

SACRED GROUND

This comprehensive 4-part audio program takes you into the elusive Theta State. Over a 4-week period, your brain's electromagnetic energy is progressively balanced, organized – amplified. You enter the precise state of meditation essential to empower visualization and accelerated manifestation.

Clinically Proven Method

This program balances right and left hemispheres of the brain to produce the remarkable mental state known as Hemispheric Synchronization. A special feature of Brain Sync technology is the use of scientifically researched frequencies called Window Frequencies, which fit through narrow biological windows to impact the body at a cellular level. Listeners say they can actually feel their meditation on a physical level, in rushes of positive energy and a flow of deep heartfelt emotions. Cumulative benefits of meditation include: Improved ability to concentrate, increased creativity, greater clarity of thought, enhanced access to emotions and heightened states of well being.

Instructions for Listening

To experience the brain optimizing effects of this program stereo headphones are required. Listen at a time when you will not be disturbed. Sit or lie comfortably with your spine straight. This allows your natural channels of energy to open and flow freely.

Week One:

Relaxation and Grounding. Alpha Window Frequencies. Listen to "Sacred Ground" for 1/2 hour every day. The Alpha window frequencies on this program allow you to resonate in harmony with the electromagnetic field of the earth. Repeated listening will move you into a state of flow with the universe around you. Close your eyes and breathe slowly and deeply, allow your body to let go, relax, release. As you breathe and relax, feel the energy of the earth embrace you. Feel that you are completely loved, nurtured, and supported by the earth. When you have attained a state of deep calm and relaxation, repeat one of the key words to yourself three times. After repeated practice you will be able to use the key word to trigger the same relaxation state. Key Words: Let go, Relax, Release

Week Two:

Relaxation and Release. Alpha and Theta Window Frequencies Listen to "Cellular Awakening" every day for 1/2 hour. Repeated listening will release behavior patterns and memories stored at a cellular level. Close your eyes and breathe deeply. Use your key word to induce relaxation. When your body is completely relaxed (about 5-10 minutes) begin breathing deeply through your mouth, allow each inhalation to move into exhalation without a pause. Breathe constantly. Imagine your breath with no beginning and no end. If emotionally charged thoughts, memories, or images appear, keep breathing. Allow those emotions to be felt and released from your body.

Week Three:

Opening to Higher Consciousness. Theta Window Frequencies Listen to "Cosmic Rain" for 1/2 hour every day. Theta window frequencies allow you to access deeper realms of insight, intuition and awareness. Close your eyes and breathe deeply. Use your key word to induce relaxation. When your body is completely relaxed, imagine yourself stepping into a waterfall of brilliant white, phosphorescent light, let the light pour in through your head and flow through your entire body. Imagine that the light is illuminating and awakening every cell. When thoughts or distractions arise, simply observe them, and re-focus your attention on the light flowing through your body.

Week Four:

Deep Meditation – Theta and Delta Window Frequencies Listen to "Deep Resonance" every day for 1/2 hour to one hour. This program releases your mind from linear thinking, opening the gateway to knowledge and information that lies beyond conscious thought. Sit in an upright position relaxation. Breathe slowly and deeply. When you are completely relaxed, lengthen the time/space between thoughts. Move into the infinite space that lies between thoughts. When your mind is open and empty of all conscious thought, you may: Invite inspiration or new opportunities into your life. Ask an important question, and wait for the answer. Visualize and pray for something you deeply desire. Allow insights, images and visions to unfold.

**To experience the brain optimizing effects of this program,
listen with headphones.**

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800-444-SYNC

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www.brainsync.com