

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 how to add your new downloads
to iTunes or Windows Media Library,
follow the instructions below.

Please note: These instructions are for use on your desktop / laptop / PC / Mac

ADDING YOUR NEW DOWNLOADS INTO iTunes

STEP 1

This tutorial assumes you've already downloaded the audio files for product purchased (if not, please do so now). Make sure you know where the files have been downloaded. On a Mac, it's usually the Downloads folder or the Desktop.

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 DOWNLOADS INTO MICROSOFT WINDOWS MEDIA PLAYER FOR WINDOWS

STEP 1

This tutorial assumes you've already downloaded the audio files for product purchased (if not, please do so now). Make sure you know where the files have been downloaded. In Windows, it's usually the Downloads folder or the Desktop.

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 search certain default folders included in the Music, Pictures, Videos, and Recorded TV libraries on your computer.