

**Quick Tip Starter Guide  
For Most Effective Use of Your Music**

Congratulations on choosing to accept this gift of Ancient Healing Music Meditation with Voices of Eden Ancient Healing and Transformational Music. It is a sign of your connection to your authentic voice. It takes a truly open heart to discern to potency of this unique healing sonic application.

**Voices of Eden – Ancient Healing & Transformational Music is Unique:**

- 1) It is 100% organic. There is no synthesized sound used. Everything you hear is real and natural.
- 2) This music meditation was recorded live in ancient Israel.
- 3) It is composed using an ancient feminine healing rhythm of 5/8. Human beings have always been attracted to the number five because we are five fingered creatures with five extremities (arms, legs and head). Representations of hands five pointed stars (pentacles), and flowers, have appeared throughout the world a symbols of good luck and protection.
- 4) The rhythm of 5/8 is an odd-meter, which has healing properties. It provides a container for those parts of us that are “off” kilter or “off-balance”. It allows space for those “un-tidy” parts of our being, those parts of ourselves that we do not like. As you listen and allow space for these parts, your greatest vulnerabilities may become your greatest strengths.
- 5) If you hear an echo, it pretty much happened naturally. There is no additional editing of the music as is customarily done in recording studios in post-production to cosmetically correct, “off notes”, variance of sound levels, background noise, hissing etc...
- 6) In Voices of Eden recordings you may very well hear background noise as it is part of the natural environment. There is great healing power in the process.
- 7) Voices of Eden has been medically tested and found to lower blood pressure, heart rate, increase focus and quality of sleep. You can learn more about the research projects conducted upon Voices of Eden music on the website.  
<http://www.voicesofeden.com/research/>

### **Tips for Effective Use with Miriam's Secret and Beyond:**

- 1) Play this eight minute music meditation on low volume in the background as you read the book. It can be particularly effective to listen while you respond to the questions at the end of each section.
- 2) This music is very powerful whose healing power operates similar to homeopathy. Sometimes, particularly at the beginning of listening, you may have a strong reaction to hearing the music. It might even be uncomfortable.

If this DOES happen, know that it is a VERY POSITIVE and HEALTHY sign. It means that the natural healing property of the sound is doing its natural ultra sound laser, breaking up the blocks which are ready to be released.

- 3) Have patience. Do not run if the above happens. Listen a little at a time. The music grows on you and its healing power increases with repeated use.
- 4) There is no wrong or right way to use this music. It may be used actively or passively in the background.
- 5) It can be particularly effective to use this music before an important meeting, or in a situation where you want to be particularly calm and focused. Other great uses for this music:
  - a. Meditation
  - b. Yoga
  - c. Accompaniment to Massage – Bring it to your massage therapist and ask them to play it on their system. Most healing music is based upon synthesizers. As your massage therapist listens to this music, it will ground and focus them more, which means you will receive a higher quality treatment.
  - d. As a sleep aid. Turn off the television, the computer, play the music in your bedroom with nothing else to distract you. Download to your



iphone ipod or any music player and listen. The sounds will deeply penetrate, allowing for your brain and body to deeply relax.

[voicesofeden.com](http://voicesofeden.com)  
815 Westholme Ave.  
Los Angeles, CA 90024  
[info@voicesofeden.com](mailto:info@voicesofeden.com)