

## NVI MP3 PLAYERS AND BINAURAL BEAT

All of the recorded work offered by New Vistas International (NVI) was created using state-of-the-art technology. Our Guided Meditation recordings require high-quality audio devices to reproduce the entire sound spectrum for full effect. In addition to human voice and music provided on nearly every recording, New Vistas uses a technology known as “Binaural-Beat” to create a gentle brainwave entrainment effect. This frequency following process uses a principle similar to the Doppler Effect where the brain seeks to automatically decode the signals being sent to it to make sense of them. This very safe and effective technique was originally discovered in 1839, but not truly developed until the later part of the 20<sup>th</sup> Century. For more information, go here: [http://en.wikipedia.org/wiki/Binaural\\_beats](http://en.wikipedia.org/wiki/Binaural_beats)

NVI uses Binaural Beat to assist in relaxing the brain by sending a specific set of tones to the left and right ears that are offset by a precise frequency. The brain creates the missing signal and then resonates to it. For example, if a 440 Hz signal is sent to the left ear and a 435 Hz signal is sent the right ear, the missing 5 Hz signal is inferred by the brain. Since it is now focusing on creating the 5 Hz signal, the brainwaves predominately align to 5 Hz, which is the rate the brain operates at during deep relaxation. Conversely, if a 15 to 20 Hz signal is created, it assists the brain in focusing or awakening.

Binaural Beat has also been attributed to the healthy creation of a number of positive effects on the body, including increased learning rates, deeper, better quality sleep, regulation of the hormonal systems, and more. This technology is a foundational aspect of a number of products available in the market today, including the Monroe Institute’s [Hemi-Sync](#) offerings. New Vistas created a proprietary process to encode healing frequencies and create an auditory soundscape specifically focused on enhancing the therapeutic process.

NVI has carefully selected their MP3 Players and Earbuds to fully reproduce the required sound, and can they accept a micro SD chip for 100’s of hours of recordings. The advantage of using our MP3 Player is that the listener can enjoy a professionally guided meditation session at home with all the right equipment to hear it. Visit our website to view the various recordings we have available. <http://P-A-U-S-E.com/Products>

**Charge your MP3 Player with the included computer mini USB cord, or using a Kindle or phone charger that fits.**



**YOUR MP3 PLAYER**

1. **Power/Lock (Push 3 sec) On**
2. **>>| Right Button to find MUSIC**
3. **Select!**
4. **= Down to find ALBUMS, Select!**
5. **= Down to “Intro to PAUSE”, Select!**
6. **= Down to Meditation you want, Select! and Listen 😊**
7. **>|| Play/Pause to stop/go**
8. **← Escape to back up**
9. **Repeat for “Character Analysis...” etc.**

*Note – The \* Indicates MTTP Advanced Students and Graduates, or available separately*

### ALBUM: INTRO TO PAUSE

These are an introduction to the PAUSE Model of Counseling™. The Body Awareness and Chakra Balancing recordings are designed to be used wide-awake, while exercising, walking, or doing chores. Track 2 (T2) of this album should only be used while resting undisturbed, not while driving or operating machinery.

**NVI-BAW-T1\_Body-Awareness-Workout\_Intro [6min]**

**NVI-BAW-T2\_Body-Awareness-Workout [31min]**

**NVI-CB-T1-Chakra-Balancing\_Intro [4min]**

**NVI-CB-T2-Chakra-Balancing [32min]**

**NVI-IAW-T1-Intro-To-The-Aware-Witness-Intro [5min]**

**NVI-IAW-T2-Intro-To-The-Aware-Witness [20min]**

**NVI-IUS-T1\_Intro-to-the-Unified-Self\_Intro [4min]**

**NVI-IUS-T2\_Intro-to-the-Unified-Self [16min]**

**NVI-ISS-T1\_Intro-to-S-Surrender\_Intro [16min]**

**NVI-ISS-T2\_Intro-to-S-Surrender [25min]**

**NVI-IEEE-T1\_Intro-to-E-Evoke-Essence\_Intro [5min]**

**NVI-IEEE-T2\_Intro-to-E-Evoke-Essence [23min]**

### ALBUM: CHARACTER ANALYSIS

The Character Analysis Series is designed to support the exploration and growth of each of the specific Character Personality Types. We find that everyone has some aspect of these types to some degree, and each are very useful on the healing journey to wholeness regardless of your personal type. Track 2 (T2) of this album should only be used while resting undisturbed, not while driving or operating machinery.

**NVI-CA-1-BTB-Intro to Before the Beginning [6min]**

**NVI-CA-2-BTB\_Before the Beginning-Track 2 [21min]**

**NVI-CA-3-UR\_Intro to The Ultimate Resource [2min]**

**NVI-CA-4-UR\_The Ultimate Resource-Track 2 [23min]**

**NVI-CA-AFG\_Intro to The Art of Feeling Good [4min]**

**NVI-CA-AFG\_The Art of Feeling Good Track 2[19min]**

**NVI-CA-TI\_Transforming Identity [19min]**

**NVI-CA-EOE\_Edge of Excellence**

**NVI-CA-RR\_Releasing Resistance**

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### **ALBUM: SLEEP SERIES**

The NVI Sleep Series is designed to quickly take you into a deep state of sleep AND do educational processing at the same time! It's a Two-for-one deal! ONLY use this while resting undisturbed! After the 20-25 minutes or so of guided meditation, the balance of the hour is Binaural Beat encoded music that gently... tapers..... off.....

**NVI-SS00\_Blessed Sleep [60min]**

**NVI-SS01\_Intro to Muladhara\_The Root Chakra [4min]**

**NVI-SS02\_Muladhara\_The-Root-Chakra-Track2 [60min]**

**NVI-SS03\_Intro to Svadhisthana\_The 2nd Chakra-Intro [6min]**

**NVI-SS04\_Svadhisthana\_The 2nd Chakra-Track2 [60min]**

**NVI-SS05\_Manipura – The 3<sup>rd</sup> Chakra[60min]**

### **ALBUM: NVI R&R SERIES**

The R&R Series is designed to be used when your energy level has dropped and you need a quick break or nap to “Relax and Recover.” They will quickly take you into a deep state of rest, even sleep, and bring you back into an energized state of consciousness. You will find that each of these address a very specific and very useful topic. These recordings should only be used while resting undisturbed.

**R&R-01-VH\_Vibrant-Health [14min] \***

**R&R-02-CS\_Creating-Solutions [18min] \***

**R&R-03-ER\_Emootional Reset [20min] \***

**R&R-04-HM1\_Heart-Meditation-1 [18min] \***

**R&R-05-WFX\_The-Wish-Fulfilling-Elixir [19min] \***

**R&R-06-HM2\_Heart-Meditation-2 [18min] \***

**R&R-07-MYIS\_Managing-Your-Inner-State [22min] \***

**R&R-08-EE\_Evoking Excellence [22min] \***

**R&R-09-WM\_Weight Management [21min] \***

**R&R-10-IP\_Improving Productivity [22min] \***

**R&R-11-HM3\_Heart Meditation-3 [20min]**

### **ALBUM: MOVEMENT SERIES\***

The Movement Series is designed to be used while exercising, walking, or doing chores. Each addresses a specific area of personal growth and transformation.

**NVI-M1P\_Movement Series\_P-Present [15min]\***

**NVI-M2A\_Movement Series\_A-Aware Witness [14min]\***

## NVI MP3 Playlist (April 2014)

**NVI-M3U\_Movement Series\_U-Unwind the Past [16min]\***

**NVI-M4S\_Movement Series\_S-Surrender [14min]\***

**NVI-M5E\_Movement Series\_E-Evoke Essence [15min]\***

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### **ALBUM: APPLIED PAUSE SERIES\***

The Applied PAUSE Series is a powerful set of highly focused Guided Meditations that can be used as stand-alone transformational processes. They are even more effective when used under the guidance of a trained PAUSE Counselor as part of a targeted healing modality. These recordings should only be used while resting undisturbed.

**AP-01-MP1\_Managing Phobias-Part 1 [21min]\***

**AP-02\_MP2\_Managing Phobias-Part 2 [6min]\***

**AP-03-RCD\_Recognizing Co-Dependency [40min]\***

**AP-04-MA\_Managing Addictions [40min]\***

**AP-05-MD\_Managing Depression [40min]\***

**AP-06-WM1\_Weight Management 1 [21min]\***

**AP-07\_WM1-Weight Management 2 [23min]\***

**AP-08\_AR\_Allergy Relief [17min]\***

**AP-09-BLS\_Beyond Low Self-Esteem and Shame [31min]\***

**AP-10-IP\_Improving Productivity [22min]\***

### **ALBUM: P-PRESENT\***

In addition to the “Intro to PAUSE” Album, these five albums (P, A, U, S, and E) address the core elements of the PAUSE Model. These recordings should only be used while resting undisturbed.

**NVI-P1\_P-Present Master Trance [19min]\***

**NVI-P2\_The Seven Segments [41min]\***

### **ALBUM: A-AWARE WITNESS\***

**NVI-A1\_The Five Categories of Distraction [33min]\***

**NVI-E1-Enneatype One [52min]\***

**NVI-E3-Enneatype Three [36min]\***

**NVI-E6-Enneatype Six [43min]\***

**NVI-E8-Enneatype Eight [51min]\***

**NVI-E9-Enneatype Nine-Intro [9min]\***

**NVI-E9-Enneatype Nine [44min]\***

## NVI MP3 Playlist (April 2014)

### ALBUM: U-UNIFIED SELF\*

**NVI-U1\_Living Matrix [18min]\***

**NVI-U2\_Transforming the Story of Me [25min]\***

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### ALBUM: U-UNIFIED SELF\*

**NVI-S1\_Transforming Beliefs-Asking the Right Question [13min]\***

### ALBUM: E-EVOKE ESSENCE\*

**NVI-E1\_Success Breakthroughs [18min]\***

**NVI-E2\_Manifesting with the Breath of Life [18min]\***

### ALBUM: THE UNDEFENDED HEART\*

The Undefended Heart Album will be a series of Guided Meditations that focus on opening the heart to the awareness of Love's eternal presence. These recordings should only be used while resting undisturbed.

**UH-OTL\_Opening to Love [26min] (raw)\***

*Stay Tuned – more coming each month!*