

Quantum Mind Workouts with The Morry Method (TMM)

User's Manual

IMPORTANT: Please read this manual carefully and in its entirety before your first use...

These recordings are not "music" in the traditional sense. They are a series of finely honed and sculpted frequencies that have been meticulously arranged in such a way as to have a profound and beneficial effect when used regularly with or without headphones. Stereo headphones are suggested, however, for maximum benefit.

These recordings are best listened to at the highest **COMFORTABLE** (conversational) volume, with your eyes closed and in a sitting or reclined position.

It may take multiple sessions for your brain to "learn" how to react to this form of stimulation. Following the usage protocols/patterns for each recording is paramount to your chances for success.

As with physical exercise, it is important to "exercise" your brain every day. The more you use these recordings, the more positive changes you will be likely to manifest. If you were to exercise once in a while, you would not see much of a difference in your conditioning or health (if any). Do it regularly and you won't be able to deny the changes you see. It is the same with your brain. Do it regularly and be amazed!

What is BWE (Brainwave Entrainment)?

When the brain is stimulated with pulsed sounds (neuro – electrical activity via the nerves originating from the ears), the overall activity of the brain will respond to and align with these pulses (also called the FFR or “frequency following response”). By selecting the desired rate, the brain, via the FFR, can be naturally induced towards the selected brainwave state and its inherent benefits.

It is also because of the FFR or “entrainment” that these pulsed sounds often produce benefits similarly found with deep meditation.

It is entirely possible that each use will provide a unique experience. Even if you feel nothing happened, pay close attention to yourself and see if you, or your friends, coworkers or family notice anything different.

One of the great things about BWE is that it can be used on its own, or with many other modalities as an adjunct to intensify the effects of pretty much whatever you choose to use with it.

What sensations might you expect when using our BWE based recordings?

- Some of the effects you may experience with our BWE recordings may be influenced by things like how “busy” your mind is, “whether you’re preoccupied”, how willing you are to “let go”, to name but a few
- You may find that you experience “lost time”. It’s common to find that a 30-minute recording is over and it only felt like 10 minutes
- When tension moves out of your muscles and other parts of your body, you can expect a number of possible sensations, some of which you may have never experienced before. These may include tingling, a floating sensation, momentary numbness, muscle twitches, feelings of flowing warmth, heaviness
- You may find that your mind wanders
- Some people may feel themselves falling asleep during a session
- And many more. Please let us know your experiences!

Listening Instructions...

- Schedule a time (preferably 2) every day for you to listen. This will help your mind/body to come to expect its use and accept your listening as a “habit” that will be easier to maintain
- You should listen to the “meditation” recording first and then the associated “Triliminal” later the same day (for best results there should be at least a 1 hour pause in-between listenings).
- You can concentrate on 1 routine or any combination (even all) of them by simply rotating your use of the various exercise routines as you like
- Listen to the recordings where you are less likely to be interrupted by things like the phone
- You may lie on your back or seat yourself in a comfortable chair with head and neck support
- Your eyes should be closed

- If you want to be more of a “participant” in the process when listening to the meditations, then sit in a chair so you are more likely to be able to consciously “follow” the routine.
- You may listen to the meditation recordings with, or without headphones. Listening with over the ear stereo headphones will greatly augment the overall and immediate effects by many times.
- Loosen any tight clothing. Remove your shoes, glasses, contact lenses etc.
- You need to listen to the Triliminal recordings with, over the ear stereo headphones or bone conduction headphones and while laying down or sitting with head support with your eyes closed.
- Do not use earbuds.
- You should listen to these recordings at a conversational volume that is “**COMFORTABLE**” for you. You don’t want to strain yourself; the idea is that the louder the sounds, the deeper the BWE may be (due to the increased stimulation to the brain). **COMFORT** is very important. If you listen to the recordings at too high a volume, you are working against the purpose of these recordings
- Results will vary between users. Results also depend on your frame of mind when listening, the time of day (its always better to have a scheduled time every day to listen to these recordings as it will help your mind and brain to incorporate the benefits and at the same time it will make it easier for you to make it a “habit”
- Following the suggested listening protocols/patterns will ensure you get the most from the Quantum Mind Workouts (with TMM) system
- **Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings**

Quantum Mind Workouts Routine Recordings...

Full-Body Workout Guided Meditation and Triliminal Recordings

This session is designed to help you **mentally engage** your entire body through the power of visualization. Picture yourself moving through a dynamic, full-body workout that involves visualized exercises such as squats, lunges, and push-ups. Every major muscle group is activated in your mind as you imagine each movement with precision and focus.

Using **brainwave entrainment**, the guided meditation takes you into a mental state that helps you fully connect with the sensations of working out. You'll focus on the stretch and engagement of your muscles, as well as the energy you visualize flowing through your body.

After the workout, the associated **Triliminal recording** helps reinforce the focus and engagement of your session. It supports your mind in integrating the experience, helping you stay connected with the feeling of strength and balance as you move forward in your daily life.

Strength & Cardio Guided Meditation and Triliminal Recordings

This visualization session takes you through a **strength and cardiovascular** routine, designed to engage your mind with exercises that can help build muscle and increase stamina. As you mentally rehearse movements such as lifting weights or running sprints, you may find yourself feeling more connected to the idea of increased energy and physical engagement.

Through the use of **brainwave entrainment**, this guided meditation helps you focus on each imagined exercise with clarity. Your mind stays fully engaged with the experience, creating a mental connection with strength and endurance.

After the session, the **Triliminal recording** helps embed the mental focus and intensity of your workout into the subconscious part of your mind. It encourages your mind to stay aligned with the feeling of strength and stamina, giving you a sense of physical and mental vitality long after the session ends.

Core Workout Guided Meditation and Triliminal Recordings

This session helps you focus on building a strong mental connection with your core muscles—the foundation of balance and stability. As you visualize core-focused exercises like planks and twists, you'll mentally engage your abdominal muscles, obliques, and lower back.

Using **brainwave entrainment**, this guided meditation enhances your ability to focus on the movements of your core, helping you connect with the feeling of stability and strength in your center.

The accompanying **Triliminal recording** helps reinforce your mental engagement with the session, allowing your mind to hold onto the sensations of core strength and balance. It supports your mind-body connection, encouraging a sense of stability that can last throughout your day.

Yoga Guided Meditation and Triliminal Recordings

This session allows you to mentally engage with a series of yoga movements, helping you develop a connection to **flexibility** and **balance**. As you visualize yourself moving through poses like downward dog, warrior, and tree pose, you'll focus on the sensations of stretching and stability in your body.

The use of **brainwave entrainment** enhances your focus, helping you stay present as you mentally flow through each yoga posture. You may find yourself feeling more centered and relaxed as you focus on your breath and your imagined movements.

After the session, the **Triliminal recording** supports the experience by helping to embed the feeling of flexibility and calm into the subconscious part of your mind. This encourages your mind to stay aligned with the sense of balance and relaxation you experienced during your practice.

Full-Body Stretch Guided Meditation and Triliminal Recordings

This guided meditation helps you visualize a series of gentle stretches that are designed to help you mentally engage with **relaxation** and **movement**. Imagine yourself lengthening your muscles as you stretch your legs, back, arms, and neck—releasing tension in your mind as you do so.

With the help of **brainwave entrainment**, this session allows you to focus deeply on the feeling of mental relaxation and gentle movement. You'll mentally connect with the idea of releasing tightness and increasing flexibility.

The **Triliminal recording** that follows the session encourages your mind to stay connected with the sense of relaxation and ease, helping you carry that feeling forward into your daily activities. This promotes a sense of calm and readiness in both your mind and body.

Bonus: Tai Chi Guided Meditation and Triliminal Recordings

As a special addition to the Quantum Mind Workouts system, the **Tai Chi Guided Meditation** helps you mentally engage with the flowing movements of Tai Chi. You'll visualize yourself moving through Tai Chi sequences such as **Wave Hands Like Clouds**, **Grasp the Bird's Tail**, and **Repulse the Monkey**, focusing on the rhythm of your movements and the flow of energy (chi) through your body.

The **brainwave entrainment** in this session helps you stay focused and relaxed, creating a calm state of mind as you visualize the Tai Chi movements. This session is designed to help you feel more centered and aligned, both mentally and physically.

Following the Tai Chi practice, the **Triliminal recording** helps reinforce the sense of calm and balance, encouraging your mind to stay connected with the experience. This recording supports your mental alignment with the flowing nature of Tai Chi, helping you carry that sense of peace into your day.

IMPORTANT:

Many people think they can't "visualize," "imagine," or "picture" things in their mind and worry that this technology won't work for them. But thanks to the power of Quantum Mind Programming, this is no longer a problem!

With regular and proper listening (as recommended), over time, the Quantum Mind Programming technology that is embedded in these recordings will naturally help you visualize or imagine things—even if you don't believe you can! It works automatically, without needing your conscious effort, so everyone can experience the benefits, even if they think they can't visualize.

This is made possible through a unique understanding of science, psychology, and mindset.

SPECIAL NOTE: By using this system or any of its parts the user acknowledges to having read carefully all of this document and agrees to the terms stated below...

The Morry Method (TMM) VIDEO/AUDIO BASED BRAINWAVE ENTRAINMENT SYSTEMS TECHNOLOGY IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. The TMM video/audio recording brainwave entrainment systems are a set of non-invasive tools. All resulting perceived effects are produced in the brain solely by audio and visual stimulation.

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WARNINGS...

- If you are an epileptic, photic epileptic or have any history of seizures: We recommend that all persons who have a history of epilepsy, photic epilepsy or have ever had a seizure of any kind not use the TMM Video based brainwave entrainment systems unless under the supervision of a health care professional who is qualified in the safe detection of seizures.
- We recommend that people who have had a brain injury or have a history of psychiatric illness or mental disorders not use the TMM video/audio brainwave entrainment systems unless under the supervision of a qualified health care professional.
- We recommend that people currently using drugs and/or excessive alcohol consumption not use the TMM video/audio-based brainwave entrainment systems unless under the supervision of a qualified health care professional.
- We advise that you always remain seated with head support or reclined while using the TMM video/audio-based brainwave entrainment systems.
- If at any time during a listening/viewing session, you begin to feel a sense of vertigo, nausea, euphoria, “déjà-vu”, or a sense of mental instability, discontinue the session.
- Before beginning, modifying, or adding to any physical activity, it is strongly recommended that you consult with your healthcare provider to ensure that any new routine is appropriate for your personal health and circumstances.
- **The information provided in this program is for educational purposes only and should not be considered a substitute for professional medical advice.**

Traumatic Childhood or Other Experiences – The Morry Method technology may cause the release of suppressed memories. If traumatic memories surface during or after a session, be certain to seek appropriate support.

Somatic Shock - If abruptly returning to a normal conscious state, a mild case of somatic shock can result, leaving the user feeling disoriented, nauseous, or experiencing a mild headache.

Orthostatic Hypotension - Occasionally when a person becomes very relaxed during a session, his/her blood pressure may fall significantly. We advise rising slowly after a session.

DISCLAIMER OF LIABILITY

Morry Zelcovitch Brainwave Technology Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the TMM videos/recordings whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the

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purchaser for training in the use of the TMM system(s), clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the TMM system(s). The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.