

HEMI-SYNC FAQ

What is Hemi-Sync?

Hemi-Sync is a scientifically based and clinically proven audio technology listened to with headphones or stereo speakers. It was developed more than 50 years ago by the nonprofit Monroe Institute in Faber, Virginia with which we are affiliated. Hemi-Sync is easily and successfully used for many purposes, including relaxation, meditation and sleep induction; learning, attention, memory and focus; helping those with ADD, depression and anxiety; reducing stress, and reaching states of expanded awareness for the purpose of personal development, spiritual development and self discovery.

Will I really "meditate like a monk"?

Those who have long-term disciplined meditative practices, like monks, eventually develop a very healthy response in their brain called Hemispheric Synchronization, where the brain transitions from operating from either a right or left brain dominance (the normal human brain state when awake) to a synchronized, holistic whole brain functioning, where both hemispheres of the brain work in concert and collaboration. Listening to Hemi-Sync produces this same response, but in minutes instead of years of disciplined practice.

This significantly more focused and coherent state is optimum for many things, including relaxation, meditation, learning, healing, self-discovery and significantly, for the development of human potential.

How does Hemi-Sync work?

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.

What are binaural beats?

Binaural beats are demonstrated simply by placing a steady tone in one ear, then a slightly different steady tone in the other ear. As these different tones are blended together in the brain, the binaural beat or wavering sound you hear is a brain-produced phenomenon. When carefully designed and skillfully introduced like with Hemi-Sync, such signals can stimulate specific states of consciousness, which are automatically learned and can then be recreated from your memory and experience.

Is Hemi-Sync subliminal?

No. Hemi-Sync contains absolutely no subliminal messages or programming. While listening to a Hemi-Sync session or exercise, you always remain completely and fully in control.

Is Hemi-Sync hypnosis?

No. Hemi-Sync simply supports you in achieving your desired states of awareness. While listening to a Hemi-Sync session or exercise, you always remain completely and fully in control.

Is Hemi-Sync safe?

Hemi-Sync has been safely and successfully used by millions all over the world and studied and clinically tested for more than 50 years. Its safety and effectiveness is supported by numerous studies, reports, articles and testimonials.

Is Hemi-Sync recommended for children?

Listening to Hemi-Sync CDs and exercises is terrific for children, in fact there are several exercises made just for them!

How does Hemi-Sync compare to other audio guidance, brain wave and binaural beat technology?

- • **Original Development** Founder Robert Monroe's pioneering work with hemispheric synchronization (Hemi-Sync) sound patterns was the original, inspiring an entire industry of mind/brain products and technologies.
- **Patented & Proven Safe** 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.

- **Scientifically Supported** Improving the efficacy of Hemi-Sync is a continually evolving process. Today’s Hemi-Sync has been refined with over 50 years of research and development and is supported by numerous studies, reports, articles and testimonials available at www.Hemi-Sync.com. Hemi-Sync has been, and continues to be, scientifically and clinically proven.

- **Specifically Designed & Targeted Application** Over the years, the Hemi-Sync process has evolved into a sophisticated multi-layering of Hemi-Sync signals— 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. These 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 and programs 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) such as the Gateway Experience In-Home training program for exploring states of consciousness.

Is Hemi-Sync beneficial for experienced meditators?

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.

Hemi-Sync has a unique way of supporting people wherever they are in their development and assists them in moving forward into even deeper levels of self-discovery.

Can I use Hemi-Sync while driving?

No. Just as you wouldn't meditate while driving, you shouldn't use Hemi-Sync while driving or performing any task that requires your full wide-awake attention.

Will I always have to use Hemi-Sync?

Absolutely not. Hemi-Sync is like training wheels on a bicycle: wonderful for practice but possibly inhibiting as you learn to ride far and free.

After you become proficient with an exercise/session, technique and/or a specific state of awareness, all you need to do is recall the sensations you experienced during what you consider to be your best, most effective response. Simply take a deep breath and remember the state to trigger the change in consciousness.

What if I fall asleep or "click out" when I listen to Hemi-Sync?

There may be times when you fall asleep or "click out" during an exercise, especially as you begin to move up to and beyond your level of experience.

Clicking-out is different from falling asleep. There is a sense of having dropped out of the exercise, and upon returning to or finishing the exercise, there is no perception of time having passed. You will have

stored the memory of your experience but will have no immediate recall. Clicking-out is a common, frequently reported experience.

Try putting the idea or picture of clicking out or sleep in your Energy Conversion Box, and/or try sitting up during the exercise. And practice, practice, practice! It is through patience and continued practice that you learn to maintain balance in the meditative state between deep relaxation and sleep.

I have seizures. Can I listen to Hemi-Sync?

Consult your doctor first. Seizures result from abnormal brainwave activity. Hemi-Sync's influence on brainwave activity may or may not be beneficial for someone with that tendency.

What position do I need to be in? Do I have to use headphones?

Hemi-Sync works no matter what position you are in and no matter how you listen, as long as the session is played in stereo in a quiet environment. If you are using headphones, the most comfortable positions will likely be sitting up or lying on your back. Should you wish to be on your side or stomach, simply use earbuds instead of headphones or listen ambiently, through stereo speakers.

Is it important to have the headphones on the "correct ear" as instructed on some of the exercises?

No. As long as you are using stereo equipment, the intended effect will be achieved.

What should I do if I feel not quite awake and alert after listening to a Hemi-Sync exercise?

There are many effective methods for grounding. You can slowly count from 10 to 1; drink cool water; splash cold water on your face, neck and wrists, jump up and down... Weather permitting, walk barefoot outdoors, taking deep breaths and releasing excess energy through your feet. While outside, place your back against a tree and imagine energy flowing from your head to the branches above and from your feet to the tree's roots and down into the very center of the earth's core.

Various images and dreamlike thoughts keep interfering. What should I do?

Do not suppress or force the images away. Rather, acknowledge them and let them go or follow them when you find it interesting, beneficial and meaningful to do so.

Is Resonant Tuning important?

Resonant Tuning (similar to chanting or mantras, which many traditions consider an important tool in personal and/or spiritual development), helps you perceive nonphysical energy, and promotes an accelerated gathering of your vibrational energy while reducing internal dialogue. So it's a good thing to try and a better thing to practice. It's a powerful tool in your quest for self-discovery and personal development.

When using Hemi-Sync, I am aware of a buzzing feeling in my forehead and/or an acceleration of my heartbeat. Is this normal?

A light buzzing or pressure happens frequently to some people. It means that you are responding to the audio-guidance process. However, if you are experiencing a great degree of discomfort, you may have the volume too loud. For best results, the volume should be just loud enough for you to hear the verbal instructions. Remember, you are expanding your state of awareness; consequently, you are more conscious of your heartbeat, breathing, etc. This is a phenomenon common to the shift in energy levels such as the shift from Consciousness 1 to Focus 10.

I don't seem to feel the high-energy states and have trouble visualizing. What should they feel like?

Everyone perceives their experiences in a unique and personal ways, so these high-energy states will not necessarily be visual. Some people report seeing light, color, and form, while others quite frequently perceive sensations. You may experience vibrations, or what seems to be an electric tingling, or a even a gentle shaking of your body, bed, or room. Some people hear a rushing sound, buzzing, voices, verbal messages, or even music. Others may just "know" when they have achieved these states. Just relax and observe your own perceptions without judging how you "should" feel.

Is God appearing when I see a flood of light during an exercise?

The perception of light suggests that your potential for nonphysical awareness is developing but it is up to you to decide its meaning. Such light is widely reported by explorers of higher consciousness and people who have had near-death experiences. It is often accompanied by

euphoria, a feeling of oneness with the universe, and a sense of overwhelming love. A Buddhist might associate this with Buddha; a Christian with Christ. Neither Haven nor The Monroe Institute endorse any particular interpretation and encourage you to discover your own meaning and insights.

Why not combine mind-altering drugs with Hemi-Sync?

Hemi-Sync exercises train you to take control over your states of consciousness. Drugs often interfere with that control. Also, your interpretations and understanding of your experiences will likely be more accurate without the unpredictable influences of drugs or other mind-altering substances.

Sometimes when listening to Hemi-Sync I feel so much energy in my body that it actually gets a little uncomfortable. What should I do?

Consider that the energy you are feeling is second-state energy, the nonphysical energy which you first need to perceive before you can consciously use it. Welcome the energy. Observe the energy as it moves through your whole body. Wait and see if it speeds up or slows down. Express gratitude for the conscious experience of the energy. Consider questioning the energy - ask (silently in your mind) if there is a message for you in the experience of the energy. The fact that you are perceiving this energy is indicative that you are reaching an expanded state of consciousness.

And of course, you are always in control. Should you at any time wish to stop, simply remove your headphones or turn off the exercise.

Are my Hemi-Sync experiences what's "supposed" to happen?

People have been using Hemi-Sync for more than 50 years and one of the clearest messages that comes across is that no two individuals' experiences are alike. They range from the cosmic to the mundane and yet are almost invariably of real meaning and significance to the person having the experience. Trust the process and know that whatever experience you have, it is just exactly what is best and just right for you.

What if I am not experiencing the out-of-body state?

Many of us have hidden (subconscious) fears that prevent us from experiencing this state. Others try so hard that the intense effort blocks the experience. The best way to succeed is to relax, let go of expectations, and become nonchalant about it. After all, the classic OBE is just a small part of learning to expand and experience your full potential. Keep working with the exercises, trust the process and practice, practice, practice. You may find yourself experiencing the out-of-body state when you least expect it.

How many times should I use each Hemi-Sync CD or exercise before going on to the next?

That's up to you! Use the exercises as often or as little as you decide meets your goals and needs. If you are doing one of the Hemi-Sync series or exercises, it's a good idea to be familiar and comfortable with an exercise before advancing to the next one. However, don't feel you must master it completely.

How can I convince someone to try Hemi-Sync?

It might just be better to let your own personal growth speak for you. As you become calmer, more centered, more confident, more creative, happier, more intuitive, and so forth, people close to you will notice and will want to know why... and then you can share with them, because then they'll be ready to hear it!