

Guide to using the *Manifesting with Hemi-Sync* CD

This presentation will help you to become familiar with Hemi-Sync, prepare you for the audio exercises and touch upon a few topics that are important to the manifestation process.

I am Dr Joe Gallenberger, designer of this manifestation set and it is my voice you will hear on the exercises. My degree is in clinical psychology. I have a great interest in the principles of manifestation. In 1995 I began exploring a special form of manifestation called psychokinesis or PK. I present workshops internationally on manifestation, PK, healing, and abundance. My programs for individuals and businesses are described on my web site, www.SyncCreation.com.

As a senior trainer at the Monroe Institute, I created the Institute's MC² program that teaches psychokinesis, healing, and manifestation. I also developed [SyncCreation](http://www.SyncCreation.com) which is the home study version of the MC² program.

I would like to first talk to you some about the manifestation process, as I see it. Many people are saying that manifestation is all about "What you think will be attracted to you". But is it really that easy?

I think that simple messages, such as this, can do a great service in bringing manifestation into more people's awareness - This idea that we do have input into creating our reality. The Law of Attraction states that what we think will tends to manifest. It is one very important principle to consider in manifestation work. But, from my point of view there can also be a disservice in presenting such a principle as being all that is required to create what we desire.

Yes, what we think is highly important, especially when it is accompanied by empowering energies as we will discuss, but we must acknowledge that just as I am creating my reality, you and everyone else is creating theirs. We live in a consensual reality formed by the dynamic interaction of all beings. That's what makes it so interesting!

Look at the possibilities in just one simple manifestation situation. I want to paint your house for \$1,000. In this case if you want your house painted for \$1,000 – this then is very likely to occur. However if I want to do it for \$2,000 and you want to pay \$1,000 then we are not fully aligned and it is less likely to become reality. Or I might want to paint your house, and you do not want it painted under any circumstance - then there is conflict and the reality of a freshly painted house will not manifest.

So as you can see, I can intensely visualize painting your house and it may or may not happen. It is silly and at times cruel to suggest that you can have

anything and everything you want by simply thinking it. Sometimes our unconscious mind, our higher selves, or the universe have other plans for us.

But thinking it does make it more likely. And thinking it in a very clear and specialized way makes it more likely still. And the methods that we will introduce our listeners to in this manifestation set, in my opinion greatly increase the power to create abundance as a person desires - but still there are no guarantees.

We do have the ability to create our reality but so does everyone else and what we want might agree or disagree with what others are trying to accomplish. And often we even disagree within ourselves. What we want in one area might conflict with what we want in another area, so there can be very mixed energy even before our intention interacts with other people's intention.

Here is an example: Let's say I want what I consider to be an ideal body – young, healthy, strong, muscled, agile with great endurance etc. It would be helpful to visualize myself as such. However, if I do not want to change my eating habits, and am reluctant to exercise, then I am in conflict within myself and manifestation is more difficult.

In short, we often get in our own way when it comes to manifesting what we desire. But the good news is that we can do things to be more aware of this and then apply techniques - some of which we will learn in the exercises here - to overcome these types of obstacles. And the further good news is that we don't have to do this perfectly to manifest amazing things.

When the crucial aspects of manifestation are in alignment, then human potential is nearly unlimited. In the courses that I teach I have had the privilege to witness people heal cancer and many other health issues, large and small. I have seen people create financial windfalls in the most unlikely ways. I have watched people create ideal careers for themselves, and find soul satisfying relationships. Perhaps just as important but less flashy are the inner victories wherein a person becomes much happier, or more loving, or more confident as they learn about manifestation.

I have also seen many people learn psychokinesis or PK.

PK is the ability to effect the physical world with your mind/energy system. To bend metal with your mind, to accelerate the growth of seeds, illumine light bulbs, heal illness, and affect the roll of the dice, slot machines, or computers, all without using the usual physical ways of doing this.

PK is a specialized form of manifestation work, usually considered impossible by traditional science, but highly useful in training ourselves to be better manifesters. PK, to me is an excellent motivational and feedback device and suggests to us more what our true potential is. PK tasks allow the manifestation

student to see results quickly and clearly which is important when learning new skills. And to learn to do PK reliably, one needs to learn the same skills and principles we will be focusing on here for creating abundance.

I would like to now introduce some of the principles and techniques to increase our manifestation power that we will be using in the exercises presented here.

First off, we will be using the unique technology of Hemi-Sync to help us learn to do several important things more quickly and easily. Because high quality energy is so important to powerful manifestation, some of these will have to do with energy. We will learn to let go of blocks within our energy, to raise our energy, and to enhance the quality of our energy. Other techniques will help us create clear intention. We will learn to focus our intent, to release that intent at just the right moment, and be open to desired changes in our reality

That may sound like a lot to do.

Well it is. While conscious manifestation is our natural birthright, it often is not as simple as “Just think what you want and it will come true”. The manifestation process is an intricate and beautiful dance between parts of ourselves such as our emotions, unconscious minds, egos, and spirits. And energies outside of ourselves, such as other people and perhaps even spiritual assistance enter into the picture as well.

But much like learning to dance, we can break this process into parts. And we do have in our favor that at some level manifestation is a natural gift that we all possess. It is a question of getting back in touch with this natural ability. So let's take that statement that sounded like a lot and talk about each component a bit.

As mentioned you will be using Hemi-Sync audio exercises during the program. This is because I have found Hemi-Sync to be the most effective tool for rapid and sure learning of the skills needed to accomplish our goals. The Hemi-Sync exercises shift brainwave patterns, helping one reach enhanced states of awareness more easily. The Hemi-Sync approach is non-dogmatic and can be used to complement any other system or philosophy. There are no subliminal messages in any Monroe product and you remain in control of your experience.

Hemi-Sync audio exercises change brain waves in the direction of left and right brain hemisphere synchronization, resulting in more powerful learning. So the term Hemi-Sync is short for hemispheric synchronization. For our purposes it is sufficient to say that Hemi-Sync has been well studied and documented in decades of research and meets the criteria of being scientifically verified as safe and effective. The person listening to it can more rapidly experience meditation states - powerful consciousness states that formerly required both talent and years of practice to achieve, and that are very helpful in manifestation success.

The next thing I mentioned as important to manifestation is our energy. This is seldom addressed completely enough in most systems. We want to be fully engaged in life and fully energized. The same is true in manifestation work. But many things can deplete or rob our energy.

Here are some examples of energy depleters.

Our energy will be less than ideal if we are not living in integrity, if we are fearful or depressed, if we are not following our passion, or if we are in poor physical condition. Addressing and correcting everything that may be interfering with good energy is beyond the scope of this manifestation set but I have mentioned a few examples so that those using this set can scan their lives, feel grateful for the energy they do have, and be very self-caring about healing impairments to their energy. Even if it involves working with a coach or therapist, it will pay off handsomely in one's manifestation work to improve one's energy.

What we can do with our manifestation exercises here is to take your energy where we find it, and through the meditation processes we will do, we can make a positive impact on that energy. This is important because my experience with PK and other forms of manifestation has taught me that the higher and better our energy is, the more powerfully we can manifest.

This is how we will get started. The first thing that we will use Hemi-Sync for, will be to help induce a state of deep, refreshing relaxation. We are often tired, tense, and depleted and this will quickly give us some clean fresh energy to work with. The Hemi-Sync signal will do much of the work in taking us into a state of consciousness that closely resembles deep restorative sleep. And yet we will be able to be alert and aware during the process. The other thing that will help here is to be well guided verbally to relax each part of our bodies in succession until we have focused on each part and allowed it to let go of any tension there.

So you get to deeply relax. While in this very relaxed state you will be guided through a process which can help release and transform, ideas and emotions, that might impair attempts to manifest positively in your life. We do this using the highest energies of the heart, such as love, compassion, and forgiveness, in a specially focused way. I think you will find the process pleasant and interesting. If there is any true secret to living a life of consistently positive manifestation, magic, and miracle, I think it is living from a loving heart. Because nothing else can provide as infinite a source of positive energy and has the built in safe-guards against ego traps as you consciously create more of your reality.

So during the exercises, with our hearts open, and our fears and other blocks to manifestation melting, the Hemi-Sync signal will then change from a relaxing signal to one that builds upon the relaxed feeling but helps us bring in much more energy and expand our awareness beyond the data coming in through our five physical senses. In this expanded state our intuition and wisdom centers are activated.

Once our energy is expanded and our intuition is available then it is time to execute our intention for what we want to manifest. During the exercise you will be guided to do this. So here on the exercise there will be time, supported by the Hemi-Sync to visualize the desired reality that you want to create. That can be one large pattern: for example, if you wanted to become a veterinarian, you might image getting accepted to the school that is best for you with great financial assistance, having wonderful living arrangements, excellent teachers, and making great friends, doing well at school, being happy, graduating with honors and being offered an ideal position.

As you go through the circumstances of the reality you desire, it is good to feel the positive emotions such a dream fulfilled would bring about and how the pattern will be good for you and those around you.

There is enough time in the exercise to be able to imagine an extensive pattern such as the one mentioned. Or you can also use the time in other ways, such as visualizing what you desire separately for your body's benefit, then for yourself emotionally, and for your mind, and for your spirit. Or you can visualize what you want for the day, the week, or for the month or the next year.

Whatever pattern you visualize, you will then be guided to send your pattern great energy. This amplifies the power of your thought and helps bring what you desire into reality. Then you will be guided to let go and be open to receive this pattern or something better.

All this is explained during the exercise but I think it can be helpful to know beforehand what is going to occur and this also gives you time to plan what you would like to create before going to do the exercise.

I imagine that you are eager to get started. But prior to starting I would like to share a few more tips: A big key, I think, is to have fun with this. So allow yourself to be experimenting and playful. Give yourself quite a few repetitions of the exercise before making any conclusions as to how it is working. The easiest things to manifest tend to be something that is new and highly appealing without much baggage associated with it. It is also more effective to visualize creating something that we truly feel is in the realm of possibility for us. The more challenging situation tends to be when we are wanting to reform or change things which have been in a negative pattern for a long while, such as long-term loneliness or chronically poor health. They can and do change but more attention is needed to melt the fears and negative expectations that may surround them.

If you fall asleep repeatedly during the exercises, try sitting up with eyes open, or listening in the early morning after a good nights sleep.

Any time you are making changes in your life and learning new things, I think it is good to keep a journal – jotting down feelings, thoughts, ideas and results. It will help you navigate and see progress. Celebrate even small steps in the right direction to give yourself encouragement.

So that is about all you need to know to get started. There are two exercises. After working with the first exercise a few times, you may want to move on to the second exercise. It is essentially the same as the first exercise but reduces the amount of guidance used to help you relax, as it assumes you have now learned to do this more on your own.

Once you have worked with this manifestation set for a while, if you find that you want to go into more depth, there are a few avenues that I can suggest. If you are interested in exploring this manifestation area further, or are looking to go deeply into the topics of healing, or PK then my home study course, SyncCreation may be for you. The program includes extensive discussions and exercises on creating your desired life experience. Six PK trainings teach you to use the power of your mind to heal illness, bend metal and plastic, grow seeds, influence computers and dice, illumine light bulbs, and manifest your desires. You immediately apply your new skills, proving that you can do it! There is a special internet forum group to communicate with other SyncCreation students.

SyncCreation also includes twelve Hemi-Sync® exercises that were specially developed for the course. Each exercise can be enjoyed over a lifetime for ever-deepening experience. To enhance the likelihood of your success I or a member of my team will personally mentor and support you through two private one-hour telephone consultations. With this coaching you can tailor the SyncCreation program to your individual interests, and melt personal challenges, so that you achieve your dreams.

I wish you wonderful results when using this manifestation set to actualize your highest and best dreams.

Best wishes to you, thank you for listening and for trying your Manifestation set. One last friendly reminder. If you have been listening to this conversation in your car, please do not continue to listen to the Hemi-Sync exercises while driving, they can up you in a deeply relaxed state and we want you to be safe. Good bye for now.