



*Positively Ageless*  
with Hemi-Sync®

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Cover art by Patty Ray Avalon  
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## ***Positively Ageless with Hemi-Sync® Introduction***

Researchers and scientists have proven that physical matter responds to our thoughts and feelings. Therefore, all of the messages that we think, feel and say to ourselves, including messages about how we age, get recorded somewhere in our body. In turn, the body listens and responds to each thought we send. We can speed up, slow down and even reverse the aging process depending upon the content and quality of our 'intelligence impulses'.

You are invited to explore the realm of possibilities and rewrite a personal program for aging that is perfect for you. Stay the age you are, go back a bit, or totally reverse your age if that calls to you. An ageless body is the result of a mind and spirit that regularly renews and refreshes itself. Through these exercises you will be able to enter the dimension of timelessness, reprogram old, conditioned beliefs about aging, and replace them with a limitless, vibrant experience of being ageless and timeless.

## **Strengthening the mind-body connection with Hemi-Sync®**

There are many so-called “neurotechnologies” reputed to influence states of consciousness on the market today, but few have been subjected to close scrutiny. A notable exception is the Hemi-Sync® audio-guidance technology pioneered by Robert A. Monroe. The patented Hemi-Sync® process has been refined with decades of research and development and is supported by many studies and professional papers available at [www.hemi-sync.com](http://www.hemi-sync.com).

Such research has been indispensable in revealing the influence of specific Hemi-Sync® sound patterns on states of consciousness. Over the years; these research and development efforts have resulted in scores of audio products incorporating Hemi-Sync® for specific applications such as meditation, focused attention, stress management, sleep enhancement and strengthening the mind-body connection, to name a few.

### **What Is Hemi-Sync®?**

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with over 40 years of research. Researchers learned that specific sound patterns

could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other extraordinary states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence.

Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

## **Cautions and warnings**

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. DO NOT listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), DO NOT listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort, immediately discontinue use.

All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose, are disclaimed.

## **Using the *Positively Ageless* with Hemi-Sync® exercises**

- Listen over a portable or home stereo system using stereo headphones for best results. Alternatively, you may position yourself between conventional speakers.

- Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

- Allow yourself to come up with images and impressions that are meaningful to you, even if they differ from the ones described. The language used in each exercise is meant to be only a guide.

## **Exercise 1 — Rejuvenation**

This first exercise is a guided meditation which will lead you into an experience of renewal, revitalization and regeneration. You will be guided through a 10-step process of relaxation, which allows for easier access to visualization and imaginative experiences. You will then be led to a garden that has been created for your well being.

While there, you will bring in the people and life experiences that support your positive life experiences. You will next be guided deeper into the garden where you will find and experience a Fountain of Rejuvenation; absorbing its abundant life force for balancing and revitalization. Then you will be counted back to an awake and alert state through the 10-step process.

## **Exercise 2—Reconditioning**

In this exercise you will experience the positive effects of creative visualizations and affirmations to feel your best at whatever age you are.

You will begin with a 10-point relaxation process where you will feel deeply relaxed, calm and serene.

In this relaxed state you will hear and repeat affirmations designed to help you pattern your body, mind and spirit into a stronger, healthier and more vibrant state of being.

You will also have an opportunity to create your own affirmations and spend some time integrating the new patterns you are creating for yourself. You will then be counted back to an awake state.

This exercise is 30 minutes long, so it is ideal for using during a lunch break or early in the morning, anytime you need some 'reconditioning'!

### **Exercise 3—Lightbody**

In this exercise you will be guided in a meditation to relax your body and recharge your energy. You will bring balance to your body, mind and spirit as you focus on the part of you that is your *Lightbody*, an interconnected web of light around and within your body. This bright, lively energy network of pulsating light helps to supply vitality and life force to your entire being.

You will be guided to go through each part of your body, focusing on the network of light that is there, and imagine a flowing, pulsing activation to occur in your lightbody. You will feel the radiance that is you. You will feel the effects as it balances, clears and restores your natural energy. You will then be guided to allow the radiance that is you to flow out through you, from your heart, into your life, and the entire world, clearing and connecting you. You will then be counted back to an awake state.

### **Exercise 4—Clear and Balanced**

This exercise provides a process that allows you to release any or all of the emotional memories, beliefs and old patterns that no longer serve your highest good. It will help you clear, balance and revitalize your entire system.

You will go through a 10-point relaxation process feeling calmer, centered, freer and lighter. Then you will be guided to imagine a box which represents a part of you that holds knowledge and self awareness.

You will be guided to remove an item from this box; an item that no longer serves you. It is important to trust yourself in this process, knowing that some part of you knows exactly

what is ready to be released, and what is not. You do not have to know what is being pulled out and released; simply go through the motions. You will then be guided to imagine a circle of golden light all around you, refreshing and lighting your entire being.

You will repeat this process four more times, going back to the box, and releasing one item at a time. You will then be counted back to an awake state.

### **Exercise 5—Renew Through H-Plus**

In this exercise you will renew, refresh and restore your physical, mental, emotional, and spiritual being. You will begin with a long 10-point relaxation process, then you will be guided to open a new tool, the access channel. You will then receive a verbal statement or encoding, to help you 'Renew and Refresh' your entire being at anytime you wish in the future. You will then move into a restful period of integrating the positive suggestions. You will then be counted back to an awake state.

### **Notes about using *Positively Ageless* with Hemi-Sync®:**

All of these exercises are designed to be used as often as you like. With some repetition, new neural pathways are created in the brain, and the material that you are integrating becomes easier to access, easier to make part of one's consciousness. Creating new patterns of awareness and behavior can often take a little time; be patient and steady with your program of becoming "*Positively Ageless.*"

We wish you much enjoyment, wellness and renewal as you use these CDs.

### **About the Author**

Patty Ray Avalon, M.F.A., is a residential trainer at The Monroe Institute®. She is also an experienced energy healer and former faculty member of the Barbara Brennan School of Healing. Through these two career paths, she has been able to bring together the extraordinary tools of Hemi-Sync® technology and her knowledge of the human energy field. In *Positively Ageless with Hemi-Sync®*, she explores with you the regenerative effects of focused consciousness and intention on the human body, mind and spirit.

