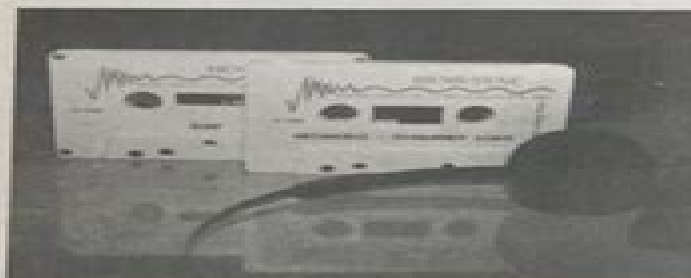


# Gallery of The Unusual™

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Tuning the brain with sound waves.

In the past, only experienced meditators have had the ability to summon higher states of consciousness at will and reap the benefits associated with each altered state, including deep relaxation, euphoria, flashes of creative insights, intensely focused attention, and enhanced learning abilities. It usually takes conscious effort and the application of several techniques to arrive at the mental states called alpha, theta, and delta, the so-called meditative states. However, the positive results associated with the evoking of these states have made meditation a worthwhile pursuit to a lot of people. Each day, countless people purposefully attempt to evoke the meditative state with a variety of procedures ranging from Transcendental Meditation to Yoga postures.

The majority of an spend most of our lives in a wakeful, fully conscious and alert state known as the beta state. In this state, the brain emits beta waves of a defined, rapid frequency. During meditation or deep relaxation, the brain shifts to one of the altered states. The first phase of relaxation is known as the alpha state. During this state, the brain produces an abundance of alpha waves, brain waves with a considerably slower frequency than the beta waves. More progressive meditation brings the mind into the deeper states characterized by the even slower brain waves known as theta and delta. It is obvious that in an era where stress and tension are mainstays in everyday living, the need to reach the alpha, theta, or delta states become more apparent for the maintenance of health and the avoidance of stress-related ailments.

The conscious evoking of these states of relaxation bring about the voluntary production of alpha, theta, or delta waves in the brain through the application of relaxation or meditative techniques. However, scientists have long theorized that the reverse is also true, that is, when these slower waves are introduced to the brain, then altered consciousness, relaxation, as well as all the other benefits derived from these, follow suit. This theory has been researched and tested for several years by The Monroe Institute.

The Monroe Institute, founded by Robert Monroe (best known for his book, *Journeys Out of the Body*), is internationally known for its work in the effects of sound wave forms on human behavior. In its early research stages, the Institute discovered that nonverbal audio patterns had dramatic effects on stages of consciousness.

Certain sound patterns create a Frequency Following Response (FFR) in the electrical activity of the brain, that is, when the sounds are introduced into the brain, they cause the brain wave activity to follow the frequency of the sound waves. These sound patterns can then lead the brain into various states, such as deep relaxation or

sleep. A genetic patent in this field was issued to Robert Monroe in 1973. Drawing upon this discovery and the work of others, Monroe has employed a system of "binaural beats", feeding a separate signal into each ear. By sending different, distinct sound pulses to each ear with stereo headphones, the two hemispheres of the brain act in unison to "hear" a third signal which is the desired brain wave frequency (i.e. beta, alpha, theta or delta). The kind of resultant third signal produced depends on the type and combination of sound pulses that were sent to each ear. In other words, the brain can now be tuned to a desired frequency with the application of predetermined sound waves.

The third signal referred to is not an actual audible sound, but an electrical signal that can only be created by both brain hemispheres acting and working together, simultaneously. The unique coherent brain state that results is known as Hemispheric Synchronization, or Hemi-Sync for brevity.

Several Hemi-Sync tapes based on the above principles have been produced by The Monroe Institute. They are programmed to bring the mind to a meditative state, more particularly, theta, the state known for optimum receptivity to programming. There is, of course, the added benefit of whole-brain functioning, since both hemispheres of the brain need to work in tandem to create the desired state. Additionally, the tapes have been designed for special purposes, some of which follow:

**SOUND SLEEPER** — Get what you most need—a good night's sleep! Verbal guidance and the comforting sounds of Hemi-Sync teach you to sleep soundly and awake refreshed without drugs. **\$12.95**

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**NUTRITION** — An exercise designed to aid you in conscious control of your dietary needs. Use the encoding signals to store, balance or limit caloric intake, and to improve and protect your physical body. **\$12.95**

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**SURF** — For deep relaxation, let your tensions ebb away with the sounds of the ocean surf and Hemi-Sync. **\$12.95**

**RESONANT TUNING** — Breathing exercises to help vitalize and charge your entire system. Excellent for meditation or simply quieting the mind. **\$12.95**

**DEEP IS RELAXATION** — A stress reduction tape designed to guide you into deep states of physical relaxation using verbal instructions and Hemi-Sync. **\$12.95**

**MOMENT OF REVELATION** — A tape to aid you in understanding more about your inner self and to help you achieve the illumination of a peak experience. **\$12.95**

**STROKE RECOVERY SERIES** — Three taped exercises are designed to guide the patient in selection and use of collateral neural pathways and/or centers to replace those damaged or destroyed. The application of Hemi-Sync is employed extensively in the series and is believed to be helpful in the establishment of a psycho-physiological environment conducive to such restructuring. These tapes consist of general, motor, and speech exercises. **\$35.95**

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**Roman Wölfel**



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