

User Tips for optimal use of Bio Music One USB Drives

- **The USB Drives can be plugged into any modern device** with a USB port (e.g. computer, tablet or smartphone with an adapter, HIFI, smart TV, CD player, smart car stereo etc.)
- **The USB Drives include their own player** which you can open after having connected one to a computer by opening the .html file of the name of the album. For example: ► **01-kinema_1.html**. **NB:** The player requires a modern browser to work, e.g. Edge, Chrome, Firefox, Safari...)
- **The audio files can also be read by your computer or tablet.** On some devices, playback will happen automatically. On others, it may be necessary to manually search for the location of the audio files to play them. You can find them under the path /src/audio (the folder named « audio » inside the folder named 'src'.
- **The 'src' folder** contains the programs and audio content necessary for the USB Drive player to work. Modifying or moving these elements in any way may impair its functions.
- **Important : Copying the audio files** into another folder or device, or **modifying the original files in any way**, destroys the beneficial effects of Bio Music One.
- **To use an album in 'Inaudible mode'**, click the 'play' button and turn down the volume to its minimum.
- **To use an album in 'Conscious Listening Mode'**, we recommend that you use headphones.
- **To use an album in 'Continuous mode'**, click on the integrated player button with a circling arrow. **NB:** you may have to deactivate the 'sleep' function of your computer if it stays idle whilst playing the album. Depending on whether you have a Windows machine or a Mac, the way to do this varies, but generally speaking you should find it in « preferences » or « settings », then « energy saver » and finally click the option to deactivate the setting.
- **You can keep your Bio Music One USB Drives on you or near you (up to 1 meter)** to benefit from the audio content waveform's vital support by informational resonance, for protection against stress due to the disturbing impact of electromagnetic pollution. We recommend to only have 1 USB Drive on you at a time, maximum 2 if really necessary. You won't need to have it on you if an album is already playing.
- We provide **a lanyard** to make it easier to carry with you. You may also keep it in a pocket or a bag near you. As always with Bio Music One, use your USB Drive consciously, near the area of your body where you feel it is best to have it. The lanyard colour is designed to match the colour of the USB Drive it comes with.
- **Playback of the audio content** nevertheless allows for a greater flexibility of use with inaudible mode and sonic meditation.
- **Environmental wellbeing specialists** may know where to put your USB Drive in a workplace or at home in order to maintain good ambient vibratory quality.

