



Life Environments

2024 Professional Subscription Reference





WARNING!

Your ability to react and respond is compromised when listening to immersive experiences.

When listening to any experience using headphones or earbuds, you will be unable and/or less likely to detect potential dangers in your surroundings! ALWAYS sit in a space that is safe and poses no risk to you or anyone else being injured due to your inability to react and respond to your environment.

NEVER drive, fly, boat, ride, operate machinery or perform any activity that will be inhibited by your inability to hear, see or respond to your environment!

NEVER use Life Environments immersive technology when you are responsible for the care of anyone or anything that relies on your capacity to sense, react and respond appropriately.

NEVER use our immersive products when caring or responsible for other people or animals.

NEVER use our immersive products when driving or operating machinery.

NEVER use our immersive products on people who are incapacitated and/or cannot communicate discomfort or pain.

NEVER use our immersive products before turning the volume on your device to silent (do not mute) and slowly raising it to a safe level of volume.

NEVER allow our immersive products to be used on anyone who can't place headphones or earbuds on themselves and/or is unable to understand and self-adjust volume to comfortable and safe levels. This includes but is not limited to young children, handicapped, incapacitated and/or elderly individuals.

NEVER use our immersive experiences if your physician or mental health professional does not recommend the use of products of this type for any reason.

If you begin feeling uncomfortable for any reason, STOP using our products immediately and get the proper medical or psychiatric attention.

Key Symbols You Will Encounter



Caveat

Pay attention. Important insights and guidelines.



Do It!

Get some experience!
Follow along what you are reading.

Welcome to Your Life Environments Subscription!

Imagine a life with less stress and more living. We all do. How would your life be different? What would you be freer to do? How would your life's experience improve? Perhaps the more important question is whether you can realistically get there? Is less stress and more you truly possible ...or is it merely an instadream?

If, like most, you've become used to the excess stress in your life, you likely write off the clues that something's not quite right as the pains of life and living. Unfortunately, this doesn't change the fact that your mind and body still respond to stressors in the background and produce substances including cortisol and adrenaline designed to protect you. The problem is that these substances, when produced in excess, cause damage that sets the stage for disease. This is only one way how stress kills. The fact is almost every non-traumatic human disease or condition has stress as either a causal or aggravating factor.



Stress is the number one killer of humans. **Managing it smarter simply is essential to health and wellness.**

The great news is that, yes, a life with less stress and more living is 100% possible. We're here to help you start transforming stress in your life.

Your new Life Environments Immersions™ or Complete™ subscription introduces provide three innovative tool sets to help you manage stress smarter, introduce positive behaviors and refreshing new ideas into your life's experience. It's time to live smarter, healthier, happier and more meaningfully.

Whether already living your best life, feeling overwhelmed and stressed out – or somewhere between, you have the tools, expert insights and inspiration to begin managing stress smarter and start building a life you love!

Welcome to Life Environments.

Your Subscription in a Nutshell

Grab a cup of coffee and let's get started! Your Life Environments Immersions™ or Complete™ subscription provides an innovative set of tools designed to help you manage stress and build a life you love. Your subscription helps you:

- Inhibit stress and anxiety and their damaging impacts naturally and safely.
- Reset and refresh your mind and body naturally.
- Explore, discover, discuss and employ new ideas that will improve your life's experience.



Each of these areas is essential to living well today. However, accomplishing any of them can be quite challenging for most people – until now. Your Life Environments subscription includes insights and tools that can help you improve your wellness and make positive changes in your health and life.

Let's explore how we accomplish each of these goals.

- **GOAL 1- Managing stress and anxiety (and their dangerous impacts) smarter while simultaneously refreshing and resetting your mind and body with nature's experience.**

Our lifelike immersive audio experiences center you in some of nature's most amazing spaces – even when Mother Nature is no place to be found. Simply listen and let Mother Nature do the rest. Each experience is designed to be incorporated into daily activities including meditation, yoga, exercise, relaxing and getting a more restful sleep. You can use them for breaks in the office, escapes from hectic days, preparing yourself for presentations – or simply escaping life for a bit. Most importantly, you can do all of this wherever, whenever and however you like.

Life Environments aural immersive experiences deliver many of the wellness benefits of nature's experience as close as your Internet-connected mobile device!

Nature's experience has been shown to:

- Be a natural and powerful antidote for stress and anxiety.
- Lower blood pressure.
- Reduce stress hormone levels.
- Inhibit nervous system arousal.
- Enhance immune system performance.
- Reduce aggression.

- Reduce depression.
 - Increase self-esteem.
 - Improve mood.
 - Promote calm.
 - ...and many other benefits.
 - (Included with **all** subscriptions)
- **GOAL 2 - Reset and refresh your mind and body with innovative and scientifically proven controlled breathing exercises.**

Breathe Naturely™ raises the bar for controlled breathing that can help you:

- Reduce blood pressure and heart rate.
 - Reduce levels of stress hormones in the blood.
 - Reduce lactic acid build-up in muscle tissue.
 - Balance levels of oxygen and carbon dioxide in the blood.
 - Improve immune system functioning.
 - Increase physical energy.
 - Increase feelings of calm and wellbeing.
 - (Included with **Complete™** subscription only)
- **GOAL 3 – Build a life you truly love!**
- Starting on June 1, 2024, our new **Life Environments Living Well™** community will enable you to:
- **Explore curated films that explore life and living through the lens of others.**
Explore unique and powerful ideas and perspectives through curated videos, interact with others and experts to explore and integrate your new insights and knowledge into your thinking, behaviors and life experiences.
 - **Monthly Personal Challenges** provide expert insight, new thinking, explorations and activities into your daily life to help you transform your life's experience into a more healthy, happy and rewarding place to be.
 - (Included with **all** subscriptions)

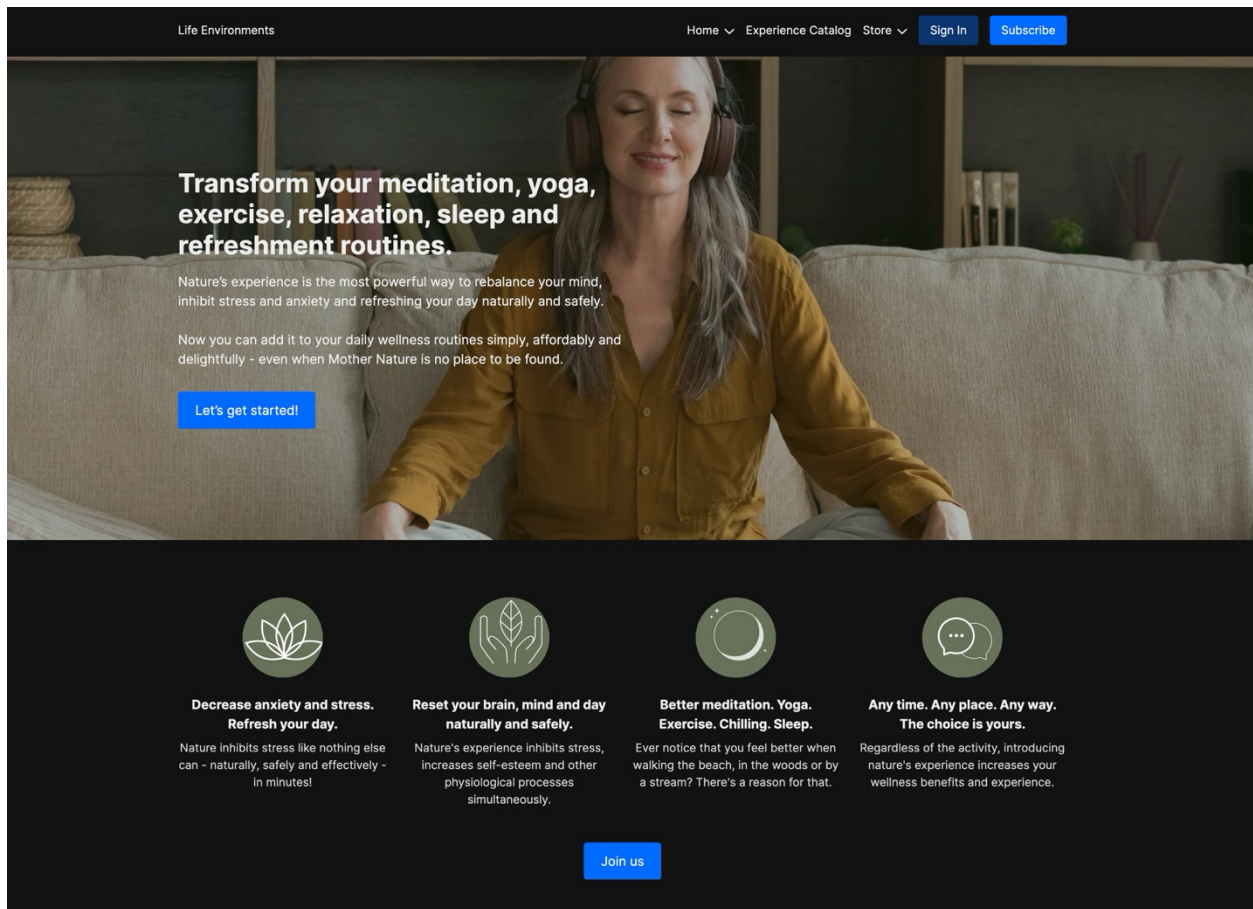
So, there's your new subscription in a nutshell! Welcome to a complete wellness solution designed around a better you and building a life you love.

Welcome to Your Life Environments Subscription!

Getting Started with Your Subscription

Getting started with your subscription is a breeze! It all begins by accessing our subscriber's area then logging in.

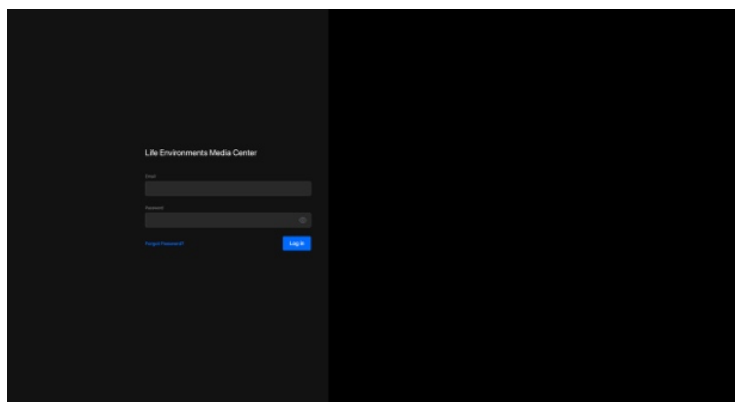
When you log in and interact with your subscription, you'll be using the Experience Catalog. Visit <https://media.lifeenvironments.com> to access the subscriber page below.



Sign In. Once you open the media page you can sign in using the blue **Sign In** button at the top right of the page.



Note: If you remain signed in, you will automatically be forwarded to the **Experience Catalog** when accessing <https://media.lifeenvironments.com> instead of the page shown above.



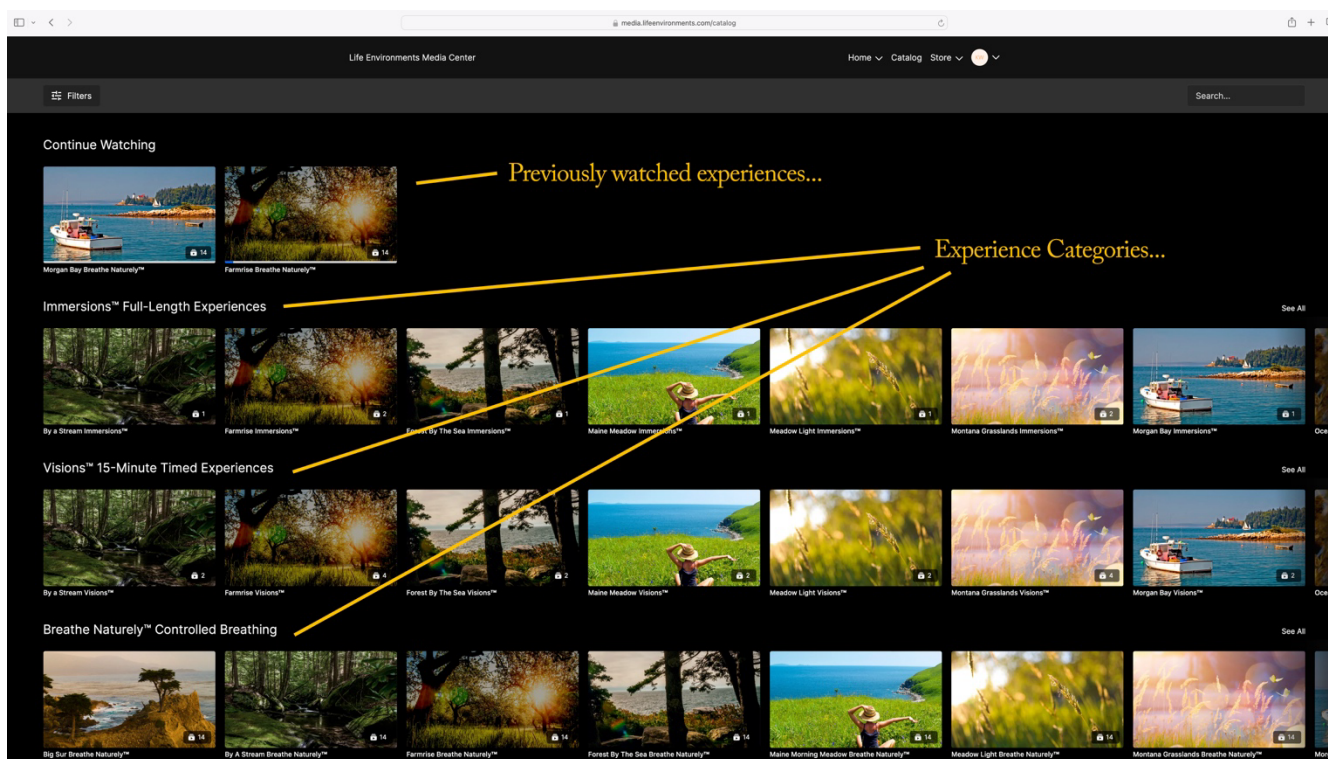
Enter Your Sign In Information. Please enter your email and password to access your account.

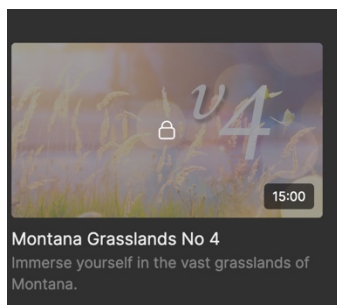
Once signed in successfully, you will be directed to the **Experience Catalog** page. Here you can browse and select immersive experiences.

The **Experience Catalog** page includes media you have recently watched along the top row, followed by **Immersions™**, **Visions™** and **Breathe Naturely™** media categories. (See image below.)

Under each category you will see available video series. You can **scroll right or left** to explore more available titles. Click on the **See All** link to explore all available immersive or breathing videos in a particular category on one screen.

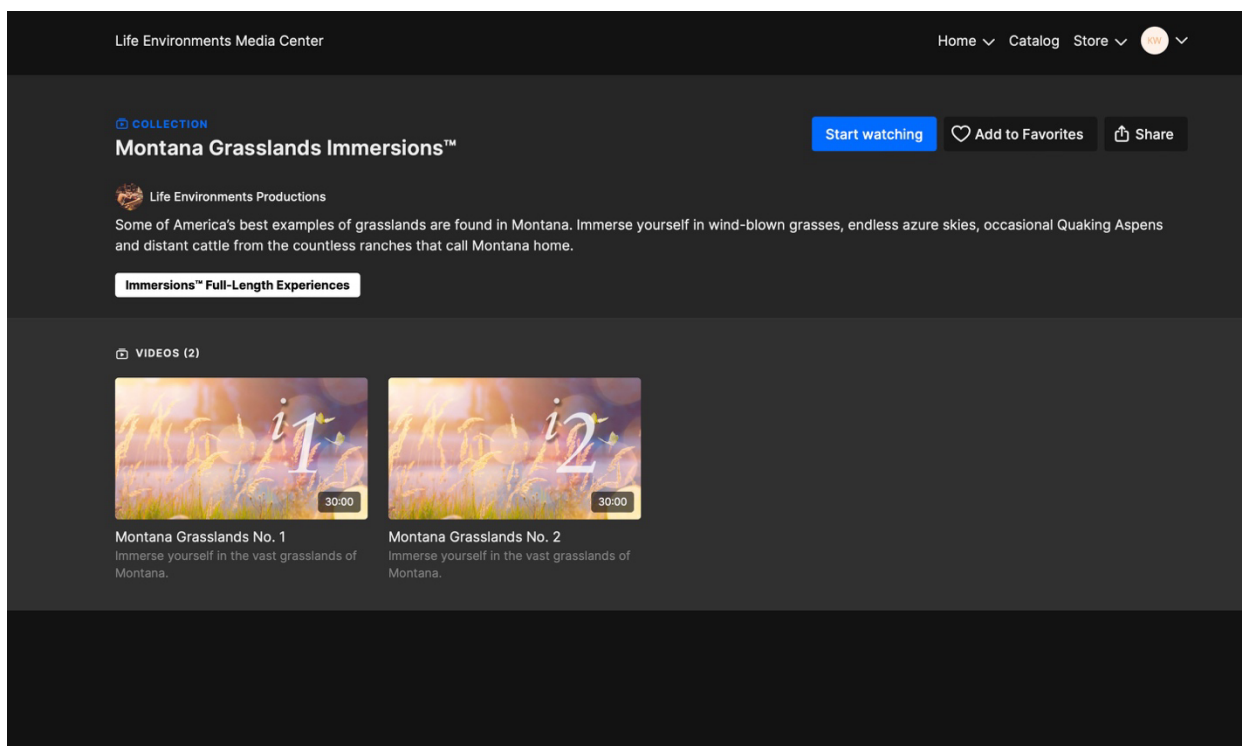
Click on the **Filters** button on the top left of the screen to choose display options.





Breathe Naturely™ experiences are accessible only with a Life Environments Complete™ subscription. If you access this area without a Complete™ subscription, the videos will show the **padlocked** icon in the center. You can upgrade your base subscription to enable access to these experiences.

To access a specific experience, simply **left click** on the video from the category you wish to explore. The following screen will appear that shows your viewing options. In this case, you have 2 experiences to explore. These will always be similar, but different. You can switch it up or play them in a series if you like. The choice is yours.



To begin your experience, simply click on the desired experience to display it in the **Play** window.

Start Watching. From this window, you can click on the **Start Watching** button. This will display **Play** window and load the first experience ready for playing.

If you want another video, simply **click** on the desired video to load it in the **Play** window.

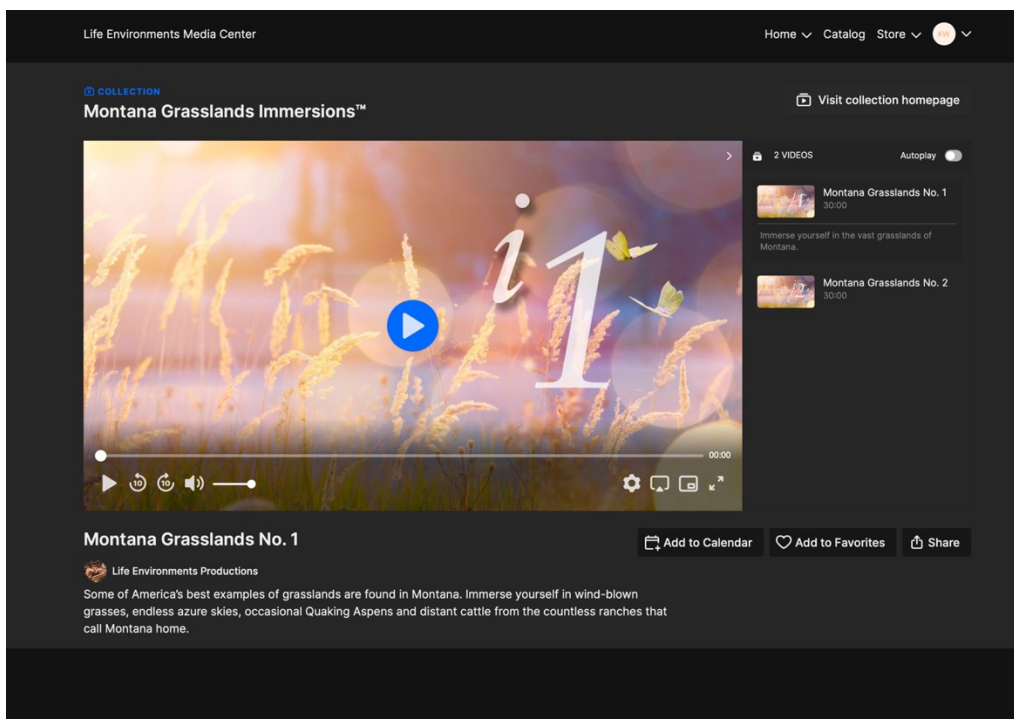
You can add this video series to your Favorites by clicking on the **Add to Favorites** button next to the **Start Watching** button.

You can share this video category with a friend by clicking on the **Share** button at the top right.



Please note that shared videos can only be viewed by subscribers. Otherwise, the video will display with a padlock and a **Subscribe** button.

Once you have selected your desired experience, the **Play** window will display.



The **Play** window displays your video experience and related viewing options.

To begin your experience, click on the [blue play icon](#) in the center of the video.

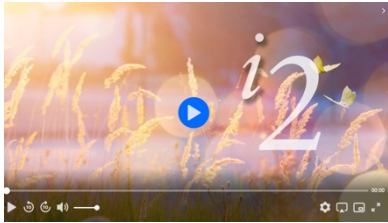
To the right of the video player, you will see all videos in this category. Selecting the **Autoplay** option will play each video in succession.



Autoplay is not a good option for the **Breathe Naturely™** series as each experience has a different Breaths-Per-Minute rate and you should never perform controlled breathing for more than 15 minutes at a time or more than twice daily.

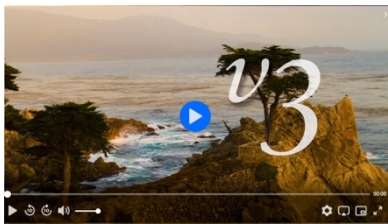
Understanding Experience Displays

Each category displays available experience series. When you choose a particular experience, the splash image describes what it is.



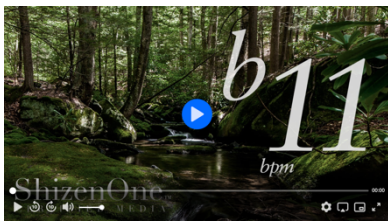
Immersions™ experiences are presented with an “**i**” followed by the number of the video in the specific series.

Perhaps you want to view the *Montana Grasslands video 2* experience. Simply click on the **Montana Grasslands** series from the **Immersions™** category in the browser and click on the **i2** (Immersions™ video number 2) video to start your experience.



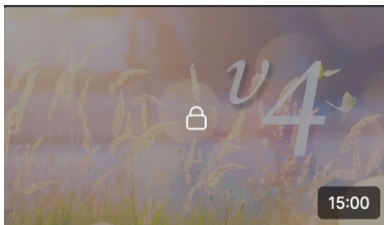
Visions™ experiences are presented with an “**v**” followed by the number of the video in the specific series.

If you want to view the *Big Sur video 3* Visions™ experience, simply click on the **Big Sur** series from the **Visions™** category in the experience browser and click on the **v3** video to start your experience.



Breathe Naturely™ experiences are presented with an “**b**” followed by the breaths-per-minute (BPM) for the video.

Perhaps you want to perform the breathing exercise *By A Stream Big Sur at 11 bpm*. Simply click on the **By A Stream** series from the **Breathe Naturely™** category in the browser and click on the **b11** video to start your breathing exercise.



Experiences presented with a **padlock** means that you do not have access because you either have no subscription or this particular video is not included in your current subscription.

Click on the **Subscribe** button to purchase or upgrade your subscription.

Getting Started: Preparing to Listen

Headphones or Ear Buds Only? Really?

All Life Environments immersive audio experiences are designed exclusively for headphones or ear buds. While you access our experiences on a video platform for instructions, all immersive experiences are *aurally* based. This heightens your senses while allowing your mind and brain to interact with each experience in healthy ways. Life Environments delivers the lifelike backgrounds - and you provide the experience!

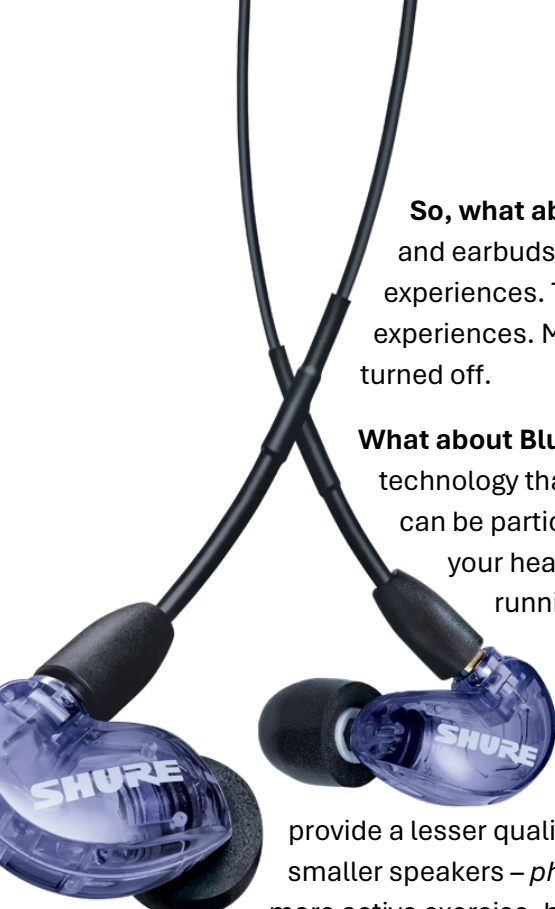
Because our experiences are calibrated specifically for headphones and earbuds, they will NOT sound accurate through your stereo or have therapeutic value. Headphones and ear buds allow additional information to be delivered through a process known as *aural spatial induction*, or ASI. Unlike “bone conduction” acoustic technology with poor sound quality, ASI is a proprietary process designed by Life Environments that leverages the aural isolation characteristics of over-the-ear headphones and increased surface diffusion response to deliver a highly realistic aural experience. This technology delivers an audio experience that both you and your brain will love!



A Quick Note About Headphones and Ear Buds...

So, you are probably asking which headphones are the best. Are super expensive cans better than cheaper ones? Are ear buds effective? What about noise-canceling technology? Bluetooth anyone? There are many questions surrounding headphones and ear buds you likely have.

The great news is that quality headphones do not cost a great deal – and both extremely expensive and cheap ones can ruin your experience. All Life Environments immersive experiences are designed to be experienced on headphones or ear buds and not through stereo speakers. We produce our immersive experiences calibrated to **Audio-Technica ATH-M50X** headphones – the same headphones used in almost every professional recording studio today. The reasons for their popularity are many but include *affordability* (typically less than \$150 USD), and the fact they are “**reference**” headphones that do not color sound with extra bass, midrange or treble. This means you are getting sound almost exactly as it was created.



So, what about noise-canceling headphones? Noise canceling headphones and earbuds are sound killers by design and poor choices for immersive experiences. They are incompatible with all Life Environments immersive experiences. Many higher quality versions allow the noise-canceling option to be turned off.

What about Bluetooth™ wireless technology? Bluetooth is a helpful wireless technology that allows up to about 33 feet (10 meters) of wireless transmission. This can be particularly important if you run, are doing yoga or fall asleep in bed with your headphones on, which we never suggest doing the latter. If you are running, exercising or performing any sort of movement, Bluetooth™ can be of benefit. That said, it does not communicate the same quality of sound that wired connections can - but will be close enough for you to profit from the aural experience.

So, are earbuds okay? Many high-quality earbuds are fine, but they provide a lesser quality experience than headphones simply because they have much smaller speakers – *physics*. Earbuds are great options if you are a runner or performing more active exercise, but less than optimal for experiences where headphones can be used conveniently. Naturally, noise canceling ear buds are hard no's and some people are concerned about Bluetooth radiation levels due to the proximity to your brain when inserted into your ear canal. This is something you should consider and investigate further if this is of concern to you.

We have tested **Shure SE215 PRO** and **Shure SE215** wired earbuds with acceptable results.

Now that we have the basics covered, let's start by exploring essential insights into your subscription and start listening!

Deeper Dive: Reducing Stress with Immersive Nature

Life Environments aural immersive experiences center you in lifelike spaces that allow you to think, not think, escape or simply take in the vibe! You will be surrounded with sounds from every direction – as lifelike as you can get without being there personally!

Imagine being surrounded by a summer morning on the farm, sitting by a gently burbling brook or perhaps in a verdant forest. Listen to winds, birds, waters, distant echoes and more. Life Environments immersive environments puts these as close as your Internet-connected mobile device for you to use any time, any place and any way you like.

Life Environments immersive experiences leverage Mother Nature's impacts to destress and refresh your mind, brain and body naturally, safely and effectively. Immersive environments can be used any way you like, with some being better suited for specific activities. Nonetheless, please feel free to change your experiences up to suit your needs!



Life Environments immersive experiences are available in two formats:

- **Immersions™ are full-length immersive experiences.** Each experience lasts 30 minutes, and each title may be part of several experiences in a series. For instance, Farmrise™ immersions includes 2 distinct aural experiences.
- **Visions™ are timed 15-minute experiences.** Each 15-minute Visions™ experience includes a gentle reminder chime at the 14-minute mark to signal that your experience is about to end. This feature means you do not have to interrupt your experience and look at the clock constantly. Like Immersions™, Visions™ are often available in multiple versions to provide varied listening experiences.

Immersions™ Applications

Immersions™ 30-minute aural experiences are perfect for “long form” relaxation when you are not time-constrained. Examples include when you want to escape and destress before sleep or chilling at home or in bed after your day has ended. Immersions™ are commonly used with meditation, yoga, exercising, simply relaxing and more restful sleep.

Keep in mind these are basic suggestions only. Subscribers have limitless applications, and you can adapt your Immersions™ subscription to fit your specific needs.

Visions™ Applications

Visions™ are 15-minute aural experiences perfect for “short form” relaxation when you are time-constrained or just want a shorter experience. Each Vision™ includes a gentle chime reminder at the 14-minute mark signaling there is one minute left in your experience. This negates the need to continually check the clock and disturb your experience.

Visions™ are great when you want a quick break or refresh at the office, before or after a meeting or other stressful event - or when you need a quick escape from the world!

Keep in mind these are only basic suggestions. Subscribers have limitless applications, and you can feel free to adapt Immersions™ to your specific needs.



Deeper Dive: Changing Mind & Body with Controlled Breathing



Breathe Naturely™ controlled breathing is available only in the Complete™ subscription plan.

Controlled breathing is one of the most interesting and powerful wellness practices today - and an important element of your Life Environments Complete™ subscription.

What is Breathe Naturely™?

Breathe Naturely™ combines immersive natural experiences with controlled breathing cues to help you both destress and calm or excite your mind and body. Breathe Naturely™ experiences are available with 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 20, 25 and 30 breaths-per-minute (BPM) rates.



Generally, you should start at 15 BPM because it is closest to your natural breathing rate in an average state, or *Eupnea* in medical parlance. Moving to lower BPM's tends to calm you, your mind and body. Increasing your BPM tends to excite you, your mind and body.

Breathe Naturely™ is a powerful addition to your wellness tool set that you can use to change your mind and body in healthy ways. Let's explore more about breathing and why it's important.

Your Breathing is Something You Can Leverage!

When you are excited, what happens to your breathing? You breathe at a *faster* rate. Conversely, when you are calm, your breathing rate is *slower*. So, it should make sense that when you *purposely* breathe slower, you will calm your mind and body. Purposely breathing faster excites your mind and body. This is why many meditation and yoga experts lower their respiration rates to achieve a sense of calm. Athletes do *rapid* breathing exercises to get hyped, increase perception, alertness and prepare for battle. This is the power of controlled breathing. Simply put, it transforms your mind and body's involuntary functions quickly and naturally.

Controlled breathing can trigger important physiological changes including:

- Reducing blood pressure and heart rate
- Reducing levels of stress hormones in the blood
- Reducing lactic acid build-up in muscle tissue
- Balancing levels of oxygen and carbon dioxide in the blood
- Improving immune system functioning
- Increasing physical energy
- Increasing feelings of calm and wellbeing

As you can see, the benefits and potentials of controlled breathing is truly exciting – and being able to stimulate and/or control your mind and body using it is an important addition to your wellness toolset. When combined with the de-stressing and refreshing changes in the brain created by Immersions™ or nature's live experience, you have an impressive health and wellness tool set without equal.

Special considerations

Unlike many controlled breathing exercises, Breathe Naturely™ does not advise you to focus on your breath or breathing patterns! We have observed no real benefit from this strategy in our research. In fact, we believe such strategies can be potentially harmful and take away from the experience and benefits of simple non-patterned normal breathing.



Some people find that concentrating on their breath or breathing patterns provokes panic and triggers hyperventilation. If this happens to you, look for another way to relax.

Breathe Naturely™ is designed for you to explore the nature space of your immersive experience and simply breathe normally at faster or slower BPM rates when you hear the subtle chime in the background.



Straight Cycle or Complex Cycle Breathing Patterns?

There are countless breathing patterns being touted today. It's easy to become confused – downright maddening to many. From “box” and “paced” to patterned breathing strategies like “4-6-1”, there is no shortage of breathing styles being tossed around. While some research has shown limited benefit from different approaches, when wanting a pure effect from purposeful breathing, our research indicates normal breathing offers the greatest benefit in terms of effectiveness and overall simplicity.

While you can adapt it to various breathing patterns, **Breathe Naturely™** is designed for straight breathing (inspiration and expiration). Straight breathing allows you to focus on simple

breathing cues to start each respiration cycle and not have to be distracted by things like inhaling for 7 seconds, holding your breath for 5 seconds then exhaling for 12 seconds. With Breathe Naturely™, the focus is on nature's experience and simple breathing cycles - not with counting seconds or tracking respiration segments. That's way too confusing and stressful.

Many do change how each cycle is performed. An example is inhaling deeply for about a quarter of the cycle, then exhaling very slowly over the remainder of that cycle.

A real-life example. When you select a 12 BPM exercise, you perform a full breathing cycle every 5 seconds. Maybe you want to inhale deeply for 1.25 seconds and exhale for 3.75 seconds until the next chime signals the beginning of the next cycle. This is simple and the pattern will become automatic after only a few iterations. Naturally, this pattern will be adjusted for different breathing rates (BPM's), but you get the idea. You can ask your physician or pulmonologist for additional breathing cycle recommendations.



How you breathe is the most important part of the Breathe Naturely™ program.

Breathe Naturely™ asks you to transition from normal upper chest breathing to something known as **abdominal breathing**. You will need a quiet, relaxed environment where you will not be disturbed for 10 to 15 minutes. Breathe Naturely™ exercises last 15 minutes, although you will benefit from less exercise time.

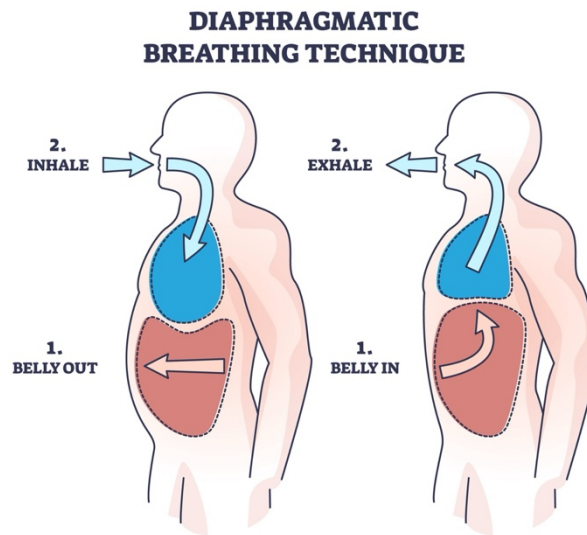


Most physicians and experts suggest that you should conduct breathing exercises for **no more than 15 minutes** and **twice a day maximum**.



To breathe abdominally, sit (not lay) comfortably and raise your ribcage to expand your chest. Place one hand on your chest and the other on your abdomen. Take notice of how your upper chest and abdomen are moving while you breathe. Concentrate on your breath and try to gently breathe in and out through the nose. Your upper chest and stomach should be still, allowing the diaphragm to work more efficiently with your abdomen rather than your chest.

With each breath, explore the natural space of your Breathe Naturely™ experience, allowing tension in your body to slip away. Once you are breathing slowly and with your abdomen, sit quietly and enjoy the sensation of physical relaxation that only Breathe Naturely™ can provide.



Where to get help

- Ask your doctor or pulmonologist
- Ask your stress management specialist or appropriate health professional.

Things to remember:

- Shallow, upper chest breathing is part of your natural stress response.
- Your stress response can be inhibited by purposely breathing using the diaphragm.
- Abdominal breathing helps to control the nervous system and encourages the body to relax, bringing about a range of health benefits.

Deeper Dive: Discovering and Building a Life You Love

So, What is The Living Well Community?

The Living Well Community™ completes your subscription and living well circle with exposure to new ideas within an interactive community where you can safely discover, learn, explore and leverage life quality concepts that can help you transform your life experience into one you love!

Beginning June 1, 2024, we will be introducing the Living Well Community™ by Life Environments. In this interactive area, you will discover two primary areas:

Monthly curated videos that explore various aspects of life and living. These videos prompt you to explore the lives and perceptions of various people and our world. You are free to comment, ask questions, make observations and participate respectfully in discussions. **More importantly, you will think!** Learn new ideas and build new a life experience you will love!

The Monthly Personal Challenge. Each month, we introduce a new personal challenge designed to provide you with powerful knowledge, insight and experiences that can help you transform the experience of your life for the better. From diet and social media to lifestyle changes that improve your life's experience, your monthly challenge will be one of the most valued parts of your Life Environments subscription experience - we promise!



Each Living Well Community area encourages discovery and exploration with yourself and others. In addition to participation with other subscribers, our experts will engage, inspire and challenge you along the way.

Behind The Scenes: Our Immersive Experiences

It's time to learn how to put the immersive experiences included in your subscription to work in your life. Let's begin with a few basics about the design of our aural experiences. As you might expect, these aren't your traditional audio recordings.

Research has shown those undergoing medical procedures who start out, proceed and finish with less stress have significantly better clinical outcomes. Our initial technological challenge was to calm patients with fewer or no additional drugs that can complicate treatments. How we accomplished our objective raised more than a few eyebrows. In short, we called on Mother Nature's experience. (Raise right eyebrow here.)

After countless failures, missed turns and herding cats ad-nauseum, everything finally came together. (Okay, raise *both* eyebrows here!)

After years of research, we became both curious and fascinated about the profound physiological and psychological impacts of nature's experience on the human mind and body. It is indeed a fascinating interaction that takes place. In as few as four minutes, being in live nature inhibits the production of potentially harmful substances like cortisol and adrenaline – the stuff that drives your fight-or-flight responses – along with other substances that can overwhelm wellness in large amounts!



The fact is your body can produce these substances forever, but it's not designed to tolerate them for long periods of time. Once your tolerance limits are reached, damage begins to occur that sets the stage for disease. This is why stress is identified either as a causal or aggravating factor in almost all non-traumatic diseases and conditions. This is also why managing stress smarter is an essential element of improving your health and wellness.

Without getting into all of the sciency details, it turns out that nature's experience is far more important to health and wellness than physicians and scientists once believed. **Perhaps most importantly, nature's experience appears to reset your entire brain in ways medication simply cannot.** You cannot overdose on nature either. As it turns out, scientists and prominent researchers are coming to believe that we are linked to nature's experience genetically.

The reality is that when you are in nature, you are healthier, happier, smarter, more productive and nicer – but the truth is that we simply don't know why yet. Physicians are now writing prescriptions for walks in the woods and along the beach thanks to newfound understandings about the health and wellness benefits of nature's experience! Think of nature's importance to your

health and wellness as your minimum daily dose of Vitamin N - something each of us gets far too little of.

The problem with nature's experience is that, for most of us, it's either inconvenient or inaccessible. Hectic lives, busy schedules, families, careers, obligations and countless other demands keep us away from wellness as a priority in our lives. This fact reveals itself in troubling human health and wellness statistics.

So, how does nature impact us most? Nature is the single most potent, safe and effective stress inhibitor and moderator known! Nature's experience changes your brain rapidly and profoundly. Being in live nature for as few as four minutes can have remarkable impacts on reducing anxiety, stress and depression levels. Research has shown that nature's experience quickly inhibits the production of cortisol and other potentially dangerous substances in your body while simultaneously resetting specific regions of the brain responsible for senses of wellbeing and contentment. Nature isn't a one-trick-pony in terms of wellness. It has overwhelming impacts on your mind and body that improve health, wellness and life's experience naturally and safely.



Thankfully, we can get nature through recordings and videos, right? So, why not just listen to nature recordings and start feeling better? While we are at it, why not add various flavors of dubious noise to our lives? White? Blue? Purple? Chartreuse? Fortunately or unfortunately, your brain knows the differences between live nature and Memorex™. Details matter, as it turns out. Most “soundscapes” you encounter today are poorly recorded and many loop continuously as opposed to the constant detailed experience found in live nature. Your brain knows the differences and *responds accordingly*. You may fall asleep listening to a babbling brook, but it's because of boredom, which is precisely what you do **not** want for a healthier and more restful sleep. **De-stressing and relaxing in healthy ways requires specific forms of stimulation. That's nature's – (and Life Environments') secret sauce.** Adding random noise doesn't help. Instead of calming, your brain spends its time and energy trying to understand what it is hearing or being bored. Again, not helpful.



A tremendous interest is surrounding the human/nature relationship, but the science is lacking and just starting to be explored. Countless companies are seeking to leverage this exciting new area of health and wellness – with many of which being financially and not scientifically motivated. Most products today are of little benefit; some can be damaging. Life Environments immersive experiences are rooted in science and tested to ensure the best possible and safest results for you and your wellness efforts.

There is a great deal of interest in tapping into nature's experience these days. However, in the real world far away from mojitos and bar napkins, this is neither a simple nor an inexpensive task. Life Environments has pioneered proprietary audio acquisition, production and reproduction technologies that capture nature's experience with unsurpassed clarity – both acoustically and spatially. More importantly, you can experience these lifelike experiences with normal headphones or ear buds with no need for expensive specialized equipment.

We capture audio within fractions of a percent of live nature's acoustic signature so you can experience natural environments in lifelike ways using only quality stereo headphones, and to a lesser extent, quality ear buds – wherever, whenever and however you like.

Life Environments immersive technologies create lifelike immersive experiences both you and your brain will love!



Listening: Best Practices and Examples

Aside from the uses addressed in the warnings section on the second page of this document, there are very few rules about how to use Immersions™ or Visions™. **The most important rule is safety first!** Think before you blink!

In this section, we will describe several usage examples. These are great starting points, but you can feel free to modify them to suit your particular needs.



Immersions™ and Visions™ for Meditation

Immersions™ is a great meditation tool when you cannot get into live nature or simply want a break from your hectic day.

The idea is straightforward – use nature’s experience to destress and refresh your mind safely, naturally and effectively. Let’s explore a simple base scenario.



Equipment Required:

- 1.) Mobile device with an Internet connection.
- 2.) Wireless or wired Headphones (preferred) or earbuds.
- 3.) Your Life Environments Immersions or Complete subscription.

Where to begin...

- 1.) Find a safe and comfy place to sit or lay down.
- 2.) Determine how long you want to meditate. Choose a Visions™ experience for a 15-minute meditation or an Immersions™ experience for a 30-minute session.
- 3.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 4.) Get comfortable then close your eyes.
- 5.) Allow your mind’s eye to explore each scenario. The birds. The Trees. The winds. The waves. The grasses. The sands.
- 6.) Let yourself become immersed and enjoy the experience!
- 7.) Each session gently fades in at the beginning and out at the end.
- 8.) Once your session is complete, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths and slowly open your eyes.

To add Breathe Naturely™ to meditation, please explore **best practices for yoga**.



Immersions™ and Visions™ for Yoga

Immersions™ is a powerful yoga tool. The key is having a way to listen to your experiences unrestrained while performing your postures and poses.

Remember to keep safety as your first priority! Locating yourself in a safe environment when your inability to react and respond can be impaired is essential.



Equipment Required:

- Mobile device with an Internet connection.
- Wireless Headphones (preferred) or earbuds.
- Your Life Environments Immersions or Complete subscription.

Where to begin...

- 1.) Find a safe and comfy place to perform your yoga exercises.
- 2.) Determine how long your yoga session will be. Choose a Vision™ experience for a 15-minute meditation or an Immersions™ experience for a 30-minute session.
- 3.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 4.) Get comfortable on your mat and assume your first position.
- 5.) Before you begin your exercises, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths.
- 6.) Begin your exercises.
- 7.) As you perform your routine, allow your mind's eye to explore each scenario as you perform your poses. Immerse yourself. Notice everything. The birds. The Trees. The winds. The waves. The grasses. The sands.
- 8.) Allow yourself to become immersed in the moment and enjoy the experience!
- 9.) Each session gently fades in at the beginning and out at the end.
- 10.) Once your routine is complete, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths.



Breathe Naturely™ for Meditation and Yoga

When you want to add the wellness benefits of controlled breathing to your meditation/yoga routine, you can integrate **Breathe Naturely™** immersive controlled breathing into your session.

Each Breathe Naturely™ experience provides an immersive background and gentle periodic chimes just loud enough to trigger your next breathing cycle. Breathe Naturely™ adds breathing

cues to your immersive sessions in 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 20, 25 and 30 breaths-per-minute (BPM). Start at 15 bpm for normal breathing and adjust your BPM's as needed when you are comfortable with your current BPM rate. As you master that rate, you can move to the next lower or higher rate if desired depending on your goals. Slower rates calm and higher rates excite.



If you have any condition that may be impacted by breathing exercises, please consult your physician before performing any breathing program. This includes but is not limited to pulmonary, cardiac, hypertensive, cognitive, neurological, motion and other conditions that may be impacted by prolonged slow or rapid inspiration and expiration. Your physician will guide you or direct you to an expert who can assist you in determining which respiration ranges you should use.



It is strongly advised that you do not skip BPM rates! Become comfortable with one rate for several days or weeks before adjusting to the adjacent rate.



Each immersive Breathe Naturely™ experience lasts 15 minutes. This doesn't mean you must do controlled breathing exercises for that length of time. Start with a comfortable time period and work up to your goal. Start at 1 minute and work up to a time period you feel comfortable performing. Never perform controlled breathing to a point where you don't feel well. Most breathing exercises last only 15 minutes for a reason.



If you have questions about your breathing rates, please speak to your physician, a breathing expert or your pulmonologist for practical guidance. If you begin feeling lightheaded, feel your heart racing or experience any concerning symptom(s) including pain, stop immediately, sit down and return to a normal breathing pattern.

Equipment Required:

- Mobile device with an Internet connection.
- Wireless Headphones (preferred) or earbuds.
- **Your Life Environments Complete subscription.**

Where to begin...

- 1.) Find a safe and comfy place to perform your yoga exercises.
- 2.) Choose a **Breathe Naturely™** 15-minute experience for your session.
- 3.) **Choose the appropriate BPM rate.** Start with 15BPM (b15) for normal respiration. Follow directions in the **Breathe Naturely™ Reference.**
- 4.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 5.) Get comfortable on your mat and assume your first position.

- 6.) Before you begin your exercises, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths.
- 7.) Begin your exercises.
- 8.) As you perform your routine, allow your mind's eye to explore each scenario as you continue your poses. Immerse yourself. Notice everything. The birds. The Trees. The winds. The waves. The grasses. The sands.
- 9.) Let yourself become immersed and enjoy the experience!
- 10.) Each session gently fades in at the beginning and out at the end.
- 11.) Once your routine is complete, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths.



Immersion[™] and Visions[™] for Relaxation and Refreshment

Immersion[™] and Visions[™] are great tools when you simply want to escape

your day and cannot get to live nature or simply want a break from your hectic day. The key starting point is placing yourself in a safe environment where your inability to react and respond will not be a problem.



Equipment Required:

- Mobile device with an Internet connection.
- Wireless or wired Headphones (preferred) or earbuds.
- Your Life Environments Immersion[™] or Complete[™] subscription.

Where to begin...

- 1.) Find a safe, comfy and quiet place to sit or lay down.
- 2.) Determine how long you want to chill. Choose a Visions[™] experience for a 15-minute session or an Immersion[™] experience for a 30-minute session. Visions[™] is the choice for time-sensitive rejuvenations when you are at work or on a deadline. Immersion[™] are perfect when you need more time and are not time constrained.
- 3.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 4.) Get comfortable then close your eyes.
- 5.) Allow your mind's eye to explore each scenario. The birds. The Trees. The winds. The waves. The grasses. The sands. Enjoy!
- 6.) Allow yourself to become immersed and enjoy the experience!

- 7.) Each session gently fades in at the beginning and out at the end. Visions™ add a gentle bell at the 14-minute mark to remind you that your session is about to end. This keeps you from looking at your watch and disrupting your session needlessly.
- 8.) Once complete, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths and slowly open your eyes.

Breathe Naturely™ for Relaxation and Refreshment

Breathe Naturely™ is a great tool when you simply want to escape your day and cannot get to live nature or simply want a break from your hectic day. Breathe Naturely™ adds a controlled breathing component to your immersive experience.

Each Breathe Naturely™ experience provides an immersive background and gentle periodic chimes just loud enough to trigger your next breathing cycle. Breathe Naturely™ adds breathing cues to your immersive sessions in 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 15, 20, 25 and 30 breaths-per-minute (BPM).

Start at 15 bpm for normal breathing and adjust your BPM's as needed when comfortable. As you master one rate, move to the next lower or higher rate, depending on your goals. Slower rates calm and higher rates excite. Please read and follow the **Breathe Naturely™ User Guide** for more information.



If you have any condition that may be impacted by breathing exercises, please consult your physician before attempting any breathing program. This includes but is not limited to pulmonary, cardiac, hypertensive, cognitive, neurological, motion and other disorders that may be impacted by prolonged slow or rapid inspiration and expiration. Your physician will be able to guide you or direct you to an expert who can assist you determine which respiration ranges you should use.



It is strongly advised that you do not skip BPM rates! Become comfortable with one rate for several days or weeks before adjusting the adjacent rate.



Each immersive Breathe Naturely™ experience lasts 15 minutes. This doesn't mean you must do a controlled breathing exercise for that length of time. Start with a comfortable time period and work up to your goal. Start at 1 minute and work up to a time period you feel comfortable performing. Never perform controlled breathing to a point where you don't feel well. Most breathing exercises last only 15 minutes for a reason.



If you have questions about your breathing rates, please speak to your physician, a breathing expert or your pulmonologist for practical guidance. If you begin feeling lightheaded, feel your heart racing or experience any concerning symptom(s) including pain, stop immediately, sit down and return to a normal breathing pattern.

Equipment Required:

- Mobile device with an Internet connection.
- Wireless Headphones (preferred) or earbuds.
- Your Life Environments **Complete™** subscription.

Where to begin...

- 1.) Find a safe and comfy place to chill.
- 2.) Choose a **Breathe Naturely™** 15-minute experience for your session.
- 3.) **Choose the appropriate BPM rate.** Start with 15BPM (b15) for normal respiration. Follow directions in the **Breathe Naturely™ Reference**.
- 4.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 5.) Before you begin, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths.
- 6.) Get comfortable and close your eyes.
- 7.) Allow your mind's eye to explore each scenario. The birds. The Trees. The winds. The waves. The grasses. The sands. Enjoy!
- 8.) Let yourself become immersed and enjoy the experience!
- 9.) Once complete, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths and slowly open your eyes.



Immersions™ and Visions™ for Better Sleep

Immersions™ and Visions™ are great for helping you achieve better sleep.

However, getting a more restful sleep is different than what you may be thinking. For starters, better sleep begins with destressing your brain – not boring it. In fact, you want to stimulate your brain in certain ways that inhibit stress and allow you to fall asleep naturally. Life Environments Immersions™ and Visions™ experiences are perfect ways to get you ahead of the game when it comes to smarter sleep.



Before you head to bed, setting the stage for better sleep is critical. When preparing for sleep, it is important to remember that **quiet is an essential element** of sleeping well. Televisions, digital devices, radios, sound boxes, lights and other devices must be turned off. If you have windows that allow light, light-blocking blinds may be a great investment, however, some people prefer the light of morning and use no blinds. The choice is yours. Once your stage is set, you are ready for the next steps.

Life Environments helps you get better sleep by helping you destress and relax BEFORE you go to bed. About 30 minutes before you plan on going to bed, listen to any Immersions™ or Visions™ experience. Once complete, simply head to bed, get comfortable and go to sleep naturally.



You may wonder why we do not recommend you fall asleep while listening to Immersions™ or Visions™ experiences. There are several reasons for this. Our technology is neither designed nor intended to be used in this way. The risks of strangulation by headphone cords, physical damage caused by earbuds and wireless devices and possible electrocution is significantly higher once you are sleeping. Please do **not** do this.

Equipment Required:

- Mobile device with an Internet connection.
- Wireless or wired Headphones (preferred) or earbuds.
- Your Life Environments Immersions™ or Complete™ subscription.

Where to begin...

- 1.) **Prepare the stage for your sleep** by eliminating or turning off electrical appliances, televisions, lights and other distractions. Stop drinking alcohol or caffeine at least 8 hours before you plan on going to bed. (At 6 hours, ½ of all consumed caffeine and alcohol remains in your body.)
- 2.) Set the exact time you plan on being in bed and do not deviate.
- 3.) Find a safe, comfy and quiet place to sit or lay down that is **not** in your bed. **Do NOT start to sleep yet!**
- 4.) Choose a Visions™ experience for a 15-minute session or an Immersions™ experience for a 30-minute session. **Visions™ 15-minute experiences are the optimal choice when preparing for sleep, but Immersions™ are also used by many.**
- 5.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 6.) Get comfortable then close your eyes.
- 7.) Allow your mind's eye to explore each scenario. The birds. The Trees. The winds. The waves. The grasses. The sands. Enjoy!
- 8.) Let yourself become immersed and enjoy the experience!
- 9.) Each session gently fades in at the beginning and out at the end. Visions™ add a gentle bell at the 14-minute mark to remind you that your session is about to end. This keeps you from looking at your watch and disrupting your session needlessly.

- 10.) Once finished with your session, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths and slowly open your eyes.
- 11.) Go to bed. Enjoy your sleep!



Breathe Naturely™ for Better Sleep

Immersions™ and Visions™ are great tools for helping you achieve better sleep – but Breathe Naturely™ may be better for individuals suffering from higher levels of stress and anxiety.

Breathe Naturely™ adds the element of controlled breathing to further inhibit the impacts of stress and anxiety.



Getting a more restful sleep is different from what most think. For starters, better sleep begins with

destressing your brain – not boring it. You want to stimulate your brain in certain ways that inhibit stress and enable you to fall asleep naturally. Life Environments Immersions™ and Visions™ experiences are perfect tools to get you ahead of the game when it comes to smarter sleep.

Breathe Naturely™ adds even more power to nature’s destressing experience by leveraging controlled breathing to calm your mind and body to higher levels. Your typical breathing rate will range from 15-20 breaths-per-minute (BPM). By slowing your breath rate, your body becomes calmer in helpful ways. If possible, reduce your BPM’s to about 10 BPM or slightly less. Choose any Breathe Naturely™ experience at *b10* or less.

Before you head to bed, setting the stage for better sleep is critical. When preparing for sleep, it is important to remember that **quiet is an essential element** of sleeping well. Televisions, digital devices, radios, sound boxes, lights and other devices must be turned off. If you have windows that allow light, light-blocking blinds may be a great investment, however, some people prefer the light of morning and use no blinds. The choice is yours. Once your stage is set, you are ready to complete your next steps.

Life Environments helps you get better sleep by helping you destress and relax BEFORE you go to bed. About 30 minutes before you plan on going to bed, listen to your selected Breathe Naturely™ experience. Once your session is complete, simply head to bed, get comfortable and go to sleep naturally.



You may wonder why we do not recommend you fall asleep while listening to our immersive experiences. There are several reasons for this. Our technology is neither

designed nor intended to be used in this way. The risks of strangulation by headphone cords, physical damage caused by earbuds and wireless devices and possible electrocution is significantly higher once you are sleeping. Please do **not** do this!



If you have any condition that may be impacted by breathing exercises, please consult your physician before attempting any breathing program. This includes but is not limited to pulmonary, cardiac, hypertensive, cognitive, neurological, motion and other disorders that may be impacted by prolonged slow or rapid inspiration and expiration. Your physician will be able to guide you or direct you to an expert who can assist you determine which respiration ranges you should use.



It is strongly advised that you do not skip BPM rates! Become comfortable with one rate for several days or weeks before moving to the adjacent rate.



Each immersive Breathe Naturely™ experience lasts 15 minutes. This doesn't mean you must do a controlled breathing exercise for that length of time. Start with a comfortable time period and work up to your goal. Start at 1 minute and work up to a time period you feel comfortable performing. Never perform controlled breathing to a point where you don't feel well. Most breathing exercises last only 15 minutes for a reason.



If you have questions about your breathing rates, please speak to your physician, a breathing expert or your pulmonologist for practical guidance. If you begin feeling lightheaded, feel your heart racing or experience any concerning symptom(s) including pain, stop immediately, sit down and return to a normal breathing pattern.

Equipment Required:

- Mobile device with an Internet connection.
- Wireless Headphones (preferred) or earbuds.
- **Your Life Environments Complete subscription.**

Where to begin...

- 1.) **Prepare the stage for your sleep** by eliminating or turning off electrical appliances, televisions, lights and other distractions. Stop drinking alcohol or caffeine at least 8 hours before you plan on going to bed. (After 6 hours, ½ of all consumed caffeine and alcohol remains in your body.)
- 2.) Set the exact time you plan on being in bed and do not deviate.
- 3.) About 30 minutes before your planned bedtime, find a safe, comfy and quiet place to sit or lay down that is **not** in your bed. **Do NOT start to sleep yet!**
- 4.) Choose a **Breathe Naturely™** experience and select the appropriate BPM rate. Set a goal of 10 BPM or slightly less, if possible. This BPM may take some time to achieve. Start at 15 BPM and work your way lower over time.

- 5.) Turn your device volume to 0 (not muted), place your headphones or earbuds and slowly increase the volume until you are comfortable with a full sound.
- 6.) Get comfortable then close your eyes.
- 7.) Allow your mind's eye to explore each scenario. The birds. The Trees. The winds. The waves. The grasses. The sands. Enjoy!
- 8.) Let yourself become immersed and enjoy the experience!
- 9.) Each session gently fades in at the beginning and out at the end.
- 10.) Once finished with your session, gently stretch your legs and reach your arms to the sky as far as you can for 10 seconds each then take 10 slow deep breaths and slowly open your eyes.
- 11.) Go to bed. Enjoy your sleep!



Thank You! Your Subscription Matters

We have designed your Life Environments subscription as an important addition to your wellness, health and life tool set. That said, your subscription matters in some very important ways that you may not realize.

Your subscription includes leading-edge technology and thinking to help you improve your essential health, wellness and life's experience in remarkable ways.

Your subscription enables our production teams to capture and produce new experiences. It should come as no surprise that our experiences are extremely expensive to produce. In 2024, we will be adding ten (10) or more mesmerizing experiences.

Your subscription includes insight from some of the world's leading minds in areas of wellness and life design. You will encounter expert insights everywhere from our monthly challenges to touches throughout your subscription experience.

Your subscription helps us develop new technologies and innovations that make life a nicer place to be. Our new LABS™ program is introducing new immersive aural backdrop technology to amplify your wellness activities. Unlike traditional ambient or meditation “music,” our new backgrounds deliver cognitive memory spaces that supplement your wellness experience in unexpected ways. We are excited to be introducing several of these experiences in 2024!

Finally, your subscription helps us fund an innovative new interactive film to be released on all popular film distribution systems worldwide. This exciting new film series highlights our world in stunning 3D surround sound to stimulate global awareness the importance of preserving and protecting our planet. Prepare to be amazed!

Thanks to you, we are doing some very cool things!
And from all of us at Life Environments, we want to thank for being part of our growing family!



Read: IMPORTANT!

Life Environments, its products, services and content are provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition or use of any knowledge you encounter on this website. Never disregard professional medical advice or delay in seeking it because of something you have read on the Life Environments website. If you think you may have a medical emergency, call 911 or go to the nearest emergency room immediately. No physician-patient relationship is created by this web site or its use. Neither Life Environments nor its employees, nor any contributor to this web site, makes any representations, express or implied, with respect to the information provided herein or to its use.

All copyrights to the Life Environments web site and its contents are the property of Life Environments, LLC unless otherwise noted. Except when indicated, permission is hereby denied to reproduce or distribute the contents of this site with the express written permission of Life Environments, LLC. No commercial uses are allowed without the prior express permission of Life Environments, LLC.

So, There You Have It!

What a tasty cup of coffee that was!

We hope this guide helps you understand a bit more about your Life Environments subscription. Naturally, if you have any questions, please contact us from the Life Environments website. You can also ask questions in the Living Well Community area of the site.

We believe you will love the results of your Life Environments subscription and use it to make your life a nicer, healthier and happier place to be.

If you know someone who may benefit from a Life Environments subscription, please let them know. More than 75% of our new customers comes from existing customer word of mouth!

We look forward to our amazing journey together!



Kevin Williams

Life Environments Founder and CEO

