

Inner States

Dawning of Awareness

Co-developed with and voiced by Patty Ray Avalon

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Introduction

This series, co-developed with Patty Ray Avalon, is designed to guide you on a path of deeper personal awareness for enhanced living and being. With these Hemi-Sync® exercises you will explore methods to activate the power within yourself, achieve inner peace, remain centered and calm in times of uncertainty, and transcend limiting thought patterns. You will also learn to tap into an expanded source of knowledge and guidance for your life, discover tools for initiating personal changes and transformational growth, become more aligned with your life's purpose, develop your intuition, bring more light into your body, and embrace a trusting, loving approach to living.

What Is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with 50 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 Inner States Dawning of Awareness 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.

CD 1: Exercise 1—Awakening Through Stillness

Learning to relax our bodies, quiet our minds and center our hearts brings countless gifts to us in the forms of deep inner peace, awareness of our true essence and enhanced connections to others and a greater source of love. By regularly taking the time to get quiet and refresh ourselves, we can generate more clarity, energy and centeredness in our lives.

In this exercise you will start by deeply relaxing your body so that your mind can easily follow. You will then be guided to let your mind get quieter, and calmer. Further into the exercise, you will experience two periods of pure silence, progressing in length, so that you become comfortable with longer periods of silence. It is in the stillness and quiet of our centered minds and hearts that we get in touch with our essential self. The essence of our feelings, wisdom and love. It is often a place beyond words, and it is in this place where the potential for higher transformation exists, the place of centered being.

Towards the end you will receive a memory encoding, which are words to say to yourself at a future time that will help you remember your still and centered state of being. You will then be guided to come back to being awake and alert.

CD 1: Exercise 2—Equilibrium

By entering a centered state of being in our hearts, minds and spirits, we allow ourselves to remain calm and clear in the midst of change or uncertainty. When we operate from a place of ‘being in the center’, we can draw upon inner strength, access wisdom and respond appropriately in any situation. When centered, we become grounded, and aligned with our intentions. We can bend, flow along or stay rooted where we need to be in response to conditions around us, and we know how to move into our next step.

When in a state of uncertainty about our future, so often our habitual mindset will offer us words, images or patterns based on the past; often the negative aspects or perceptions of the past. We tend to project onto the future what we choose to remember, real or imagined, about the past. These thoughts can then influence our feelings and our energy levels in the present, lowering our vibrations and affecting our ability to remain in a positive mindset. But when we choose to create beautiful and positive possibilities in our minds, we move into a sweeter, clearer and stronger energy state that supports us in manifesting positive life situations.

In this exercise you are invited to enter a centered, loving state of being, and to practice sustaining this as you visit a particular event in your life that brings up feelings of uncertainty. You will have an opportunity to discover your feelings about this event, and then shift to a very positive, empowering perspective by using your own imagination and intentions. You will thereby create a new pattern for yourself, and achieve a state of inner equilibrium.

CD 2: Exercise 3—The Limitless Self

There are times in our lives when we have touched into and fully experienced life from a higher level of love, awareness and understanding. It’s natural and enlightening for us to rise above and move beyond current perspectives, reactions and behavioral patterns that sometimes limit us. This rising above in awareness is known as a “transcendent” state of being. And the more comfortable we become with this state of being, the more we will evolve in alignment with our soul’s higher path.

The purpose of this exercise is to help you easily shift yourself (your mind and feelings) into an elevated, transcendent state of being—a state that will offer you a greater overview of your life, allow you to connect with your deepest and broadest aspects of self, and enable you to cross a bridge from the physical to non-physical states of awareness. This exercise will provide a movement through vibrational levels to help you consciously access more of your true essence, and enjoyment of your highly expanded self.

CD 3: Exercise 4—Life Path Journey

As we bring the activities and interests of our daily lives into alignment with the truth in our heart and wisdom of our soul, we create a way of living that is full of clarity, richness, generosity and fulfillment.

When we look over the path of our lives from a different, elevated perspective, we often find marvelous well-orchestrated patterns placed with exquisite, yet sometimes curious, timing. These reveal to us a greater or higher plan unfolding. Periodically, however, we may feel the call to reevaluate or redirect where our lives seem to be going. We may need to reconsider what is or isn't working for us, and find ways to align our outer actions with our inner wisdom. This is our spirit's call to a new level of personal transformation (evolution).

In this meditation, from a centered state of being, you will be invited to experience a broader personal overview, which may help you recognize threads or patterns that exist in your larger life path. You will then explore how to align what is at the core of your being, your place of essential wisdom, love and understanding, with the activities and events you are manifesting in your life. Here there is an opportunity to get clearer about your life purpose.

You will also be able to visualize and help bring into reality harmonious choices and directions for your life which will assist you in creating more fulfilling possibilities for everyday living.

CD 4: Exercise 5—Accessing Higher Guidance

There are many names for the vast storehouses of knowledge that are recorded somewhere in the Universe. Different traditions have referred to them as The Hall of Records, The Great Library, Universal Mind, The Book of Life, The Akashic records and The Collective Consciousness. It appears that there is some great recording of all experiences, all choices and possibilities of past, present and future information that we human beings are working with in the design of our lives. The information may be located in different dimensions, regions, locales or frequency bands, or holographically contained in a unified field. No matter where it exists, through expanded awareness we are able to attune to and access the source that is perfect for us at the time we are asking for guidance or knowledge.

The information you may be able to access in this exercise includes past experiences, future possibilities and revelations about the life lessons you are currently experiencing. Think 'limitless' here.

Each time you experience this meditation, you can tune into and focus your intentions and vibrations to match the source you are desiring, depending upon where you are in your ever evolving life path, or what you wish to know, and how you wish to grow.

CD 4: Exercise 6—Luminosity

Human consciousness is flowering, and this is partially created by the spiritual light that we nurture within ourselves. This light helps us expand to new levels of wisdom, maturity, compassion and freedom.

Light is energy and can be recognized as a spark in one's spirit, a twinkle in the eye, radiance in the face or

body, a brilliant insight or loving action. We recognize light in many ways, and finding it within ourselves will activate and reflect it. Raising our thoughts and emotions raises our frequencies and increases our internal light, which then enables us to access higher meaning, more satisfying experiences, and greater love in our lives. As we become filled with more and more light, our power to positively influence the world around us increases as we become the light we want to extend to the world.

In this meditation you will be gently guided to increase the amount of light in your entire being. By using your imagination and intention, you can bring in more, or brighten further, the particles and waves that hold brilliance for you. We can think of our cells, our molecules, the chemistry of bodies, our meridians and chakras as filaments that contain and flow energy. This energy can become more luminous. Our brilliance of mind, body, and spirit becomes a creative spark lighting the fire of our passions, our insights, and our clear understanding.

About the Author



Patty Ray Avalon is a professional artist working in the Blue Ridge mountains of Virginia. She has a B.F.A and an M.F.A from Indiana University and has studied at the Art Institute of Chicago and the Central School of Art and Design in London.

She is also an experienced facilitator at The Monroe Institute®, where she trains participants to use their consciousness to access guidance, improve manifestation, and learn self healing and self actualization skills. She is also an experienced energy healer and former graduate and faculty member of the Barbara Brennan School of Healing in Miami.

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. Other titles featuring Patty Ray Avalon are *Positively Ageless with Hemi-Sync®*, *The Creative Way with Hemi-Sync®*, and *Healing Journeys Support with Hemi-Sync®*.