



The Dawson Program

How to use the Dawson Program Corrective Sounds CD

The prime purpose of this CD is the general maintenance of life force in organs and the continued support of meridian frequencies in the human body by hearing the weekly ceremony Track 2 weekly. Tracks 1 and 3 to 22 are special purpose sound tracks explained in detail below. Your Dawson Program Practitioner (DPP) will instruct you in their use.

Track 1: This 28-minute track is the basis of your health maintenance program. Play on the same day of every week, if you wish to maintain full life force in your body.

Be in a relaxed position in lying down, stay awake and concentrate on yourself when you hear the words:

“Say your name please and repeat after me”

You must concentrate and repeat the words with *INTENT* when asked.

The sounds of the Auric Fields and Chakras will be effective without *INTENT* as they work on a cellular level. But the meridians function on a conscious to subconscious level. So you must concentrate and use *INTENT* to obtain results. There are recommended DP semi-precious stones that can make your experience more pleasurable and effective if you wish, but they are not necessary if you concentrate (*INTENT*).

Track 2: Emergency Correction ‘The Quick Fix 6’. Experience has shown that the most likely meridians to be shocked out of their correct frequency are the:

Lung: *Sense of loss*
Rose Quartz/ Amethyst
DP Corrective Sound Scent

Heart: *Anger*
Green Obsidian
DP Corrective Sound Scent

Kidney: *Sexual indecision/oppression*
Black Obsidian
DP Corrective Sound Scent

Bladder: *Conflicts*
Fluorite
DP Corrective Sound Scent

Spleen: *Anxiety*
Malachite
DP Corrective Sound Scent

Circulation Sex: *Holding on to the past*
Black Onyx
DP Corrective Sound Scent

Track 2 takes only 6 minutes to play. In most situations where a meridian or meridians have lost frequency and locked-out 19 times out of 20 it will be one of the above 6 frequencies. You will know that something is not right by noticing one or more of the following circumstances; sore eyes, glare worrying you, night driving becoming difficult, tiredness, or pains in the ankles, knees, hips, lower back, middle back, eyes, onset of cold or flu, headache, digestive difficulties, infections in the ears, nose and throat, indicating a lowered resistance from nerve pressure in the spine and many other circumstances.

You can measure your leg length and observe that the heels are not even and the hands are not even when positioned above the head and that the knees are not aligned and that the hips are not even. If you do not have a partner to measure your body you can measure the amount of misalignment of your hip, your self-measurement technique is shown in detail below.

If any of the above circumstances are noticed and confirmed then take six minutes and play **Track 2** with or without stones or scents and focus on yourself (*INTENT*).

If you do not focus on yourself and say the words as directed you will not achieve the desired result. If you do it correctly you will return your body to equilibrium. If you treat the affirmations casually you will not achieve the result you desire.

Play **Track 2** any time, any day, if you do not feel your body is correctly aligned. You can compliment the experience of the sounds by using the recommended DP semi-precious stones.

Tracks 3 to 9: “The Quads”, these sounds play for 45 seconds to 1 minute each for about a total of 6 minutes for Quads 1 to 7. These tracks have many purposes. Quads are used primarily to assist the correction of the left and right brain communication after a correction.

Use as directed by your DPP.

Your DPP may advise the use of the Quads for other special uses.

Quads can be used to:

- Assist with the healing of wounds caused accidentally or by surgery. Play the tracks 3 to 9 (Quads 1 to 7) every 1 ½ hours until the wound is healed.
- Use as an assistance to remove growing moles. Play once daily with **INTENT** until they have fallen off, usually 2 to 4 months. Make sure suspicious growths are medically examined first.

Track 10: This sequence of tracks is to be used as directed by your DPP.

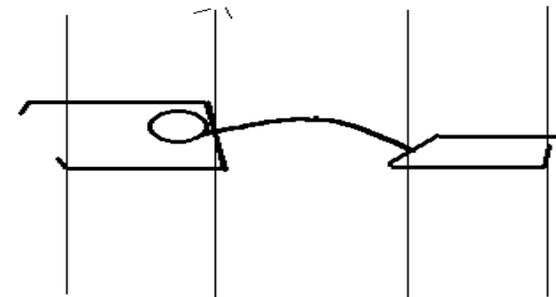
Body Measurement with a Partner:

Measure your body with a partner, lying flat on your back on a couch or lounge, bed or on the floor.

- With shoes on compare heels, compare to determine the variation in leg length.
- With shoes off compare heels by projecting a finger of each hand along the flat of the heel of each foot, to determine the variation in leg length.
- Gently place your thumbs on the legs above the kneecaps of both legs at 90 degrees to the leg and you will observe the variation in position as you did for the heel.
- By gently placing you thumbs on the prominent point of the hip bones, notice the difference in alignment.
- Firmly hold the wrists above their chest with the palms together the fingers will be even.

- Move the palms apart and bring the straight arms above the partners head and shoulders extending the body length. Do not force the movement but help the person to achieve the position. Bring the palms together **AT THE WRIST** and then bring the fingers together, the difference in finger length will indicate the variation in the height of the shoulders. People will automatically try to put their fingers together, so avoid this by lifting the fingers apart and by bringing the wrists together first.

Example:



Note: Other variations of leg and arm length can occur.

You now have measurements confirming whether there is a bodily misalignment or not and the indication that one or more meridian functions may need to be balanced by frequencies.

Self Measurement with no Partner:

To measure yourself without the aid of a partner.

- Stand with your feet parallel and evenly spaced by a hand span (approximately) toes level using a line (tile or board line) your body should be perfectly aligned in this position
- This can be done in the bathroom or shower and you can incorporate this measuring, as part of your regimen of hygiene.
- You can observe whether the hips are displaced by placing straight index fingers at 90 degrees to the body, positioned on the same point of the hip bone on either side of the body. Lift your elbows so that the straight index fingers are parallel this way you will be able to view and determine the measurement easily.
- By using an imaginary line through the same points on both wrists or thumbs, you can compare this imaginary line with that of a line through your toes or the tile or board line, you can then determine whether your hip is rotated and if so, by how many centimetres.
- Observe shoulder height variation by measuring arms above your head and confirm by looking in the mirror.
- Observe leg length variations at heel from a sitting position, ensuring that the legs are straight but not strained.

If any variation appears in the heel, hip rotation, arm and or leg length play Track 1. Emergency Correction 'Quick Fix 6' with **INTENT**.

If any variations still exist play Track 2. 'Weekly Correctional Ceremony', with **INTENT**, ensure your focus is on yourself.

If any variations still exist consult your DPP.