

Experimenting with Pzizz

You can use Pzizz in at least a million different ways. However, the way that Susan and I are using it is "meditation-like"; aimed at giving us the best boost, (physical, psychological, emotional, spiritual; whichever fits your needs and model of the world). If you don't need instructions, then stop reading now, and start Pzizzing.

However, if you'd like some suggestions, here they are.

Timing

We suggest you Pzizz twice a day, morning and evening. The morning Pzizz is best once you're up and awake, but before you breakfast (Pzizzing may lower your metabolism. When you've just eaten a meal, your body needs to raise your metabolism to digest the meal, so some conflict could ensue).

That should set you up for the working day.

The evening meditation or Pzizz is normally after work, before your evening meal. On the train may be ideal (if it's not too noisy), or pretty much as soon as you get in.

If you are having a stressful day, then put in other Pzizzes when you feel like it.

If you purchase the Pzizz software (www.rewire-my-brain.com/pzizz.html), then you can create Pzizzes of any length you like, and vary all sorts of things (turn the voice off and on, make ones just to send you to sleep, vary the relative volume of voice and music, etc).

Location

Somewhere you won't be disturbed; somewhere quiet, somewhere comfortable. Sitting is probably better than lying down; if you lie down, you'll almost definitely fall asleep, which may be what you want. However, I believe a 20-minute Pzizz is more powerful than a 20-minute ordinary sleep.

Technology

Headphones

Headphones are vital. If you haven't got headphones; go get some! You can use those little "ear buds" that come with MP3 players, iPods, CD Players, etc, or ordinary (or extraordinary) headphones.

The cheapest possible are these [Belkin Earpiece For Apple Mp3 3.5mm](#) which are, last time I looked, £1.49. At the other end of the scale, we have just ordered [Bose QuietComfort 15 Acoustic Noise Cancelling Around-Ear Headphones QC15](#) at £350. (Actually, we're getting one of our American relations to get them, saving over £100!)

Somewhere between these two extremes should be something that suits you.

Player

These are MP3 files. You can play them on your iPod, MP3 player, on your PC (or your Apple Mac). I think you can play them on your CD player. Susan plays them on her

BlackBerry (so do I, sometimes), but I have totally fallen in love with my little MP3 player, from Sandisk, which is also an FM radio (I love Radio 4), and a dictating machine! . [Here's a variety of suitable MP3 players.](#)

I want a free trial

Susan and I are setting up a "Pzizz de-stress space" in her practice room. It will have a relaxing massage chair (ours is cream), the super Bose noise-cancelling headphones, and a snuggle blanket to keep you warm (as well as the wood-burning stove).

We will be charging for the use of the facility, but in the short-term, until we get fully set up, you're welcome to a free trial.

