

Bio Acoustical Utilization Device™

BAUD ENERGETICS, CORP.

March 2010

User's Guide v4.2

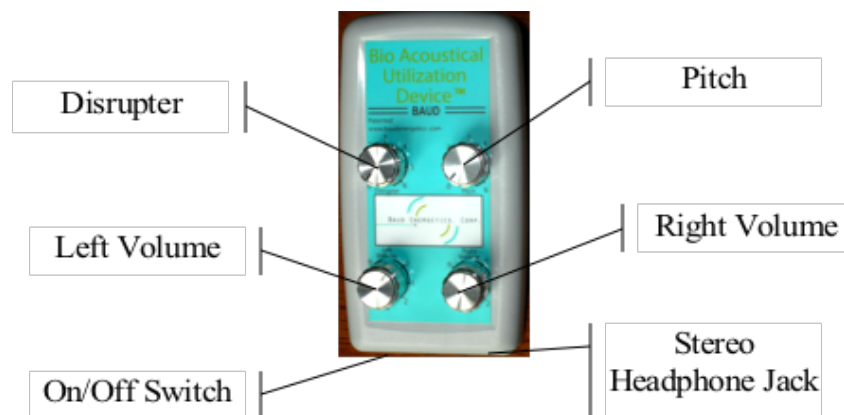
1.0 INTRODUCTION

The Bio-Acoustical Utilization Device (BAUD) is a sound-emitting appliance that purports to influence brain functioning at the unconscious level and perceived emotional or functioning at the conscious level. Used as various types of music and drumming rhythms for centuries to alter consciousness, there is ample evidence to substantiate the impact of acoustical stimulation to the waveforms produced by neural firing in the brain. Because these waveforms are directly related to moods and concentration levels experienced by individuals, it is logical to suggest that if the sounds produce desirable responses benefits of the BAUD would be obvious. The results have been clear in studies.

2.0 OPERATION

This patented device produces two independent sounds: one for each side (e.g.: each ear). Each side can be adjusted for volume (lower knobs) and rate (upper knobs) for each side. The off/on switch is located at the bottom of the unit. Also, the stereo jack for the earphones are also located at the base of the unit.

Plug in the earphones and place over your ears to test your unit for the functions described above. After placing the AA batteries in the unit, slide the off/on switch to the on position, check the volume, and you should hear a tone on both sides immediately.



2.1 VOLUME

The volume knobs have a range from “0” to “6”. The lowest volume is when the knob is pointing towards the “0”. Turning the knobs clockwise increase the volume, reaching a maximum at the “6”.



OFF

MAX

2.2 TONE (Frequency)

The tone knobs are at their lowest setting when turned all the way counter clockwise. Note that the calibration numbers are opposite from the volume. The smallest value is at the “0”. When turned all the way on, in a clockwise manner, they are pointing past the “6”.

2.2.1 RIGHT SIDE-PITCH

The pitch knob is simple: at it's lowest setting, the tone is at 39 hertz (Hz). At it's highest setting, the tone is 362 Hz. This is the basal tone (or frequency, as we refer to it in other discussions). The pitch is to be adjusted as the user desires. No specific instructions are given for the pitch adjustment, except that the user is to intuitively adjust this function.

2.2.2 LEFT SIDE-DISRUPTER

The disrupter knob functions uniquely: the tone generated in the left earpiece is the right side's tone PLUS an offset based on the position of the disrupter. That is, with the left tone knob turned all the way down (counter-clockwise), the left tone equals the right tone. With the left tone knob turned to it's highest level, the left tone will equal the right tone plus 20 hertz. Thus, the range of the left tone knob is from 0 to 20 Hz.



OFF

MAX

Low Beta

2.2.3 TONE SUMMARY

The basal frequency is determined by the right “pitch” knob, and the offset frequency (tone) is determined by the left “disrupter” knob. In the drawing above, three positions are shown for the disrupter. The off, or lowest, position gives a left tone that is equal to the right tone. The max position gives a left tone that is twenty (20) Hz greater than the right tone. To stimulate Low Beta

User's Guide v4.2

brainwaves, we want the disrupter to be in the position denoted on the right: pointing towards the "4". This position should not change if Low Beta is what we want to stimulate.

2.3 ON/OFF

Simply slide this switch to the ON position to turn the unit on. Slide the switch to the OFF position, to turn the unit off. On is to the right. Off is to the left.

2.4 STEREO HEADPHONE JACK

The jack provided is an industry standard stereo jack, and any headphone can be used. The jack is 3.5 mm. The headphone impedance should be 32 ohms. Earbuds that meet this specification are provided.

2.5 DC POWER JACK

Not to be used at this time.

3.0 USING THE BAUD

You may use your BAUD to improve symptoms from a wide variety of problems: anxiety, depression, cravings, urges, smoking, overactive appetite, etc. The key to using the BAUD is to be able to awaken and focus on the **feeling state** that is associated with your problem. This includes both the physical and emotional feelings connected to your problem.

To awaken these feelings, you will simply need to think about, or imagine, the situations that cause them. If you feel cravings when you are stressed, you will want to imagine stressful situations to awaken that craving. If you feel anxious when in a crowd, imagine yourself in a crowd, and so forth.

Remember, the BAUD works to neutralize whatever you are focusing on. With the BAUD, **activation is the key to neutralization.**

While focused on your feelings, you will then adjust your BAUD according to the protocol described – until you reach a “neutralizing point.” This is

User's Guide v4.2

where you will feel your feelings quiet down, or diminish. We refer to this process as “bio-attunement,” where your internal feeling state serves as the monitor and guide to adjust the BAUD.

Once at that point, you continue your focus throughout the session. That's all there is to it.

Defining the Problem

To help awaken the problem feelings, and keep focused during your session, it is helpful to list the situations that cause the feelings to arise.

EXAMPLE: Social Anxiety or Shyness

Situations that trigger this:

In groups at parties

In meetings at work

Meeting new people

Expressing my opinion on something

Asking for a date

Feelings evoked (reaction):

Nervous – what people will think of me

Afraid to say the wrong thing

Not sure what to say,
self-conscious

Fear of offending someone

Afraid they'll say no, feeling
embarrassed

Now, list your problem below.

MY PROBLEM:

List of Situations

List of Feelings

The BASIC TECHNIQUE

As Simple as 1, 2, 3.

First, make sure all the knobs on your BAUD are in the “off” position (turned all the way to the left), and you have the earphones in place.

Step 1) BALANCE. Turn the 2 lower **Volume Knobs** until



the sound is at a moderately loud, yet comfortable, level – and it seems centered in your head.

Step 2) CONNECT. Here we give you 2 methods to use for “connecting.” Each has proven successful. Use the one that you prefer.

Method 1: Toning

First, focus on your problem for a minute, to activate the feelings. Then, identify the location in your body where you actually feel your problem. People often feel fear in the “pit of the stomach” (lower abdomen), cravings in the stomach area, grief in the heart area, concentration problems in the head area, for example.

Next, make a vocal “tone” (like “ahhhh” or “eeee”) out loud that seems to “connect” to your problem location. Try changing the tone up and down the scale (think Do, Re, Mi, Fa, So, La, Ti, Do), until you feel a connection, or resonance to the feeling’s location.

Note: Lower tones usually correspond to the lower abdomen and anxiety states, middle tones to mid-abdomen and many cravings, higher tones to the head area and concentration issues and depression. These are just guidelines. You need to follow your internal guidance in this process.

Then “Tune” the Upper Right **Tone Knob** to match the tone you have vocalized as closely as you can. More important, you should also feel this tone “connect” or resonate with the **feelings** you have activated. It may feel as if the tone makes the feelings stronger, or intensifies them, or agitates them, or resonates with them. Internal feeling states are hard to describe, and we offer descriptions others have used to help guide you.

If you have trouble with this method, try Method 2: “Tuning,” described below.

Method 2: Tuning

This is exactly the same as the above method, but without the vocal toning step.

First, focus on your problem for a minute, to activate the feelings.

Then, identify the location or area in your body where you actually feel your problem. If you cannot identify a body location, that’s all right. Just focus on the feelings themselves.

Now, “tune” the Upper Right **Tone Knob** until you “feel” the sound “connect” to either the body location of your problem – or, more importantly, your feelings themselves. Usually you will feel both at once.

When you “connect,” it may feel as if the tone makes the feelings stronger, or intensifies them, or agitates them, or resonates with them. Internal feeling states are hard to describe, and we offer descriptions others have used to help you. Your experience may be different.

Step 3) NEUTRALIZE

Next, while continuing to focus on your problem and the feelings, turn the upper left **Disruptor Knob** slowly. You will reach a place where the sound seems to neutralize or lessen the feelings you are focusing on.

In the same way you would tune a radio to a station, you may turn the Disruptor knob past this point and then go back, to confirm this is the strongest “neutralizing point.” The BAUD will be effective over a certain frequency range, but this tuning will help maximize results.

The Session

You will keep the BAUD tuned to this neutralizing point while you continue to keep your mind focused on the problem feelings you want to eliminate.

We often try to shut off awareness of painful feelings. With the BAUD, activation is neutralization. So you will want to do the opposite, and become as conscious as you can of the negative feelings.

The list you have made will help you keep your focus. You will want to imagine the different situations that cause your anxiety or cravings, for example. You will want to activate the feelings you want to eliminate. You will want to feel the anxiety, or craving or depression, etc.

Don't expect the negative feelings to completely vanish, but look for the point where they seem to fade. During your session, while you are at the neutralizing point, you should experience these feelings as seeming to fade, or melt away as soon as they arise.

We have found that 20 minutes is a good session time. If your problem is severe, you may want to start with 2 sessions a day, and decrease as relief is experienced.

For less severe problems, one session often provides symptom relief for several days.

There have never been negative side effects reported from BAUD use, even with extended use in clinical applications.

4.0 RETURN POLICY

If, for some reason, you are not satisfied with this unit, BAUD Energetics, Corp. will refund your money as follows:

1. Within thirty days, contact BAUD Energetics, Corp. with your concerns, and request a return authorization number (via the website's 'Contact Us' facility).
2. Acquire a statement from a certified health care professional that you have used the BAUD in one session.
3. Include a written (or email) explanation for the dissatisfaction.
4. Address the package to:
BAUD Energetics, Corp.
ATTN: Service
1204 Biggs Ct.
Celina, TX 75009
5. Deliver or mail the unit and the earbuds in either its original packaging or packaging affording an equal degree of protection.

If the unit is sent directly back to BAUD Energetics, Corp. without following the process above, a restocking fee of 15% will be applied and deducted from the refund.

LIMITED WARRANTY

BAUD Energetics, Corp. (BE) warrants this Product against defects in material or workmanship as follows:

1. **LABOR:** For a period of 90 days from the date of purchase, if this Product is determined to be defective, BE will repair or replace the Product, at its option, at no charge. After the Warranty Period, you must pay for all labor charges.
2. **PARTS:** In addition, BE will supply, at no charge, new or rebuilt replacements in exchange for defective parts for a period of one (1) year.

To obtain warranty service, you must take the Product, or deliver the Product freight prepaid, in either its original packaging or packaging affording an equal degree of protection, to BE.

This warranty does not cover customer instruction or set up problems.

This warranty does not cover cosmetic damage or damage due to acts of God, accident, misuse, abuse, negligence, commercial use, or modification of, or to any part of the Product. This warranty does not cover damage due to improper operation or maintenance, connection to improper voltage supply, or attempted repair by anyone other than a facility authorized by BE to service the Product. This warranty does not cover Products sold AS IS or WITH ALL FAULTS, or consumables (such as batteries). This warranty is valid only in the United States.

Proof of purchase in the form of a bill of sale or receipted invoice which is evidence that the unit is within the Warranty period must be presented to obtain warranty service.

This warranty is invalid if the factory applied serial number has been altered or removed from the Product.

REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. BE SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

Some states do not allow the exclusion or limitation of incidental or consequential damages, or allow limitation on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty give you specific legal rights, and you may have other rights which vary from state to state.

For your convenience, BAUD Energetics, Corp. has established a website for frequently asked questions. At this time, a single BE service facility exists, and can be contacted at the same website or at the following address:

BAUD Energetics, Corp.
ATTN: Service
1204 Biggs Ct.
Celina, TX 75009
-OR-
<http://www.baudenergetics.com>