



THE HEMI-SYNC® CATALOG



EXTRAORDINARY AUDIO PRODUCTS FOR BODY, MIND, AND SPIRIT

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A brief description of each title, organized by specific, primary application. While the main categories appear below, many titles are useful for multiple applications. For more information visit our website or contact Hemi-Sync® customer service. We have noted which CDs are verbal, exercise length, and price if applicable. **Quotes from Robert Monroe's books appear at the top of each title page.**

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The Monroe Trilogy by Robert A. Monroe

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Learn more about the technology, how it works, and what it can do for you.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. **DO NOT** listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brainwave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), **DO NOT** listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort, immediately discontinue use.

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MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE DISCLAIMED.

WHAT IS HEMI-SYNC®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with more than 60 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness, ranging from deep relaxation or sleep to expanded awareness and other extraordinary states.

The process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brainwave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence.

The Hemi-Sync® technology is the result of groundbreaking and innovative research initiated by Robert Monroe beginning in the 1950s, some of which is chronicled in his three best-selling books, *Journeys Out of the Body*, *Far Journeys*, and *Ultimate Journey* (see page 22 for Bob's books).

To demonstrate the technology, Hemi-Sync® offers a FREE DOWNLOAD of *The Way of Hemi-Sync®*. This is a verbally-guided exercise that introduces the extraordinary benefits of whole-brain states of consciousness made possible by Hemi-Sync®.



THE WAY OF HEMI-SYNC®

Hear, feel and understand how Hemi-Sync® works, and then enjoy a deeply relaxing and deeply restful experience. 30 min. Verbal. **Free, download only.**

WITHOUT HEMI-SYNC®

Incoherent brain-wave pattern



WITH HEMI-SYNC®

Coherent brain-wave pattern



ABOUT INTERSTATE INDUSTRIES INC. D/B/A HEMI-SYNC®

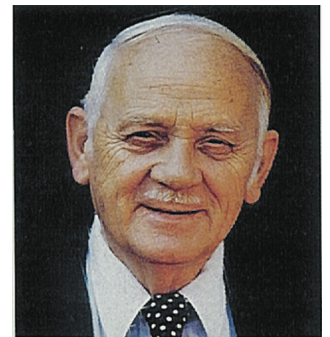
Founded by Robert A. Monroe, Hemi-Sync® is internationally known for its work with audio sound patterns that can have dramatic effects on states of consciousness.

Monroe achieved world-wide recognition as a ground-breaking visionary and explorer of human consciousness. His pioneering research, beginning in the 1950s, led to the discovery that specific sound patterns have identifiable, beneficial effects on human capabilities. Assisted by a broad base of specialists in a variety of technical fields, Monroe developed the Hemi-Sync® audio technology.

With a successful career in radio broadcasting, Monroe formed RAM Enterprises in 1949, a corporation that produced network radio programs. In 1962 the corporate name was changed to Interstate Industries, Inc. and eventually became active in the production and sale of Hemi-Sync® audio cassettes. These cassettes were practical expressions of the discoveries made in the earlier and ongoing corporate research program.

An independent non-profit organization (The Monroe Institute) was established in 1985. Interstate Industries, Inc. d/b/a/ Hemi-Sync®, remains a privately-held company.

ROBERT A. MONROE



1915—1995

Robert Monroe's contributions as the guiding personality behind the entire program of development has been supported for more than 60 years by many specialists from the fields of psychology, psychiatry, medicine, biochemistry, electrical engineering, physics, education, and numerous others who continue their participation to this day.

Under the direction of Hemi-Sync® Chairman and President Garrett Stevens, the company's vision is to continue to expand the Hemi-Sync® line of products and their benefits into markets worldwide.

ABOUT THE SELECTIONS

Selections are divided into genres that help identify the type of experience a listener may expect from the different titles. The genres are *Heart-Sync®*, *Hemi-Sync® Series*, *Human Plus®*, *Metamusic®*, *Metamusic® Atmospheres*, and *Mind Food®*. **All products contain Hemi-Sync®**, with frequencies carefully chosen to support each particular application.

HEART-SYNC® exercises feature frequencies that focus on opening ourselves to our heart's intuition and energy. They incorporate verbal guidance and subtle sound effects along with specially blended Hemi-Sync® frequencies.

HUMAN PLUS® (H-Plus) is a means of utilizing the power of the subconscious to affect change in your life. Each Human Plus CD contains precise combinations of Hemi-Sync® frequencies that gently draw you into an extraordinarily receptive, whole-brain state while establishing the Access Channel—the ultimate communication channel to all levels of awareness.

The Access Channel is opened during each exercise, allowing you to learn a different Function Command (short verbal cue) ranging from controlling your appetite to increasing your energy. Once the Function Command has become encoded while the Access Channel is open, you can then call upon or “activate” that function at any time, on demand, in everyday life situations. The H-Plus series offers a different kind of pathway to new levels of freedom—to becoming Human Plus.

HEMI-SYNC® SERIES contain multiple CDs in a series that provide expanded focus on specific applications. All include verbal guidance exercises mixed with Hemi-Sync® binaural beats and subtle sound effects or background music. Most series selections include a detailed guidance manual.

METAMUSIC® features delightful musical selections, from soul-stirring New Age to the timeless popularity of classical, to entertain and benefit the listener. Many titles feature special blends of Alpha, Delta, and Theta frequencies to slow excess mental activity in order to facilitate meditation or support relaxation. Other selections feature a predominance of Beta frequencies for focus and concentration, or Delta frequencies for sleep enhancement. See page 23 for more information on these frequencies.

METAMUSIC® ATMOSPHERES features atmospheric music for an enhanced experiential journey. While some Metamusic titles include atmospheric music, Metamusic Atmospheres titles contain atmospheric music exclusively. The absence of a discernible melody line lends itself to unrestrained exploration, often enabling the listener to fall deeper into the frequencies for what is sometimes a more profound experience.

MIND FOOD® selections incorporate verbal guidance and/or subtle sound effects along with specially blended Hemi-Sync® frequencies and sound patterns targeting specific applications, such as sleep, meditation, and behavior modification.

All selections include *How to Listen* instructions. These recordings *do not* contain subliminal messages. You are always in control.

Select titles are also available in other languages, which currently include **French, German, Hungarian, Italian, Japanese, Mandarin, Romanian, and Spanish**. Check our website for new languages and/or newly translated titles.

Prices are Manufacturer's Suggested Retail Prices, listed in US dollars. Single CDs are \$21.15 unless otherwise noted in each description.

Individual descriptions are abbreviated versions of the packaging descriptions. For more information on each title or the Hemi-Sync® process, contact your local dealer, Hemi-Sync® customer service, 434-263-8692, or visit our website, www.hemi-sync.com.

The selections in this catalog are available in physical CD format, *while supplies last*.

These titles are also available as downloads on our website, as well as many other download-only titles that are not listed in this catalog.

ALPHABETICAL LISTING OF HEMI-SYNC® PRODUCTS BY TITLE

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Ascension	10	Healing Journeys Support	8	Radiation Companion	11
Attention	12	Healing the Inner Child	8	Recharge	11
Attention/At Ease	15	Heart: Support & Maintenance	11	Relax	16
Awakening Consciousness	10	Hemi-Sync® In Motion	11	Releasing Early Morning Anxiety	9
Baroque Garden	12	Hemi-Sync® Meditation	14	Remembrance	13
Between Worlds	10	Hemi-Sync® Nap	18	Reset	9
Beyond the Golden Light	15	Hero's Journey	17	Restorative Sleep	18
Blossoming Lotus	19	Higher.....	14	Retain-Recall-Release	13
Blue Moon Journey	10	Higher Perspective.....	8	River Dawn: Piano Meditations.....	16
Breaking Free From Addictions	6	Himalayan Soul	16	Romantic Wonder	16
Breakthrough.....	12	Hypertension	11	Sacred Realms	11
Breath of Creation	10	Indigo	12	Sacred Sleep	18
Catnapper	18	Inner Healer	8	Sacred Space.....	15
Celestial Meditation.....	13	Inner Journey	10	Sensory: Hearing	9
Celestial Space.....	13	Inner States II	14	Sensory: Seeing	9
Chakra Journey	8	Into the Deep	16	Serene Sleep	18
Chakra Journey DVD	8	Into the Light <i>Embracing Source</i>	7	Serenity	16
Chakra Meditation	8	Into the Light <i>Exploring the Tunnel</i>	7	Sex Drive	6
Chemotherapy Companion	11	Into the Light <i>Free Flow Meditations</i> ..	7	The Shaman's Heart	17
Claiming Your Self	8	Into the Light <i>Meeting your Guides</i>	7	The Shaman's Heart II	17
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Concentration	12	The Journey Home	14	Sleep Deeply	18
Convergence	13	Journeys Out of the Body (Book)	22	Sleeping Through the Rain.....	18
Cords of Light	13	Journeys Out of the Body (CD)	15	Sleepy Locust	19
Cosmic Consciousness	10	Joy Jumper	19	Slimmer and Healthier	6
Cosmic Traveler	13	Land Of Spirit.....	14	The "SO" Chord	15
Creating a Positive Future	8	Let-Go.....	6	Soft and Still	16
Creating Success	6	Lightfall.....	13	Sound Sleeper	18
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De-Hab	6	Medicine Work	17	The Surgical Support Series.....	12
Desert Moon Song	17	Mediumship: <i>Building the Power</i>	14	Synchronizing	9
De-Tox: Body.....	8	Mediumship: <i>Making the Connection</i> ..	14	Timeless Peace.....	15
Dimensions in Time	17	Mediumship: <i>The Training Ground</i>	14	Total Relaxation	16
Do This Now	6	Mediumship: <i>Working with your Guides</i> ..	14	Touching Earth	11
Dreamer's Journey	16	Midsummer Night.....	16	Touching Grace	11
The Dreaming Gate	17	Möbius West	6	Tranquility	16
Dreamseed	8	Moment of Revelation	10	Transformation.....	11
Ecstatic	11	Morning Exercise	9	Transforming Life's Challenges.....	9
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Einstein's Dream	12	The Music of Graceful Passages	16	Tune-Up	9
Elation	12	Mystic Realms	16	Turtle Island	19
Elevations	12	Network of Light Series.....	12	Ultimate Journey (Book)	22
Embody the Essence of Life	13	New Frontiers	14	The Visit.....	11
Emergence	6	Oasis	16	The Visitation.....	15
Emerging from Depression and Anxiety ..	8	Octaves of Light	9	Wake/Know	18
Enchanted Forest	16	Opening the Heart®	15	Waves of Love	16
Energy Walk	11	Options	6	The Way of Hemi-Sync®	3
Eternal Now	10	Out-of-Body Techniques	15	Wake-Induced Lucid Dreaming.....	18
Eternity Within	13	Partners Meditation.....	15	Where the Earth Touches the Stars....	11
Exploring Other Lives	10	Passages	9	Winds Over the World	16
Exploring Our Future.....	10	Path to Peace	16	Wisdom in Essence.....	11
Far Journeys (Book)	22	Pearl Moon	15	Wisdom of the Heart.....	15
Freedom From Smoking	6	Persistent Visions	17	Yantra Mantra	19
Gaia	6	Portal to Eternity	16	Your Heart's Song	9
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BEHAVIOR MODIFICATION

BREAKING FREE FROM ADDICTIONS

Disconnect from useless habits, achieve a broader range of options, and gain a greater experience of joy. Verbal. 42 min.

Mind Food #MF066CN

DE-HAB

Eliminate or diminish undesirable mental, emotional or physical habits. Move beyond patterns of negativity. Verbal. 60 min.

Human Plus #HP007CN

DO THIS NOW

Boost your energy and enthusiasm for starting, continuing or completing actions or tasks any time you wish. Verbal. 61 min.

Human Plus #HP064CN

EIGHT GREAT

Focus your mental and physical states on demand any time you wish to instill a positive, constructive attitude. Verbal. 60 min.

Human Plus #HP010CN

FREEDOM FROM SMOKING

Overcome your smoking addiction. Focus your total self—mental, emotional, and physical—on your goal of becoming a non-smoker. Verbal. 74 min.

Mind Food #MF042CN

LET-GO

Reduce or release overwhelming emotional reactions and destructive patterns. Use to relieve anxiety, overcome anger or ease depressed feelings. Verbal. 61 min.

Human Plus #HP017CN

MÖBIUS WEST

Create the reality you desire. Program change in your thoughts, feelings, or behavior and to alter mental, emotional, or physical patterns. Verbal. 61 min.

Human Plus #HP021CN

SEX DRIVE

Increase or decrease your sexual arousal. Learn a method to gain complete control over your libido. Verbal. 60 min.

Human Plus #HP038CN

SLIMMER AND HEALTHIER

CREATING A SLIM, HEALTHY BODY FOR LIFE

Creating a slimmer, healthier body is an inner process, involving body, mind, emotions and inner "life force" energy. Created and voiced by Deborah Bromley, a clinical hypnotherapist who has helped people successfully lose weight for more than 20 years, this series consists of 12 guided meditations embedded with Hemi-Sync®. The tracks have been carefully planned to encompass all aspects of a successful weight loss program, and the supporting information in the guidance manual (included) and optional companion book (available at *Amazon.com*) was designed to work exactly like a course of therapy sessions, personalized to fit your requirements. This program works on the causes of unwanted weight, rather than being limited to the symptoms, and will address in a positive and healing way all aspects of your life that you can improve.

\$104.94 Series #SAH007C

CREATIVITY

CREATING SUCCESS

Overcome limiting beliefs as you are guided through a progression of visualizations and positive affirmations designed to help you realize your passion. Verbal. 70 min.

Mind Food #MF064CN

THE CREATIVE WAY *by Patty Ray Avalon*

Reawaken your talents and creative abilities. Guided meditations, affirmations, creative visualizations, and other tools help you identify and overcome/transform blocks, stay open to new possibilities and ideas, and connect with your inner creative self and other sources of inspiration. Guidance manual included. 4CDs.

\$63.44 Series #CW001C

EMERGENCE

Bring forth fresh ideas and insights while expanding your awareness with the unique sound of the solo Hang, an evolutionary modern instrument likened to a musical hybrid of the steel pan and gamelan. 70 min.

Metamusic #MA078CN

GAIA

A musical portrayal of Kokopelli, the Native American mythic hero who restores abundance by bringing forth the second summer rains. Deeply relaxing flute and guitar blend exquisitely with sounds of water in a soulful composition that stimulates imagination and creativity. 43 min.

Metamusic #MA030CN

MANIFESTING

Verbally-guided exercises assist you in creating new or enhanced patterns that you may desire. Greatly enhance your ability to manifest positive elements in your life. Verbal. 74 min.

Mind Food #MF055CN

THE MAZE

Stimulate your imagination and heighten your creativity with richly textured music produced with state of the art digital sound. 38 min.

Metamusic #MA044CN

OPTIONS

Develop insightful analysis and creative solutions from a total, whole brain perspective. Learn a simple method to use anytime to solve problems objectively and with confidence. Verbal. 60 min.

Human Plus #HP024CN

PRISMS

Gain fresh perspectives with this delightful New Age composition. Guitar, flute, and keyboards provide deeply relaxing music to slow excess mental activity and stimulate a whole-brain creative process. 28 min.

Metamusic #MA018CN

**“Survival beyond physical death is not a belief system,
therefore, but a simple fact as natural as being born.”**

DEATH & DYING

GOING HOME® SERIES

(Subject and Support Group)

Developed in collaboration with the late Elisabeth Kübler-Ross, Robert A. Monroe and Dr. Charles Tart, this series consists of two CD albums, available separately, one for the Subject about to transition, and one for those providing Support.

Going Home Subject exercises can reduce dramatically the common fear of physical death and assist the Subject to control calmly the sequence of this critical event allowing it to be one of peace and dignity. The exercises provide valuable knowledge achieved through direct experience to include the surety that one is more than the physical body and that one does survive physical death. A detailed guidance manual is included.

Entire series	\$209.98	15 CDs	#GH300C
Subject Only	\$104.94	7 CDs	#GH306C
Support Only	\$104.94	8 CDs	#GH307C

INTO THE LIGHT: *Embracing Source*

In this fourth offering of the *Into the Light* series*, you will enter the realm of the Black Light, the place of unmanifested potential. There you can merge with Source — the embracing, loving light that is the foundation of the Universe. In this exquisitely quiet place of complete and utter stillness, there is no ego, no future, no past, simply the eternal now. Features two exercises; the first is verbally guided, and the second is an open exercise where you can spend time in deeper exploration. Hemi-Sync® frequencies help to support your journey. Detailed guidance manual included. 2 CDs. Music by Christopher Lloyd Clarke.

\$26.45 Mind Food #MF085CN

INTO THE LIGHT *Exploring the Tunnel*

The third offering in Scott Taylor's *Into the Light* series*, this album is designed to address two opportunities for exploration. The first exercise, *Exploring the Tunnel*, is a fully guided exploration of the tunnel often encountered during a near death experience. During this exercise you will prepare your body, mind and energy body to make exploration possible. You will then explore the tunnel as you are guided to experience the colors, music and crystals found in the tunnel. You will connect with the tunnel itself, and discover its origins and significance. The second exercise is an open exercise, where you can revisit structures, people and energies you encountered during the guided exercise. Hemi-Sync® frequencies help to support this process. 2 CDs. Detailed guidance manual included. Music by Christopher Lloyd Clarke.

\$26.45 Mind Food #MF083CN

INTO THE LIGHT *Free Flow Meditations*

These exercises serve as a companion to the first album, INTO THE LIGHT: *Near-Death Experience Meditations**. It is specifically designed to provide more space and alone time for exploring two of the dominant vibratory windows in the first album, White Light and the area known as the Park. It also features the vibratory windows for the other Lights found in NDE's, Black and Clear. Now in one album, you can experience the four principal vibratory windows that near-death experiencers encounter during their journeys. 2 CDs. Detailed guidance manual included. Music by Jonn Serrie.

\$26.45 Mind Food #MF092CN

INTO THE LIGHT: *Meeting Your Guides*

Offers opportunities for exploration of a near-death experience as previously introduced in the popular INTO THE LIGHT: *Near-Death Experience Meditations**. Scott Taylor has designed two new exercises to give you a sense of one aspect of an NDE—meeting your guides. Features a guided exploration of how to prepare your body, mind, and energy body to make exploration possible, meet and converse with your guide, and learn the skill of bilocation—one form of an out-of-body experience that's easy to learn and very helpful when exploring the nonphysical universe. 2 CDs. Detailed guidance manual included.

\$26.45 Mind Food #MF082CN

INTO THE LIGHT: *Radiating Love*

Focuses on exploring and connecting to the Clear Light of Love, and recognizing that this love is in us, all around us, and is the fundamental energy of our universe. Scott Taylor guides you on opening your heart, flowing love out into the world and connecting to the love of the Universe. Hemi-Sync® frequencies help hold you in this heart space. Features two tracks; one verbally guided, one an open exercise to explore this state in more depth. 2 CDs. Detailed guidance manual included.

\$26.45 Mind Food #MF087CN

NOTE:** The first title in this series, **INTO THE LIGHT: *Near-Death Experience Meditations, is currently only available in download format. Visit our website or contact customer service for more information.

**"Like it or not, you're going to continue to
do and be after you can no longer hang in there physically."**

ENHANCED WELL-BEING

CHAKRA JOURNEY

Activate, clear, and align your chakras. Each musical track focuses on a specific chakra, helping to relieve stress and emotional blockages. 59 min. **Metamusic #MA075CN**

CHAKRA JOURNEY DVD

A visual meditation for aligning your chakras. Experience beautiful sunsets, waterfalls, dolphins, jungles, auroras, crop circles, and sacred sites. **\$26.45 #MA075D**

CHAKRA MEDITATION

Dolphin sounds and music combine to help optimize each chakra for an overall sense of well-being. Features an extended and an abridged meditation. Verbal. 51/23 min.

Mind Food #MF057CN

CLAIMING YOUR SELF

Facilitate real changes in how you think and feel, helping you claim your Self by transforming mental and emotional "programs." Verbal. 68 min.

Mind Food #MF058CN

CREATING A POSITIVE FUTURE

Unleash and direct your inner power to focus on creating a positive future. Clinical hypnotherapist Deborah Bromley guides you on a journey to transform thoughts and dreams into reality. By signaling what you desire to your unconscious mind and higher self, you will learn to energize those changes, infusing them with focus, determination, increased motivation, and plenty of self-confidence. Let go of your limits, set aside your uncertainties, and get ready to create the life you desire. Includes two tracks; track 1 is an introduction to help you get the most out of this process, track 2 is the 33-minute verbally guided exercise.

Mind Food #MF095CN

DEEP CONNECTION A MEDITATION FOR TWO

Learn to connect deeply with yourself, and with your partner. Created and voiced by philosopher and best-selling author TIM FREKE, these meditations can transform your relationships as well as your life. There are two parts; one for an individual, and the other to be done with a partner. Part 1, *Deep Sensing*, is about choosing to move your attention away from thought into sensation through hearing, and then breathing. *Deep Being* is experiencing the 'I' simply as the knowledge that you exist as a conscious Being. Part 2, *Deep Connection*, features practices to bring you into a state of safe and natural communion with your meditation partner. Two CDs, eight tracks.

\$26.45 Mind Food #MF099CN

DE-TOX: BODY

Enhance your body's natural ability to cleanse itself of destructive substances. Reinforce the healthy functioning of your body's defense systems when a known toxicity exists, or use daily for best results. Verbal. 60 min.

Human Plus #HP008CN

DREAMSEED

Access powerful mystical states using the low vibrational tones of the didgeridoo to resonate into all levels of body, mind and spirit. 53 min. **Metamusic #MA048CN**

EMERGING FROM DEPRESSION AND ANXIETY

Discover your ability to find hope, restore peace of mind, and create your life in a conscious and intentional manner. Verbal. 72 min.

Mind Food #MF063CN

THE GRATITUDE EXPERIENCE

Feeling appreciation or gratitude is one of the most effective ways to bring high frequency energy and experiences into your life. The more you actively appreciate something or someone, the more you can shift into a positive state of being and attract similar experiences and relationships back to you. Patty Ray Avalon guides you through the process of becoming a more giving person and a powerful attractor. Length: 34 min.

Mind Food #MF084CN

HEALING JOURNEYS SUPPORT

Experienced energy healer Patty Ray Avalon offers her expertise in helping us take control of our own healing process, to help you access your heart's energy so you may live more fully, deeply and peacefully. Four guided exercises on 2 CDs. Verbal.

\$26.45 Mind Food #MF060CN

HEALING THE INNER CHILD

Remember and witness a difficult past event in a safe and detached manner. Allow the wisdom and skills you acquire to bring healing to your younger self. Verbal. 34 min.

Mind Food #MF073CN

HIGHER PERSPECTIVE

This powerful but gentle meditation will help you to relax deeply as you view your life from a higher perspective, enabling you to find solutions to any worries or problems. Created and voiced by Glenn Harrold, one of the world's most successful hypnotherapists and self-help authors, you are guided to float safely up to your star, a place of peace and tranquility. By removing yourself from everyday life to see the larger picture, your mind will feel clearer and serene, allowing you to create positive changes in your life. 31 min.

Mind Food #MF098CN

INNER HEALER

Release emotions that limit you from having a more positive life experience. Align yourself to a higher level of emotional and physical health. Verbal. 33 min.

Mind Food #MF067CN

ENHANCED WELL-BEING, CONTINUED

THE MAGICAL PATH

Achieve success and fulfillment with proven techniques created by Marc Allen, master of manifestation and transformation. Based on his popular book, *The Magical Path: Creating the Life of Your Dreams and a World that Works for All*, Marc has encapsulated the essence of this work into a 20-minute meditation. Join thousands of others who have already created profound change in their lives by applying these simple, yet effective tools, which combine guided visualizations and affirmations with Hemi-Sync®. **Mind Food #MF093CN**

MORNING EXERCISE

Plan a productive and highly successful outcome for the day's activities. Program your day for achievement. Verbal. 19 min. **Mind Food #MF012CN**

MORNING MEDITATION

To truly integrate presence and inner guidance into our daily life, the key is to sense deeply into our physical body. While best done in the morning, this 20-minute guided meditation, which combines mindfulness practice with sensing, can be done at any time of day. In this exercise you will first be introduced to the strength, steadfastness, solidity, will, and limitless capacity of the belly center. Next, you will explore the unique intelligence of the heart center, and the clear, discerning knowing of the head center. Finally, you will be invited to sense into the immediacy of your limbs to incorporate these capacities into your everyday activities. Hemi-Sync® frequencies create a relaxed, coherent mind state in which this experience can unfold. **Mind Food #MF094CN**

OCTAVES OF LIGHT

A unique blend of world music and sound results in delicate and beautiful music that supports the benefits of energy and bodywork. 63 min. **Metamusic #MA087CN**

PASSAGES

Ease the effects of fluctuations in hormonal balance to feel more regulated and empowered, and to promote more satisfying life changes. Verbal. 66 min. **Human Plus #HP065CN**

POSITIVELY AGELESS

Guided meditations, affirmations, visualizations, and other tools help you rewrite the program of aging, allowing you to feel younger, healthier, stronger, and more at peace while enhancing the overall quality of life. 4 CDs. **\$63.44 Series #PA001C**

RESET

Shift your mental, emotional and physical states from "down and out" to "up and energetic." Useful in countering depression or fatigue. Verbal. 60 min. **Human Plus #HP030CN**

RELEASING EARLY MORNING ANXIETY

Release early morning anxiety with the help of your "Inner Therapist," the healing part of your mind that fully remembers peace and Divine Love. Practicing this 20-minute exercise before you need it will help you during times you are visited by early morning anxiety. It can be done upon waking up in the morning, or any time you'd like to orient your mind to peace instead of fear. Created and voiced by author, educator and coach Corinne Zupko. **Mind Food #MF096CN**

RESET

Shift your mental, emotional and physical states from "down and out" to "up and energetic." Useful in countering depression or fatigue. Verbal. 60 min. **Human Plus #HP030CN**

SENSORY: HEARING

Amplify or decrease your sensitivity to sound. Use to compensate for hypersensitivity to sound or to hear low volume sounds more clearly. Verbal. 60 min. **Human Plus #HP033CN**

SENSORY: SEEING

Improve and fine tune your eyesight. Useful to ease eye strain, strengthen eye muscles, or help alleviate ongoing vision problems. Verbal. 60 min. **Human Plus #HP034CN**

SYNCHRONIZING

Fine tune your mind-body coordination and enhance your precision, speed, and overall performance in physical activities, manual tasks or artistic creation. Verbal. 60 min. **Human Plus #HP046CN**

TRANSFORMING LIFE'S CHALLENGES

Release emotions and generate life-giving energy to move beyond negative thought patterns and replace them with the positive energy of love and support. Verbal. 45 min. **Heart-Sync #HS003CN**

TUNE-UP

Reinforce your body's natural ability to normalize its functioning. Speed recovery from illness, injury, or surgery, or get relief from skin irritations, headaches, or muscle strain. Verbal. 60 min. **Human Plus #HP048CN**

YOUR HEART'S SONG

Connect with your heart's energy to recharge your physical and energetic bodies and clear your auric field. Verbal. 63 min. **Heart-Sync #HS004CN**

All titles contain Hemi-Sync® frequencies.
For a complete list of titles, including download-only titles,
visit our website: www.hemi-sync.com.

**"The only way you can accept and know
this extended reality is to experience it yourself."**

EXPANDED AWARENESS

ASCENSION

Access an exquisite state of mental calm and expanded awareness and commune with higher aspects of Self with transcendent electronic music. 45 min.

Metamusic #MA047CN

AWAKENING CONSCIOUSNESS

Experience your consciousness emerging in this inspiring musical meditation designed to lead you into a profoundly heightened state of awareness. 68 min.

Metamusic Atmospheres #MMA005CN

BETWEEN WORLDS

An extraordinary sojourn into a dreamlike shamanic landscape with captivating shamanic music and surreal, organic sounds, including tribal chants. 52 min.

Metamusic #MA053CN

BLUE MOON JOURNEY

This captivating recording features all the sounds of the night, encouraging you to relax and explore this realm in your mind and body. Verbal. 57 min.

Mind Food #MF080CN

BREATH OF CREATION *Solo Huaca*

Evoke timeless feelings and emotions with ancient sounds of the modern-day huaca, a South American native term for something holy or sacred, and the hallowed sound of breath flowing through fired clay inspires this sense of sacredness. 62 min.

Metamusic #MA065CN

CLOUDSCAPES

Break free and lift off—soar among the clouds and open your mind to a higher perspective with soul-stirring music inspired by Robert Monroe's passion for piloting gliders. 30 min.

Metamusic #MA001CN

COMMUNICATING WITH ANIMALS

Learn to communicate with your animal friends in this guided exercise. *A portion of the proceeds from sales of this CD benefit a local no-kill facility.* Verbal. 42 min.

Heart-Sync #HS002CN

COSMIC CONSCIOUSNESS

Surrender to the unknown and tap into the unlimited energy field where everything is possible with this exquisite composition. 60 min.

Metamusic Atmospheres #MMA004CN

CYCLES

This hauntingly beautiful and atmospheric music will take the listener deep inside while contemplating the very fabric of existence. Ascend to a higher plane, sit quietly, and listen for the message within. 51 min.

Metamusic #MA082CN

ETERNAL NOW

Free your consciousness from the illusion of time, and let memories from the past and worries about the future dissolve. 55 min.

Metamusic #MA091CN

EXPLORING OTHER LIVES

Lee Stone, experienced in conducting past life regressions, guides you to remember past incarnations. Verbal. 45 min.

Mind Food #MF059CN

EXPLORING OUR FUTURE

Move into heightened states of consciousness, allowing yourself to explore the world in the selected year of your choosing. Verbal. 58 min.

Mind Food #MF065CN

INNER JOURNEY

Ethereal sounds provide a deeply relaxing melodic flow to relieve stress and give free reign to your imagination—an ideal landscape for personal exploration. 30 min.

Metamusic #MA006CN

MAGICAL ASCENSION

Invoking the mysteries of the ages in a seamless array of musical compositions, Deborah Martin creates a mystical and energizing sound journey inviting the listener into new realms of the sacred. Fellow artist J. Arif Verner collaborates on several tracks in this audio adventure that combines ambient electro-acoustic recordings with interwoven percussive rhythms and textures. Delve into the contemplative magic of imagination and otherworldly visions as you ascend to heightened awareness of the senses and spiritual possibilities. 57 min.

Metamusic #MA116CN

MAYAN WINDS

Tribal rhythms and exotic jungle sounds invoke the atmosphere of ancient Mayan temples, helping you reach higher states of consciousness. 49 min.

Metamusic #MA104CN

MOMENT OF REVELATION

Move beyond space, time and daily concerns as you ascend the spiral staircase to a place of peace and serenity. Verbal. 32 min.

Mind Food #MF011CN

PIECES OF HEAVEN

These heart opening melodies by Barry Goldstein were designed to assist one in accessing the near-death state. Featuring ethereal textures, angelic voices, and orchestral undertones, these cosmic tapestries create the perfect sonic backdrop to immerse yourself in the essence of unconditional love. Hemi-Sync® frequencies help to lead you into a state of peace and serenity as you experience heaven on earth. 57 min.

Metamusic #MA117CN

EXPANDED AWARENESS, CONTINUED

SACRED REALMS

An inspiring musical soundtrack blending essential elements of earth and sky to aid in the progression of a deeper state of consciousness. 57 min. **Metamusic #MA107CN**

SPIRAL OF LIGHT

Peaceful ambient music depicts the journey of the soul to the presence of higher light and love. With each chord you enter into a higher dimension. 40 min. **Metamusic #MA111CN**

SPIRIT'S JOURNEY

Embark on a 21st century vision quest. Carefully orchestrated melodies focus you within as you pursue that pearl of wisdom or guidance that is uniquely your own. 36 min. **Metamusic #MA037C**

TOUCHING EARTH

Deepen your relationship with Earth by entering into a heartfelt meditation to reflect on and celebrate this planet we call home. Verbal. 34 min. **Mind Food #MF068CN**

TOUCHING GRACE

Facilitates a sonic connection to one's divine nature through music. Use for massage and energy healing work or for deep, experiential meditation. 53 min. **Metamusic #MA072CN**

TRANSFORMATION

Merge with captivating music that moves you beyond your sense of personal self. Let go of your thoughts and surrender to a deeply relaxing experience. 49 min. **Metamusic #MA019CN**

THE VISIT

Transports you beyond time, into the presence of those who love and understand you, to access knowledge not available in your waking state. A long time favorite. Verbal. 44 min. **Mind Food #MF022CN**

WHERE THE EARTH TOUCHES THE STARS

Evokes the magic and mystery of a starlit night in the desert—the awe and wonder of nature and the cosmos. Inspires a sense of harmony and unity with the universe. 47 min. **Metamusic #MA074CN**

WISDOM IN ESSENCE

Open to your innermost being and guidance to effectively and creatively deal with change with futurist Peter Russell. Verbal. 25 min. **Mind Food #MF048CN**

HEALTH

BLOOD PRESSURE

HEART: SUPPORT & MAINTENANCE

Utilize the mind-body connection to increase the flexibility of blood vessels and strengthen the heart muscle. Verbal. 60 min. **Human Plus #HP014CN**

HYPERTENSION

Help balance and adjust your circulatory system and support normalizing blood pressure. Verbal. 61 min. **Human Plus #HP051CN**

CANCER SUPPORT

CHEMOTHERAPY COMPANION

Support a positive outcome for chemotherapy. Mental imagery and a series of positive affirmations support your return to physical well-being. Verbal. 44 min. **Mind Food #MF041CN**

RADIATION COMPANION

Learn encoding cues you may use anytime to reinforce the healing effects of your radiation treatment, or help overcome the possible side effects of nausea. Verbal. 45 min. **Mind Food #MF045CN**

ENERGY

ACCESS TO ENERGY

Explore and experience the vast reserve of energy deep within you, and learn to access that energy anytime you wish. Verbal. 71 min. **Human Plus #HP062CN**

ECSTATIC

Stimulate alertness and energy with upbeat music. Speed thought processes with a motivational jumpstart. 30 min. **Metamusic #MA035CN**

ENERGY WALK

Obtain greater vitality with an inner journey to natural sources of energy. Achieve greater balance and support optimal functioning of mind and body. Verbal. 45 min. **Mind Food #MF002CN**

HEMI-SYNC® IN MOTION

Supercharge your energy with upbeat electronic music. Great for dance, jogging, workout routines, or simply doing chores. 43 min. **Metamusic #MA057CN**

RECHARGE

Feel refreshed and revitalized following a short catnap. Use to establish balance and equalization throughout your entire system and awaken fresh and alert. Verbal. 60 min. **Human Plus #HP026CN**

**"The human body is a tuning mechanism through which
the human mind can operate in physical consciousness."**

HEALTH, CONTINUED

IMMUNE SYSTEM

POSITIVE IMMUNITY PROGRAM

Strengthening the mind-body connection

Facilitates deep relaxation and a sense of well-being while training the participant to recognize and use expanded states of consciousness to direct energy for healing. Introduces *Human Plus*®, facilitating the use of encoding cues to create a desired mind-body state at will. Reportedly helpful for fibromyalgia, chronic fatigue syndrome, HIV and other immune disorders. Guidance manual included. 9 CDs.

\$104.94 Series #PI012C

STROKE

SUPPORT FOR STROKE RECOVERY

The primary focus of this series is to assist you in actively participating in your body's own natural healing process. The series combines relaxation, affirmations, and guided imagery to help you rediscover your body's innate wisdom, and to maximize your body's natural tendency to heal and restore balance. Guidance manual included. 4 CDs.

\$63.44 Series #SSR005C

SURGERY

NETWORK OF LIGHT SERIES

As a pioneer in the field of alternative medicine, Dr. C. Norman Shealy has helped medical practitioners to understand more fully the power of the mind-body connection and its relationship to maintaining wellness or restoring wellness following a trauma such as surgery or a life-threatening disease.

The exercises use a progressive relaxation technique to gently guide you into a deep, receptive state of relaxation. You will use this receptive state of relaxation as a "switch" to turn on your inner network of light. Guidance manual included. 4 CDs.

\$63.44 Series #NL008C

THE SURGICAL SUPPORT SERIES

Ease the experience of illness, injury, surgery, chemotherapy, dental treatment, and other physical trauma. This album's effectiveness has been demonstrated in major hospitals and clinics. Reported benefits include reduced anxiety, stabilized blood pressure, minimized need for anesthesia and pain medication, and quicker recuperation. Guidance manual included. 6 CDs.

\$104.94 Series #SS007C

LEARNING & MEMORY

ATTENTION

Sharply focus the mind on a particular thought, action or event. Enhance activities requiring concentration. Verbal. 60 min.

Human Plus #HP001C

BAROQUE GARDEN

Delight in music that has stood the test of time, from composers like Bach, Vivaldi, and Corelli, while enhancing mental capabilities, and stimulating creativity. 46 min.

Metamusic #MA034CN

BREAKTHROUGH

Enhance mental productivity and aptitude for learning with this artistic creation of fast-paced driving rhythms designed to promote peak-performance. 44 min.

Metamusic #MA054CN

CONCENTRATION

Perfect for any mental task requiring focus and concentration—use at home, work or school while studying, reading, or working on a computer. Non-verbal. 58 min.

Mind Food #MF005CN

EINSTEIN'S DREAM

The lively music of Mozart enhances mental capabilities, stimulates creativity, and enriches the imagination. 60 min.

Metamusic #MA029CN

ELATION

Uplifting electronic music facilitates a highly focused state of attention while enhancing memory. Tend to tasks with confidence while balancing and sustaining energy. 56 min.

Metamusic #MA100CN

ELEVATIONS

Raise your ability to focus and concentrate with entrancing electro-symphonic music. Sverre Knut Johansen's compositions are cinematic in scope, incorporating deep ambient melodies. Combined with powerful Hemi-Sync® frequencies, *Elevations* can stimulate more productive mental outcomes. Listen while reading, studying, working, or any task that requires attention. 56 min *Note: This title is not intended to be used with young children due to the nature of the music.*

Metamusic #MA115CN

INDIGO

An electronic music composition for super-learning, sharper focus, concentration, and enhancing your mental performance and creative flow. 71 min.

Metamusic #MA040CN

“Every single thing we learn, no matter how small or seemingly inconsequential, is of immense value There—beyond time-space.”

LEARNING & MEMORY, CONTINUED

LIGHTFALL

Features an interpretation of *Also Sprach Zarathustra* performed on piano and guitar to support peak-performance mental states. 44 min. **Metamusic #MA058CN**

REMEMBRANCE

Perfect for tasks requiring focus and concentration. Play in the background or use with headphones to enhance mental capabilities while stimulating creativity. 65 min.

Metamusic #REM01CN

RETAIN-RECALL-RELEASE

Learn simple encoding cues to improve your mental abilities. Use these cues whenever you wish to embed information more permanently into memory, or to release unwanted thoughts or memories. Verbal. 32 min.

Mind Food #MF016C

MEDITATION & SPIRITUAL GROWTH

5TH DIMENSIONAL TRANSFORMATION

This guided meditation will allow your entire being to experience the higher vibrations of the 5th dimension, and to absorb only those vibrations that you are capable of at this time. Experienced metaphysical practitioner Jackie Haverty leads you to the Crystal Palace, and then to the room of Transformation and Integration. Here you will have the opportunity to activate your 12 strands of DNA for ascension into the 5th dimension, while the crystal table under you absorbs all negative energies, transmuting them into pure love, compassion, understanding and forgiveness. 40 min.

Mind Food #MF091CN

ANGEL PARADISE

Bridge the realms of heaven and earth with angelic harp music. This heartfelt composition acts as a conduit for angelic feelings to touch the emotions of humanity. 59 min.

Metamusic #MA064CN

CELESTIAL SPACE with Hemi-Sync®

Continuing his “celestial” theme, Jonn Serrie creates a spiritual musical odyssey into the timeless depths of space. Perfect for deep meditation or journeying, this electronic symphony combined with Hemi-Sync® frequencies provides the ideal vehicle for opening the mind to the greater reality. 53 min.

Metamusic Atmospheres #MMA007CN

CELESTIAL MEDITATION

Dissolve into deep relaxation with electronic music suggestive of galactic vistas and open spaces—a perfect audio environment for exploring other realities. 62 min.

Metamusic Atmospheres #MMA003CN

CONVERGENCE

Culturally inspired music evokes the essence of the heart and soul of indigenous peoples, moving you into a place of reverence and unity. 55 min. **Metamusic #MA076CN**

CORDS OF LIGHT

Explore and reflect on your relationships, and infuse them with the energy of Grace with this guided meditation by Thomas Mooneagle. We are all joined together through cords of light, allowing us to give and receive support from one another. These luminous cords connect us with people, places, the earth, our guides in spirit, our personal power, our prosperity, and the ultimate Source of all life. The nature and quality of these relationships are reflected in these cords of light. Using awareness and intention, you will learn to influence the flow of energy along these cords to bring greater balance and harmony to your relationships. 38 min.

Mind Food #MF101CN

COSMIC TRAVELER

Drift into dimensions of space and time with atmospheric soundscapes and expertly blended frequencies to carry you to expanded states of consciousness. 60 min.

Metamusic Atmospheres #MMA001CN

CROSSING THE ABYSS

A powerful mixture of electronic and acoustic ambient music by J. Arif Verner invokes a vast and expansive scene perfect for deep exploration. The addition of Hemi-Sync® frequencies offer support as your awareness transforms from an individualized state into a transcendental or enlightened state. 53 min.

Metamusic Atmospheres #MMA006CN

DEEP JOURNEYS

A compelling meditative suite of seven hypnotic musical tracks by internationally-acclaimed recording artist Steven Halpern. 57 min.

Metamusic #MA039CN

EMBODY THE ESSENCE OF LIFE

This powerful Hemi-Sync® meditation by Jackie Haverty will awaken the life force within you. As you expand within the essence of the Light, you will generate the ability to reconstitute, reconstruct, and rejuvenate your entire physical, emotional and mental being, providing access to healing, awakening, and transformation. Use this meditation often in order to gain momentum and power within your being, enhancing your experience of love, harmony, and divine union with All That Is. 39 min.

Mind Food #MF100CN

ETERNITY WITHIN

Rendezvous with your eternal Higher Self with ethereal music inspired by Robert Monroe's own experiences described in *Ultimate Journey*. 45 min.

Metamusic #MA056CN

MEDITATION & SPIRITUAL GROWTH, CONTINUED

THE GATEWAY EXPERIENCE

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HEMI-SYNC® MEDITATION

Discover and explore higher states of consciousness. Deeply relaxing sound patterns will gently lead you into powerful, free-flow explorations. Non-verbal. 45 min.

Mind Food #MF047CN

HIGHER

Delicate, ethereal tones focus you inward to transport you to illuminating levels of awareness. 48 min.

Metamusic #MA023CNN

INNER STATES II: A Return to Light

Increase your inner light with this second volume of *Inner States**. Explore yourself as a source of light, and find more integration and oneness in this world and beyond. We can all be better channels for service on earth, becoming more intuitive, sensitive and empowered on many levels, and we can move into truly loving ourselves as we love others. Created and voiced by Patty Ray Avalon, there are four tracks: *Inner Freedom* will help you connect with your inner core light as you melt away any self-imposed limitations. *Translucence* will guide you to experience your own clear state of being and knowing, and open to receive messages from higher sources. The *Healing Light Center* will take you to a locale in a higher dimension for restoration and balancing all parts of your being. And finally, *Wavelength* will teach you a method to increase or decrease your own vibrational rate at will to help stay calm, centered and grounded, or move to higher realms of information and energy realities. 2CDs.

\$33.84 Series #IS006C

IT DREAMS IN ME

A single electric guitar, with special effects and skillful use of harmonics, creates an ethereal composition that makes for a contemplative experience. 45 min.

Metamusic #MA110CN

THE JOURNEY HOME

Immerse yourself in this inspired musical depiction of a soul's journey to the realm of the Creator. 45 min.

Metamusic #MA038CN

LAND OF SPIRIT

This elegant fusion of electronic space music is a perfect soundscape for deep meditation and exploration. 64 min.

Metamusic Atmospheres #MMA002CN

***NOTE:** The first title in this series, **INNER STATES: Dawning of Awareness**, is currently only available in download format. Visit our website or contact customer service for more information.

MEDIUMSHIP: The Training Ground

Evidential medium Suzanne Giesemann teaches that we all have the ability to connect with those who have passed; with guides, angels, and with Oneness itself. These exercises can help you learn to serve as a communicator for those who no longer have a physical voice, to identify your current state of awareness, and to shift back and forth into expanded states of consciousness at will. Hemi-Sync® tones makes it easier to achieve these expanded states. Includes four exercises on two CDs. Guidance manual included.

\$26.45 Mind Food #MF086CN

MEDIUMSHIP: Building the Power

This 2nd installment of the *Mediumship* series teaches you how to tap into and build Power, enabling your connection to the spirit world. The lower vibration of the human energy field can hinder you from fully experiencing this connection when in a normal waking state. By consciously working to raise your vibration you can greatly increase your awareness of and interaction with the higher realms, which is the goal of mediumship. Features a verbally guided exercise and an open exercise to deepen the experience. Guidance manual included.

Mind Food #MF089CN

MEDIUMSHIP: Working with Your Guides

This 3rd offering in the *Mediumship* series will assist you in connecting and working with your team of spirit guides. The first track, *Getting to Know Your Team*, will teach you to become familiar with the difference between what you sense when your team is closely present in your energetic field, and when they have stepped back. The second track, *Increasing the Connection*, is designed to identify and clear any beliefs that may get in the way of establishing a clear connection across the veil. The third track, *Communing with your Guides*, is a free-flow meditation that allows you to interact with your guides for whatever insight and guidance may be needed in the moment. 2 CDs. Guidance manual included.

\$26.45 Mind Food #MF097CN

MEDIUMSHIP: Making the Connection

In this 4th offering in Suzanne Giesemann's *Mediumship* series, you will apply what you've learned in the previous recordings to connect with higher consciousness and disembodied souls across the veil. Features two tracks; the first is a guided meditation to help you learn to easily shift your awareness and vibration to meet those in alternate realities exactly where they are. As you open to these beings, you will interact and ask questions. Track 2 is mostly non-verbal, allowing you to have your own experience as the Hemi-Sync® frequencies assist you in reaching an expanded state. Guidance manual included.

Mind Food #MF103CN

NEW FRONTIERS

Drifting from electronic soundscapes to atmospheric textures, Craig Padilla's analog and digital synthesizer music blends seamlessly with Marvin Allen's electric guitar, eliciting an adventure beyond borders. The addition of Hemi-Sync® frequencies take you on an exhilarating journey through unknown realms. Fans of electronic, ambient and rock music will particularly appreciate this composition. 62 min.

Metamusic #MA120CN

**"The only way you can accept and know
this extended reality is to experience it yourself."**

MEDITATION & SPIRITUAL GROWTH, CONTINUED

OPENING THE HEART®

Spiritual teachers from various traditions consider the universal energy of love to be our pathway home; to remembering who we truly are. The gateway to this knowledge seems to reside in the heart, the energy center that connects us to our source. Four exercises are designed to provide you with the direct experience of love in ways that will enrich your daily life and advance your spiritual growth. Guidance manual included. 4 CDs.

\$52.95 Series #HL003C

PARTNERS MEDITATION

Enhance and deepen the joy, appreciation and richness that you and your partner experience from your relationship. Verbal. 38 min.

Heart-Sync #HS005CN

PEARL MOON

A flowing and peaceful sojourn to the depths of your soul, strengthening your innate abilities of perception while establishing self-acceptance and joy. 67 min.

Metamusic #MA079CN

QUEST OF THE MYSTIC

Ambient dreamscapes and contemplative melodic sounds transport you to a mystical place of exploration. 55 min.

Metamusic #MA114CN

SACRED SPACE *The Practice of Inner Stillness*

Revered spiritual teacher Tenzin Wangyal Rinpoche masterfully guides you inward to become still, releasing anxiety, fears, and confusion. Verbal. 42 min.

Mind Food #MF072CN

THE "SO" CHORD

An ideal sonic background to support experiential meditation. Restore balance and harmony to mind and body with this extraordinary meditative tool. Non-verbal. 45 min.

Mind Food #MF052CN

TIMELESS PEACE

Experience a meditative state of infinite stillness, where thoughts fall away and you can be nourished by profound eternal peace. Verbal/Non-verbal. Two tracks, 35 min. each.

Mind Food #MF074CN

THE VISITATION

Enjoy a deeply relaxing meditative state as you are transported by other-worldly music and to an encounter with a non-physical friend. 29 min.

Metamusic #MA020CN

WISDOM OF THE HEART

Ambient textures and soothing melodies were composed at a tempo consistent with the heart at a relaxed state, allowing the listener to reach a deep state of relaxation effortlessly. 59 min.

Metamusic #MA098CN

OUT-OF-BODY

HEMI-SYNC® SUPPORT FOR JOURNEYS OUT OF THE BODY

The out-of-body experience (OBE) is a state in which one's consciousness appears to depart the physical body, allowing perception by means other than those of the physical senses. This in-home training series is designed to provide Hemi-Sync® audio-guidance to those who wish to achieve this state. With practice, one can be brought to the borderland sleep state, and through it, to experience the out-of-body state with full conscious awareness. *The OBE phenomenon is discussed in great detail in Robert A. Monroe's classic, Journeys Out of the Body (Doubleday, 1971). This book is highly recommended to complement the guidance manual and six exercises included.* 6 CDs.

\$104.94 Series #JOB007C

OUT-OF-BODY TECHNIQUES By William Buhlman

Learn techniques for out of body explorations from leading expert William Buhlman. Based on 40-plus years of experience, Buhlman found that each of us responds differently to various OBE induction methods. Six audio tracks on six CDs provide different approaches for achieving this state. Each track is approximately 45 minutes. Guidance manual included. 6 CDs.

\$104.94 Series #OBT007C

RELAXATION & STRESS MANAGEMENT

ATTENTION/AT EASE

This dual purpose title can help you meet the critical demands of military service by helping you stay focused during waking hours, and to fully relax and restore during down time. Non-verbal. 2 CDs.

\$26.45 Mind Food #MF079CN

BEYOND THE GOLDEN LIGHT

Experience the protection and nurturance of the Golden Light as you explore the outer reaches of consciousness with tender and fluid melodies. 46 min.

Metamusic #MA089CN

DEEP 10 RELAXATION

A highly effective, time-proven means to counteract the negative effects of stress in your life. Move into deepening states of mental and physical calm. Verbal. 64 min.

Mind Food #ST006CN

**“Consciousness and the focusing thereof contain any
and all solutions to the life processes that man desires or encounters.”**

RELAXATION & STRESS MANAGEMENT, CONTINUED

DREAMER'S JOURNEY

Enjoy profound relaxation and inner peace as you journey through time. Enchanting melodies blend with subtle sound effects for enlightening, dream-like experiences. 37 min.

Metamusic #MA028CN

ENCHANTED FOREST

Gentle and soothing ambient music with sounds of nature ideal for meditation, relaxation/stress reduction, massage and energy healing. 57 min.

Metamusic #MA106CN

GUIDE TO SERENITY

Experience deep levels of physical and emotional comfort with this highly effective 10-point system of total relaxation. Verbal. 39 min.

Mind Food #MF009CN

HIMALAYAN SOUL

Immerse yourself in an exquisite state of inner tranquility with the enchanting, mystical flute music of Ilona Selke. A welcome refuge from the frantic speed of life. 43 min.

Metamusic #MA043CN

INTO THE DEEP

Explore the silent world of the deep with delicately textured music by Matthew Sigmon and Julie Anderson. Immerse yourself into the tranquility of an aquatic paradise. 29 min.

Metamusic #MA024C

MIDSUMMER NIGHT

Sink gently into a state of inner peace as rainfall and crickets blend with keyboards and classical guitar to provide an inspiring meditative experience. 28 min.

Metamusic #MM013CN

THE MUSIC OF GRACEFUL PASSAGES

Experience this listening meditation as you traverse any significant transition in your life; to remember who you are, live with an awareness of what matters most, and remember that you are never alone. 74 min.

Metamusic #MA094CN

MYSTIC REALMS

Mesmerizing ambient music beckons you into the transcendent stillness within. Let go of daily concerns and immerse yourself in a state of peace and serenity. 43 min.

Metamusic #MA045CN

OASIS

Inspired by the beauty and mystery of nature, this Central European-styled composition will provide safe harbor from your daily concerns, stimulating creativity and imagination. 64 min.

Metamusic #MA059CN

PATH TO PEACE

This calming, peaceful and contemplative musical narrative invokes a pastoral locale—the perfect setting for an inner retreat. Deepen the relaxation process as you let go and flow. 46 min.

Metamusic #MA113CN

PORTAL TO ETERNITY

This enchanting composition stimulates your imagination while providing a refreshing departure from daily activities. 42 min.

Metamusic #MA050CN

RELAX

Obtain freedom from physical, mental and emotional tensions. Maintain a state of calmness and think clearly while coping with stress. Verbal. 60 min.

Human Plus #HP028C

RIVER DAWN Piano Meditations

Soft but expressive, *this piano meditation* is perfect for reducing stress and is an evocative sonic background for meditation. 60 min.

Metamusic #MA069CN

ROMANTIC WONDER

Create a dreamy mood for those special moments with passionate and emotionally engaging music, which artfully conveys every nuance of tender and loving feelings. 50 min.

Metamusic #MA051CN

SERENITY

Sit back, close your eyes, and allow this gentle and harmonious therapeutic composition to refresh and nurture, creating a space profound relaxation. 63 min.

Metamusic #MA102CN

SOFT AND STILL

Drift gently into mental and physical relaxation with the calming, natural energy of the tides. Open to a state of creative reflection. Non-verbal. 30 min.

Mind Food #MF017CN

STRAND

Relax and follow the thread from each track as it weaves a beautiful tapestry of ambient and introspective melodies for a powerful meditative experience. 56 min.

Metamusic #MA095CN

STREAMHAVEN

Offers a peaceful and refreshing respite from ongoing daily activities. Soothing live stream recordings create a sanctuary for a peaceful personal retreat. Verbal. 60 min.

Mind Food #MF071CN

SURF

Tensions ebb away with the soothing sounds of the ocean surf, allowing you to drift into progressively deeper states of relaxation. A Hemi-Sync® favorite. Non-verbal. 46 min.

Mind Food #MF021CN

TOTAL RELAXATION

Reduce anxiety and stress and move into a detached state of being. Experience inner peace and a serene mind, aided by verbal guidance and tranquil music. Two tracks, 31 min. each.

Mind Food #MF078CN

TRANQUILITY

Mellow your mood with intricate textures of Indian music woven with Western music forms. An artful, unspoken appeal for spiritual awareness and world peace. 53 min.

Metamusic #MA063CN

WAVES OF LOVE

Inspired by the dolphins and composed from the heart, poignant melodies create a space of inner tranquility and deep reflection. 65 min.

Metamusic #MA097CN

WINDS OVER THE WORLD

Flow with this graceful expression of the spirit of life. Enjoy a sustained state of peace and calm as you journey within. 29 min.

Metamusic #MA027CN

**"We are expressions of energy. Consciousness
is focused energy. Energy focused is exponential."**

SHAMANIC

DEEP TIME DREAMING

Explore unknown spiritual realms with ancient shamanic soundworlds. A portal for shamanic travel and divine communion, laced with mysticism. 73 min.

Metamusic #MA077CN

DESERT MOON SONG

One of the first ambient recordings to pay tribute to the desert, evoking images of spacious landscapes and creating a sense of mystery and inner calm. 55 min.

Metamusic #MA066CN

DIMENSIONS IN TIME

Ancient and traditional instruments pay homage to the American Indian. Includes partial segments of Omaha and Kiowa Indian cylinder recordings from 1894, and live recordings of Kiowa powwow songs. 62 min.

Metamusic #MA099CN

THE DREAMING GATE

Enter a shamanic "dreamtime" with the entrancing didgeridoo music inspired by tribal cultures and ceremonial music from around the world. Includes indigenous chants and highly textured soundscapes. 59 min.

Metamusic #MA067CN

HERO'S JOURNEY

This powerful shamanic musical odyssey by Slovenian music/sound artist Nimetu will take you on a deep inner journey. Constructed as a voyage through different stages, it begins with preparations for the departure—like a hero gathering his forces and setting intention—then slowly guides you out of the ordinary world. Explore different aspects of yourself and the Universe as the music builds to a rising of internal power, bringing about a catharsis as it gently leads you back "home" again, changed, enriched, and empowered, with a different view of reality and appreciation for life. Hemi-Sync® frequencies support these transitions. Instruments include Native American flutes, frame drums, shakers, rattles, Koshi bells, Tibetan singing bowls, and crystal harp. 49 min.

Metamusic #MA118CN

MEDICINE WORK

This composition is designed to guide and support you into deeper territories of your own inner worlds—far beyond the known and familiar. The journey concludes with the safe return home to the harmonic resonance of the traveler's heart and true nature. 71 min.

Metamusic #MA112CN

PERSISTENT VISIONS

Experience balance and a deep sense of peace and calm with this heart-centered musical meditation from veteran transformative shamanic practitioners Byron Metcalf and Mark Seelig. Consisting of six parts, it is designed for a continuous, uninterrupted listening experience that slowly evolves and builds with increasing tempo and dynamic complexity. The addition of Hemi-Sync® frequencies to this potent composition provides for an expanded state of consciousness, leading one into a state of bliss. This album is a powerful support tool for extended meditation practices, massage and body work, exploration, and any practice that is intended to reveal the Truth of one's experience and life circumstances. 70 min.

Metamusic #MA119CN

THE SHAMAN'S HEART

Spellbinding shamanic stylings transport you into the infinite heart-space dimension. For optimum results, listen to this experiential composition in one session—preferably in a darkened, meditative environment. 73 min.

Metamusic #MA062CN

THE SHAMAN'S HEART II

This powerful shamanic journey invites the listener to make full contact with their heart, their inner wisdom, and non-physical helpers and guides to reveal, heal and transform the habitual patterns and blocks that inhibit growth and creativity. 71 min.

Metamusic #MA109CN

THE SHAMAN'S HEART PROGRAM

The Path of Authentic Power, Purpose, and Presence

Learn to live from a heart-centered and soul-based perspective with this unique and powerful combination of shamanic practice, ancient wisdom, and various methods of spiritual growth. Dr. Byron Metcalf has created a comprehensive program to help you fully develop your authentic power, purpose and presence by exploring and developing the heart from a shamanic and transpersonal perspective. Consists of six verbally guided exercises and a comprehensive guidance manual. 4 CDs.

\$63.44 Series #SH001C

TRIBAL JOURNEYS

Evoke meditative states with the spellbinding use of ancient African instruments. Features ethereal vocals, rhythmic drumming and the haunting sounds of the air whistle. 57 min.

Metamusic #MA042CN

"The spectrum of consciousness ranges, seemingly endlessly, beyond time-space into other energy systems."

SLEEP & DREAMS

CATNAPPER

Enjoy a totally refreshing nap in only 30 minutes. Effective for countering the effects of jet lag, coping with irregular schedules or as the ultimate pick-me-up anytime. Verbal. 30 min.

Mind Food #ST001CN

HEMI-SYNC® NAP

Obtain the equivalent of a 90-minute sleep cycle in 25 minutes, leaving you feeling refreshed, alert and ready to go. Quickly move into a deep sleep state, and awaken restored and revitalized. Non-verbal. 25 min.

Mind Food #MF076CN

LUCID DREAMING

Provides a unique opportunity to benefit from states of expanded awareness during times we are not normally conscious. This series is designed to teach you how to program and consciously participate in your personal dreamscape.

Verbal guidance and subtle sound effects facilitate the brain-wave states found in naturally occurring sleep cycles. Accordingly, each of the first three exercises—*Mind Awake/Body Asleep*, *Creative Imagination*, *Flying Solo*—is 90 minutes in length. Exercise Four—*Programming Your Dream State*—is designed for a full eight-hour sleep period to support your lucid dreaming practice. Requires a DVD player. DVD.

\$52.95 Series #LD005D

LULLABY

A gentle and enchanting collection of the world's favorite lullabies carries you from deep relaxation into restful sleep. Perfect for children and adults alike. 55 min.

Metamusic #MA105CN

RESTORATIVE SLEEP

Easily enter into deeply restorative sleep and support the process of healing. Assist your recovery from illness, injury, or surgery or to support the normal functioning of physical systems. Get a good night's sleep and wake up rested and refreshed. Verbal. 65 min.

Human Plus #HP031CN

SACRED SLEEP

Experiencing Sacred Sleep is like entering a temple of light. Geshe Tenzin Wangyal Rinpoche provides an opportunity to enter that sacred temple as he guides you, in Track 1, to let go of all worries, all noises and distractions, and all the stories as you completely merge in this pure space. Connect to your body and your heart as you experience a deep sense of comfort, silence, stillness, and quietness. Allow yourself to fully and deeply rest in that space as you fall into the clear light of sleep. Track 2 is a 45-minute sleep track, which can be set to repeat throughout the night if desired.

\$26.45 Mind Food #MF102CN

SERENE SLEEP

Ambient textures, hypnotic soundscapes, nature sounds, Tibetan bowls, and bells with hints of the Far East throughout gently create a place of tranquility, while the sleep frequencies carry you into deep sleep. 46 min.

Metamusic #MA108CN

SLEEP

Move easily into natural, restful sleep. Learn a simple method to counter insomnia, adjust to irregular schedules or overcome disruptions. Verbal. 60 min.

Human Plus #HP040CN

SLEEP DEEPLY

Enjoy deep and restful sleep the natural way. Play once to fall asleep, or repeat throughout the night to help you stay asleep. Non-verbal. 45 min.

Mind Food #MF077CN

SLEEPING THROUGH THE RAIN

Journey across the border of wakefulness with soft, dreamy music, from deep relaxation into natural, refreshing sleep. A long time favorite. 29 min.

Metamusic #MA007CN

SOUND SLEEPER

Enjoy the restorative benefits of a good night's rest. Features two tracks, one to guide you into sleep, and one to continue your sleep cycle. Verbal/Non-verbal. 70 min.

Mind Food #ST003C

SUPER SLEEP

Features the natural brainwave patterns of the Delta sleep state. Provides the benefits of totally refreshing, deeply restorative sleep. Non-verbal. 45 min.

Mind Food #ST002CN

WAKE/KNOW

Learn a simple method to use before going to bed to acquire knowledge from your total self during sleep. Verbal. 65 minutes.

Human Plus #HP049CN

WAKE-INDUCED LUCID DREAMING

Learn to maintain and control your awareness as you pass through the stages of sleep, slipping into the dream state with conscious presence. This technique is known as Wake-Induced Lucid Dreaming (WILD), and with practice allows you to retain lucidity throughout and consciously dream at will. Luigi Sciambarella applies his years of experience as he guides you through the process of learning to maximize your conscious dreaming potential. While dreams typically happen at night, this method will allow you to access these lucid states during meditation at any time of day. Features two tracks: Track 1 is an introduction; Track 2 is the guided exercise.

Mind Food #MF090CN

All CDs are \$21.15 unless otherwise noted in each individual description.

Prices and availability subject to change.

Visit www.hemi-sync.com for a complete catalog of titles, including downloads.

**"The more we improve humankind, the more our prospects improve.
One major improvement is equal to one hundred minor ones."**

SLEEP FOR CHILDREN

While some of our sleep titles may be appropriate for children, these titles were specially created to ease children into sleep with original bedtime stories voiced by talented storytellers.

JOY JUMPER

A delightful bedtime story about Kathy's newly discovered secret, "joy jumping." Kathy had trouble going to sleep at night. Now she "joy jumps" to her favorite places every night and plays happily as she drifts gently off to sleep. Narrated by Morgan MacKenzie-Perkins, this selection guides your child into a deep and restful sleep. Verbal/Non-verbal. 46 min.

Mind Food #MF046CN

SLEEPY LOCUST

Your child is sure to enjoy this whimsical bedtime story about Big Freddy and his big plan to outwit the locusts and save the corn. Narrator Morgan MacKenzie-Perkins gently guides your child into a deep and restful sleep. 60 min.

Mind Food #MF050CN

TURTLE ISLAND

An American Indian "Creation" story for bedtime. This original tale is about how "two leggeds" came to Turtle Island—the land most people know as North America. It is part of a revered Iroquois oral tradition for conveying spiritual and ancestral knowledge about the origins and history of their native culture. The narrative teaches children the importance of honoring Mother Earth and all of her creatures. Voiced by Jane Ely, Ph.D. Features rattle, flute and drum. Verbal/Non-verbal. 60 min.

Mind Food #MF054CN

Individual descriptions are abbreviated
versions of the packaging descriptions.

For more information on each title,
contact your local dealer,
Hemi-Sync® customer service,
or visit our website.

SACRED GEOMETRY BY LIGHTSOURCE ARTS

These products may be used daily to manage stress and improve health and well-being. With appropriate intent, this vibrant mix of ancient wisdom and new technology may be used as an extraordinary tool for transformation. Regardless of how you choose to use it, you will always benefit from its calming, centering and rejuvenating effects.

BLOSSOMING LOTUS with Hemi-Sync®

Mystical Symbols of the Far East

Breathes light and life into mystical, sacred symbols of the Far East. Hypnotic animation and vibrantly brilliant color merged with the heart-opening *Indigo for Quantum Focus* Hemi-Sync® soundtrack truly will lift you to unparalleled new peaks of creative inspiration. *Blossoming Lotus with Hemi-Sync®* presents 12 mandalas from the Taoist, Buddhist, and Hindu traditions that manage at once to be both ancient and contemporary. Use for powerfully focused meditation, daily stress reduction and serene ambience, as joyful upliftment at ceremonies and gatherings, and even for profoundly deep new experiences when giving or receiving massage. *Widescreen and Full screen versions; on-disc extras included.*

\$21.15 DVD #LS004D

HANTA YO with Hemi-Sync®

Native American power shields and symbols

Presents classic Native American shields, power symbols, and medicine wheels finely illustrated and brought to life with scintillating color and LightSOURCE animation. *Hanta Yo!* is a Lakota Sioux invocation and prayer that calls upon the Great Spirit to clear the way and ready the path for the seeker's spiritual evolution. Created by software designer and artist Mika Feinberg, *Hanta Yo* offers a uniquely beautiful portal into Native American cosmology. Features a special, expanded version of the award-winning *Metamusic®* soundtrack *The Shaman's Heart with Hemi-Sync®*.

\$21.15 DVD #LS006D

YANTRA MANTRA—Sacred Light Sacred Sound merges the ethereal splendor of Deva Premal's enchanting voice with relaxing Hemi-Sync® binaural beats and the breathtaking beauty of LightSOURCE living mandalas. Together they form a potent spiritual cocktail that expands the mind, heals the heart, and uplifts the soul. *Yantra Mantra* is a fusion of animated sacred mandalas—both ancient and new—and ageless spiritual chants with movement, rhythm, color and the Hemi-Sync® frequencies. *Yantra Mantra* activates personal transformation, facilitates mental and physical relaxation, and leads to holistic spiritual awareness, resulting in a state of "peaceful awakening." Perfect for group meditation and for individually finding peace within.

\$24.33 DVD #LS007D

\$31.75 BLU-RAY DVD #LS007BRD



The Gateway Experience is a life-enhancing program dedicated to developing and exploring expanded states of awareness. Beginning with *Wave I—Discovery*, there are six “albums” called “Waves.” Each Wave (3 CDs, 6 exercises) contains special Hemi-Sync® exercises designed to gently lead the listener into profound states of expanded awareness. While in such states, one has available a broader range of perceptions with which to solve problems, develop creativity or obtain guidance.

The series evolved from Robert Monroe’s spontaneous out-of-body experiences that prompted his lifelong dedication to exploring states of consciousness. Now digitally remastered, Waves I through IV are voiced by Robert Monroe. Waves V, VI and VII have been voiced by Monroe’s stepson, A.J. Honeycutt.

Each album is progressive in nature, building on the tools and techniques from the previous albums. Therefore, the albums must be used sequentially. A detailed guidance manual is included with each Wave.

Individual albums \$104.94 each.

Purchase all seven Waves (21 CDs) \$575.00 #GE074CN

Discovery • Threshold • Freedom • Adventure • Exploring • Odyssey • Voyager

WAVE I—DISCOVERY

Discovery introduces the Mind Awake/Body Asleep state (Focus™ 10) and other “mental tools” to help you experience states of expanded awareness. You are led from your physical waking state into deep relaxation and then into unexplored levels of your consciousness. Discover new potentials in thought and action as your total self becomes your personal gateway into profound forms of perception. 3 CDs.

Orientation—introduction and Focus 3

Intro Focus 10—establish the state of mind awake/body asleep

Advanced Focus 10—expand perception and learn greater control of personal energy

Release and Recharge—detach from old fears and negative emotions

Exploration, Sleep—techniques for expanding and exploring while asleep

Free Flow 10—experiment with all tools learned in Wave I
#GE043C

WAVE II—THRESHOLD

Learn more Focus 10 “mental tools” and benefit from exercises which take you to a state of expanded awareness known as Focus 12. *Threshold* opens new percep-

tual channels for expanding and integrating personal awareness while developing creative insights which assist in dissolving fear barriers. 3 CDs.

Intro Focus 12—establish the higher energy state of expanded awareness

Problem Solving—receive creative solutions to questions

One Month Patterning—reshape your life as you desire

Color Breathing—link mind and body to energize and support healing

Energy Bar Tool—direct your nonphysical energies

Living Body Map—balance and strengthen the physical self

#GE044C

WAVE III—FREEDOM

Enjoy Focus 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your nonphysical energy a comfortable and joyous experience. 3 CDs.

Lift Off—achieve ease with nonphysical experience

Remote Viewing—tools for distant perception

Vectors—reference points for easy movement

Five Questions—answers from your total self

Energy Food—absorb nonphysical energy

First Stage Separation—explore nonphysical consciousness

#GE045C

WAVE IV—ADVENTURE

Explore new experiences, new ideas, new places and new friends. This album provides you with the ultimate expression beyond *Freedom*—that of a personally controlled and directed adventure. 3 CDs.

One Year Patterning—for designing your desired future

Five Messages—gain insight into your total self

Free Flow 12—an unparalleled background for personal exploration

NVC I—non-verbal communication, the language of intuitive thought

NVC II—broaden perception in all states of your being

Compoint 12—establish a reference point for communication with higher consciousness **#GE046C**

WAVE V—EXPLORING (A Journey to Focus 15)

From the now familiar state of Focus 12, you will be introduced to Focus 15, the "no time" state—the state of simply being. Here, far beyond your five physical senses, you can connect with the source of your intuition. 3 CDs.

Advanced Focus 12—strengthen and reinforce your familiarity with this valuable state

Discovering Intuition—use Focus 12 as a natural foundation for enhancing your intuitive abilities

Exploring Intuition—further exploration of your intuitive abilities

Intro to Focus 15—be guided into Focus 15, the state of "no time," where time does not exist for you

Mission 15 Creation and Manifestation—explore Focus 15 as a powerful state of creation and manifestation

Exploring Focus 15—a free flow opportunity for further exploration of this extraordinary state **#GE047CN**

WAVE VI—ODYSSEY (A Journey to Focus 21)

Embark upon an *odyssey of self-discovery*. Wave VI features high-adventure exercises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality in this continuation of *The Gateway Experience*. 3 CDs.

Sensing Locale 1—learn to control your energy body

Expansion in Locale 1—reach out further from your physical body

Point of Departure—project "out of phase" from your physical self

Nonphysical Friends—meet your "helpers" in energetic form"

Movement to Locale 2/Intro Focus 21—travel the bridge to other energy systems

Free Flow Journey in Focus 21—brand-new territory for your exploration **#GE062CN**

WAVE VII—VOYAGER

Learn to be of service to self and others. Journey to Focus 21 and on to states of awareness associated with the afterlife state, Focus 23 through Focus 27. From these levels contact is made with individuals who have died physically but remain "static" — unable to detach completely from the earth energy systems. You will have the opportunity to connect with loved ones, and send/receive messages. 3 CDs.

Explore Total Self—gain a better understanding of your Total Self.

Intro to Focus 23—perceive various beings and their states of consciousness.

Intro to Focus 25—explore belief system territories.

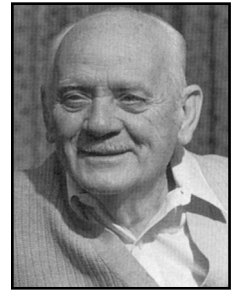
Intro to Focus 27—the reception center between physical lives.

Retrieval—learn to assist those in Focus 23.

Messages From Beyond—free flow explorations. **#GE073CN**

What can you expect from *The Gateway Experience*?

"As much or as little as you put into it. Some discover themselves and thus live more completely, more constructively. Others reach levels of awareness so profound that one such experience is enough for a lifetime. Still others become seekers-after-truth and add an on-going adventure to their daily activity."



—Robert Monroe

THE GATEWAY AFFIRMATION

I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal to or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.

THE MONROE TRILOGY

JOURNEYS OUT OF THE BODY

The undisputed classic on out-of-body experiences now translated into 10 languages.

In 1958, a successful businessman named Robert Monroe began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbounded by life or death. His record of these explorations has comforted millions of people who have experienced paranormal incidents.

#BK008 \$13.55 (soft cover)

FAR JOURNEYS

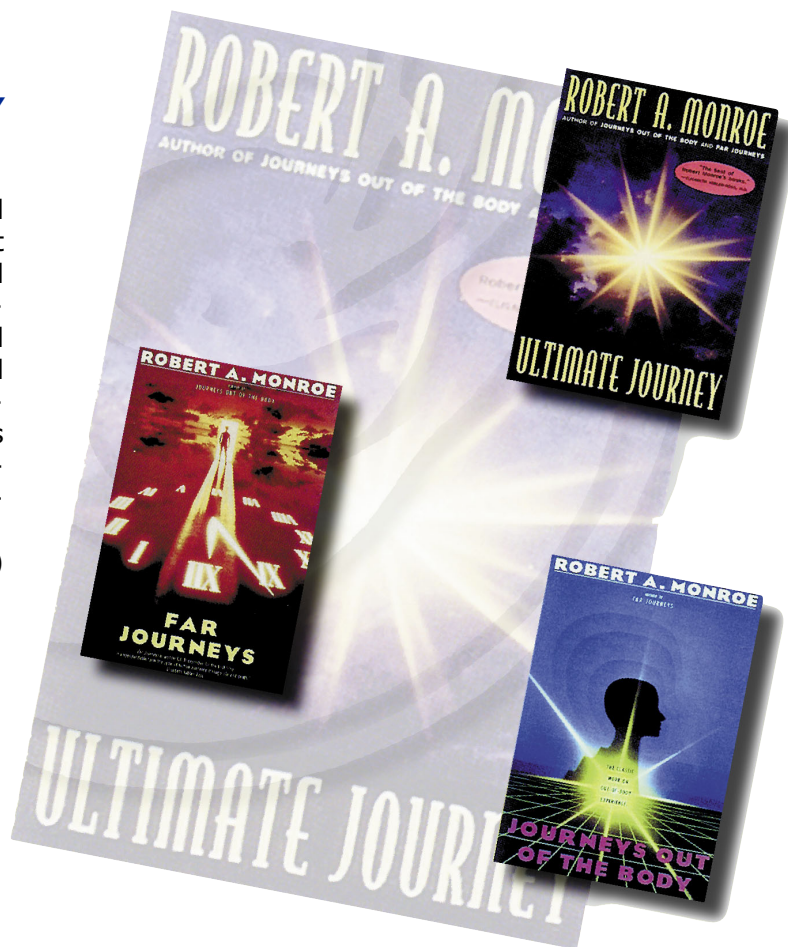
With his classic and best-selling *Journeys Out of the Body*, Robert Monroe introduced readers to his remarkable excursions out-of-body and into outer consciousness. In *Far Journeys*, after more than a decade of in-depth research, he presents a mesmerizing odyssey that takes you even farther beyond the known dimensions of the physical universe. With great insight and wit, Monroe offers new awareness into the untapped resources and limitless possibilities of the human mind.

#BK009 \$13.72 (soft cover)

ULTIMATE JOURNEY

In a long-awaited sequel, Monroe explores the incredibly rewarding opportunities that lie beyond the limits of the physical world. He charts the route that opens to us when we leave our physical lives and takes the reader with him on an exhilarating journey that expands the limits of human experience. This is a journey that reveals basic truths about the meaning and purpose of life—and of what lies beyond. *Ultimate Journey* is the masterwork of a daring and original thinker and explorer.

#BK017A \$13.55 (soft cover)



**"Robert Monroe's experiences are probably the most intriguing of any person's in our time with the possible exception of Carlos Castaneda's."
—Joseph Chilton Pearce, author of *Magical Child* (on *Journeys Out of the Body*)**

**"*Far Journeys* is highly recommended for those curious enough to want to entertain new possibilities of who they are and why they are here."
—Common Boundary**

**"The best of Robert Monroe's books. Certainly a challenging and exciting book, and although I have participated in Monroe's research and had many of my own out-of-body experiences, I could barely put it down."
—Elisabeth Kübler-Ross, MD, author of *Death and Dying* (on *Ultimate Journey*)**

Prices and availability subject to change.



HEMI-SYNC® TECHNOLOGY

What can Hemi-Sync® do for you?

Hemi-Sync® helps you safely alter your brainwaves with multi-layered patterns of sound frequencies. When you hear these through stereo headphones or speakers, your brain responds by producing a third sound (called a binaural beat) that encourages the desired brainwave activity.

This is how binaural beating works:

- A sound played in the left ear is heard as a single tone.
- A sound played in the right ear is also heard as a single tone.
- Played together, the vibrato perceived is called binaural beating.

What does this mean for you?

Hemi-Sync® can help you experience enhanced mental, physical, and emotional states, by combining verbal guidance, music, pink sound and/or other audio effects with the binaural beats. The particular elements for each recording are carefully selected and integrated with the appropriate Hemi-Sync® sound frequencies to enhance the desired effect.

It all happens in the brain

The brain controls all body activities, from heart rate and breathing to emotion, learning, and memory. It is even thought to influence the immune system's response to disease. It sets humans apart from all other species by allowing us to achieve scientific breakthroughs, composing masterpieces of literature, art, and music. The brain is what makes us human. The extent of the brain's capabilities is unknown; it is the most complex living structure known in the universe.

The brain is divided into two hemispheres—left and right. The left hemisphere has been linked with verbal skills, rational, logical, and analytical thinking. The right hemisphere has been linked with visual/spatial skills, emotion, musical aptitude, intuition, and imaginative thought. There is a reason why we have two hemispheres: they are both necessary and complementary, and they function best when they are functioning together.

It is well known that the brain is an electrochemical organ; researchers have speculated that a fully functioning brain can generate as much as 10 watts of electrical power. Even though this electrical power is very limited, it does occur in very specific ways that are characteristic of the human brain. Electrical activity emanating from the brain is displayed in the form of brainwaves.

Brainwaves and the various states of consciousness

There are four basic categories of brainwaves: **Beta**, **Alpha**, **Theta** and **Delta**. Our brains are always generating Beta, Alpha, Theta and Delta beats at the same time. When we say a person is in a Beta, Alpha, Theta or Delta state, it simply means that is the strongest signal being detected at that particular time.

Beta brainwaves are the frequencies ranging from 14 cycles per second up to 38 cycles per second. Beta is the normal thinking state, the active external awareness and thought process. Without Beta you would not be able to function in the outside world.

Alpha brainwaves are the brainwaves of relaxed detached awareness, visualization, sensory imagery and light reverie. Ranging between 9 cycles per second and 14 cycles per second, Alpha is the gateway to meditation and provides a bridge between the conscious and the subconscious mind.

Theta brainwaves are the subconscious mind. Ranging from about 4 cycles per second up to 8 cycles per second, Theta is present in dreaming sleep and provides the experience of deep meditation when you meditate. Theta also contains the storehouse of creative inspiration and is where you often have your spiritual connection. Theta provides the "peak" in the peak experience.

Delta brainwaves are the unconscious mind, the deep sleep state, ranging from about 4 cycles per second down to 0.5 cycles per second. When present in combination with other waves in a waking state, Delta acts as a form of radar—seeking out information—reaching out to understand on the deepest unconscious level things that we can't understand through the thought process. Delta provides intuition, empathetic attunement, and instinctual insight. It is also the brainwave often associated with energy healing.