

GUIDED MEDITATION

Guided by Kelly Howell with Theta Waves and Music

On Track One you are guided to create your own, special inner sanctuary – a place where you can go to create states of being that nurture your sense of self, your creativity and the dynamic expression of your power in the world. Theta waves transport you to the depths of meditation. As your mind transcends daily clutter, you'll feel nourished at the deepest levels. Track Two provides 30-minutes of Theta waves and music so you can practice the meditation at your own pace.

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

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. Close your eyes and breathe slowly and deeply. For maximum long term benefits, listen daily for a period of six to eight weeks – or after as needed.

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

BRAIN  SYNC

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800-444-SYNC
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www.brainsync.com