

ALL NATURAL HIGH

Users Guide

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All Natural High

www.AllNaturalHigh.com



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Welcome to the Exciting World of All Natural High!

Thanks for Getting Started with All Natural High!

All Natural High offers you the heightened emotional and euphoric experiences you might find in stimulants, without the hazards associated with them. All Natural High creates a heightened, buzzy feeling of exhilaration and anticipation using brainwave entrainment principals, while mellowing the experience with steady feel-good beats.

All Natural High offers you the opportunity to take the activities you normally enjoy to a new and exciting level. Carefully selected alpha, beta and gamma beats are combined with intoxicating music to take you on a journey that you will want to repeat again and again.

The All Natural High experience can be enjoyed alone, but after your first encounter with this phenomenal product, you won't be able to keep it to yourself! Use All Natural High with friends, to experience an energized quest for adventure, or with that someone special, for a satisfying exploration of the sensual.

The Important Stuff

- Play TRACK ONE of your CD to listen to the 30-minute raw version of All Natural High. Simply play on its own, or with your own music in the background.
- Play TRACK TWO of your CD to listen to the 30-minute musical version of All Natural High. It's just as effective, but with more atmosphere.
- Play as LOUD as is comfortable. NO headphones required (although they will help you appreciate certain spatial effects), and you can REPEAT this session as required. The better the audio equipment, the better the results.
- You can keep your eyes open or closed while listening.
- Never EVER listen while driving machinery, or when you need to stay awake. Do NOT listen if you are epileptic, or are experiencing certain other conditions. Consult the disclaimer at the end of this document for full details. We also suggest that you do not drive within 3 hours of listening.
- Get ready for a buzzy, euphoric high: edgy feelings of excitement and anticipation, mixed with a mellowed feeling of happiness!

All Natural High

Introduction to All Natural High

All Natural High is designed to recreate the mental state associated with euphoric stimulants – an edgy feeling of excitement and anticipation. The session also mellows this buzz with steady feel-good beats.

All Natural High is an excellent example of a complex 'brainwave entrainment' session. In this guide, we'll explore a little of what goes into the session technically, and look at how you can gain the most from listening.

At its core, All Natural High uses several brainwave entrainment methods - multiple entrainment frequencies applied by amplitude modulated noise, isochronic beats, harmonic box X beats and binaurals, all formed through interaction between entrainment pitches - to manifest states of mind and feelings naturally. Adding emphasis to these beats, there are all manner of sounds carefully selected for their stimulus-inducing responses and expressive characteristics.

All Natural High is designed to recreate the mental state associated with euphoric stimulants, but unlike other stimulants it's non-invasive and completely non-addictive.

The primary frequencies used in All Natural High are alpha and beta. A mixture of different pitches and stimuli make it possible for both frequencies to be present at the same time.

Beta rhythms occur when we are focused, engaged, and enthusiastic, while alpha rhythms encourage relaxed awareness.

All Natural High uses rapidly changing beta/gamma range frequencies (14-44Hz) to stimulate and support rapid shifts in mental focus. The 10Hz alpha frequency is also used, and is specifically associated with serotonin. A stable 10Hz beat also mellows the intense beta/gamma effect.

There are also several types of gamma stimulation present in the session. Gamma activity is associated with higher thought, and is frequently used in energizer-type sessions. There is still debate about the full function of gamma, but it is relatively certain that it is the "glue" that binds what you see and what you think. In a session like All Natural High, its purpose is to maintain alertness and responsiveness. Most of the gamma you will hear as a hiss or a flutter. A pure 40Hz gamma track encourages general mental energy, while the random gamma encourages inspiration.

Enjoying Your Experience

There are two versions of All Natural High on your CD: the first track is the 30-minute raw version, which you can listen to on its own, or with your own backing music. The second is the 30-minute remixed version, which contains its own backing sounds, to make it more 'listenable'.

All of the sounds used in the raw version of All Natural High are synthetic and are specifically designed to be non-musical. That means the session can be used at any time, making All Natural High a truly flexible, dynamic experience. The effects you feel will depend largely on the situations in which All Natural High is used.

We have also included a more musical, remixed version of this All Natural High session. This allows you to explore the various ways in which you can use your aural senses to stimulate and activate different experiences.

With this in mind, you might find it beneficial to include props, music, location and even the people you enjoy spending time with to mould your All Natural High session into a new experience every time. The All Natural High sessions can be played and enjoyed on their own, however have been designed to be played in conjunction with whatever else is happening around you, giving you the option to experiment and find ways of using it that suit you and your lifestyle.

All Natural High can even be used during parties and social gatherings to add to the excitement of the event, while also creating an atmosphere of fun that allows your guests to relax and enjoy themselves. Crank up the excitement by placing speakers all around your room. (Ensure you make all guests aware of the session first, and make sure they are fully aware of the disclaimer and precautions!)

Try using a media player such as Winamp to listen to the music you enjoy most and play All Natural High on MilkDrop. The MilkDrop visuals will sync up and follow the All Natural High beats, giving your social event that little "something extra"!

Winamp is a free media player program that can be used to play audio and video files, and can be downloaded for free at <http://www.winamp.com/media-player/download/en>. You'll also find a bunch of free plug-ins there, so make sure you have a good browse while you're visiting the site.

For visual effects, MilkDrop is a neat little Winamp plug-in that can add an extra dimension to your All Natural High experience. Download it for free at <http://www.winamp.com/visualization/milkdrop/62202>

You can use All Natural High while undertaking everyday activities. Listen to it simply for the superb sound effects, or create a heightened sense of pleasure to spice up your

daily routine. Use All Natural High to get pumped up before the big night out, or to bring the excitement of an afternoon hanging with friends to feverish levels! Whatever it is you enjoy doing, All Natural High is a great way to get it started.

All Natural High is the ideal 'pre-game psych-up', whatever your 'game' is.

Or perhaps you might want to slow down, chill out, and take away the stress of another hectic day. No problem! All Natural High can help you move calmly into a relaxed and mellow evening.

Why not share it with someone special? Use All Natural High to create just the right atmosphere for a romantic evening, or simply to reconnect with your partner. Make that quiet time for two even more enjoyable by lighting candles and using aromatherapy to enhance the mood and make it a truly unforgettable night all round.

Preparing for Your Session

- Headphones, while not required, allow you to truly appreciate and experience the unique spatial sound effects, great for listening on your own.
- Play as loud as is comfortable.
- This session can be looped for hours of enjoyment. Do not listen for more than three hours in any one day. Everything in moderation!
- You can keep your eyes open while listening to this session, just having it playing in the background.
- Never EVER listen while driving machinery, or when you need to stay awake. Do NOT listen if you are epileptic, or are experiencing certain other conditions. We also suggest that you do not drive within 3 hours of listening. Consult the disclaimer below for full details.
- Visual players can be used in conjunction with speakers or headphones to offer a dazzling multimedia experience. Or you can experiment with a darkened room or low light environment to create a whole new kind of phenomenon.
- Using multiple media players, you can combine music of your choice and the All Natural High beats to bring your experience to a whole new level.
- For an added visual perspective try playing All Natural High with Winamp or MilkDrop. The visualizer, driven by All Natural High, offers the perfect visual stimulation to amplify the heady effects of the soundtrack.

Listen to TRACK ONE of your CD to play the main All Natural High session, which does NOT contain any additional musical backing. You can play this session in the background alongside any other music as you desire. This track lasts 30 minutes.

Listen to TRACK TWO of your CD to play the remixed All Natural High session, which has its own musical backing. This track lasts 30 minutes.

For further support visit our website at www.AllNaturalHigh.com

IMPORTANT: FDA Disclaimer & Precautions

All Natural High™ may induce sensations of anxiety in some individuals, this is usual for strong beta sessions. If this occurs, try relaxing or meditating first - or discontinue use until you have a quieter mind.

The products, technology, AVS (Auditory/Visual Stimulation) programs, articles and/or any other media, presented on the All Natural High™ website have not been evaluated by the Food and Drug Administration (FDA).

The products, technology, AVS, articles, presentations and/or any other media, presented on, or by the All Natural High™ website are not intended to treat or cure any disease; nor should any of the subject matter, presented by the WCCL Network, be taken as medical advice.

Under no circumstances should you drive a car or operate dangerous machinery while listening to the All Natural High™ audio sessions. This technology can produce very hyper-relaxed states that may endanger you in situations that require your direct attention.

Those who are epileptic, or have a serious mental disorder, should not use the All Natural High™ audio sessions, or brainwave entrainment technology, without the approval of an appropriate medical physician. However rare, there is a risk of seizure associated with individuals who are predisposed to epileptic fits. Consult your doctor directly if you have any questions or concerns regarding the effect of brainwave entrainment audio on you.

In addition, we do not recommend the All Natural High™ audio sessions for pregnant women, those wearing a pacemaker, those prone to seizures, those that are photosensitive, or those under the influence of medication or drugs.

We also only recommend the All Natural High™ audio sessions for those over 18 years of age.

It is not uncommon for repressed emotions or memories to surface as you acquaint yourself with some of the more subconscious modes, as well as the cause and effects of your brain/mind system. These upwellings are a healthy part of processing and improving the hows and whys in some of the ways we function. This emotional processing can lead towards vast improvements in personal development. In highly sensitive situations, it's advisable to seek professional assistance from an appropriate practitioner if you have difficulty processing particular emotions on your own.

The All Natural High™ audio sessions are not known to cause any reaction with any medication or chemical therapies. If in doubt, consult your doctor. If you have any questions consult the doctor who provides your treatment.

We do NOT recommend listening to All Natural High for more than 3 hours in any single day. We also do NOT recommend that you drive within 3 hours of listening to All Natural High.