

Travellers Correction Disc - Details of corrective sounds

1. To correct your biological time clock to the local time, play the 2 tracks that coincide with the local time at your destination. Use the Chart below to determine which 2 tracks to play. While the tracks are playing concentrate your thoughts with the intention of correcting your biological clock to the local time.
2. If you are changing hemispheres, Northern, Tropical or Southern Hemisphere on arrival at your destination - play track 6 with the intent of correcting your body's cell structure to your zone.

Track 1 - Large Intestine

Track 2 - Stomach

Track 3 - Spleen

Track 4 - Heart

Track 5 - Small Intestine

Track 6 - Bladder

Track 7 - Kidney

Track 8 - Circulation Sex

Track 9 - Thyroid

Track 10 - Gall Bladder

Track 11 - Liver

Track 12 - Lung

Track 13 - Large Intestine

