



Focusing the Whole Brain: Transforming Your Life with Hemispheric Synchronization

Ronald Russell

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Imagine a technique that would allow you to conduct your own explorations into consciousness. Imagine that this technique is safe, inexpensive, easy to use, and endlessly versatile. Imagine Hemi-Sync.

Invented by sound engineer Robert A. Monroe more than 30 years ago, Hemi-Sync uses audio technology to synchronize the functioning of the two hemispheres of the brain. For more than three decades, people have been finding more and more creative uses for it. So many uses, in fact, that it's time for an overview of various practical applications.

- assisting personal growth and development
- in medicine
- in psychiatry and psychotherapy
- with autistic children
- in nursing homes
- in sleep training
- in education
- and many more fields

Hemi-Sync appeals to professionals in many disciplines. Today trainers and workshop presenters in some twenty countries and individuals from fifty countries have traveled to attend courses employing Hemi-Sync at The Monroe Institute in Virginia. Countless more use Hemi-Sync CDs and tapes for specific purposes.

Focusing the Whole Brain provides a readable introduction to a whole new world of abilities greater than you ever thought possible.

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