

# DEEP INSIGHT

## Music, Theta & Delta Waves

Completely free of spoken words, subliminal messages, or any other verbal distractions, *Deep Insight* delivers 50 minutes of soothing music and nature sounds combined with precision-engineered brainwave frequencies to expand awareness and enrich creativity. Within minutes you'll feel yourself swirling and then slowly start to drift. You may feel as though your mind is expanding beyond the boundaries of your body, free to travel and explore untold depths of inner peace. Entering the dreamlike theta state of meditation you'll discover the vast well-spring of knowledge that lies within. New ideas and insights spontaneously flash before your mind's eye as you are swept into the very center of consciousness where all information is stored and answers are revealed.

## Clinically Proven Method

This program balances right and left hemispheres of the brain to produce the remarkable mental state known as Hemispheric Synchronization. A special feature of Brain Sync technology is the use of scientifically researched frequencies called Window Frequencies, which fit through narrow biological windows to impact the body at a cellular level. Listeners say they can actually feel their meditation on a physical level, in rushes of positive energy and a flow of deep heartfelt emotions. Cumulative training benefits include: Improved ability to concentrate, increased creativity, greater clarity of thought, enhanced access to emotions and heightened states of well being.

## Instructions for Listening

Listen at a time when you will not be disturbed. Sit or lie comfortably with your spine straight. This allows your natural channels of energy to open and flow freely. Close your eyes and breathe slowly and deeply. For maximum long term benefits, listen daily for a period of six to eight weeks – or after as needed.

**To experience the brain optimizing effects of this program,  
listen with headphones.**

BRAIN  SYNC

To receive a catalog or for more information call

**800-444-SYNC**

or visit our web site for secured credit card processing:

**[www.brainsync.com](http://www.brainsync.com)**