



EXPANDING *consciousness with Hemi-Sync*

by Alexandra Salkova McKenzie

Hemi-Sync is a unique audio-guidance process that works through the generation of intricate audio signals, which when combined, create a reverberation that is replicated in brainwave forms representative of various states of consciousness. When one hears these through headphones, the brain retorts by producing a sound called a binaural beat that boosts the desired brainwave activity. The result is an intensive state known as hemispheric synchronization, or Hemi-Sync, where the left and right hemispheres work together in a state of coherence.

have you ever wondered what is beyond physical? The ultimate question of “Who are we?” may as well pop into your mind.

This summer, my curiosity led me to the doorway of The Monroe Institute (TMI), well known for its research and teaching a myriad of fascinating subjects as the out-of-body experience (OBE) phenomenon or exploration of human consciousness.

I was familiar with Robert (Bob) Monroe, the founder of The Monroe Institute throughout my work, but I wanted to know more.

“You are more, than your physical body”. Robert A. Monroe.

In 1958, a great change happened, Robert Monroe started to have out-of-body experiences. It left him

puzzled. Being a logical person and a pragmatic businessman, he was not sure what to do with it. He sought help from medical professionals, thinking that he was losing his mind or suffering from a brain tumor. It was only when his psychologist friend pointed out to him, that in India, “they do that stuff”. He advised Bob to go to India, find a guru and study with him in an ashram until he knows all about it. “How long does it take?” asked Monroe. “10 to 20 years” his friend replied.

Monroe could not leave his family and business behind, but he still wanted to find out what was happening to him. It took him about a year to realize that what was happening to him was real. It was an accumulation of one verification after another. His left brain finally accepted it. »

feature

BINAURAL BEATS.

Monroe was familiar with sound technology and binaural beats were already known through history. Binaural beat is an auditory illusion perceived when we are introduced to two different tones, dichotically, one through each ear. As a result, our brain creates the third tone, the auditory illusion, based on the difference between the tones. For example, if a 100 Hz tone is presented to your right ear, and 104 Hz to your left ear, the difference; 4 Hz is perceived by your brain. The frequency of 4Hz is linked with Theta brain waves and it is generating a deep meditative state. Moreover, the binaural beats help our brain hemispheres to harmonize and create balance, so beneficial in modern, stressed way of life.

HEMI-SYNC.

Hemi-Sync (Hemispheric Synchronization), a system based on binaural beats, started with sound waves that replicated brain waves in the human mind to induce sleep. Through 60s and 70s, with help of engineers, scientists and doctors, The Monroe Institute created a 'frequency-following response', altering brain states through sound; to induce sleep, relaxation, learning and memory aids, to help with physical and mental difficulties and, most intriguingly, to create OBE and altered states of consciousness.

FOCUS LEVELS.

Through the research, Monroe discovered that there are different levels of human consciousness with corresponding brain frequencies. These frequencies can be replicated with sound and the desired level of consciousness can be achieved.

Monroe called it "Focus levels". Each Focus has a different goal and a different feel. You can listen to Focus 10 – "body asleep, mind awake", up through Focus 15 – "no time and space", or Focus 21 – "the bridge to other realities", and beyond, depending on your desire.

The exploration invites you for fascinating inner or out of body journeys.

HEALING AND GROWTH.

Monroe combined Hemi-Sync with specific Focus levels in order to achieve required goals and desires. Amongst many, Bob Monroe collaborated with Elisabeth Kübler-Ross, a psychiatrist and pioneer in near-death studies and the author of the groundbreaking book *On Death and Dying* (1969). They developed the powerful Hemi-Sync "Going Home series" - a set of exercises for anyone with a life-threatening condition and for caregivers of the terminally ill.

Healing, improving memories or sight, meeting angels, or enhancing learning abilities are just a few to choose from, as heaps of wonderful options Hemi-Sync and TMI offers. You can simply accelerate your mental, physical, emotional and spiritual growth. ✨



MY JOURNEY

Being very familiar with OBE myself, combined with my professional interest, I eagerly plunged in. My first experience with TMI was the "Gateway Voyage" program. A week of intensive residential training.

I learned to meditate on my own and together with teachers and gurus, I organically reached satisfactory experiences. Would sound frequencies offer a promising shortcut? Besides, using frequencies to meditate, appeared extremely intriguing to me.

The program was packed with meditative exercises, mainly individual, conducted in the privacy of our rooms with noise canceling headphones to eliminate external effects on our senses. We were directed to listen to Hemi-Sync recordings with Bob's voice. Fellow participants were eclectic and from different walks of life and group interactions and sharing of our discoveries were unforgettable. At first, I felt the sounds hindered my meditations, but soon I benefited from a new fresh outlook.

I could tell, that Bob created the program for everyone, even for the most left brained sceptics. The principle of altered state of consciousness, or meditation if you will, was outlined in a very comprehensive way. Each Focus, each exercise, emphasized a different learning in order to have our own individual extraordinary experience.

Did you know, that our consciousness is omnipresent and we can experience one another in our meditations? It was fun to cross reference our experiences with fellow participants. Some participants healed their fears, some had incredible insights and few even channeled a message for humanity. Our bench mark for "weird" shifted as the week progressed and many "extraordinary" things became conventional. I focused mainly on remote viewing and OBE, but I was still pleased to meet my spirit guides.

There are occurrences between Earth and Heaven, most of which we barely comprehend yet we document them as remarkable. I believe, the TMI method offers a valid accelerated means of enhancing the meditation practice and expansion of our consciousness.

Our group witnessed life changing discoveries, mind-blowing stories, we saw skeptics blossoming and we all had beautiful, beyond physical experiences.

References:

www.monroeinstitute.org, Wikipedia, www.higherconsciousness.tv