

HEALING THE FOUR CHAMBERS OF YOUR HEART A RADIANCE JOURNEY

A 40 MINUTE AUDIO MEDITATION



Thank you for purchasing Healing The Four Chambers of Your Heart A Radiance Journey by Deirdre Hade. If you are unsure on how to add your new CDs to iTunes or Windows Media Library, follow the instructions below.

Please note: these instructions are for use on your desktop/laptop

ADDING YOUR NEW PRODUCT INTO ITUNES

STEP 1

This tutorial assumes you've already downloaded the zip file for product purchased (if not, please do so now).

Make sure you know where the files have been downloaded. On a Mac, that's usually the Downloads folder or the Desktop. Unzip the file by double clicking on it.

STEP 2

In iTunes, go to File > Add To Library.

STEP 3

Browse to the folder that contains [heart-meditation_complete.mp3](#).

STEP 4

Select the files within this folder and hit add/open.

ADDING YOUR NEW MEDITATION CDS INTO MICROSOFT WINDOWS MEDIA PLAYER FOR WINDOWS 7

STEP 1

This tutorial assumes you've already downloaded the zip file for product purchased (if not, please do so now).

Make sure you know where the files have been downloaded. On Windows, it's often the Desktop. Unzip the file by double clicking on it.

STEP 2

Add the *heart-meditation_complete.mp3* to your Music Folder

STEP 3

Open Windows Media Player Library. When you start the player for the first time, it will automatically searches certain default folders included in the Music, Pictures, Videos, and Recorded TV libraries on your computer.