unfold your potential
dear friend,

Welcome to Brain Sync. In these pages you’ll find many new ways to achieve your goals and make the breakthroughs you want. With our clinically-proven audio technology you can reach states of inner balance that will contribute to an ever increasing sense of well-being in your life, helping you to expand, heal and grow. Thousands of individuals have taken the time to share their remarkable success stories. And as you’ll see inside, many brain researchers and medical professionals add their praise.

Brain Sync provides you with the highest quality transformational audio programs, based on extensive biofeedback research. We harmonically layer brain wave frequencies in beautiful music compositions, so that you can have a fully integrated body-mind experience that is deeply pleasurable.

My Two New Favorite Programs!
The Secret Universal Mind Meditation on page 7 works on deep inner levels to re-program your subconscious slowly, subtly and gently while you sleep. It instills profound, transformative beliefs that empower you to attract what you need and desire in your life.

Another new program I highly recommend is Guided Relaxation found on pages 8 and 20. It’s been completely re-done and goes way beyond relaxation to help you generate states of fulfillment that will positively transform your life.

“Theatre of the Mind” – a new way to learn
Because I know so many of you are passionate about reaching for and achieving your dreams, I’ve created Theatre of the Mind educational interview shows that you can download and listen to on your MP3 player or computer. Theatre of the Mind offers unprecedented access to some of the world’s leading visionaries and consciousness researchers exploring mind expansion, intuition, creativity, spiritual growth and the many facets of human potential.

You’ll find more information about them on page 6 of this catalog.

To all of you who have shared your experiences with me: Thank You! It means so much to me to know that in some small or more profound way, Brain Sync has contributed to your balance and well-being.

Warmly,
Kelly Howell
what is brain wave therapy?
Brain Wave Therapy employs a scientifically proven recording technique that trains your brain into optimal states of consciousness. These are states such as Alpha for expanded creativity and relaxation, Beta for increased focus and concentration, Theta for behavior modification, hypnosis and meditation, and Delta for sleep and healing.

how does it work?
Scientists discovered that if you deliver just the right combination of sound waves to the brain through headphones, the electrical activity in your brain will resonate with the vibrations it receives. For example, if you’re feeling fatigued but need to be in top form for an exam or meeting, Beta sound waves will awaken your brain for quick thinking and increased powers of concentration. Or, if it’s midnight and your mind is churning, Delta Sound waves will slow down brain activity for deep and restful slumber. The best part is that you’ll feel the effects the very first time you listen.

another wonderful benefit
You’ve heard of “whole brain thinking.” Research has shown that all Brain Sync audio programs will balance the energy in your brain for the best possible performance. When the two hemispheres of your brain are synchronized, the overall electro-magnetic energy in your brain is optimized. It’s like all cylinders are running at peak performance. Brain power is increased. You can think with greater clarity, perception is sharpened, memory improves and you can concentrate and create more easily.

special features
Scientifically Researched Frequencies
Our choice of brain wave frequencies for programs is based on extensive biofeedback research. The frequencies used simulate the very same brain wave patterns scientists have discovered in remarkable men and women.

Beautiful Music
Studies show that music enhances the vibration of the brain wave frequencies. Brain Sync music blends chant and ancient instruments. Carried on smooth, silky waves of sound, you are transported to the monasteries of Tibet, secret mystery schools, and into primal worlds within the psyche. Composed by award-winning musician Robert Schwimmer, Brain Sync music adds to your therapeutic experience.

real world results
“...As the first researcher to train people to synchronize their brain waves with an “om” tone biofeedback phase computer, I can say that Brain Sync programs actually facilitate the remarkable mental state that brain wave synchronization activates."
— Jean Millay, Ph.D., Biofeedback Researcher

“I work with clients with developmental disabilities and it was quite interesting for me to observe one of my clients calm down in just a few minutes while listening to Sound Sleep.”
— Dan Yamada M.S., Staff Audiologist, State of Hawaii, Dept. of Health

“Kelly Howell has done a masterful job of creating state-of-the-art brain wave enhancement audios. They are the ultimate in high tech meditation.”
— Lloyd Glauberman, Ph.D., Psychologist

“An extremely beautiful and effective way to sink into Theta.”
— Jon Cowan, Ph.D., Biofeedback Researcher

“We have found Brain Sync tapes to serve as an anti-depressant in the treatment of alcoholism and drug abuse. High Focus has proven to be effective for the treatment of Attention Deficit Disorder.”
— Patricia Scheffer, Ph.D.

“These are great audio programs! We have found them to be effective for treating depression and sleep disorders. We also use them for brain wave training. Whenever I have a patient that nothing works for, I get results with Brain Sync.”
— Margaret O. Smith, Biofeedback Therapist, Charlotte Presbyterian Hospital, NC
You have your own signature brain wave activity that is unique to you. These guidelines will help you decide when, and how, to listen to programs you’ve selected.

**Theta- and Alpha-Centered Programs**

Programs such as Total Relaxation, Deep Learning, Deep Insight, all the meditation programs and Track Two of the Subliminals will induce altered states of deep relaxation. These programs are designed to be listened to when you will not be disturbed and when you are able to sit or lie down for 30 to 60 minutes of meditation or rest.

Theta and Alpha-centered programs are not designed to be used while driving, working or engaging in any activities other than conscious relaxation.

If you are using a program such as Deep Learning, or Brain Power for study, try listening before you study, or after, while relaxing and reviewing material you need to store in long term memory.

**Delta-Centered Programs**

Programs such as Sound Sleep and Healing Meditation will also induce altered states so listen to these programs when you have time to nap, sleep or meditate.

**Beta/Gamma-Centered Programs**

High Focus delivers very high Beta waves, also known as Gamma waves. You can use this program with headphones while working or engaging in activities where you need to be sharp and alert. Athletes like to use it right before a game because it improves hand-eye coordination. Other Beta programs in our catalog harmonically layer Delta, Theta or Alpha waves, so it’s not recommended to use those programs while driving...they tend to be more relaxing and meditational than the pure Beta program, High Focus.

"At first I was very skeptical, but now after using Brain Power for a few weeks I am 100% sure of the product. My thoughts are quicker, my memory has improved and so has my creativity. It seems to have lifted my brain to a higher level of thinking. Thank you for your excellent product." — H.H., Tuscaloosa, Alabama

**what are brain waves?**

Brain waves – represented by those squiggly lines on an EEG monitor – show the speed at which neurons fire. Each time a neuron fires, an electro-magnetic spark of energy is released, setting off a chain reaction among other neurons. The speed of the connection correlates to the speed of the frequency. For example, Beta brain waves (associated with alertness) oscillate at a much faster speed than Delta waves, which are associated with sleep.

**choosing the right programs for your needs**

Consider the qualities that each frequency promotes, and then select the audio programs that best support your personal preferences and goals.

To learn more about the benefits of brain wave therapy, visit www.brainsync.com

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**Beta**

Beta-centered programs help you achieve high levels of concentration and focus. In Beta your mind is awake, alert, sharp and focused. When your mind is actively engaged in mental activities such as reading, writing, speaking, or athletics, the dominant brain wave state is Beta. The 40 Hz Frequency which is used frequently on Brain Sync programs also falls into the category called a Gamma wave. Nobel Prize Winner Sir Francis Crick and others believe that the 40Hz frequency is central to the act of cognition. Biofeedback research indicates the 40 Hz window frequency is associated with timeless concentration, physical control, and superior hand-eye coordination.

12-40 Hz

Look for this icon next to BETA programs:

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**Alpha**

When you are truly relaxed, your brain activity slows down from the rapid patterns of Beta into the more gentle waves of Alpha. Alpha-centered programs help you regenerate, relax and tap into higher creativity. They are excellent for problem solving, finding new ideas and creative visualization.

6-12 Hz

Look for this icon next to ALPHA programs:

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**Theta**

Going deeper into relaxation, you enter the elusive Theta state. Theta brings forward heightened receptivity, flashes of dreamlike imagery, and inspiration. Theta-centered programs are ideal for behavior modification and meditation. In biofeedback, Theta training is used for the treatment of drug and alcohol addiction. Finally, Theta is an ideal state for super-learning, re-programming your mind, dream recall, and self-hypnosis. Groundbreaking research has revealed that Theta brain wave activity triggers the formation of new, more complex connections between neurons. This effect, known as “Long-Term Potentiation,” is the key to forming memories and retrieving information from the subconscious.

4-7 Hz

Look for this icon next to THETA programs:

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**Delta**

Delta is the slowest of all four brain wave frequencies. It is most commonly associated with deep sleep, but also with healing. Delta is the brain wave signal of the subconscious, the seal from which intuition arises. Delta-based programs are an ideal choice for their sleep and deep regeneration potential.

Research has shown that when the brain is generating a large amount of Delta waves, the pituitary gland triggers the release of Growth Hormone, beneficial for healing and regeneration. These programs offer the precise window frequency associated with the release of healing specific neuro-chemicals.

1-4 Hz

Look for this icon next to DELTA programs:
What listeners say about Kelly Howell’s Theatre of the Mind:

Love it! ★★★★★
I really have found Kelly’s podcasts to be enlightening as well as entertaining. I look forward to each one. The variety is excellent!

Life-changing ★★★★★
Kelly’s podcasts are absolutely amazing. Every one is full of mind-opening paradigm-shattering information and ideas, and I’ve discovered a wealth of resources through them. And they’re free! I know it sounds corny, but some of them have introduced me to things that have literally changed my life, health, and attitude. It’s like an introduction to the greatest cutting-edge ideas out there. I hope it changes your life too.

Very Impressive ★★★★★
I really enjoy this podcast. I have purchased many of the Brain Sync CDs and swear by them. It’s great to hear Kelly bringing new information in this format – not to mention, her voice is very soothing. Great job Kelly!

Brain Sync’s work is appreciated! ★★★★★
I love the topics because they are all about personal empowerment. Kelly always anticipates the question I would ask of each of her guests. I look forward to new topics of discussion.

Make The Law of Attraction Work for You
The Secret Universal Mind Meditation reveals the sacred truth spiritual masters have taught for millennia. The Secret is real and powerful. And it will change you. It starts by changing your belief system, slowly, subtly and gently while you sleep. As you are lulled into blissful slumber, The Secret is whispered into your ears – first audibly, and then just below the level of consciousness.

While you’re drifting off to sleep (with the help of embedded Delta Waves) you glide in and out of the Theta State. This is a highly suggestible state of consciousness where you can retrain your mind to think new thoughts. In the Delta and Theta states, your conscious mind and your ego are “off-guard,” allowing the revolutionary ideas of the program to slip right into your subconscious where they will work to change your reality.

The Secret Meditation goes way beyond affirmations to cleanse your mind of hidden objections and self-sabotage. It instills profound, transformative beliefs that empower you to attract what you need and desire in your life.

Over the days and weeks to come, your conscious and subconscious mind will accept The Secret meditation as true. Through the great Law of Attraction, everything you need and desire will come to you. And there’s nothing that you need to do except listen. (60 minutes total)

CD $14.95
ISBN 1-881451-56-9

BESTSELLER!

The Secret
THETA & DELTA BRAIN WAVE THERAPY
Guided by Kelly Howell
Deep Stress Relief
ALPHA BRAIN WAVE THERAPY
Guided by Kelly Howell

When you’re feeling overwhelmed, frustrated, or completely worn out, Deep Stress Relief is one of the easiest ways to restore balance. Within minutes your muscles begin to relax and fears vanish. Alpha waves are woven into dreamy music that will transport you to untold depths of inner peace. As daily clutter is swept away, you’ll feel a euphoric rush of positive energy revitalize the very core of your being.

Running Time: 120 minutes on 2 CDs
CD $24.95
ISBN 1-881451-51-8

Healing Sleep
DELTA BRAIN WAVE THERAPY
Guided by Kelly Howell

Soothing Delta frequencies, associated with deep restorative sleep, ease your brain out of the rapid rhythms of Beta, down through the relaxing states of Alpha and Theta, into the welcoming depths of Delta. As your brain cells resonate with Delta waves, you start to slowly swirl and drift. Pesterling concerns are washed away, allowing you to fall into deep sleep states that bring the refreshing slumber your body and mind need for optimum performance.

You can use these CDs for power naps, when you travel, or during times when you can’t get a full night’s rest. Even only one hour of Delta Brain Wave Therapy will reset sodium and potassium levels to refresh your brain and clear away mental “fog.” A few hours of sleep a night with either one of these programs will make you feel as though you had a full eight hours of rest.

Running Time: 60 minutes.
CD $14.95
ISBN 1-881451-64-X

Mind Body Healing
DELTA BRAIN WAVE THERAPY
Guided by Kelly Howell
Awaken Your Power to Heal

If you are preparing for surgery or if you need to heal on any level, Mind Body Healing will help. Delta waves are woven into soothing music to induce deeply restorative states ideal for healing. These are blissful states of reverie that are proven to enhance immune function, reduce pain and activate the body’s natural healing abilities. In this quantum state of renewal, recovery is often swifter. Blood loss is reduced; less pain is perceived, and fewer analgesics are needed. Moreover, the immune system seems to respond better, and hospital stays can be shortened.

CD 1 | GUIDED RELAXATION
In this beautiful guided meditation, you are soothed into a state of calm reverie. Entering a magical garden you meet an inner teacher who guides you to generate states of fulfillment. As your mind is revitalized, stress dissolves. You’ll radiate a positive energy field that draws more pleasurable circumstances to you.

Running Time: 120 minutes on 2 CDs

Sound Healing
DELTA BRAIN WAVE THERAPY
Guided by Kelly Howell

Sound Healing delivers Delta waves associated with the release of human growth hormone, beneficial for healing combined with meditation music. You can also use this program as a sleep aid to relieve insomnia. Enjoy the delightful floating sensation you’ll experience as you literally lighten up in mind, body and spirit. This program is completely free of spoken words and provides 60 minutes of meditation music, making it ideal for self-hypnosis, resting deeply, or practicing your own healing visualization techniques.

If you are preparing for a medical or dental procedure, listen to Sound Healing before, during, and after surgery to aid in recovery. Research reveals that relaxation significantly enhances the outcome of medical procedures. Recovery is often swifter: blood loss is reduced, less pain is perceived, and fewer analgesics are needed. Moreover, the immune system seems to respond better, and hospital stays can be shortened.

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ALPHA BRAIN WAVE THERAPY
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Guided by Kelly Howell

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You can use these CDs for power naps, when you travel, or during times when you can’t get a full night’s rest. Even only one hour of Delta Brain Wave Therapy will reset sodium and potassium levels to refresh your brain and clear away mental “fog.” A few hours of sleep a night with either one of these programs will make you feel as though you had a full eight hours of rest.

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Running Time: 60 minutes.
CD $14.95
ISBN 1-881451-16-X
**Relieve Jet Lag**

**BETA, ALPHA, THETA & DELTA BRAIN WAVE THERAPY**

Tired of being tired when you travel? Just listen to *Relieve Jet Lag* to arrive at your destination feeling refreshed, alert and ready to do business, or to enjoy your vacation. Brain Wave Therapy will help balance and restore your brain’s sodium and potassium levels, thus reducing mental fatigue and brain fog associated with jet lag. These CDs are completely free of spoken words. Powerful combinations of brain wave frequencies are harmonically layered in beautiful music.

**how it works**

**CD 1: Delta Sleep**

(60 Minutes of Delta Waves and Soothing Music)

When you need to sleep, while flying or otherwise, use Delta Sleep. If your listening device has an auto re-play function, set it so that while you sleep you will be receiving all the benefits of Delta Brain Wave Therapy. Many people report that 3 or 4 hours of Delta Therapy reduces their sleep requirement so they feel as if they had slept a full 8 hours. To reset your sleep patterns when you travel, use this program nightly to help you fall asleep in the new time zone.

**CD 2: Theta Relaxation**

(30 Minutes of Theta and Alpha Waves and Relaxing Music)

When you need to relax and unwind, listen to Theta Relaxation. The Alpha and Theta waves on this program help balance and restore your brain’s sodium and potassium levels, thus reducing mental fatigue and brain fog associated with jet lag. Use this program prior to Delta Sleep or whenever you want to reduce stress.

**CD 2: Beta Refresher**

(30 Minutes of High Beta Waves and Music)

When you want to be refreshed, energized and in peak performance, listen to Beta Refresher, which delivers brain-optimizing frequencies associated with mental alertness. Use this program before landing, before meetings, or whenever you need a quick pick-me-up.

Total Running Time: 120 minutes

2 CDs $16.95
ISBN 1-881451-54-2

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**Deep Learning**

**THETA WAVES AND MUSIC**

*Newly Re-mastered with Bonus Tracks!*

When you need to study and assimilate new information, slip on your headphones and listen to *Deep Learning*. Within minutes, memory receptors are gently stimulated as precision-engineered frequencies shift your brain into perfect balance. In this state of heightened receptivity, the clarity and speed with which you can concentrate, study, and integrate and store information is profoundly improved. Theta brain waves are associated with long-term potentiation. Track One blends music and Theta waves. Track Two delivers ambient sounds and Theta waves. Running Time: 60 minutes

CD $14.95

Cassette $11.95
ISBN 1-881451-17-8

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**High Focus**

**MUSIC & PURE, HIGH BETA WAVES**

*Newly Re-mastered with Bonus Tracks!*

Pure, high Beta window frequencies trigger high-powered, high-performance brain states ideal for quick thinking and deep concentration. Long-term benefits include increased ability to focus, enhanced cognition, and greater concentration for extended periods of time. This program may be used while you work, study or write. Psychiatrists and therapists have reported that *High Focus* is beneficial for the treatment of Attention Deficit Disorder. Athletes and sports trainers say it is excellent as a prep tape for physical activities that involve hand-eye coordination, such as tennis or golf. It’s also a great program to use to refresh and stimulate your mind after long hours of traveling. *High Focus* is not recommended for use before bed or anytime you need to relax. Track One delivers non-distracting music with 40Hz Beta waves. Track Two blends ambient sounds with the same powerful frequency. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-97-6

Cassette $11.95
ISBN 1-881451-01-1

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**Brain Power**

**BETA, ALPHA, THETA & DELTA WAVES & MUSIC**

This program will guide you into a “flow state” of relaxed concentration. As both right and left hemispheres of your brain move into balance, frustrating mental blocks dissolve. You’ll feel invigorated as fresh neural pathways are opened to effortlessly access up to 90 percent more of your untapped ability to learn, recall and create new ideas. Track One delivers a powerful blend of brain wave frequencies with rich, resonant music. Track Two delivers the same frequencies with relaxing nature sounds. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-91-7

Cassette $11.95

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"I wanted to take a moment to tell you how wonderful I think your Brain Sync CDs are. I’ve tried several other companies, and none take the approach you do, and don’t seem to have the science behind them. Thank you for your excellent work. It has truly made a difference in my life." — L. F., Ashland, OR

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You don’t need to be a jetsetter to benefit from this 2 CD set. *Relieve Jet Lag* offers a comprehensive Brain Wave Therapy program that you can use to reduce stress, get a good night’s sleep, or rev up your brain for work and study.

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"...how it works..."
Awakening Kundalini

Kundalini is the extraordinary powerhouse of cosmic energy that resides within you. It is the source from which all creativity, genius, and psychic gifts spring. When Kundalini awakens, your entire life will awaken with insights, energy and creativity. As Kundalini travels upward through the chakra system it removes inner and outer obstacles to living your highest potential.

In this remarkable program, Kelly Howell guides a meditation to awaken the divine life force energy within you. Theta waves are harmonically layered in music based on ancient Tantric traditions to open the flow of energy to your chakras. As you experience the extraordinary gifts Kundalini brings, your life will flourish with opportunities to enjoy and express more of who you really are. Track One features an introduction to Kundalini. Track Two offers a guided meditation with Theta waves and music. Running Time: Approximately 60 minutes

CD $14.95  ISBN 1-881451-53-4

Track One: Introduction to Kundalini

Track Two: Instructions for breathing & chakra opening techniques

Track Three: 30-minute guided meditation

• Move into resonance with your higher purpose
• Deepen your spiritual connection
• Listen to the guidance of your inner voice
• Break through to a new level of being and living

I am so astounded by the results I’ve been getting with your programs… the synchronicities that have been happening in my life are far too frequent and amazing to be simply coincidence."

— K.L., Union City, NJ
Faith

THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

The power of faith is what miracles are made of. Faith bridges the gap between mind and matter, between self and Higher Powers. Through Faith we have direct access to the source of creation, where beliefs become reality and needs are met in extraordinary ways. In this inspiring audio, Kelly Howell guides a meditation that fires your imagination and empowers you to create a new vision of yourself – a vision of Cosmic Unity that unlocks the secret powers hidden in the other 90% of your soul.

Unfold Your Potential

THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

This 3-CD collection draws upon 20 years of research into higher creativity and the science of manifestation. Precision-engineered brain wave frequencies guide you into exquisite states of wholeness and unity. As negative thoughts are swept away by insight and inspiration, you align with the divine ordering principle of the universe.

• Enhance Your Attracting Force
• Increase Synchronicity
• Accelerate the Manifestation of Your Ideal Life

EXTRA VALUE! 3 CDS FOR ONLY $24.95
ISBN 1-881451-79-8  Total Running Time: 180 minutes

3-CD Set Includes:

• Unfold Your Potential
• Fulfill Your Heart’s Desire
• Living Prayer

Fulfill Your Heart’s Desire

THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

The world is built from the energy of desire, the sacred fire of life and love. When desire is focused and channeled, it leads you to create a wonderful life for yourself. As you embrace your heart’s desire and meditate upon what brings you joy, you unleash a transformational force that brings opportunities to you. It sounds simple, but it is. This beautiful guided meditation opens your heart to receive fulfillment. It softly unblocks whatever has been standing in the way of you and making your dreams come true. Track One is a guided meditation with music and Theta waves. Track Two offers music and Theta waves. Running Time: 60 minutes

Cassette $11.95 ISBN 1-881451-59-3

Living Prayer

THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

Prayer is real. It’s a living energy that can transform your life and those around you. In Living Prayer, precision-engineered sound waves are harmonically layered in exquisite music that soothes your soul and guides you into the reverent states of meditation where prayers are heard and answered. Entering your own sacred healing sanctuary, you learn to release negativity and open to a new, positive reality that will generate grace and blessings in your daily life. Your heart will open to greater joy that will touch everyone around you. Best of all, you’ll come to know that you’re never alone – you’re guided and protected always.

Track One is a guided meditation with music and Theta waves. Track Two offers music and Theta waves. Running Time: 60 minutes

CD $14.95 ISBN 1-881451-72-0

Retrieve Your Destiny

THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

If you’ve ever felt that your life should be more than it is or that you have a greater purpose to fulfill, Retrieve Your Destiny will guide you to discover the calling of your soul. In this life-changing program, Kelly Howell guides you into the depths of meditation where the needs and desires of your soul can be revealed. Starting today, you can accept the gifts the universe has waiting for you. All you need to do is ask. Track One is a guided meditation with music and Theta waves. Track Two offers music and Theta waves. Running Time: 60 minutes

CD $14.95 ISBN 1-881451-74-7
Cassette $11.95 ISBN 1-881451-60-7
why do I need to listen with headphones?  
Brain Wave Therapy is based on extensive scientific research. The only way to experience the brain optimizing effects of the frequencies is when they are delivered through headphones. If you are interested in knowing more about the science behind Brain Wave Therapy, www.brainsync.com offers extensive details on how the technology works.

how much should I listen per day?  
Brain Sync programs alter the electrical activity in your brain. It is a powerful change that only requires 30 to 60 minutes per day to reap benefits. Depending on which program you’re listening to, you can be slowing down or speeding up brain activity. Too much listening can interfere with normal daily function. Use good judgment when choosing when to listen and how much. We recommend thirty to sixty minutes per day, but by all means, experiment to find out what works best for you.

can I listen for more than two hours per day?  

Sound Sleep, Deep Sleep and Healing Meditation can be used on auto replay while you sleep. It is not recommended to listen to Delta-centered programs like these for long periods during the day, unless you want to sleep.

Brain Wave Subliminals can be listened to all day without headphones. Track Two on the Subliminals delivers Theta waves in addition to the subliminal messages. When you use headphones with these programs, it’s for a time when you will not be disturbed and can relax.

With other programs, break up your time to one hour in the morning and one hour later in the day. Of course you can experiment to discover what works best for you.

when can I expect to see results from Brain Wave Therapy?  

Listeners generally experience an immediate response. Beta-centered programs will stimulate mental activity. With all our programs there are cumulative listening benefits that will expand and build from daily use. We recommend listening daily for the first 6 weeks to experience the full effect of Brain Wave Therapy training.

when can I expect to see results from the Subliminals or the Behavior Modification programs such as Slim Naturally?  

You may notice subtle shifts right away. If you do, acknowledge them and keep listening daily to build momentum towards positive change. For long-term habits or behaviors to change we recommend six weeks of daily listening.

which programs can I use while driving or working?  

Track One of all the Subliminal Brain Wave programs can be listened to anywhere and at any time.

High Focus, which is a pure Beta-centered program, can be used while working on any project where you need to be alert and focused. Students use High Focus when they need to stay up late and study for exams. The workout programs also can be used while engaged in activities.

Programs where Alpha, Theta or Delta waves are indicated are NOT to be used while working or driving. They slow down brain activity and will make you drowsy.

can children listen to Brain Wave Therapy programs?  

Only under the supervision or recommendation of a health care professional. Here’s why: altering the electrical activity in your child’s brain can interfere with natural brain growth and development. Biofeedback therapists are an excellent place to start exploring possibilities for resolving learning, sleep, concentration and focusing disorders. Specific programs may then be prescribed after a child’s issues and brain wave patterns are analyzed.

“ I have been using your Brain Sync programs for at least five years now. I use High Focus whenever I’m reading or studying information that requires optimal concentration. All through my life I have had very poor reading comprehension, but after many uses of High Focus my reading comprehension took a complete positive reversal. It helped me greatly through college.”

— D.B. San Diego, CA

programs by brain wave type

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1-4 Hz

12-40 Hz

6-12 Hz

4-7 Hz

1-4 Hz
theta waves for deep insight & meditation

Guided Meditation
THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

You are guided to create an inner sanctuary, a place where you go to regenerate and create
nourishing states of health and well-being. Your body begins to relax as your mind transcends daily
clutter. Negative thoughts are swept into the very center of consciousness where information is stored
and elusive answers are revealed. You experience a deep sense of peace and well-being as you explore the myster-
ious and magical Theta state. Use this program at a time when you can lie back, relax and let go. It offers 60 min-
utes of trance-inducing Theta waves, music and ambient sounds. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-93-3
Cassette $11.95
ISBN 1-881451-14-3

Bestseller! Highly acclaimed by the medical and scientific community for its many therapeutic benefits.

"With Deep Meditation we’ve seen patients reach deep levels of meditation that normally take 18 years of practice to attain."
— Drew Pierson, Ph.D., Biofeedback Researcher

Deep Meditation
MUSIC & THETA BRAIN WAVE THERAPY

Now you can easily reach depths of meditation that would other-
wise take years of practice to attain. Within minutes, you feel
yourself lifted from physical tension and mental anxieties. Brain wave
frequencies are harmonically layered within rich, resonant music based on
ancient mystical traditions. As your brain awakens, the energy centers in
your body are balanced and energized. While your chakras vibrate in resonance with the universe, they
open and flower. And so do you. Use this program whenever you want to free your mind of stress and enter
the depths of meditation. Two identical tracks allow you to meditate either for 30 minutes or to continue
on for a full 60-minute meditation.

CD $14.95
ISBN 1-881451-90-9
Cassette $11.95
ISBN 1-881451-06-2

"Deep Meditation is a superb tool for stress management and healing for a wide variety of conditions."
— Ron Feintech, Ph.D., Psychologist

Deep Meditation
MUSIC & THETA BRAIN WAVE THERAPY

This 2-CD Extra Value Package includes both Guided Meditation and Deep Meditation.
Total Running Time: 120 minutes

2 CDs $24.95
ISBN 1-881451-771
(a $29.90 value)

Bestseller! Highly acclaimed by the medical and scientific community for its many therapeutic benefits.

"Deep Meditation is my favorite audio intervention."
— George Fritz, Ph.D., Biofeedback Researcher & Co-author of "The Open Focus Handbook"

Brain Wave Meditation
MUSIC & THETA BRAIN WAVE THERAPY

Completely free of spoken words or guidance, this program
offers four remarkable meditation programs to gradually guide
your brain into the deepest levels of meditation.
Over a four-week period, your brain’s electromagnetic energy is progres-
sively balanced, organized and amplified. As you go to deeper levels of
Theta, bursts of electrical activity called “kindling” ignite flashes of
insight and inspiration, as cleansing showers of vivid imagery sparkle
before your mind’s eye. You enter the precise state of meditation that is
essential to empower your visualizations and accelerate manifestation.
This is the perfect all-in-one program for all levels: From the beginner,
who wants to be led gradually into deeper levels of meditation, to the
more experienced listener, who wishes to have a variety of music and
brain wave states available in a single program.

Week One - Relaxation and Grounding - Alpha Window Frequencies
Week Two - Relaxation and Release - Alpha & Theta Window Frequencies
Week Three - Opening Higher Consciousness - Theta Window Frequencies
Week Four - Deep Resonance - Delta & Theta Window Frequencies

2 CDs $16.95
ISBN 1-881451-89-3
Two 60-minute CDs
4 Cassettes $34.95
ISBN 1-881451-61-5
Four 60-minute Cassettes

Sacred Ground
MUSIC WITH ALPHA, THETA & DELTA WAVES

Completely free of spoken words or guidance, this program
offers four remarkable meditation programs to gradually guide
your brain into the deepest levels of meditation.
Over a four-week period, your brain’s electromagnetic energy is progres-
sively balanced, organized and amplified. As you go to deeper levels of
Theta, bursts of electrical activity called “kindling” ignite flashes of
insight and inspiration, as cleansing showers of vivid imagery sparkle
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Week Four - Deep Resonance - Delta & Theta Window Frequencies

2 CDs $16.95
ISBN 1-881451-89-3
Two 60-minute CDs
4 Cassettes $34.95
ISBN 1-881451-61-5
Four 60-minute Cassettes

Deep Insight
MUSIC, AMBIENCE & THETA WAVES
Newly Re-mastered!

This newly re-mastered program delivers 60 minutes of pure Theta
waves woven into soothing ambient sounds to induce a dream-like
state of expanded awareness. New ideas and insights will spontaneously
flash into your awareness, and you are swept into the very center of con-
sciousness where information is stored and elusive answers are revealed. You
experience a deep sense of peace and well-being as you explore the mysteri-
ous and magical Theta state. Use this program at a time when you can lie
back, relax and let go. It offers 60 min-
utes of trance-inducing Theta waves, music and ambient sounds. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-48-8
Cassette $11.95
ISBN 1-881451-04-6

Studies show that 30 minutes a day of meditation raises
consciousness to a higher level of awareness. Creativity is
enhanced, productivity is multiplied, intuition is increased and
cognitive function is sharpened. Life-transforming breakthroughs and
miracles become a normal part of your daily experience.

Bestseller! Highly acclaimed by the medical and scientific community for its many therapeutic benefits.

"Deep Meditation is my favorite audio intervention."
— George Fritz, Ph.D., Biofeedback Researcher & Co-author of "The Open Focus Handbook"
chill out & expand with alpha waves

Guided Relaxation NEW!
ALPHA BRAIN WAVE THERAPY
Guided by Kelly Howell

When you’re feeling overwhelmed, frustrated, or completely worn out, restore balance with Alpha waves associated with relaxation, and creativity.

In this beautiful meditation, you are soothed into a state of calm reverie. Entering a magical garden you meet an inner teacher who guides you to generate states of fulfillment. As your mind is revitalized, fears vanish. You’ll radiate a positive energy field that draws more pleasurable circumstances to you. Track Two delivers music and Alpha waves and relaxation music only, allowing you to unwind at your own pace. Running Time: 60 minutes

Cassette $11.95 ISBN 1-881451-24-0

Total Relaxation
ALPHA BRAIN WAVE THERAPY
Newly Re-Mastered with Bonus Track!

This newly re-mastered favorite delivers 60 minutes of Alpha waves. The gentle pulsations of soothing Alpha waves move your mind into a regenerative state of total relaxation. Your consciousness is lifted above fragmented thoughts and worries, becoming unified in peaceful repose. You experience a euphoric release from anything and everything that bothers you. Track One delivers Alpha waves with music by the highly acclaimed composer, Iasos. Track Two blends alpha waves with relaxation music. Running Time: 60 minutes

CD $14.95 ISBN 1-881451-70-4
Cassette $11.95 ISBN 1-881451-03-8

Ecstasy
THETA WAVES AND MUSIC

Completely free of spoken words or guidance, this program delivers 60 minutes of music and frequencies designed to relax you while increasing sexual energy. Within minutes, music based on Eastern Tantric traditions opens and activates your heart and sexual chakras. You experience a euphoric rush of “releasing” and exaltation as endorphins flood your system. This rapturous state of delight removes psychic barriers, deeply entrenched inhibitions and fears. You are transported to a realm of sensual inspiration and attuned to experience peak pleasure and sexual fulfillment. Running Time: 60 minutes

CD $14.95 ISBN 1-881451-65-8
Cassette $11.95 ISBN 1-881451-12-7

Brain Massage
DELTA & BETA WAVES
Newly Re-Mastered!

We’ve re-mastered this Brain Sync classic to offer two new beautiful sound tracks with the same powerful frequency combination. Completely free of spoken words or guidance, this program delivers high Beta (40Hz) and Delta waves. You’ll tingle all over with a rush of cleansing energy swirling through your mind and body. This unique combination of brain waves truly feels like a brain massage. A revitalizing flood of positive energy is released as your autonomic nervous system relaxes into deep states of reverie. This is a great program to help you overcome even the most stressful thoughts and feelings. Track One (30 minutes) delivers soothing music with Delta and high Beta waves. Track Two (30 minutes) offers the same brain optimizing frequencies with relaxing ambient sounds. Running Time: 60 minutes

CD $14.95 ISBN 1-881451-96-8
Cassette $11.95 ISBN 1-881451-00-3

Increase Creativity
MUSIC, ALPHA & THETA WAVES

Hurtle past creative blocks and stale concepts to reveal the essence of true beauty which has been the goal of creative artists for centuries. Completely free of spoken words or subliminal messages, Increase Creativity delivers 60 minutes of soothing music mixed with Alpha and Theta sound waves to trigger peak creativity. As intellect and creativity integrate, your mind soars to lucid heights of awareness. Creative blocks dissolve. New ideas and insights spontaneously flash into consciousness. You’ll experience a quantum leap in your ability to envision, create and execute new ideas with this groundbreaking program. Track One delivers 60 minutes of music blended with Alpha and Theta waves. Running Time: 60 minutes

Cassette $11.95 ISBN 1-881451-26-7

“Listening to Kelly Howell’s Brain Massage was like having my brain lifted above my head and bathed in golden light. The mind-still and blissful peace that it induced was comparable with the highest states of meditation that I have ever experienced.”
— Patricia Joudry
Author of “Sound Therapy for the Walk Man”

Alpha Waves for Relaxation and Higher Creativity

Alpha training is the gateway to creativity and relaxation. In Alpha you let go of stress and gain access to creative ideas and solutions.
personal breakthroughs

I never liked aerobic exercise, but with these programs I look forward to going to the gym. My metabolism has changed, I’ve lost weight and I feel positive about life again. I haven’t felt this great in 10 years!4

— A.G., Grand Prairie, TX

BRAIN WAVE THERAPY
MUSIC & HIGH BETA

In the Zone

Breakthrough Training

MUSIC & HIGH BETA BRAIN WAVE THERAPY
Guided by Kelly Howell

When you want to push your limits, just slip on your headphones and start your workout. High Beta brain waves give that extra boost you need to get the most out of your workout. Within minutes you’ll feel an exciting surge of power and energy as your mind transcends daily clutter. An intoxicating fusion of world beat rhythms gradually accelerates your pace, stimulating your body to:

• Burn fat
• Boost Beta-endorphin production
• Dramatically increase heart health

It’s like nothing you’ve ever tried before. Track One takes you on an entertaining guided journey that is rich in metaphor. Track Two delivers music and high Beta frequencies to increase energy and motivation. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-98-4

Cassette $11.95
ISBN 1-881451-41-0

Power Training
In the Zone

MUSIC & HIGH BETA BRAIN WAVE THERAPY
Guided by Kelly Howell

This second volume follows Breakthrough Training. A new musical score and journey is set against a backdrop of world beat music that gradually increases your pace. High Beta frequencies increase energy and motivation allowing you to effortlessly reach new levels of physical performance. The music gradually accelerates to maximize your aerobic workout. The frequencies balance both hemispheres of your brain and guide brain activity into higher states that are ideal for aerobic exercise. Experience profound well-being marked by moments of freedom, euphoria and power as your workout moves into the magical world of The Zone. Running Time: 60 minutes

CD $14.95

Cassette $11.95
ISBN 1-881451-42-9

Ultra Weight Loss

SUBLIMINALS, MUSIC, & THETA WAVES
Guided by Kelly Howell

To help you achieve your weight loss goals, we’re offering our two best-selling weight loss CDs at one low price.

2 CDs $24.95
(6 $29.00 value)
ISBN 1-881451-76-3
Total Running Time: 120 minutes

“...I’ve tried every diet under the sun. Your weight loss program is the one thing that’s worked for me. It’s like something in my brain got switched to think and act thin. I don’t have cravings anymore. I’m eating healthy foods, and I’ve never been happier. Thank you for helping me lose 65 pounds. It’s a miracle!"— C.W., Georgetown, TX

“...I’ve been a personal trainer since 1983. The hardest part of my work has been to help people achieve a new attitude about their optimal weight and getting fit. I think the Slim Naturally and Healing Meditation audios are the biggest life-changing discoveries I’ve made in years. My friends and clients agree!"— M.S., Trainer, Omaha, NE

Running Meditation

MUSIC & HIGH BETA BRAIN WAVE THERAPY
Guided by Kelly Howell

When you want to increase athletic performance, slip on your headphones and start your workout. An intoxicating fusion of R&B and world beat gradually accelerates your momentum. Before you know it, your stamina and performance rise to new levels. High Beta waves focus your mind and body to reach peak performance levels. Whether you’re running, walking, cycling or lifting weights, this program will boost you into the zone. Cumulative training benefits include greater endurance, increased energy and motivation. Track One delivers guided imagery with high Beta frequencies and music. Track Two offers music and the same brain-optimizing frequencies. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-88-7

Cassette $11.95

“The best workout audio programs on the market."

— Body Mind Spirit Magazine

Walking Meditation

MUSIC & HIGH BETA BRAIN WAVE THERAPY
Guided by Kelly Howell

Tired of boring exercise? Put on your headphones and power walk your way to health with Brain Sync. Within minutes, Beta brain waves frequencies mixed with an intoxicating fusion of R&B and world beat rhythms boost your metabolism and your mood. With regular use, your body will develop lean, strong muscles and become more metabolically efficient — so you can burn fat even while you sleep. You’ll have a new inner energy that melts away unwanted pounds quicker and easier than you ever dreamed possible. And best of all, you’ll not only look great, you’ll feel great too! Running Time: 60 minutes

CD $14.95
ISBN 1-881451-80-1

Cassette $11.95
ISBN 1-881451-28-3

Slim Naturally

MUSIC & THETA BRAIN WAVE THERAPY
Guided by Kelly Howell

Scientists have now proven beyond doubt that the contents of our thoughts and feelings have a direct and immediate influence upon our physical being. Thoughts and emotions have the power to alter how we look, feel and behave. In this special audio program you are guided into deep relaxation. Precision-engineered sound waves induce states of heightened receptivity where the positive messages you will hear are absorbed for maximum impact. Within minutes, window frequencies trigger the release of neurochemical messengers that immediately begin to alter your body’s responses. Deep-seated behavior patterns are powerfully changed so that your appetite and self-esteem work in harmony to help you attain and maintain your ideal weight.

As negative beliefs dissolve, extra pounds fall away. You’ll feel vibrantly alive and full of energy. For maximum results, use this audio in conjunction with a healthy diet and exercise program. Track One is guided with music and Theta waves. Track Two is music and Theta waves only, allowing you to practice the visualizations at your own pace. Running Time: 60 minutes

CD $14.95
ISBN 1-881451-66-6

Cassette $11.95
ISBN 1-881451-10-0

“...It’s intoxicating fusion of R&B and world beat rhythms gradually accelerates your pace, stimulating your body to:...”

“...I haven’t felt this great in 10 years!...”

“...I’m eating healthy foods, and I’ve never been happier. Thank you for helping me lose 65 pounds. It’s a miracle!...”
Research has shown that when the brain is generating a large amount of Delta waves, the pituitary gland triggers the release of Growth Hormone, beneficial for healing and regeneration. These programs offer the precise window frequency associated with the release of healing-specific neuro-chemicals.

**Healing Meditation**

**DELTA BRAIN WAVE THERAPY**

Guided by Kelly Howell

In this revitalizing program you are guided into your own inner healing sanctuary where you can create a regenerative state of healing. These are blissful states of reverie that are proven to enhance immune function and activate the body's natural self-healing abilities. In this quantum state of renewal, your body triggers its own powerful bio-chemicals that are necessary to heal illness and cure disease. Track One is guided. Track Two delivers music and healing Delta waves only, allowing you to meditate and visualize at your own pace.

This powerful meditation is highly recommended by doctors and offered to patients at America's most prestigious cancer treatment hospitals. Running Time: 60 minutes

**CD $14.95**

ISBN 1-881451-67-4

Cassette $11.95

ISBN 1-881451-25-9

**BESTSELLER!**

**Sound Sleep**

**DELTA FREQUENCIES & MUSIC**

Free of spoken words or any guidance, this program delivers 60 minutes of Delta waves woven into dreamy music. Soothing sound waves ease your brain out of the rapid rhythms of Beta, down through the relaxing states of Alpha and Theta, into the welcoming depths of Delta. As you release and let go, you’ll slowly start to swirl and drift into a state of deep contentment for a peaceful and refreshing night’s sleep. Sound Sleep has been used successfully in hospitals and biofeedback clinics throughout the world. Track One delivers 60 minutes of Delta waves and dreamy music. Running Time: 60 minutes

**CD $14.95**

ISBN 1-881451-63-1

Cassette $11.95

ISBN 1-881451-02-4

**BESTSELLER!**

"After only a few hours of sleeping with this CD I woke up feeling like I had a full eight hours!"

— D.L., Portland, OR

**FACT:** Our bodies have the innate capacity to manufacture the precise balance of neuro-chemicals that can reverse any illness and cure virtually any disease.

**FACT:** Science has proven beyond doubt that the contents of our thoughts and emotions directly and immediately influence our biochemistry.

**FACT:** We can consciously influence and direct the body’s output of healthy chemical information.

"I purchased Sound Sleep about 6 weeks ago. I am a teacher, and I literally work about work. I tried everything, but it was not until I started using Sound Sleep did I have a restful night. Now I can sleep the whole night through. I awake refreshed, with no hangover feeling that medicines give you. As an added bonus, I have had less trouble with edema in my legs, and lessened all-over body aches. I don’t know what I would do without it."

— T.T., Little Rock, Arkansas

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— T.T., Little Rock, Arkansas
Subliminal Brain Wave Therapy

What is subliminal brain wave therapy?
Numerous laboratory studies have revealed that the brain receives more information than we’re consciously aware of. It is believed that the subconscious mind can absorb subliminal messages that target areas we’re not consciously aware of. Subliminal Brain Wave Therapy employs a double-barreled approach to deliver subliminal messages to the brain. Special combinations of brain wave frequencies induce a suggestible state where you can easily absorb and act on targeted messages, either visual or auditory, than the conscious mind.

Subliminal Brain Wave Therapy employs a double-barreled approach to deliver subliminal messages to the brain. Special combinations of brain wave frequencies and subliminal suggestions are woven into gentle music. As your brain cells resonate with Delta waves, you start to slowly swirl and drift. Pestering concerns are washed away as your brain cells resonate with Delta waves, and subliminal messages are masterfully absorbed by your subconscious mind. All of the carefully designed subliminal affirmations are listed within each program.

Instructions for Listening to Subliminal Brain Wave Programs
Track One can be used anytime and anywhere: while working, relaxing, exercising, reading or even sleeping. The subconscious mind has the capacity to absorb subliminal messages without special attention from the conscious mind.

Track Two is designed to be used with stereo headphones to maximize the benefits of the brain wave frequencies. When listening with headphones, find a time and place where you’re not likely to be disturbed. Position yourself comfortably with your spine straight and breathe deeply. This posture allows your natural channels of energy to open and flow freely. Using headphones enhances your receptivity to the brain wave frequencies and subliminal suggestions.

Attract Love
Subliminals, Music, & Theta Waves
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