

The patented Hemi-Sync® process has been refined with over 40 years of research and development. Ongoing experimentation, data collection and analysis are conducted at The Monroe Institute's laboratory facilities to demonstrate the correlation between subjective experiential reports and objective electronic measurements.

Such research is indispensable in revealing the influence of specific Hemi-Sync® sound patterns on consciousness. Over the years, these efforts have resulted in the development of scores of individual products for specific applications such as focused attention, stress management, meditation, sleep enhancement, and pain management, to name a few.

Thanks to the cooperation of notable medical institutions and universities, the scientifically and clinically proven Hemi-Sync® technology continues to be the focus of a variety of specialized research projects. In addition, many therapists, physicians, educators, and other professionals use Hemi-Sync® extensively.

The Hemi-Sync® process is internationally acclaimed. Thousands of people have journeyed from around the world to attend The Monroe Institute's life-enhancing residential programs. These programs, conducted at the Institute's training facilities in Virginia, are dedicated to developing, exploring, and applying expanded states of consciousness using the extraordinary Hemi-Sync® sound technologies.

Brainwave Demonstration

without HEMI-SYNC®

with HEMI-SYNC®



Brain-wave
maps



Incoherent brain-wave pattern
with limited thought processes

Coherent brain-wave pattern—
enhanced whole-brain potential

Hemi-Sync® helps you safely alter your brainwaves with multi-layered patterns of sound frequencies. When you hear these through stereo headphones or speakers, your brain responds by producing a third sound (called a binaural beat) that encourages the desired brainwave activity.

This is how binaural beating works:

A sound played in the left ear is heard as a single tone.

A sound played in the right ear is also heard as a single tone.

When played together the *vibrato* perceived is called binaural beating.

What Hemi-Sync® can do for you

Hemi-Sync® can help you experience enhanced mental, physical, and emotional states, by combining verbal guidance, music, pink sound and/or other audio effects with the binaural beats. The particular elements for each recording are carefully selected and integrated with the appropriate Hemi-Sync® sound frequencies to enhance the desired effect.