

Hemi-Sync® titles available in Mandarin



Mandarin title here (Catnapper)

Enjoy a totally refreshing nap in only 30 minutes. Verbal guidance and Hemi-Sync® provide you with a unique opportunity to obtain deeply restorative rest. Benefit from *Catnapper's* proven effectiveness during work or study breaks or to re-energize for the evening. *Catnapper* is also effective for countering the effects of jet lag, coping with irregular schedules or as the ultimate pick-me-up anytime.



ITEM# ST001CNM \$19.95



Mandarin title here (Chemotherapy Companion)

Support a positive outcome for your chemotherapy. Verbal guidance and Hemi-Sync® transport you to a profound state of total relaxation where you are immersed in feelings of inner peace and tranquility. Here, mental imagery and a series of positive affirmations are used in support of your return to physical well-being. You will also learn special encoding cues you may use anytime to reinforce the healing effects of your chemotherapy or help you overcome the possible side effects of nausea.

ITEM# MF041CNM \$19.95



Mandarin title here (Deep 10 Relaxation)

Abandon your cares as verbal guidance and Hemi-Sync® transport you to a blissful state of total relaxation followed by natural, restful sleep. *Deep 10 Relaxation* is a highly effective, time-proven means to counteract the negative effects of stress in your life. Anxiety and daily concerns seem to float away as you move into progressively deeper states of mental and physical calm. Track 1 contains verbal guidance; Track 2 continues your sleep cycle without words. Be kind to yourself. Use the popular *Deep 10 Relaxation* to rejuvenate both mind and body and leave your cares behind.

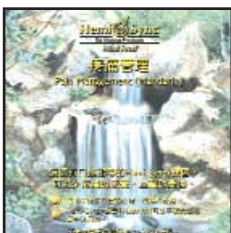
ITEM# ST006CNM \$19.95



Mandarin title here (Moment of Revelation)

Move beyond space, time and daily concerns as you ascend the spiral staircase to a wondrous place of peace and serenity. Deeply relaxing Hemi-Sync® sound patterns and a guided visualization assist you on this delightful inner journey. Let go—release your expectations. The illumination of a peak experience—your moment of revelation—awaits you with this Hemi-Sync® classic.

ITEM# MF011CNM \$19.95



Mandarin title here (Pain Management)

Listening to *Pain Management* can help you reduce pain signals until they no longer seem significant. You will also learn an effective, time-proven method to diminish pain signals anywhere. Use *Pain Management* to help restore the vitality and dynamic energy needed for the perfect functioning of both mind and body. This remarkable Hemi-Sync® exercise helps you balance and equalize your mental, emotional, and physical self and guides you gently into a deeply, restorative sleep.

ITEM# MF014CNM \$19.95



Mandarin title here (Transcendence)

Move beyond your thoughts and daily concerns as you listen to the deeply relaxing Hemi-Sync® sound patterns of *Transcendence*. The verbal guidance and Hemi-Sync® signals incorporated on Track 1 will lead you in the exploration of expanded states of consciousness. Create your own experiences with Track 2, an extended free-flow exploration without verbal guidance. *Transcendence* will leave you centered, focused, and totally refreshed.

ITEM# TP024CNM \$19.95



The Gateway Experience® (Mandarin title here) is an in-home training program for developing, exploring, and applying expanded states of awareness. This popular series evolved directly from The Monroe Institute®'s world-renowned *Gateway Voyage®*. Beginning with *Discovery*, there are six “albums” called “Waves of Change.” Each Wave contains specially blended Hemi Sync® frequencies combined with verbal guidance and subtle sound effects to guide you into focused, whole-brain states of consciousness. While in such states, one has a broader range of perceptions available with which to solve problems, develop creativity or obtain guidance. The series is progressive in nature and must be used sequentially. We are pleased to offer the first album, *Wave I—Discovery*, in Mandarin at this time.



#GE043CM \$99.00 (3 CDs)

Mandarin title here (WAVE I—DISCOVERY)

Discovery introduces the Mind Awake/Body Asleep state (Focus™ 10) and other “mental tools” to help you experience states of expanded awareness. You are led from your physical waking state into deep relaxation and then into unexplored levels of your consciousness. Discover new potentials in thought and action as your total self becomes your personal gateway into profound forms of perception.

Orientation—introduction and Focus 3

Intro Focus 10—establish the state of mind awake/body asleep

Advanced Focus 10—expand perception and learn greater control of personal energy

Release and Recharge—detach from old fears and negative emotions

Exploration, Sleep—techniques for expanding and exploring while asleep

Focus 10 Free Flow—experiment with all tools learned in Wave I

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 conditions, **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.

Monroe Products ♦ 434-263-8692 ♦ 800-541-2488 ♦ www.hemi-sync.com ♦ Interstate@Hemi-Sync.com