

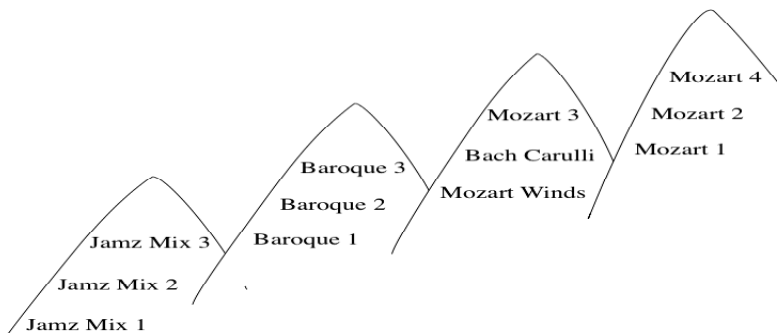
## Fine Tuning Guidelines

### *Protocol:*

- 30 minutes each listening session
- 2 times per day, 7 days per week
- Minimum separation of 3 hours between listening sessions
- Typically preceded by a protocol of modulated music
- For use over headphones only except for children under 2 years of age (see General Guidelines for Working with Therapeutic Listening®)

### *Basic Progression:*

- Start at bottom of mountain and work your way up/down each mountain (see diagram below)
- Change selections every 2 weeks as you ascend & every 3 days as you descend
- Example: Jamz Mix 1 (2 weeks) → Jamz Mix 2 (2 weeks) → Jamz Mix 3 (2 weeks) → Jamz Mix 2 (3 days) → Jamz Mix 1 (3 days) → move to next mountain



### *Program Intensity:*

- Select best proven regulators from Modulated library, Quickshift/Gearshifter library, and/or Gregorian chant to lessen intensity of Fine Tuning program
- Consider the changing level of intensity when combining music selections, listed here from least to most intense:
  - Gregorian Chant album (unmodified) & Fine Tuning album
  - Quickshift/Gearshifter album & Fine Tuning album
  - Gregorian Chant album (modified) & Fine Tuning album
  - Modulated album & Fine Tuning album
  - Spatial Enhancement album & Fine Tuning album
  - Fine Tuning album 2x/day