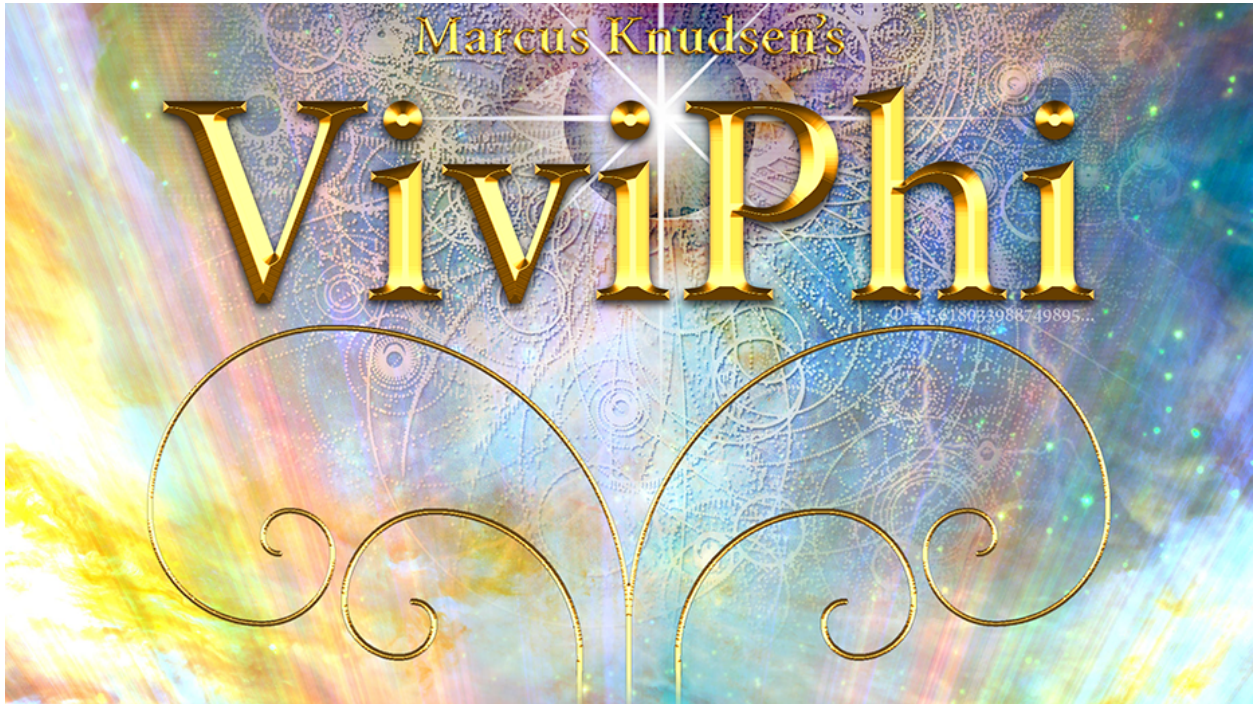


# Instructions



You are asked to use ViviPhi responsibly by following this simple guide.

## 'ViviPhi type 2' — Explanation

You will see two folders. One named 'ViviPhi' and another named '*ViviPhi Type 2*'

Name	Type
ViviPhi	File folder
ViviPhi Type 2	File folder
Instructions - ViviPhi.pdf	PDF File

'ViviPhi Type 2' is not a bonus or adding to the price et.c. It is an alternative version of ViviPhi, included as an essential piece. You either fit the 'ViviPhi' or the 'ViviPhi Type 2' type of user, meaning you should use one or the other type. Inside the 'ViviPhi Type 2' folder is exactly what is inside the ViviPhi folder, but as a different version of the audio.

## How to know which version to use:

Simple:

You should use 'ViviPhi Type 2' if 'ViviPhi' is overwhelming. That's all you need to know. This is not a good or bad thing. It simply means your brainwave "profile" matches with Type 2.

If ViviPhi wasn't overwhelming at first and becomes increasingly so after having used it frequently, take a break.

Just like you can get too much of anything, you can get too much of ViviPhi. This shows you that ViviPhi is powerful.

## Recommended use — ViviPhi:

A couple of times per week up to once per day. Take a break every once in a while for a few days or so.

## Recommended use — ViviPhi Type 2:

A couple of times per week up to once per day. Take a break every once in a while for a few days or so.

## Ways of using ViviPhi

### **Dream related: Dream recall - Vividness - Quality**

I'm going to describe the optimal way (as I see it). Feel free to do any variation you see fit. This example will work any time you're about to sleep, at night or for taking a nap.

- 1) Sit up where you're about to sleep in a way that you can lie down directly afterwards, while listening. If you're sitting in a bed, you may want to sit on something like a folded pillow or folded bed sheet to get a better/more comfortable posture.
- 2) Stay gently aware of your mind, thoughts, memories that pop up etc. Notice any inner experiences etc.
- 3) Lie down after 10-30 minutes or so, or when you notice you're falling asleep.
- 4) As the audio ends you will hear three bell-like tones. These are here to potentially serve as a mild wake-up signal in case you've fallen asleep. This is because the audio shouldn't be played on repeat (if that happens, no worries). Now just remove your headphones/earphones and go to sleep.

It is advised to keep a notepad or similar by your bed to take notes of any dreams/unusual experiences you may have had during the sleep state.

### **New**

### **Lucid Dreaming Method - "VBTB" (ViviPhi Back To Bed)**

- 1) Wake up 2-3 hours before your normal time.

- 2) When you wake up, immediately write down any dreams you may remember.
- 3) Get out of bed and sit somewhere comfortable, like a couch, sofa or a good chair and listen to ViviPhi (The whole track).
- 4) Read the dream(s) you wrote down.
- 5) Go back to sleep

Now you are likely to have Lucid dreams. Increasing the time you sleep before you wake up will likely cause more lucid dreams though it'll be easier to wake up from them. Decreasing the time you sleep will make it slightly harder to lucid dream as you'll sleep deeper but you'll also be less likely to have a lucid dream interrupted by your sleep being too light. If your lucid dreams are too easy to wake up from, try decreasing the time you sleep bit by bit until you find what works best for you.

**New**

## **CDS Lucid**

If you have a lucid dream you can apply the '**CDS Lucid**' technique inside the lucid dream to raise the life energy in the body up to the third eye center in the head, opening up for blissful higher states of consciousness. These experiences can be very blissful and powerful.

**Here is the 'CDS Lucid' instruction video:** [▶ Third Eye Activation: 'CDS Lucid'](#)

## **For meditation**

Use any meditation technique while listening to the audio. You could go to sleep after meditation, which may lead to meditative/mystical/deep experiences as the body goes into a sleep state.

If you do not know any meditation techniques I will recommend a simple one here:

### **Third eye meditation:**

- 1) Sit in any way and place you feel comfortable with.
- 2) Put your attention on the "third eye center": Between the eyebrows, about 2-3 cm up in the forehead.
- 3) When attention goes to other things, gently bring it back. If you know of any mantra for meditation, you can be repeating that in your mind (not out loud) while doing this meditation.
- 4) Do this for at least 5 minutes, up to as long as you feel like.

## **For Improved energy, well-being, mood, mental clarity etc.**

Listen while you lie in bed just before going to sleep, or start doing meditation while listening to the audio.

## **Other**

You absolutely do not need to follow the various techniques written above. They are just to help you get started. Feel free to experiment, but never use the audio when lack of attention could be unsafe.

I wish you all the best with using **ViviPhi**!

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Boring disclaimer

People with epilepsy should not use the ViviPhi audio recordings or any other audio containing binaural beats. It is strongly recommended that non adults ask a parents consent before using ViviPhi.

The creator of ViviPhi does not take responsibility for: A) If the user disregards the recommended maximum usage guidelines. B) Any unwanted effects experienced from using ViviPhi.

The owner, creator and copyright holder of the ViviPhi audio is Marcus Knudsen, owner of [www.blisscodedsound.com](http://www.blisscodedsound.com).

ViviPhi is not intended to treat any medical, mental or psychological condition in any way: It is an experimental audio product meant to be used to explore lucid dreaming, meditation, altered states of consciousness etc.