

Learn to manage stress  
and develop your intuition  
by combining Hemi-Sync®  
with *Healing Rhythms*™



Item #HR001S

\$295.00

without HEMI-SYNC®

with HEMI-SYNC®



Brain-wave  
maps



Incoherent brain-wave pattern  
with limited thought processes

Coherent brain-wave pattern—  
enhanced whole-brain potential

The goal for many Hemi-Sync enthusiasts is not only to experience powerful meditative states but also to learn techniques for entering them at will for use in everyday situations. Like training wheels on a bicycle, Hemi-Sync can help you achieve, and sustain, such highly desirable “whole-brain” states of consciousness.

We're delighted to be partnering with another team of developers who share these same goals with us. The makers of *The Journey to Wild Divine*, together with some of the most renowned leaders in the field of health and wellness (including Andrew Weil, MD, Deepak Chopra, MD, and Dean Ornish, MD), have created a new interactive program called *Healing Rhythms*. This computer-based training program uses biofeedback to assist with a meditative training regimen.

Biofeedback hardware and finger sensors, included in the program, measure skin conductance level and heart rate variability providing real time feedback of the user's progress. The biofeedback technology within *Healing Rhythms* functions as a kind of mirror in which to view your inner workings so you might fine-tune an awareness of your mind and body and reconnect with your authentic self for positive life-changing results.

### How Hemi-Sync and *Healing Rhythms* Work Together for the Ultimate Experience

Hemi-Sync with *Healing Rhythms* is an ideal combination for those who wish to learn methods and techniques for managing stress and developing their intuition.

### 3 Easy Steps:

- 1) Install *Healing Rhythms* on your computer and plug in the biofeedback hardware.
- 2) Listen to *Hemi-Sync® Meditation\** as you experience the beautiful images and imaginative practices found in the *Healing Rhythms* program.
- 3) Watch as the on-screen iom Grapher provides you with real time, on-screen feedback as you release physical and emotional stress for balance and optimum well-being.



### What's Included:

- iom biofeedback hardware & finger sensors
- Over 40 guided meditation & breathing practices
- Full-color, 90-page Training Guide & User's Manual
- Installation disks for PC and Mac

If you would like to sharpen your intuitive skills and accelerate your process of self-discovery and personal growth, consider incorporating Hemi-Sync with the biofeedback advantages afforded by *Healing Rhythms*.

\*A wide variety of Hemi-Sync *Metamusic*® titles may be employed with great results but you may wish to begin with a *Mind Food*® title called *Hemi-Sync® Meditation*. The Mind Awake/Body Asleep frequency mix employed allows you to de-tune your awareness from the overwhelming amount of information that comes through your five physical senses so you might become aware of the subtle information that comes through other perceptual channels, namely your inner guidance. For more information, visit [www.hemi-sync.com](http://www.hemi-sync.com).