



## Using the Diffusion Audio Tool

*Diffusion* is a very powerful but gentle audio tool with many applications. Please follow the instructions below to help you get the maximum benefit out of this tool.

Please visit <https://newcompasspoint.com/diffusion/> for up-to-date information.

### DON'Ts:

1. DO NOT use *Diffusion* while driving, taking a bath, or during any other activity that requires you to be alert. In fact, the tones in this audio tool will induce sleep.
2. DO NOT convert *Diffusion* to MP3 or other lossy (compressed) formats. Instead, listen to the tones directly from the downloaded file. Conversion to MP3 or other lossy formats eliminates important higher overtones recorded on the track. For the same reason, DO NOT use noise-cancelling headphones or ear-buds.

### DOs:

*Note: When using Diffusion you MUST follow the three important points highlighted below.*

1. Listen to *Diffusion* when you go to sleep, or whenever you can find at least 50 minutes to an hour where you will be left undisturbed. Ideally, it is best to play *Diffusion* when you go to sleep, so you do not have to set aside any special time for it. However, there are some exceptions — refer to the table below for additional information.
2. Set an intent **before** you play *Diffusion*. Think clearly about what you desire the audio tool to assist you with — this is called setting an intent. Once you set the intent, let go of it and relax. Keep the intents really short and simple, but be precise with the wording. Refer to the table overleaf for sample intents.
3. Always use quality stereo headphones or ear buds when listening to *Diffusion*. Adjust the volume so the tones play **very softly**.
4. Gently breathe in and out through your nose in rhythm with the two repeating tones on the audio tool and simply allow your body to relax. Do not strain to listen to the tones — instead, gently focus on your breathing rhythm. It is quite all right if you fall asleep as you listen to *Diffusion*.
5. Play *Diffusion* in its entirety. You do not need to play *Diffusion* in *Repeat* mode.
6. If at any time you feel restless, agitated or emotional while *Diffusion* is playing, just continue breathing in and out through your nose and let the tones quickly and gently calm you down.
7. Unresolved emotions and feelings are toxic in nature, and when releasing these some detoxification of the body may be required. Some recommendations for detoxification include 20-minute Epsom salt baths (maximum once a week), drinking lots of pure clean water, eating healthy foods, exercising regularly, and getting adequate rest.

## Optional DOs:

1. Journal your inner thoughts and feelings to help you connect the dots and become more aware of what is really going on in your life beneath the surface.

The table below shows a brief list of applications, sample intents, and suggestions on how to use *Diffusion*.

Application	Frequency of Use	Notes
Stress relief	Play <i>Diffusion</i> as needed.	<b>Sample intent:</b> "I set my intent to release stress and experience deep relaxation."
Deep restorative sleep	Play <i>Diffusion</i> at BEDTIME, as needed.	<b>Sample intent:</b> "I set my intent to have 8 hours of deep, restful and restorative sleep."
Calm the mind and emotions	Play <i>Diffusion</i> as needed.	<b>Sample intent:</b> "I set my intent to diffuse any unresolved emotions and feelings, and calm my mind."
Mental clarity (for decision making, or clarity on specific issues)	Play <i>Diffusion</i> at BEDTIME. If additional sessions are required, try and allow 3 days between each session in order to give you time to connect the dots. Journal your thoughts, emotions and feelings.	You can also use <i>Diffusion</i> for this purpose as you sleep, so the clarity you seek is available to you in your waking hours. <b>Sample intent:</b> "I set my intent to diffuse any unresolved emotions and feelings, calm my mind, and have clarity on... (insert the specific issue you are dealing with)."
Clear general negativity	Play <i>Diffusion</i> during the DAYTIME. If additional sessions are required, try and allow 3 days between each session.	<b>Sample intent:</b> "I set my intent to diffuse unresolved emotions and feelings, and release outdated beliefs."
Meditation	Play <i>Diffusion</i> as needed.	<b>Sample intent:</b> "I set my intent to calm my emotions and my mind, and to move into a deep meditative state." <i>Note: Breathing is very important, so time it to the repeating tones on the audio clip.</i>