

# Dao-Tha Soundcodes

## How to use Soundcodes (or singing codes)

- Soundcodes can be either listened to, or you sing along with the Audio, or, if you can read notation, you can also just sing them from the notation. The easiest way to learn to sing them is if you just sing along with the audio.
- It makes sense to sing them 3 - 7 times each time, when you use them.
- If you want to listen to them or sing them every day - fine. Do not overdo it. 2 times a day is enough, and not more than 7 times each one.
- You can also choose certain ones and sing them for 3, 7, 9 or 21 days in a row.
- You can also use them in specific situations everywhere in your daily life, even in your professional life!

Have fun!

And: Try it out!

Singing is the best way to use them.

You will be astonished how easy that is!