



EDUCATION PROGRAMS

Get Involved!
Educational Programs are held at our campus facilities in beautiful Virginia.

- [On Campus Programs](#)
- [Off Campus Programs](#)
- [International Programs](#)
- [Program Schedule](#)
- [September 2007 Calendar](#)
- [Facilities](#)
- [How to Register](#)
- [Program Applications](#)

MEMBERSHIPS & CLUBS

Get Involved!

- [TMI Membership Info](#)
- [Dolphin Energy Club](#)
- [Professional Membership](#)

WORKSHOPS NEAR YOU

Workshops are held by facilitators across the country.

- [TMI On Campus Facilitators](#)
- [Gateway Outreach Facilitators](#)

HEMI-SYNC

The Monroe Institute utilizes Hemi-Sync Technology.

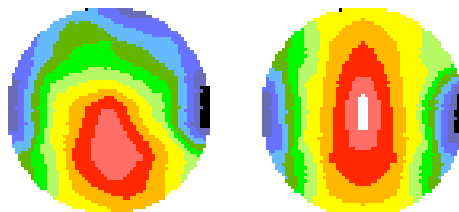
- [Hemi-Sync FAQs](#)
- [Hemi-Sync Audio Technology](#)
- [Binaural Beats](#)
- [The Hemi-Sync Store](#)



Every time you search the Internet, TMI makes money!

SEARCH :

Hemi-Sync Audio Technology



Theta Brainwaves Without Hemi-Sync® Theta Brainwaves With Hemi-Sync®

These topographic brainwave maps illustrate the state-changing potential of the Hemi-Sync® process.

The image below shows the dynamic changes in the brainwave patterns from the initial state to the final Hemi-Sync® state.



With Hemi-Sync® you can safely alter your brainwave patterns and experience enhanced mental, physical, and emotional states.

What is Hemi-Sync®?

Hemi-Sync® is a trademarked, state-of-the-art audio technology based on the natural functioning of the brain that encourages coherent brainwave activity. Our brains produce waves or patterns of electrical activity. Different patterns indicate different mental states, such as rest (occipital Alpha), deep sleep (central Delta), meditation (central and frontal Theta), physical activity (wide-spread Beta). Hemi-Sync®'s audio [binaural beats](#) influence these brainwave patterns and in concert with other components of the [Hemi-Sync® process](#) provide experiences in focused states of

FEATURED PROGRAMS

Lifeline

Lifeline is a multi-faceted six-day graduate program that provides access to states of consciousness beyond those experienced in the Gateway Voyage and Guidelines programs. Its primary emphasis is one of service - service to those here in physical matter reality and service to those There who have made the transitions from the physical and who may benefit from assistance. Prerequisite for this program: Gateway Voyage
10/06/2007 at the Roberts Mountain Retreat

Remote Viewing Practicum

The Remote Viewing Practicum is a graduate-level program, a workshop-based educational experience. Our approach to remote viewing involves a team concept: a monitor or interviewer, a remote viewer, and a judge. We feel that it is through experiencing the whole of the remote-viewing process that one can realize one's true nature. Prerequisite for this program: Gateway Voyage
10/06/2007 at the Nancy Penn Center

UPCOMING PROGRAMS

- 09/15/2007 [Gateway Voyage® Japanese](#)
- 09/15/2007 [Guidelines®](#)
- 09/16/2007 [Lifeline Europe](#)
- 09/22/2007 [Graduate Exploration Essence](#)
- 09/29/2007 [Gateway Voyage®](#)
- 09/29/2007 [MC2= Manifestation and Creation Squared](#)
- 10/06/2007 [Gateway Voyage® @ IONS](#)
- 10/06/2007 [Lifeline](#)
- 10/06/2007 [Remote Viewing Practicum](#)
- 10/13/2007 [Exploration 27®](#)
- 10/13/2007 [Gateway Voyage®](#)
- 10/20/2007 [Guidelines®](#)
- 10/20/2007 [Starlines](#)

RESEARCH & TECHNOLOGY

- [Research Papers](#)
- [TMI Voyages](#)



consciousness.

Used at The Monroe Institute, Hemi-Sync® becomes part of an entire **learning process**; a combination of multiplexed audio binaural beats and pink sound (or music), verbal suggestion, relaxation exercises, guided imagery, group dynamics, and an educational curriculum all carefully crafted to engender first-person experiences of focused states of consciousness. Hemi-Sync® influences brainwave patterns and alters states of arousal. Hemi-Sync® programs provide participants with the opportunity to experience focused states of consciousness.

Hemi-Sync® does not employ the use of subliminal suggestions. Hemi-Sync® is designed for listening through stereo headphones or properly placed stereo speakers. The versatility of Hemi-Sync® gives the basic technology an almost limitless range of applications for mental, physical, and emotional well-being. The technology simply and effectively allows you to involve your own total capabilities and direct them as you choose. It can be compared to a powerful software program that facilitates extraordinary levels of performance and productivity, guided by the intention and desire of the listener. How Hemi-Sync® Alters States of Consciousness

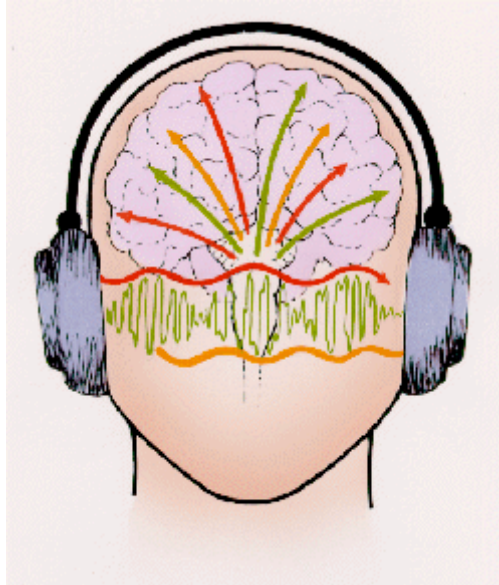


OF INTEREST

[New to TMI?](#)
[OBE \(Out of Body Experience\)](#)
[TMI PDF Brochure](#)
[Robert Monroe Books](#)
[Other Resources](#)



In addition to verbal instructions, this auditory-guidance process involves carefully constructed blends and sequences of stereo sound patterns designed to evoke beneficial brainwave states through neurological mechanisms.



Right and left auditory input is combined in the brainstem's superior olivary nucleus and routed to the reticular formation that, in turn, uses neurotransmitters to initiate changes in neurological activity in the thalamus and cortex.

o

While many Hemi-Sync® 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. .

- o [Use Hemi-Sync® cassette tapes or CDs](#) with any type of stereo headphones or with speakers positioned to provide separation of the sound going to the right and left ear.

See also the Hemi-Sync® [Frequently Asked Questions \(FAQ\)](#) list.

What Hemi-Sync® users say:

Hemi-Sync® tapes catalyze necessary changes I have been wanting for some time. - J.K. Metzinger, Germany

I used to have trouble sleeping. No longer! - C.G., Raleigh, NC

These tapes have made a positive impact on my life. - C.R., Pittsburgh, Pennsylvania

Immediate pain control results. Thanks a lot! - V.S., Oxnard, CA

I have been amazed at my developing intuition. - B.B., Ontario Canada

I have greater clarity of thought and increased creativity. - J.S., Decatur, TX

See also the more [detailed reports](#) of feedback on Hemi-Sync®.

The versatility of Hemi-Sync® makes it valuable for an almost limitless range of applications. When you know what you want to do; Hemi-Sync® effectively concentrates the inherent resources of your mind, brain, and body to accomplish your purpose.

Emotional Processes

- improve self esteem
- foster self-confidence
- moderate hyperactivity
- overcome shyness
- develop spontaneity
- achieve serenity
- surface blocked memories
- ease social interactions
- access feelings
- eliminate self-sabotage
- overcome irritability
- improve self-control

Sleeping and Using Sleep Time

- overcome sleep disorders
- reduce need for sleep medication
- dream recall
- facilitate lucid dreaming

Dissociative and Transcendent Experiences

- deepen meditation
- facilitate awareness
- access intuition
- move beyond the physical
- explore focused states of consciousness

Productivity and Mental Performance

- reduce exam tension
- cope with interruptions
- eliminate mental wandering
- learn foreign languages
- increase productivity
- counter A.D.D. and A.D.H.D.
- learn musical instruments
- master challenging subjects
- improve classroom atmosphere
- recover lost abilities
- integrate sensory input
- stimulate mental receptivity
- improve artistic ability
- enhance self-expression
- improve reading comprehension
- overcome mental slowdown
- handle pressure

- improve clarity

Pregnancy and Childbirth

- make up for missed sleep
- ease physical stress
- counter nausea
- facilitate recovery
- energize breathing

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The Monroe Institute is a 501(c)3 nonprofit education and research organization devoted to the exploration of human consciousness. Over the last 30+ years thousands of people have attended TMI's life-enhancing residential programs, and millions worldwide have benefited from Hemi-Sync® learning exercises on audio cassette and compact disc. TMI's methodology does not contain any dogma, nor does it espouse any particular belief system, religion, or political or social stance. Because our methods are non-invasive, the participant is always exercising individual free will.

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