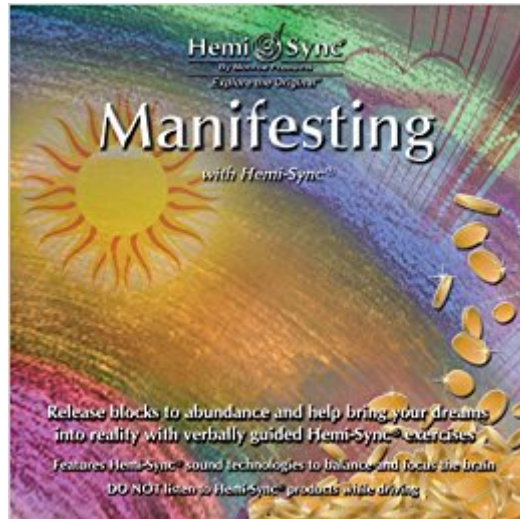




The book was found

Manifesting With Hemi-Sync



Synopsis

Conscious manifestation is not as simple as thinking about whatever you want and it will come true. The manifestation process involves all parts of us as well as energies outside of us and is most effective and rewarding when we have an open heart and a greater understanding of the process. Using his expertise in manifestation, Joe Gallenberger, Ph.D., has created verbally guided exercises, combined with special Hemi-Sync® frequencies, to expand your awareness and energy to assist you in creating new or enhanced patterns that you may desire. Greatly enhance your ability to manifest positive elements in your life. Features two verbally guided exercises.

Book Information

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Customer Reviews

Monroe Product's binaural beat CDs can help you experience enhanced mental, physical, and emotional states. Robert Monroe's work inspired an entire industry of mind/brain products. After 50 years of research, and thousands of lab sessions, the internationally acclaimed patented Hemi-Sync® process remains unparalleled in its ability to assist us in harnessing our human potential. Thanks to the cooperation of notable medical institutions and universities, the scientifically and clinically proven Hemi-Sync® technology continues to be the focus of a variety of specialized research projects. In addition, many therapists, physicians, educators, and other professionals use Hemi-Sync® extensively. Such research is indispensable in revealing the influence of specific Hemi-Sync® sound patterns on consciousness. Over the years, these efforts have resulted in the development of scores of individual products for specific applications such as focused attention, stress management, meditation, sleep enhancement, and pain management, to name a few.

I enjoy listening to this cd anytime. It gives me extra focus, Joe's voice is very soothing and the visualizations are easy to follow. Such a delight to envision my perfect place in the world, which I am creating with every good thought. Im developing quite a collection of these hemi sync cd's and find them a wonderful addition to my life. A soothing counter balance for a hectic world. Very glad I found them :)

This is probably my favorite spoken Hemi-Sync CD. I tend to use it about once a week and find I never get tired of it (as can happen with other spoken meditation programs). What I personally like on the CD is that it isn't forceful, it doesn't require you to (internally) act in a certain way or so forth, and I tend to find, and would recommend others try, to set an ideal prior to playing. I ask myself, 'okay, what am I putting off,' 'what do i want to manifest?' The first time I did this, my kitchen had needed a good cleaning, but was not inspired as such, I put the CD on and just stayed with a visual of it being where I would want it. Though I am terribly busy and occupied with a thousand other things, that day and the following I felt impelled to clean it, and doing so was a joy. After it was clean then, I anchored the visual (ie. feedback) and said 'this is what I wanted, this is what i have,' and I continue to do so each time I play the CD. I would recommend this also just as a relaxer, I own quite a few Hemi-Sync and other binaural frequency audios, but this one always leaves me refreshed. If Joe makes more I will certainly purchase them.

As he says, "A golden opportunity to RELAX...to envision what you desire to create and bring into your reality..." Pros: Track 1: Gets you to a "calm and restful state." (+ His voice is relaxing, and he guides you thru a complete physical body relaxation from the feet up. "Feeling good, calm, peaceful and relaxed." (+) He reminds you: "...This your time just for YOU' to help keep your mind from jumping to chores or distractions of the day and keep you present in this space FOR YOU. Simple and it works well. Cons: (-) He speaks so much, explaining every sound etc...I just wished there was more 'open' space with just hemi-sync and bin-aural beats and not so much TALKING about it and "easing all tension and letting it all go"... (-) He mentions 'melting' problems etc in the introduction but then it is never mentioned again in the procedure? Conclusion for Track 1: Good for the novice, a bit too much talk for people used to meditation or other forms of inner work. Still a decent exercise that left me very relaxed. Track 2: (+) Builds on exercise in Track 1: the energy conversion box (Robert Monroe uses as step one in his Cd's where you put all concerns and leave them behind 'for now' to transmute with positive energy while you are 'elsewhere'). Gallenburger's voice guides you to "fill

yourself with light and energy" to "fill your body, mind and spirit with energy..."as the relaxation of the body in Track 1, now you use energy to fill 'you'(+). He says about building an 'enhanced pattern': "A new reality by imaging the new pattern vividly...see how it enhances your life...see the overview...immerse yourself in the experience...joy, trust, love and opportunity the creation brings to you...Experience the pattern as if it is right here now..design your pattern now...you will have several minutes to do this and then I will begin to speak with you again..."(-). As this seems a CD for the 'novice', he uses several suggestions about what you can 'imagine' but gives no clear direction. So if you ARE a novice you may get confused on Track 2. If NOT, then him going on and on in his nice soothing voice gets irritating as he explains every idea or way you might want to go...but again, offers no clear direction, leaving it up to you.(-) There really isn't any REAL manifesting anything here except seeing something in your life "completing your creation' but with absolutely no guidance on how to do just that.***For the novice, ESPECIALLY IF YOU ARE NOT VISUALLY ORIENTED, this might prove difficult. If you are NOT a novice, then it is old hat and nothing new to "surround yourself with energy and abundance...be thankful and grateful...etc etc.OVERALL: DISAPPOINTED. The sounds are good but he never stops YAKKING long enough to really enjoy them and really get into the ideas presented. For the beginner trying to get going, a good way to relax--but with so many 'suggestions' about how to go about it with no clear direction--might not work well unless you have a bit of 'experience' doing visualizations under your belt!. But... You WILL be relaxed.For the people that are used to meditation or OOB things--it is irritating to have no music, no binaural hemisync to LISTEN to because the guy just never stops yakking....he only stops twice for a FEW moments! So, use it and THEN do your thing AFTER it is over....Aloha

I use headphones and a SONY Walkman as I go to sleep nightly. All Monroe Products cd's use Hemi-Sync (they invented it). The volume gradually tapers off so that at the end I am not jolted awake by a loud voice saying wake up, like some meditation cd's.

Haven't quite figured out how the different parts work but I've listened to the 1st part. Eager to listen more.

This one of four Hemi-Sync is one of my favorites. I am still evaluating the theory but that doesn't get in the way of just giving it a try. If you want to be led into meditation this is good for that too. It is not hard to learn you just let go and you improve your health and find your true self.

Very relaxing, started too see colours and felt a shift during first time listening to this CD.

Very powerful meditation!

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