SERVICES

General support services are provided by email (support@metatones.com) and telephone (970-726-6621).

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