

Thank you for your recent SonicRx purchase!

Follow these simple steps to get the most from your SonicRx.

How to use your SonicRx sound healing remedy?

Download the SonicRx remedy, which is in the form of an mp3 file, and put in on your preferred mp3 playing device. SonicRx can be played on Mac and PC, mp3 players, cellphones iphones, ipads and other smart devices.



Before you begin to listen to the SonicRx:

- * **Find a place** where you can be comfortable and relaxed.
- * **Take a few, slow, deep breaths**, inhaling to the count of 4, exhaling to the count of 8.
- * **Give yourself permission to relax**, to stop, to let go of daily life, just for a little while, just for the time that your listening to the SonicRx.
- * **Focus** for a moment on the reason that you purchased the SonicRx, and then turn your focus on the outcome that you would like.

Example:

I bought this SonicRx to support my body's natural ability to heal from arthritis. All my bones and joints are healthy and I can move all my limbs comfortably.

Listening Advisory

Do not listen to SonicRx Sound Healing Remedies while driving or using any kind of machinery, as the sounds can create a deep sense of relaxation.

Listening

- * **Listen** to the SonicRx remedy with headphones at a comfortable listening level.
- * As you listen, **focus** on the outcome that you would like. If you can really image, see yourself living in a healthy body with the desired outcome.
- * **Repeat** the remedy by listening to it 2 or 3 times per day.



Increasing the healing potential of your SonicRx

As you listen to the SonicRx remedy, you may notice that there is a constant musical note that runs through each section of the remedy. You can increase the healing potential of the SonicRx by singing the same note, either with an Oo sound or an Ah sound. Breathe slowly and gently as you do. This will increase the vibration healing within your body, and help focus the mind.



From the team at SonicRx we wish you well, and may you live your life in joy and good health. Always.