

Instructions for accessing your MP3 digital downloads:

ACCESSING AUDIO FILES ON COMPUTER: (see iPhone, iPad, or iPod touch instructions at the end of this document):

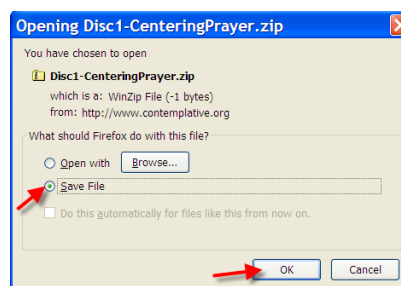
- 1) After your purchase through PayPal you see a screen that looks like the first image on below, and you will also receive an email similar to the second image. You can access your files from either.

PRODUCT	DOWNLOADS REMAINING	EXPIRES	DOWNLOAD
An Introduction to the Practice of Centering Prayer (MP3 Download)	=	Never	AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER - TRACK TITLES
An Introduction to the Practice of Centering Prayer (MP3 Download)	=	Never	AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER - DISC 1A
An Introduction to the Practice of Centering Prayer (MP3 Download)	=	Never	AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER - DISC 1B
An Introduction to the Practice of Centering Prayer (MP3 Download)	=	Never	AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER - DISC 2A
An Introduction to the Practice of Centering Prayer (MP3 Download)	=	Never	AN INTRODUCTION TO THE PRACTICE OF CENTERING PRAYER - DISC 2B

Links in email:

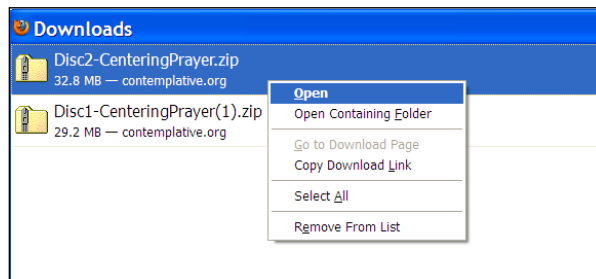
Product	Expires	Download
An Introduction to the Practice of Centering Prayer (MP3 Download)	Never	An Introduction to the Practice of Centering Prayer - Track titles
An Introduction to the Practice of Centering Prayer (MP3 Download)	Never	An Introduction to the Practice of Centering Prayer - Disc 1a
An Introduction to the Practice of Centering Prayer (MP3 Download)	Never	An Introduction to the Practice of Centering Prayer - Disc 1b
An Introduction to the Practice of Centering Prayer (MP3 Download)	Never	An Introduction to the Practice of Centering Prayer - Disc 2a
An Introduction to the Practice of Centering Prayer (MP3 Download)	Never	An Introduction to the Practice of Centering Prayer - Disc 2b

- 2) Click on the links in the right column under “DOWNLOAD” and the files will automatically open or a new window will appear like as in the image below. (NOTE: one of the links may be for a document listing the track titles, and the others will be the audio files in a Zip file format):

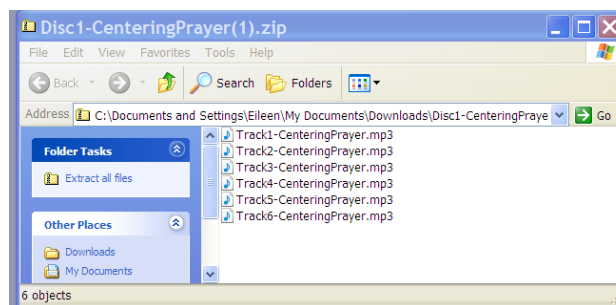


- 3) Select the “Save File” option. (The file may automatically be placed in your “Downloads” folder on your computer, or will provide you with a choice of where you want to save the files, such as your Desktop). **Select OK.** (NOTE: the time required to download the files will depend upon your internet service and computer’s capability. It is recommended to download only one file at a time.)

- 4) **When the download is complete you will need to unzip and open the audio files.** In most computer systems you can do this by right-clicking on the zipped file. For more detailed information, visit either:
- Windows:** <https://support.microsoft.com/en-ca/help/4028088/windows-zip-and-unzip-files>
 - Mac:** <https://www.dummies.com/computers/macs/how-to-zip-and-unzip-files-on-your-mac/>



- 5) **You can then play the tracks with the media player of your choice, or copy and paste the files to a folder of your choice on your computer system.**



ACCESSING AUDIO FILES ON iPhone, iPad, or iPod

Follow the instruction here for iPhone, iPad, or iPod touch: <https://support.apple.com/en-ca/HT211132>