

Guidelines for optimal use of a Bio Music One USB Drive

- **You can plug your Bio Music One USB Drive into almost any device** with a USB port, such as a computer, tablet or smartphone (with an adapter), HIFI, smart TV, CD player, car stereo etc.)
- **Bio Music One Drives include their own integrated music player.** It will open as soon as you click on the .html file of a corresponding album, e.g. > **01-kinema.html**. **Please note** however that these only work using a modern web browser such as Chrome, Firefox, Edge, Safari etc.
- **Your computer, tablet or smartphone should also be able to read the audio files themselves.** HIFIs, car stereos and some smartphones can start playback automatically without needing the integrated player. On other devices, like some smart TVs, it might be necessary to tell the device where the files are located for them to be playable. You'll be able to find them in the 'audio' folder within the 'src' folder. The device should be able to play them in order.
- **The 'src' named folder** contains the programs and audio content the integrated player needs to work properly. Modifying any folders or sub-elements inside may stop it from working properly.
- **Important: Modifying, moving or copying the audio files** in any way will destroy the beneficial effects of the Bio Music One process.
- **To listen in 'inaudible' mode,** click PLAY in the integrated player and lower the volume to its minimum setting.
- **To listen in 'Conscious Listening' mode,** it's best to use headphones or earbuds.
- **To listen in 'Continuous Listening' mode,** click on the integrated player's 'repeat' button (it looks like 2 arrows turning in a circle). **Take care:** Disable your computer's 'sleep' function if you're not using it, in order for it not to interfere with playback. On PC or Mac and depending on the operating system's version, you will need to follow the following general steps: Go to 'Preferences' or 'System Settings', then 'Energy Settings', and set the sleep function to 'never'.
- **You can keep a Bio Music One USB Drive on you or within a 1-metre** radius of yourself to benefit from the vital support of the waveform of the audio content, thanks to the phenomenon of informational resonance. This can help for example to protect yourself from the perturbing effects of electromagnetic pollution. It's best to wear only one USB drive at a time, or 2 at most and only if necessary. It isn't necessary to have it on you if you've already got a Bio Music One CD or audio playing back.
- **The lanyard** helps to wear the USB drive around your neck if you feel that's best for you. You can also keep it in your pocket or in a bag you're wearing. As always, be consciously aware of how you use your Bio Music One USB drive.
- **Playback of audio files** nevertheless allows for the effects to be felt more widely in inaudible mode or for a sonic meditation.
- **Feng Shui and habitat health professionals** should be able to find the right place for USB drive to maintain good ambient vibratory quality.

The Bio Music One Team thanks you for putting your trust in us. Please do get in touch if you have any observations to share.