

Hemi Sync®

Developed by The MONROE INSTITUTE

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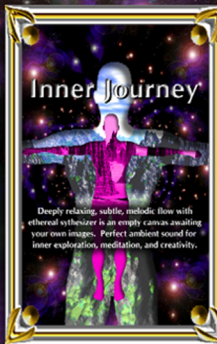
Metamusic Artists CD Volume I




- Hemispheric Synchronization Balances and Focuses the Brain
- Releases Tension, Relaxes Mind and Body
- Achieve and sustain a desired brainwave state

Hemi Sync® Metamusic Artists Developed by The MONROE INSTITUTE

Volume I

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Metamusic

Sleeping Through The Rain

Delicate, subtle, melodic shifts ebb and flow across the border between wakefulness and sleep. Lead into a state of deep relaxation and then into natural, refreshing sleep.

- Enhance concentration, learning and memory
- Release tension, relax mind and body
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Remembrance

Perfect background for any mental task, this piece sustains alertness, anchors information, and speeds information exchange between the brain's hemispheres. Helpful in counteracting ADHD and hyperactivity.

- Enhance concentration, learning and memory
- Use at home, at work, or in the classroom
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Inner Journey

These ethereal sounds are subtle and delicate, relaxing with a melodic flow, the perfect ambient sound for inner exploration, meditation, and creativity.

- Release tension, relax mind and body
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Higher

Musically reminiscent to the sound of a rainbow, this is a delicate, ethereal sound.

- Hemispheric Synchronization Balances and Focuses the Brain
- Releases Tension, Relaxes Mind and Body
- Enhances Concentration, Learning, and Memory

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Metamusic

GAIA

Aboriginal flute and guitar blend with the flowing sounds of rain and forest for relaxation, imagination, and creativity.

- Stimulate the creative process
- Release tension, relax mind and body
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Einstein's Dream

Blending the Mozart effect with Hemi-Sync concentration frequencies, makes mental tasks easier and more efficient.

- Improve mood, performance and productivity
- Use at home, at work, or in the classroom
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Dreamer's Journey

Piano and flute blend with subtle sound effects to engage you in illuminating, dreamlike experiences of exploration.

- Discover new dimensions of awareness
- Enjoy profound relaxation and peace
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Mind Food

Concentration

Quickly sharpen your mind, focus your attention, and improve your performance.

- Discover new dimensions of awareness
- Enjoy profound relaxation and peace
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Mind Food

Catnapper

In only 10 minutes, enjoy the benefits of a deeply restorative, totally refreshing nap.

- Relax and recharge your mind
- Enhance concentration, learning and memory
- Hemispheric synchronization balances and focuses the brain

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Metamusic

Winds Over the World

Aboriginal flutes speak directly to your heart as you flow with the graceful expression of the spirit of Earth. Creative musical imagery supports relaxation, imagination, and creativity.

- Release tension, relax mind and body
- Hemispheric synchronization balances and focuses the brain

HEMI SYNC® Developed by The MONROE INSTITUTE

For over 40 years, The Monroe Institute has conducted ground-breaking research on the influence of sound on human consciousness. Its patented Hemi-Sync technology, uses "binaural beat" sound waves that balance the left and right sides of the brain, an effect called "Hemispheric Synchronization". This produces distinct patterns of alpha, beta, delta, and theta brain waves that induce relaxation, stress reduction, creativity and intuition. Other benefits include improved concentration, learning, and memory. Hemi-Sync's effectiveness is widely recognized and is recommended and used by educators, medical professionals, and individuals seeking enhanced personal development.

Remembrance - REM01U (tape) \$14.95 REM01C (CD) \$19.95

Perfect background for any mental task, this piece sustains alertness, anchors information, and speeds information exchange between the brain's hemispheres.

Sleeping Through the Rain - SAM07U (tape) \$14.95

Delicate, subtle, melodic shifts ebb and flow across the border between wakefulness and sleep.

Inner Journey - IAM02U (tape) \$14.95

Deeply relaxing, subtle, melodic flow with ethereal synthesizer in an empty canvas for your own images.

Metamusic Artists CD Volume I (2 discs - Sleeping Through the Rain & Inner Journey) - IAM02U (tape) \$24.95

Dreamer's Journey - DAM02U (tape) \$14.95 DAM02C (CD) \$19.95

Piano and flute blend with subtle sound effects to engage you in illuminating, dreamlike experiences of exploration.

Concentration - CMF02U (tape) \$14.95 CMF02C (CD) \$19.95

Concentrate sound effects, with no words or music, to enhance your perception of the Hemi-Sync patterns.

Catnapper - CFT00U (tape) \$14.95 CFT00C (CD) \$19.95

In only 10 minutes, enjoy the refreshing benefits of 90 minutes of restorative, natural sleep.

GAIA - GMA03U (tape) \$14.95 GMA03C (CD) \$19.95

Aboriginal flute and guitar blend with the flowing sounds of rain and forest to relax and stimulate imagination and creativity.

Heaven's Dream - HAM02U (tape) \$14.95 HAM02C (CD) \$19.95

The Mozart effect, music for the intellect and the spirit, makes an amazing track music for your car.

The Gateway Experience

This 36 tape (or CD) learning system, modeled after The Monroe Institute's world renowned Gateway Voyage, is designed for in-home use at your own pace. Gateway "experiences" report it to be a powerful, life-enhancing program. The six "alters" (called Waves of Change) with instructional materials provide a step-by-step process to facilitate profound insights, perceptions and experiences beyond our usual limitations.

Wave I - Discovery - IGE043 \$72.00 (6 tapes) IGE043C \$99.00 (3 CDs)

Assists you in deep relaxation and provides mental tools to reach and explore enhanced levels of consciousness.

Wave II - Threshold - IGE044 \$72.00 (6 tapes) IGE044C \$99.00 (3 CDs)

Tools and exercises to achieve a higher energy state, open new perceptual channels, and direct physical and nonphysical energy.

Wave III - Freedom - IGE045 \$72.00 (6 tapes) IGE045C (3 CDs)

Advance in comfortable, conscious control of nonphysical energy.

Wave IV - Adventure - IGE046 \$72.00 (6 tapes) IGE046C \$99.00 (3 CDs)

New experiences, new ideas, new places, and the non-verbal language of intuitive thought.

Wave V - Exploring - IGE047 \$72.00 (6 tapes) IGE047C \$99.00 (3 CDs)

No more "verbal training wheels". Pursue your own goals by creating experiences under your own mental direction.

Wave VI - Prospecting - IGE048 \$72.00 (6 tapes) IGE048C \$99.00 (3 CDs)

Leads you even further in nonverbal communication, and supports your discovery of the resources of time and space.

Higher - HAM02U (tape) \$14.95

Delicate ethereal tones gently lead you up to the well spring of your own inner light.

Transcendence - TPT02U (tape) \$14.95

Verbal guidance on side 1 leads you to 3 discrete states of consciousness. Without verbal guidance on side 2 you are free to explore these states on your own.

Hemi Sync® Developed by The MONROE INSTITUTE

For over 40 years, The Monroe Institute has conducted ground-breaking research on the influence of sound on human consciousness. Its patented Hemi-Sync technology uses "binaural-beat" sound waves to balance the left and right sides of the brain. This hemispheric synchronization effect leads to distinct brain-wave activity. Depending on the purpose of each recording, the sophisticated patterns of Hemi-Sync frequencies vary to induce the desired brain-wave state. Among the benefits of this cutting-edge technology are relaxation, stress reduction, creativity, intuition, concentration, learning, and memory. Hemi-Sync is widely used by health professionals, educators, and therapists, as well as by individuals seeking personal development.

Gateway Experience

This remarkable, life-enhancing, 36-exercise audio course takes you on a carefully designed, step-by-step journey that expands consciousness beyond the limits of physical experience. Drawing on his own well-documented journeys to other dimensions, Robert Monroe helps you feel more comfortable, secure, and in control as you learn to explore nonphysical realms of consciousness.

Wave I - Discovery - IGE043 (6 tapes) IGE043C (3 CDs)

Assist you in deep relaxation and provides mental tools to reach and explore enhanced levels of consciousness.

Wave II - Threshold - IGE044 (6 tapes) IGE044C (3 CDs)

Tools and exercises to achieve a higher energy state, open new perceptual channels, and direct physical and nonphysical energy.

Wave III - Freedom - IGE045 (6 tapes) IGE045C (3 CDs)

Advance in comfortable, conscious control of non-physical energy.

Wave IV - Adventure - IGE046 (6 tapes) IGE046C (3 CDs)

New experiences, new ideas, new places, and the non-verbal language of intuitive thought.

Wave V - Exploring - IGE047 (6 tapes) IGE047C (3 CDs)

No more "verbal training wheels". Pursue your own goals by creating experience.

Wave VI - Prospecting - IGE048 (6 tapes) IGE048C (3 CDs)

Leads you even further in nonverbal communication, and supports your discovery of the resources of time and space.

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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, reducing anxiety, stabilizing blood pressure, minimizing need for anesthesia and pain.

Tapes 1, 2, 3 immediate use to help in surgical Guidance

- Relaxation, stress reduction, and pain relief
- Hemispheric synchronization balances and focuses the brain

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Baroque favorites, or classical and performed by the Arcangelo Chamber Ensemble, that encourage mental focus of meditative serenity.

Aboriginal flute speaks directly to your heart as you flow with the graceful expression of the spirit of life.

Deeply relaxing, subtle, melodic flow with ethereal synthesizer in an empty canvas for your own images.

Delicate tones gently lead you into a deep meditative state.

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