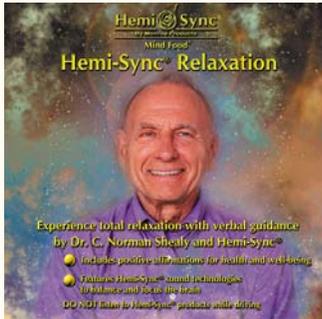


Monroe Products®

2005 New Releases



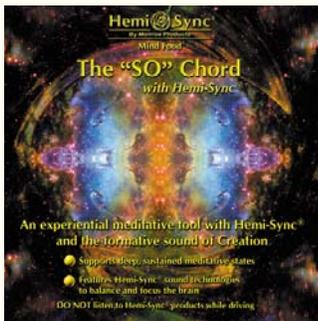
Mind Food®



Hemi-Sync® Relaxation (contains verbal guidance by Dr. C. Norman Shealy)

Experience total relaxation with this verbally guided Hemi-Sync® exercise voiced by Dr. C. Norman Shealy. *Hemi-Sync® Relaxation* uses a progressive relaxation technique along with Hemi-Sync® audio signals to gently guide you into a deep, receptive state of relaxation. While in this state, you will hear positive affirmations for health and well-being. As a pioneer in the field of alternative medicine, Dr. Shealy has helped medical practitioners to understand more fully the power of the mind-body connection and its relationship to maintaining or restoring wellness following a trauma such as surgery or a life-threatening disease. Length: 50 minutes

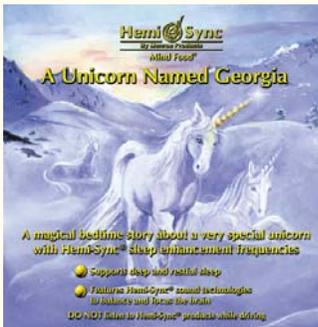
ITEM# MF051CN \$19.95 (CD)



The “SO” Chord with Hemi-Sync®

The “SO” Chord is one of many interpretations of the formative sound of Creation emerging from the “Void.” When combined with Hemi-Sync®, Barry Oser’s “SO” Chord provides an ideal sonic background to support experiential meditation. Any sound might appear as you listen to the powerful vibrational harmonics of *The “SO” Chord* (frequently one hears music that is not part of the recording). Restore balance and harmony to your mind-body with this extraordinary meditative tool. For optimum results, listen in one session—preferably in a darkened, meditative environment. Length: 45 minutes

ITEM# MF052CN \$19.95 (CD)

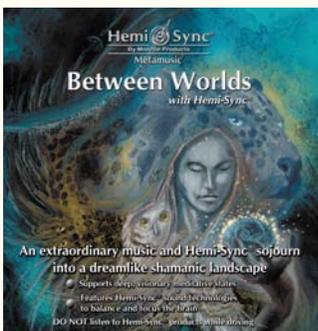


A Unicorn Named Georgia (a children’s bedtime story)

Long ago and far away, in the land where magic and fairy tales begin, lived a very special unicorn named Georgia. As the only unicorn to be born with a golden horn, Georgia yearned to be like her friends, who often made fun of her, until one day her shiny golden horn saved the day. Track 1 features Georgia’s magical bedtime story voiced by the author, Morgan MacKenzie-Perkins, along with Hemi-Sync® sleep enhancement frequencies to gently guide your child into a deep and restful sleep. Track 2 features the soothing sounds of ocean surf (pink noise) with Hemi-Sync® sleep enhancement frequencies. Length: 60 minutes

ITEM# MF053CN \$19.95 (CD)

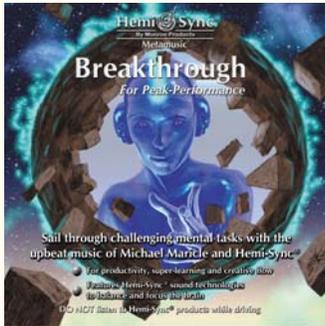
Metamusic®



Between Worlds with Hemi-Sync®

An extraordinary sojourn into a dreamlike shamanic landscape. The captivating shamanic music of Don Peyote and Naasko is combined with Hemi-Sync® to guide your inner journey. Sounds from the rain forest contribute to the surreal, organic ambience. Vivid images emerge as time blurs and the world disappears. For optimum results, listen to this experiential composition in one session—preferably in a darkened, meditative environment. Instruments featured: didgeridoo, flutes, mbira, synthesizer, indigenous chants, shamanic percussion and field recordings. Length: 52 minutes

ITEM# MA053CN \$19.95 (CD)



Breakthrough For Peak-Performance

Sail through challenging mental tasks with the upbeat electronic music of Michael Maricle and Hemi-Sync®. The fast-paced tempo and driving-rhythms of Maricle's uplifting composition support faster beta Hemi-Sync® patterns designed for peak-performance, super-learning and creative flow. Enhance your mental productivity, memory and aptitude for learning while enjoying this artistic creation. *Breakthrough* may be helpful for ADD/ADHD, dyslexia, and other learning challenges. *Special thanks to Professor Barbara Bullard for her contributions.* Length: 44 minutes

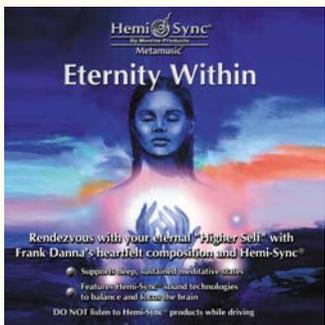
ITEM# MA054CN \$19.95 (CD)



Dreamcatcher

Dreams are gateways to the soul. Drift gently into the mystical dreamstate with soothing ambient music, calming water sounds and Hemi-Sync®. Don Peyote and Naasko bring their shamanic influence to bear in this versatile composition. *Dreamcatcher* supports deep, restorative sleep when used in continuous play. It may also be used for massage therapy, subtle energy healing work or for powerful meditations in the borderland sleep state. Instruments featured: harmonic chords, drones, synthesizer, and field recordings of water sounds and whale calls. Length: 55 minutes

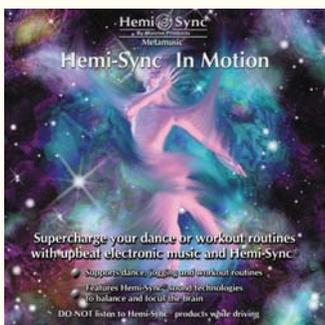
ITEM# MA055CN \$19.95 (CD)



Eternity Within

Rendezvous with your eternal Higher Self with Frank Danna's heartfelt composition and Hemi-Sync®. The ethereal music of *Eternity Within* was inspired by Robert Monroe's own experiences described in *Ultimate Journey*, the final book of his classic trilogy dealing with the out-of-body state. Monroe's encounters and communications with his Higher Self (which he referred to as his "I-There") are the basis for a fundamental revelation to many on a path of Self-discovery and personal transformation. Instruments featured: analog and digital synthesizers. Length: 45 minutes

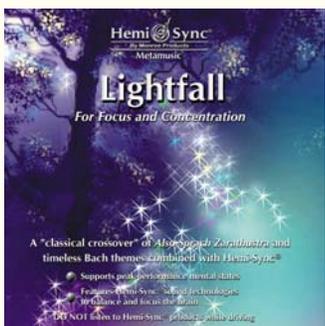
ITEM# MA056CN \$19.95 (CD)



Hemi-Sync® In Motion

Supercharge your dance or workout routines with upbeat electronic music and Hemi-Sync®. J. S. Epperson's driving rhythms are combined with the innovative use of Hemi-Sync® to give you added horsepower when you need it. Use this cutting-edge composition for dance, jogging, workout routines, or play in the background while cleaning house. Includes brief warm up and cool down tracks. Length: 34 minutes

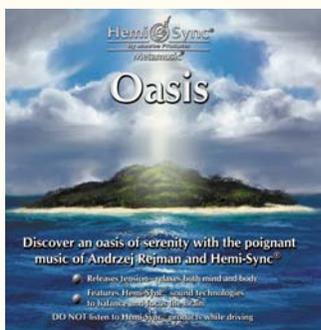
ITEM# MA057CN \$19.95 (CD)



Lightfall For Focus and Concentration

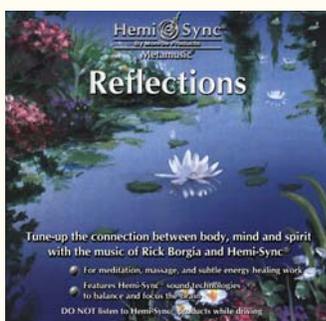
Also Sprach Zarathustra is frequently associated with the intellectual and technological achievements of humankind such as its use in *2001: A Space Odyssey*. *Lightfall* is a modern-day interpretation of R. Strauss' classical masterwork blended with J.S. Bach's *Air on a G String* and *Prelude in C*. Composed and performed by the talented Lenore Paxton on keyboards and Phillip Siadi on guitar, *Lightfall* features Hemi-Sync® concentration frequencies to support peak-performance mental states and may be helpful to those with ADD/ADHD, dyslexia, and other learning challenges. *Special thanks to Professor Barbara Bullard for her contributions.* Length: 44 minutes

ITEM# MA058CN \$19.95 (CD)



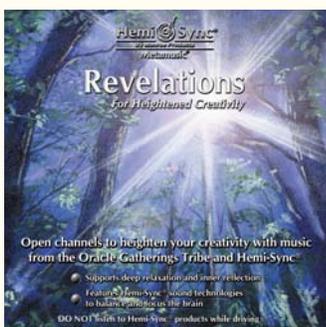
Oasis

Discover an oasis of serenity with the poignant music of Polish composer Andrzej Rejman and Hemi-Sync®. Known for his international flavor and feel, Rejman blends a Central European romantic style with some neoclassical moods in this uplifting composition. Inspired by the beauty and mystery of nature, this timeless arrangement will provide safe harbor from your daily concerns. *Oasis* is also ideal for stimulating creativity and imagination. Instruments featured: keyboards, piano, synthesizer, strings arrangement, folk bells, electric and acoustic guitar. Length: 64 minutes **ITEM# MA059CN \$19.95 (CD)**



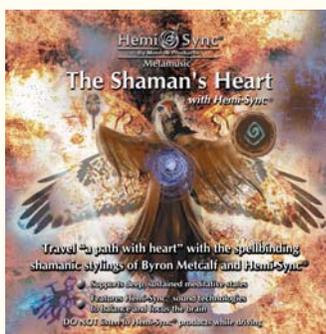
Reflections

Tune-up the connection between body, mind and spirit with the music of Rick Borgia and Hemi-Sync®. Therapeutic music is an ancient art. Greek and Roman spas incorporated such music to use in soothing cadence with the art of touch. *Reflections* mirrors this ancient practice of creating calming atmospheres to heighten one's energetic or healing connection. Immerse yourself in the delicate, floating rhythms of *Reflections* to support massage therapy, subtle energy healing work or for creating an ideal meditative space for inner reflection. Instruments featured: synthesizer and nature field recordings. Length: 60 minutes **ITEM# MA060CN \$19.95 (CD)**



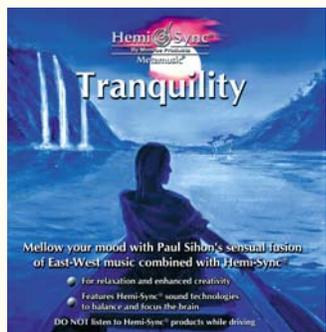
Revelations For Heightened Creativity

Open channels to heighten your creativity with impassioned music and Hemi-Sync®. The talented musicians of the Seattle-based Oracle Gatherings Tribe are known for their ability to craft an expansive range of atmospheric textures—from contemplative music for inner reflection to pulsating dance-floor rhythms. *Revelations* is a compilation of electronic music that washes over you like a gentle breeze bringing deep relaxation, inspiration and creative insights. Composed and performed by Oracle Gatherings Tribe musicians: Kevin Hills, Osiris Indriya, Michael Manahan, Michael Maricle, Jake Perrine, and Travai Wells. Length: 62 minutes **ITEM# MA061CN \$19.95 (CD)**



The Shaman's Heart with Hemi-Sync®

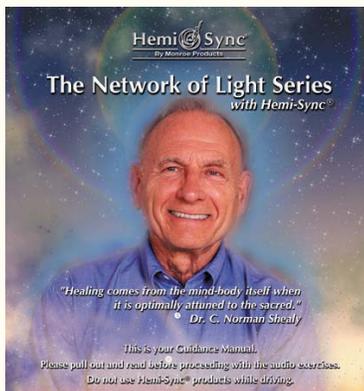
Shamanism is an ancient spiritual system that helps one remain "heart centered" in the face of adversity—a hallmark of spiritual maturity that Don Juan referred to as traveling "a path with a heart." The spellbinding shamanic stylings of Byron Metcalf, and guest artist Steve Roach, are combined with Hemi-Sync® to transport you into the infinite heart-space dimension. For optimum results, listen to this experiential composition in one session—preferably in a darkened, meditative environment. Instruments featured: buffalo and frame drums, hybrid toms, didgeridoo, ocarinas, udu, shamanic rattles, and percussion. Length: 73 minutes **(see Bill Binkelman's insightful review in this flyer) ITEM# MA062CN \$19.95 (CD)**



Tranquility

Mellow your mood with Paul Sihon's sensual fusion of East-West music combined with Hemi-Sync®. Richly composed and exquisitely played, Sihon weaves intricate textures of Indian music with Western music forms in this relaxing Hemi-Sync® soundscape. The exotic rhythms of tabla drums blend with Paul Vornhagen's haunting flute passages, adding spice and a breadth of emotions to this enchanting composition. *Tranquility's* ultimate charm is its artful, unspoken appeal for East-West unity, spiritual awareness and world peace. Instruments featured: Paul Sihon on tabla drums, percussion and synthesizers; Paul Vornhagen on flutes, ocarina, clarinet, pennywhistle, and saxophone. Length: 53 minutes **ITEM# MA063CN \$19.95 (CD)**

New Hemi-Sync® Album Series



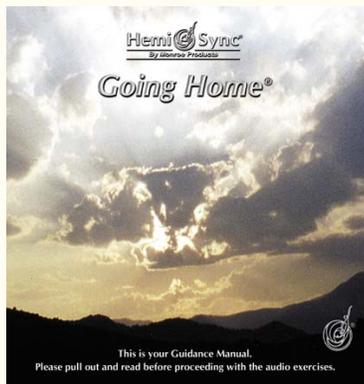
ITEM# NL008C

\$59.85

Network of Light Series (with manual and 4 CDs voiced by Dr. C. Norman Shealy)

As a pioneer in the field of alternative medicine, Dr. C. Norman Shealy has helped medical practitioners to understand more fully the power of the mind-body connection and its relationship to maintaining wellness or restoring wellness following a trauma such as surgery or a life-threatening disease. Each of the four exercises in the collaborative *Network of Light* series has been voiced by Dr. Shealy. These exercises use a progressive relaxation technique, along with Hemi-Sync® audio signals embedded by Monroe Products, to gently guide you into a deep, receptive state of relaxation. You will use this receptive state of relaxation as a “switch” to turn on your inner network of light. A Guidance Manual and four exercises are included: *Mind and Emotions*, *Endocrine System*, *Immune System*, and *Nervous System*.

Classic Album Series Now Available On CD



Going Home Subject album

ITEM# GH306C \$99.00

Going Home Support album

ITEM# GH307C \$99.00

Going Home entire series

ITEM# GH300C \$198.00

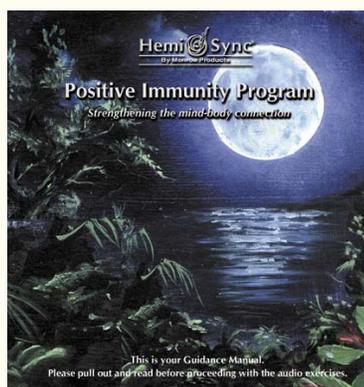
Going Home® Series (Subject and Support Group)

The *Going Home* series was developed in collaboration with Elisabeth Kübler-Ross, Robert A. Monroe and Dr. Charles Tart. The series consists of two CD albums (available separately), one for the Subject (7 CDs) and one for the Support Group (8 CDs). For the purpose of this series, one who is in the last and irreversible stages of a terminal illness or injuries is called the Subject. Those in close loving and family contact with the Subject, plus caregivers, are called the Support Group.

Going Home Subject exercises can reduce dramatically the common fear of physical death and assist the Subject to control calmly the sequence of this critical event allowing it to be one of peace and dignity. The exercises provide valuable knowledge achieved through direct experience to include the surety that one is more than the physical body and that one does survive physical death. A detailed Guidance Manual is included.

Subject album features 11 exercises (7 CDs): *Mind Awake/Body Asleep, Flying Free, Remove and Release, Edge of Here and Now, Touring Interstate, Moment of Revelation, Right of Passage, Homecoming, Freedom Flight, Return to Revelation, Relocation Theme.*

Support Group album features 9 exercises (8 CDs): *Mind Awake/Body Asleep, Flying Free, Remove and Release, Edge of Here and Now, Touring Interstate, Moment of Revelation, Messages In 21, Recharge and Regenerate, Restorative Sleep.*

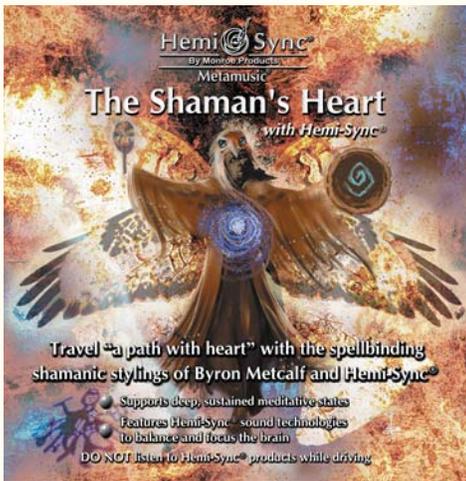


ITEM# PI012C

\$124.95

Positive Immunity Program (Strengthening the mind-body connection)

The *Positive Immunity Program* is designed to reinforce the mind-body connection in order to strengthen the physical and mental components of the total healing process. The goal is to train individuals to boost and maintain their own natural immune system by using the unique Hemi-Sync® technology. The program facilitates deep relaxation and a sense of well-being while training the participant to recognize, understand, and use expanded states of consciousness to direct energy for balancing and healing. The Human Plus® method is also introduced, training the participant to use encoding cues to create, at will, a desired mind-body state. The *Positive Immunity Program* has been reported to be helpful for fibromyalgia, chronic fatigue syndrome, HIV and other immune disorders, as well as for maintaining wellness. A detailed Guidance Manual and 11 exercises (9 CDs) are included: *Orientation, Advanced Focus™ 10, Living Body Map, Intro to Access Channel, Let Go, Restorative Sleep, Deep Sleep, Intro To Focus 12, Free Flow 12, Journey Through The T-Cells, and Color Breathing.*



The Shaman's Heart

Review by Bill Binkelman
Editor, *Wind and Fire*
Reprinted with permission

This recording is like taking a trip **way up river** into the heart of a primitive rainforest ecosystem. I can't imagine what listening to an album this powerful and primal would be like in a pitch black room on a killer stereo system. I suspect that I'd be a little freaked out (not in a bad way). Metcalf, with assistance from Steve Roach, has delivered an auditory experience that is not just immersive, it's almost transcendent...

It's not just the superb layer upon layer of drums and percussion by Metcalf (buffalo drum, rattles, udu and clay pot, seed pods, shells, et al.) or Roach's invaluable, if not magical, atmospheric textures on assorted synths and wind instruments or the sense of being surrounded by the incredibly vivid nature sounds Metcalf recorded for this album. It's the way it all fits together like one organic breathing entity, enveloping you so completely that this is like taking a literal voyage up the Amazon.

Seldom do I endorse an album this thoroughly, but honestly, if you have ever enjoyed ethno-tribal music, even to a moderate degree, *The Shaman's Heart* is, well, indispensable and essential. You **have** to hear this recording.

A message from Monroe Products®

Bill Binkelman's stellar review of *The Shaman's Heart* references the original release "without Hemi-Sync®". Monroe Products pursued a collaboration with Byron Metcalf to release *The Shaman's Heart* "with Hemi-Sync®" to deepen the immersive and transcendent qualities of this masterful shamanic recording. For optimum results, listen to this experiential composition in one session—preferably in a darkened, meditative environment. Other shamanic titles released this year include *Between Worlds with Hemi-Sync®* (another shamanic journey) and *Dreamcatcher* (for sleep enhancement).

Do not use Hemi-Sync® products while driving

The seven tracks all flow into one another, united by the omnipresent assortment of nature sounds, yet are distinct by the various percussion and drums that Metcalf employs. Some rhythms are fast and fiery (although never to the point that one feels overwhelmed) while others are slow and sensual, but all the drum and percussion work carries an unmistakable air of primal energy as well as mysticism and spirituality. What's doubly remarkable, at least to me, is how this CD is seldom, if ever, "dark" in the sense that I had no negative feelings creep into my consciousness, such as fear, foreboding, or similar emotions.

"My mind boggles at the idea this was created in a studio, as it almost feels like it emerged newborn from the very heart of the jungle itself. There's little else to say except, Wow!"

Based on Metcalf's liner notes, in which he uses terms such as "music as medicine" and other comments, he seems to be intent on making *The Shaman's Heart* an inviting and even healing recording, quite the opposite from the more typical dark ambient tribal album which I have used to scare little kids at Halloween when they go trick or treating!

While Metcalf's amazing skills on drums/percussion are doubtless the centerpiece of this musical feast, I can't stress enough how important a role Steve Roach plays on this CD. He selflessly assumes a posture in the background most of the time and yet his synths (as well as some didge and ocarina) prove to be an addition to the recording whose importance cannot be overstated. His flowing washes and warm drones provide the perfect backdrop and, working in conjunction with the nature sounds, he has woven a tapestry that doesn't just support Metcalf's artistry, but complements it in the best sense of the word, i.e. he "completes" the musical illusion of being transported to this lush vibrant land of unending bird calls, passionate drum beats, lush canopies of trees high overhead, gently flowing water, and primitive yet powerful energy which seems to permeate every molecule.

So, excuse my gushing, folks. *The Shaman's Heart* is a perfect recording. I couldn't begin to find fault with it. In fact, just the opposite, as this is as close to a magical experience committed to the recording medium as you're likely to hear any time soon. My mind boggles at the idea this was created in a studio, as it almost feels like it emerged newborn from the very heart of the jungle itself. There's little else to say except "Wow!" ■



lightSOURCE with Hemi-Sync®

A Sacred Geometry Experience

COVR (The Coalition of Visionary Resources)

Each year, the COVR Visionary Awards honor the finest in the Visionary Industry. These awards are presented at the International New Age Trade Show in recognition of a wide variety of spiritually uplifting products and services that nourish or celebrate the human spirit. Included are products and services for personal growth, products that instill knowledge and enlightenment or products that encourage healing and harmony.

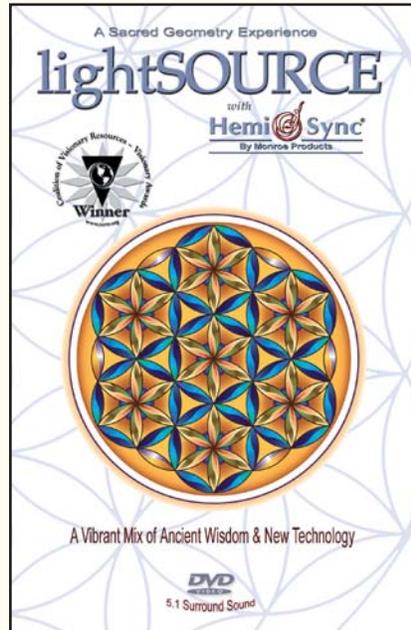
CodeName: MANA and Monroe Products deeply appreciate the "Product of the Year" recognition bestowed by this prestigious award.



A Vibrant Mix of Ancient Wisdom & New Technology

A fortuitous synchronicity occurred when representatives of CodeName: MANA and Monroe Products met at a trade show. The chance meeting led to the development of some collaborative products with powerful synergistic effects.

lightSOURCE with Hemi-Sync® may be used daily to manage stress and improve health and well-being. With appropriate intent, this vibrant mix of ancient wisdom and new technology may be used as an extraordinary tool for transformation. Regardless of how you choose to use it, you will always benefit from its calming, centering and rejuvenating effects.



DVD ITEM# LS002D \$34.95

Sacred Geometry is the blueprint of Creation and the genesis of all form. It is an ancient science that explores and explains the energy patterns that create and unify all things, allowing us to discover the balance and harmony in all manifest reality.

The ancients believed the experience of Sacred Geometry was essential to the education of the soul. They knew these patterns and codes were symbolic of our own inner realm and the subtle structure of awareness. To them, the "sacred" had particular significance involving consciousness and the profound mystery of awareness—the ultimate sacred wonder.

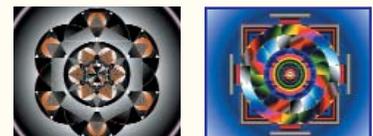
lightSOURCE with Hemi-Sync® allows you to experience higher aspects of Self within the design of pure Source energy. As the blueprints literally come to life before your eyes, you are propelled into ecstatic play with the magic of the universe—the very heart of Creation.



Software ITEM #LS001C \$49.95

Available on DVD or as software for your computer

lightSOURCE with Hemi-Sync® is available on DVD with the *Metamusic*® title, *Higher*, featured in 5.1 Surround Sound for your audio or home theater system. It is also available as a high-definition experiential software tool and screen saver featuring the stereo *Metamusic*® soundtracks *Higher* and *Remembrance* to bring a calming atmosphere to your workplace or home computer. Both versions contain 13 of the most auspicious Sacred Geometry forms. When you enter the world of lightSOURCE, you will recognize, as never before, the wonderfully patterned beauty of the natural world.



System requirements for the software—Windows 98 2nd edition, ME, NT, 2000, or XP. 200 MB free hard drive space, 32 MB system RAM, 800 x600 24-bit graphics capability or better. For Macintosh computers OS10.2 and above.