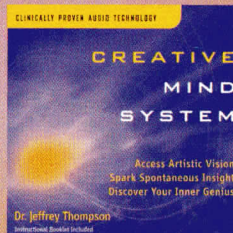
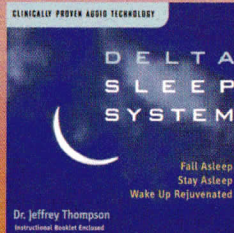
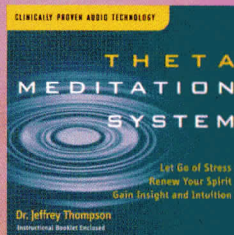
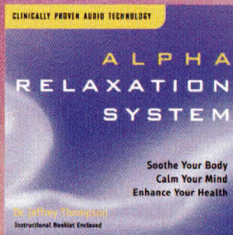
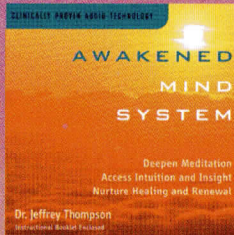
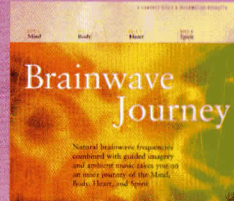
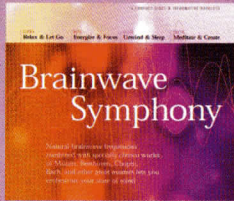


HEALING MIND SYSTEM 2.0

Track one: Daydream 29:42 Track two: From Within 29:52

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Renew and Open Pathways to Healing
Empower Deep Emotional Intelligence

Dr. Jeffrey Thompson



One Compact Disc



HEALING MIND SYSTEM 2.0

CALM YOUR SWIRLING MIND
OPEN PATHWAYS TO HEALING
EMPOWER DEEP EMOTIONAL INTELLIGENCE

HEALING MIND SYSTEM 2.0

Dr. Jeffrey Thompson

THE INNER PHYSICIAN

In over 20 years of clinical practice it has become clear to me that all healing comes from the inside...and a doctor is not a person with diplomas on the wall and a white lab coat – but a biological intelligence within the body itself. The “Inner Physician” program of the “Bio-Computer,” so to speak.

My experience has also showed me that stress, lack of exercise, poor nutrition, and the hectic lifestyle that most of us lead, can interfere with the expression of our Inner Physician. When this happens, the symptoms of ill health and sickness—both physical and emotional—can occur.

As a doctor I feel that it is my job to help my patients remove what it is that's interfering with their natural healing process so they can not only heal, but also so that they can reach their goals for wellness and vitality. Part of this process with any patient also involves helping them reconnect with their own natural source of healing.

THE HEALING MIND STATE - EMOTIONAL HEALING

Each of us has had the experience of having a solution to an emotional conflict come to us almost spontaneously, as if it had come from nowhere. Instead of intellectualizing the solution, a new possibility arises from an almost dreamlike state, a place of relaxed focus seemingly outside of our ordinary consciousness.

From this state of mind we subconsciously work through the emotional issues of the day, helping us to create balance and inner calm.

Brain mapping research and my experience with patients over many years has shown that this restorative state-the Healing Mind State-is associated with a very specific pattern of brainwave activity. The foundation of my sound healing practice is in utilizing specific music and sounds processed with "brainwave entrainment" frequencies to help patients harness the therapeutic effects of this Healing Mind State.

My unique techniques have attracted thousands of patients from all over the world, many of them referred from other doctors. The *Healing Mind System 2.0* audio program utilizes the same basic principles that I have been using in my clinical practice for over 20 years. It is based on neuroscience research as well as my personal experience observing what methods have worked in clinical practice. Although a one-on-one session allows for a more customized program, this CD, especially if used with the exercises I've recommended later in this booklet, can be used as a powerful tool to help you achieve your goals for wellness and good health.

To fully understand the profound effects of the Healing Mind State and to have a working knowledge of how you can recreate it and use it in your life, it's important to have an understanding of what brainwaves are and how they relate to states of consciousness.

BRAINWAVES AND STATES OF MIND

During a normal day we all move through various states of consciousness. Sometimes we are awake and alert, other times we are meditative and relaxed, and usually we end our day

in a state where we are asleep and dreaming. Each of these states has a unique pattern of brainwaves associated with it.

Brainwaves are electromagnetic waves produced by the electrical activity of the brain. These waves can be measured with a sensitive electronic instrument called an *electroencephalogram*, or *EEG*. The frequencies of these electrical waves are measured in cycles per second, or *hertz* (Hz). Brainwaves change frequencies based on neural activity within the brain and are closely tied to changes in states of mind or consciousness.

Measuring brainwaves shows that our states of mind fall into four general classes: **Beta** (30-13 Hz), **Alpha** (13-8 Hz), **Theta** (8-3.5 Hz), and **Delta** (3.5-0.5 Hz). Beta waves are associated with ordinary consciousness and linear, step-by-step thinking. Alpha waves are produced as your mind moves from the external to the internal world, such as when you close your eyes and relax deeply. Theta waves are associated with dreaming, creativity, and the process of working through emotional stress. Delta waves are the brainwaves that are produced during the deepest states of restorative and restful sleep.

THE HEALING MIND SYSTEM 2.0

Much of what we know about how the body maintains wellness, both physical and mental, comes from sleep research. Although the body is working 24 hours a day to balance, rebuild, and repair itself, much of this activity occurs during the various stages of sleep each night.

Brainwave research has shown that the brain is quite active during the sleep process and cycles through various stages. Delta sleep is the time when the body balances and renews

itself physically. During Theta sleep, however, the myriad of our emotions are addressed and processed. This occurs through the emotionally-charged activity of our dreams.

Although there have been a number of theories over the years many scientists now believe that dreams are initiated by issues that arouse us emotionally. Our survival mechanisms seek to search for a solution, and we work through our issues by playing those scenarios out in our dreams.

Throughout our “waking” hours, our brain continues this “emotional tuning up” in the form of daydreaming. This waking theta brainwave activity comes and goes throughout the normal course of a day, often when we are relaxed and less focused on the outside world. During these more inner directed, almost dream-like moments we continue the process of managing our stress and balancing our emotions.

Unfortunately the stress of our busy lives often prevents us from connecting with this part of ourselves. Stress builds up, emotional issues go unresolved, and over time our vitality diminishes, and if left unchecked symptoms of ill health can develop.

THE HEALING MIND SYSTEM 2.0

The *Healing Mind System 2.0* audio program utilizes pioneering psychoacoustic processes woven into a soothing musical soundtrack to help you to reconnect with your own natural source of emotional healing and balance. As you listen to the music, your own brainwaves begin to reflect the Healing Mind State, leading you to emotional wellness, deep relaxation, and inner calm.

The audio processes used on this recording are the same techniques I use in my office with patients every day. These techniques are based on current neuroscience research in addition to more than two decades of clinical experience. Combined, they create a powerful musical tool for altering consciousness and promoting emotional well being.

BRAINWAVE ENTRAINMENT

The brain tends to match its own wave pulses to those of exterior sound pulses, a phenomenon known as “acoustic brainwave entrainment.” Research has shown that Theta states can be induced through hearing sound pulses that match the speed of Theta brainwaves. Based on this scientifically tested principle, inaudible sound frequency patterns are woven into every soundtrack on the *Healing Mind System 2.0* recording. When your brain senses these hidden pulses, your brainwaves will tend to match them, inducing an altered state of consciousness.

This audio program will change your brainwaves only during the time you listen to the CDs. Listening over time creates a “Learned Neurological Response” in the nervous system. With regular listening your brain will be trained to more easily access your deepest healing capacities and abilities whenever you need them.

Remember, this recording is not creating any states in your brain: it is merely enhancing the capacity of your brain to expand the abilities it already has but may have difficulty contacting. Look upon it as “stacking the deck” in your own favor, to dramatically increase your ability to enter these states of consciousness.

PHASE MODULATION

The *Healing Mind System 2.0* uses a unique process for building sound frequency pulses into musical sound tracks. Dr. Thompson creates pulses directly within the sounds themselves instead of pasting the music on top of sound pulses. Using this “phase-modulation” method, he builds the pulses directly into each sound you hear—instrumental as well as natural. The pulsed modulations, which cause the brainwave entrainment response, become an integral part of the harmonics and overtones.

NATURE SOUNDS FOR THE MIND

The nature sounds you hear are also processed in a unique way. Sounds of crickets, birds, dolphins, whales, water, rainfall, and the ocean—recorded at locations around the world—are changed electronically to make them unrecognizable to the conscious mind. Changing octaves, speeding and slowing the sounds, and passing them through complex filters ensures that they will be recognized only by the unconscious mind. Electronically altering these natural sounds can produce strong physical and psychological responses, and increase your brain's ability to experience the healing mind state more quickly and easily.

3-DIMENSIONAL RECORDING PROCESSES

The music and nature sounds in this audio program are especially powerful because of the extraordinary three-dimensional recording techniques used. Instead of recording sounds with only two microphones, resulting in a simple stereo effect, these nature sounds were recorded using several clinically developed 3-D microphones placed strategically on the body.

These recordings authentically reproduce the environment of the sound—the interaction of sound waves with both the ears and the rest of the human body. As you listen, the sounds move around, above, below, and in some cases through your body.

THE MUSIC

The music on this CD set is highly complex, multi-tracked compositions. You will notice that there are many types of “musical environments” through which the music moves. Many of the techniques used in the orchestration of these soundtracks required new, creative, “outside the box” musical ideas to help enhance the creative mind state. This style of music is called “Lateral Music.”

HOW TO USE THE HEALING MIND SYSTEM 2.0

Healing comes from within. If you relax your mind and allow it to be guided to an optimal place it will be free to draw on its natural sources for emotional balance and healing. The suggestions below are meant to offer you guidance for using this audio program. They will help you to connect with your own “inner physician” and lead you to discover a place of deep inner calm and emotional wellness.

1) Use this audio program any time to lead your mind to a state of deep emotional relaxation and recuperation. During this time it is best to completely let go and let the soundtrack “take you away.” Don’t be surprised if you find yourself drifting into dream-like states where images, metaphorical stories, or past memories emerge. You can also use this music with the intention of simple relaxation or even to support quiet meditation.

2) Listen to this audio program while doing Yoga or other physical exercise. Search for areas in your body where you may be holding stress or tension. Listening to the soundtrack while focusing on these areas can help you to process through the emotional connection that perpetuates stress and tension.

3) To work through a specific problem sit or lie down in a quiet room, preferably listening with headphones. Create the intention for yourself that you are open to finding the resolution to a specific emotional issue. Close your eyes, relax, and allow your mind to let go and flow with the musical soundscape. Avoid having your conscious mind try to figure the problem out. These kinds of emotional answers come from elsewhere. You will be amazed at the way you can come up with a solution simply by giving yourself a suggestion and then letting go.

4) Another way to work through an emotional issue is by using metaphorical imagery. Close your eyes, choose an issue to work on, and vividly imagine that you are traveling to a dreamy place – a landscape of your imagination where you will find the answer to your problem. In this search you may go on a journey, climb a mountain, enter a cave, or hike along a river. You may also meet other people or even animals who will assist you along the way. Listen to what these people say and pay attention to what you see along your journey. Your answer may be in front of you.

NOTE:

This audio program is not a substitute for any kind of medical attention. If you have any health concerns please contact your physician. This audio program can induce states of deep relaxation. For this reason do not listen to this CD while driving.

ABOUT THE COMPOSER

Dr. Jeffrey Thompson began experimenting with sound pulse patterns and their effects on the brain in his Holistic Health Center in Virginia in 1981. In 1988 he established The Center for Neuroacoustic Research in Encinitas, California. His clinical research with thousands of patients over the years has led to groundbreaking discoveries in how sound frequency patterns built into musical sound tracks induce brainwave entrainment. Dr. Thompson has taught courses in behavioral psychoacoustics and neuroacoustic therapy, each accepted by the state of California for Ph.D. credits in clinical psychotherapy. Professional continuing education credits are granted by several states for his courses in the use of sound and healing. His method is one of a handful of leading-edge techniques chosen for research at the University of Virginia Medical School, which was funded through a government program called the Center for the Study of Complementary and Alternative Therapies (CSCAT). *Fortune 500* companies, healthcare professionals, clinics, hospitals, meditation groups, and individuals worldwide use Dr. Thompson's high-tech musical soundscapes for deep relaxation, healing, inner exploration, and meditation.

Produced, composed and recorded by Dr. Jeffrey D. Thompson.

Project Director: Russell Charno, D.C. | Graphic Design: Stoltze Design, Boston

Dr. Jeffrey Thompson, D.C., B.F.A.
Center for Neuroacoustic Research
169 Saxony Road, Suite 209
Encinitas, California 92024
phone – 760.942.6749 | fax – 760.942.6768
www.neuroacoustic.com



www.therelaxationcompany.com