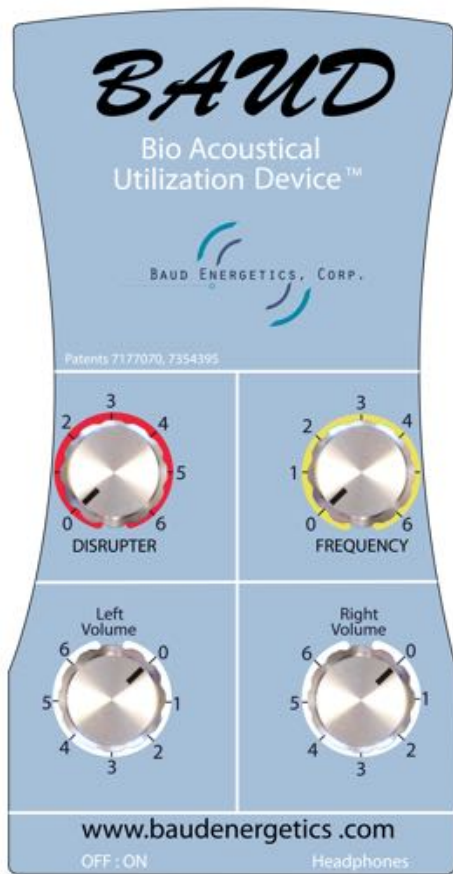


# User's Guide v5.2



# Bio Acoustical Utilization Device™

BAUD ENERGETICS, CORP.

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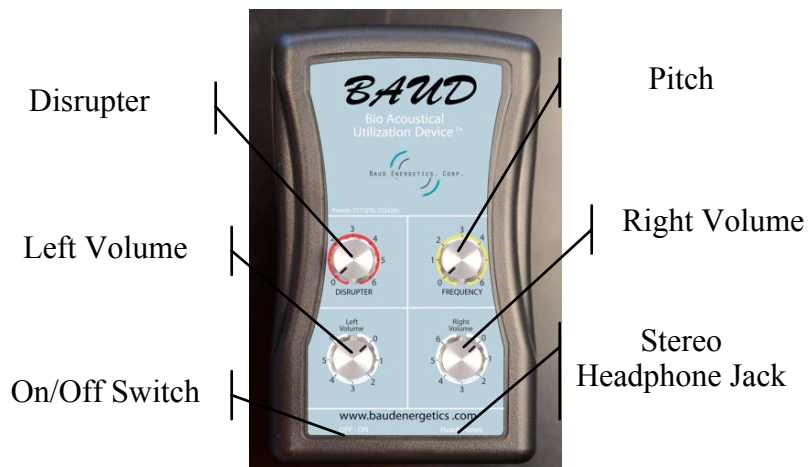
## 1.0 INTRODUCTION

The Bio-Acoustical Utilization Device (BAUD) is a self-regulating appliance through sound-emissions that purports to influence brain functioning at the unconscious level as well as perceived emotional changes. 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.

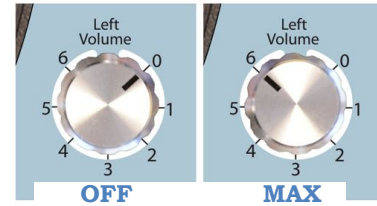
Plug in the earphones and place over your ears to test your unit for the functions described above. After placing the AA batteries in the unit, slide the off/on switch to the on position, check the volume, and you should hear a tone on both sides immediately.



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## 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”.



## 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”.

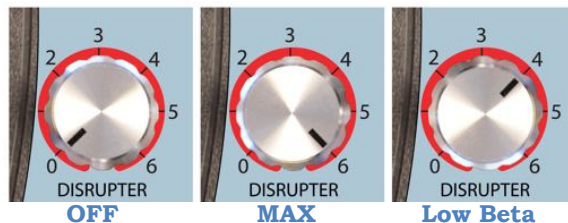
### 2.2.1 RIGHT SIDE-PITCH

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 adjusted according to perceived stimulation by the user according to set goals. For example: if the user has as a goal to increase the stimulation for joy, then he would vary the pitch in accordance to the elevation of that emotion.

### 2.2.2 LEFT SIDE-DISRUPTER

The disrupter knob functions uniquely. When the disrupter is at zero, the tones in both ears are the same. When the disrupter is increased, the left side tone is increased proportionally.

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.



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## 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 different tones (right vs. left) create a new tone or harmonic, called an interference or overtone) which can be discussed in the framework of EEG neurological ranges (beta, alpha, theta and delta).

The more practical approach is to instruct the user to adjust the frequencies to reach a specific emotional goal.

## 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.

## 3.0 USING THE BAUD FOR DESENSITIZATION

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 arouse or stimulate focus on the **feeling state*** that is associated with your problem. This includes both the physical and emotional feelings connected to your problem.

To arouse 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 arouse that craving. If you feel anxious when in a crowd, imagine yourself in a crowd, and so forth.

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Remember, the BAUD works to neutralize the sympathetic arousal on that which you are focusing. With the BAUD, **activation is the key to neutralization.**

## 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.**

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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

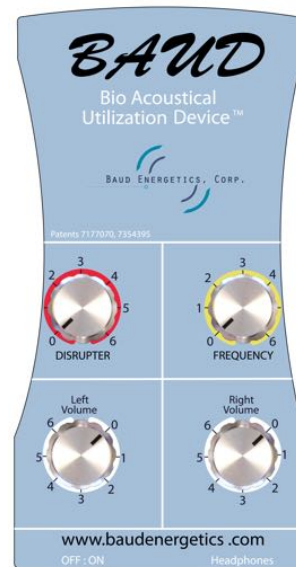
First, focus on your problem for a minute, to activate the feelings. Then, identify the location in your body where you actually *feel* your problem. People often feel fear in the “pit of the stomach” (lower abdomen), cravings in the stomach area, grief in the heart area, concentration problems in the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

Next, make a vocal “tone” (like “ahhhh” or “eee”) 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.*



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## **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.



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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 USING THE BAUD FOR STIMULATING SPECIFIC COGNITIVE and EMOTIONAL FUNCTIONS**

Occasionally, the goal of BAUD applications are to stimulate various parts of the brain that relate to cognitive and emotional functions. For example, the area of the diagnostic category of ADHD can be powerful in increasing concentration and intellectual capacity. The application is mostly to be done if an EEG is used to validate the stimulation of the specific brain regions. See "RETRAIN THE BRAIN", by G. Frank Lawlis, Ph.D. In the case of ADHD, the user changes the knobs (all 4) until he intuitively feels he has better focus and concentration (98% of the time, their intuition is validated by measurement of EEG). Utilizing the hookup to the central points (Cz and supporting placements) the readings usually reflect lower delta and theta and occasionally higher low beta measurements in the frontal lobes. Cognitively, the user typically shows higher reading comprehension, higher math skills and production time is cut in half.

Oftentimes, people have chronic depression because of their low functioning pleasure zones in the brain (nucleus accumbens). See "RETRAINING THE BRAIN" by G. Frank Lawlis, Ph.D. Some of the most frequent clinical signs of this depression syndrome, is when the user asserts that they have never been happy in their life. Drug addicts that self-medicate with stimulants will typically express their use of drugs was the first time in their life they felt normal.

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To apply the BAUD for increased pleasure (and possible substitute for drugs):

The user should adjust the upper right knob until they feel some pleasurable memory or image. This is usually associated with weighting their pleasure level from 1 to 10, with 10 being the greatest pleasure. Therefore, a rating from the initiation of the therapy to this present moment should be an increase in pleasure (ie: 3 to 5). With this result, the user is then instructed to use the upper left knob to increase the pleasure. After determining a setting that shows greater pleasure, objective determination of that increment would also be made on the same scale from 1 to 10.

The next stage is to ask the user to tweak both volume knobs as well as the upper knobs to add extra pleasure. Again, the objective determination of degree of joy would be on the 1 to 10 scale.

The user should listen to these tones for at least ten (10) minutes and report if there is any imagery or memory that is associated with this feeling. It is usually recommended that the user use the BAUD daily and begin to find other stimulations, such as music and art exercises, to facilitate this stimulation of pleasure.

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## 5.0 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.**

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## 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.

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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.

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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>