Dear All

The free soundtrack included on the main page of the Qi-Sonic Healing website has been designed to reduce stress in the body, relax the mind and optimise the immune system.

The soundtrack has been created as a gift to all in the hope that this may help people with the stress and uncertainty that has been created by the current Covid-19 situation.

If you require any further information or would like to share your experiences please contact me on [Info@qi-sonic.co.uk](mailto:Info@qi-sonic.co.uk)

In Love & Light

David Osborne (Qi-Sonic Healing Practitioner)

**Qi-Sonic Audio - Instructions for use**

Find a quite place where you won’t be disturbed for the duration of the listening session - Sitting on a chair, on the floor or in bed (reclined is OK).

Put your headphones on and start playing the soundtrack, close your eyes, take three slow deep breaths & allow yourself to relax.

When the soundtrack has finished drink a glass of water and make sure you are grounded before doing anything else.

Listen to the soundtrack a minimum of 21 times for maximum benefit.

Listen to your soundtrack up to twice day.

Always listen to the Qi-Sonic soundtrack on headphones (the relaxation effect is dramatically diminished when listened to on external speakers)

***Never listen to the soundtrack while driving or operating machinery.***

***Information.*** *This audio track contains binuaral entrainment tones to relax the mind by lowering brainwave frequencies, specific frequencies are also used to stimulate the immune system which are embed in relaxing music to enhance the listening experience.*