

# How to Make the Best of the Recognitions Program

## Downloading and installing your Recognitions Soundtracks

### For Apple Devices

1. Download your soundtracks and save to a folder on your computer. Be sure to allow ample time for your download to be complete.
2. Go to the folder where your downloaded files are and unzip the soundtracks in the same folder.
3. Once the Meditation soundtracks are unzipped, select them and copy them to your iTunes music folder.
4. Open iTunes and synch your music folder. The new Recognitions soundtracks are now in iTunes and can be imported into your apple devices.

### For Android Devices

1. Download your soundtracks and save to a folder on your computer. Be sure to allow ample time for your download to be complete.
2. Go to the folder where your downloaded files are and unzip the soundtracks in the same folder.
3. Once the Meditation soundtracks are unzipped, connect your Android device to your computer. When the device shows up on your computer, select the soundtracks and copy them.
4. Open the Windows Explorer window for your device and paste the soundtracks into the music folder. The new Recognitions soundtracks are now on your android device and can be played.

At the basis of the Recognitions Program is the daily meditation with the Synchronicity technology.

### Meditation Soundtracks:

#### Sitting Meditation

You have two thirty-minute High-Tech Meditation<sup>®</sup> Soundtracks for your daily sitting meditation:

1. *Transcendence*, a musical meditation soundtrack (with Synchronicity sonic Technology) which takes you from a busy beta-mind down into a light meditative state (alpha) and then deeper into theta and delta brainwave frequencies over a 30-minute time period.
2. *Tranquility*, an ocean wave meditation soundtrack (with Synchronicity sonic Technology) maintains the alpha, theta and delta sonic entrainment to your brain for another 30 minutes.

#### Sleep-time

*Quiescence* is a soundtrack designed to be played continuously while you sleep. This soundtrack includes the sound of ocean waves along with the same holistic subliminal affirmations that are on the *Transcendence* and *Tranquility* soundtracks.

## **How to use your Meditation Soundtracks:**

### **A. Your Sitting Meditation:**

The recommended daily practice in the Synchronicity Recognitions Program – Phase One is sixty minutes a day of sitting meditation listening to soundtracks *Transcendence* and *Tranquility*, consecutively. Adjust the volume to a comfortable level and listen with stereo headphones while sitting comfortably in a chair or on the floor in an upright position with eyes closed. While you listen, the precision Synchronicity sonic technology entrains a meditative brainwave pattern that balances your brain hemispheres and expands your holistic awareness. At the conclusion of the meditation soundtracks, it is strongly recommended that you allow a few minutes to slowly transition back into your active life. During this transition time, remain seated with eyes closed, either with or without your headphones on, and simply observe your inner experience. You may also lie down during this short transition period.

### **B. Your Sleep-Time Meditation:**

The soundtrack *Quiescence* is designed to be played continuously while you sleep. This soundtrack includes the sound of ocean waves along with the same holistic subliminal affirmations that are on *Transcendence* and *Tranquility*. There is no Synchronicity sonic technology included on this soundtrack in order to support your natural transition into sleep. We recommend playing this soundtrack over speakers at low volume as ambient background music in your bedroom. That is enough to experience its full effect. If desired, you may also listen to *Quiescence* throughout the day, as an ambient background to your exterior focus.

## **Developing the Holistic Lifestyle:**

As impactful and precise as High-Tech Meditation<sup>®</sup> is, an hour is not sufficient to deliver balance, wholeness and fulfillment to your experience on an ongoing basis. Its counterpart is the Holistic Lifestyle – *how* you live during your remaining 23 hours of a day. Each month, you will receive written materials that cover the principles of the meditative process and the Holistic Lifestyle that will support your integration into your daily life.

Weekly email messages from Master Charles work as reminders of the monthly focus.

### **The topics in Phase 1 are:**

- Month 1: Experience First – Concept Second.
- Month 2: Fulfillment: A Practice, not a Destination.
- Month 3: The Synchronicity Paradigm.
- Month 4: Expanding Truthful Experience of Reality.
- Month 5: Consciousness is One.
- Month 6: The Role of a Holistic Guide.

## **Facilitation:**

A unique feature of the Synchronicity Recognitions Program is the option of personal guidance through

trained Synchronicity Facilitators. It is an integral part of the program and an invaluable opportunity to enrich and expand your experience. All Synchronicity Facilitators have had many years of experience living the Synchronicity Holistic Lifestyle and practicing High-Tech Meditation<sup>®</sup> in close proximity to Master Charles Cannon and are thoroughly grounded in both the experience as well as the understanding of the mechanics and principles. As a Recognitions participant, you are assigned a personal facilitator who will get you started in maximizing your Recognitions experience, answering your questions and assisting with the integration of your experience.

Synchronicity technology-based meditation creates more balance in your energetic field and you will frequently experience what is called a “peak experience”, the most expansion possible for you in this moment. This is a new level of experience for you, and it can be accompanied afterwards by some uncomfortable physical, emotional, or mental experiences. This is a normal process of *clearing* when it happens and is best addressed by increased movement in the physical dimension (exercise) which will integrate the new energies. Feel free to contact your meditation facilitator if you have questions and they will assist with the integration of your experience.

Once again, we welcome you to the Synchronicity Recognitions Program – Phase 1 and look forward to working with you in the months and years ahead. You have made a conscious choice to invest in yourself, and the rewards ahead are unlimited. We know because we have welcomed many thousands of students before you, and we can say with confidence, “Develop the daily Recognitions Holistic Lifestyle and watch your life transform!”