

Opening the Heart®

The *Opening the Heart*® series contains specially blended Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects to guide you into focused, whole-brain states of consciousness — profound states of expanded awareness.

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.

Using the *Opening the Heart*® series

- 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.

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. DO NOT reproduce Hemi-Sync® products or use with Dolby® or other noise-reduction systems. Doing so will diminish the effectiveness of the Hemi-Sync® signals. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose, are disclaimed.

Opening the Heart® Introduction

Many spiritual teachers across varied traditions, from the ancient past to the present, have taught that love, the Universal energy of love, is the pathway to our way home. To remember love is to remember who we truly are, our true self-essence. The gateway to this remembering seems to reside in the heart, the energy center within our physical beings which connects us ultimately to our source.

In choosing to work with the four exercises in this series, you have acknowledged your sincere desire to know this

pathway once again, to open your heart to the direct experience of love in ways which will immeasurably enrich your current life activities and advance your spiritual growth. We wish you much fulfillment and many joyful outcomes as you embark on this next step of your journey into deeper aspects of self-awareness and ultimately to the realization of your connectedness with all things.

Exercise 1 — Centered Calm

This first exercise will guide you into a state of deep relaxation and peaceful centeredness. It will also introduce you to important tools which you will use in all of these exercises, and perhaps at various times in your daily life as well.

- As you listen to sounds of ocean surf, a box will float in on the tide. This gift from the sea becomes your mental container in which to hold any concerns, distractions, or interferences for the duration of the exercise. You may imagine specific symbols to place in the box, such as a wallet for financial worries, a photo representing someone who is in your thoughts. You might place limiting words like “can’t,” “shouldn’t,” or “must” in your box; brick walls to symbolize your defenses; a desk or computer to represent work. Experiment and find out what works best for you.
- Then, free from distractions, you will hear the words of the Affirmation for these exercises. An affirmation focuses your attention and makes clear your sincere intent. You may use the words as spoken, modify them to maximize personal relevance, or substitute your own version. Once again, experiment and make it yours.
- The process of relaxation begins through having you focus on your breathing and then moves into resonant tuning. Resonant tuning accelerates the gathering of your vibrational energy, helps vitalize and charge your entire system and loosens blockages in natural energy channels. Notice any physical manifestations, including new vibratory patterns or sensations, as you vocalize aloud. The sounds on the exercise are only a guide. Set your own rhythm and pace, move up and down the scale, experiment with different vowel sounds.
- Movement into deep relaxation is then achieved through focusing your attention on various parts of the body, telling each of them to let go, relax, sleep.
- From this deep relaxation you are guided into a state of centered calm. Within deeper and deeper levels of stillness you notice your thoughts and allow them to move through you and away from you with your breath.
- Before you return from the exercise, while still in the state of centered calm, you request that a guidepost present itself to you; a guidepost that will lead you surely back to this state of peacefulness at any time you desire. It may come to you in a word, a symbol, a feeling, an image, a sound, or a vibration which represents for you this state of centered calm.
- Return from the exercise is through a countdown from 10 to 1. Please count out loud as the numbers are voiced and keep your headphones on until the exercise has completely ended.

Exercise 2 — Remembering Love

In this exercise you will begin to remember the pure energy of love, and in this recognition you will learn a method for retaining this love energy within your conscious awareness.

This process begins with the same steps as in Exercise 1: your box from the ocean, Affirmation, and resonant tuning. Then, focusing on the feeling of love generated from a memory of a past moment in time, you follow your guidepost and return to the state of centered calm.

From this state of centered calm you are then gently guided through a series of steps which first concentrates the love

energy within your heart center and then expands it outward as if through a funnel. You learn to extend and receive and to integrate this love energy into your heart center.

Toward the completion of the exercise you receive a symbol — a triangle within a circle of light within your heart — that is always there for you to call upon whenever you wish to extend love energy to yourself and to others.

Exercise 3 — Love’s Power to Heal

During this exercise you will have the opportunity to use the energy of love to release and transform any remaining emotional issues you may have with others; to release them, let them go, and to reclaim your natural, true essence, which is only love.

Following the use of your mental tool of the box from the ocean, Affirmation, and resonant tuning, you move gently and easily by following your guidepost back into the state of centered calm.

From there you are guided through a process in which you engage someone with whom you have left-over issues; issues, which when you think of this person, disturb your peaceful centeredness. You gain understanding, share communication, listen from your heart. You are then given a method for releasing the old energy and transforming it into love.

This is a powerful exercise which you will most likely wish to repeat many times. Most of us have many layers of encrustations of fears and other limiting beliefs which keep us from exploring as freely as we know we are capable of, and from opening fully to love’s presence. Be gentle with yourself and know that each time you work with this exercise you are peeling away another layer of the “artichoke,” moving surely and with growing certainty to the “heart” of the matter.

Exercise 4 — Opening to Love

In this exercise you have the freedom to create your own journey; to open to the energy of love in whatever way you choose, free from structure and verbal guidance.

Following the use of your box from the ocean, the statement of the Affirmation, resonant tuning and movement following your guidepost to the state of centered calm, you will have an extended time in which to direct your own experience.

You may wish to simply open to whatever unfolds for you during this “free-flow” period, trusting that whatever you experience is in perfect alignment with your stated intent for the exercise. Or, you may establish a specific agenda or goal you wish to pursue, perhaps developing further the concepts and insights gained from earlier exercises in this series. Suggestions for questions you might wish to take with you are:

1. What is it I most need to learn in order to open more fully to love’s presence?
2. What specifically can I be doing in order to more completely integrate love into my daily activities and relationships?
3. What are the limiting beliefs and/or fears I may continue to hold in my subconscious awareness that hinder me from exploring and experiencing love energy as freely as I desire?
4. What questions would be most helpful for me to be asking at this stage of my growth and development?

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