

AIM Recordings — Quick Start Guide

(Affirmational, Inspirational Music)

Thank you for choosing AIM Recordings. These unique tracks combine affirmations with uplifting music to inspire, motivate, and empower you. Each track is available in two versions:

1. Standard AIM Songs

- These are affirmational, inspirational songs without any embedded entrainment.
- How to listen: Anytime, anywhere, in any setting. Use headphones, earbuds, or speakers.
- Purpose: Great for daily listening to lift your mood, reinforce positive beliefs, and stay inspired.

2. AIM Songs with Entrainment

These versions include subtle brainwave entrainment embedded within the music for deeper support.

- Important Safety Notice: Do NOT listen while driving, operating machinery, or doing anything potentially dangerous.
- How to listen: Works best with headphones or regular speakers. Avoid earbuds — their small vibratory surface area makes the entrainment less effective.
- When to listen: At home, during downtime, meditation, journaling, or any safe environment where you can give the music your attention.

Tips for Best Results

- Consistency matters — regular listening strengthens the affirmations and their impact.
- Follow your preference — use the standard songs when you want easy, uplifting background music, and the entrainment versions when you want deeper focus or relaxation.
- Safe use first — always choose the standard version if you're on the move.

Disclaimer

AIM Recordings are designed for personal growth and inspiration. They are not intended to diagnose, treat, or cure any condition.