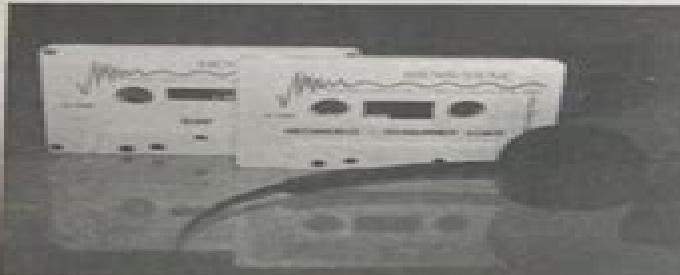


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Tuning the brain with sound waves.

In the past, only experienced meditators have had the ability to induce higher states of consciousness as well as keep the benefits associated with each altered state, including deep relaxation, enhanced states of creative insight, increased focused attention, and enhanced learning abilities. It usually takes years of meditation and the application of several techniques to arrive at the altered states of alpha, theta, and delta, or so-called "consciousness states." However, the positive results associated with the evoking of these states have made meditation an increasingly popular as a way of life. These day-to-day, conscious process progressively allows to evoke the consciousness states with a variety of procedures ranging from Transcendental Meditation to Yoga postures.

The majority of an opened mind of our lives is 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 meditators bring the mind into the deeper states characterized by the even slower brain waves known as theta and delta. It is obvious that in our day, where stress and tension are constants in everyday living, the need to evoke 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 inverse also true—that is, when these slower waves are introduced to the brain, these 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 on 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 genius genius in this field was named Dr. Robert Monroe in 1971. Drawing upon the theory and research of others, Monroe has developed a system of "binaural beats," feeding a separate signal into each ear. By introducing different, distinct, sound patterns to each ear with unique frequencies, the two harmonics of the brain act in unison to "beat" a third signal which is the desired state, say, frequency (i.e. Beta, alpha, theta or delta). This kind of resonance third signal produces a desire for the typical combination of induced states that were not so much as the other words, the brain can move to toward 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 Hemisync™ for short.

Several of these tapes based on the above principles have been produced by The Monroe Institute. They are programmed to help induce an altered state of consciousness to you "consciousness." There is, of course, the added benefit of self-hypnosis, since both hemispheres of the brain need to work in tandem to create the desired state. Additionally, the tapes have been designed for specific purposes, some of which follow:

SILENT SLEEPER — Get what you missed— a good night's sleep! Verbal guidance and the soothing sounds of Monroe-Sync help you sleep soundly and awaken refreshed without drags. \$12.95

AWARE & ALERT — Listening to this tape will help rouse and revive you. Use while driving, studying or anytime you need a quick pick-me-up. \$9.95

CONCENTRATION — Focus attention on any activity with no reading, typical operating equipment. Use while you perform the function. \$12.95

RETAIN RECALL RELEASE — Repeat this memory training exercise until you become efficient at remembering all that intervening information or experiences and forgetting that which is not needed. \$12.95

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

DEHAL SMOKING — Help break the smoking habit with this exercise. Learn to use these mental tools to interrupt the desire and habitual patterns associated with tobacco. \$12.95

SURF — For deep relaxation, let your tensions drift away with the sounds of the ocean surf and Hemisync. \$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 & RELAXATION — A stress reduction tape designed to guide you into deep states of physical relaxation using verbal instructions and Hemisync. \$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 — These taped exercises are designed to guide the patient in selection and use of collateral neural pathways and/or sensors to replace those damaged or destroyed. The application of Hemisync 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. \$25.95

New Age Catalog

Roman Wölfel

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