

# Hemi-Sync® Technology

What can Hemi-Sync® Brain Wave CDs do for you?

*without* HEMI-SYNC®



Brain-wave  
maps

*with* HEMI-SYNC®



Incoherent brain-wave pattern  
with limited thought processes

Coherent brain-wave pattern—  
enhanced whole-brain potential

Using a Neuromapper, we can "see" hemispheric synchronization occur. Compare the incoherent brain wave pattern (left) with the highly coherent brain wave pattern of the same subject listening to Hemi-Sync® through stereo headphones (right).

Hemi-Sync® helps you safely alter your brain waves 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 brain wave 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.
- When 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, ranging 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 brain waves.

### **Brain waves and the Various States of Consciousness**

There are four basic categories of brain waves: 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 only means that is the strongest signal being detected at that time.

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

**Alpha** brain waves are the brain waves of relaxed detached awareness, visualization, sensory imagery and light reverie. Ranging between about 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** brain waves 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** brain waves 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 brain wave most often associated with energy healing.

## **How Hemi-Sync® Audio-Guidance Technology Works**

### **Revealing Research for Peak Human Performance**

Robert A. Monroe, founder of Hemi-Sync, is internationally known for his work with audio sound patterns that can have dramatic effects on states of consciousness. Monroe observed, during his early research, that certain sounds create a Frequency Following Response in the electrical activity of the brain.

Those observations led to some remarkable findings dealing with the very nature of human consciousness. Researchers learned specific sounds could be blended and sequenced to gently lead the brain to various states ranging from deep relaxation or sleep to expanded states of awareness and other "extraordinary" states. This compelling research became the foundation of a noninvasive and easy-to-use audio-guidance technology known as Hemi-Sync®.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain wave 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. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

One of the leading researchers into brain wave synchrony, Dr. Lester Fehmi, of the Princeton Biofeedback Research Institute, points out that "Synchrony represents the maximum efficiency of information transport through the whole brain." This means that brain wave synchrony produces a sharp increase in the effects of various brain wave states. The production of synchronized, coherent electromagnetic energy by the human brain at a given frequency leads to a 'laser-like' condition increasing the amplitude and strength of the brain waves. It's evident that a "highly integrated brain," a brain, in which both hemispheres are functioning in symmetry, synchrony, harmony and unity, is a key to peak states and peak human performance.

Specific combinations of Hemi-Sync® signals, for example, can help individuals achieve laser-like focus and concentration. Depending on the intended goals, music, verbal guidance or subtle sound effects are combined with Hemi-Sync® to strengthen its effectiveness. Naturally, Hemi-Sync® sleep products incorporate predominately Delta frequencies; learning products predominantly Beta, and so forth. Users remain in total control as these recordings do not contain subliminal messages. Hemispheric synchronization does occur naturally in daily life, but typically only for random, brief periods of time. Hemi-Sync® can assist individuals in achieving and sustaining this highly productive, coherent, brain wave state.

### **Continuous Innovation**

Robert Monroe's work inspired an entire industry of mind/brain products. After 50 years of research, and thousands of lab sessions, the internationally acclaimed patented Hemi-Sync® process remains unparalleled in its ability to assist us in harnessing our human potential.

Thanks to the cooperation of notable medical institutions and universities, the scientifically and clinically proven Hemi-Sync® technology continues to be the focus of a variety of specialized research projects. In addition, many therapists, physicians, educators, and other professionals use Hemi-Sync® extensively.

Such research is indispensable in revealing the influence of specific Hemi-Sync® sound patterns on consciousness. Over the years, these efforts have resulted in the development of scores of individual products for specific applications such as focused attention, stress management, meditation, sleep enhancement, and pain management, to name a few.

## **Hemi-Sync Frequently Asked Questions**

General

### **Q: In a nutshell, what is Hemi-Sync®?**

A: Hemi-Sync® is a scientifically based and clinically proven "audio-guidance" technology that uses sound to influence brain wave activity. This patented, and highly sophisticated technology is backed by over 40 years of research. For more details, see the expanded explanation in [What is Hemi-Sync®?](#)

### **Q: How does Hemi-Sync® work?**

A: Hemi-Sync® is an audio-guidance process that works through the generation of complex,

multilayered audio signals, which act together to create a resonance that is reflected in unique brain wave 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. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance

**Q: Is Hemi-Sync® on all the products?**

A: Yes.

**Q: Are all titles available in both tape and CD format?**

A: No. However, we have a separate listing of everything available on CD

**Q: Are the Hemi-Sync® frequencies the same on each title?**

A: No. The Hemi-Sync® process has evolved into a sophisticated multi-layering of Hemi-Sync® signals - "designer mixes" of sound frequencies, fashioned to be optimally effective for a given application. Naturally, Hemi-Sync® sleep products incorporate predominately delta frequencies; learning products predominately beta and so forth. However these designer mixes are supplemented with special sound frequencies, which enable the desired result. This is the "key" to the effectiveness of Hemi-Sync.

**Q: How long are Hemi-Sync® tapes and CDs?**

A: Most are between 30 and 40 minutes long. Timing varies to accomplish the purpose of each listening experience.

**Q: Can someone with hearing loss benefit from Hemi-Sync®?**

A: Yes. Doctors and individuals with impaired hearing tell us that the frequencies are effectively carried to the brain by the bones in the ear canal.

**Q: Is Hemi-Sync® like hypnosis?**

A: Yes, they are similar. Hypnosis is an induced, altered state of mind, in which the body is deeply relaxed, sufficient to be temporarily ignored, except for demands like bladder fullness, etc. It is sometimes described as "focused concentration." This "state" is one in which the participant has perhaps even more control over the body and self than in "ordinary" states of consciousness. Witness the fact that hypnosis is sometimes used for pain control in minor surgeries, childbirth, and even dentistry. It is an expanded state of awareness, in which one can be fully aware of the sensory data from the environment, (sound, light, temperature, etc.) and at the same time can develop awareness of other data sources as well, such as past lives, out-of-body information, information from guides, one's inner self, etc. Neither state can "make" you DO anything. You are able to maintain your faculties for choice and value systems, including choosing to follow suggestions from the therapist or not. Hemi-Sync® is designed to leave control in the hands of the listener as well. In this sense, it's somewhat related to self-hypnosis. Hemi-Sync® does not "make" you do anything. It simply creates an effect that helps you move into a certain state, providing that you relax and are open to responding to the Hemi-Sync® process.

**Q: Are Hemi-Sync® products subliminal?**

A: No. Subliminal recordings have the intention of embedding a particular thought in the mind of the listener by recording words at sub audible levels, often at high speeds. Hemi-Sync® sound patterns, although recorded at a sub audible level, are not verbal messages and are not recorded at high speed. The purpose of Hemi-Sync® sound patterns is to assist you in obtaining the focused brain state you desire.

**Q: Some Hemi-Sync® products have sections in which the voice is too low for me to understand. Isn't that subliminal? Or is it a defect in the product?**

A: No to both questions. By the time the voice becomes low in volume, you are in an extremely

relaxed state or perhaps asleep. The words you may not understand are simply a repetition of earlier sections of the recording. They are repeated for purposes of reinforcement, at a very low volume so as not to interfere with your state of relaxation.

**Q: Is Hemi-Sync® recommended for children?**

A: All nonverbal recordings are fine for children. With verbally guided titles, we recommend you listen first and then decide based on your child's level of maturity.

**Q: How does Hemi-Sync® Compare To Other Products?**

A: We occasionally receive inquiries from individuals desiring to know how Hemi-Sync® compares to other brain wave products they may have heard about. It would be inappropriate for us to comment on specific products or technologies but following are some observations we can make with regard to Hemi-Sync:

- Robert Monroe's pioneering work with hemispheric synchronization (Hemi-Sync) sound patterns inspired an entire industry of mind/brain products and technologies.
- Hemi-Sync is a technologically sophisticated process that has been awarded three U.S. patents.
- With millions of products sold worldwide, Hemi-Sync® has been shown to be a highly effective, safe, time-proven technology.
- Improving the efficacy of Hemi-Sync® has been a continually evolving process—which we have remained committed. Today's Hemi-Sync® has been refined with over 40 years of research and development and is supported by numerous studies, reports, articles and testimonials available at [www.Hemi-Sync.com](http://www.Hemi-Sync.com). Hemi-Sync® has been scientifically and clinically proven to be effective.
- Over the years, the Hemi-Sync® process has evolved into a sophisticated multi-layering of Hemi-Sync® signals—"designer mixes" of sound frequencies, fashioned to be optimally effective for a given application. Naturally, Hemi-Sync® sleep products incorporate predominately delta frequencies; learning products predominately beta and so forth. However, these designer mixes are supplemented with special sound frequencies which enable the desired result. This is the "key" to the effectiveness of Hemi-Sync.
- Ongoing Hemi-Sync® research has resulted in the development of scores of individual products for specific applications such as focused attention, stress reduction, meditation, sleep enhancement, and pain control, to name a few. Other Hemi-Sync® products are available as a series (some of which are progressive in nature) such as the Gateway Experience® In-Home training program for exploring states of consciousness.
- We do not recommend using Hemi-Sync® in combination with other devices or technologies that influence brain activity.

## Equipment

**Q: What kind of equipment is required to listen to Hemi-Sync®?**

A: A moderately priced stereo player, including portable CD players will work fine. Top-of-the-line equipment is not required for Hemi-Sync® to work. Headphones are recommended for best results, and a good set of headphones will contribute to your enjoyment. Headphones that enclose the ear are preferred to reduce ambient room noise and provide a more distraction-free experience.

**Q: Will conventional speakers work as well as headphones?**

A: You can use either. The greater the separation between the sounds introduced into each ear, the stronger the Hemi-Sync® effect. We generally recommend using earphones for experiential exercises,

because earphones maximize the sound separation and tend to block out exterior noise. Speakers are also fine, and in fact may be preferable when you are playing Metamusic® or other nonverbal titles as background while engaged in another activity. Be in the same room as the speakers. To enhance the separation between the sounds, it is recommended to position yourself between the speakers, when possible.

**Q: How can I use earphones if I'm only comfortable lying on my stomach or side? And, what about getting tangled in the wires?**

A: You may wish to try "earbuds", which are designed to fit comfortably inside the ear. Earbuds are available at many stores that sell stereo equipment. Alternatively, use conventional speakers, placed on either side of your bed or try a stereo sleep pillow.

### **Cautions and Disclaimer**

While many of our audio 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 brain wave activity. If you have a tendency towards seizures, auditory disorders, or other 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. ALL WARRANTIES WHETHER EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE DISCLAIMED.

**Q: Why am I not supposed to listen to Hemi-Sync® in my car?**

A: When driving, you should pay attention to the road. It's not advisable to move into other states of consciousness.

**Q: Why am I not supposed to listen to Hemi-Sync® if I have a tendency towards seizures?**

A: Seizures result from abnormal brainwave activity. Hemi-Sync's influence on brainwave activity might not be beneficial for someone with that tendency.

**Q: Is there a problem in making copies of Hemi-Sync® products for friends?**

A: Yes. Hemi-Sync® products are copyrighted. You would be breaking federal laws and therefore be liable to prosecution.

**Q: What product will enable me to have an out-of-body experience?**

A: An OBE cannot be guaranteed. Your ability to experience an OBE depends on many factors unique to every individual, like personal beliefs, possible fear barriers, etc. If you are interested in an OBE, we recommend Hemi-Sync® Support for Journeys Out of the Body or the Gateway Experience series.

The Listening Experience

**Q: What if I fall asleep while listening?**

A: That's fine. The benefits of Hemi-Sync® are achieved with or without your conscious awareness. Many Hemi-Sync® exercises help you achieve a hypnogogic state, that borderline state between deep relaxation and sleep so it's possible you may drift into sleep. If you want to familiarize yourself with the verbal content of an exercise, listen once, without headphones, while seated in a chair.

**Q: I hear a hissing noise on some of the products. Is that a defect?**

A: No, what you are hearing is "pink sound" (sometimes described as a swishing sound). It is a combination of all the frequencies the human ear can perceive, with higher and lower frequencies adjusted to be equal in volume. Pink sound enhances the perception of the Hemi-Sync® sound patterns, and therefore plays a valuable role on certain Hemi-Sync® products. Dolby® noise reduction attempts to filter out the pink sound. Therefore, it is important not to use Dolby®, or other noise reduction systems, when listening to Hemi-Sync® audio products on tape.

**Q: Am I supposed to "see" things when I listen to Hemi-Sync®?**

A: "Supposed to" really doesn't apply. There are many ways of perceiving; visualizing is only one of

them. Many people experience a physical response to Hemi-Sync® and become aware of different body sensations; other people have sensations of hearing or tasting, or simply "knowing." Enjoy your experience, whatever it is.

**Q: How do I know if I'm getting the intended effect?**

A: Everyone is unique. Your Hemi-Sync® experience may differ from the experience of others. In fact, your experience may be different each time you listen to a particular exercise. Just relax and trust that your experience is right for you at the time.

**Q: Is Hemi-Sync® beneficial for experienced meditators?**

A: Yes. Many long-term meditators report that Hemi-Sync® helps them move more quickly and reliably into a meditative state. Experienced meditators also report that they seem to "go deeper," and sustain the meditative state longer when using Hemi-Sync.

**Q: What if I don't feel awake and alert after listening to Hemi-Sync®?**

A: Certain Hemi-Sync® products are designed to leave you in a sleep state. However, if a non-sleep recording leaves you feeling a little "spacey", here are some grounding techniques to try: slowly count down from 10 to 1; drink cold water; splash cool water on your face and neck; run cold water on your wrists; weather permitting, walk barefoot outdoors while you breathe deeply.

**Q: How many times should I listen to an exercise to get the effect or benefit?**

A: Generally, you will feel the influence of Hemi-Sync® the first time you listen. However, some products are designed as a training series. These products typically work best when you listen multiple times to reinforce and anchor the intended benefit. All Human Plus selections and the Gateway Experience series fall into this category. Specific listening instructions are included with your purchase of these items.

## Research Papers and Articles

### Articles

- [Uncommon Tips for Health and Well-Being](#)  
by Russ Mason, M.S.
- [The Importance of a Good Night's Sleep](#)
- [Stress - America's #1 Health Problem](#)

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### Research Papers

Hemi-Sync ® research has been ongoing for over four decades, and today is concentrated in three distinct areas:

- Clinical application by members of The Monroe Institute®'s Professional Division. This might involve, for example, studying Metamusic® as an aid for reducing anxiety in a dentist's waiting room.
- Independent clinical or technical research by universities or other institutions on the mechanisms underlying the effectiveness of the Hemi-Sync® process. This research may be published in peer-reviewed journals and may include masters thesis and doctoral dissertations.
- Applied research in The Monroe Institute laboratory to improve and expand Hemi-Sync® applications. The Institute uses conventional scientific procedures whenever feasible but does not limit itself to such processes.

## Research Index

- [The Sound Medicine of Brian Dailey, M.D.](#) by Russ Mason, M.S. (this article was published in *Alternative & Complementary Therapies*, June, 2004)
- [Metamusic®: Opening the Learning Door in the ADD Mind](#) by Barbara Bullard, MA (reprinted with permission of Children of the New Earth)
- [Binaural Auditory Beats Affect Vigilance Performance and Mood](#) by James D. Lane, Stefan J. Kasian, Justine E. Owens, and Gail R. Marsh
- [Accessing Anomalous States of Consciousness with a Binaural Beat Technology](#) by F. Holmes Atwater
- [Inducing States of Consciousness with a Binaural Beat Technology](#) by F. Holmes Atwater
- [Auditory Brain Wave Stimulation in Treating Alcoholic Depression](#) by Gilbert O. Sanders, Ed.D. and Raymond O. Waldkoetter, Ed.D.
- [Music and Hemi-Sync® in the Treatment of Children with Developmental Disabilities](#) by Suzanne Evans Morris, Ph.D.
- [The Hemi-Sync® Process](#) by F. Holmes Atwater
- [A Controlled Medical Study Using Hemi-Sync® Audio Tapes During Surgery](#)
- [The Effect of Hemispheric Synchronization on Intraoperative Analgesia](#)
- [The Facilitation of Attention Utilizing Therapeutic Sounds](#) by George Guilfoyle, Ph.D., and Dominic Carbone, Ph.D.
- [Peak and Other Exceptional Experiences During the Gateway Voyage](#) by Todd J. Masluk, MA, EdM
- [EEG and Subjective Correlates of Alpha-Frequency Binaural-Beat Stimulation Combined with Alpha Biofeedback](#) by Dale S. Foster, Ph.D.
- [Enhancing Learning Environments \(Research\)](#) by James Akenhead
- [Hemi-Sync® Into Creativity](#) by Chok C. Hiew, Ph.D.
- [An Empirical Investigation Into the Effect of Beta Frequency Binaural Beat Audio Signals on Four Measures of Human Memory](#) by Richard Cauley Kennerly
- [The Hemi-Sync® Phenomenon: In Search of Empirical Theories](#) by M. R. Sadigh, Ph.D.
- [The Effects of Hemi-Sync® on Electrocortical Activity: A Review of Three Empirical Studies](#) by M. R. Sadigh, Ph.D.
- [Binaural-Beat Induced Theta EEG Activity and Hypnotic Susceptibility](#) by D. Brian Brady
- [Use of Hemi-Sync® Audiotapes to Reduce Levels of Depression for Alcohol-Dependent Patients](#) by John R. Milligan, PhD, and Raymond O. Waldkoetter, EdD
- [Hemi-Sync® Journals](#) additional publications

# *Testimonials*

## **Anxiety**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- My nursing home patient's panic disorder had been causing a great deal of somatic stomach pain, so much so that the nurses said her call light was almost constantly lit. She also had severe hearing loss. When I started playing Pain Management at her bedside she said, "Honey, I can't hear it." "It doesn't matter," I told her, "just relax and I'll check back with you in ten minutes." When I looked in on her, she was deeply asleep. Later on, waking from the best nap she had had in weeks, she said, "I didn't hear a thing but I feel wonderful."
- My constant anxiety was very tough for me to live with. I was anxious about going out, anxious about staying home, anxious about going to sleep, anxious about not sleeping, anxious about everything. The tapes you recommended (Relax, Sleeping Through the Rain, Let Go and Möbius West) are helping me lead a more normal life. For the first time in a long while, I'm optimistic about the future.

## **Wellness**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- A retired Naval Officer states: Perhaps we get sick because we don't know how to stay well. My focus has been on seeking ways to stay well, and the Monroe Institute tapes have been a big part of my efforts. The H+ tapes work for me as a direct mind-to-body experience. Initially I used one or two tapes every day at the same time, but now I listen when I feel the need. The tapes are a support mechanism, playing a dominant training role in the beginning and a less frequent, but important, refresher role when one becomes familiar with the techniques. They play a significant part in my continuing state of overall well-being.
- H+ Tune-Up has become my all-purpose health helper. For example, using the Function Command stops insect bites from itching, ends the first throbs of headache in the early stages, eases the symptoms of indigestion, eliminates the stinging of paper cuts. I don't know why it works, but it sure does!
- A patient whose hands always felt cold due to poor circulation used the H+ Circulation tape. A biofeedback machine indicated a very quick raise in temperature at a fingertip sensor from 32 to 37 degrees centigrade.

## **Relaxation / Stress Management**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "After working your tapes, (Opening the Way), during the last four months of my pregnancy, I was able to completely slip into a clam and meditative state where I was aware of the pain, but understood that it was good. The labor took 20 minutes, the pushing portion 12 minutes. I was calm, in control, and it was beautiful."  
-Anne E. Swanson, Knoxville, TN
- I had been under tremendous stress for two months. I thought I was handling it relatively well, but I wasn't able to take a deep breath. After listening to the Relax tape twice, I was finally able to take long, slow breaths again.

## **Attention Deficit Disorder (ADHD) / Hyperactivity**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- An investigation into the relevance of Hemi-Sync binaural beat signals for use with ADHD populations supported the conclusion that the audio signals facilitate the ability to attend and persevere at routine motor tasks and facilitate improved attention.
- I played Cloudscapes for my grandson with ADD every night when he went to bed during the entire summer. When school started in the fall, teachers couldn't believe how much his reading skills had improved. They assumed he had spent the summer reading (which he didn't).

## **Learning / Memory**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- Research on Hemi-Sync has reported that teachers who have used it in their classrooms noticed a decrease in student distractibility and an increase in academic performance. A study conducted with an introductory psychology class found significantly higher scores in the experimental group on five out of six tests. A study conducted at a government training center found a 30% increase in scores for Morse code students and a 75% increase on mental-motor skills. The U.S. Army reported positive results in using Hemi-Sync to improve acquisition of a second language.

## **Asthma**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- It's been interesting to note how Hemi-Sync® helps families who have a child with asthma. Not only is an attack a scary event, but there's often a tension connected to anticipation of the next attack that might indeed stimulate the next attack. I've recommended to several such families that they keep Hemi-Sync® playing at home day and night. Remembrance, Concentration during the day and any of the sleep tapes for nighttime use. This seems to have a cumulative effect over time, with the entire family calming down.

## **Brain Injury**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- Travis, born with severe brain abnormalities, was expected to live in a vegetative state if he survived at all. By age four, receiving every kind of support the medical profession had to give including physical, occupational and speech therapy, he was unable to walk, talk, feed himself, or communicate his needs or wants. His mother began to play Remembrance at his bedside throughout the night. After a few days, his father noticed how much more alert and active Travis was becoming. Within two weeks of consistent playing of the tape, Travis began to feed himself.

Shortly after, the therapists at the day care center Travis attends asked his parents what they were doing differently to account for the marked improvement they were noticing. When the physical therapist learned about the tape, she said she had long known about Hemi-Sync® technology. She had repeatedly recommended that parents use Hemi-Sync® with their brain injured children but stopped trying after countless failed efforts to convince the families that something so simple could have so much potential value.

Within weeks Travis' mother told me, "He's talking, and I don't mean baby talk! He's telling us what he wants to eat. He stayed with his grandparents while my husband and I went on vacation and when we returned could clearly call their names. A woman at the mall held the door for me as I maneuvered Travis inside in his stroller. I thanked her and then Travis echoed my words and said to the woman, "Thank you." Now when I tell him we're going to day care, he replies, "Yeah, OK."

Further breakthroughs come often now for Travis. He sings his favorite songs, can pull himself up to a standing position and holds onto furniture, much like a child who is about to gain the skill of balance and walking. Hemi-Sync® has facilitated a life rich in communication with family and friends and the pride of doing more for himself than anyone thought would ever be possible.

## **Pregnancy / Childbirth**

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "I was introduced to the Hemi-Sync meditation by my friend. She and a group of friends gave me the Pregnancy and Childbirth tapes. They were amazing. My experience was amazing. Johanna is my fourth child and my other childbirth experiences cannot compare. After working with your tapes during the last four months of my pregnancy, I was able to completely slip into a calm and meditative state where I was aware of the pain but understood that it was good. The labor took 20 minutes, the pushing portion 12 minutes. I was calm, in control and it was beautiful. She is a magnificent child - very aware, and sensitive. I cannot help but believe that my use of the Hemi-Sync tapes has something to do with it."  
-Anne Swanson, Knoxville, TN

## Stroke

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "I tell people that the SRS [Support for Stroke Recovery] will help them, but it is dependent on them on how great this help will be. "Feel the Force", "Go with the Flow", etc. and they will get some benefit. And they do. People like to take control of their lives and help themselves. SRS allows them to do so."  
-Brian Dailey, M.D., New York
- Now in her 40s and in a wheel chair, she had had the first of a series of strokes at age 25. I was treating her for depressive disorder, which included frequent, uncontrollable weeping. During one session I put on a Metamusic tape. The tears stopped and she became calmer almost immediately. After we talked about the experience, she asked for a tape of her own to play whenever she felt the need. She recognized that she had found a tool to use to help herself.

## Weight Control

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- Many people I know have used H+ Eat/No Eat to help them control their eating habits and to lose weight successfully. Several have lost up to fifty pounds. I've personally used Eat/No Eat and Nutricia to help me lose twenty pounds and then to maintain my weight. These tapes complement any diet plan. They've been quite helpful with students suffering from anorexia and bulimia.
- Report from a compulsive overeater. Hemi-Sync has been an invaluable resource in my struggle to keep some balance in my eating patterns. I knew I needed to let go of worries and upsetting emotions and calm down from general stress, but had been unable to do so on my own. Now that I have Hemi-Sync as a tool, I can use the encoded signal from the H+ Let Go or Relax tapes to let go of an upsetting emotion or to relax. This has taken away much of my sense of powerlessness over my own responses.

# Therapy

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- As a psychotherapist and Doctor of Clinical Hypnotherapy, I have spent the majority of my life studying the science of the mind and how best to help people. I have a number of hypnosis tapes, but they do not have your Hemi-Sync technology. I've found your tapes to be truly magnificent.
- Report from a psychiatrist. I used the tape Concentration for patients with depressive syndrome, especially those with memory difficulties and whose ability to concentrate was diminished due to depression. They all had problems with concentration, attention-to-task deficit, lack of short-term memory, and felt unable to perform mental tasks as well as they had previously. These symptoms were present whether or not the patients were taking medication.

# Sleep / Dreams

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "This cassette was my favorite...I 'catnap' almost everyday...still haven't gotten around to the other tapes, but that's due to my addiction to the Catnapper. A wonderful, wonderful, experience. Thank you so much for the tapes!"  
**-Nina Nikkhou, Duke University**
- "The Hemi-Sync sleep tapes are a superb means of quieting an active mind or overcoming sleeping difficulties. I continue to receive positive client feedback on the efficacy of Super Sleep, Sound Sleeper, and Restorative Sleep, in particular, sleep deprivation has such an adverse impact upon physiological and emotional well-being."  
**-Deborah M. Fish, British Columbia, Canada**

# Meditation

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "Transformation was the first tape I tried and I never thought that such experience is possible without the use of drugs. I really felt like my mind would be weightless, carried away by the sound. The normal structure of thinking was completely turned off and the way open for a whole new state of mind. Since this first experience, I use Hemi-Sync regular and tried also other tapes. Especially Transcendence supports my meditation very well."  
**- Andreas Lutz, Germany**
- Probably the best thing for me about your Gateway Experiencecourse has been my new ability to meditate, to relax, to calm down. I hadn't been able to meditate properly before, though I had been trying for a long time.

# Depression

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- Now in her 40s and in a wheel chair, she had had the first of a series of strokes at age 25. I was treating her for depressive disorder, which included frequent, uncontrollable weeping. During one session I put on a Metamusic tape. The tears stopped and she became calmer almost immediately. After we talked about the experience, she asked for a tape of her own to play whenever she felt the need. She recognized that she had found a tool to use to help herself.
- Report from a psychiatrist. I used the tape Concentration on patients with depressive syndrome, especially those with memory difficulties and whose ability to concentrate was diminished due to depression. They all had problems with concentration, attention-to-task deficit, lack of short-term memory, and felt unable to perform mental tasks as well as they had previously. These symptoms were present whether or not the patients were taking medication.

# Pain Management

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "I was able to control the pain from a torn leg muscle after an accident so immediately after playing your tape [Pain Control] that it seemed like a miracle."  
-**Monique Michrowski**

# Cancer

Information reported by individuals and/or by professional practitioners about the use of Hemi-Sync® Products.

- "The tapes [Surgical Support Series] helped greatly in reducing fear and stress during the whole ordeal. I was able to stay calm and reduce pain with the aid of commands. I woke up in recovery with none of the nausea or brainfog I was told to expect. I was able to celebrate good news that the tumor was contained when I returned to my room and was speaking on the phone right away. I never used pain medication outside the hospital. I used the tapes for all in-patient and out-patient surgeries (for port insertion and removal) with the same result."
- "I took the Chemotherapy Companion tape to all of my chemo treatments. I was always anxious when I got to the hospital, but as soon as I turned on the tape, I was calm and relaxed again." - Diana Purvis, Nellysford, VA

