

# Exam Mastery™ User Guide

Read this User Guide Before Using  
Exam Mastery Audio Program

Please note that the recordings are not ordinary audio recording (music, songs for entertainment), but are special sound patterns designed to alter your brainwaves and more. You may hear sounds somewhat like mild “hiss” type of sound (fainter or milder than sound from a fridge or fan).

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Mind Machine Lab, 2-J-12 Sector 5, Udaipur (Raj) 313002

# Welcome

Hello,

Congratulations on your purchase of the *Exam Mastery*. It is the single best tool or “success multiplier” for students who face exam stress/anxiety and make too many silly mistakes.

For help, please email to [rajbapna@gmail.com](mailto:rajbapna@gmail.com).

Wishing you mega success,  
*Raj Bapna*

## What Do You Get

You get one mp3 audio file.

## What is DAPS

(Dual Auto Peripheral Suggestions)

DAPS technology uses a separate story in each ear at the same time. Hidden within the stories are gentle suggestions for belief change enabling dramatic improvements in your learning & exams success.

Most Programs have DAPS in the beginning. And, the remaining time you hear soft, comforting, relaxing music, sounds of a river flowing and birds chirping, and brainwave entrainment mind technology sounds.

# How to Use It First Time

If you have just purchased the mind machine, do NOT use it for the first time if less than a week remains for an important exam. Why? Because, it may take a little time for some people to get confident/comfortable to this new way of learning and relaxation.

If possible, switch off the TV and any source of noise including your phones.

For best results, adjust sound volume and light intensity as below:

Keep the volume **low** such that you can hear water flowing (river) or music and understand the stories but not louder/higher volume that necessary.

Don't be concerned about other music/sounds.

## The Experience of Using It is So Relaxing, Almost Everyone Fall Asleep Within 7 to 10 Minutes

Almost everyone falls asleep when using the mind machine. The only exception is the Program "Awake & Energize".

## Do Not Have to Focus on Stories / Voice, Just Relax

On parts of Programs with voice, **you'll hear two stories**, a different story in each ear—you don't have to focus on any story and **don't have focus or try to understand any story**. In fact, it is impossible to understand both the stories simultaneously. So, just relax without trying to do/understand anything.

## **“Relax Now”**

On Programs with stories, you hear the phrase “RelaxNow” as part of the stories, which programs your body and mind to instantly enter the state just by telling to yourself “RelaxNow”.

Tell yourself “RelaxNow” when sitting in class, just before an interview, or in the exam room and see how well it works for you.

## **Use It When Going to Sleep at Night**

Use it once at night when going to sleep. You’ll naturally go to sleep and that is ok.

Do not use at any other time because you want to use the other time to study and do other work. Using it once when going to sleep is all you need to program your mind for exam mastery.

# **EXAM MASTERY**

It helps you get the most out of your hard work during the exam hours.

It builds empowering beliefs and overcomes limiting beliefs, so you can take exams with speed, accuracy and confidence and without stress or nervousness as well as avoid silly mistakes.

# Contact Us

**Support Email:** [help@Toppers9.com](mailto:help@Toppers9.com)

## WARNING

**Persons with seizures type problems or undergoing or having undergone psychiatric or psychological treatment** should use this program only under medical supervision.

Use it when going to sleep.

**Like with any exercise / food / learning / game / work**, if you do not like the mind machine for any reason at all, simply stop using it.



[www.Toppers9.com](http://www.Toppers9.com)

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